



HEALTHY YOUNIVERSITY

NUTRITION

Welcome to Healthy yoUniversty! For 8 weeks we will be exploring ways to exercise our mind and body with skills that will enable us to reclaim a healthy balance in our lives. Each week, you will receive a packet of information that focuses on a different health topic. The first page of the packet has four tickets with activities based on the information in the rest of the packet. Complete as many of these activities as you like. Then fill out the tickets for the completed activities, cut them apart, and submit them in the box located at our Information Desk. For every ticket you submit, you will receive an entry in to our drawing to win a \$50 Amazon Gift Card. Good Luck!

Read the Nutrition Packet

Name: _____ Phone Number: _____

Try a recipe contained in the packet

Name: _____ Phone Number: _____

Attended the Shopping at a Farmer's Market presentation

Name: _____ Phone Number: _____

Try a new vegetable this week

Name: _____ Phone Number: _____



HEALTHY YOUNIVERSITY

NUTRITION

Find a Healthy Eating Pattern that Works for You with the New Dietary Guidelines

It's a good time to reflect on how you're eating — and how you could make some improvements. Rather than looking for answers in the latest fad diet, try improving your overall eating pattern with tips from the Dietary Guidelines.

In January 2016, the U.S. Department of Health & Human Services (HHS) and U.S. Department of Agriculture (USDA) released the 2015-2020 Dietary Guidelines for Americans, which provides recommendations to help Americans adopt healthier eating patterns. The Dietary Guidelines recognizes that healthy eating patterns are adaptable and can be tailored based on personal, cultural, and traditional preferences.

Healthy eating patterns include a variety of nutritious foods like vegetables, fruits, grains, low-fat and fat-free dairy, lean meats and other protein foods and oils. They limit saturated fats, added sugars, and sodium. The Guidelines provide 3 examples of healthy eating patterns:

- **Healthy U.S.- Style:** Based on a 2,000-calorie diet, people following the Healthy U.S.-style eating pattern consume 2.5 cups of vegetables, 2 cups of fruit, 6 ounces of grain, 3 cups of dairy, and 5.5 ounces of protein each day.
- **Healthy Mediterranean:** Compared with the Healthy U.S.-style eating pattern, the Healthy Mediterranean eating pattern includes more protein and fruits and less dairy. People following the Mediterranean pattern who consume 2,000 calories a day get 6.5 ounces of protein, 2.5 cups of fruit and 2 cups of dairy. The Mediterranean and U.S.-style patterns both suggest 2.5 cups of vegetables and 6 ounces of grain per day.

- **Healthy Vegetarian:** Compared to the Healthy U.S.-style eating pattern, the Healthy Vegetarian eating pattern includes more legumes (beans and peas), soy products, nuts and seeds, and whole grains. It contains no meats, poultry, or seafood, and only recommends 3.5 ounces a day of protein for a 2,000-calorie diet — which still meets the recommended daily amount.

About Legumes (Beans & Peas)

Legumes include kidney beans, pinto beans, white beans, black beans, garbanzo beans (chickpeas), lima beans (mature, dried), split peas, lentils, and edamame (green soybeans).

Legumes are excellent sources of protein. In addition, they provide other nutrients that also are found in seafood, meats, and poultry, such as iron and zinc. They are excellent sources of dietary fiber and of nutrients, such as potassium and folate that also are found in other vegetables.

Because legumes have a similar nutrient profile to foods in both the protein foods group and the vegetable group, they may be thought of as either a vegetable or a protein food and thus, can be counted as a vegetable or a protein food to meet recommended intakes.

Green peas and green (string) beans are not counted in the legume subgroup, because their nutrient compositions are not similar to legumes. Green peas are similar to starchy vegetables and are grouped with them. Green beans are grouped with the other vegetables subgroup, which includes onions, iceberg lettuce, celery, and cabbage, because their nutrient content is not similar to legumes.



What is the difference between portions and serving sizes?

Portion is how much food you choose to eat at one time, whether in a restaurant, from a package or in your own kitchen. A portion is 100 percent under our control.

Serving Size is the amount of food listed on a product's Nutrition Facts label. So all of the nutritional values you see on the label are for the serving size the manufacturer suggests on the package.

Once we understand the difference, it's easier to determine how much to serve and easier to teach kids the difference between the two.

How can we eat and serve smaller portions?

- *When cooking at home:* Offer the proper "serving" to each member of the family, then put the extra food away. Save leftovers for another meal.
- *When dining out:* Skip the appetizers and split a large salad or main dish with a friend. Try more tips for dining out.
- *When ordering takeout at home:* Eat one slice of pizza instead of two, and order a small instead of a medium to split among the family so the pieces are smaller.
- *Watching movies at home or at the theatre:* Don't eat while watching TV or a movie or when you're on the computer. It's harder to control how much you're eating if you don't pay attention to what you're putting in your mouth, and when. At the movies, share a box of popcorn, and avoid the free-refill tubs and skip the candy.
- *At snack time:* Never eat straight from the bag or box. Measure out snacks, including fruits and veggies, into appropriate portion sizes before giving them to your kids.



You may be surprised to learn these are serving sizes:

1 slice of bread
½ cup rice or pasta (cooked)
1 small piece of fruit (super-large apples are 2+ servings)
1 wedge of melon
¾ cup fruit juice
1 cup milk or yogurt
2 oz. cheese (about the size of a domino)
2-3 oz. meat, poultry or fish (this is about the size of a deck of cards)



Figure 1-1. Cup- & Ounce-Equivalents

Within a food group, foods can come in many forms and are not created equal in terms of what counts as a cup or an ounce. Some foods are more concentrated, and some are more airy or contain more water. Cup- and ounce-equivalents identify the amounts of foods from each food group with similar nutritional content. In addition, portion sizes do not always align with one cup-equivalent or one ounce-equivalent. See examples below for variability.

