

Healthy Diet: Brief Version

What is an easy way to know how much to eat?

Take a 9-inch plate. Fill half of the plate with fruits and vegetables. Split the other half of the plate between starchy foods (like whole-wheat bread, brown rice, or potatoes) and protein foods like meat or beans. If you use this plate as your guide for each meal, it is easy to get the right amount of each food group every day.

How much should I eat?

To keep from eating too much, watch how many calories you eat. Calories are a way to measure energy. Your body burns calories all day long. It burns fewer calories when you sleep and sit. It burns more calories when you exercise.

The number of calories you should eat each day depends on your age and how active you are. It also depends on if you are trying to gain or lose weight or stay at your current weight. If you want to lose weight, you need to eat fewer calories and get more exercise.

What are healthy food choices?

You should eat these foods every day:

Fruits and vegetables

Eat different kinds of fresh, frozen, canned, or dried fruits. Eating fruit is better than drinking fruit juice.

Eat healthy vegetables like:

- Green vegetables, such as broccoli, cabbage, and dark leafy greens
- Yellow, orange, and red vegetables, such as peppers, tomatoes, carrots, sweet potatoes, pumpkin, and squash.

Whole grains

Whole-grain cereals, breads, crackers, rice, or pasta are good choices. Look for the words "whole grain" or "whole wheat" as some of the first words on the ingredient list of a packaged food.

Milk products

Drink 3 cups of low-fat or fat-free milk each day. Or you might have this much low-fat yogurt or low-fat cheese instead. If you have problems digesting milk products, ask your healthcare provider what you can eat or drink instead.

Protein

Get protein by eating small amounts of lean meats, poultry, and fish. Bake, broil, or grill instead of frying. Eat 8 to 12 ounces of fish a week. Get some of your protein from other foods, such as beans, peas, egg whites, nuts, and seeds.

You can have a healthy diet without eating meat. If you don't eat meat, ask your provider how you can be sure to get enough protein, iron, and zinc.

Healthy Fats

You can get healthy fats from small amounts of olive, canola, or other vegetable oils. You can also add small amounts of nuts, seeds, avocado, and "trans fat free" margarine.

What foods are not healthy?

Some foods are not very healthy. Some can even cause disease if you eat them too often. You don't have to give up all sweet, salty, or fatty snacks. You just need to eat less of these foods. It's best not to keep them on hand. Save these foods for a special treat.

Stay away from foods with cholesterol, saturated fat, and trans fat.

Your blood vessels can build up fat and get too narrow. This can increase your risk of having a stroke or heart disease. Saturated fats and trans fats are less healthy than unsaturated fat. Here are a few ideas for eating less cholesterol and less saturated or trans fat:

- Drink nonfat or low-fat milk instead of whole milk.
- Choose lean cuts of meat.
- Take the skin off poultry before you eat it.
- Cook with canola oil, olive oil, or soybean oil.
- Use less butter. It is healthier to use margarine that is labeled "no trans fatty acids."
- Eat fewer servings of meat or egg yolks. These foods have cholesterol, which can increase the risk for heart disease.

This is very important if you have a family history of diabetes, high cholesterol, or heart disease.

Eat foods with less salt (sodium).

- Your body needs some salt to keep healthy. But it can be unhealthy if you use too much. It may make high blood pressure worse.
- Eat no more than 2,300 mg (milligrams) of sodium a day. That's equal to 1 teaspoon of salt. You should have no more than 1500 mg of sodium a day if:
 - You are 51 or older.
 - You have high blood pressure, diabetes, or kidney disease.
 - You are African American.
- Read the labels on the food packages you buy. Check how much sodium is in the food.
- Taste food before you add salt to it at the table. Try adding other spices or herbs instead of salt.

Drink little or no alcohol.

When you drink too much alcohol, it can lead to many health problems. Women should have no more than 1 drink a day. Men should have no more than 2 drinks a day. A drink is 1 small glass of wine, 1 can of beer, or 1 shot of liquor.

Eat less sugar.

Foods that have a lot of sugar can give you many calories. They often don't give you what you need to keep healthy.

Eat less meat.

Eating meat, like poultry and fish, can help you keep healthy. It is an easy way to get iron and protein. But a lot of people get more protein than they need. It's a good idea to eat less meat. You can:

- Choose lean cuts of meat and more fish.
- Try to use meat as a side dish. Put meat in a casserole or stew.
- Choose not to eat meat at all. Just make sure you get iron, zinc, and protein in your other foods.

