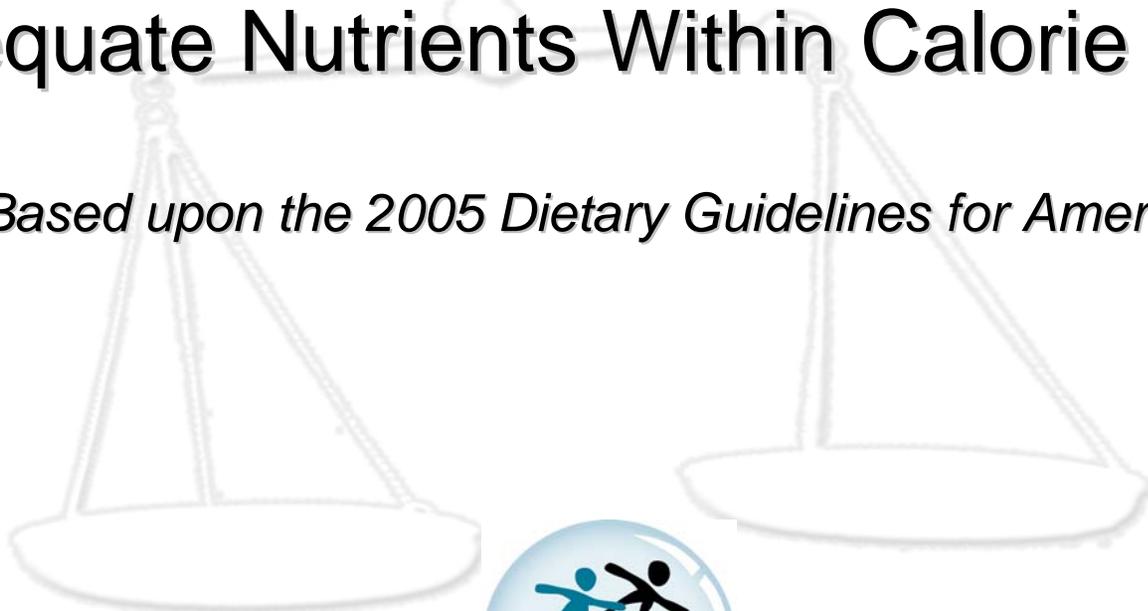


# Get in Balance

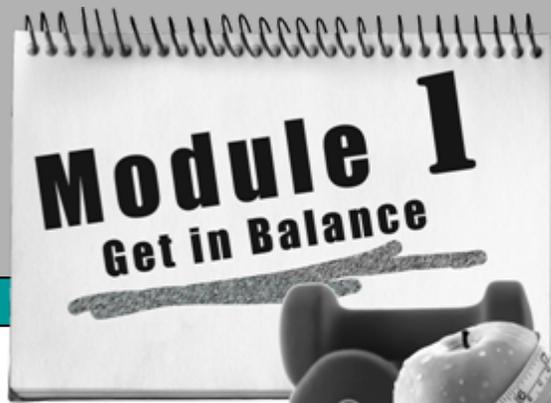


## Adequate Nutrients Within Calorie Needs

*Based upon the 2005 Dietary Guidelines for Americans*



Colorado Department  
of Public Health  
and Environment



# Get in Balance

## Adequate Nutrients Within Calorie Needs

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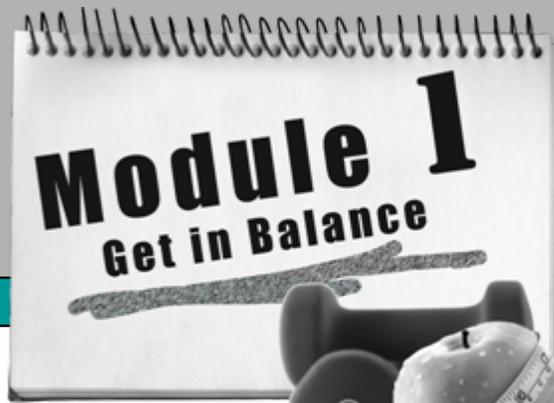
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# Get in Balance

## Adequate Nutrients Within Calorie Needs

### **Team Nutrition Statement**

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# Get In Balance

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- Look at your eating habits.
- Make healthful choices that are tailored to your environment.
- Set smart, reasonable personal eating and activity goals.
- Practice using tools to make wise food choices and to balance them with physical activity.

