

Guide to Healthy Eating

An estimated 100 million adults in the United States today are currently overweight or obese, posing a major health challenge. This problem is the second leading cause of preventable death in the US. Americans are overeating themselves to death!

Even if you are not overweight or obese, eating a healthy and nutritious diet and participating in regular physical activity can help prevent cardiovascular disease, type 2 diabetes, hypertension, osteoporosis, and certain cancers.

A healthy diet begins with these three words – *balance*, *variety*, and *moderation*. Eat a variety of foods in moderate portions while not getting too many calories or too much of any one nutrient.

The United States Department of Agriculture (USDA) has recently revised the food pyramid, with more specific advice on portion sizes and calories. Part of the new food guidance system also encourages people to seek individually tailored nutrition and exercise advice.

The key recommendations of the new pyramid, based on a 2,000 calorie per day diet, advise consuming the following:

- **5 to 8 ounces of grain or grain equivalent, depending on age and gender. Women ages 19 to 50: 6 ounces; over 50: 5 ounces. Men ages 19 to 30: 8 ounces; 31 to 50: 7 ounces; over 50: 6 ounces. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. Of that amount, at least 3 ounces should be whole-grain breads, crackers, pasta, cereals, or rice.**
- **2½ cups of vegetables for those eating 2,000 calories a day (higher or lower amounts may be appropriate depending on the caloric intake). People are urged to select from all five vegetable subgroups (dark green, orange, legumes, starchy, and others) several times a week.**
- **2 cups of fruit (fresh, frozen, canned, or dried).**
- **3 cups of fat-free or low-fat milk or equivalent milk products.**
- **5½ ounces of meat and beans. Choose lean meats and poultry, varying protein choices with more fish, beans, peas, nuts, and seeds.**
- **Fat sources should be from fish, nuts, and vegetable oils; limit solid fats like butter, stick margarine, lard, and shortening.**

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Eating a healthy and nutritious diet isn't enough, however. You must also balance sedentary activities with regular physical exercise (walking, swimming, bicycling, etc) to promote health, psychological well being, and a healthy body weight.

The American Heart Association (AHA) recommends eating less saturated fats, trans fats and cholesterol as found in fatty meats, poultry skin, butter, cheese, and full-fat milk products and engaging in regular physical activity for at least 30 minutes each day. It is also suggested that you eat a variety of food fiber sources, anywhere from 15 to 30 grams a day from fruits, vegetables, whole-grain and fortified foods, beans, and legumes.

The AHA has developed "An Eating Plan for Healthy Americans" which advises the following:

- **Total calories should be adjusted to reach and maintain a healthy body weight.**
- **Saturated fat intake should be 7 to 10% of calories (or less).**
- **Polyunsaturated fat (sesame and sunflower seeds, corn and soybeans, many nuts and seeds, and their oils) should be up to 10% of calories.**
- **Monounsaturated fat (canola, olive, and peanut oils, and avocados) can make up to 15% of total calories.**
- **Total fat intake should be adjusted to caloric needs. Overweight people should consume no more than 30% of total calories from fat.**
- **Cholesterol intake should be less than 300 milligrams per day.**
- **Sodium intake should be less than 2,300 milligrams per day, which is about 1 teaspoon of salt.**

You and your healthcare provider can discuss realistic short and long-term goals by developing a nutrition and physical activity plan for weight loss and maintenance. If you are a special needs patient or have diabetes or chronic illness, your healthcare provider can refer you to a nutritionist.

Daily Nutrition Log

Name: _____

Date: _____

Meal	Number of Servings Consumed*	Calories*	Protein* (g)	Carbs* (g)	Fat* (g)
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Totals For Today					

* To calculate the amount of *calories*, *protein*, *carbohydrates*, and *fat* you are eating, refer to the **Nutrition Facts** section on the food label. Multiply the serving size that you ate by the number of calories, protein, carbohydrates, or fat in each serving size listed on the food label.