Read Food Labels

Food labels help you know about the calories and nutrition in a serving of food. Read food labels to help you stay away from unhealthy foods. It can also help you choose foods that are good for you.

- Keep saturated fats, trans fats, cholesterol, and sodium low.
- Get enough potassium, fiber, vitamins A and C, calcium, and iron.

Always look at the serving size listed on the label and think about how many servings you are really eating. For example, if a can of soup says that it is 2 servings, but you eat the whole can, then you get 2 times the amount of calories, fat, and salt that shows on the label.

How much exercise do I need?

To stay healthy you need to have a healthy diet and enough exercise. Try to exercise at least 30 minutes most days. If you are trying to lose weight or to keep a healthy weight, you may need to increase your total exercise time to 5 hours or more a week.

Developed by RelayHealth.

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Healthy Snacks Low in Saturated Fat

100 to 120 calories in each snack

- 1 medium apple or any round fresh fruit
- 18 small pretzel twists
- 10 multigrain honey graham mini rice cakes
- 18 white cheddar soy crisps
- 2 whole-grain white cheddar or butter popcorn rice cakes (natural flavor, light salt)
- 1/2 small (2 ounces) whole-wheat bagel with fat-free cream cheese
- 3 cups of air-popped or low-fat microwave popcorn
- Baby carrots, broccoli, or cauliflower with low-fat or nonfat dressings for dipping
(2 cups raw vegetables and 1/2 cup nonfat creamy dressing)
- Celery with nonfat cream cheese and 2 tablespoons of raisins or dried cranberries
- 1 cup (8 ounces) of 1% or nonfat milk
- 1/2 cup low-fat cottage cheese with 1/2 cup pineapple chunks
- 6 to 8 ounces light yogurt (sweetened with NutraSweet or Splenda)
- 4 to 5 vanilla wafers
- 5 to 6 saltine crackers (also available with low sodium)
- 1 and 1/2 graham crackers
- 1/2 cup of low-fat ice cream
- 2 tablespoons of raisins
- 1/2 cup of unsweetened applesauce
- 1 fruit roll-up
- 1 fruit juice bar



