



Eating right is vital to promoting health and reducing the risk for death or disability due to chronic diseases such as heart disease, certain cancers, diabetes, stroke, and osteoporosis. To help people understand healthy eating, the HHS and the USDA developed the Dietary Guidelines for Americans 2005 and the Food Guide Pyramid. These guidelines outline what to eat each day, and call for a variety of food and nutrients. Nevertheless, a large gap remains between recommended dietary patterns and what Americans actually eat. Very few Americans meet the recommendations for the intake of grains, fruits, vegetables, milk products, and meat and bean food groups and most eat too much fat.

The guidelines call for a variety of food and nutrients. Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that are associated with good health. Low fat diets rich in fiber-containing grain products, fruits, and vegetables may reduce the risk of heart disease and some types of cancer. Milk products provide protein, vitamins and minerals and are the best source of calcium.

Research shows that eating lots of foods high in total fiber (soluble and insoluble combined) promotes health. Men should aim for 28-34 grams/day; women for 22-28 grams/day, or 14 grams of fiber for every 1000 calories consumed. Products labeled "high fiber" should have at least 5 g per serving. Fats, oils, and sweets provide calories and little else, and should be used sparingly. Drinking enough water is also essential to keeping hydrated, converting food into energy, carrying nutrients through the body, and removing waste.

Healthy Cooking Tips

- Bake, broil, poach or steam – do not fry
- Use non-stick pans or non-stick vegetable oils sprays instead of cooking oil
- Saute foods in broth or wine instead of butter/oil (the alcohol will burn off)
- Place meat on a rack so the fat can drain away
- Baste with unsalted broth, unsalted tomato juice/fruit juice rather than fat drippings
- Use mustard instead of mayonnaise or butter on sandwiches
- Use pureed fruit as spread for toast
- Season meats with herbs and spices to add flavor and make fats unnecessary
- Season salads with lemon, lime, herbs, or homemade dressing
- Combine meat, poultry or fish with whole-grain pasta, brown rice or vegetables to extend the recipe

Healthful Eating for Life

- Eat a variety of foods each day.
 - Fruits (fresh preferred)
 - Vegetables, including potatoes, beans and peas
 - Whole grains – cereals, bread, and pasta
 - Low-fat milk and dairy products
 - Lean meats, fish, poultry and meat replacements
- Eat a good breakfast and a light evening meal.
- Eat regular meals and healthful snacks. You may find 6 small meals more satisfying than 3 large meals.
- Keep your total fat calories to 20%-30% of your total calories. Avoid saturated and trans-fats.
- Limit sugar and refined foods. Sugary foods are absorbed quickly, raise insulin levels, and are quickly stored as fat. Eat more fresh fruits and whole-grains.
- Drink 8+ glasses of water daily. Drinking extra water can suppress the appetite and increase the metabolism.
- Avoid alcohol. One to two drinks per day can add 100 to 300 extra calories, which can add up to 10 to 30 pounds of fat in one year. Alcohol can increase your appetite.
- Limit caffeine intake to 8-12 ounces of caffeinated beverage each day.
- Use salt in cooking only. Don't add salt at the table.
- To obtain essential nutrients and fiber, it is recommended that (based on 2000 calories/day) one consumes daily a minimum of:
 - 2 ½ cups of vegetable
 - two servings of fruit (two whole fruits or 4 ½ cup portions of sliced fruits)
 - 3 cups of low-fat or fat-free dairy choices - milk or yogurt and/or cheese
 - Six 1-oz servings of grain products (at least half of which are whole grain)

Healthy eating will result in a variety of desirable consequences. Weight, blood pressure, blood sugar, cholesterol levels and general feelings of well-being improve when the nutrition guidelines are followed. To determine if you are currently following the guidelines, complete the following:

1. Determine your desirable weight based upon:

Sex: Male Female

Height: _____ inches

Frame size: Small Medium Large

To estimate frame size: With left thumb and middle finger, encircle right wrist and squeeze fingers together.

If the thumb and finger: *Overlap* – Small frame *Touch* – Medium frame *Don't touch* – Large frame

My desirable weight is: _____ - _____* My maximum healthy weight (BMI=25) is: _____

* If you need to lose more than 10% of your current weight to achieve your desirable weight or a BMI of 25 or less, plan to set up short term goals of 10% decreases based upon a weight loss of 1-2 pounds per week. Weight loss goals should not exceed 10% of total current weight.

My initial goal weight is: _____.

2. Determine your daily calorie allowance based upon:

Age: _____ Activity level: sedentary moderately active active

Gender	Age	Sedentary	Moderately Active	Active
Female	19-30	2000	2000-2200	2400
	31-50	1800	2000	2200
	51+	1600	1800	2000-2200
Male	19-30	2400	2600-2800	3000
	31-50	2200	2400-2600	2800-3000
	51+	2000	2200-2400	2400-2800

My daily caloric intake should be _____ - _____.

2a. Determine, based upon the food pyramid, the number of servings you need from each of the food groups:

Fruit	Vegetables	Grains	Lean	Milk	Oils	Treats
Cups	Cups	Oz	Oz	Cups	Grams	Calories

My weekly vegetables servings should come from a variety of groups, as follows:

Dk green	Orange	Legumes	Starchy	Other
Cups/wk	Cups/wk	Cups/wk	Cups/wk	Cups/wk

Food for thought:

Creating a deficit of 250 calories daily, whether by reducing intake or increasing activity, will produce a weight loss of ½ pound per week. A deficit of 500 calories per day will yield a 1 pound/week weight loss. Women should not drop below 1200 calories/day and men should not go below 1800 calories/day.

As you achieve your intermediate goals, refer to the following websites to update your plan. If you have made changes in your activity level, adjust your input to reflect your current activity level.

Desirable weight: www.hallsmd/ideal-weight/body.htm

Food choices and servings: www.mypyramid.gov