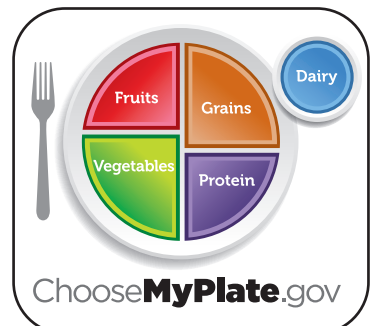
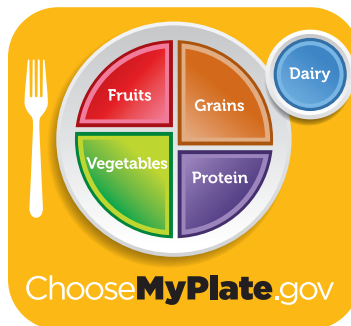
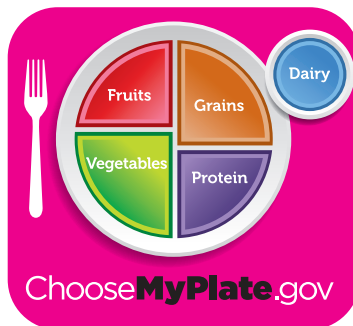
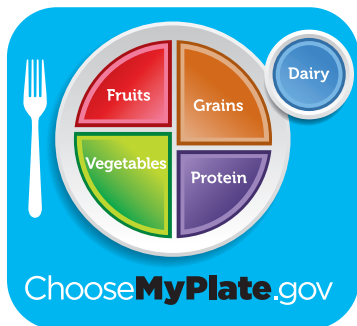
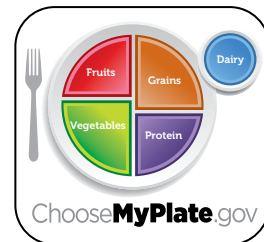


Choose**MyPlate**.gov



healthy eating for an active lifestyle



10 tips for combining good nutrition and physical activity

For youth and adults engaging in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to a healthier lifestyle.

1 maximize with nutrient-packed foods

Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).

2 energize with grains

Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

3 power up with protein

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant-based foods, too.

4 mix it up with plant protein foods

Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

5 vary your fruits and vegetables

Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.



6 don't forget dairy

Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) help to build and maintain strong bones needed for everyday activities.

7 balance your meals

Use MyPlate as a reminder to include all food groups each day. Learn more at www.ChooseMyPlate.gov.

8 drink water

Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

9 know how much to eat

Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker to determine your calorie needs, plan a diet that's right for you, and track progress toward your goals. Learn more at www.SuperTracker.usda.gov.

10 reach your goals

Earn Presidential recognition for reaching your healthy eating and physical activity goals. Log on to www.presidentschallenge.org to sign up for the Presidential Active Lifestyle Award (PALA+).





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

add more vegetables to your day

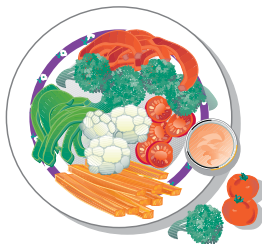


10 tips to help you eat more vegetables

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.



10 tips

Nutrition
Education Series

focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Focus on whole fruits—fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Make sure that saturated fat and added sugars are limited when preparing fruit dishes.

1 keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe instead of sugar.

3 think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



5 be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

6 include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



7 try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

8 experiment with fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

9 snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.



10 keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



Fiber

What Does Fiber Do?

Fiber contributes to good health in many ways.

- It keeps food moving smoothly and regularly through your body.
- It helps prevent heart disease by lowering blood cholesterol levels.
- It may lower the risk of developing certain cancers.
- It helps to control blood glucose levels in diabetes.
- A high-fiber diet tends to make you feel fuller sooner so you eat less. This can help with weight control.

How Much Fiber Do You Need?

Here are daily recommendations for most healthy adults:

- Men ages 50 years and younger: 38 grams fiber per day
- Men ages 51 years and older: 30 grams fiber per day
- Women ages 50 years and younger: 25 grams fiber per day
- Women ages 51 years and older: 21 grams fiber per day

Tips for Getting More Fiber

- Start slowly. Adding too much fiber too fast can cause gas, cramps, and diarrhea. Add one high-fiber food, adjust to it, and then add another.
- Drink plenty of water. This keeps fiber moving through your digestive tract.
- Get fiber from a variety of foods. This helps you get all the nutrients you need each day.
- Include fiber at every meal.
- Eat the peels. The edible skins of many fruits and vegetables, like apples and potatoes, contain fiber. Remember to wash skins before eating.
- Go with the **whole** grain. Whole grain foods are good sources of fiber.
 - Look for products that list a whole grain as the first ingredient, such as whole wheat, oats, corn, or barley.
 - Read the Nutrition Facts label and choose breads that have at least 2 grams (g) of fiber per slice.
- Get your fiber from foods. A doctor or dietitian can help you decide whether fiber supplements are a good idea for you.

Types of Fiber

There are two types of fiber in food:

- **Insoluble fiber** is the nondigestible part of plants (roughage). It adds bulk and moves food through your digestive system. Insoluble fiber can help relieve constipation. The peel on fruits and vegetables is one example of insoluble fiber.
- **Soluble fiber** attracts water and can help resolve diarrhea. Soluble fiber also helps reduce cholesterol. Oats are an example of soluble fiber.



