

The basics of eating better.

Healthy eating habits offer all kinds of benefits.

- Improved blood pressure
- Improved cholesterol levels
- Decreased weight problems
- Lower chances of chronic conditions such as heart disease, diabetes, and certain cancers
- Feeling better

Just take it at your own speed.

- Cut down on fried foods like french fries
- Choose more fresh ones like crispy baked chicken
- Reduce your portion sizes
- Switch out soft drinks with water

Before long, your diet will be more balanced and you will notice a difference.

You'll have more energy, you'll be more focused, and, overall, you'll feel better.

Balance is good.



Eat before going food shopping. If you're hungry, you will be more tempted to buy foods not on your list.

The basics about your five major food groups 🍏

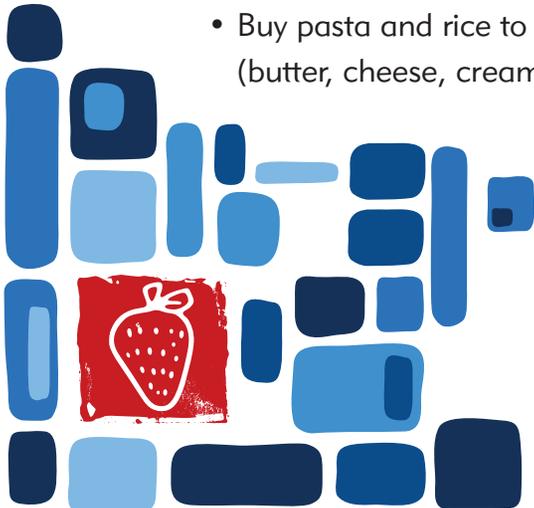
For a balanced daily diet, both children and adults need to be getting at least five servings of fruits and vegetables; five to six servings of grains, breads, and cereals; three cups of milk; and only about five and half ounces of lean protein (meat, fish, beans) per day. Here are some very helpful tips from the American Council For Fitness & Nutrition in regard to what we should all be eating for maximum health.

Grains, Breads and Cereals

- Eating grains, especially whole grains, provides health benefits.
- Make ½ of your grains whole grains.
- Choose whole grain breads, rolls, rice, and pasta when available.
- Look for “whole” before the grain name on the ingredient list.
- Buy dry cereals; most are low in fat. Avoid sugar-sweetened cereals.
- Buy pasta and rice to use as entrees. Avoid the high-fat sauces (butter, cheese, cream).



Check to see if multiple-item specials are really a good price.



Source: Hebni Nutrition Consultants, Inc.

Fruits

Fruits are very low in saturated fat and total fat, and have no cholesterol. A diet high in fruit may also help to improve cholesterol levels for those with heart disease or those who are at high risk of developing it.

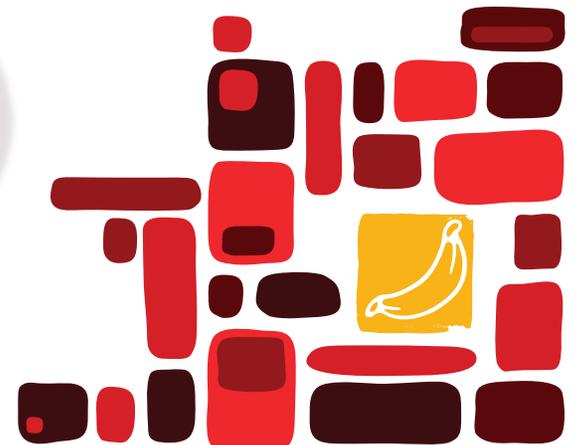
- Eat a variety of fruits.
- Buy fruits and vegetables to eat as snacks, desserts, salads, side dishes, and main dishes.
- Serve fresh fruit for dessert or freeze bananas, berries, melon, or grapes for a delicious frozen treat.
- Display fresh fruit in a bowl in the kitchen to make it easier to grab as a snack.
- It's better to eat fruit than to drink juice, but if you drink juice, choose 100% fruit juice.
- Fruit may be fresh, frozen or dried.

Examples:

apples, bananas, blueberries, cantaloupe, grapefruit, grapes, peaches, pears, plums, strawberries, watermelon.



Buy foods that you use a lot in large packages only if you can use it all before it spoils.



Source: Hebni Nutrition Consultants, Inc.

Vegetables

Vegetables are very low in saturated fat and total fat, and have no cholesterol. A diet high in vegetables may also help to improve cholesterol levels for those with heart disease or those who are at high risk of developing it.

- Choose a variety of vegetables.
- Add a variety of vegetables to meat stews or casseroles or make a vegetarian (meat-less) main dish.
- Wash and cut up raw vegetables (carrots, broccoli, cauliflower, lettuce, greens, celery, mushrooms, etc.) and store in the refrigerator for quick use in cooking or snacking.
- Buy fresh vegetables in season.

