

What is Healthy Eating?

Cook Well, Eat Well, Live Well

Easy Guidelines for Healthy Eating

Food Pantry Shopping List

10 Tips to a Healthy Plate

Food is the Common Thread... Some Points to Ponder

What is a Portion

Quick Tips for Reading Food Labels

How's Your Nutrition Condition?

Smart Shopping Tips from USDA Food & Nutrition Service

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For more information on healthy eating
visit www.CapeCodExtension.org or call 508-375-6690.



Cook Well, Eat, Well Live Well

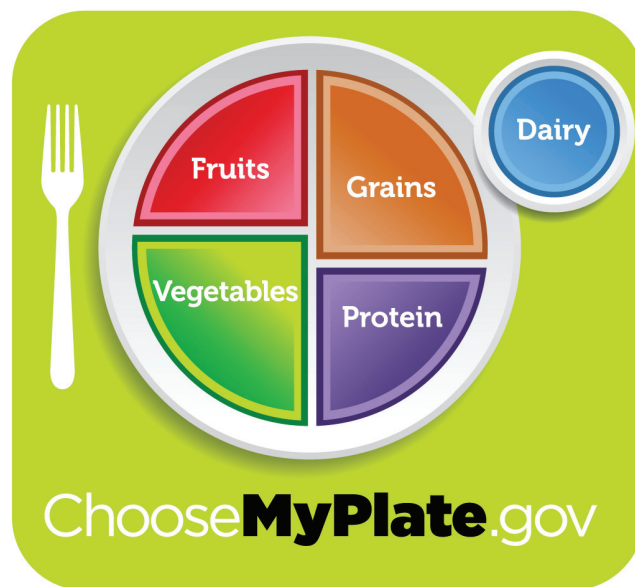
Cook Well, Eat Well, Live Well is designed to steer us towards healthy food choices and tasty meals with fewer ingredients so that we might lessen our chances of chronic illness and live active and happy lives.

Eating for the Health of It!

The USDA Dietary Guidelines offer these suggestions:

- Eat less! Balance your calories and be conscious of what, when, why and how much you eat. Strive for a healthy weight!
- To decrease your risk of chronic disease: eat less sodium, saturated fat, trans fatty acids, added sugars and processed, refined grains. Drink water!
- Build a Healthy Plate! Eat food dense in nutrients, not calories! Increase your intake of fruits, vegetables, whole grains, milk and dairy products and healthy oils to make sure you get your potassium, dietary fiber, calcium and vitamin D.
- Be active YOUR way! Pick activities you like and do what you can, at least 10 minutes at a time. It all adds up, and the health benefits increase as you spend more time being active.

For more information on healthy eating and creating healthy meals, visit www.ChooseMyPlate.gov



Easy Guidelines for Healthy Eating

Choosing healthy foods and adding physical activity to your routine will help you to boost energy, manage weight, slow down the aging process and lower the risk of certain health concerns such as heart disease, hypertension, diabetes, osteoporosis and cancer.

Food Selection Tips for a Healthy You!

Bread, Cereal, Rice and Pasta Group

Eat more whole grains. Half of the servings of grains you choose should be whole grains. Look on the ingredient list for words such as 100% whole grain or whole wheat.

Try other types of whole grains like bulgur, barley, popcorn and quinoa.

! Choose:

- Whole grain bread with at least 2 grams of fiber per 70 calorie slice or 3 grams per 100 calorie slice.
- Cereal with under 14 grams of sugar per serving. Pick high in fiber cereals with at least 3 grams of dietary fiber per serving such as oatmeal, bran flakes and shredded wheat.



\$ Store brands are usually less expensive and taste just as good! \$

\$ Oatmeal in the individual flavored packet costs about four times more per ounce than plain oats in the 42 ounce container. You can add flavor and other ingredients such as walnuts, raisins and cinnamon at home. \$

\$ Instant brown rice is usually more expensive and may be cheaper to buy in bulk, but is nice for a quick meal.



