

GET FIT – STAY FIT

Nutrition– What to consider?

JAN 2018



Fuel your body:

•Calorie needs

- Should be based on age, sex, height, weight, and level of physical activity
- Learn more at: <https://health.gov/dietaryguidelines/2015/guidelines/appendix-2/>

•Nutritional needs should be met primarily from food sources:

- Aim to reach your nutrient needs by eating mostly nutrient-dense foods
- Think whole unprocessed foods vs packaged/processed convenience items

Recommendations for Healthier Eating:

- Vegetables:** choose more vegetables in place of foods high in calories, saturated fat or sodium.

Tip: Incorporate vegetables into most meals and snacks, always choose a green salad or vegetable as a side dish.

- Fruits:** Choose more fruit as snacks or desserts in place of foods with added sugar

- Grains:** Shift from refined to whole-grains versions of commonly eaten foods

Tip: use ingredient list on food to select foods with whole-grains listed as the 1st ingredient

- Dairy:** Increase intake of low-fat or fat-free dairy foods

- Protein:** Get a variety of protein foods by incorporating seafood, legumes, nuts and seeds in meals twice per week in place of meat, poultry or eggs.

- **Fats:** Use oils in place of solid fats in food preparation where possible

Tip: use vegetable oil in place of solid fats like butter, stick margarine, lard or shortening

* Remember: Though oils are an important part of a healthy diet, they are also a concentrated source of calories, so be mindful not to exceed your overall daily caloric intakes.

To view the Get Fit Stay Fit website, visit: https://dcp.psc.gov/osg/JOAG/resources_getstayfit.aspx

To view sources, visit the following: <https://www.choosemyplate.gov/start-small-changes>

<https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns>

<http://www.eatright.org/resource/fitness/exercise/exercise-nutrition/how-to-fuel-your-workout>



Quick Tip:

To help you eat a balanced meal use the MyPlate method: using a 9" plate divide it into sections; ½ fruits and vegetables, ¼ protein, ¼ grains

