

Basic Components of Healthy Eating

Presented by
CIGNA Employee Assistance Program

- Learn the meaning of “conscious eating”
- Learn the components of a balanced, nutritious diet
- Discover what “whole grain” means and why it is important in our diets
- Know the difference between “good fats” and “bad fats”
- Get some practical tips for healthy eating

- Practice conscious eating – listen to your body’s internal hunger and fullness cues and be aware of how your body feels.
- Guidelines for appetite control:
 - Eat when you are hungry, stop when you are comfortably full
 - Eat small frequent meals throughout the day
 - Differentiate between emotional and physical hunger

- Calories Consumed vs. Calories Used



Calories in – what should I be consuming?

Carbohydrates (includes grains, fruits, vegetables)

- 45 – 65% of your daily intake

Proteins (includes animal products – meat, fish, poultry, dairy – plus beans, nuts, and seeds)

- 10 – 35% of your daily intake

Fats (found in animal products, nuts, and some plants)

- 20 – 35% of your daily intake (with <10% of that coming from saturated fat and trans fat)

Key Messages:

- Variety – different color bands represent different food groups
- Proportionality – differing widths of the color bands suggest how much food should be eaten from each group
- Moderation – bands get narrower from bottom to top, suggesting higher consumption of nutrient-dense foods
- Physical Activity – steps and person climbing stairs along lefthand side emphasize need for activity



Grains

Vegetables

Fruits

Fats and Oils

Protein

Dairy

My Pyramid – Key Food Group Messages

Mix up your choices within each food group.



Focus on fruits. Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. For a 2,000-calorie diet, you will need 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and ¼ cup of dried apricots or peaches).



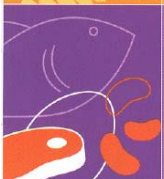
Vary your veggies. Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweetpotatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.



Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk—or an equivalent amount of low-fat yogurt and/or low-fat cheese (1½ ounces of cheese equals 1 cup of milk)—every day. For kids aged 2 to 8, it's 2 cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.



Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.



Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices—with more fish, beans, peas, nuts, and seeds.

Know the limits on fats, salt, and sugars. Read the Nutrition Facts label on foods. Look for foods low in saturated fats and *trans* fats. Choose and prepare foods and beverages with little salt (sodium) and/or added sugars (caloric sweeteners).

Customize your own pyramid at www.MyPyramid.gov

Focus on fruits.

Vary your veggies.

Get calcium-rich foods.

Make half your grains whole.

Go lean with protein.

Eat some good fats, but limit saturated fat and trans fats.

Limit salt and sugars.

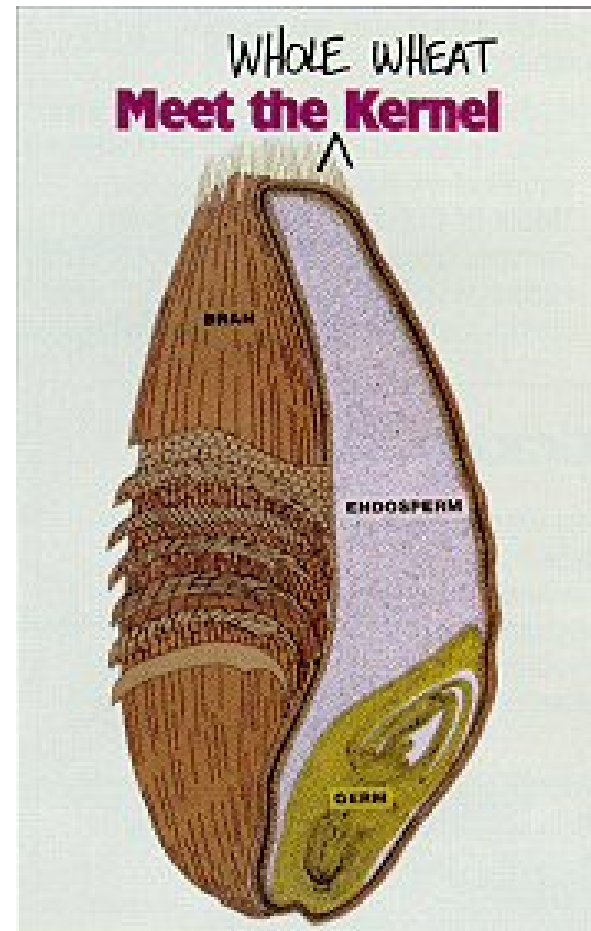


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What is a whole grain?

In order for a grain to be considered “whole,” all three parts of the kernel must be intact:

- **Bran** – outer shell; protects seed, contains fiber and B vitamins, is often removed in processing
- **Endosperm** – provides energy in the form of carbohydrate and protein
- **Germ** – provides nourishment for the seed; contains antioxidants, vitamins E and B



Tip: When shopping for grains, look for the word “whole” listed in the ingredients section.

What are the Different Types of Dietary Fat?

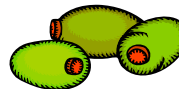
1. **Saturated Fats** (bad fat)



2. **Trans Fatty Acids or Trans Fats** (bad fat)



3. **Monounsaturated Fats** (good fat)



4. **Polyunsaturated Fats** (good fat)



- Omega 3 Fatty Acids
- Omega 6 Fatty Acids

Source: American Heart Association

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.
- To maintain body weight in a healthy range, balance calories consumed in foods and beverages with calories burned.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- Consume 3 or more *ounce-equivalents* of whole-grain products per day, with the rest of the recommended grains coming from either enriched or whole-grain products. In general, at least half your grain intake should come from whole grains.
- Consume 3 cups per day of fat-free or low fat milk or the equivalent in milk products.

Source: *Dietary Guidelines for Americans 2005*

- Keep total fat intake between 20 and 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- Consume less than 2,300mg of sodium (approximately 1 teaspoon of table salt) per day.
- Those who choose to drink alcoholic beverages should do so in moderation – defined as the consumption of up to one drink per day for women and up to two drinks per day for men.

Source: Dietary Guidelines for Americans 2005

- ✓ Choose salad, fruits, or vegetables instead of french fries.
- ✓ Choose reduced-calorie salad dressing.
- ✓ Choose water, low fat or fat-free milk instead of soda.
- ✓ When eating out, share a meal or take some home if the portions are large – or just leave some on your plate.
- ✓ Talk with your physician about incorporating physical activity into your daily routine.
- ✓ Plan ahead with meals and snacks to avoid making hunger-impaired decisions.
- ✓ Practice conscious eating. Ask yourself:
 - Am I comfortably full?
 - Am I still hungry?