Easy Guidelines for Healthy Eating

Fruits and Vegetables Group

Eat more! It's the single biggest step towards a healthier diet. Fruits and vegetables are packed with vitamins, minerals, fiber and hundreds of types of beneficial antioxidants. They also help control weight because they will fill you up with less calories. (Whole fruits are a better choice than juice because they contain fiber and fill you up on fewer calories.) Canned fruit: Buy fruit packed in pear or pineapple juice. Buy 100% juice not juice drinks or punches which are mainly sugar water.

! Choose: Deep colored produce such as broccoli, spinach, sweet potatoes, tomatoes, cantaloupe, pink grapefruit, plums and berries. Choose a wide variety of fruits and vegetables in a rainbow of colors from fresh, frozen AND canned (low sodium).



\$ To save money, buy fruits and vegetables in the season that they grow, use WIC farmers' market coupons, and check to see if the market will accept the SNAP EBT card. \$

\$ Frozen juice concentrate is half the price of juice cartons. \$

\$ Pre-washed, pre-cut salad greens are pricey. Cut fruits and vegetables yourself. Frozen vegetables are done so at their peak freshness and work well off season. Canned vegetables are great to have on hand, just drain and rinse to reduce the sodium. \$

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group

! Choose: lean, skinless poultry and broiled or grilled fish, eggs, beans, legumes and small amounts of nuts. Cut back on high fat meats like hotdogs, bologna, sausage, and ground beef less than 90% lean. Keep portion sizes of nuts to a handful or about 3 tablespoons a day. One egg a day is usually the recommended amount for a healthy adult. If you are pregnant or nursing be careful eating fish because some may have heavy metals or toxins. Your health care provider can provide you with a current list of the types of fish that are safe to eat.



\$ Great healthy meat alternatives include beans, lentils, garbanzos, nuts and soy foods. They can be less expensive and rich in fiber, protein, iron and folic acid. \$

Milk, Yogurt and Cheese Group

Aim for 3 low fat dairy servings a day. Milk, yogurt and cheese provide calcium, protein, potassium, vitamin A and B vitamins. Plus, milk and some yogurts are fortified with hard to find vitamin D which helps bones absorb calcium. Can't drink milk? Many foods are fortified with calcium, like soy milk and fruit juices. Many beans, tofu, nuts and greens have calcium, too.

! Choose: Lowfat (1%) or non-fat dairy choices. Dairy higher in fat contains fat that's not good for your heart.



Food Pantry Shopping List

YOU can make healthy meals by choosing the following items in your shopping bag, your recipes and onto your plate!

Vegetables

Low Sodium Canned Vegetables
Low Sodium Hearty Soups
Low Sodium Canned Tomato Products
Pasta Sauce
V8 Juice / Tomato Juice
Salsa

Fruits

Healthy All-Fruit Jams and Jellies
No Sugar Added Canned Fruit
No Sugar Added Applesauce
Dried Fruits / Raisins
Fruit Leather (100% Fruit)
Canned / Boxed 100% Fruit Juice

Grains

Brown Rice
Whole Wheat Pasta
Low Fat Graham / Animal Crackers
Reduced Fat Whole Grain Crackers
Whole Grain Crunchy Granola Bars
Whole Wheat / Bran Cereals
Plain Oatmeal / Hot Cereals
Whole Wheat Flour
Flour / Bread Mix

Protein

Canned Tuna / Salmon in Water
Peanut Butter
Canned Chicken / Turkey in Water
Canned / Dried Beans
Unsalted Nuts / Sunflower Seeds

Dairy

Powdered Milk
Shelf-Stable Milk / Soy Milk
Ovaltine
Instant Breakfast Drinks
Evaporated Skim Milk