Examples:

black-eyed peas, broccoli, collard greens, corn, green beans, kidney beans, lettuce, lima beans, mustard greens, potatoes, spinach, squash, sweet potatoes, turnip greens.



Shop alone, if possible. You will be less distracted.

Milk

It is recommended that individuals consume 3 cups per day of fat-free or low-fat milk or equivalent milk products. If you now drink whole milk, you will probably find it easier to switch to fat-free milk in steps, so your taste buds can adjust. Drink 2% milk for a few weeks, then 1% milk, and finally fat-free. You will get used to the new taste gradually. With each step, you will cut down on saturated fat and cholesterol.

- Choose low-fat, calcium-rich foods.
- Eat low-fat or nonfat yogurt alone, or as a topping, or in recipes.
- Try low-fat or nonfat sour cream or cream cheese blends. Many taste as rich as the real thing, but have less fat and fewer calories.
- Include milk as a beverage at all meals.
- Add fat-free milk or low-fat milk instead of water to oatmeal or hot cereal.
- Eat low-fat ice cream or sherbert instead of full-fat ice cream.

Examples:

8 oz. of fat-free or 1% milk, 6 oz. of low-fat or fat-free yogurt, 2 slices of swiss cheese (3/4 oz. each slice), 1/3 cup of shredded cheddar cheese, 1/2 cup chocolate pudding, 1/2 cup of frozen yogurt.

Lactose Intolerance

Many of us have problems with the lactose sugar in some dairy products, causing gas, bloating, and diarrhea. It is recommended that you use lactose-free dairy products in place of regular dairy products to avoid those problems.



Use a calculator to keep a total of what you are spending as you put foods in your cart.

Meat and Beans

- Go lean with protein, 5 to 6 ½ ounces for the entire day.
- Choose chicken and turkey without skin or remove skin before eating.
- Egg yolks are high in dietary cholesterol and should be limited to no more than 3 yolks per week, including egg yolks used in cooking.
- Egg whites have no cholesterol, and you can substitute them for whole eggs in recipes. Two egg whites are equal to one whole egg. Cholesterol-free egg substitute can be used in place of eggs.
- Dry peas and beans are great meat substitutes that are low in saturated fat and cholesterol. They are high in fiber, which can help to lower blood cholesterol. Add ½ cup of beans to pasta, soups, casseroles, and vegetable dishes.
- Eat at least two servings of fish each week, preferably fatty fish such as trout or salmon.

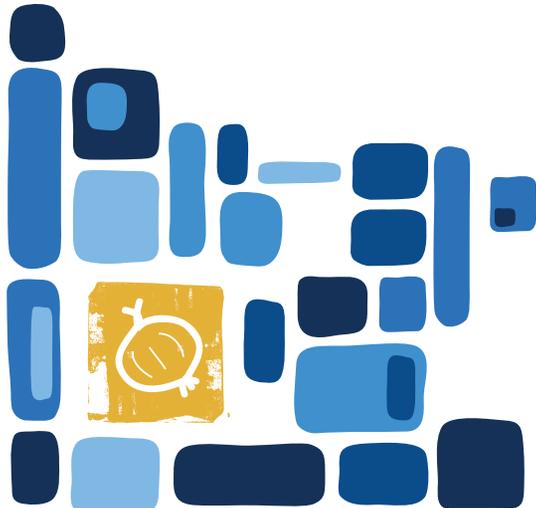
Examples:

**3 oz. pork chop, 3 oz. chicken breast (skinless and boneless),
6 oz. salmon, 7 medium-sized shrimp, 1 oz. of nuts.**

* If you normally use ham hock, pig tails, or neck bones to season vegetables, a healthier alternative is smoked turkey necks, which will give the flavor desired without the fat, or beef bouillon, which has little fat.



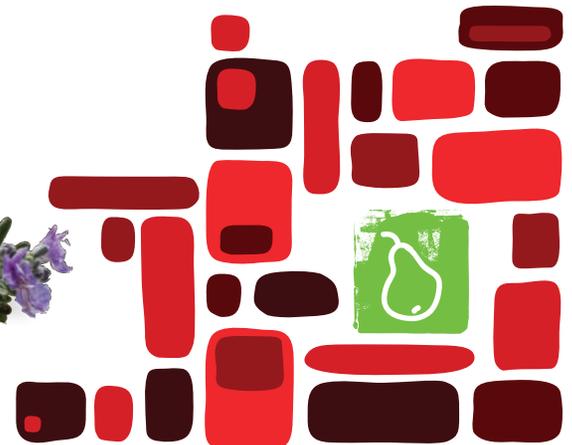
Pick your own berries, fruits, or vegetables at local farms or farmer's markets.



