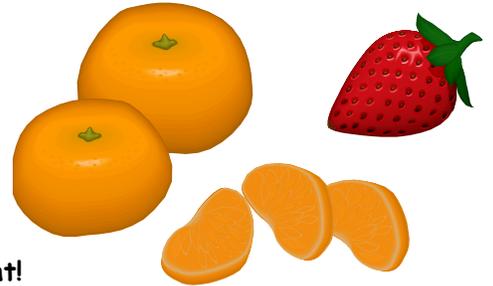


## WHAT IS HEALTHY EATING?

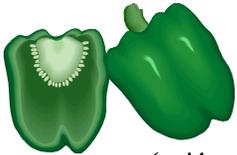
- ✓ Getting enough of the right kinds of foods (think quality) to give your body adequate energy and nutrients to do all the things you need and want to do in a day.
- ✓ Eating enough (think quantity) to support the energy demands of an active body.
- ✓ Including carbohydrates with fiber, protein, and healthy fat at meals and snacks.
- ✓ Drinking lots of water and limiting empty calories from sugar-sweetened beverages (soda, coffee drinks, sweet tea, lemonade, juice drinks, sports and energy drinks).
- ✓ Getting enough dietary fat: 25-30% of total daily calories or at least 40 grams per day.
- ✓ Eating when you are hungry, preferably within 1 hour of rising and every 4 hours on most days.
- ✓ DO NOT follow these "rules" about eating, such as:
  - "Clean your plate!"
  - "Eat fat-free foods!"
  - "Don't ever eat junk food!"
  - "If you eat this, you might get fat!"



## IS DIETING A GOOD IDEA?

In a word, **NO** . . . there are better ways to maintain a healthy weight!

- ✓ Look at family members to get a picture of your genetic blueprint for your body type.
- ✓ Cutting calories too drastically causes decreases in metabolic rate, which increase the body's tendency to store fat.
- ✓ Eating regularly and eating enough of the right kinds of foods will help the body burn more calories as energy. This means higher energy levels for you and less fat stored in the body.
- ✓ Think about energy and health, not just physical appearance.
- ✓ Remember MODERATION - no nutrient (i.e. carbohydrate, fat, protein) specifically promotes fat storage, but an excess of overall calories will.
- ✓ Pay attention to hunger and fullness as a guide to when and how much to eat. . . let your body guide you.



## FOOD CHOICES: BE GENEROUS WITH THESE FOODS

- ✓ Vegetables - fresh is best, but frozen and canned do count!
- ✓ Fruit - fresh, frozen, canned in own juice.
- ✓ Whole grains - such as brown rice; whole-wheat bread, cereal and crackers; whole grain pasta.
- ✓ Foods high in unsaturated fat - nuts and seeds, natural (non-hydrogenated) peanut butter, avocados.
- ✓ Dairy products (1% or non-fat) - milk, yogurt, cheese, cottage cheese.
- ✓ Lean meats - chicken/turkey without skin, fish, extra lean beef.
- ✓ Soy products - tofu, veggie burgers, edamame.
- ✓ "Healthy" snacks, such as popcorn (low-fat), greek yogurt, nuts and seeds.

## LIMIT OR BE MODERATE WITH THESE FOODS

- ✓ Foods high in saturated fat - some red meats, butter, creamy dressings/sauces, fried/breaded foods.
- ✓ Foods with high calorie content and low nutrient content - candy bars, chips, snack cakes, cookies, some crackers.
- ✓ "Fancy" coffee drinks - frozen coffee "frappuccinos," mochas, etc. (a latte of cappuccino with non-fat milk is a better choice).
- ✓ Fast food.

## NUTRITION FACTS

These days there are lots of wacky diets floating around out there, with many of their inventors making big bucks off of false claims. Any diet will cause weight loss in the short run, but most lead to cravings and binging, then eventual weight gain down the road - and some may even be HARMFUL to your body. It's hard to sort out FACT from fiction! Are carbs BAD? Is fat the root of all EVIL? Here's the real story:

### CARBOHYDRATES

#### Why do I need them?

- ✓ They are the body's MAIN SOURCE OF ENERGY and help maintain blood sugar (glucose).
- ✓ They are stored in our MUSCLES and LIVER to be used as energy between meals & snacks and during activities.
- ✓ They are an important source of FIBER, B VITAMINS, AND IRON.
- ✓ Their fiber adds bulk and helps us FEEL FULL.

#### How much do I need each day?

- ✓ AT LEAST 2 sources of carbs (grains, fruits or vegetables) at each meal (3x a day).
- ✓ 1 source of carbs for a snack (2x a day).

#### What are some healthy sources of carbohydrates?

- ✓ Whole-wheat grains (breads, cereals, crackers and pasta).
- ✓ Starchy (corn, peas, lima beans) and non-starchy vegetables.
- ✓ Legumes - black, kidney, pinto, navy beans; black-eyed peas; lentils.
- ✓ Non-flavored non- or low-fat milk and yogurt.
- ✓ Fresh or frozen fruit.



### PROTEIN

#### Why do I need it?

- ✓ It is needed to build and repair MUSCLES.
- ✓ It is the building block of MAJOR ORGANS.
- ✓ Every enzyme in our body, many HORMONES, and ANTIBODIES are made of it.
- ✓ It provides a feeling of FULLNESS and helps keep blood sugar levels stable.
- ✓ It is an important source of IRON, ZINC, and Vitamin B12.

#### How much do I need each day?

- ✓ 6 oz of protein foods and 3 servings of dairy products.

#### What are some healthy sources of protein?

- ✓ Lean beef and pork, skinless turkey and chicken, lamb, seafood and fish.
- ✓ Nuts, seeds, nut butters, legumes, soy products (tofu, edamame, veggie burgers).
- ✓ Eggs, milk, yogurt, and cheese.



### FAT

#### Why do I need it?

- ✓ Fat is an important ENERGY SOURCE and helps maintain our IMMUNE SYSTEM.
- ✓ It helps manufacture HORMONES like estrogen, testosterone, and thyroid hormones.
- ✓ It is necessary for CELL GROWTH.
- ✓ It helps us feel full and gives food palatability.

#### How much do I need each day?

- ✓ Small amounts at each meal and snack.

#### What are some healthy sources of fat?

- ✓ Peanut butter and other nut butters.
- ✓ Vegetable oils including olive, sunflower, peanut, canola, and corn.
- ✓ Nuts and seeds.
- ✓ Avocados, olives.