Vegetables	Fruits	Grains	Dairy	Protein
 <p>1/2 cup portion of green beans is equal to 1/2 cup-equivalent vegetables</p>	 <p>1/2 cup portion of strawberries is equal to 1/2 cup-equivalent fruit</p>	 <p>1 slice of bread is equal to 1 ounce-equivalent grains</p>	 <p>6 ounce portion of fat-free yogurt is equal to 3/4 cup-equivalent dairy</p>	 <p>1 large egg is equal to 1 ounce-equivalent protein foods</p>
 <p>1 cup portion of raw spinach is equal to 1/2 cup-equivalent vegetables</p>	 <p>3/4 cup portion of 100% orange juice is equal to 3/4 cup-equivalent fruit</p>	 <p>1/2 cup portion of cooked brown rice is equal to 1 ounce-equivalent grains</p>	 <p>1 1/2 ounces portion of cheddar cheese is equal to 1 cup-equivalent dairy</p>	 <p>1 ounce portion of walnuts is equal to 2 ounce-equivalents protein foods</p>
	 <p>1/4 cup portion of raisins is equal to 1/2 cup-equivalent fruit</p>			 <p>1/2 cup portion of black beans is equal to 2 ounce-equivalents protein foods</p>
				 <p>4 ounce portion of pork is equal to 4 ounce-equivalents protein foods</p>

What are added sugars?

Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared. This does not include naturally occurring sugars such as those in milk and fruits.

The major food and beverage sources of added sugars for Americans are:

- donuts
- regular soft drinks, energy drinks, and sports drinks
- candy
- cakes
- cookies
- pies and cobblers
- sweet rolls, pastries, and donuts
- fruit drinks, such as fruitades and fruit punch
- dairy desserts, such as ice cream

Reading the ingredient label on processed foods can help to identify added sugars.

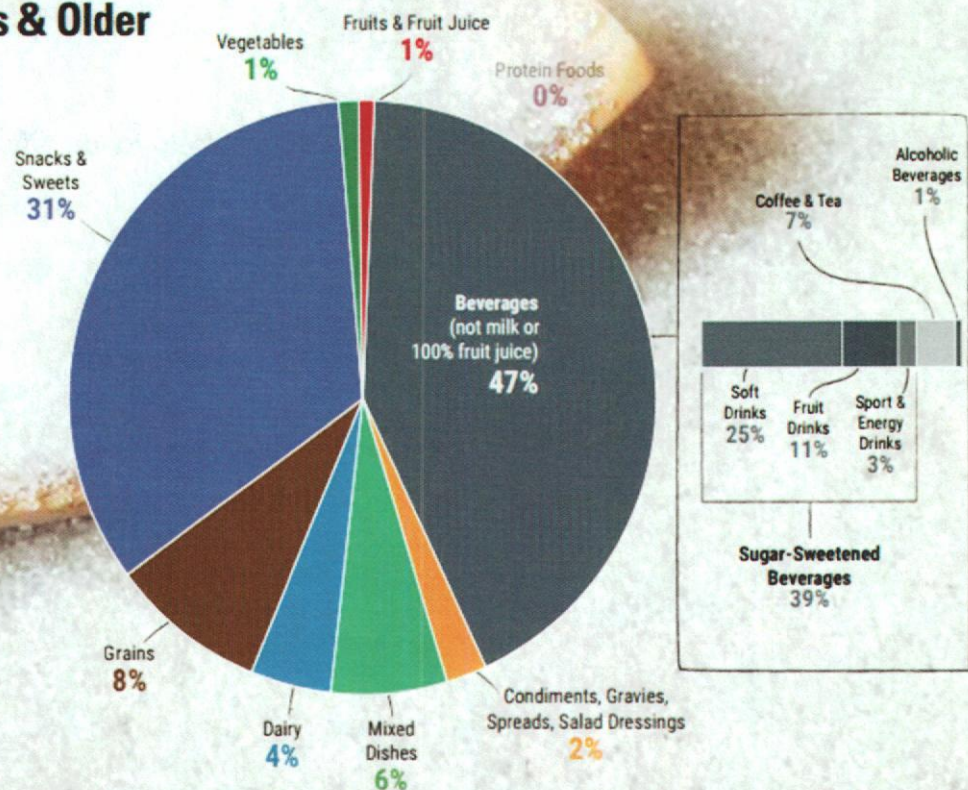
Names for added sugars on food labels include:

- anhydrous dextrose
- brown sugar
- confectioner's powdered sugar
- corn syrup
- corn syrup solids
- dextrose
- fructose
- high-fructose corn syrup (HFCS)
- honey
- invert sugar
- lactose
- malt syrup
- maltose
- maple syrup
- molasses
- nectars (e.g., peach nectar, pear nectar)
- pancake syrup
- raw sugar

- sucrose
- sugar
- white granulated sugar

You may also see other names used for added sugars, but these are not recognized by the FDA as an ingredient name. These include cane juice, evaporated corn sweetener, crystal dextrose, glucose, liquid fructose, sugar cane juice, and fruit nectar.

Figure 2-10.
Food Category Sources of Added Sugars in the U.S. Population
Ages 2 Years & Older



DATA SOURCE: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.



**DIETARY
GUIDELINES
FOR AMERICANS
2015-2020
EIGHTH EDITION**

Cut Down on Added Sugars

Learn how to limit calories from added sugars—and still enjoy the foods and drinks that you love. Choosing a healthy eating pattern low in added sugars can have important health benefits.

The *2015-2020 Dietary Guidelines for Americans* recommends limiting calories from added sugars to no more than 10% each day. That's 200 calories, or about 12 teaspoons, for a 2,000 calorie diet.

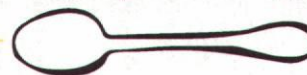
What Are Added Sugars?

Just like it sounds, added sugars aren't in foods naturally—they're added. They include:

- Sugars and syrups that food manufacturers add to products like sodas, yogurt, candies, cereals, and cookies
- Sugar you add yourself—like the teaspoon of sugar in your coffee

Some foods have sugar naturally—like fruits, vegetables, and milk. The sugars in these foods are not added sugars.

