

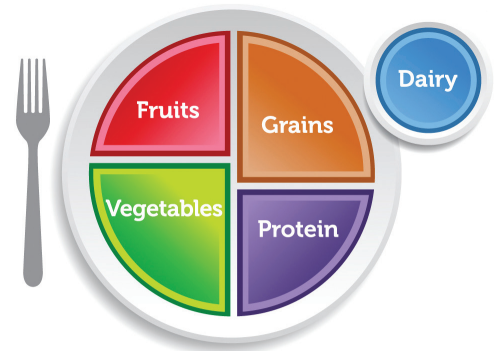
WAYS TO EAT HEALTHY

Start by choosing one or more tips to help you...

• BUILD A HEALTHY PLATE

- **Grains** – Make at least half of the grains you eat whole grains
- **Vegetables** – Vary your veggies
- **Fruits** – Focus on fruits
- **Dairy** – Get your calcium-rich foods
- **Proteins** – Go lean with protein

Source: U.S. Department of Agriculture, ChooseMyPlate.gov



Choose**MyPlate**.gov

• CHOOSE HEALTHY OPTIONS





Cut back on foods high in solid fats, added sugars, and salt:

- Take the skin off poultry and the fat off meat.
- Eat more fruits, vegetables, and nuts. Eat fewer candies, chips, and desserts.
- Choose water, tea without sugar or 1% milk over sweetened drinks.
- Read food labels to compare sodium, sugar and fat in foods, and choose low numbers.
- Add spices or herbs to season food without adding salt.
- Use healthy oils for cooking like canola, sesame or olive. Limit butter, coconut oil, lard, and palm oil.

• EAT THE RIGHT AMOUNT OF CALORIES FOR YOU

- Eat breakfast and don't skip meals.
- Eat slowly so you know when you are satisfied.
- Enjoy your food, but eat smaller portions on smaller plates or bowls.
- Do not eat in front of the television.
- When you eat out, choose lower calorie menu options.
- Go to www.chooseMyPlate.gov to find your daily calorie limit.

So what foods should I eat?

FOOD GROUP	EAT THESE Low-fat and low-calorie <i>One serving equals</i>	AVOID THESE High-fat, high-calorie, or high sugar foods
<p align="center">- GRAINS -</p> 	<ul style="list-style-type: none"> ✓ 1 slice whole wheat bread ✓ 1 six inch tortilla ✓ ½ bagel, English muffin, pita bread ✓ 4 to 6 low-fat crackers ✓ ½ cup cooked cereal, whole wheat pasta, barley, bulgar or brown rice ✓ 1 cup dry, whole wheat cereal 	<ul style="list-style-type: none"> ✗ Croissants, sweet rolls, muffins, doughnuts, pastries, biscuits, high-fat crackers, tortilla chips, fried tortillas ✗ Granola-type cereals
<p align="center">- VEGETABLES -</p> 	<ul style="list-style-type: none"> ✓ ½ cup cooked or raw vegetables ✓ 1 cup raw leafy vegetables 	<ul style="list-style-type: none"> ✗ Vegetables with butter, cream, margarine, or cheese sauce ✗ Fried vegetables
<p align="center">- FRUITS -</p> 	<ul style="list-style-type: none"> ✓ ½ cup fruit ✓ 1 small fresh fruit ✓ ½ cup canned fruit (no sugar added) ✓ ½ cup 100% fruit juice ✓ ¼ cup dried fruit 	<ul style="list-style-type: none"> ✗ Fruits in pastry (like fruit pies) ✗ Coconuts ✗ Juice or drink sugar-sweetened ✗ Fruit canned in syrup ✗ Large amounts of any fruit juice
<p align="center">- DAIRY (CALCIUM RICH) -</p> 	<ul style="list-style-type: none"> ✓ 1 cup skim or 1% milk ✓ 1 cup low-fat soy milk ✓ 8 ounce low-fat or nonfat yogurt ✓ 1½ ounce low-fat or nonfat cheese ✓ Other calcium rich foods like almonds, okra or canned fish 	<ul style="list-style-type: none"> ✗ 2% or whole milk ✗ Regular cheese ✗ Yogurt with sugar
<p align="center">- PROTEINS -</p> 	<ul style="list-style-type: none"> ✓ 1 ounce cooked lean meat, fish, poultry (no skin) ✓ ½ cup tuna canned in water ✓ ½ cup cooked beans, lentils, peas or soybeans ✓ 1 egg or ¼ cup egg substitute ✓ 1 tablespoon peanut butter ✓ ½ ounce nuts or seeds 	<ul style="list-style-type: none"> ✗ Bacon, sausage, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts) ✗ Chicken or turkey with skin ✗ Tuna canned in oil ✗ Beans cooked in lard or salt pork

What is the one change you will make today?



Questions? Call the Alliance Health Programs

Monday – Friday, 8 am – 5 pm

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