

A Healthier YOU: 3 steps for success

1. Make smart choices from every food group.

The permanent way to a healthy weight is to make smart choices from every food group. Where are these smart choices? Where can you find naturally, nutrient-rich foods and drinks – power-packed with energy, protein, vitamins, and minerals?

Just look on the outside edges of your supermarket – fruits and veggies from the produce aisles, whole grains from the bakery, low-fat milk products from the dairy case, and lean proteins from the meat/fish/poultry department.

2. Get the most nutrition from your calories.

Let's be honest: The biggest nutrition problems for most Americans are high-fat, high sugar foods and drinks, like many snack foods, candies, and soft drinks. This does not mean that you have to immediately go sugar-free and fat-free forever.

You can make a big difference in your calorie intake by eating and drinking smaller portions – and by having empty calorie items less often. Want to cut back on sugar? Limit your soft drink intake to one can a day and switch to water the rest of the time.

3. Find your balance between food and physical activity.

What you eat is just one part of the healthy weight equation. The other half is the physical activity you do. Most of us take in too many calories for our daily activities. Our lives combine too much TV and computer with too many chips and candy bars.

Finding a healthier balance means fitting more activity into your day. The minimum for good health is about 30 minutes of moderate activity per day. For a healthy body weight, you may need a longer time, like 60 minutes a day, or more intense activities.

What will you do for a healthier YOU?

- I will eat at least one fruit and one vegetable for my snacks every day.
- I will drink 12-ounces (one can) or less of regular soft drinks per day.
- I will walk at least 30 minutes on most days of the week.
- I will _____



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Using MyPyramid.gov: 3 steps for success

1. Get the power of your own personal Pyramid.

The new USDA food guide is designed to be web-friendly, interactive, and very personal. To get started, go to MyPyramid.gov – and get your own Pyramid. All you have to do is enter your age in years, sex (M or F), and normal daily activity level.

Then click on the button and you'll get a quick estimate of the recommended average intake for someone of your age, gender, and activity level. Depending on your weight and height, this estimate may be slightly higher or lower than your actual needs.

2. Compare your current eating pattern to your Pyramid.

Your Pyramid plan will include a suggested number of calories, along with daily servings from all five food groups. You'll also get specific suggestions about grains, veggies, oils, and discretionary calories (from extra fat and sugars).

With a click of your mouse, you can create (and print) a MyPyramid worksheet based on your daily needs. This sheet can become a daily diary of your eating and physical activity, so you can see where and how to make simple changes for a healthier you.

3. Enjoy more nutrient-rich foods – in right-size portions.

A key message of the 2005 Dietary Guidelines is that we need to get more nutrition out of our calories. An easy, delicious way to do this is to enjoy more power foods – whole foods that are naturally packed with vitamins, minerals, protein, and fiber.

Go to **Inside the Pyramid** and click on any food group, like vegetables, for example. You can read all about nutrient-rich veggies and get quick tips on how to enjoy more in meals. You can also see actual portion size photos in the **Vegetable Food Gallery**.

What will you do for a healthier YOU?

- I will visit MyPyramid.gov and print out my personal Pyramid.
- I will track my eating patterns and compare them to my Pyramid.
- I will increase my intake of vegetables by at least ½ cup per day.
- I will _____



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Enjoying WHOLE GRAINS: 3 steps for success

1. Make half your grains whole.

In the nutrition world, whole grains are “hot” – the right carbs for all the right reasons. Research has linked eating at least 3-ounces of whole grains per day with healthier weights, slimmer waistlines, less heart disease, and lower blood pressure.

That’s why MyPyramid.gov says to “*make half your grains whole.*” Need help with what’s an ounce of grains? A 1-ounce serving is about 1 regular slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked brown rice or whole grain pasta.

2. Read ingredient lists on grain products carefully.

Many food packages, like cereals, tout that they are “*made with whole grains.*” These words alone do not guarantee that the product is nutrient-rich or health enhancing. Some of these cereals are still nearly half sugar – their number one ingredient.

To get real whole grain goodness for your family, check ingredient lists carefully. Choose products that have a whole grain as the first ingredient on the list. You can also look for products that say **100% whole grain** – meaning no refined flour.

3. Explore the wide world of wholesome grains.

Whole wheat, whole oats, brown rice, and popcorn are the most familiar whole grains on American tables. Your taste buds will be glad to learn that there is a whole world of other grains waiting to be enjoyed – from amaranth and barley to quinoa and spelt.

To learn more about different grains, visit www.wholegrainscouncil.org/. You can read thumbnail sketches of grains from A-to-Z, learn about their health benefits, find general cooking directions for whole grains, and link to hundreds of simple recipes.

What will you do for a healthier YOU?

