



Healthy Eating Plans

A healthy eating plan combines a variety of food selections. See tips below for meal planning and/or eating out.

Don't Give In When Eating Out:

- During lunch, select whole grain breads for your sandwich.
- Opt for beverages without added sugars.
- Order steamed, grilled, or broiled dishes instead of fried or sautéed.

1. Emphasize:

- fruits, vegetables, whole grains, and low fat milk products

2. Include:

- lean meats, poultry, fish, beans and nuts

3. Is low in:

- saturated fats, trans fats, cholesterol, sodium, and added sugars



Healthy Breakfast:

The Best Way To Begin Your Day

A healthy breakfast refuels your body and jump-starts your day. It also lays the foundation for lifelong health benefits. Don't overlook this important meal. Select healthy options that fit your taste and lifestyle. – Mayo Clinic

Best Bets for a Healthy Breakfast:

- It should consist of a variety of foods: whole grains, low-fat protein or dairy, and fruit. This provides complex carbohydrates, protein and a small amount of fat (a combination that delays hunger symptoms for hours).

Benefits of a Healthy Breakfast:

People who eat a healthy breakfast are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol.
- Have better concentration and productivity throughout the morning.
- Control body weight.
- Have lower cholesterol, which reduces the risk of heart disease.



Reading Food Labels

Labels can help you make quick and informed choices that contribute to a healthy eating plan.

		Nutrition Facts	
① Start Here →		Serving Size 1 cup (228g) Servings Per Container 2	
② Check Calories		Amount Per Serving Calories 250 Calories from Fat 110	
③ Limit these Nutrients		% Daily Value*	
		Total Fat 12g	18%
		Saturated Fat 3g	15%
		<i>Trans</i> Fat 3g	
		Cholesterol 30mg	10%
		Sodium 470mg	20%
		Total Carbohydrate 31g	10%
		Dietary Fiber 0g	0%
		Sugars 5g	
④ Get Enough of these Nutrients		Protein 5g	
		Vitamin A	4%
		Vitamin C	2%
		Calcium	20%
		Iron	4%
⑤ Footnote		* 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

⑥ **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High





Food Claims

To help you understand what common food claims really mean, read the definitions below.

Light: 1/3 fewer calories or 1/2 the fat

Low Calorie: less than 40 calories per serving

Lean Meats: 10g of fat or less, 4.5g of saturated fat, and less than 95mg of cholesterol / 3oz. serving

High In: 20% or more of Daily Value (DV)

Reduced: 25% less of specified nutrient or calories

Good Source Of: at least 10% of Daily Value (DV)





Recipe Makeovers:

5 Ways To Create Healthy Recipes

Many recipes can tolerate a healthy renovation without affecting the taste or texture of the food. Use these techniques to make your recipes healthier.

1. Reduce the amount of fat, sugar and sodium

Fat: For baked goods, use 1/2 the butter, shortening or oil. Replace the other 1/2 with unsweetened applesauce, mashed banana or prune puree.

Sugar: Reduce amount by 1/3 to 1/2. Instead, add spices such as cinnamon or flavorings such as vanilla to enhance the sweetness of the food.

Sodium: Reduce salt by 1/2 in baked goods that don't require yeast. For most main dishes, salads, and soups reduce by 1/2 or eliminate it completely.

2. Make a healthy substitution

- For example, use whole wheat pasta in place of enriched pasta or fat-free milk instead of whole milk. This can reduce the amount of fat, calories and sodium, as well as boost nutritional content.





Recipe Makeovers Continued:

3. Delete an ingredient

- You can delete ingredients altogether such as: frosting, coconut, nuts, pickles, olives, butter, mayonnaise, syrup, jelly and mustard.

4. Change the method of preparation

- Braise, broil, grill or steam instead of fry.
- Use nonstick pans or spray pans with nonstick cooking spray.

5. Change the portion size

- Some recipes may still be high in sugar, fat or salt. In these cases, reduce the amount of that food you eat. This also allows you to eat a wider variety of foods during a meal which helps you to get all the energy, protein, vitamins, minerals and fiber you need.