Which Foods Have Fiber?

Food	Amount	Total Fiber (grams)
Grains		
Bran cereal	1/3 cup	8.6
Raisin bran cereal	3/4 cup	5.3
Oatmeal, dry	1/3 cup	2.7
Whole wheat pasta, cooked	1/2 cup	2.7
Whole grain bread	1 slice	2+
Brown rice, cooked	1/2 cup	2
Vegetables		
Green peas, cooked	1/2 cup	4.3
Brussels sprouts, cooked	1/2 cup	3.8
Sweet potato, cooked	1/2 cup	3.8
Potato, cooked	1 medium	3.0
Winter squash, cooked	1/2 cup	3.0
Asparagus or spinach, cooked	1/2 cup	2.8
Broccoli, cooked	1/2 cup	2.4
Carrots, raw	1 medium	2.3
Fruits and Nuts		
Raspberries	1 cup	3.3
Apple or pear with peel, orange	1 small	2.8
Banana	1 small	2.2
Strawberries	1 cup	2.2
Peanut butter	2 tablespoons	2
Apricots, dried	7 halved	2
Raisins	1/4 cup	2
Peach with skin	1 medium	2
Dried Beans and Peas (cooked)		
Kidney beans	1/2 cup	7.9
Black beans	1/2 cup	6.1
Lentils	1/2 cup	5.2
Chickpeas (garbanzo beans)	1/2 cup	4.3

Food Label Reference Guide

Watch out for the red areas. Don't get fooled by forgetting to look at how many servings are in the package. The nutrition information is based on only 1 serving!



Pretzels	
Nutrition Facts	
Serving Size 28g (about 42 pretzels)	
Servings Per Container 15	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 440mg	18 %
Total Carbohydrate 21g	7 %
Dietary Fiber 1g	4 %
Sugars 1g	
Protein 3g	
Vitamin A	0 % • Vitamin C
Calcium	0 % • Iron
*Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Use the 5% and 20% rule.

Look for foods that are high in these green areas. That's the good stuff your body need!



5% is low and 20% is high for any of these nutrients.

Go higher in the Green areas

Stay lower in the red areas



Chef Solus Food Label Guide



Food labels can seem confusing but if we break them up into blocks, you will see they are actually very easy to use! All the blocks work together to help you pick smart foods that will keep you healthy and feeling great!

Start with the **Serving Size**. All the numbers are based on one serving size. The package might actually contain several servings. This is very important information that will help you with portion control.

Start at the top!



The **Servings Per Container** tells you how many servings in that package. Some foods are low in calories and fat if you have only one serving. But if you eat more than one serving, then calories and fat can really add up! See how many servings this label shows - 2 servings!

Calories: This tells you how much energy you will get from one serving of this food. If you don't use up that energy, it gets stored as fat.

Calories from Fat:

This tells you how much energy of that food comes from fat. Your heart likes foods lower in fat.

Total Fat is the amount of all the different kinds of fat in one serving. Your body needs some fat. Avoid foods high in saturated fats and look for zero Trans fats. These fats are not good for your heart.

Cholesterol and sodium (salt) tells you how much of that nutrient is in one serving. Pick foods that are low in cholesterol and sodium. Look for 5% or less!

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 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 81g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

The **% (Percent) Daily Value (DV)** is a number on the label given in percentages. These percentages are the amount of a certain nutrient that a person will eat in one serving. (based on 2000 calorie diet)

Fiber: This tells you how much fiber is in one serving. Fiber helps your food move through your body easily. Foods with 4 grams or more is high in fiber and good for you!



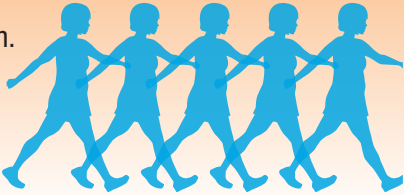





















Sugars is the total amount of natural sugar and added sugar that is in the one serving. Our body does not need too much sugar. Sugar can add a lot of calories that we don't need.

Protein is very important because it is the building blocks for all cells. Read carefully. High protein foods can be high in fat.

Vitamin Section:

See if these foods are high in vitamins. Vitamins help your body stay healthy. 20% or more is high and makes your body very happy!

Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
 Soda 227 calories 20 fl. oz.	14 tsp 	49 min. 
 Sports Drink 125 calories 20 fl. oz.	9 tsp 	27 min. 
 Energy Drink 240 calories 16 fl. oz.	15 tsp 	52 min. 
 Juice Drink 305 calories 20 fl. oz.	17 tsp 	66 min. 
 Fruit-flavored Soda 165 calories 12.5 fl. oz.	11 tsp 	36 min. 
 Vitamin-added Water 125 calories 20 fl. oz.	8 tsp 	27 min. 
 Sweetened Tea 213 calories 20 fl. oz.	14 tsp 	46 min. 
 Water 0 calories 20 fl. oz.	0 tsp 	0 min. 
<p>Note: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.</p>		
<p>United States Department of Health and Human Services, U.S. Department of Agriculture. <i>Dietary Guidelines for Americans, 2005</i>, Table 4, Calories/Hour Expended in Common Physical Activities. http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm. Accessed May 15, 2012.</p>		

rethink
YOUR DRINK

This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.



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