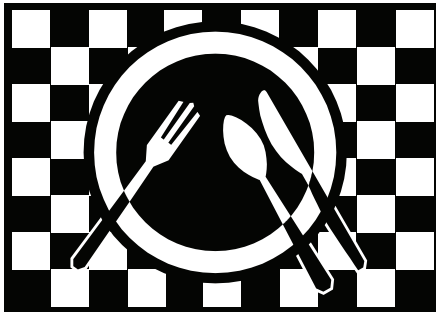


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10 Tips to a Healthy Plate

- 1. Balance calories.** Find out how many calories you need for a day. This first step helps us get control of managing our weight. The standard 2000 calorie diet that food labels are based on may be too many or too little calories for you, depending on factors such as your age and activity.
- 2. Enjoy your food, but eat less.** Eating too fast or when our attention is not on our food creates mindless eating making us eat more calories than we need. Pay attention to real hunger and fullness cues.
- 3. Avoid oversized portions.** Use smaller plates, bowls, and glasses. You will trick your eyes and your stomach! Research shows that when we use big bowls we eat more than we think we do. Share a dish when you eat out. Measure your portions.
- 4. Foods to eat more often.** Vegetables, fruits, low fat dairy products, whole grain breads, pastas, cereals and other grains. have the nutrients we need most.
- 5. Make half your plate fruits and vegetables.** Eat a rainbow! It's almost impossible to eat too many fruits and vegetables! Filling up on a variety of fresh, frozen and canned will keep you from eating less nutritious foods.
- 6. Switch to fat-free or low-fat milk (1%) milk.** These choices have the same calcium but less saturated fat and calories as whole milk or 2%. Not a fan of dairy? Try soybeans (edamame), dark leafy greens, almonds and calcium fortified breads and juice.
- 7. Make half your grains whole.** Better yet, make them all whole! Experiment with grains such as barley, quinoa (a seed used as a grain), bulgur, brown rice and popcorn. Look for 100% whole wheat or whole grain as a first ingredient on a label.
- 8. Foods to eat less often.** Make the cookies, cakes, ice cream, and chips an occasional treat rather than a daily snack! This type of food contains too many solid fats (shortening, butter) added sugars, and salt. They contribute to extra calories that can lead to weight gain with adding extra nutrition!
- 9. Compare sodium in foods.** Think about it – foods that don't have a nutrition facts label (vegetables, fruits, whole grains) are the lowest in sodium. Read nutrition facts labels on packaged and processed foods and look for ways to reduce your sodium intake.
- 10. Drink water instead of sugary drinks.** Plain water is always the best choice. Sugary drinks provide calories only. Even 100% fruit juices do not provide the nutrition of the whole fruit.



Food Is the Common Thread....Some Points to Ponder

It is important to recognize who we are and where we've come from. It is equally as important to acknowledge that difficult financial times may expose us to different foods and ways of acquiring foods to survive. Depending on available appliances, how and where we prepare this food can present additional challenges. Foods we are able to find to eat may be unfamiliar to us. Here are some factors to consider:

Food Choice

Client Choice Food Pantries allow people to choose the foods they like. If allowed to choose their foods, the idea is that there will be less waste of unwanted foods and more eating of selected foods. It is also empowering for people to make these choices.

Some pantries are set up like a grocery store, clients either choose their foods off of the shelves or they are accompanied by a volunteer who can help them.

Food Preference

Not everyone grew up eating meat and mashed potatoes, macaroni and cheese or even cereal for breakfast. Our family and cultural traditions have shaped our food preferences. Even when hungry, available foods may be passed over if they aren't something we are familiar with eating.

Some cultures eat rice at every meal, in some form or another. Brown rice might be less desirable than white. This white rice might be paired with beans and vegetables, making it a well rounded meal.

Processed and canned meats may be preferred by some clients. These can include canned pork, beef, and canned fish.

Some of us grew up eating fresh vegetables and some prefer canned or frozen. It is important to remember that we have been shaped by our own family's traditions and also by our food environments. Difficult situations may drastically change this environment.

