

# HEALTHY EATING

Tips from the *Take Charge of Your Health!* series



# WATCH OUT FOR PORTION DISTORTION! USE COMMON HOUSEHOLD ITEMS TO HELP ESTIMATE PROPER SERVING SIZES:

## Grains Group

1 slice or 1 oz of bread = a CD case

1/2 cup cooked rice or pasta = a computer mouse or rounded handful

1 cup cereal or 1 cup popcorn = a baseball or small fist

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## Vegetables Group

*\*keep in mind that when cooked, vegetables lose water content, so for green, leafy veggies 1 cup raw will = 1/2 cup cooked.*

1 cup raw, leafy vegetables = a baseball or small fist

1/2 cup cooked vegetables = a computer mouse or small fist

1 small potato = a computer mouse or small fist

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## Fruit Group

1 medium fruit (apple, orange) = a tennis ball or the size of your fist

1 cup of berries or grapes = a tennis ball or the size of your fist

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## Dairy Group

1 cup milk = 8 oz carton or a baseball

8 oz yogurt = a prepackaged container or a baseball

1 oz cheese = the size of your thumb

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## Protein Group

3 oz meat, fish or poultry = size of a deck of cards

1 oz sliced deli meats = a flat, open hand

1/4 cup of nuts = a golf ball or cupped palm of you hand.

2 Tbs peanut butter = a golf ball

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## Fats and Oils

1 tsp olive oil, butter, margarine = a die or a quarter

1 Tbs mustard, mayo, ketchup = a die

## FOCUS ON INCREASING FRUITS, VEGETABLES, AND WHOLE GRAINS—ALL OF WHICH ARE HIGH IN FIBER

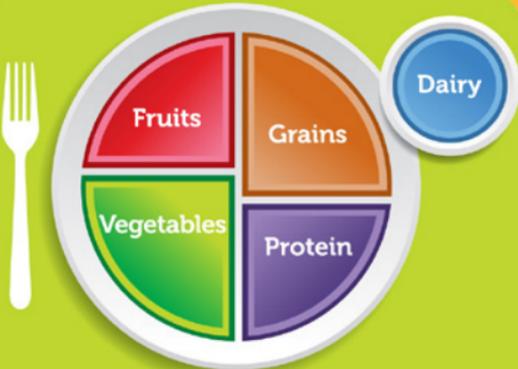
- Diets high in fiber decrease the risk of certain chronic diseases
- They can also help you maintain a healthy weight

## SWITCH TO FAT-FREE OR LOW-FAT (1%) MILK FOR FEWER CALORIES OVERALL

- Higher fat content often means more calories
- Low-fat products give you valuable nutrients but fewer empty calories

## CUT BACK ON SALT AND SUGAR

- Compare food labels and choose products with lower sodium content
- High levels of sodium can lead to high blood pressure and diabetes
- Sugar, like fat, adds calories to food



**DAILY GOALS**

At each meal, fill half of your plate with fruits and vegetables first

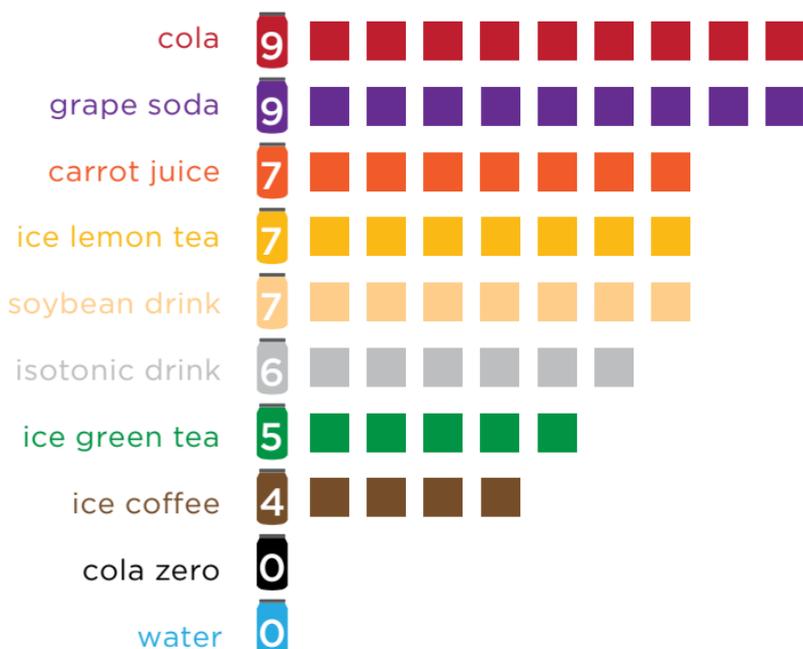
Limit sodium to less than 2300 mg/day or 1500 mg if you have high blood pressure

Avoid sugary drinks

Choose **MyPlate**.gov

## SUGAR ALERT

*how much sugar goes in drinks?*



■ = 1 TEASPOON = 4 GRAMS OF SUGAR

## BEST PRACTICES FOR NUTRITIONAL HEALTH:

- **Listen to your body:** Eat when you're hungry, and stop when you're full
- **Keep a food log:** Record what you eat and drink over the course of the day. You may be surprised by what you see
- **Slow down:** Give yourself enough time to focus on your meal rather than rushing through
- **Make it a party:** Invite friends, family, or coworkers to join you. Meal time should be a pleasurable experience
- **Know your food:** Read the labels on the products you buy. Shoot for foods not in a package, or with few ingredients listed

A photograph of a grocery store's organic produce section. The shelves are filled with various fresh vegetables like bell peppers, eggplants, and leafy greens. A sign in the upper left corner reads "ORGANIC PRODUCE". The entire image has a green color overlay.

ORGANIC  
PRODUCE

## FOLLOW THE USDA GUIDELINES:

- Balance your calories
  - Avoid oversized portions
  - Enjoy your food, but eat less
- Foods to increase
  - Make half your plate fruits and vegetables
  - Make at least half your grains whole grains
  - Focus on increasing the amount of these nutrients.
  - Switch to fat-free or low-fat (1%) milk
- Foods to reduce
  - Compare sodium in foods like soup, bread and frozen foods—and choose options with lower numbers
  - Drink water instead of soda or juice

Check serving size and servings per container. There are 4 servings in this container so if you eat the whole box, you're eating four times the amount of everything

# Nutrition Facts

Serving Size 2 tbsp (28g)

Servings Per Container 4

## Amount Per Serving

**Calories** 180      **Calories from fat** 140

**% Daily Value\***

**Total Fat** 15g      **23%**

Saturated Fat 1.5g      **8%**

*Trans* Fat 0g

**Cholesterol** 0 mg      **0%**

**Sodium** 150mg      **6%**

**Potassium** 160mg      **5%**

**Total Carbohydrate** 6g      **2%**

Dietary Fiber 3g      **12%**

Sugars 1g

**Protein** 6g

Vitamin A 0%      Vitamin C 0%

Calcium 6%      Iron 6%

\* 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	2,100mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

Limit these to reduce risk of chronic disease

Focus on increasing the amount of these nutrients



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