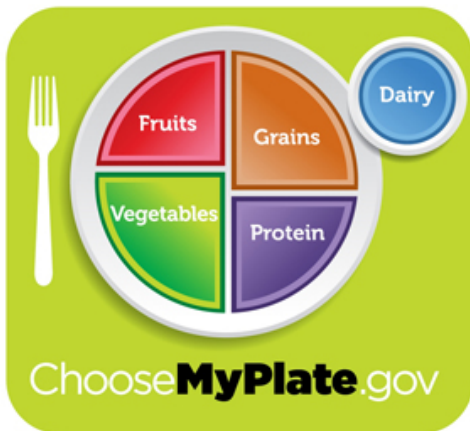


### What is Healthy Eating?

Healthy eating is eating a balanced diet that will give you the nutrients you need in order to keep your body working well. In general, the basic parts of a healthy diet include **variety, spacing of meals, portion control, and choosing healthier foods.**

### Enjoy a Variety of Food

**ChooseMyPlate.gov** is an excellent website you can use to personalize your own needs. The MyPlate method encourages the following guidelines:



- **Fruits** : Choose fresh, frozen, canned or dried fruit
- **Vegetables** : Vary your vegetables
- **Grains** : Make half your grains “whole”
- **Protein**: Choose low-fat or lean meats and poultry
- **Dairy** : Go low-fat or fat-free

**\*Servings from each food group vary based on individual needs\***

**A variety of food is important because no one food item gives you all the nutrients (carbohydrates, protein and fat) your body needs each day.** By eating a healthy balanced diet you are getting vitamins and minerals that help your body use energy from the food you eat. Research is showing that fruits, vegetables and whole grains contain antioxidants and phytochemicals (plant based ingredients) that may help reduce the risk for various diseases. They also provide fiber which is important for the body.

# Patient Education

## Nutrition

### Spacing of Meals and Portion Sizing

- **Eat moderate size meals and small snacks throughout the day.** If you don't feed your body regularly it will get tired and sluggish. The number of meals and snacks for each individual may vary, but it is important to remember to choose healthier options and space meals and snacks evenly throughout the day. Eating every 3-4 hours can help regulate your appetite and make sure you get all the nutrients you need in a day. This will stabilize blood sugar and help control appetite.
- **Avoid skipping meals.** Eating regularly provides your body with a mixture of carbohydrates, protein and fat, giving you more energy and keeping you full longer. Research indicates that if you skip breakfast you are more likely to be overweight than those who eat breakfast.
- **Reduce portion size of foods eaten.** Limiting portion size can be beneficial if you want to maintain or even lose weight.

### Plan Ahead

- Write out meal ideas for the week
- Make a grocery list
- Cut up fruits and vegetables when you get home from the grocery store
- Make extra servings and put them in the freezer for days you don't have a lot of time
- Throw ingredients into a Crock-Pot® to cook during the day

### Healthy Snacking

**Healthy snacking can be part of a healthy balanced diet and help you manage your weight.** Eating small snacks between meals gives your body the energy it needs to get you through the day. Snacking keeps you full and prevents you from overeating.

Choose healthy snacks like whole grains, fruits and vegetables, nuts and seeds, and low-fat dairy products

- Keep your snack portions to 100-200 calories each.
- Sugary and fattening sweets (candy, cakes, pies, doughnuts, cookies...etc.) lack nutrients. These foods should be eaten as special treats.

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## Nutrition

### Choose Healthier Fats

#### Heart Healthy Fats:

You need some fat in your diet because fat contains essential fatty acids important for healthy cells. Fat also takes longer to digest so including some in a meal helps you feel full longer. When you eat fat:



- Choose heart healthy monounsaturated fats including olive, canola and peanut oils or polyunsaturated fats like safflower, sunflower, corn and sesame oils.
- Select fats in the form of oils or tub margarines which are the best to use.
- Eat heart healthy fats from fatty fish like salmon, tuna and trout. Nuts and seeds also contain healthier fats that are good for your heart.



#### Saturated Fats:

Diets high in saturated fat from animal products and “tropical fats” clog arteries and increase the risk of heart disease.

#### Limit the following:

- Animal fats are found in butter, high fat dairy products, meat, fish, shellfish, poultry, and eggs. Choose lean sources like low fat dairy products, lean beef, skinless poultry, fish, shellfish, egg whites/substitutes most often.
- Tropical fats such as coconut, palm and palm kernel oil.
- Hydrogenated or partially hydrogenated fats (solid fat like some stick margarine and fats found in some packaged snacks) increase the saturated and trans fatty acid content, which makes them more harmful.

### Balance Eating with Activity

- Balanced eating also suggests that you balance the calories you eat with the activity you get each day.
- If you want to keep your body healthy, feeling good, and prevent weight gain you need to balance activity with what you eat.
- To maintain a healthy lifestyle and reduce the risk of chronic disease, be physically active for at least 30 minutes 5 or more days of the week. However, to lose weight or to maintain weight loss, 60 to 90 minutes of physical activity may be necessary.
- Be sure to check with your doctor before beginning an exercise program.



For more health education resources, visit [Health & Wellness at osfhealthcare.org](http://Health & Wellness at osfhealthcare.org)

# Patient Education

## Nutrition

### Sample Day:

Breakfast	Overnight Oats: Mix together ¼ cup of uncooked oatmeal, 1/3 cup skim milk, ½ of 6 oz container of low-fat vanilla yogurt, 1 tablespoon of peanut butter, ½ banana sliced <i>(321 calories, 13 g protein, 10 g fat, 3 g saturated fat, 49 g carbohydrate, 4 g fiber)</i>
Lunch	Hummus Wrap: medium soft shell whole wheat tortilla, 2 tablespoons hummus, 1/4 cup shredded carrots, 1/4 cup chopped cucumber - 1 slice of cheddar cheese - 1 large orange - 1 cup sugar-free fruit drink <i>(405 calories, 16 g protein, 6 g fat, 5 g saturated fat, 73 g carbohydrate, 10 g fiber)</i>
Dinner	Stuffed Salmon Fillet (recipe below) ½ cup microwaveable brown rice with ¼ cup rinsed canned red beans 2 cups raw spinach, red pepper, carrots, broccoli, and onion with 1 tablespoon balsamic vinegar and ½ tablespoon extra-virgin olive oil Water <i>(476 calories, 38 g protein, 24 g fat, 8 g saturated fat, 37 g carbohydrate, 6 g fiber)</i>
Snack (Can split up snacks throughout day)	- Granola Bar (look for 3 g fiber or more and less than 10 g sugar) - 1 cup low-fat cottage cheese - 2 large hard boiled eggs <i>(508 calories, 33 g protein, 19 g fat, 4 g saturated fat, 36 g carbohydrate, 2 g fiber)</i>
Daily Total	1,710 calories, 100 g protein, 59 g fat, 20 g saturated fat, 195 g carbohydrate, 22 g fiber

#### Stuffed Salmon Fillet Recipe:

- 4 – 4 ounce salmon fillets
- ½ cup mozzarella cheese
- ¼ cup onion chopped
- 1 teaspoon dried Italian seasoning
- ½ teaspoon ground black pepper
- ¼ teaspoon salt

#### Directions:

1. Preheat oven to 400 degrees. Grease baking sheet with oil or margarine.
2. Cut a pocket lengthwise in the middle of the salmon fillets for easy stuffing.
3. Spread cheese and onion in pockets.
4. Sprinkle seasonings on top, place on baking sheet, and bake 10-12 minutes.

\*Serves 4

#### Notes:

Any leftovers from dinner can be put in freezer to heat up another day

#### References:

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