The average American gets 270 calories of added sugars each day. **That's about 17 teaspoons of sugar!**



What's the Problem with Added Sugars?

Eating and drinking too many foods and beverages with added sugars makes it difficult to achieve a healthy eating pattern without taking in too many calories. **Added sugars contribute calories, but no essential nutrients.**

Almost half of the added sugars in our diets come from drinks—like sodas, fruit drinks, and other sweetened beverages.

What Foods Have Added Sugars?

Lots of them. Some include:

- Regular sodas, energy drinks, and sports drinks
- Candy
- Fruit drinks, such as fruitades and fruit punch
- Cakes, cookies, and brownies
- Pies and cobblers
- Sweet rolls, pastries, and doughnuts
- Dairy desserts, such as ice cream

How Can I Cut Down on Added Sugars?

You don't have to give up the foods you love completely. Instead, you can limit added sugars by making some smart, small changes to how you eat. Here are 3 things you can do:

1. Find Out How Many Calories You're Getting from Added Sugars Now.

You can use the USDA's [Supertracker.usda.gov/](https://supertracker.usda.gov/) to get an idea. Once you know, you can make changes.

2. Make Some Healthy Shifts.

Replace foods and drinks high in added sugars with healthier options. You could:

- Eat fruit for dessert instead of cookies or cakes
- Swap sugary cereals for unsweetened cereal with fruit
- Drink water or low-fat milk with meals instead of sodas

You can still have foods and drinks with added sugars—just choose smaller portions or have them less often.

- If you choose to have a soda, select a smaller size
- Add 1 teaspoon of sugar to your tea or coffee instead of 2

3. Check the Ingredients.

Look for added sugars in the ingredients list. The higher up added sugars are on the list, the more added sugar is in the product.

Added sugars go by a lot of different names like: brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, and turbinado sugar.

Added sugars hide in foods that you might not expect. They're common in foods like pasta sauces, crackers, pizzas, and more.

SYRUP, INVERT SUGAR, PEANUT BUTTER, GUM, BETA-CAROTENE), CHOCOLATE FLAVOR, CORN SYRUP, ACACIA GUM, FRUCTOSE, SALT, VITAMIN AND MINERAL BLEND, PYRIDOXINE HYDROCHLORIDE, VITAMIN

Added Sugars Add Up:



1 Tablespoon of Tomato Ketchup =
12 Calories of Added Sugars



1 Bottle of Sports Drink
(20 Ounces) =
122 Calories of Added Sugars



1 Cup of Flavored Cereal =
48 Calories of Added Sugars



1 Can of Regular Soda
(12 Fluid Ounces) =
126 Calories of Added Sugars



1 Serving of Flavored Yogurt
(6 Ounces) =
72 Calories of Added Sugars



1 Piece of Chocolate Cake =
196 Calories of Added Sugars



1 Chocolate Bar (1.6 Ounces) =
74 Calories of Added Sugars

What About Artificial Sweeteners?

Artificial sweeteners—like saccharin, aspartame, acesulfame potassium (Ace-K), and sucralose—can help you cut down on calories. But they may not be a good way to manage your weight in the long run.

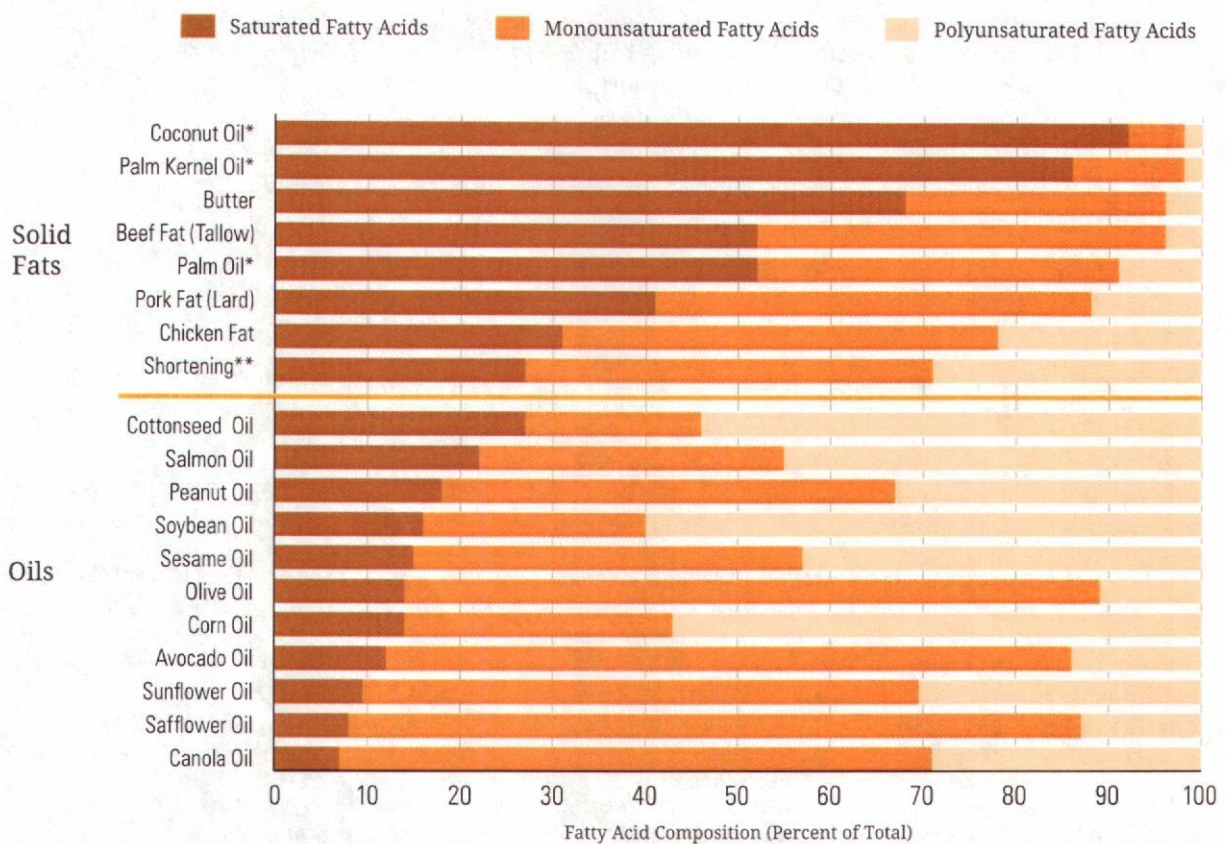
Want to learn more about added sugars and how to find a healthy eating pattern that works for your family? Check out [ChooseMyPlate.gov](https://www.choosemyplate.gov), which has more information from the *Dietary Guidelines*, online tools, recipes, and more.