- I will check for **whole** grains on the ingredient lists of breads and cereals.
- I will try a new **whole** grain food (like a bread, cereal, or pasta) weekly.
- I will try a new **whole** grain (barley, bulgur, kamut, or spelt) monthly.
- I will _____



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Enjoying VEGGIES: 3 steps for success

1. Enjoy 3 to 5 servings of vegetables every day.

On any listing of super foods, vegetables invariably rise to the top – for a long list of healthy reasons. Veggies are naturally low in calories, cholesterol and fat-free, and packed with health-enhancing phytonutrients. You can't ask for more from a food!

Confused about veggie serving sizes? Not to worry – they are more do-able than you think. A serving equals ½ cup of fresh/cooked veggies (raw carrots, frozen broccoli, canned tomatoes), 1 cup leafy greens (Romaine, spinach, bok choy), or 6 ozs. juice.

2. Enjoy leafy green vegetables at least once a day.

Leafy green veggies – the darker green the better – rate especially high in nutrient value with vitamins (A, C, K, and folic acid), minerals (calcium, iron, magnesium, and potassium), and those all-important anti-oxidants (beta-carotene and lutein).

Just think of all delicious ways to go for the green: **salads** like baby spinach tossed with crasins, sliced berries, and a light vinaigrette; **stir-fry** with Chinese cabbage, snap peas, and green onions, or a **sandwich/wrap** with crisp Romaine lettuce.

3. Enjoy crispy, crunchy, juicy vegetables at snack time.

Getting the nutrition your body needs for optimal health can be a snap – just enjoy a cup of raw veggies at snack time. You can buy them ready-to-eat or slice up a bunch a couple times a week and refrigerate them in ready-to-go baggies.

The possibilities for vegetable snacks are virtually unlimited. Check out your produce department or farmer's market for yummy options from A to Z – asparagus spears, green beans, carrot coins, celery stalks, pea pods, grape tomatoes, and zucchini sticks.

What will you do for a healthier YOU?

- I will add at least one more daily serving of veggies to my usual intake.
- I will try at least one new vegetable in a salad every week.
- I will eat two different colors of veggies every day.
- I will _____



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Enjoying LEGUMES: 3 steps for success

1. Enjoy dried beans, peas, and lentils for better health.

There are many good reasons why dried beans, peas, and lentils (legumes) are the only items included in two different food groups. According to the latest nutrition guidance, beans can count in both the vegetable group and the meat and beans group.

Like other veggies, legumes are rich in antioxidants, folic acid, and B-vitamins, as well as low in fat and cholesterol-free. They are also one of the best sources of fiber. Like meats, legumes provide an excellent source of protein, along with iron and zinc.

2. Enjoy adding more legumes to your weekly menus.

Nutrition experts recommend at least three cups of cooked legumes per week. Beans and peas can be enjoyed in many ways: as entrees (beef and bean tacos), side dishes (baked pintos), soups (lentil or split pea), and salads (three or four bean combos).

Recipes can be prepared from dried beans (soaked, rinsed and cooked) or quickly from canned beans (rinsed to removed excess sodium). Thorough rinsing is also the most effective way to remove the gas-producing sugar (raffinose) found in legumes.

3. Enjoy a variety of dried beans, peas, and lentils.

For maximum taste and nutrition, explore the wide variety of legumes available in grocery stores and restaurants today. Many ethnic cuisines, especially from Asia, India, and Central/South America, have delicious, traditional bean dishes to offer.

For tempting bean recipes, check your favorite cookbook or go online for everything from appetizers to desserts at www.americanbean.org/. Many companies also offer quick and tasty recipes on packages and cans of beans, peas, and lentils.

What will you do for a healthier YOU?

- I will add at least ½ cup of legumes to my usual weekly intake.
- I will try at least one new bean, pea, or lentil product a month.
- I will try at least one new dried bean, pea, or lentil recipe a month.
- I will _____



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Enjoying FRUIT: 3 steps for success

1. Enjoy 2 to 3 servings of whole fruit every day.

Sweet, juicy, brightly colored and oh-so-good-for-you – you can't go wrong with fruit. Getting the fruit benefits that your body craves can be quick and easy. Just enjoy two to three servings of fresh, frozen, dried, or canned fruit every day.

Confused about fruit servings sizes? Not to worry – they are probably more do-able than you think. A serving equals 1 medium piece of fruit (an apple or pear), ½ cup of cut-up fruit (kiwi or pineapple), and ¼ cup dried fruit (raisins, craisins, or figs).

2. Enjoy a rainbow of tasty fruit colors.

Color is the key to great taste and good health in fruit. Brightly colored fruits are generally riper and sweeter and they also tend to have the most nutrient value. If you eat all the colors of the rainbow, you'll be getting the biggest nutrition bang per bite.

