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Dietary Guidelines 2010 Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Balancing Calories

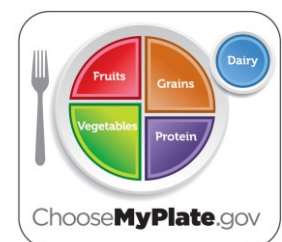
- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



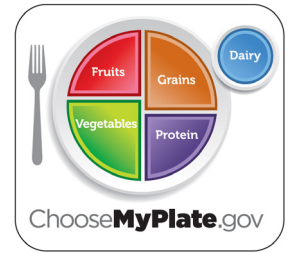
June 2011

10 tips

Nutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

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 your calorie level. Being physically active also helps you balance calories.

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. Use them to recognize when to eat and when you've had enough.



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.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



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 for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

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



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.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

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



10 drink water instead of sugary drinks

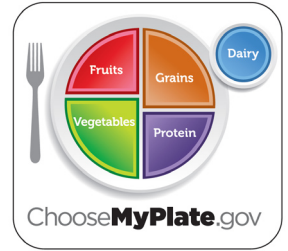
Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

10 tips

Nutrition
Education Series

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

3 include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

Building a Healthy Meal - 10 More Tips

1. Make Half Your Plate Fruit & Veggies - Learn to Distinguish between “non-starchy” vegetables and “starchy” vegetables

Non-starchy vegetables:

- 5 grams of carbohydrate/serving
- have little impact on blood sugars
- high in nutrients; low in calories

Starchy vegetables:

- 15 grams of carbohydrate per ½ cup serving
- Include corn, peas, potatoes, sweet potatoes, winter squashes
- Impact blood sugars more readily than non-starchy veggies

Joanie’s Tip: 50% of your plate should be non-starchy vegetables MOST days of the week; reserve fruit and starchy veggies as “sometimes” options

2. Add Lean Protein

- Eat more plant proteins - aim for at least THREE meat free meals/week
- Animal proteins - portions should be the size of your fist (~ 3 to 4 oz)
- When eating animal proteins choose grass fed, antibiotic and growth hormone free meats whenever possible

Joanie’s Tip: great options for local meats are available – make friends with a farmer

3. Include Whole Grains

- Make ALL of your grains whole grains
- Refined grains = all starch (SUGAR) and no healthy plant compounds such as fiber, germ and endosperm

Joanie’s Tip: try substituting quinoa (which is actually a seed) for recipes calling for other grains such as rice, bulgur and pasta

4. Don’t Forget the Dairy – Hmmm.....

- Choose local/organic dairy products whenever possible
- Consider milk alternatives instead of cow’s milk (rice milk, almond milk, soy milk)
- Greek yogurt contains a healthy mix of protein, carbohydrate and probiotics

Joanie's Tip: You don't need to include dairy to meet your calcium needs; many plant foods contain calcium – particularly dark leafy greens

5. Avoid Extra Fat – or better yet: eliminate all unhealthy fats!

- Learn to differentiate between healthy fats (Omega 3s, monounsaturated fats) and the health wrecking processed fats such as trans fats and other processed fats

Joanie's Tip: For cooking, use extra virgin olive oil and expeller-pressed organic canola oil. Other sources of healthy fats include nuts (especially walnuts), avocados, and seeds - including hemp seeds and freshly ground flaxseed. Omega-3 fats are also found in cold water fish, omega-3 enriched eggs, and whole soy foods. High-oleic sunflower or safflower oils may also be used, as well as walnut and hazelnut oils in salads and dark roasted sesame oil as a flavoring for soups and stir-fries

6. Take your Time – this is the best way to moderate your caloric intake

- Eating fast can amount to a 30% increase in food intake
- It takes the brain a full twenty minutes to register satiety
- Become aware of "why" you are eating and ask yourself if you are really hungry
- Eat slowly enough to savor your food – you'll need less of it to feel satisfied
- The slower you eat, the more of an "experience" you will have
- Spend as much time enjoying the meal as it took to prepare it

Joanie's Tip: Don't ask yourself "Am I full?" but rather "is my hunger gone?"

