

# 7 Reasons to Eat Healthy

Improved Mood

Better Skin

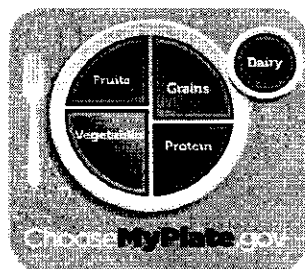
Healthy Weight

Fat Loss

More Energy

Better Sleep

Less Illness



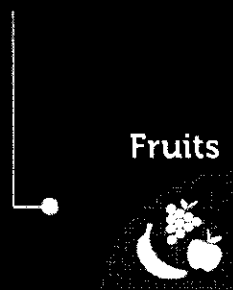
# Find Your Healthy Eating Style & Maintain It for a Lifetime

**Start with small changes to make healthier choices you can enjoy.**

Follow the MyPlate building blocks below to create your own healthy eating solutions—"MyWins." Choose foods and beverages from each food group—*making sure that your choices are limited in sodium, saturated fat, and added sugars.*

## Make half your plate fruits and vegetables: Focus on whole fruits

- Choose whole fruits—fresh, frozen, dried, or canned in 100% juice.
- Enjoy fruit with meals, as snacks, or as a dessert.



Fruits

Grains



Dairy



Vegetables



Protein



## Make half your plate fruits and vegetables: Vary your veggies

- Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.

## Vary your protein routine

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.

## Move to low-fat or fat-free milk or yogurt

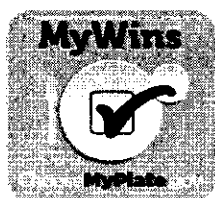
- Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on saturated fat.
- Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

Limit



## Drink and eat less sodium, saturated fat, and added sugars

- Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars.
- Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.
- Drink water instead of sugary drinks.




**Everything you eat and drink matters.**

The right mix can help you be healthier now and into the future. Find your MyWins!

Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to learn more.

Center for Nutrition Policy and Promotion  
January 2016

USDA is an equal opportunity provider and employer.



**MIRAMONT**  
LIFESTYLE FITNESS

# Decoding Nutrition

Understanding the nutrition labels on what you are consuming should not take a dictionary. This quick guide will help you get the most out of these confusing labels.

**Serving size:**  
Is one package 1 serving or 3? If the serving size for a single package is more than 1, multiply all of the other numbers by that amount to understand what you are consuming.

**Calories:**  
This equates to the amount of energy you receive from a single serving of that food. Food that is high in nutrients but is NOT high in calories is your best choice.

**Fat:**  
There are three types of fat.

**Unsaturated Fat:** Good for the heart. Found in liquid form at room temperature.

**Saturated Fat:** Moderate levels are recommended. High levels may cause heart disease. Found in meat and dairy products.

**Trans Fat:** Should be avoided. Man-made. Linked to diabetes, heart and cardiovascular diseases.

**Cholesterol:**  
Too much cholesterol is bad for the heart.

**Sodium:**  
Regulates blood pressure and blood volume. Healthy adults should limit sodium intake to 2,300 mg per day.

**Carbohydrates:**  
The number 1 source of energy for your body. Processed carbs are burned quickly and will spike your blood pressure. Whole-grain carbs are high in fiber and will help keep your appetite and blood sugar stable.

**Dietary Fiber:**  
Helps the digestive process stay healthy. High fiber will keep you full longer.

**Nutrition Facts**  
Serving Size 1 oz. (144g)  
Servings Per Container 4

Amount Per Serving	
Calories 310	Calories from Fat 100

	% Daily Value
Total Fat 15g	30%
Saturated Fat 2.5g	5%
Trans Fat 1g	2%

Cholesterol 110mg	22%
-------------------	-----

Sodium 500mg	10%
--------------	-----

Total Carbohydrate 12g	4%
------------------------	----

Dietary Fiber 1g	4%
------------------	----

# How to Read a Nutrition Label

Food is the fuel that keeps your body running smoothly. Ideally, the food you eat provides great energy (calories), protein, dietary fiber, healthy fats, vitamins, and minerals—without bringing along too much sugar or salt, unhealthy fats, or unsafe food additives. Packaged foods are required to have a Nutrition Facts label, which should help you figure out how nutritious a food is. Let's look at our yogurt again.

