



The Art of Eating Smart

One of the best ways to ensure you are receiving all the essential nutrients your body requires is to make smart choices from every food group, find balance between food and physical activity, and get the most nutrition out of your calories. You can refer to www.MyPyramid.gov for more detailed, individualized guidelines.

The Five Major Food Groups

The Grain Group includes breads, breakfast cereals, pasta, and rice. Be sure to make at least half of your grains whole grains.

The Vegetable Group and **Fruit Group** include fresh, canned, frozen, and dried vegetables and fruits. These foods, along with the grains, are excellent sources of vitamins, minerals, complex carbohydrates, dietary fiber, and disease-fighting phytochemicals. Enjoy a variety of fruits and vegetables.

The Milk Group includes all types of milk, cheese, yogurt, ice cream, and ice milk. These products provide high-quality protein and calcium.

The Meat and Beans Group includes meat (beef, pork, and lamb), fish, poultry, eggs, beans, tofu, and nuts. The majority of this group is rich in high-quality protein and iron.

To ensure the right proportion of nutrients, choose the following number of daily servings* from each group:

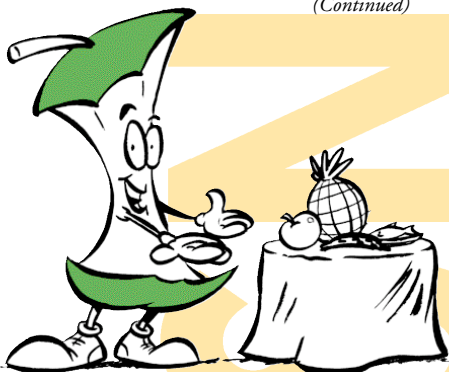
Grains	6 oz.
Vegetables	2 1/2 cups
Fruits	2 cups
Dairy Products	3 cups
Meats and Alternatives	5 1/2 oz.

*servings based on a 2,000 calorie diet

Notice that foods high in fat (butter, margarine, oil, salad dressing, and mayonnaise) and foods high in added sugar (candy, soft drinks, fruit drinks, and sweets) do not appear on this list. These foods provide few nutrients but many calories, therefore, they should be used sparingly.

It is important to eat well-balanced meals and snacks throughout the day to maximize your energy and brain power. Skipping meals not only deprives you of vital nutrients, but it also often leads to being overly hungry and overeating later.

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What Guidelines Should I Follow?

SNAC recommendations are based on the following U.S. Dietary Guidelines from the U.S. Department of Agriculture and Health and Human Services. To download the full description of these guidelines, go to www.healthierus.gov/dietaryguidelines/index.html.

Adequate Nutrients within Calorie Needs

- Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.

Weight Management

- To maintain a healthy body weight, balance calories from foods and beverages with calories expended.
- To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

Physical Activity

- Engage in regular physical activity for at least 30 minutes on most days of the week and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.

Food Groups to Encourage

- Choose a variety of fruits and vegetables each day. Select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- At least half the grains you consume should be whole grains.
- Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
- Limit total fat to 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
- When choosing meat, poultry, dry beans, and milk products, make choices that are lean, low-fat, or fat-free.

For more information on serving sizes and healthy eating, please visit www.snac.ucla.edu.



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NUTRIENTS FOR HEALTH

Nutrients are components of food that are indispensable to the body's functioning. They are used to build and maintain body cells, regulate body processes, and supply energy.

The body requires six kinds of nutrients: water, carbohydrate, protein, fat, vitamins, and minerals. Non-nutrients, like fiber and phytochemicals in plant foods, are also important for optimal health. Your daily diet should include a variety of foods because no single food supplies all of these nutrients and because many nutrients work together. Many individuals receive enough nutrients but too many calories, fat, and sodium, and not enough fiber. Use the following food groups as a guide and select items that are low in fat (especially saturated fat) and sodium and high in fiber. The exact number of servings each individual needs depends on body size and activity level.

Food Group	Suggested Servings	Samples of One Serving
Grains (preferably whole grain)	6 oz.	1 slice of bread, 1 cup ready-to-eat cereal, 1/2 cup cooked rice, cooked pasta, or cooked cereal is equivalent to 1 ounce.
Vegetables	2 1/2 cups	1 cup raw or cooked vegetables, or vegetable juice, 2 cups raw leafy greens is equivalent to 1 cup.
Fruits	2 cups	1 cup of fruit or 100% fruit juice, or 1/2 cup dried fruit is equivalent to 1 cup.
Milk Products (preferably 1% low-fat or fat-free)	3 cups	1 cup milk or yogurt, 1 1/2 oz. of natural cheese, or 2 oz. of processed cheese is equivalent to 1 cup.
Meat and Beans (preferably extra lean)	5 1/2 oz.	1 oz. meat, poultry, or fish, 1/4 cup cooked dry beans or tofu, 1 egg, 1 Tbsp. peanut butter, or 1/2 oz. nuts or seeds is equivalent to 1 ounce.



Your health also depends on other factors besides the foods you eat. Heredity, environment, and the health care you receive also play important roles. Your lifestyle--how much you exercise, whether you smoke, drink alcoholic beverages, or use drugs--also helps to determine your overall health. Many of these factors are within your control. The SNAC table cards and SNAC Supplementary Information Sheets are an excellent source of information and helpful hints to assist you on your trek to a healthier life.

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How Do I Plan a Healthy and Balanced Diet?

The following is a sample of a menu that is low in saturated fat and sodium and high in fiber.

	Calories	Carbohydrate (grams)	Protein (grams)	Fat (grams)	Sodium (mg.)
Breakfast					
Bran Cereal (2oz. - 1 1/2 cups)	186	44	8	1	410
Nonfat Milk (1cup)	86	12	8	trace	126
Banana (1 medium)	114	27	1	0.6	1
Whole Wheat Toast (1 slice)	80	15	3	1	130
Peanut Butter (1 Tbsp.)	100	0	7	8	120
Lunch					
Vegetable Soup (6 oz. - 3/4 cup)	60	14	1	trace	521
Sliced Turkey (3 1/2 oz.)	118	0	25	2	64
Whole Wheat Bread (2 slices)	160	30	6	2	260
Lettuce and Tomato	12	2	1	0	0
Mustard (1 tsp.)	0	0	0	0	65
Orange (1 medium)	60	15	0	0	1
Nonfat Milk (1 cup)	86	12	8	trace	126
Afternoon Snack					
Apple (1 medium)	80	20	0	0	1
Oatmeal cookies (2)	160	24	2	6	140
Nonfat milk (1 cup)	86	12	8	trace	126
Dinner					
Herb-baked Chicken w/o Skin (4oz.)	254	0	35	12	107
Baked Potato with Skin (1 medium)	220	51	5	0	16
Green Salad with Vegetables (2 cups)	96	16	8	0	28
Olive Oil Dressing (1 Tbsp.)	120	0	0	14	0
Evening Snack					
Popcorn (3 cups popped, no added fat)	72	15	3	0	—
Orange Juice (1 cup)	120	30	0	0	2
Throughout the Day					
Water	0	0	0	0	0
TOTAL	2270	339	129	46.6	2244
Total Percentage of Calories		60%	20%	20%	

For more 2,000-calorie menu plans, visit
http://www.MyPyramid.gov/tips_resources/menus.html.