# 3 Keys to a Healthier You

- Variety
- Making Smart Choices
- Choosing Health



# Key #1: More Variety = Better Nutrition

- Being smart by consuming a variety of foods, helps you get the nutrients you need.
- Eating a variety of foods from each of the food groups is excellent health insurance.

***Did you know...***



# Is It Worth the Effort?

- Reduced risk for:
  - Cardiovascular disease
  - Some forms of cancer
  - Diabetes
  - Diverticulitis & hemorrhoids
  - Cataracts
- All this translates into better quality of life and less medical expense when we eat well and are active.



# Go For Color

- The larger the number of colors of fruits and vegetables that you eat, the better the nutrient profile of what you are consuming.



# Go Green and Orange!

- Consuming more dark green and orange vegetables helps you to meet your dietary needs for:
  - Vitamins and minerals
  - Fiber



# Go Yellow and Red!

Many beautiful and nutritious fruits and vegetables are yellow and red



...and purple and  
even blue!



# Make ½ Your Grains Whole!

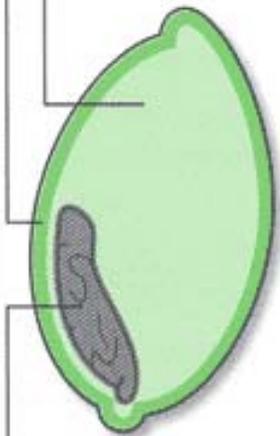
## Whole grain kernel

### Bran

"Outer shell" protects seed  
*Fiber, B vitamins, trace minerals*

### Endosperm

Provides energy  
*Carbohydrates, protein*



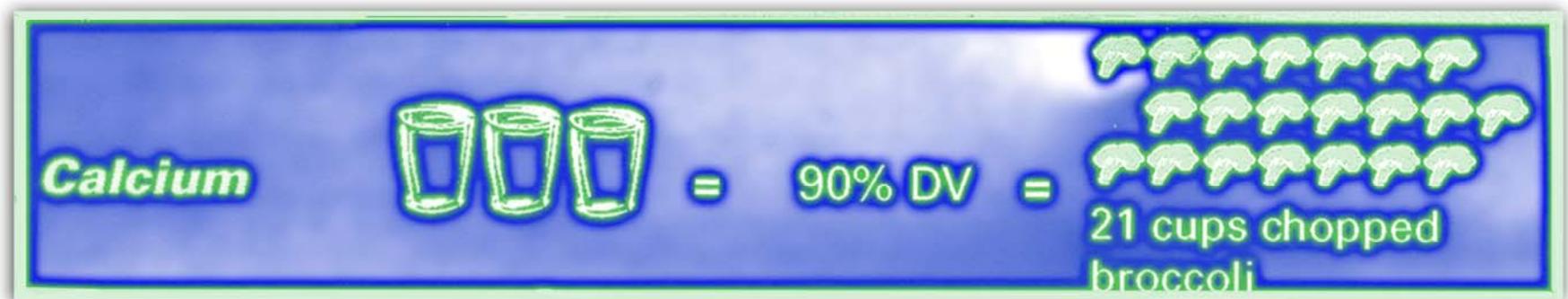
### Germ

Nourishment for the seed  
*Antioxidants, vitamin E, B vitamins*

- What counts?
  - oatmeal, popcorn, brown rice, whole wheat flour, sprouted grains and whole wheat bread
- The benefits:
  - fiber
  - vitamins
  - calorie control

# Low Fat Dairy Products are Smart Choices

- Choose low fat dairy products for bone and heart health.
- Consuming low fat dairy aids weight loss.