**Serving sizes** are standardized portions that allow you to compare the nutrient amounts in similar foods.

**Fats** are tricky. Some, like olive oil, or the kinds in nuts or fish, are good for you, while others are not. "Saturated Fat" is less healthy, and "Trans Fat" is the worst. The words "partially hydrogenated" in the ingredients list lets you know that trans fat is in there.

**Sugar** is fine when it occurs naturally (such as in fresh fruit), but eating too much added sugar or corn syrup is not healthy. Avoid processed foods that have more than 8 grams (two teaspoons) of sugar per serving, unless you are eating dessert.

## Nutrition Facts

• Serving Size 3/4 cup (6 fl oz)

Amount Per Serving

Calories 135 • Calories from Fat 5

% Daily Values\*

• Total Fat 1.5g 1%

Saturated Fat 0.5g 1%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 190mg • 8%

Potassium 625mg

Total Carbohydrate 19g 6%

Dietary Fiber 0g • 0%

• Sugars 19g

Protein 14g •

Vitamin A 0% • Vitamin C 5%

Calcium 50% • Iron 1%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Calories** tell you how much energy is contained in a serving of food. The calories themselves aren't bad or good; what's most important is whether they come from nutrient-dense ingredients.

**Sodium** comes mostly from salt. Many processed foods have more salt than is healthy, as too much sodium can raise blood pressure.

**Dietary fiber** is good for you and keeps your digestion healthy. Fruits, vegetables, beans, and whole grains tend to have lots of it.























**Protein** is your body's basic building block. Foods with a lot of protein give you energy for a long time.

**Vitamins and minerals** are some of the most valuable parts of foods. The more the merrier—but don't be fooled by products that advertise added vitamins, minerals, and fiber, but are high in sugar.

**You decide!**

What do you think about the yogurt? Is it bad for you? Good for you? Both? Neither?

## Serving-Size Comparison Chart

FOOD	SYMBOL		COMPARISON	SERVING SIZE
Milk & Milk Products				
Cheese (string cheese)			Pointer finger	1½ ounces
Milk and yogurt (glass or milk)			One fist	1 cup
Vegetables				
Cooked carrots			One fist	1 cup
Salad (bowl of salad)			Two fists	2 cups
Fruits				
Apple			One fist	1 medium
Canned peaches			One fist	1 cup
Grains, Breads & Cereals				
Dry cereal (bowl of cereal)			One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)			Handful	½ cup
Slice of whole wheat bread			Flat hand	1 slice
Meat, Beans & Nuts				
Chicken, beef, fish, pork (chicken breast)			Palm	3 ounces
Peanut butter (spoon of peanut butter)			Thumb	1 tablespoon

## Quick Measurements

### Grain Products

1 cup of cereal flakes... fist  
 1 pancake... compact disc  
 1/2 cup of rice, pasta OR potato... 1/2 baseball

### Dairy & Cheese

1.5 oz. cheese... 4 dice  
 1/2 cup ice cream... 1/2 baseball

### Fats

1 tsp. butter... 1 die

### Vegetables & Fruits

1 cup of salad greens... baseball  
 1 medium fruit... baseball  
 1/2 cup fresh fruit... 1/2 baseball  
 1/4 cup raisins... large egg

### Meat & Alternatives

3 oz. meat or poultry... deck of cards  
 3 oz. grilled/baked fish... checkbook  
 2 tbsp. peanut butter... ping pong ball

## Twelve Tips for Eating Smaller Portions of Food

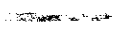



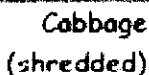












1. Use a smaller bowl or plate when you eat.
2. Know healthy portion sizes for your favorite foods – including the foods you eat at restaurants.
3. Eat foods that are high in fiber. Start your meal with fiber-rich foods.
4. Plan your meals.
5. Use portion control plates or divide your plate into fourths. Half of your plate should contain vegetables. One fourth of your plate should contain protein. The remaining fourth should contain whole grains or starch vegetables.
6. When you are full, stop eating!
7. Don't skip meals.
8. While eating out, don't upgrade to medium or large.
9. Know what times of day you get hungry and have a healthy snack on hand for those times.
10. Drink a large glass of water with meals.
11. Eat snacks that have protein.
12. Have fruits and vegetables sliced and ready to go for your next snack attack.