Fats and Oils

Foods such as chitterlings (chitlins), fresh pork neck bones, fat back, hog jowls, streak-o-lean, pig feet, and sausage are sometimes used as meat by many of us. Due to the high fat content, these foods should be used only occasionally and in very small amounts.

- Choose liquid vegetable oils that are high in unsaturated fats, like canola, corn, olive, peanut, safflower, sesame, soybean, and sunflower oils.
- Read the ingredient label to choose products that contain liquid vegetable oil as the first ingredient rather than hydrogenated or partially hydrogenated oil.
- Choose soft tub or liquid margarine or vegetable oilsreads.
- Limit butter, lard, fatback, and solid shortenings. They are high in saturated fat and cholesterol.
- Buy light or nonfat mayonnaise and salad dressing instead of the high-fat kind. For example, two tablespoons of regular Italian dressing can add as many as 14 grams of fat.
- Choose smoked turkey necks to season vegetables.



It is more economical to buy frozen juice concentrate instead of ready-to-drink 100% juice.

Source: Hebni Nutrition Consultants, Inc.

Sweets and Desserts

Try these healthier options instead.

- Angel food cake topped with fruit puree or fresh fruit slices
- Fat-free or low-fat brownies, cakes, cheesecake, cupcakes, and pastries
- Cookies like animal crackers, Graham crackers, fig and other fruit bars, ginger snaps, and vanilla or lemon wafers
- Pretzels or butter-free air-popped popcorn or 100-calorie snack packs
- Frozen low-fat or nonfat yogurt, fruit ices, ice milk, sherbet, and sorbet
- Gelatin desserts and puddings made with 1% or fat-free milk (watch the whipped cream!)
- Low-calorie drinks

Remember, 1 tsp. of sugar = 16 calories.



Source: Hebni Nutrition Consultants, Inc.

Buy plain pasta shapes like macaroni, which is often less expensive than fancy shapes.

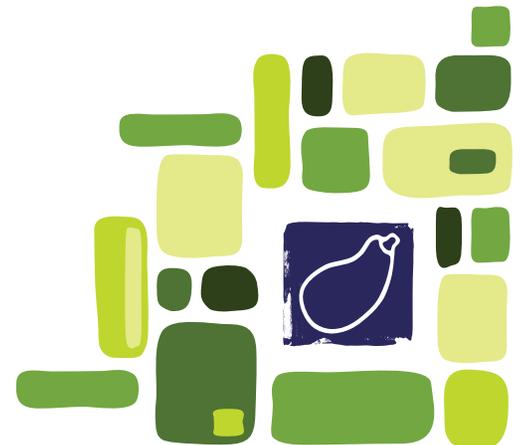
How Much Should You Eat?

Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. Some portions are called "super size," while others have simply grown in size until they provide enough food for two people. With this growth have come increases in waistlines and body weight. Avoid super-sizing meals. Order a kid's portion whenever possible.

- A "portion" can be thought of as the amount of a specific food you choose to eat for dinner, a snack, or other eating occasions.
- A "serving" is a unit of measure used to describe the amount of food **recommended** from each food group. It is the amount of food listed on the Nutrition Facts panel on packaged food.



Buy fruits and vegetables that are in season.



The nutrition facts label inside and out

Nutrition Facts			
Serving Size 1 package (272g)			
Serving Per Container 1			
Amount Per Serving			
Calories	260	Calories from Fat 70	
% Daily Value*			
Total Fat	8g		11%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	30mg		10%
Sodium	680mg		28%
Potassium	510 mg		15%
Total Carbohydrate	31g		10%
Dietary Fiber	5g		20%
Sugars	4g		
Protein	17g		
Vitamin A	90%	Vitamin C	8%
Calcium	15%	Iron	10%
* 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
Saturated 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
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

Serving Size
The serving size for this food is one package. All the nutrition numbers listed are based on this amount. Compare the serving size to the amount you eat and adjust the numbers as needed. For example, if you ate only half the package of this food, you'd divide the numbers shown by two (e.g., 130 calories).

Servings Per Container
Note carefully! This package contains one serving, but sometimes even small packages contain more than one serving.

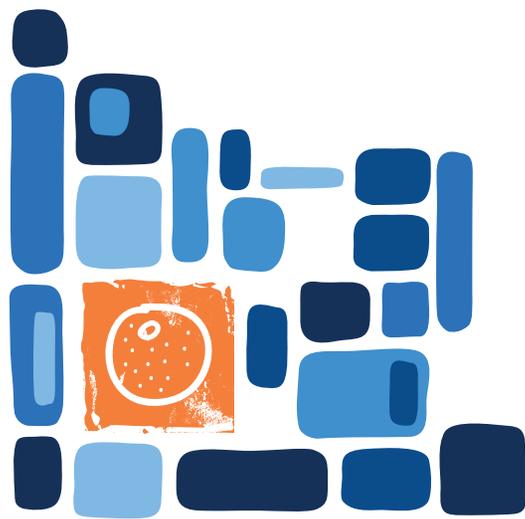
Nutrition Numbers
The label lists the number of Calories and the number of Calories from Fat in one serving. Also listed are the grams of Total Fat, Saturated Fat, Trans Fat, Total Carbohydrate, Dietary Fiber, Sugars, Protein and milligrams of Cholesterol and Sodium. Sometimes labels list extra information. For example, this label lists the grams of Monounsaturated Fat and Polyunsaturated Fat and milligrams of Potassium.

