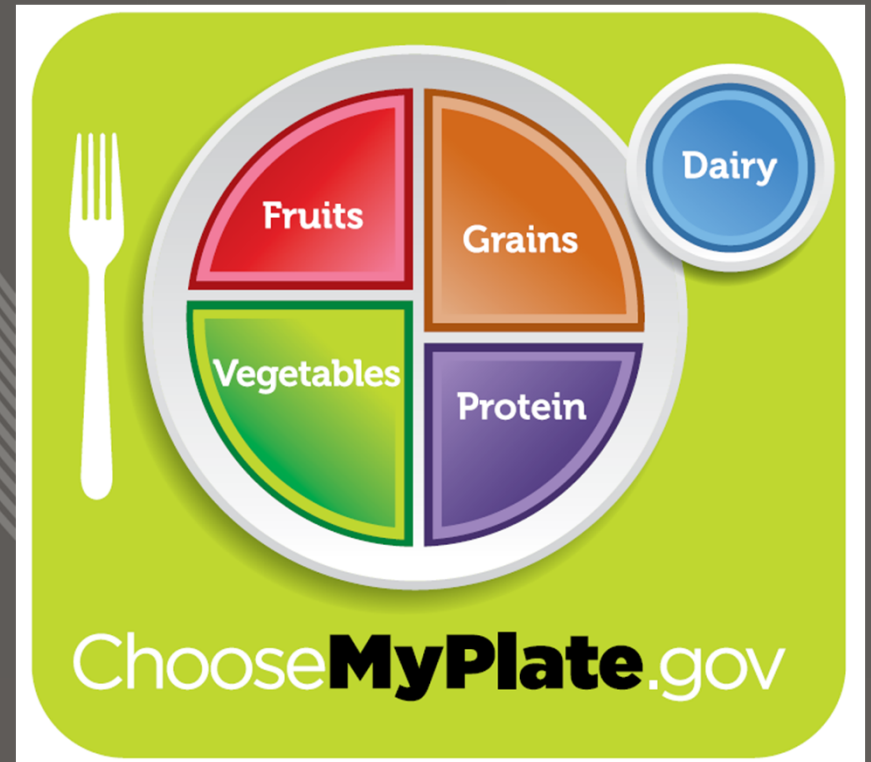




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Keep Nutrition
Simple:
ChooseMyPlate.gov



