

Game Plan for Good Nutrition

I. Why food is important- 2 things:

- A. Fuel- think of food for your body just like fuel for your car's tank. Your body requires it to run. Calories aren't bad in themselves, they're required for energy!
- B. Investing in overall health- high quality diets not only make you feel good, they can help prevent disease such as heart disease, certain types of cancers, and type II diabetes.

II. Nutrition Basics/ Learning how to eat for high energy, good health, and weight management.

A. Keys to eating well

1. Prevent yourself from getting too hungry- by doing this, you will have the mental energy you need to choose the healthful foods that will support your exercise program and invest in your overall health.
2. Variety- the greater variety you make in food choices, the more different types of nutrients you will get. I challenge you to try three different foods per meal and 35 different foods per week. Count them!
3. Wholesomeness- choose either whole or lightly processed foods whenever possible. Foods in their natural state have more nutritional value and less questionable ingredients.
4. Moderation- try not to think of or label foods as being "good" or "bad". Rather, remember that moderation is the key factor to a well-balanced, wholesome diet. Even potato chips can fit into a nourishing diet if balanced appropriately with more healthful choices throughout the day.

III. Food guide pyramid- FDA's nutritional recommendations to help you balance your daily intake. Go to MyPyramid.gov to learn more about the new food guide pyramid.

- A. When planning or having a meal, two-thirds of your plate should be covered with vegetables, fruits, and whole grains. One-third should be covered with protein rich foods. (The tip of the pyramid allows for a small amount of refined sugars and unhealthy fats but keep in mind that it's just a small amount!)
- B. If you choose wisely, you can get the recommended intake of vitamins, minerals, amino acids (building blocks of protein), and other nutrients required by your body within 1200 to 1500 calories per day. This would require selecting from a variety of wholesome, nutrient dense foods.

IV. Carbs, Proteind, Dairy, Fats...

- A. Carbohydrates- your body's main source of fuel! Top choices include: whole grain cereals such as bran flakes, oatmeal, whole wheat bread and pasta, brown rice, and whole grain crackers. Fruits and vegetables are also wonderful sources of carbohydrates. They are nutrient dense, relatively low in calories, and abundant in many forms (fresh, frozen, canned). I challenge you to try for at least 5 servings of fruits and vegetables per day.
- B. Proteins- provide the amino acids you need to build and repair muscle and other tissue. Try to vary your protein sources to get all of the essential amino acids your body needs. Yes, chicken is good, but try to eat some lean beef, pork, and fish as well. Top choices for protein include: fish, chicken, turkey, lean beef or pork, tofu, and beans. Peanut butter and nuts are also good choices, however due to the high fat and calorie intake, you should avoid excessive intake if weight loss is your goal. *2 tbsp. Of peanut butter contains 190 calories.
- C. Low-fat dairy products- contains vitamins D and A, as well as the minerals calcium (which maintains our bones) and potassium (which helps us maintain healthy blood pressure). Daily recommendations are three servings. Recent studies have shown that a dairy-rich diet may protect against weight gain and type II diabetes Top choices include: non-fat or low-fat milk and yogurt, low-fat cheese, and dark green vegetables such as broccoli, bok choy, and kale. Many foods are now being fortified with calcium to help us meet our needs.
- D. Fats, oils, and sweets- no more than 30% of your diet should come from fat and no more than 105 should be saturated fat. Top choices for fat include: nuts and seeds, avacados, olives, cold-water fish, extra virgin olive oil, mayonnaise (without trans fat), and tub margarine (without trans fat).

V. Strategies for preventing hunger:

1. Eat meals at regular times
2. Be sure caloric intake is adequate to fuel your body and delay hunger for 2 to 3 hours.
3. Have protein source at each meal
4. Practice "front loading"-eating more earlier in the day and less in the evening.
5. Always keep a healthy snack with you such as a banana or granola bar.

VI. Journaling- studies show that people who journal their food intake are more consistent and successful at staying on track with their healthful eating plans. Good way to journal is to write down what you ate, how much, when, and why (ex: hunger, boredom, stress, etc.)