## Health Matters

## Healthy Food Tips to Balance Your Day

## Meal Pattern

Include both complex carbohydrates and protein sources with each meal, and possibly each snack.
Frequent meals and snacks throughout the day can help avoid the highs and lows in energy. Aim to consume 3 meals with at least 2-3 snacks per day.

## Complex Carbohydrate Sources (with $\geq 3 \mathrm{~g}$ of fiber/serving)

Moderate portions of "starchy" foods

- Whole grain breads and cereals
- Cooked grains
- Pasta
- Legumes
- Oatmeal
- Brown rice
- Whole-wheat spaghetti
- Barley
- Beans
- Lentils
- Bagels
- Popcorn

High amounts of fruits $\&$ vegetables
You need 2-3 fruits and 3-5 vegetables each day. That is a total of 5-8 fruits and vegetables each day

- Whole fruits and veggies
- Fruit smoothies
- Soups
- Salads


## Protein Sources

Choose a variety of protein sources to obtain a variety of nutrients

- Lean cuts of meat, fish, poultry (i.e. chicken breast, tuna) remove skin \& visible fat
- Vegetarian protein sources (i.e. tofu, soymilk, beans, Gardenburgers, \& Boca Burgers)
- Low-fat dairy products (nonfat/ $1 \%$ milk, mozzarella cheese, yogurt, \& cottage cheese)
- Eggs (limit yolks and add extra egg whites)

Limit white flours (i.e. white breads), cakes, cookies, croissants, muffins, potato chips, high-fat crackers, etc.
They are only a source of "empty calories" since they are low in nutrients.
Other tips when making food choices

1. Use low-fat dressings \& sauces
limit all white/creamy sauces and salad dressings
2. Cooking methods
grill, steam, bake, roast (limit fried)
3. Be selective at fast food restaurants.

Order a grilled chicken sandwich, hamburger or cheeseburger instead of deluxe burgers
Avoid super-sizing
Order a side salad or cup of vegetable soup instead of French fries

## Snack Ideas

Primarily try to choose fruits or vegetables with a protein source

- Yogurt + banana or other fruit
- Apple + peanut butter or string cheese
- Pineapple + cottage cheese
- Half bagel + peanut butter
- 1 oz . pretzels +1 oz . string cheese
- 3 cups of low fat popcorn with 6-10 almonds
- Low-fat pudding or tapioca
- Frozen yogurt with walnuts or almonds
- Vegetables and low-fat dip or hummus


## Beverages

- Water - best choice around!
- Milk/Soymilk - good choice to help meet your protein and calcium needs. Best types are nonfat or $1 \%$ milk.
- Smoothies - contain healthy ingredients such as yogurt, fruit, nonfat milk, and sometimes protein powder. However, they should be viewed as part of your meal, rather than a beverage, since they are high in calories and nutrients.
- Juice - make sure it is $100 \%$ juice. Good source of nutrients, but limit your intake since juice is more concentrated in sugar and calories than whole fruit.
- Fruit drinks - often contain less than $10 \%$ juice and are sweetened with fructose corn syrup. Not a great choice.
- Sports drinks - primarily needed to restore fluids, electrolytes and carbohydrate during long workouts ( 60 min . or longer). With a meal or snack, you are only adding extra sugar to your diet.
- Soda - also adds extra sugar to your diet without any nutrients. In addition, both diet and regular colas may cause calcium loss from your bones if consuming more than 12 oz . regularly.


## For More Information:

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