Dietary Fats: The Basics

Dietary fats are found in both plant and animal foods. They supply calories and help with the absorption of the fat-soluble vitamins A, D, E, and K. Some also are good sources of two essential fatty acids—linoleic acid and α -linolenic acid.

All dietary fats are composed of a mix of polyunsaturated, monounsaturated, and saturated fatty acids, in varied proportions (**Figure 1-2**). For example, most of the fatty acids in butter are saturated, but it also contains some monounsaturated and polyunsaturated fatty acids. Oils are mostly unsaturated fatty acids, though they have small amounts of saturated fatty acids.

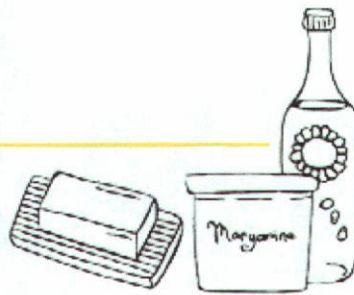
Figure 1-2.
Fatty Acid Profiles of Common Fats & Oils



* Coconut, palm kernel, and palm oil are called oils because they come from plants. However, they are solid or semi-solid at room temperature due to their high content of short-chain saturated fatty acids. They are considered solid fats for nutritional purposes.

** Shortening may be made from partially hydrogenated vegetable oil, which contains *trans* fatty acids.

DATA SOURCES: U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference. Release 27, 2015. Available at: <http://ndb.nal.usda.gov/>. Accessed August 31, 2015.



Dietary Fats: The Basics *(continued...)*

- **Polyunsaturated fatty acids (polyunsaturated fats^[20])** are found in greatest amounts in sunflower, corn, soybean, and cottonseed oils; walnuts; pine nuts; and sesame, sunflower, pumpkin, and flax seeds. Only small amounts of polyunsaturated fats are found in most animal fats. Omega-3 (*n*-3) fatty acids are a type of polyunsaturated fats found in seafood, such as salmon, trout, herring, tuna, and mackerel, and in flax seeds and walnuts. EPA and DHA are long chain *n*-3 fatty acids found in seafood.
- **Monounsaturated fatty acids (monounsaturated fats)** are found in greatest amounts in olive, canola, peanut, sunflower, and safflower oils, and in avocados, peanut butter, and most nuts. Monounsaturated fats also are part of most animal fats such as fats from chicken, pork, beef, and wild game.
- **Saturated fatty acids (saturated fats)** are found in the greatest amounts in coconut and palm kernel oils, in butter and beef fats, and in palm oil. They also are found in other animal fats, such as pork and chicken fats and in other plant fats, such as nuts.
- **Trans fatty acids (trans fats)** are unsaturated fats found primarily in partially hydrogenated vegetable oils and foods containing these oils and in ruminant (animal) fats. They are structurally different from the unsaturated fatty acids that occur naturally in plant foods and differ in their health effects.

The proportions of fatty acids in a particular fat determine the physical form of the fat:

- Fats with a higher amount of polyunsaturated and monounsaturated fatty acids are usually liquid at room temperature and are referred to as “oils.”
- Fats with a higher amount of saturated fatty acids are usually solid at room temperature and are referred to as “solid fats.” Fats containing *trans* fatty acids are also classified as solid fats, although they may or may not be solid at room temperature.

A relevant detail in the complexity of making food-based recommendations that consider nutrients is the difference between the terms “saturated fats” and “solid fats.” Although they are closely related terms, saturated fats and solid fats are not synonymous. The term “saturated fats” refers to saturated fatty acids, a nutrient found in foods, while the term “solid fats” describes the physical manifestation of the fats in a food. Some solid fats, such as the strip of fat around a piece of meat, can easily be seen. Other solid fats are not so visible. For example, the solid fats in whole milk are suspended in the fluid milk by the process of homogenization.

Margarines and margarine-like vegetable oil spreads are food products composed of one or more oils or solid fats designed to replace butter, which is high in saturated fats. These products may be sold in sticks, tubs, bottles, or sprays. Margarine and vegetable oil spreads generally contain less saturated fats than butter. However, they vary in their total fat and calorie content and in the fat and oil blends used to make them and, thus, in the proportions of saturated, unsaturated, and *trans* fats they contain. It is important to read the Nutrition Facts label to identify the calorie and saturated and *trans* fats content of the spread and choose foods with no *trans* fats and lower amounts of saturated fats.

The *Dietary Guidelines* provides recommendations on saturated fats as well as on solid fats because its aim is to improve the health of the U.S. population through food-based guidance. It includes recommendations on saturated fats because of the strong relationship of this nutrient to a health outcome (CVD risk). It includes recommendations on solid fats because, as discussed in Chapter 2, they are abundant in the diets of the U.S. population, and reducing solid fats when making food choices is an important way to reduce saturated fats and excess calories.

^[20] The term “fats” rather than “fatty acids” is generally used in this document when discussing categories of fatty acids (e.g., unsaturated, saturated, trans) for consistency with the Nutrition Facts label and other Federal materials.

Figure 1-3.

Hidden Components in Eating Patterns

Many of the foods and beverages we eat contain sodium, saturated fats, and added sugars. Making careful choices, as in this example, keeps amounts of these components within their limits while meeting nutrient needs to achieve a healthy eating pattern.



