



# Nutrition

## My Pyramid Food Groups

Key healthy eating strategy: Eat from all groups every day, choosing high grade choices most often.

### Bread, Cereal, Rice and Pasta

- **High Grade Choices: whole grains**
  - Whole wheat bread, whole wheat tortillas
  - Whole wheat pasta
  - Brown or wild rice
  - Whole grain cereal (oats)
  - Popcorn
  - Bulgur (cracked wheat)
- **Key health benefits of whole grains**
  - May reduce risk of coronary heart disease
  - May reduce risk of type 2 diabetes
  - May reduce constipation
  - May help with weight management

#### How to choose a better bread and cereal:

- **Step one:** look for 100% whole grain on outside of package
- **Step two:** look for a whole grain as the first ingredient, such as whole wheat flour or oat flour
- **Step three:** choose one with more fiber/less calories (at least 2 grams of fiber per slice or per serving)

### Vegetables

- **High Grade Choices – lots of color; enjoy unlimited non-starchy vegetables**
  - Fresh vegetables
  - Starchy vegetables
    - Ex: Corn, green peas, potatoes, sweet potatoes, and winter squash
  - Frozen (no added sauces)
  - Canned (no salt added)
- **Key health benefits, may reduce risk for:**
  - Stroke
  - Type 2 diabetes
  - Some cancers
  - Coronary heart disease

### Fruits

- **High Grade Choices – lots of color; choose whole fruit more than juice**
  - Fresh fruit
  - Canned fruit (no sugar added)
  - Frozen fruit (no sugar added)
- **Key health benefits, may reduce risk for:**
  - Stroke
  - Type 2 diabetes
  - Some cancers
  - Coronary heart disease

## Milk, Yogurt and Cheese

- **High Grade Choices**
  - Fat free, 1/2% or 1% milk
  - Fortified soy milk
  - Low fat yogurt
- **Key health benefits, may reduce risk for:**
  - Osteoporosis
  - High blood pressure

## Meat, Poultry, Fish, Eggs, Dry Beans and Nuts

- **High Grade Choices**
  - Lean beef or pork (cuts from the loin or round)
  - Skinless chicken or turkey breast
  - Lean ground beef or ground turkey breast (90% or leaner)
  - Fish
  - Beans
  - Nuts, seeds and nut butters (in small amounts)
  - Eggs (no more than 3-4 egg yolks/week)
  - Soy-based meat alternatives
- **Key health benefits**
  - Essential for every day functions of the body, such as building bones, muscles, cartilage, skin and blood
  - Maintain healthy immune system
  - Reduce risk of cardiovascular disease (from omega-3 fatty acids in fish and walnuts)
  - Healthy fats in nuts and seeds

## Oils

- **High Grade Choices – in small amounts**
  - Canola oil, olive oil
  - Soft tub, squeeze or spray margarine (trans fat free)
  - Peanut butter
  - Light or low fat salad dressing
  - Nuts and seeds (in small amounts)
- **Key health benefits**
  - Heart healthy unsaturated fats do not raise bad cholesterol

## Volumetrics Concept

- Foods lower in energy density but greater in volume will help keep you well nourished and satisfied.
  - Energy density = calories per gram of food
- Foods lower in energy density have
  - More fiber (increase gradually), less fat, and more water
  - Examples include: cooked grains, fruits (not dried or juices), vegetables, low fat soups, and low fat stews