Percent Daily Values
These percentages show how much of each nutrient one serving provides in a 2,000-calorie diet. For this label, one serving of food provides 11% of the Total Fat and 15% of the Calcium recommended for the day.

Hit Your Targets...Not Too High
For nutrients we sometimes get too much of (Fat, Saturated Fat, Cholesterol and Sodium), your daily goal is to total 100% or less of the Daily Value. There is no Daily Value for Trans Fat, but experts recommend keeping intake as low as possible.

Hit Your Targets...Not Too Low
For nutrients such as Potassium, Dietary Fiber, Calcium, Iron, Vitamin A and Vitamin C, your daily goal is to reach 100% of the Daily Value. Look for foods that are good sources (10-19% of the Daily Value) or excellent sources (20% or more of the Daily Value) of nutrients like these. This label shows that one serving of the food is an excellent source of Dietary Fiber and Vitamin A and a good source of Potassium, Calcium and Iron.

Select low-fat luncheon meat and low-fat sausage to replace higher-fat versions of these meats.



Serving Size Card

This serving size card can be reproduced and cut out to be placed in your wallet or purse.

What is a portion size?

Grain Product

- 1 cup of cereal flakes = fist
- 1 pancake = compact disc
- ½ cup of cooked rice, pasta, or potato = ½ baseball
- 1 slice of bread = cassette tape




Dairy and Cheese

- 1 oz. of cheese = 4 stacked dice or 2 cheese slices
- ½ cup of ice cream = ½ baseball



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What is a portion size?

Fats

- 1 tsp. margarine or spreads = 1 die



Vegetables and Fruit

- 1 cup of salad greens = baseball
- 1 baked potato = fist
- 1 med. fruit = baseball
- ½ cup of fresh fruit = ½ baseball
- ¼ cup of raisins = large egg



Meat and Alternatives

- 3 oz. meat, fish, and poultry = deck of cards
- 3 oz. grilled/baked fish = checkbook
- 2 tbsp. peanut butter = Ping-Pong ball



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If you are away from home, use the hand jive method to portion your foods.



fist = 1 cup
(Example: 2 servings of pasta or oatmeal)



palm = 3 oz.
(Example: a cooked serving of lean meat)



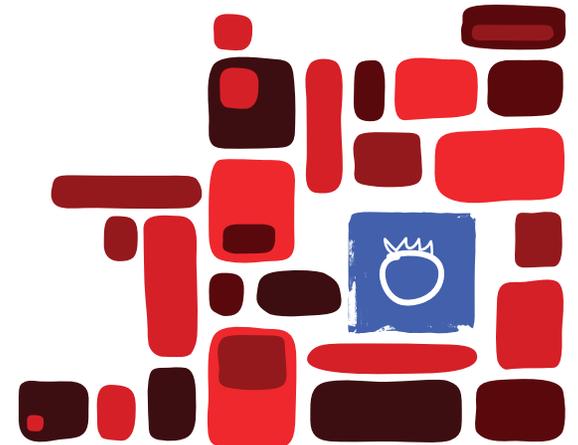
thumb tip = 1 teaspoon
(Example: 1 tsp. of margarine)



handful = 1 or 2 oz. snackfood
(Example: 1 oz. of nuts = handful
2 oz. of pretzels = 2 handfuls)



thumb = 1 oz.
(Example: a piece of cheese)



Look for in-store specials and coupons near the entrance of the store and throughout the aisles.

Calorie per person chart.

1,600 Calories	2,000 Calories
Many Women & Older Adults	Children, Teens, Active Women, & Most Men
Grains, Breads, & Cereals	
5 servings	6 servings
Vegetables	
2 cups	2 1/2 cups
Fruits	
1 1/2 cup	2 cups
Milk	
3 cups	3 cups
Meats & Beans	
5 oz.	5 1/2 oz.

Don't drink your calories.

Sweetened Sodas	Calories	Sweetened Fruit Punches	Calories
44 Ounces	600	44 Ounces	715
12 Ounces	150	12 Ounces	195
8 Ounces	100	8 Ounces	130

Look for your favorite beverages in low-calorie or unsweetened varieties — new formulations have made these options flavorful and healthy.

Use coupons for items you usually buy.

