Chronic Disease Prevention Bulletin

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1115-B Church Street, Waycross, GA

March is National Nutrition Month®

Eat Healthy

The food and physical activity choices you make every day affect your health—how you feel today, tomorrow, and in the future. You may be eating plenty of food, but not eating the right foods that give your body the nutrients you need to be healthy. The best way to give your body the balanced nutrition it needs is by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.

A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars

Focus on fruits and vegetables

Aim for 2 cups of fruit and 2½ cups of vegetables (9 servings) every day (for a reference 2,000 calorie diet). Fruits and vegetables are low in calories and fat and provide fiber and nutrients that are valuable to maintaining health. For example of one serving: one medium-size fruit (about the size of a baseball); ½ cup raw, cooked, frozen or canned fruits or vegetables; ¾ cup (6 oz.) 100% fruit or vegetable juice; 1 cup raw, leafy vegetables; or ¼ cup dried fruit.

Variety is important

Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.

Make half your grains whole

Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.

Go lean with protein

Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

Get plenty of calcium-rich foods

Get 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (1½ ounces of cheese equals 1 cup of milk)— every day. For kids aged 2 to 8, it’s 2 cups of milk. If you don’t or can’t consume milk, choose lactose-free milk products and/or calcium rich or calcium-fortified foods and beverages.

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Source: *Dietary Guidelines for Americans 2005*, Department of Health and Human Services/Department of Agriculture, www.healthierus.gov

Reading Food Labels

Food labels may help you make healthy food choices.* But they can be confusing. Here are some quick tips for reading food labels:

Serving Size: All the information on a food label is based on the serving size. Be careful—serving may be much smaller than you think. Compare what you eat to the serving size on the label.

Calories: Most women need to eat about 1,600 calories per day, with no more than 30 percent (about 480 calories) from total fat. Active women need more calories, up to 2,200 per day (no more than 660 calories from total fat). **

% Daily Value (%DV): This tells you whether a food is high or low in nutrients. Foods that have more than 20 percent daily value (20% DV) of a nutrient are high. Foods that have 5 percent daily value (5% DV) or less are low.

Saturated Fat: Saturated fat is not healthy for your heart. Compare labels on similar foods and try to choose foods that have a 5% DV or less for saturated fat.***

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 1.5g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

***Trans* Fat:** Trans fat is not healthy for your heart. When reading food labels, add together the grams (g) of trans fat and saturated fat, and choose foods with the lowest combined amount.

Cholesterol: Too much cholesterol is not healthy for your heart. Keep your intake of saturated fat, trans fat, and cholesterol as low as possible.

Sodium: Salt contains sodium. High sodium intake is linked to higher blood pressure. Foods that contain more than 20% DV are high in sodium. Look for labels that say "sodium-free" or "low sodium." Foods that are low in sodium contain no more than 5% DV.

***TIP:** Many food labels say "low-fat," "reduced fat," or "light." That does not always mean the food is low in calories. Remember, fat free does not mean calorie free and calories do count!*

Fiber: Choose foods that are rich in fiber, such as whole grains, fruits, and vegetables.

Sugar: Try to choose foods with little or no added sugar (like low-sugar cereals).

Calcium: Choose foods that are high in calcium. Foods that are high in calcium have at least 20% DV.

* For more information on reading nutrition labels, see Using the Dietary Guidelines for Americans, available from the Federal Consumer Information Center, 1-888-878-3256 or read Guidance on How to Understand and Use the Nutrition Facts Panel on Food Labels from the Food and Drug Administration (FDA) at www.cfsan.fda.gov/~dms/foodlab.html.

Source: Weight Control Information Network
http://win.niddk.nih.gov/publications/energize.htm#tipseating

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Live Healthy Georgia

The Live Healthy Georgia campaign was launched in March 2004 by the Georgia Department of Human Resources in partnership with Governor Sonny Perdue. The campaign promotes five key messages to improve the health of Georgians: Be Active, Eat Healthy, Be Smokefree, Get Checked, and Be Positive.
Visit http://www.livehealthygeorgia.org/ for more information.

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