



What Should You Eat to Stay Healthy?

Lexington-Fayette County Health Department

A Healthy Diet Helps You Have a Healthy Body!

The guidelines below describe a diet that is healthy and prevents disease:

- Let the MyPyramid guide your food choices.
- Aim for a healthy weight.
- Keep your diet low in saturated fat and cholesterol. Keep your total fat to less than 40-70 grams per day.
- Choose a diet with plenty of vegetables, fruits, and whole grains.
- Limit use of sugar and salt (sodium).
- Limit alcohol. For women and older people, that is no more than one drink per day. For men, that is no more than two drinks per day.

Tired of the Same Old Meals?

Choose foods each day from the five main food groups. Eat plenty of whole grains, vegetables, and fruits. Put lots of colors on your plate! The MyPyramid suggests you put these in your diet every day:

Vegetables: 2 ½ cups a day

Fruits: 2 cups a day (fruit or 100% juice)

Grains (bread, cereal, rice, pasta): 6 ounces a day, and make half of them whole grains, like whole wheat or whole oats.

Milk, Yogurt, Cheese: 3 cups a day

Meat, Poultry, Fish, Dried Beans and Peas,

Eggs, Nuts: 5 ½ ounces a day

What foods don't you eat enough of? Try to include more of those! What foods do you eat too much of? Watch your portion sizes when filling your plate.

About Fat

Saturated fat, trans-fat and cholesterol can be bad for your heart. Cut back on foods with a lot of these types of fat and choose low-fat versions when you do eat them. Some foods to limit are:

- Fatty meats
- Cream
- Cheese
- Coconut oil
- Butter and lard
- Ice cream
- Palm oil

Use tub or liquid margarine instead of the stick form. Avoid hard white shortening (like Crisco). Use oil instead when you can. Small amounts of some oils can help your heart. When you use oils, choose:

- Canola
- Corn
- Soybean
- Safflower
- Olive
- Sunflower
- Peanut

Pregnancy or a disease can change your nutritional needs. Talk with your health care team about your diet.

A healthy diet is just part of the picture. Get 30 minutes of physical activity on most days of the week!








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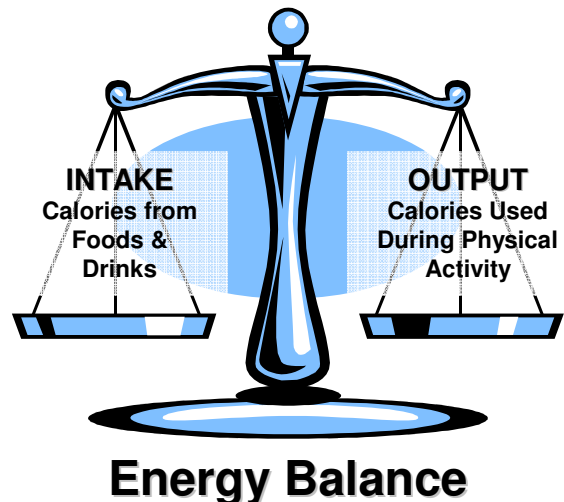
Portion Control

When trying to lose or maintain weight, portion size is just as important as choosing the right foods to eat. Even healthy foods have calories and too many of them can add up. Be aware of the portions you eat.

Use measuring cups and spoons when serving the food. Use the measurements from the serving size listed on the top of the Nutrition Facts label. This will help you see what one standard serving of food looks like compared to how much you normally eat. Once you get used to what the correct portion looks like on your dinner plate, the measuring cups will no longer be needed, except of course while you're cooking.

When you don't have measuring cups, try comparing your portion to household items that are a similar size.

One cup is about the size of a baseball	
1/2 cup is about the size of a computer mouse	
One serving of cheese is the size of four dice	
A healthy serving of meat is about the size and thickness of a deck of cards.	
A serving of peanut butter is the size of a roll of film	



Energy Balance

To maintain our weight, the calories we take in must balance the calories we take out. This is called energy balance. Portion control plays an important roll in the “calorie in” part of that equation. Try these other tips to help reduce your portions:

- **Use a smaller plate.** You will fool yourself into thinking you are eating more than you really are.
- **Buy smaller portions.** If you have a habit of eating a whole bag of chips, buy small, individual sized bags.
- **Keep the serving dish in the kitchen.** You are more likely to get seconds if the platter of food is right in front of you.
- **Eat breakfast every morning.** You're more likely to eat larger portions at lunch and dinner if you haven't eaten breakfast.
- **Ask for a to-go box.** When eating out, box up half your meal before you ever start eating. This way, you won't be tempted to finish the whole plate, and you'll get to enjoy it again for lunch the next day!
- **Don't super, biggie, or mega-size ANYTHING!**
- **Don't deprive yourself** of your favorite foods; just eat smaller portions of them!!!