Cooking Knowledge

Years ago we prepared the food we raised and grew. Social and economic factors brought changes to family units and the way we eat. Many adults don't know basic cooking skills. Others spend more time working to pay bills and less time in the kitchen.

Some cultures treasure cooking and family dinners and prefer long days of cooking and large meals, not relying on grab-and-go fast food. Others find it difficult to plan and prepare meals from scratch. What weaves us together is that we all have to eat!



What is a Portion?

Food labels are based on a 2000 calorie diet. Consult your doctor to see if this number is right for you. If you have access to a computer you may visit www.ChooseMyPlate.gov to personalize your eating plan, based on your age, sex and activity level.

2000 calories per day looks like this:

Grains 6 ounces ex: 1 slice bread, ½ cup pasta or rice, 1 cup of dry cereal = 1 ounce

Make at least half of your grains whole grains such as brown rice, barley, whole wheat bread or whole grain pasta.

Vegetables 2 ½ cups Go for color! 2 cups leafy greens = 1 cup vegetables

Fresh and frozen vegetables without rich sauces are best. Drained and rinsed canned vegetables and those with no added salt are also good choices.

Fruits 2 cups ½ cup of dried fruit is the same as 1 cup fresh

Raw fruits and canned fruits canned in fruit juice are good choices. Juice does not have the fiber that whole fruit has in it. Eating the whole fruit includes more fiber. It also takes longer to eat so you might eat less and be satisfied.

Milk 3 cups 1 cup of milk in general is the same as 1 cup yogurt, 1 ½ ounces of natural cheese, 2 ounces processed cheese.

Fat free or 1% dairy is best for heart health and contains little saturated fat.

Meats & Beans 5 ½ ounces ex: a 3 ounce portion of meat is about the size of a deck of playing cards. One ounce serving is same as 1/2 ounce nuts or seeds, 1 egg, 1 tablespoon nut butter, 1/4 cup cooked, dried beans.

Eat beans and legumes in place of meat some days to decrease saturated fat, increase fiber and to save money.

What about fats and oils? Liquid oils such as canola or olive oil are heart healthy choices. Solid shortening and stick margarine contains hydrogenated fats (trans fats) which are also found in packaged baked goods, crackers and cookies.





Quick Tips for Reading Food Labels

Serving Size: All the information on a food label is based on the serving size. Be careful—one serving may be much smaller than you think. Compare what you eat to the serving size on the label.

Servings per Container: This is the suggested number of servings in the package or container. For example if the package has six servings per container and you eat half of the bag, you would be eating 3 servings. It is important to look at these numbers because you may be eating more than you think!

Calories: Most women need to eat about 1,600 – 1,800 calories per day, with no more than 30 percent (about 480 calories) from total fat. Active women need more calories, up to 2,200 per day (no more than 660 calories from total fat).**

% Daily Value (%DV): This tells you whether a food is high or low in nutrients. Foods that have more than 20 percent daily value (20% DV) of a nutrient are high. Foods that have 5 percent daily value (5% DV) or less are low.

***TIP:** You can use the Nutrition Facts label not only to help limit those nutrients you want to cut back on but also to increase those nutrients you need to consume in greater amounts.*

Total Fat: This is the total fat per one serving in grams and in % Daily Value. Choose food items with less fat.

Saturated Fat: Saturated fat is not healthy for your heart. Compare labels on similar foods and try to choose foods that have a 5% DV or less or with 2 grams or less for saturated fat.

Trans Fat: Trans fat is not healthy for your heart. When reading food labels, add together the grams (g) of Trans fat and saturated fat, and choose foods with the lowest combined amount. If a food product has the words “partially hydrogenated oil” on the label it contains Trans fats.

Cholesterol: Too much cholesterol is not healthy for your heart. Keep your intake of saturated fat, trans fat, and cholesterol as low as possible. Cholesterol is found in organ meats, dairy products, shrimp, and egg yolks.

