What Should I Do?

- ✓ Put less food on your plate.
- ✓ Eat lots of different fruits, vegetables, and whole grain foods.
- ✓ Eat 3 meals and healthy snacks everyday.
- ✓ Eat slower and enjoy every bite– you will feel more full!
- ✓ Stop eating when you feel full! You do not have to clean your plate!

What if I eat out?

- ✓ Restaurants usually give too much food!
- ✓ Ask to wrap half of your meal so you can eat it later or share with a friend.
- ✓ Choose steamed, grilled, or baked food instead of fried.
- ✓ Get the small sizes (never Biggie) at fast-food restaurants.
- ✓ Don't go to the all-you-can-eat buffet.
- ✓ Drink water, low-fat milk, or unsweetened tea instead of drinks with extra sugar.

Where Do I Go for More Help?

Online resources for healthy eating:

- ✓ **Montana Disability & Health Program:** http://mtdh.ruralinstitute.umt.edu/Directory/Nutrition.htm
- ✓ **Dietary Guidelines for Americans:** http://www.healthier.us.gov/dietaryguidelines/
- ✓ **National Center for Physical Activity and Disability:** http://www.ncpad.org
- ✓ **My Pyramid:** http://www.mypyramid.gov
- ✓ **My Pyramid for Kids:** http://www.mypyramid.gov/kids/index.html

FCIC — Florida Center for INCLUSIVE COMMUNITIES

USF — UNIVERSITY OF SOUTH FLORIDA, COLLEGE OF BEHAVIORAL & COMMUNITY SCIENCES

B-HIP

A Behavioral-Health Information Program

for Children and Adults with Disabilities

Nutrition

The Food Pyramid and Living Healthy

Eating Healthy

The Importance of a *Healthy Diet*?

Research shows that a healthy diet will help you **feel better and live longer**.

Eating well can give you:

- ✓ More energy
- ✓ Better sleep
- ✓ Healthy weight

Poor diet is related to unhealthy weight and health problems like:

- ✓ Heart disease
- ✓ Cancer
- ✓ Diabetes
- ✓ High blood pressure

Poor diet can also cause:

- ✓ Sleep problems
- ✓ Feeling tired for no reason
- ✓ Extreme feelings of sadness

Eating right can help you feel better and stay healthy. **Don't forget to include physical activity in your diet!**

The New *Food Pyramid*

What is this pyramid?

- ✓ Steps remind you to be physically active and that you should take one step at a time in making healthy choices.
- ✓ Did you notice that some color stripes are wider than others? Eat more from the food groups with the widest stripes.
- ✓ Eat less candy, chips, sodas, and desserts.
- ✓ Eat different kinds of foods from each group everyday.

More about My Pyramid

Grains
Any food made from whole wheat, brown rice, oats, cornmeal, barley or another cereal grain . Whole wheat bread or brown rice is better than white. Eat 3 servings per day.
1 serving = 1 slice of bread, 1 cup cold cereal, 1/2 cup cooked cereal, brown rice, or whole grain pasta = size of an ice cream scoop.

Veggies
Any vegetable or 100% vegetable juice. Vegetables are raw or cooked; fresh, frozen, canned, or dried and are OK whole, cut-up, or mashed. Examples are broccoli, spinach, carrots, sweet potatoes, and dark green leafy lettuce. Eat 3 servings per day.
1 serving = 1 cup of vegetables = 4 lettuce leaves or the size of your fist

Granos | Verduras | Fruta | Aceite | Leche | Carne & Frijoles
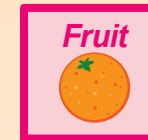
Fruit
Any fruit or 100% fruit juice counts as fruit. Fruits can be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Examples are apples, pears, bananas, melons, nectarines, peaches, plums, and berries. Eat 1 1/2 to 2 servings per day.
1 serving = 1 cup of fruit or 1 apple, orange, or banana

Milk
Examples are milk, yogurt, pudding, and cheese (cream cheese, cream, and butter ARE NOT HEALTHY). Fat-free or low-fat milk is a better choice. Eat 3 servings per day.
1 serving = 1 cup of milk or yogurt or 1 slice of single cheese

Meat & Beans
Meat, chicken, fish, dry beans (kidney, pinto, lentils, black-eyed peas), peas, eggs, nuts, and seeds count. Meat and chicken should be lean or low-fat. Fish, nuts, and seeds have healthy oils, so they are healthier than meat or chicken. Eat 5 servings per day.
1 serving = 2-3 ounces or 1/4 cup, this is like the size of your palm or of a check book