* Foods very low in sodium not marked

Contributes:

● Sodium* ● Saturated Fats ● Added Sugars

Dinner

Spaghetti & Meatballs ●●●

Spaghetti 1 cup, cooked
Spaghetti Sauce ●● ¼ cup
Diced Tomatoes (canned, no salt added) ¼ cup
Meatballs ●● 3 medium meatballs
Parmesan Cheese ●● 1 tablespoon

Apple, Raw ½ medium

Water, Tap 1 cup

Garden Salad ●●●

Mixed Greens 1 cup
Cucumber 3 slices
Avocado ● ¼ cup, cubed
Garbanzo Beans ● (canned, low sodium) ¼ cup
Cheddar Cheese ● (reduced fat) 3 tablespoons, shredded
Ranch Salad ●●● Dressing 1 tablespoon



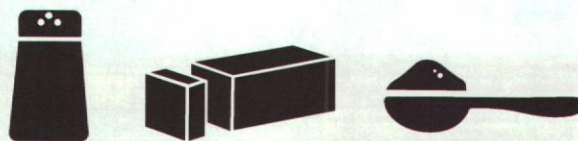
761 Calories

Total

Sodium: 2,253 mg
less than or equal to 2,300 mg

Calories From Saturated Fats: 153
(8% of Total Calories)
less than or equal to 10% of calories

Calories From Added Sugars: 164
(8% of Total Calories)
less than or equal to 10% of calories



1,995 Calories

* Foods very low in sodium not marked



The Guidelines

1

Follow a healthy eating pattern across the lifespan. All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

2

Focus on variety, nutrient density, and amount. To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

3

Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

4

Shift to healthier food and beverage choices. Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

5

Support healthy eating patterns for all. Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

Key Recommendations provide further guidance on how individuals can follow the five Guidelines. The *Dietary Guidelines'* Key Recommendations for healthy eating patterns should be applied in their entirety, given the interconnected relationship that each dietary component can have with others.



Key Recommendations:

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:^[1]

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:

- Saturated fats and *trans* fats, added sugars, and sodium

Key Recommendations that are quantitative are provided for several components of the diet that should be limited. These components are of particular public health concern in the United States, and the specified limits can help individuals achieve healthy eating patterns within calorie limits:

- Consume less than 10 percent of calories per day from added sugars^[2]
- Consume less than 10 percent of calories per day from saturated fats^[3]
- Consume less than 2,300 milligrams (mg) per day of sodium^[4]
- If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.^[5]

In tandem with the recommendations above, Americans of all ages—children, adolescents, adults, and older adults—should meet the *Physical Activity Guidelines for Americans* to help promote health and reduce the risk of chronic disease. Americans should aim to achieve and maintain a healthy body weight. The relationship between diet and physical activity contributes to calorie balance and managing body weight. As such, the *Dietary Guidelines* includes a Key Recommendation to:

- Meet the *Physical Activity Guidelines for Americans*.^[6]

[1] Definitions for each food group and subgroup are provided throughout Chapter 1: Key Elements of Healthy Eating Patterns and are compiled in Appendix 3. USDA Food Patterns: Healthy U.S.-Style Eating Pattern.

[2] The recommendation to limit intake of calories from added sugars to less than 10 percent per day is a target based on food pattern modeling and national data on intakes of calories from added sugars that demonstrate the public health need to limit calories from added sugars to meet food group and nutrient needs within calorie limits. The limit on calories from added sugars is not a Tolerable Upper Intake Level (UL) set by the Institute of Medicine (IOM). For most calorie levels, there are not enough calories available after meeting food group needs to consume 10 percent of calories from added sugars and 10 percent of calories from saturated fats and still stay within calorie limits.

[3] The recommendation to limit intake of calories from saturated fats to less than 10 percent per day is a target based on evidence that replacing saturated fats with unsaturated fats is associated with reduced risk of cardiovascular disease. The limit on calories from saturated fats is not a UL set by the IOM. For most calorie levels, there are not enough calories available after meeting food group needs to consume 10 percent of calories from added sugars and 10 percent of calories from saturated fats and still stay within calorie limits.

[4] The recommendation to limit intake of sodium to less than 2,300 mg per day is the UL for individuals ages 14 years and older set by the IOM. The recommendations for children younger than 14 years of age are the IOM age- and sex-appropriate ULs (see Appendix 7. Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes and Dietary Guidelines Recommendations).

[5] It is not recommended that individuals begin drinking or drink more for any reason. The amount of alcohol and calories in beverages varies and should be accounted for within the limits of healthy eating patterns. Alcohol should be consumed only by adults of legal drinking age. There are many circumstances in which individuals should not drink, such as during pregnancy. See Appendix 9. Alcohol for additional information.

[6] U.S. Department of Health and Human Services. 2008 *Physical Activity Guidelines for Americans*. Washington (DC): U.S. Department of Health and Human Services; 2008. ODPHP Publication No. U0036. Available at: <http://www.health.gov/paguidelines>. Accessed August 6, 2015.

Figure ES-1.

2015-2020 Dietary Guidelines for Americans at a Glance

The 2015-2020 Dietary Guidelines focuses on the big picture with recommendations to help Americans make choices that add up to an overall healthy eating pattern. To build a healthy eating pattern, combine healthy choices from across all food groups—while paying attention to calorie limits, too. Check out the 5 Guidelines that encourage healthy eating patterns:



Figure ES-1. (continued...)

2015-2020 Dietary Guidelines for Americans at a Glance

The 2015-2020 Dietary Guidelines focuses on the big picture with recommendations to help Americans make choices that add up to an overall healthy eating pattern. To build a healthy eating pattern, combine healthy choices from across all food groups—while paying attention to calorie limits, too. Check out the 5 Guidelines that encourage healthy eating patterns:





**DIETARY
GUIDELINES
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Shift to Healthier Food & Beverage Choices

Here's some good news: Eating healthier doesn't mean you have to give up all the foods you love. It doesn't have to be confusing or complicated either. **The 2015–2020 Dietary Guidelines has a better approach—make small shifts in the foods you eat. Here's how to do it.**

What Are Healthy *Shifts*?

