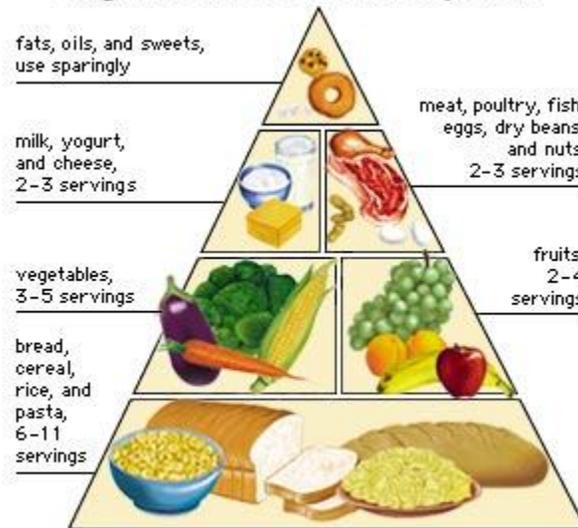


“FITNESS AS A LIFESTYLE”

NUTRITION

Original USDA Food Guide Pyramid



Source: U.S. Department of Agriculture

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The Food Pyramid is a good and easy 'tool' to use to choose a balanced diet.

Here are some more tips:

- Count your calories and keep track your food intake so you are aware of what you eat.
- Vegetables and fruits are always a good choice, whether fresh (best), frozen or canned. Be aware of what you add to fruits and vegetables as sauces and dressings are often high calorie and full of sugars and fat.
- Choose whole grains when possible
- Try to avoid as much added sugars as possible. Read the label to see how much added sugar.
- Try to avoid chemical additives if possible. Stick with organic or all natural if you have a choice.
- Try to avoid saturated fats, especially trans-fats, especially the fats that are added to processed foods and baked goods like donuts, cakes, and cookies.
- Remember that beverages have calories, often added sugar calories so try to stick with water and read beverage labels.
- Coffee, Tea, and light alcoholic beverages, in moderation, are good for you according to recent studies. Moderation is key.

Learn to read a Nutrition Label and aim for 1800-3000 calories a day, depending on your weight and daily activity.

1. •

Nutrition Facts	
Serving Size 1/4 cup (36g)	
Servings Per Container: 9	
Amount per serving	
Calories 160	Calories from Fat 0
% Daily Value	
Total Fat .5g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
2. • Cholesterol 0mg	0%
Sodium 5mg	1%
Total Carbohydrate 29g	7%
Dietary Fiber 9g	56%
Sugars 1g	
Protein 10g	
3. •	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%

(For pinto beans, dry)

Note the size and amount of servings in your food and beverage choice. Often what appears to be one serving may actually be two or three.

Try to limit fatty foods and especially avoid saturated and trans fats.

Your doctor can tell you if you need to follow a low cholesterol diet. Otherwise, cholesterol in moderation is fine (eggs, for example are healthy and contain cholesterol.)

Fibers are good carbohydrates. Sugars are bad. (If added sugars—the natural sugars in fruits are good.) Don't be fooled into thinking honey or molasses are healthy. They are still sugars. Eat in moderation.

Protein is healthy and often found in lean meats, dairy, and vegetables. High-protein diets are not necessary. Protein should be balanced with carbs and fats.

By reading the vitamin info on labels you can be more knowledgeable of what foods have what vitamins and minerals and try to get 100% of the recommended daily allowance of each. We recommend a supplement of a once a day multivitamin/mineral because no one is perfect.

In general, aim for a diet that is 50-70% carbohydrates, 10-20% fats, and 20-30% proteins. Try to choose the 'healthy' type of each.

Read the labels of beverages as they count towards your daily total calorie and carbohydrate source and often have 'hidden' calories/carbs.