



## Healthy Nutrition Guidelines

Eating healthy can help you look and feel great today while ensuring a healthier future tomorrow. The basics of healthy eating include consuming foods that are filled with nutrients and vitamins that have beneficial effects on your health. A nutritious diet should also be coupled with physical activity for maximum benefits. **The recipe for success:** A well-balanced diet combined with physical activity can boost your energy today and decrease your risk for many chronic diseases in the years to come.

Recently, the federal government released guidelines for healthy eating that show how we should balance our diets through both the amount & types of foods we put on our plates.

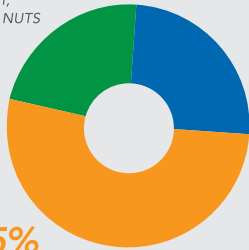
# GUIDELINES FOR A HEALTHY DIET

**10-35%  
PROTEIN**

(MEAT, EGGS, DAIRY, SEAFOOD, BEANS, NUTS & SOY PRODUCTS)

**20-35%  
FATS**

(PREFERABLY UNSATURATED FATS)



**45-65%  
CARBOHYDRATES**

(FRUITS, GRAINS & FIBER)

## TO ACHIEVE & MAINTAIN HEALTHY BODY WEIGHT

# 150 minutes per week

30 minutes, 5 days a week of MODERATE INTENSITY AEROBIC ACTIVITY

+ STRENGTH TRAINING

### DESIGN A HEALTHY EATING PLAN:

- Whenever possible, buy food that is grown locally and fresh rather than packaged.
- Visit farmers' markets in your area for the freshest produce.
- Plan ahead by creating a grocery list to make better food choices.
- Prepare and cook more meals at home instead of dining out.
- Consume more nutrient-dense foods and beverages such as vegetables, fruits, whole grains, fat-free or low-fat milk products, seafood, lean meat and poultry, eggs, beans, peas, nuts, and seeds.

### BALANCING CALORIES:

- Learn the number of calories you need each day and maintain calorie balance over time to achieve and sustain a healthy weight. Refer to [myplate.gov](http://myplate.gov) to find out your daily calorie and food group needs. ([choosemyplate.gov/myplate/index.aspx](http://choosemyplate.gov/myplate/index.aspx))
- Track your food and calorie intake using a food journal or smartphone app.
- Enjoy your food, but eat less and try to leave the table satisfied, not full.
- Avoid oversized portions. Refer to [myplate.gov](http://myplate.gov) for appropriate serving sizes.
- Consume foods and drinks to meet, not exceed, your caloric needs.

### FOODS TO INCREASE:

- Make half of your plate fruits and vegetables and consume many varieties.
- Drink at least 8 glasses of water each day.
- Increase fiber intake; at least 20 grams per day for women and 30 grams for men.
- Make at least half of your grains whole grains.
- Switch from whole to fat-free or low-fat (1%) milk.
- Choose a variety of foods with protein such as meat, eggs, dairy, seafood, beans, nuts and soy products.
- Increase the amount and variety of seafood consumed.
- Choose foods that provide more potassium, calcium, and Vitamin D, such as fruits, vegetables, dairy products, fortified orange juice, and soy products.

### FOODS TO REDUCE:

- Limit sugary drinks.
- Reduce salt intake to 2,300mg and further to 1,500mg if you are at least 51 years-old, of any age and are African American, or have hypertension, diabetes, or chronic kidney disease. Processed foods often contain high sodium levels. Compare sodium in foods like soup, bread and frozen meals and choose the foods with the least sodium.
- Limit the consumption of foods with refined grains, especially those that contain solid fats and added sugars. Solid fats refer to saturated and trans fats which are typically solid at room temperature (e.g., butter, lard, vegetable shortening, as well as tropical oils such as coconut oil, palm and palm kernel oil).
- Replace solid fats like butter, lard, and shortening with vegetable oils where possible.
- Consume less than 10% of calories from saturated fatty acids (e.g., butter, cheese, ice cream, beef, and pork).
- Consume less than 300mg per day of dietary cholesterol, which comes from meats such as beef and pork, high fat dairy products and egg yolks.
- If you drink alcohol, limit your intake to one drink (for women) or two drinks per day (for men). Alcohol is high in calories and increases the risk for certain chronic diseases.

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## The Key Facts for Each Food Group

LISTED BELOW ARE THE KEY INGREDIENTS THAT MAKE UP A HEALTHY EATING PLAN

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### PROTEINS

Choose a variety of protein foods, including seafood, lean meat, poultry, eggs, beans, peas, soy products, nuts & seeds.

Replace protein foods that are high in solid fat with choices that are lower in solid fats & calories.

Choose seafood in place of some meat and poultry.

Avoid processed meat, such as packaged sandwich cold cuts, which contain high levels of saturated fat & sodium.



### DAIRY

Switch to fat-free or low-fat milk.

Increase intake of fat-free & low-fat dairy products such as yogurt or cottage cheese, which are good sources of calcium & Vitamin D.



### FRUIT

Focus on fruits for snacks and try a variety, from citrus to berries and stone fruits.

For more nutritional value, choose whole or cut up fruits more often than fruit juice.



### FIBER

Fill your diet with fiber-rich foods like fruits, vegetables, whole grains & legumes.

Navy beans, split peas, lentils, pinto beans & black beans also have high levels of dietary fiber.

Women should aim to get 22g to 28g of fiber a day, while men should aim to consume 28g to 34g of fiber daily.



### VEGETABLES

Eat a variety of vegetables, especially dark green, red and orange vegetables, as well as peas. Some examples are spinach, kale, broccoli, bell peppers, and carrots. (Vegetables are relatively low in calories and high in water and fiber.)



Consumption of vegetables and fruits is associated with a reduced risk of many chronic diseases.

### FATS, CHOLESTEROL & SALT

Limit cholesterol, saturated fat, & avoid trans fats.



Plant oils, nuts and fish are the healthiest sources of fat.

Use oils to replace solid fats whenever possible.

Consume less than 10% of calories from saturated fatty acids.

Keep cholesterol to less than 300mg a day.

Reduce salt intake.

### GRAINS

Consume at least half of all grains as whole grains.

Whole grains include the entire grain seed, called a kernel, which consists of the bran, germ and endosperm. Refined grains have been processed to remove the bran & germ, which also removes dietary fiber, iron and many B vitamins.



Oatmeal, whole wheat bread & brown rice, are the best sources of whole grains.

Avoid refined grains, such as white bread, which are processed & contain added sugars, solid fats, and salt.

### BEVERAGES

Drink plenty of water.

Replace sugary drinks with water.

Avoid beverages, like soda, that add calories without providing essential nutrients.



When drinking juice, 100% fruit juice is encouraged.

Limit alcohol intake.

### VITAMINS

Choose foods that provide more potassium, calcium, Vitamin D & B vitamins.



Good sources include vegetables, fruits, whole grains, & dairy products.

A daily vitamin can be helpful if you're not getting enough of these substances in your diet.