The health “magic” of fruits comes from antioxidants. These plant compounds do everything from boosting brainpower to fighting heart disease. Every fruit – from apples to watermelon – has a different, healthful mix of these powerful nutrients.

3. Enjoy fruit throughout the day.

Every time of day is the right time for fruit. Think half a grapefruit or berries in your cereal for breakfast; think a banana or pear with lunch; think baked apples or a fruit salad as a sweet dessert with dinner; and think any fruit for a refreshing snack.

A bag of dried fruit, Mother Nature's own fast food, is perfect to slip into a backpack, purse, or computer bag. Now you can even find fruit in the drive-thru lane. Check out the fruit cups and bowls at Wendy's® and the walnut fruit salad at McDonald's®.

What will you do for a healthier YOU?

- I will enjoy at least one fruit snack every day.
- I will try at least one new fruit per week.
- I will eat two different colors of fruit every day.
- I will _____



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Enjoying DAIRY FOODS: 3 steps for success

1. Enjoy 3 cups of milk (or the equivalent) every day.

The numbers are easy to remember: MyPyramid.gov recommends 3 cups milk per day for adults and active children. The servings sizes are simple too: 8-ounces milk = 8-ounces yogurt = 1½ ounces hard cheese = 2 ounces processed cheese

The reasons are important to your health – today and for years to come. Nutrient-rich dairy foods help build strong bones (to prevent osteoporosis); help lower blood pressure (to prevent heart disease and stroke); and help maintain a healthy weight.

2. Make most of your daily dairy fat-free or low-fat.

The smartest dairy choices give you lots of nutrients (protein, vitamins A, B₁₂, and D, calcium, niacin, phosphorus, potassium, and riboflavin) for few calories. So, your best bet is to pick fat-free and low-fat dairy foods most of the time.

When choosing dairy foods with more fat (hard cheeses like cheddar, Parmesan, and Swiss), just be smart with your portion size. All it takes is 1½ ounces of hard cheese (or 1/3 cup shredded cheese) to equal one of your 3-A-Day dairy servings.

3. Get energized with dairy snack treats.

Quick and easy, dairy foods are a delightful way to satisfy your snack cravings and energize your day. A string cheese or portable yogurt can even be eaten on-the-go. What something sweet? Pick up a cold container of fat-free or low-fat chocolate milk!

If you are lactose intolerant, small servings of lactose-free dairy foods are the best choice. Yogurt with active cultures and hard cheese slices make yummy snacks – or you can take the enzyme lactase (in pills or drops) before consuming milk products.

What will you do for a healthier YOU?

- I will drink 8-ozs. of fat-free/low-fat milk at breakfast, lunch and dinner.
- I will enjoy 8-ozs. of fat-free/low-fat yogurt as a daily snack.
- I will add a slice of cheese to my favorite sandwiches.
- I will _____



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Enjoying LEAN BEEF: 3 steps for success

1. Choose lean beef for health and nutrition.

According to 2005 USDA data, there are now 29 cuts of beef that meet government guidelines for lean. These cuts have less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3-ounce serving.

Today's 29 lean cuts include many of Americans' traditional beef favorites (flank steak, tenderloin, 95% lean ground beef, and T-bone steak), as well as newer cuts of beef, such as the Flat Iron steak, the Western Griller steak, and the Ranch steak.

2. Enjoy lean beef for important vitamins and minerals.

A 3-ounce serving of nutrient-rich beef is an excellent source of protein, zinc, vitamin B12, selenium, and phosphorus; and a good source of niacin, vitamin B, iron, and riboflavin, yet it contributes less than 10 percent of calories to a 2,000-calorie diet.

Each of the 29 lean cuts of beef is a great-tasting, nutrient powerhouse. Lean beef provides eight times more vitamin B12, six times more zinc, and three times more iron than the same size serving of a skinless chicken breast.

3. Get the "skinny" on lean beef cuts and cooking tips.

Want to know everything about lean beef - like how to choose the best cuts for your family's favorite dishes? Or how to cook the newest cuts for maximum flavor and tenderness? Help is a close as your computer at www.beefitswhatsfordinner.com/

This site has dozens of easy, mouth-watering recipes; a free wallet card listing of the 29 lean cuts; and information about the new *Healthy Beef Cookbook*, packed with cooking techniques to create tender, moist, flavorful beef dishes every time you cook.

What will you do for a healthier YOU?

- I will choose lean cuts of beef in the supermarket and at restaurants.
- I will enjoy 3-oz. servings of lean beef (about the size of a deck of cards).
- I will try new recipes for preparing lean beef for maximum flavor.
- I will _____



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