It's simple. When you can, **swap out a food or ingredient for a healthier option.** For example, you could:



Shift from whole milk to low-fat milk in your breakfast cereal



Shift from soda with added sugars to water during lunch



Shift from a cream-based pasta dish to one with a lighter sauce and more vegetables for dinner

How Will Making *Shifts* Help?

- Healthy eating patterns can help prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.
- Shifting to healthier choices doesn't mean you have to change your whole eating pattern. Shifts can be easier to stick with over time—you're just making small changes to the way you're already eating.

About half of all American adults have one or more chronic diseases—and they're often related to eating a poor quality diet.

Make *Shifts* Throughout the Day

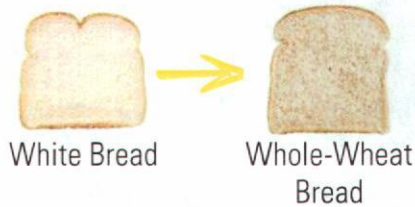
You have a chance to make a healthier choice whenever you:

- Open your fridge for a snack
- Shop in the grocery store
- Stand at a vending machine
- Pack a lunch
- Look at a menu in a restaurant
- Cook a favorite recipe

Take advantage of these everyday opportunities to make a shift. Everything you eat and drink matters. Over time, little changes in the foods and drinks you choose can have big health benefits.

Try Out These **Shifts**

The *Dietary Guidelines* has key recommendations for how we can all improve our eating patterns. The shifts below will help you stay on track.



How to Eat More Whole Grains:

- Choose whole-wheat bread instead of white
- Have popcorn for a snack instead of potato chips (just leave out the butter)



How to Cut Down on Saturated Fats:

- Twice a week, have seafood instead of fatty cuts of meat for dinner
- When you're making chili or stew, reduce the amount of meat and add more beans and vegetables



How to Cut Down on Added Sugars:

- Give your kids 100% juice or water instead of fruit punch
- Have a homemade fruit smoothie instead of ice cream



How to Cut Down on Sodium (Salt):

- Switch to unsalted nuts
- Shift from regular canned soups to low-sodium



How to Use Oils Instead of Solid Fats:

- Dip your whole-wheat bread in olive oil instead of spreading on butter
- Choose an oil-based salad dressing instead of cream-based

What **Shift** Will You Make Today?

Want to learn more about shifts and how to find a healthy eating pattern that works for your family? Check out [ChooseMyPlate.gov](https://www.choosemyplate.gov), which has more information from the *Dietary Guidelines*, online tools, recipes, and more.

Whole grains make a difference.

Whole-grain foods help keep your heart healthy and are good for digestion and a healthy weight. Choose foods with "100% whole wheat" or "100% whole grains" on the label. Or check the ingredient list to see if the word "**whole**" is before the first ingredient listed (for example, *whole* wheat flour). If it is, it's whole-grain.



How to Tell If It Is a Whole Grain?

Some foods that seem to be whole grains may not be, it's important to know what to look for. Here are some tips that work:

- **Choose foods that are naturally whole grains**

Some foods are always whole grains, like oatmeal, brown rice, wild rice and popcorn.

- **Check the information on the package**

Buy bread, cereal, tortillas, and pasta with "100% Whole Grain" or "100% Whole Wheat" on the package.

Foods with the following words on the label are usually *not* 100% whole-grain products.

- | | |
|------------------------|--------------------------|
| ✓ 100% wheat | ✓ Cracked wheat |
| ✓ Multi-grain | ✓ Made with whole grains |
| ✓ Contains whole grain | ✓ Made with whole wheat |
| ✓ 7 grains | ✓ Bran |

- **Check the ingredient list:** Take a few seconds to see if the food is made from whole grains. Look for the word “whole” before the first ingredient. Some examples of whole-grain ingredients include:

- | | |
|----------------|----------------------|
| ✓ brown rice | ✓ whole-grain barley |
| ✓ buckwheat | ✓ whole-grain corn |
| ✓ bulgur | ✓ whole oats |
| ✓ graham flour | ✓ whole rye |
| ✓ oatmeal | ✓ whole wheat |
| ✓ quinoa | ✓ wild rice |
| ✓ rolled oats | |



- **Colors can be misleading.** Foods like breads, pasta, rice, and tortillas that are dark in color may not be 100% whole-grain foods. And, some lighter color grain foods may be 100% whole-grain foods, such as “100% White Whole Wheat” bread. To make sure a food is a whole-grain food, check the ingredients using the tips above.

Give it Try!

Can you tell which food is a whole-grain food based on the ingredients? Look for the word “whole” before the first ingredient.

A)	Bread Ingredients: Wheat Flour, Malted Barley Flour, Niacin, Iron, Riboflavin, Folic Acid
B)	Tortilla Ingredients: Whole Wheat Flour, Soybean Oil, Salt, Corn, Starch, Wheat Starch
C)	Dry Cereal Ingredients: Whole Corn Meal, Whole Grain Oats, Corn Starch, Canola Oil, Cinnamon, Brown Sugar
D)	Cracker Ingredients: Whole Grain Brown Rice Flour, Sesame Seeds, Potato Starch, Safflower Oil, Quinoa Seeds, Flax Seeds, Salt
E)	Roll Ingredients: Unbleached Enriched Wheat Flour, Sugar, Salt, Soybean Oil, Oat Bran, Yellow Corn Meal, Salt, Barley, Rye

Answer: b, c and d are whole grains because they list 'whole' grains.



**10
tips**
**Nutrition
Education Series**

add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, we're encouraging them as snacks as well, not just meals.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, green beans, or spinach to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, carrots, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

Choose a new vegetable that you've never tried before. Find recipes online at www.WhatsCooking.fns.usda.gov.