7. Use a Smaller Plate

- The bigger the plate the more you will eat
- We are creatures of habit and often choose large portions out of habit
- Food marketers know this, so they "supersize" portions as a way of getting us to buy more
- Switching to a smaller plate can reduce consumption by nearly 25%
- 9" plate is appropriate for most women and children
- 10" plate is appropriate for most men and active teens

Joanie's Tip: Don't go back for seconds – and if you do, wait at least 10 minutes

8. Take control of Your Food - Only bring home foods that you want your family to eat!

- Limiting the number of times you eat out will save you money and help you eat more healthfully.
- Chain restaurants in particular are notorious for big portions and less nutritious foods.
- Make mealtime valuable family time - research shows that children who eat regularly with their families have better outcomes in several areas such as vocabulary, academic achievement, behavioral issues, eating disorders, substance abuse and obesity.

Joanie's Tip: Make eating out a special occasion and learn to plan family meals around busy schedules and extra-curricular activities.

9. Try new Foods - Many studies have shown that parental modeling of a healthy diet is linked to children's intake of healthy foods.

- Have ALL family members try a "small bite" of the foods they are served without requiring them to become a member of the "clean plate" club.
- Foster intuitive eating by letting children (and adults) monitor how much to eat through internal (intuitive) cues rather than external cues.
- This is a great technique for gently encouraging family members to try new foods - especially fruits and veggies.
- Children may not like the food they have tried, but don't let them become overly negative about it.
- Drama encourages finicky eating behavior rather than discourages it.

Joanie's Tip: Buy a new cookbook and get family members to help choose AND COOK meals!

10. Satisfy your Sweet Tooth - Eat sweet foods as you find them in nature

- In nature, sugars almost always come packaged with fiber
- Fiber slows sugar absorption and gives you a sense of fullness before you've ingested too many calories.

Joanie's Tip: for a quick and healthy summer treat place 1 cup of berries (fresh or frozen), ½ cup Greek Yogurt and ½ cup milk alternative in a blender and blend until smooth. Pour into Dixie cups or popsicle molds and freeze!

Joan Lavery-McLaughlin RD, LD
Registered Dietitian / Nutrition Consultant

My Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



Make half your grains whole
Aim for at least **3 ounces** of whole grains a day

Vary your veggies
Aim for these amounts **each week:**
Dark green veggies = 1 1/2 cups
Red & orange veggies = 4 cups
Beans & peas = 1 cup
Starchy veggies = 4 cups
Other veggies = 3 1/2 cups

Focus on fruits
Eat a variety of fruit
Choose whole or cut-up fruits more often than fruit juice

Get your calcium-rich foods
Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories
Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

Go lean with protein
Twice a week, make seafood the protein on your plate
Vary your protein routine—choose beans, peas, nuts, and seeds more often
Keep meat and poultry portions small and lean

Find your balance between food and physical activity
Be physically active for at least **150 minutes** each week.

Know your limits on fats, sugars, and sodium
Your allowance for oils is **5 teaspoons** a day.
Limit Calories from solid fats and added sugars to **120 Calories** a day.
Reduce sodium intake to less than **2300 mg** a day.







Your results are based on a 1600 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.

My Daily Food Plan Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Food Choices for Today	Food Group	Tip	Based on a 1600 Calorie pattern. Your Goals Are:	Match Your Food Choices with Each Food Group	Estimate Your Total
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Make at least half your grains whole grains	5 ounce equivalents (1 ounce equivalent is about 1 slice bread; 1 ounce ready-to-eat cereal; or 1/2 cup cooked rice, pasta, or cereal)	<hr/> <hr/> <hr/>	<hr/> ounce equivalents
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Aim for variety every day; pick vegetables from several subgroups: Dark green, red & orange, beans & peas, starchy, and other veggies	2 cups (1 cup is 1 cup raw or cooked vegetables, 2 cups leafy salad greens, or 1 cup 100% vegetable juice)	<hr/> <hr/> <hr/>	<hr/> cups
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Select fresh, frozen, canned, and dried fruit more often than juice	1 1/2 cups (1 cup is 1 cup raw or cooked fruit, 1/2 cup dried fruit, or 1 cup 100% fruit juice)	<hr/> <hr/> <hr/>	<hr/> cups
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Include fat-free and low-fat dairy foods every day	3 cups (1 cup is 1 cup milk, yogurt, or fortified soy beverage; 1 1/2 ounces natural cheese; or 2 ounces processed cheese)	<hr/> <hr/> <hr/>	<hr/> cups
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Aim for variety—choose seafood, lean meat & poultry, beans, peas, nuts, and seeds each week	5 ounce equivalents (1 ounce equivalent is 1 ounce lean meat, poultry, or seafood; 1 egg; 1 Tbsp peanut butter; 1/4 cup cooked beans or peas; or 1/2 ounce nuts or seeds)	<hr/> <hr/> <hr/>	<hr/> ounce equivalents
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Be active every day. Choose activities that you like and fit into your life.	Be physically active for at least 150 minutes each week.	Some foods and drinks, such as sodas, cakes, cookies, donuts, ice cream, and candy, are high in fats and sugars. Limit your intake of these.	<hr/> minutes

