

Fundamentals of Healthy Eating

Objectives

- Understand the basics of good nutrition
- Identify sources of whole grains
- Understand the importance of getting a good mix of nutrients
- Recognize how eating well affects your health

Fundamentals of Healthy Eating

- The human body is a complex machine.
 - It needs a variety of foods to achieve a balanced mix of energy emphasizing:
 - Vegetables, fruits and whole grains
 - Providing a rich supply of nutrients, fiber and other substances for better health
 - Eating well affects our health because the human body uses nutrients from different foods to grow and function

Getting a Good Mix of Nutrients

The Food Guide Pyramid and the Dietary Guidelines

- Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.



What's Inside MyPyramid?



Orange Is for Grains

You are here: [Home](#) / [Inside the Pyramid](#)

Inside the Pyramid

Grains Make half your grains whole

- Eat at least 3 ounces of whole grain bread, cereal, crackers, rice, or pasta every day.
- Look for "whole" before the grain name on the list of ingredients.

[Learn more »](#)



2 Types of Grain Foods

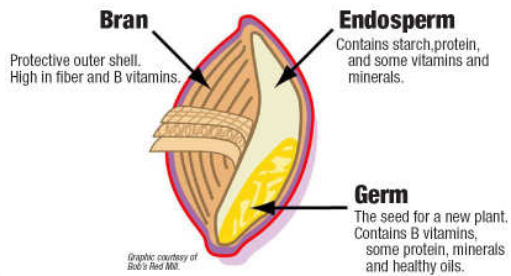
1. Whole Grains



2. Refined Grains



What Is In A "Whole Grain"?



What Counts As An Ounce?

- 1 slice of bread
- 1 cup of ready-to-eat cereal
- 1/2 cup of cooked rice, cooked pasta, or cooked cereal



Red Is for Fruits

You are here: Home / Inside the Pyramid

Inside the Pyramid



What Counts As A Fruit?

- Any fruit or 100% fruit juice counts as part of the fruit group.
- Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.



What Counts As A Serving?

- 1 cup of fruit
- 1 medium-sized piece of fruit
- 1 cup 100% fruit juice
- 1/4 cup of dried fruit



Green Is for Veggies

You are here: Home / Inside the Pyramid

Inside the Pyramid



5 Subgroups of Vegetables

1. Dark green
2. Orange
3. Starchy
4. Legumes
5. Others



What Counts As A Serving?

- 1 cup of raw or cooked vegetables
- 1 cup of vegetable juice
- 2 cups of raw leafy greens



Purple Is for Meat and Beans

You are here: [Home](#) / [Inside the Pyramid](#)

Inside the Pyramid

Meat & Beans
Go lean on protein

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your choices—with more fish, beans, peas, nuts, and seeds

[Learn more >>](#)

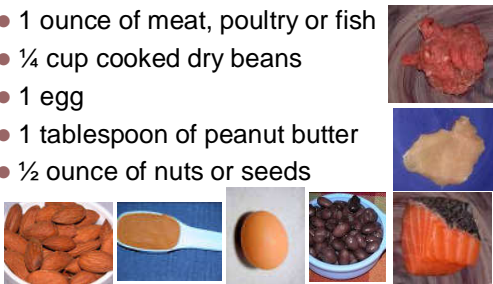
What Foods Are In the Meat and Beans Group?

- All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts



What Counts As An Ounce?

- 1 ounce of meat, poultry or fish
- ¼ cup cooked dry beans
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts or seeds



Blue Is for Milk

You are here: [Home](#) / [Inside the Pyramid](#)

Inside the Pyramid

Milk
Get your calcium-rich foods

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources

[Learn more >>](#)

What Foods Are In the Milk Group?

- All fluid milk products
- Dairy foods that are good sources of calcium
 - Milk group choices should be fat-free or low-fat



What Counts As A Serving?

- 1 cup of milk or yogurt
- 1-1/2 ounces of natural cheese
- 2 ounces of processed cheese
- 1/2 cup ricotta cheese



Yellow Is for Oils

You are here: Home / Inside the Pyramid

Inside the Pyramid

Oils
Know your fats

- Make most of your fat sources from fish, nuts, and vegetable oils
- Limit solid fats like butter, stick margarine, shortening, and lard

[Learn more >>](#)

The Skinny on Fat

Good fats

Monounsaturated

- olive oil, canola oil, peanut oil, avocados, nuts

Polyunsaturated

- Omega 3s (salmon, tuna, walnuts, flaxseed)
- Omega 6s (safflower oil, corn oil, sunflower oil)