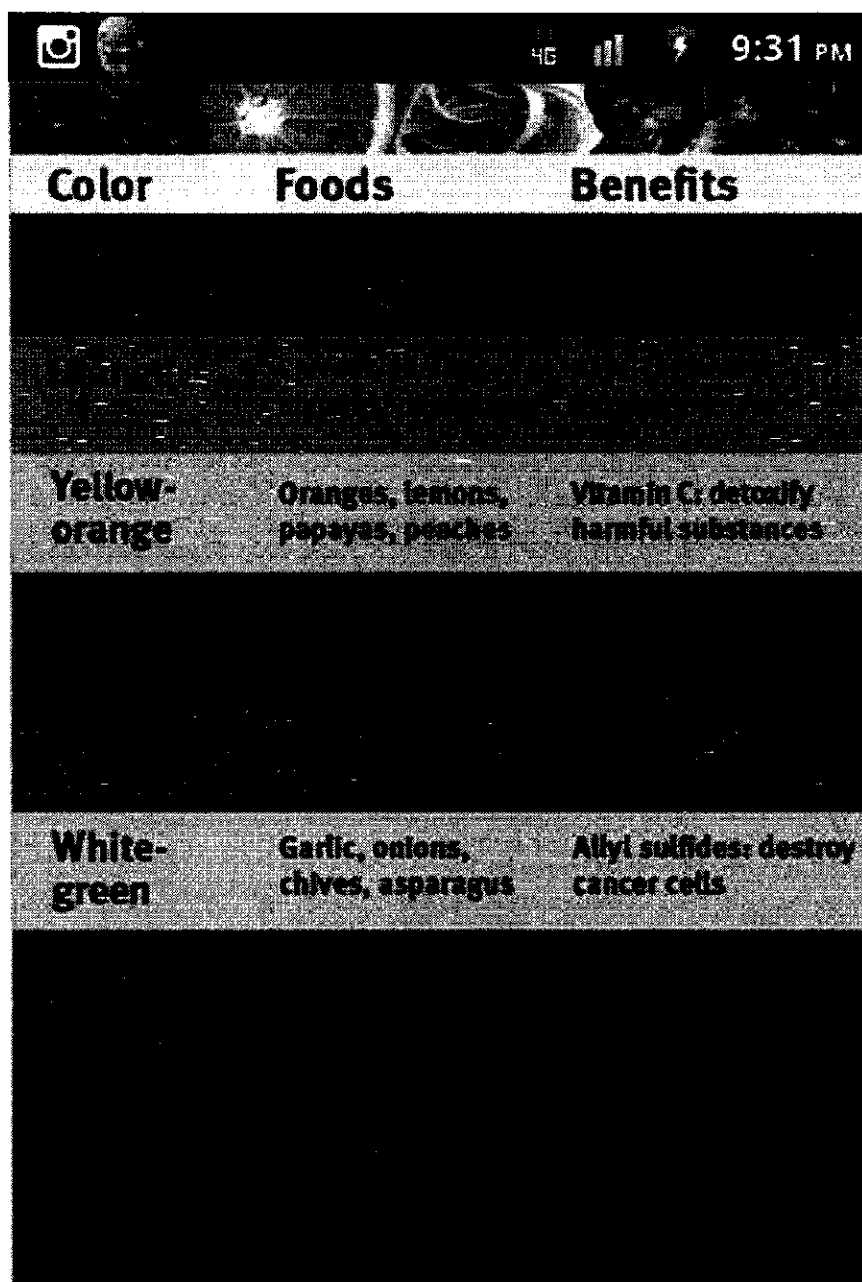




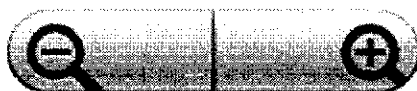
# VEGGIE COOKING

## cheat sheet

VEGETABLE	BOILED	STEAMED	BAKED/ROASTED	MICROWAVED
 Asparagus	Not Recommended	8-10 min	400°F for 8-10 min	2-4 min
 Beans	6-8 min	5-8 min	425°F for 12-15 min	3-4 min
 Brussels Sprouts	Bring to a boil, simmer 5-7 min	8-10 min	400°F for 20 min	4-6 min
 Broccoli	4-6 min	5-6 min	425°F for 15-18 min	2-3 min
 Cabbage (shredded)	5-10 min	5-8 min	400°F for 30 min (wedges)	5-6 min
 Carrots	5-10 min	4-5 min	400°F for 20-30 min (baby carrots)	4-5 min
 Cauliflower	5-10 min	5-10 min	400°F for 25-30 min	2-3 min
 Corn on the Cob	5-8 min	4-7 min	350°F for 30 min, husks on	1.5-2 min
 Eggplant	Not Recommended	5-6 min	425°F for 25-30 min	2-4 min
 Mushrooms	Not Recommended	4-5 min	400°F for 25 min	2-3 min
 Onions (sliced)	30-50 min (whole, outer layer removed)	5 min	425°F for 25-30 min (halved)	Not Recommended
 Peas	8-12 min	4-5 min	400°F for 20 min	2-3 min
 Peppers	Not Recommended	2-4 min	450°F for 15 min or until black (peel skin after)	2-3 min
 Potatoes (cut)	15-20 min	10-12 min	425°F for 20 min	6-8 min
 Spinach	2-5 min	5-6 min	450°F for 3-6 min	1-2 min
 Sweet Potato (cubes)	20-30 min	5-7 min	350°F for 20 min	8 min (whole)
 Zucchini	3-5 min	4-6 min	450°F for 12-15 min	2-3 min



Color	Foods	Benefits
Yellow-orange	Oranges, lemons, papayas, peaches	Vitamin C: detoxify harmful substances
