

FOLLOW THE USDA GUIDELINES:

Check serving size and servings per container. There are 4 servings in this container so if you eat the whole box, you're eating four times the amount of everything

	Nutriti Serving Size 2 tb Servings Per Con	sp (28g)	acts
	Amount Per Serving		
	Calories 180 Calories from fat 140		
% Daily Val			% Daily Value*
	Total Fat 15g		23%
	Saturated Fat 1.	5g	8%
Limit these to reduce	Trans Fat 0g		
risk of chronic disease	Cholesterol 0 r	ng	0%
	Sodium 150mg		6%
Potassium 160mg 5º			5%
Total Carbohydrate 6g 2%			
	Dietary Fiber 3g 12%		
Focus on increasing	Sugars 1g		
the amount of	Protein 6g		
these nutrients			
	Vitamin A 0% Vitamin C 0%		
	Calcium 6% Iron 6%		
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calor	ies: 2,000	2,500
	Total Fat Less	5	80g
	Sat Fat Less Cholesterol Less	5	25g 300mg
	Sodium Less		Ŭ I
	Total Carb	300g	375g
	Dietary Fiber	25g	30g



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FENWAY **HEALTH**

HEALTHY EATING

Tips from the **Take Charge of Your Health!** series



WATCH OUT FOR PORTION DISTORTION! USE COMMON HOUSEHOLD ITEMS TO HELP ESTIMATE PROPER SERVING SIZES:

Grains Group

slice or 1 oz of bread = a CD case
 1/2 cup cooked rice or pasta = a computer mouse or rounded handful
 1 cup cereal or 1 cup popcorn = a baseball or small fist

Vegetables Group

*keep in mind that when cooked, vegetables lose water content, so for green, leafy veggies 1 cup raw will = 1/2 cup cooked.
1 cup raw, leafy vegetables = a baseball or small fist
1/2 cup cooked vegetables = a computer mouse or small fist
1 small potato = a computer mouse or small fist

Fruit Group

medium fruit (apple, orange) = a tennis ball or the size of your fist
 cup of berries or grapes = a tennis ball or the size of your fist

Dairy Group

cup milk = 8 oz carton or a baseball
 oz yogurt = a prepackaged container or a baseball
 oz cheese = the size of your thumb

Protein Group

3 oz meat, fish or poultry = size of a deck of cards
1 oz sliced deli meats = a flat, open hand
1/4 cup of nuts = a golf ball or cupped palm of you hand.
2 Tbs peanut butter = a golf ball

Fats and Oils

1 tsp olive oil, butter, margarine = a die or a quarter 1 Tbs mustard, mayo, ketchup = a die

FOCUS ON INCREASING FRUITS, VEGETABLES, AND WHOLE GRAINS-ALL OF WHICH ARE HIGH IN FIBER

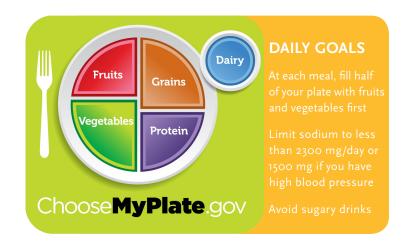
- O Diets high in fiber decrease the risk of certain chronic diseases
- O They can also help you maintain a healthy weight

SWITCH TO FAT-FREE OR LOW-FAT (1%) MILK FOR FEWER CALORIES OVERALL

- O Higher fat content often means more calories
- Low-fat products give you valuable nutrients but fewer empty calories

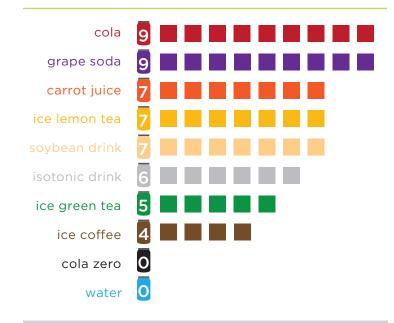
CUT BACK ON SALT AND SUGAR

- O Compare food labels and choose products with lower sodium content
- O High levels of sodium can lead to high blood pressure and diabetes
- O Sugar, like fat, adds calories to food



SUGAR ALERT

how much sugar goes in drinks?



= 1 TEAPSOON = 4 GRAMS OF SUGAR

BEST PRACTICES FOR NUTRITIONAL HEALTH:

- O Listen to your body: Eat when you're hungry, and stop when you're full
- O Keep a food log: Record what you eat and drink over the course of the day. You may be surprised by what you see
- O **Slow down:** Give yourself enough time to focus on your meal rather than rushing through
- O Make it a party: Invite friends, family, or coworkers to join you. Meal time should be a pleasurable experience
- **Know your food:** Read the labels on the products you buy. Shoot for foods not in a package, or with few ingredients listed