Healthy Foods Word Find

B X W F P I Z D G S H O K Z K V E Y S Y
 Y J H Q E Y V F Z B U E L N F S E S O O
 W T O F U M I B N X G G Z I E C E K D M
 A Y C H E R R I E S S I A E V T X T A N
 T A R L V H P B Q C Q T H R A E U W C J
 E M P D O E E Y H R P C U N A R S Y O S
 R S H C A N I P S A Z L A N K P A G V E
 S U I C C A Z N L N I R U E L H S R A L
 P A H U Q W F X O B G W Y M R A A A L P
 S E N S T R A W B E R R I E S S W P V P
 S H T A T U I B M R F N D K P I T E S A
 L X O R N K N O X R X F P B C O I S O P
 B Y T N U A P A L I Y V E N M E B V Y P
 W L O Q E G B N J E O R S A B S B J B X
 M V U M P Y O Q X S R S T P K E K D E A
 S G G E J C D Y O I I O A W N I W A A H
 L Z I J B Q F E E E E N O H E R R I N G
 E E V S S E W S W S O P E Q I R N Z S H
 I Q N T I U R F E P A R G L V E S O L A
 K J E T W C L R R R S W O M K B T R Y E
 M E S L I M E S I A H C O C T K O A S V
 B L N O M L A S E E C I I Y Y C R N N I
 L E M O N S S P A O S H G Q P A R G A G
 T M M T K K J T R M C F G D G L A E E U
 A O E Z Y L W B S D N O M L A B C S B U

ALMONDS

APPLES

ASPARAGUS

AVOCADOS

BANANAS

BEANS

BEETS

BLACKBERRIES

BLUEBERRIES

BROCCOLI

CARROTS

CHEESE

CHERRIES

CHICKEN

CRANBERRIES

EGGS

GRAPEFRUIT

GRAPES

HERRING

HONEYDEW

KIWI

LEMONS

LENTILS

LIMES

OATS

OLIVES

ORANGES

PEACHES

PEAS

PLUMS

POMEGRANATES

RASPBERRIES

SALMON

SOYBEANS

SPINACH

STRAWBERRIES

TOFU

TOMATOES

TUNA

TURKEY

WALNUTS

WATER

WHEAT

YAMS

YOGURT

Helping Kids Learn To Make Healthy Food Choices ...in 5 Easy Steps



1 Let Them Learn by Serving Themselves.

Kids will learn many useful life lessons when you let them serve themselves at meal time:

- They learn to make decisions about which foods and how much to put on their plates.
- They learn to be more aware of when they are hungry and when they are full.
- They further develop their fine motor skills and hand-eye coordination.
- They learn to share, take turns, and be responsible for their choices.



IDEAS! Try these tips to make serving themselves easier

- ✓ Use small bowls so your kids can see the food. Use serving utensils they can hold easily.
- ✓ Hold the serving bowls for them to make it easier to scoop up the food.
- ✓ Be patient! Your kids are learning, so be ready to wipe up a few spills.
- ✓ Encourage and praise your children when they serve themselves.

2 Help your child learn to love a variety of foods.

Sometimes new foods take time. Kids don't always take to new foods right away. Offer new fruits and vegetables many times, served a variety of ways. Give your kids just a taste at first and be patient with them.

Kids learn to like new foods by:

- Having them offered over and over
- Having them served with familiar foods
- Seeing friends, older kids, and grown-ups eating these foods
- Tasting them prepared in different ways
- Choosing foods to try themselves
- Starting with small amounts



IDEAS! Try offering new foods prepared in different ways.

- ✓ Serve fruits and vegetables raw with a dip.
- ✓ Steam, roast, and bake vegetables—even some fruits.

For example, try warming fruits like apples, pears, and peaches for about a minute or so for a softer texture. Try it with canned, frozen, or fresh fruit – just look for canned or frozen fruits without added sugar or packed in 100% fruit juice

3 Make meals and memories together. It's a lesson they'll use for life!

Kids like to try foods they help make. It's a great way to encourage your child to eat fruits and vegetables. They feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts. Their smiles will light up your kitchen.



Cooking Together Activities by Age:

2-year-olds

- Make "faces" out of pieces of fruits and vegetables.
- Scrub vegetables or fruits.
- Tear lettuce or greens.
- Snap green beans.

3-year-olds

- Add ingredients.
- Stir.
- Spread peanut butter or other spreads.
- Shake a drink in a sealed container.
- Knead bread dough.

4- to 5-year-olds

- Peel and mix some fruits and vegetables.
- Peel hard boiled eggs.
- Wipe off counters.
- Mash soft fruits, vegetables, and beans.
- Measure dry ingredients.
- Measure liquids with help.

4 Enjoy each other while enjoying family meals.

Keep meal time relaxed to nourish the body and help your family make stronger connections. Let your little ones select which foods to put on their plates and how much to eat from the healthy choices you provide.



How to make family meals happy

- Focus on the meal and each other. Turn off the television. Take phone calls later.
- Talk about fun and happy things. Try to make meals a stress-free time.
- Encourage your child to try foods. But, don't lecture or force your child to eat.