White-green	Garlic, onions, chives, asparagus	Allyl sulfides: destroy cancer cells



# Know your Vitamins

## Vitamin A



- Also known as RETINOL
- Sources include Carrots, Green leafy vegetables and Sweet Potatoes
- Important for a healthy vision
- Its Deficiency causes NIGHT BLINDNESS also known as XEROPHTHALMA



## Vitamin B

Also known as VITAMIN B COMPLEX  
Sources include Animal and Dairy products  
Important for converting food into fuel thus providing energy to the body  
List of Vitamin B includes Vitamin B1, B2, B3, B5, B6, B7, B9 & B12



## Vitamin C



- Also known as ASCORBIC ACID
- Sources include Citrus fruits, Berries & Tomatoes.
- Important for growth & maintenance of all body tissues hence for healing wounds.
- Its Deficiency causes SCURVEY



## Vitamin D



- Also known as CALCIFEROL
- Sources include Fatty fish like Salmon, Egg yolk and Cheese
- Important for maintaining strong bones and teeth.
- Its Deficiency causes RICKETS



## Vitamin E



- Also known as TOCOPHEROL
- Sources include Almonds, Peanuts and Soyabean oil.
- Important for providing immunity and fertility in males
- Its Deficiency causes NERVE DAMAGE



## Vitamin K

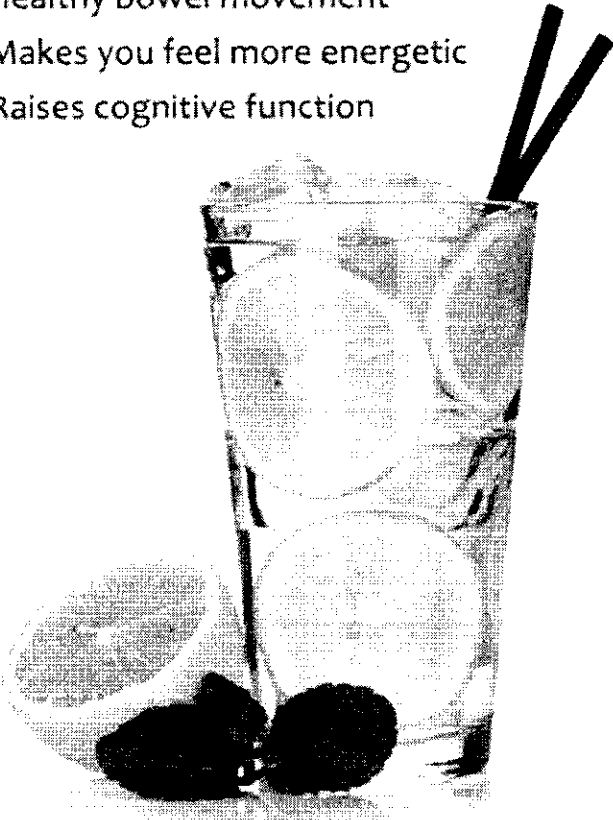
- Also known as PHYLOQUINONE
- Sources include Collard Greens, Kale and Spinach
- Important for Blood Clotting
- Its Deficiency causes HEMORRHAGIC DISEASES