Bad fats

Saturated fat

- Meat, full fat milk and yogurt, cheese, cream, and butter

Trans fat

- Stick margarine, vegetable shortening, fried foods, packaged goods, cookies, pastries, etc

The Skinny on Fat

Emphasize a mixture of good fats

- Most people get enough omega 6s from cooking oils and salad dressings, so...
 - Consume more **omega 3s** and **monounsaturated** fats
 - Fish, nuts, avocado, flaxseed, olive oil, canola oil
- But, all fats have the same number of calories so limit your fat intake to about 30% of your calories



Food Label

- Serving Size
- Fat: 3 g for every 100 calories
- Saturated fat: 1 g for every 100 calories
- Trans Fat: Limit
- Cholesterol: less than 300 mg/day
- Sugars: limit added
- Sodium: no more than 2400 mg/day
- Fiber: 25-30 g/day

Nutrition Facts

Serving Size 1/2 cup (114g)		Servings Per Container 4	
Amount Per Serving		Calories from Fat 30	
		% Daily Value*	
Calories	90		
Total Fat	3g		5%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	300mg		13%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	3g		
Vitamin A	80%	Vitamin C	60%
Calcium	4%	Iron	4%
* 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
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Realistic weight loss goal

10% of your body weight in 6 months

Reduce your risk of diabetes, heart disease, cancer, and other chronic diseases

6 Secrets of Successful Weight Management

1. Eat a Diet Low in Calories and Fat
2. Maintain a Consistent Eating Pattern
3. Don't Skip Breakfast
4. Get Active and Stay Active
5. Hit the Scales
6. Catch "Slips" Before They Turn into Bigger Problems

Weight Management

Energy Balance

Calories= measurement unit of energy

- **Calories in**

- Carbohydrates = 4 calories per gram
- Protein = 4 calories per ounce/gram
- Fat = 9 calories per gram

- **Calories out**

- Resting Metabolic Rate
- Activity Level
- Thermogenesis

Adjusting for Weight Loss

- 1 lb of weight = 3500 calories
- Deficit of 500 calories a day = 1 lb weight loss per week
- Wt loss of 1-2 lb per week is recommended

To Lose Weight...

2 ways to create a steady energy deficit

- Eating less calories
- Moving more: Get active and stay active

Easier to cut calories through both diet and exercise

- Decrease food intake by 250 calories
- Burn 250 calories through exercise

Bagel



3-inch diameter
140 calories



??? Calories

A bagel 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel?

350 250 150

Bagel

- Today's 6-inch bagel has **350** calories. This is **210** more calories than a 3-inch bagel 20 years ago.
- Now guess how long you will have to rake leaves in order to burn those extra calories?*

1 hour and 30 minutes
50 minutes
2 hours

Caloric Expenditure

If you rake the leaves for **50 minutes** you will burn the extra **210 calories**.*

*Based on a 130-pound person.



Cheeseburger



333 calories



???

- A cheeseburger 20 years ago had 333 calories. How many calories do you think are in today's cheeseburger?

590 620 700

Cheeseburger

- Today's fast food cheeseburger has **590** calories. This is **257** more calories than a portion 20 years ago.
- Now guess how long you will have to lift weights in order to burn those extra calories?*

1 hour
1 hour 30 minutes
30 minutes

Caloric Expenditure

- If you lift weights for **1 hour and 30 minutes**, you will burn approximately **257 calories**.*

*Based on a 130-pound person.



Portion Control

- When in doubt, always measure!
- Tools:
 - Measuring cups, spoons
 - Food scales



Healthy Balanced Diet

- Eating a consistent meal pattern
 - Developing a meal plan
 - Eating balanced meals
 - Eating breakfast

Monitoring your weight

Hit the Scales

- Checking weight (at least once a week) allows you to catch small weight gains and hopefully take steps to correct them
- Catch "Slips" Before They Turn into Bigger Problems
- Record food intake and stay within calorie levels
- Regular exercise

Dining Out Skills

- Have sauces served on the side
- Go for foods that are baked, broiled, roasted, or grilled
- Enjoy a salad with "lite" dressing and an appetizer in place of an entrée
- Hold the French fries; substitute a side salad (easy on the dressing)
- Ask for a to-go container immediately after the meal is served. Have the other half for lunch tomorrow
- Split an entrée with a friend

5 Tips to Help You Make Healthy Choices

- Be realistic
- Be adventurous
- Be flexible
- Be sensible
- Be active

Web Resources

- www.mayohealth.org
- www.eatright.org
- www.americaonthemove.com
- www.Mypyramid.gov
- www.mypyramidtracker.com
- www.powerofprevention.com
- www.cdc.gov/weight

QUESTIONS?