

# Nutrition 101

## what should I eat?

Eating right can help you feel more energetic, help you maintain a healthy weight, and reduce your risk of heart disease, high blood pressure, and Type 2 diabetes.



### EAT MORE:

### FRUITS AND VEGETABLES

Every day, aim for at least:

- 2.5 cups of vegetables
- 2 cups of fruit

### WHOLE GRAINS

- Swap refined grain choices for whole grains.
- Try brown rice in place of white rice
- Use whole wheat pasta and bread
- Experiment with new grains, like bulgur wheat or quinoa
- Enjoy oatmeal for breakfast

#### Try to make:

- ½ of your grains whole grains (which is 3 servings per day)

#### One serving of grain is equal to:

- One 1-ounce slice of bread
- ½ cup cooked pasta, rice, or cereal
- One 6-inch tortilla
- One 5-inch pancake
- One cup of cereal flakes

### DAIRY PRODUCTS

Dairy provides a great source of protein, calcium, vitamin D, and potassium. Look for fat-free or low-fat cheese, yogurt, or milk to benefit from the important nutrients in dairy products while avoiding too much saturated fat.

#### Current dairy recommendations for adults are:

- 3 cups per day of low-fat or fat-free milk or dairy products

### LEAN PROTEIN

Choose low-fat, planted-based sources of protein most often.

#### Approximate daily protein requirements for adults:

- .36 grams of protein for every 1 pound of body weight
- A 150 pound person would require approximately  $(150 \times .36) = 54$  grams of protein per day

#### Recommendations for making smart protein choices:

- Aim for at least 8 ounces of seafood each week. This equates to 4 ounces of seafood twice a week.
- Opt for nuts and seeds in place of meat and poultry some days. Nuts and seeds contain healthy fats that can improve heart health when used in place of higher fat meats.
- Include legumes in your soups and salads.
- Choose lean cuts of meat, like loin, flank, or round; choose skinless poultry.

### FIBER

Fiber is a non-digestible form of carbohydrate naturally found in plant foods that helps you feel full and promotes healthy digestion.

#### Good sources of dietary fiber include:

- Beans
- Fruits
- Vegetables
- Whole grains
- Nuts

#### Daily fiber recommendations:

- 25 grams per day for women
- 38 grams per day for men

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## EAT LESS: SATURATED FAT

Saturated fat may increase our cholesterol levels. Limiting your intake of saturated fat and replacing it with unsaturated fat can reduce risk factors for heart disease. Foods high in saturated fat include:

- High fat dairy
- Butter
- Fatty meat
- Coconut oil
- Palm oil

Limit intake of saturated fat to less than 10% of your total daily calories

- This is a maximum of 19-28 grams of saturated fat, depending on your calorie intake.

## TRANS FAT

Trans fat is damaging to our cholesterol levels and heart health. Trans fat is often found in convenience foods like:

- Cookies
- Crackers
- Foods fried in hydrogenated oil, like French fries and donuts
- Keep trans fat intake as low as possible by limiting foods with hydrogenated oil
- Read the ingredient label of foods to check for hydrogenated or partially hydrogenated oils, even if 0 trans fat is listed on the label.

## SODIUM

Almost all Americans consume much more sodium than they need, and it comes mostly from processed foods. Choose lower sodium items when possible.

### Reduce daily sodium intake to less than:

2300 milligrams (mg) for adults under 51 years of age  
1500 mg for persons 51 years of age and older, African Americans, and those who have diabetes, hypertension, or chronic kidney disease

## ADDED SUGAR

Sugar occurs naturally in fruits, carbohydrates, and milk, but most of the sugar we eat as Americans is added during processing to sweeten our food.

An average person eats 20 teaspoons (80 grams) of added sugar a day! By reducing the amount of added sugar in your diet, you can lower your total calories without sacrificing important nutrients in your diet.

## DAILY MEAL GUIDE

### Breakfast

- $\frac{3}{4}$  cup whole grain cereal, with at least 5 grams of fiber per serving (like Shredded Wheat) with:
  - »  $\frac{1}{2}$  cup low fat milk
  - »  $\frac{1}{2}$  cup fresh or frozen blueberries
  - » 2 tablespoons sliced almonds
- 1 container of low fat yogurt, like Fage 0% Strawberry Greek Yogurt
- $\frac{1}{2}$  cup of 100% orange juice

### Snack

- 1 medium apple with 2 tablespoons of peanut butter

### Lunch

- Turkey sandwich on 100% whole grain bread with:
  - » 2 ounces Boar's Head Golden Classic Oven Roasted Chicken Breast
  - » 2 slices of 100% whole grain bread, like Harmons Artisan 7 Grain Bread
  - » 1 tablespoon light mayonnaise
  - » 3 slices of tomatoes
  - » Lettuce
  - » Bell pepper slices
- $\frac{1}{2}$  cup Harmons Quinoa Salad
- 1 low fat mozzarella string cheese

### Snack

- 1 cup fresh pre-cut veggie, like broccoli, carrots, and sugar snap peas
- 3 tablespoons of hummus

### Dinner

- 3 ounces grilled salmon with 2 tablespoons Harmons pineapple salsa
- $\frac{1}{2}$  cup brown rice
- 1 cup grilled vegetables
- Whole grain dinner roll

### Dessert

- $\frac{1}{2}$  cup low-fat or fat free frozen yogurt

### Nutritional Content of Meal Guide

2,000 calories, 35 grams of fiber, 10 grams saturated fat, 0 grams trans fat, 2200 mg sodium, 85 grams protein

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