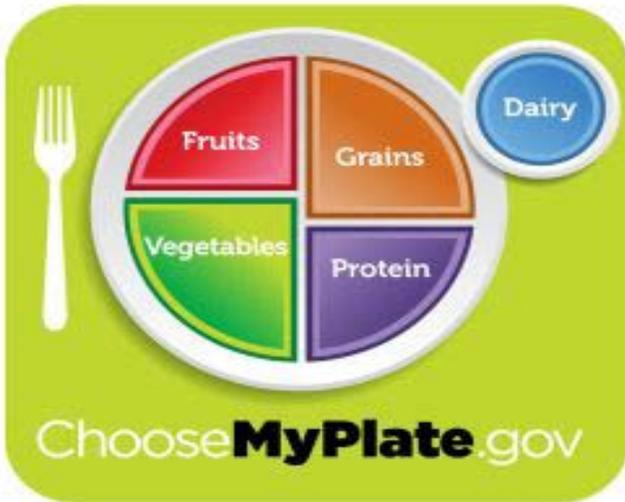


Healthy Eating in the New Year

As 2014 begins, let's consider the benefit of healthy eating. Healthy eating can be accomplished by making some small changes that reap great benefits. Healthy eating is part of a healthy life style that can prevent certain chronic diseases and help us maintain a healthy weight. The My Plate model illustrates the foods that are important to healthy eating:



The Colors in MyPlate

- **Orange** represents the grain group – “Make at least half your grains whole.”
- **Green** represents the vegetable group – “Vary your vegetables.”
- **Red** represents the fruit group – “Focus on fruits.”
- **Purple** represents the protein foods group – “Go lean with protein.”
- **Blue** represents the dairy group – “Get your calcium rich foods.”

10 Tips for a Great Plate

1. Balance Calories: Determine how many calories you need per day. Physical activity also helps to balance caloric intake.

2. Enjoy your Food, But Eat less: There's nothing wrong with enjoying your food as you eat it. Pay attention to fullness and hunger cues before, during, and after you have eaten. Recognize when to eat and when you have had enough.

3. Avoid Oversized Portions: Use a smaller glass, bowl, and plate. Determine portion size before you eat. When eating out, choose a smaller size option, share your dish, or take home a portion of your meal.

4. Foods to Eat Often: Increase the number and amount fruits, vegetables, whole grains and low and fat free dairy and milk products. Make these foods the basis of meals and snacks.

5. Make Half your Plate Vegetables and Fruit: Choose colorful vegetables such as sweet potatoes, butternut squash, tomatoes, and broccoli in addition to other vegetables. Make fruit a part of side dishes as well as dessert.

6. Switch to fat free or low fat milk: They contain the same amount of calcium as whole milk, but have fewer saturated fats and fewer calories.

7. Make Half Your Grains Whole Grains: Substitute refined grain products for whole grain products; for example, substitute wheat for white bread, and brown for white rice.

8. Reduce foods that are high in added sugars, salts and solid fats. These foods include ice cream, candies, sweetened drinks, pizza, cakes and pies and fatty meats such as hot dogs, bacon, sausage, and ribs. It's okay to have them occasionally, but not every day.

9. Compare Sodium in Foods: Review the nutrition facts label available on every food product. Select canned items that are “no salt added”, “low sodium”, and “reduced sodium”.

10. Drink Water instead of Sugary Drinks: Reduce calories by changing what you drink. Calories can be significantly reduced with unsweetened beverages or water. Soda, sports and energy drinks are a significant source of calories and added sugar.

Reference: www.myplate.gov