

# Feeling Great

with Good Nutrition --- **What and How!**

HOW?

Have fruit for breakfast.

Use fruit or vegetables for snacks.

Have a vegetable or vegetable soup for lunch.

Have a salad for lunch with added kidney or chickpeas.

Carry small packages of carrots for snacking.

Add frozen vegetables to pasta dishes, chicken dishes, canned soups, stews and casseroles.

Have desserts which include fruits and nuts.

Use dried fruit (raisins, apricots, cranberries, etc) for snacks.

Try a simple dinner of rice or potato topped with 1-2 cups of frozen vegetables, then salsa and grated cheese. Cover and bake until vegetables are done.

## What?

- 1. CONSUME A COMBINATION OF VEGETABLES AND FRUIT THAT ADD UP TO 5-6 CUPS A DAY!!!**
- 2. CHOOSE LEAN MEATS, CHICKEN AND FISH – LIMIT DAILY INTAKE TO 2 SERVINGS (3 OZ. EACH) & CHOOSE LOW FAT DAIRY PRODUCTS — CONSUME 2-3 SERVINGS DAILY.**
- 3. EAT EITHER A SERVING OF BEANS (1/2 CUP) OR NUTS (1/4 CUP) EVERY DAY!**
- 4. CHOOSE CARBOHYDRATE FOODS THAT ARE UNPROCESSED AND HIGH IN FIBER (>3 g/serv.) These are **LOW** in **GLYCEMIC INDEX**.**



HOW?

Cut all visible fat from your meats.

Remove skin from chicken.

Buy small packages of meat to reduce portion size.

Try having red meat only once per week.

Choose stir fry dinners using more vegetables and less meat.

Choose low fat or fat free milk and yogurt. Also use low fat cheese and cottage cheese.

Increase the use of fish. Bake it, broil it, steam it!

Have at least 1 vegetarian dinner per week (pasta, chili, lentil or split pea soup.)

HOW?

HOW?

Try canned beans for convenience. These are readily available and include black beans, cannellini beans, chickpeas, kidney beans, pinto beans, lima beans, and others.

Try adding beans to soups and salads. Mix beans with rice. Add beans to stews or stir them into mixed vegetable dishes (string beans and kidney beans, kale and cannellini beans.)

Puree beans to make sandwich spreads or dips. Puree chickpeas to make hummus.

Use nuts for snacks. Toss some nuts onto salads. Use nuts as toppings for desserts.

Add nuts to dishes to increase protein while reducing animal products (chicken with cashews, pasta with peanut sauce).

Use ground or chopped nuts instead of bread crumbs for coating (salmon coated with ground walnuts).

Choose a whole grain bread and a high fiber cereal to have every day.

Limit foods **HIGH** in **GLYCEMIC INDEX** to once a day and decrease the portion size of such foods.

Try brown rice and whole wheat pasta.

Eat the skin of fruits and vegetables whenever possible.

Slowly decrease the amount of sugar you add to food to become more "sensitive" to sugar and therefore need less.

# Feeling Great

with Good Nutrition --- **What and Why!**

WHY?

## Cardiovascular Disease (Heart Disease)

Vegetables and fruits are high in fiber which helps reduce blood cholesterol and decrease the risk of heart disease.

Vegetables and fruits are high in antioxidants which lower C-reactive protein in your blood, which is another risk factor for heart disease.

Animal products of meat, chicken and dairy are high in saturated fat and dietary cholesterol, which increase the risk of heart disease.

Unprocessed whole grains contain more b-vitamins and vitamin E which may protect against cardiovascular disease

Beans are high in soluble fiber which lowers blood cholesterol.

Nuts, especially walnuts, contain fatty acids that protect against heart disease. (n-3 fatty acids, also found in fish)

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WHY?

## Weight Maintenance (for Loss)

Vegetables and fruits are low in calories.

Vegetables and fruits are high in fiber which helps you feel full longer.

Fiber helps to slow down absorption of foods so it keeps you full longer.

Foods high in simple starch and sugar are absorbed quickly and increase blood sugar but you are hungry 2-3 hours later due to the “fast” absorption and metabolism. (Foods **HIGH** in **GLYCEMIC INDEX**) are soda, candy, cookies, white bread, rolls, bagels, white rice, pasta, potatoes.)

Smaller and leaner cuts of meat, chicken and fish will have less fat. Fat has more calories per gram (9 calories per 1 gm fat, 4 calories per 1 gm of protein or carbohydrate).

High fat intake is related to weight gain and low fat intake is related to weight loss. The majority of our daily fat comes from animal products.

Beans are high in fiber and contain proteins to help you feel full.

WHY?

## Diabetes (Type 2)

Eating foods that are absorbed slowly can decrease intake of total food and decrease fasting blood sugar.

Vegetables and fruits are high in fiber which helps control high blood glucose levels by slowing the absorption of food.

Vegetables and fruits are high in antioxidants which are normally low in persons with diabetes.

Vegetables and whole fruits are low in calories to help maintain or decrease weight (beneficial in diabetes).

Animal products of meat, chicken and dairy are high in saturated fats which increase developing insulin resistance. Leaner choices are low in saturated fat which slows insulin resistance.

Beans and nuts have polyunsaturated fats which help to lower blood cholesterol.

WHY?

## Hypertension

Vegetables, fruits, whole grains, and beans provide food high in fiber, **LOW** in **GLYCEMIC INDEX** (slowly absorbed) and contain more vitamins and minerals.

Green leafy vegetables are high in calcium which helps lower blood pressure.

Choose reduced fat dairy products (animal products) because they are low in fat but high in calcium.

Choose beans and nuts because they are high in magnesium which helps lower blood pressure.