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____



Grilled Summer Veggies

Ingredients:

- 1 zucchini, cut into $\frac{3}{4}$ inch thick slices
- 1 yellow (summer) squash, cut into $\frac{3}{4}$ inch thick slices
- 1 pint grape tomatoes, sliced in half OR 1-2 large garden tomatoes, diced
- 1/4 cup olive oil
- 1/4 cup lemon juice
- $\frac{1}{4}$ cup tamari sauce
- 1/4 cup chopped fresh basil
- 2 cloves garlic, peeled and minced

Method:

Place zucchini and summer squash in a mixing bowl. In a separate bowl, whisk together olive oil, lemon juice, tamari sauce, garlic and half of the chopped basil. Pour all but $\frac{1}{4}$ cup of the mixture over the vegetables, cover and marinate in the refrigerator at least 1 hour.

Preheat an outdoor grill for high heat. Place vegetables directly on the grill or on skewers. Cook on the prepared grill 2 to 3 minutes per side, brushing frequently with the marinade, or to desired doneness.

While veggies are grilling place the tomatoes, reserved basil and marinade in a small bowl. Mix well and season with sea salt and pepper to taste.

Arrange veggies on a platter and top with tomato mixture.

Serves 4



Chickpea Sliders with Yogurt Sauce

Sliders:

- ¾ cup water
- ½ cup fine or medium bulgur
- ¼ teaspoon salt
- ¼ cup parsley leaves
- 1 small red onion
- 1 cup shredded carrots
- 1 cup canned reduced-sodium chickpeas, rinsed and drained
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 1/8 teaspoon cayenne
- ¾ Panko bread crumbs (more if needed)
- 1 Tablespoon olive oil
-

Yogurt Sauce

- * 1 cup nonfat plain Greek Yogurt
- * 2 tsp. extra-virgin olive oil
- * 2 tsp. fresh lemon juice
- * 1 clove garlic , finely minced
- * 2 T. chopped fresh mint

Directions:

- 1) Begin preparing the sliders. In a small saucepan, bring water to a boil. Remove from heat add bulgur and salt, cover and let sit until water is fully absorbed (about 20 minutes).
- 2) While bulgur rests, prepare the yogurt sauce. In a small bowl, combine yogurt, olive oil, lemon juice, garlic, and mint. Mix well. Cover and refrigerate until ready to use.
- 3) When the bulgur is ready, continue preparing the sliders. Add onion and parsley to a food processor and process until onion is finely chopped. Add the cooked bulgur, chickpeas, carrots, cumin, coriander, and cayenne, and pulse until chickpeas are finely chopped but not pureed.
- 4) Add panko and stir in by hand. You should be able to easily form the mixture into patties; mix in more bread crumbs if it's too moist. Form into 8 patties, pressing firmly to shape.
- 5) Heat olive oil in a large nonstick skillet. Add half of the patties and sauté until golden, about 3 to 5 minutes on each side. Transfer to a plate and sauté remaining patties.
- 6) Drizzle with reserved yogurt sauce and serve immediately.

Serves 4 (makes 8 sliders)



Bruschetta Pasta

Ingredients:

- 1 lb whole wheat pasta
- 5-6 large ripe roma tomatoes
- 4 green onions
- 2-4 large minced garlic cloves (if you don't like large amounts go with two)
- 12 large basil leaves, thinly sliced
- 2 Tablespoons olive oil
- 2 Tablespoons lemon juice
- Parmesan cheese
- Salt & pepper

Directions:

Cook pasta per directions.

While it is cooking dice the tomatoes and thinly slice the onions.

Place tomatoes (and their juice), onions, basil, garlic, oil, and salt and pepper (to taste) in a large bowl.

When noodles are al dente remove from heat, drain and pour the hot noodles onto the other ingredients. Toss together with tongs and then grate in as much fresh parmesan as desired, tossing well to coat all.

Serve with a little thinly sliced basil and a bit of fresh grated parmesan to garnish.