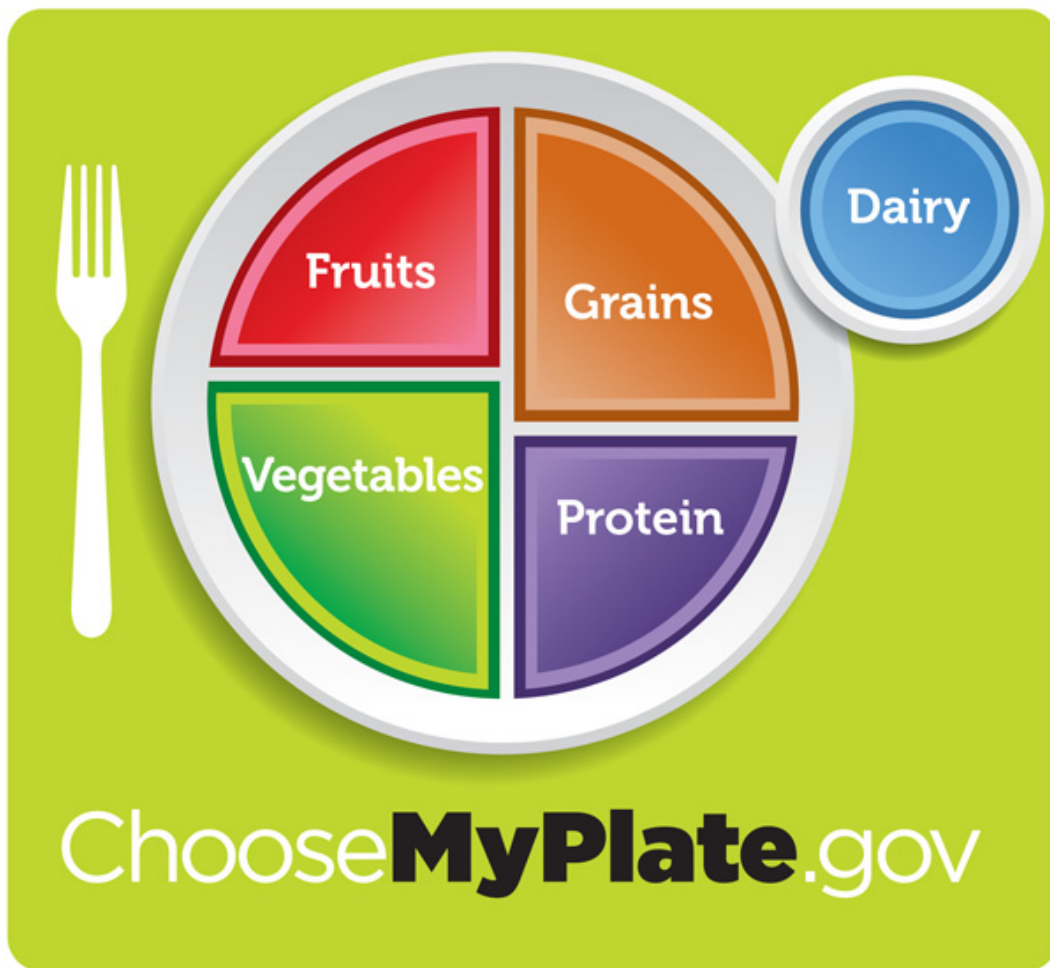
160 to 220 calories in each snack

- 1 large banana or 2 medium servings of fresh fruit
- 1 cup of multigrain Cheerios with 1/2 cup nonfat milk
- 1 small whole-wheat bagel (4 ounces) with fat-free cream cheese
- 1 mozzarella cheese stick (part skim) with 1 cup of fruit chunks and
6 to 8 low-fat, whole-wheat crackers
- 1/2 sandwich with turkey, low-fat Swiss cheese, and mustard
- 6 homemade breaded and baked chicken breast nuggets
- 1 low-fat granola bar
- 4-ounce fruit cup and 1 cup of nonfat milk
- 1 cup of sugar-free pudding
- 1/4 cup dried fruit
- 2 caramel corn rice cakes
- 1 cereal bar
- 1 ounce baked tortilla chips with 1/4 cup salsa
- 15 baked potato chips
- 14 animal crackers and 1/2 cup nonfat milk
- 2 fig cookies and 1/2 cup nonfat milk
- 1 cup (8 ounces) low-fat or nonfat chocolate milk (regular sugar sweetened)






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My Plate



From the US Department of Agriculture

Protein Content in Foods

Food	Serving	Protein in (grams)
MEATS		
		
beef hotdog	1 hotdog	5 to 12
ground beef, lean	3 ounces	24
ground beef, regular	3 ounces	23
filet mignon	3 ounces	24
ham, whole fresh	3 ounces	24
spareribs, lean	3 ounces	22
pork tenderloin	3 ounces	22
chicken breast, no skin	3 ounces	26
ground turkey	3 ounces	21
turkey, white meat, no skin	3 ounces	25
NUTS		
		
almonds	1/3 cup	10
cashews, roasted	1/3 cup	7
peanut butter, chunky	2 tablespoons	8
peanuts, dry roasted	1/3 cup	11
sunflower seeds	1/3 cup	10
walnuts, whole	1/3 cup	5
BEANS		
		
Black beans	1/2 cup	6
garbanzo (chickpeas)	1/2 cup	8
kidney beans	1/2 cup	7
lentil beans	1/2 cup	9
lima beans	1/2 cup	7
navy beans	1/2 cup	8
refried beans	1/2 cup	8
soybeans (edamame)	1/2 cup	15
tofu	1/2 cup	8

DAIRY



cheddar cheese	1 ounce	7
cottage cheese	1/2 cup	11
cottage cheese, lowfat	1/2 cup	13
milk, lowfat	1 cup	8
milk, skim	1 cup	8
swiss cheese	1 ounce	8
yogurt, lowfat	1 cup	12
yogurt, nonfat	1 cup	13

FISH



halibut	3 ounces	18
mackerel	3 ounces	21
salmon	3 ounces	21
sardines, in water	1 can	21
tuna, canned in water	3 ounces	22
lobster	3 ounces	17
shrimp	3 ounces	21

GRAINS



quinoa, cooked	1/2 cup	4
rice, brown, cooked	1/2 cup	2
rye bread	1 slice	2
whole wheat bread	1 slice	4

EGGS



egg	1 large	6
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