## Drinking Water

- Helps with weight loss
- Stops hunger pangs
- Purifies body from toxins
- Better digestion
- Better nutrient absorption
- Healthy bowel movement
- Makes you feel more energetic
- Raises cognitive function



## Sugary Drinks

- Trigger weight gain
- Raise blood sugar
- Higher risk of heart disease
- Raise Cholesterol
- Raise inflammation



## Calories Burned per 30 Minutes of Activity at Your Weight

Activity Done for 30 Minutes at:	100 lbs	120 lbs	140 lbs	160 lbs	180 lbs	200 lbs	220 lbs	240 lbs	260 lbs	280 lbs
Aerobic Dancing	115	138	161	184	207	230	253	276	299	322
Aerobic Step Training	145	174	203	232	261	290	319	348	377	406
Backpacking (20 lb load)	200	240	280	320	360	400	440	480	520	560
Basketball	130	156	182	208	234	260	286	312	338	364
Bicycling	200	240	280	320	360	400	440	480	520	560
Dancing	100	120	140	160	180	200	220	240	260	280
Gardening	90	108	126	144	162	180	198	216	234	252
Golf, walking without cart	100	120	140	160	180	200	220	240	260	280
Housework	90	108	126	144	162	180	198	216	234	262
Jogging (5 mph)	185	222	259	296	333	370	407	444	481	518
Mowing	135	162	189	216	243	270	297	324	351	378
Skipping Rope	285	342	399	456	513	570	627	684	741	798
Stair Climber Machine	160	192	224	256	288	320	352	384	416	448
Swimming (25 yards per min)	120	144	168	192	216	240	264	288	312	336
Walking (15 minute mile)	100	120	140	160	180	200	220	240	260	280
Weight Training (90 seconds between sets)	125	150	175	200	225	250	275	300	325	350



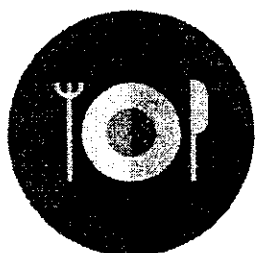
United States Department of Agriculture



**MyPlate**  
**MyWins**

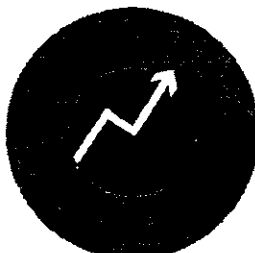
# Reach your nutrition goals

To help you achieve your nutrition goals, try using the tips below.



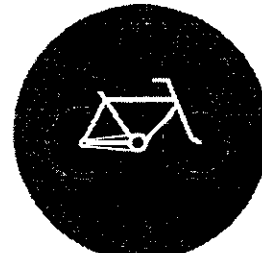
## Start with small changes

Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.



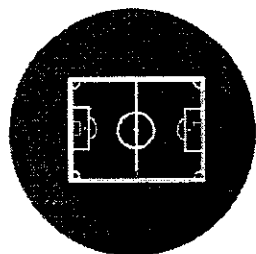
## Take one day at a time

Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!



## Be active your way

Pick activities you enjoy! If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.



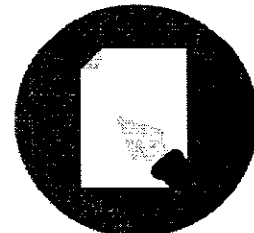
## Team up

Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.



## Celebrate successes

Think of each change as a “win” as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



## List more tips

---

---

---

---

# EATING HEALTHY

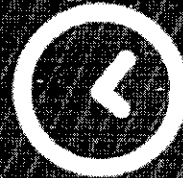
1

cut coupons!

50%  
off!

2

plan your meals in advance!



3

think fresh!



4

hit up the farmer's markets!



5

check out in season foods!



6

load up on protein & whole grain goodness!

7

stay balanced!



#YOUAREUSD #BEWELL

**YOU ARE USD**

[www.sandiego.edu/youareusd](http://www.sandiego.edu/youareusd)