



Nutrition Basics

A healthy diet is just as important for your physical health as it is for your mental and emotional health. Here are some tips to help you and your family get started today.

What you can do

Eat a balanced diet. The USDA announced a new nutrition guide in 2011, which replaced the food pyramid. ChooseMyPlate includes the five major food groups: fruits, vegetables, grains, protein and dairy.

- Make half of your plate fruits and vegetables
- Make half of your grains whole grains
- Choose lean proteins
- Choose low-fat or nonfat dairy products
- Drink plenty of water instead of sugary drinks



Pay attention to serving sizes. Use common items around the house to help you and your family remember what a serving size is for certain foods. For example:

<p>One serving of fruits and vegetables:</p> <ul style="list-style-type: none"> - 1 cup (or baseball size) of salad greens - 1/2 cup (or 1/2 baseball size) of fresh fruit 	<p>One serving of dairy:</p> <ul style="list-style-type: none"> - 1 1/2 oz (or 4 stacked dice size) of cheese - 1/2 cup (or 1/2 baseball size) of ice cream
<p>One serving of grains:</p> <ul style="list-style-type: none"> - 1/2 cup (or 1/2 baseball size) of cooked rice, pasta, or potato - 1 slice (or cassette tape size) of bread 	<p>One serving of protein:</p> <ul style="list-style-type: none"> - 3 oz (or deck of cards size) of meat, fish and poultry - 2 Tbsp (or ping pong ball size) of peanut butter

Read Nutrition labels. Knowing what is in the food we are eating is very important in caring for our health, but food packaging can sometimes be confusing. For example, a can of soup may be labeled "reduced fat" or "reduced sodium". However, such a label only means that the amount of fat or sodium has been reduced by 25 percent from the original product, not that it is necessarily low in fat or sodium. So, rather than just looking at the front label of a food product, make a habit of reading the nutrition information label.

- Start by checking the number of servings and serving size.
- Next, look at calories, total fat, saturated fat, cholesterol, and sodium per serving.
- The "% Daily Value" shows you how much of the recommended amounts the food provides in one serving, if you eat 2,000 calories a day.

For more healthy lifestyle tips and information, visit www.myplate.gov or call the toll free number listed below.



www.aphshelplink.com



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