Sodium: Salt contains sodium. High sodium intake is linked to higher blood pressure. Foods that contain more than 20% DV are high in sodium. Look for labels that say “sodium-free” or “low sodium.” Foods that are low in sodium contain no more than 5% DV.

***TIP:** Many food labels say “low-fat,” “reduced fat,” or “light.” That does not always mean the food is low in calories. Remember, fat free does not mean calorie free and calories do count!*

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%


* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



How's Your Nutrition Condition?

Do you know how well your diet stacks up? It's hard to tell if you don't keep track. Make several copies of this page. Write down what you eat and drink in the **MyPlate Tally** chart. Next, record a tally mark for each serving that you eat in the correct food group category (use the chart below as a guide). Finally, total up your servings and answer the questions in the "How did you do?" box.



MyPlate Tally Date: _____

	Grains	Vegetable	Fruit	Dairy	Protein Foods	Empty Calories*
What I ate today:						
Breakfast:						

Lunch:						

Dinner:						

Snacks:						

TOTALS:						

How did you do?

1. Did you eat the suggested number of servings from each group?
2. Did you notice any gaps in your diet?
3. Set one small goal that will improve your diet tomorrow:

How much do 6-11 year-olds need each day? **

Grains (1/2 should be whole grains)	5 - 7 ounces	Eat more if you are extra active!
Fruit	1.5 - 2 cups	Fruit is naturally sweet.
Vegetable	1.5 - 2.5 cups	Choose colorful veggies!
Dairy	3 cups	Go for 1% or non-fat milk
Protein Foods	4 - 6 ounces	Protein is important for growing kids.

What counts as a serving?

<p>Grains (whole is best) 1 ounce equivalent is about:</p> <ul style="list-style-type: none"> • 1 slice bread • 1 cup dry cereal • ½ cup cooked rice, pasta, or cereal <p>Vegetable (count as 1/2 cup): ½ cup of chopped raw or cooked vegetables 1 cup of leafy raw vegetables</p> <p>Fruit (count as 1 cup): 1 piece of fruit or 1 cup fruit chunks or slices 1 cup of 100% juice ½ cup of dried fruit</p>	<p>Dairy 1 cup of milk, yogurt or calcium-fortified soy beverage 1 ½ ounces of cheese</p> <p>Protein Foods 1 ounce equivalent is:</p> <ul style="list-style-type: none"> • 1 ounce meat, poultry, or fish • 1 egg • 1 T. peanut butter • ½ ounce nuts • ¼ cup beans <p>*Empty Calories Empty calories include low-nutrition choices such as candy, chocolate, cookies, doughnuts, soda pop, and fried chips. Try to limit these to one to two small servings on most days.</p>
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***To find out your personal calorie level and meal pattern based on your age, gender, height, weight and activity level, visit www.choosemyplate.gov*

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Smart Shopping Tips from USDA Food and Nutrition Service

- Always use a shopping list. Planning your menus in advance will make it easy to create the list.
- Try to shop when you are not hungry. This will help you avoid unplanned purchases.
- Compare national brand's sale price with store brands. Both are often on sale at the same time.
- Compare the cost of convenience foods with the same foods made from scratch.
- Oftentimes, convenience foods cost more than similar foods prepared at home.
- Take the time to compare fresh, frozen, and canned foods to see which is cheapest.
- Buy foods you like when they are on sale and in season.
- Buy products when they are on sale for later use.
- Stock your kitchen with time savers that are packed with nutrients!
- Look for fat-free or low-fat and low-sodium items and get foods that you can make and serve in a hurry such as:

Canned or frozen fruit
Canned or frozen vegetables and beans
Canned or frozen meat, poultry, and fish
Canned soups or stews
Whole-grain bread or crackers
Enriched or whole grain pasta
Enriched or brown rice
Cheese
Yogurt

- Prepare enough for another meal so you have leftovers. For example, serve a baked chicken one evening and use the leftovers to make sandwiches or casseroles.
- Make a big bowl of salad for dinner and take the leftovers for lunch the next day.

