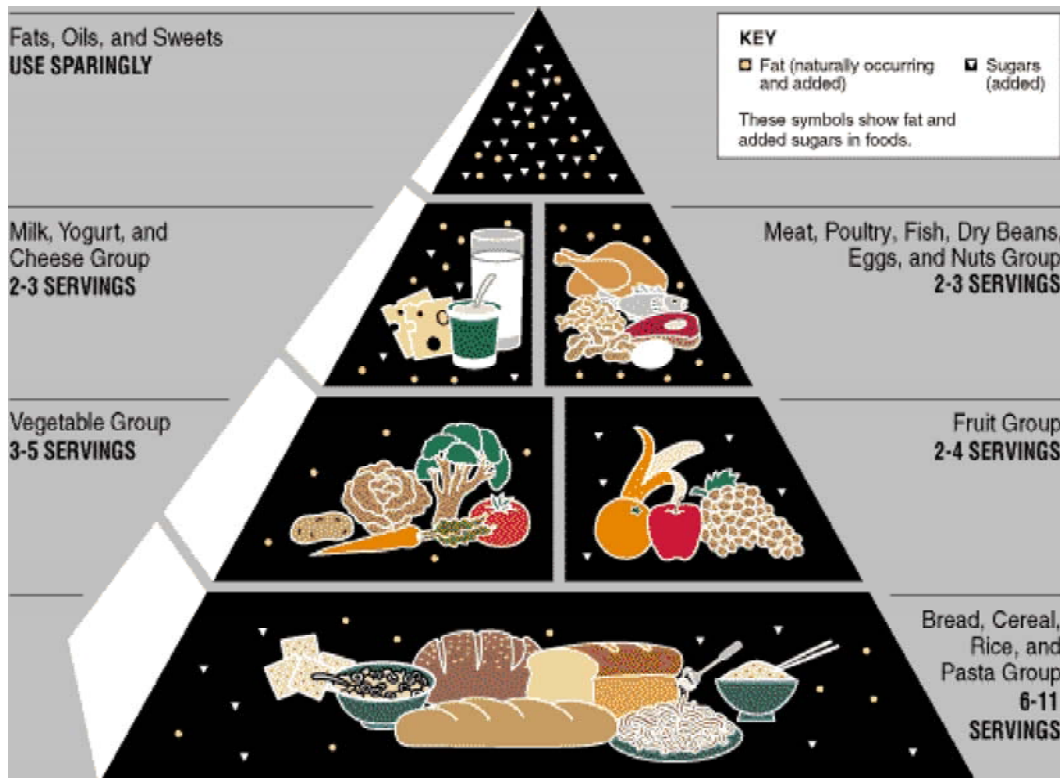


Good Nutrition

Are you trying to lose a few pounds? Or maybe you're concerned about other health problems such as diabetes or heart disease. One way to lose weight and perhaps improve your health is to begin eating healthy. Healthy eating doesn't have to be a bore. The easiest way to improve your eating habits is to use the Food Pyramid, which can help you choose foods for a nutritious diet. Each section of the food pyramid is a food group. The smaller the section, the less you should eat of that group. Always remember that a healthy diet is also low in fat and sugar.



Eat a variety of foods every day from the Food Pyramid:

Starches and Grains (Breads, Cereals, Rice and Pasta):

Provide fuel for the body and give long lasting energy. Eat 6-11 servings daily. (1 serving is 1/2 cup or 1 slice.)

Good Choices:

- Whole grain bread
- Dried beans or peas
- Oatmeal
- Starchy vegetables like potatoes

Vegetables and Fruits:

Rich in vitamins, minerals and fiber. Try to eat at least one fruit rich in Vitamin C and one dark-green leafy vegetable daily. Eat 5-9 servings daily. (3-5 vegetable and 2-4 fruit. 1 serving is one medium size fruit/vegetable or 1/2 cup.)

Good Choices for Fruits:

- Oranges
- Tomatoes
- Cantaloupe
- Grapefruit

Good Choices for Vegetables:

- Broccoli
- Spinach
- Greens (Collard, Mustard, Kale)

Dairy (Milk, Yogurt and Cheese):

Provide calcium for strong bones and teeth. Eat 2-3 servings daily. (1 serving is 1 cup or 1 ounce.)

Good Choices:

- Non-fat or Low-fat Milk
- Non-fat or Low-fat Yogurt
- Cottage Cheese
- Buttermilk
- Cheese made with Skim Milk

Meat (Meat, Poultry, Fish, Eggs, Dry Beans and Nuts):

Meat is the building block for growth and repair of body cells. Eat 2-3 servings daily. (1 serving is 3 ounces or the size of a deck of cards.)

Good Choices:

- Chicken or Turkey without skin
- Fish
- Shellfish (Shrimp, Clams, Crayfish)
- *Lean* Red Meat

Fats, Oils and Sugars:

Fat helps Vitamins A, D, E and K metabolize and enter your blood stream so your body can use them. Eat 0-3 servings per day.

Good Choices:

- Olive or Canola Oil (monounsaturated fats)
- Corn, Safflower, Sunflower and other liquid vegetable oils (polyunsaturated fats)
- Fruits and Vegetables offer natural sugar

Other Necessities:

Water:

Every cell in your body needs water. Water helps with digestion, moving nutrients and passing wastes. Drink 6-8 glasses daily. (8 ounces per glass.)

Alcohol:

If you choose to drink alcohol do so in moderation. Pregnant women should not drink at all.

Salt:

Too much salt is bad news and can be bad for your blood pressure. Use herbs or spices instead of salt to flavor your food. Low-salt or unsalted crackers or breadsticks are good for snacks.

ATTENTION: This web page is intended to be used for health information ONLY. If you or a family member has a medical emergency, please call your doctor or 911, or your local emergency service number.