

Nutrition

A GUIDE TO PROPER NUTRITION



Whether you exercise or not, proper nutrition is important. Good nutrition creates a healthy individual from the inside out. Making good choices with food and drinks packed with adequate nutrients can make a huge difference in a person's life. A proper diet can help reduce a person's risk for heart disease, obesity and type 2 diabetes.

Carbohydrates

Typically, carbohydrates should be 50% of a person's daily calories. They should be consumed for breakfast and lunch to provide energy for the whole day.

- Whole wheat toast
- Oatmeal
- Fresh fruits - berries, bananas, apples, etc.
- Low fat dairy, cheese and yogurt

Protein

Proteins should make up for 30% of calories and should be consumed at every meal. Proteins help preserve lean muscle and provide lasting energy.

- Eggs
- Lunch meat
- Nuts
- Skim chocolate milk
- Greek yogurt

Fats

Fats should account for 20% of a person's daily caloric intake. These should be healthy unsaturated fats.

- Fish
- Olive oil
- Nuts and seeds

Hydration

People of all activity levels should consume at least eight 8 ounce glasses of water per day. Drinking water regularly helps promote weight loss, helps with maintaining regularity, helps hydrate the skin, prevents muscle cramps and strains, and much more!

People involved in sports and activities should drink 8-10 ounces of water 10-20 minutes prior to their activity. In addition, 6-12 ounces should be consumed during every 30 minutes of activity.

Tips to Make Nutrition and Hydration Easier

- Pre-slice and pre-portion fresh fruits and vegetables.
- Mix nuts with raisins/craisins in pre-portioned containers.
- Keep lean protein options readily available in your home:
 - Lunch meat with apple/cheese
 - Hard boiled eggs
 - Peanut butter and apples
- Invest in a re-usable water bottle and set daily goals for hydration.

Fruits	Vegetables	Grains	Dairy	Protein
<p>Focus on whole fruits and select 100% fruit juice when choosing juices.</p> <p>Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.</p>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.</p>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."</p>	<p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>
Daily Food Group Targets — Based on a 2,000 Calorie Plan				
<i>Visit SuperTracker.usda.gov for a personalized plan.</i>				
<p>2 cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 large banana 1 cup mandarin oranges ½ cup raisins 1 cup 100% grapefruit juice 	<p>2½ cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms 	<p>6 ounces</p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked grits 	<p>3 cups</p> <p>1 cup counts as:</p> <ul style="list-style-type: none"> 1 cup milk 1 cup yogurt 2 ounces processed cheese 	<p>5½ ounces</p> <p>1 ounce counts as:</p> <ul style="list-style-type: none"> 1 ounce tuna fish ¼ cup cooked beans 1 Tbsp peanut butter 1 egg