Health Education
376-3939

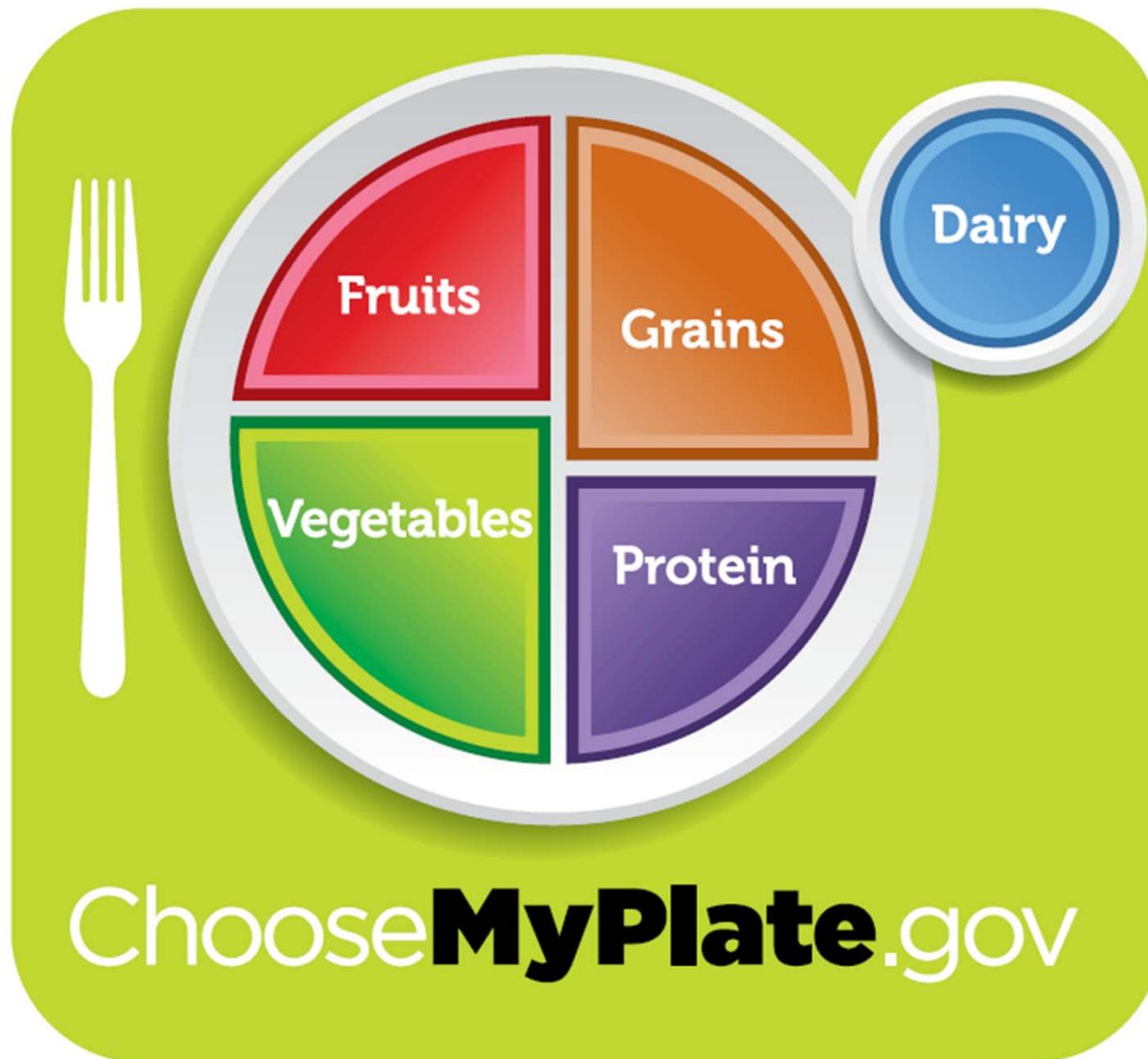
Keep Nutrition Simple

- ◆ The food guide pyramid has been replaced with a simple, straight forward guide to nutrition.
- ◆ ChooseMyPlate.gov is now the official replacement
- ◆ Choose My Plate has adopted simple principles to follow every time we sit down to eat.
 - ½ the plate should be fruits and vegetables
 - ¼ Whole grains
 - ¼ Lean Protein
 - and a small side of Dairy



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Build Your Perfect Plate!



Here are some additional tips for healthy eating: Tip #1

◆ Balance Calories

- Find out how many calories YOU need for a day as a first step in managing your weight.
- Go to www.ChooseMyPlate.gov to find out your calorie level.
- Being Physically active also helps balance calories.



Tip #2:

◆ Enjoy your food, but eat LESS

- Take the time to fully enjoy your food as you eat it.
- Eating too fast or when your attention is elsewhere may lead to eating too many calories.
- Pay attention to hunger and fullness cues before, during and after meals



Tip #3:

◆ Avoid Oversized Portions

- Use a smaller plate, bowl, and glass.
- Portion out foods before you eat.
- When eating out, choose a smaller size option, share a dish or take home part of your meal



Tip #4:

◆ Foods to eat more often

- Fruits
 - Vegetables
 - Whole Grains
 - Fat-free or 1% milk & dairy products
- These foods have the nutrients that you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



Tip #5:

◆ Make half your plate fruits and vegetables

- Choose red, orange and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables to your meals.
- Add fruit to meals as part of main or side dishes or as dessert.



Tip #6:

◆ Switch to fat-free or low-fat (1%) milk

- They have the same calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



Tip #7:

◆ Make half your grains **WHOLE GRAINS**

- To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.



Tip #8:

◆ Foods to eat LESS often

- Cut back on foods high in solid fats, added sugars, and salt.
- Examples: cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meals like ribs, sausage, bacon, and hotdogs.
- Use these foods as occasional treats, not everyday foods.



Tip #9:

◆ Compare sodium in foods

- Use the nutritional label to choose lower sodium versions of foods like soup, breads and frozen meals.
- Select canned foods labeled “low sodium”, “reduced sodium” or “no salt added”



Nutrition Facts	
Serving Size 1 can (163 mL)	
Servings per Container 3.5	
Amount per serving	
Calories 30 Calories from Fat 0	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	520mg 22%
Total Carbohydrate	6g 2%
Dietary Fiber	1g 4%
Sugars	5g
Protein	1g

Tip #10:

◆ Drink water instead of sugary drinks

- Cut calories by drinking water or unsweetened beverages.
- Soda, energy drinks, and sports drinks are a major source of added sugar, and calories in American diets.





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For assistance with your nutrition, call
Health Education at 376-3939 to set
up an appointment with a
Health Coach

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