5 Listen to them when they say they are full.

Young kids will eat the amount they need. Toddlers have a strong sense of hunger, appetite, and fullness, so they are likely to stop eating when they are full rather than when the food is gone. And, children's appetite can vary - sometimes they won't eat much and other times they will want seconds.



crunchy chicken fingers with tangy dipping sauce



try this family classic, made healthier with baked chicken and a yummy dipping sauce

For chicken:

- ½ tsp** reduced-sodium crab seasoning
(or substitute ¼ tsp paprika
and ¼ tsp garlic powder for a
sodium-free alternative)
- ¼ tsp** ground black pepper
- 1 Tbsp** whole-wheat flour
- 12 oz** boneless, skinless, chicken
breast, cut into 12 strips
- 2 Tbsp** fat-free (skim) milk
- 1** egg white (or substitute 2 Tbsp
egg white substitute)
- 3 C** cornflake cereal, crushed

For sauce:

- ¼ C** ketchup
- ¼ C** 100 percent orange juice
- ¼ C** balsamic vinegar
- 2 Tbsp** honey
- 2 tsp** deli mustard
- 1 tsp** Worcestershire sauce

1. Preheat oven to 400 °F.
2. Mix crab seasoning, pepper, and flour in a bowl.
3. Add chicken strips, and toss well to coat evenly.
4. Combine milk and egg white in a separate bowl, and mix well. Pour over seasoned chicken, and toss well.
5. Place crushed cornflakes in a separate bowl. Dip each chicken strip into the cornflakes, and coat well. Place strips on a nonstick baking sheet. (Discard any leftover cornflake mixture.)
6. Bake chicken strips for 10–12 minutes (to a minimum internal temperature of 165 °F).
7. Meanwhile, prepare the sauce by combining all ingredients and mixing well.
8. Serve three chicken strips with ¼ cup dipping sauce.



Younger children can crush the cornflakes. Older children can dredge the chicken through the coating and mix the tangy sauce.



prep time:
10 minutes

cook time:
12 minutes

yield:
4 servings

serving size:
3 chicken strips, ¼ C sauce

each serving provides:

calories	248	carbohydrates	36 g
total fat	2 g	potassium	303 mg
saturated fat	1 g	vitamin A	4%
cholesterol	47 mg	vitamin C	16%
sodium	422 mg	calcium	6%
total fiber	1 g	iron	4%
protein	20 g		

Percent Daily Values are based on a 2,000 calorie diet.

parmesan green beans

a side dish so tasty, children won't even know it's good for them


- 1 Tbsp olive oil
- 1 tsp garlic, minced (about 1 clove)
(or ¼ tsp garlic powder)
- 1 small onion, thinly sliced
(about ½ C)
- 1 bag (16 oz) frozen green beans
- 1 C low-sodium chicken broth
- ¼ C grated parmesan cheese
- ¼ tsp ground black pepper

1. Combine olive oil and garlic in a large saucepan. Cook until garlic is soft, but not browned (about 30 seconds).
2. Add onion, and continue to cook for about 5 minutes over medium heat until soft.
3. Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until the beans are heated through.
4. Sprinkle with parmesan cheese and pepper, and serve.

Tip: Try it on the side of the **Turkey and Beef Meatballs With Whole-Wheat Spaghetti** (on page 25).



Children can help sprinkle with cheese and pepper.

	prep time: 5 minutes	yield: 4 servings	each serving provides:			
	cook time: 8 minutes					
		serving size: 1 C green bean mix	calories	95	carbohydrates	9 g
			total fat	5 g	potassium	293 mg
			saturated fat	1 g	vitamin A	15%
			cholesterol	4 mg	vitamin C	25%
			sodium	117 mg	calcium	10%
			total fiber	3 g	iron	4%
			protein	5 g		
Percent Daily Values are based on a 2,000 calorie diet.						

Maria's Veggie Wrap

- 1 medium red bell pepper, seeded and sliced
- 1 medium yellow pepper, seeded and sliced
- 1 onion, sliced
- 1 teaspoon canola oil
- 1 can (15 ounces) low-sodium black beans, drained and rinsed
- ½ avocado, peeled and diced
- juice from 1 lime
- ½ cup chopped fresh cilantro
- 1 teaspoon chili powder (*optional*)
- 1 cup fat-free sour cream
- 4 8-inch whole-wheat tortillas
- 8 tablespoons Fresh Salsa (see page 46)

1. In a nonstick pan, saute the peppers and onion in the canola oil for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes, then set aside.
2. In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping.
3. Add sour cream to beans and mix well.
4. Warm tortillas in the microwave or in a pan on the stovetop.
5. Fill a warmed tortilla with ¼ bean mixture and ¼ avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture.
6. Fold ends of the tortilla over. Roll up to make wraps. Top the veggie wraps with remaining avocado mixture. Follow this process for three other wraps.

Yield:	4 servings
Serving size:	1 wrap
Calories	367
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	318 mg
Total Fiber	14 g
Protein	16 g
Carbohydrates	66 g
Potassium	976 mg



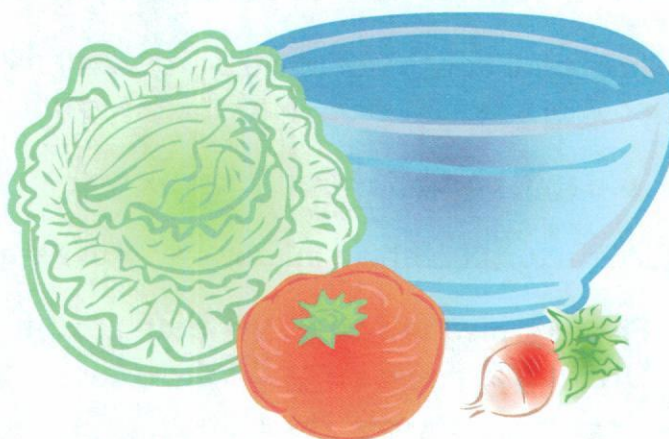
This tasty wrap is chock-full of yummy beans and vegetables and provides a great source of fiber.

Fresh Cabbage and Tomato Salad

- 1 small head cabbage, sliced thinly
- 2 medium tomatoes, cut in cubes
- 1 cup sliced radishes
- ¼ teaspoon salt
- 2 teaspoons olive oil
- 2 tablespoons rice vinegar (or lemon juice)
- ½ teaspoon black pepper
- ½ teaspoon red pepper
- 2 tablespoons fresh cilantro, chopped



1. In a large bowl, mix together the cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients and pour over the vegetables.



Yield:	8 servings
Serving size:	1 cup
Calories	41
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	88 mg
Total Fiber	3 g
Protein	2 g
Carbohydrates	7 g
Potassium	331 mg



Tempt your children to eat more vegetables with this refreshing, tasty salad.