# Vegetable Sources of Calcium?

- 1 cup broccoli has 41 mg calcium.
- The requirement for a 45-year-old female is 1000 mg.
- This means more than 24 cups of broccoli in one day to meet the requirement (*this would be 732 calories*).



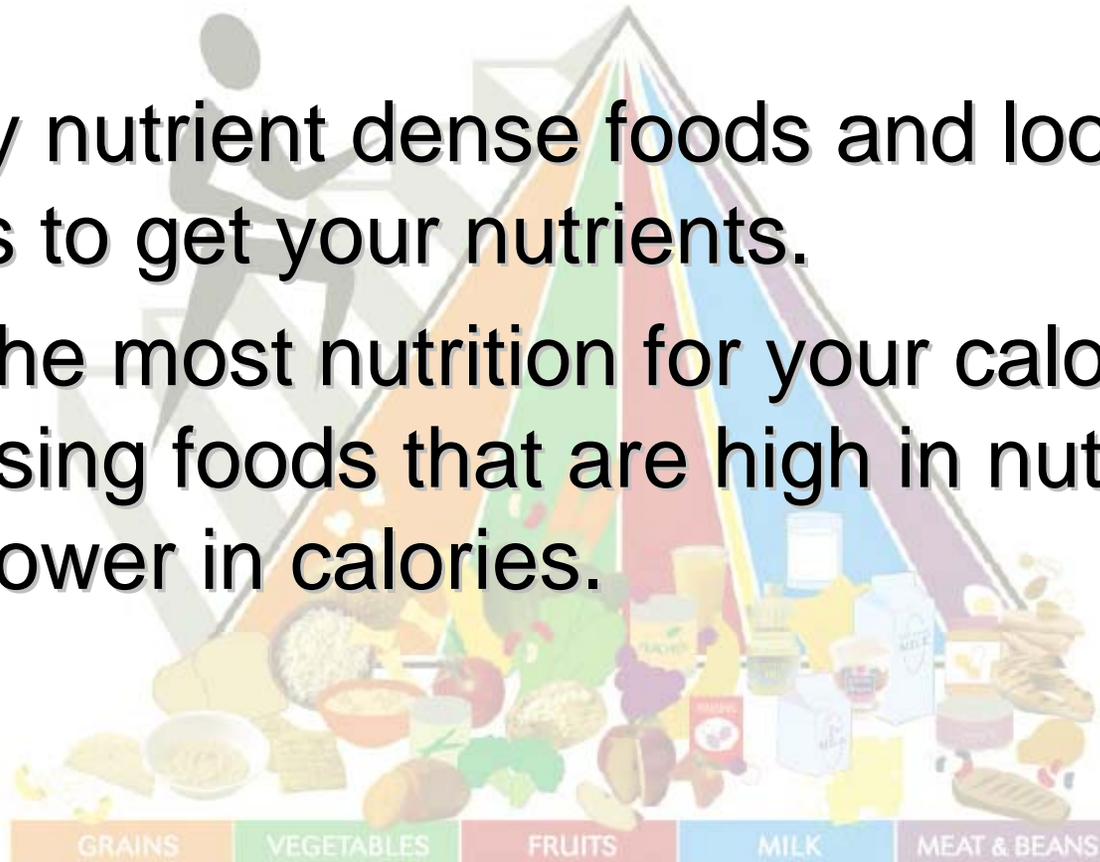
# Almonds Anyone?

- At 350 mg calcium per cup, almonds provide some calcium.
- Almonds have 815 calories PER CUP!
- To get adequate nutrients within calorie needs would be challenging if you depended solely on nuts for calcium.



# Key #2: Make Smart Choices

- Enjoy nutrient dense foods and look to foods to get your nutrients.
- Get the most nutrition for your calories by choosing foods that are high in nutrients and lower in calories.



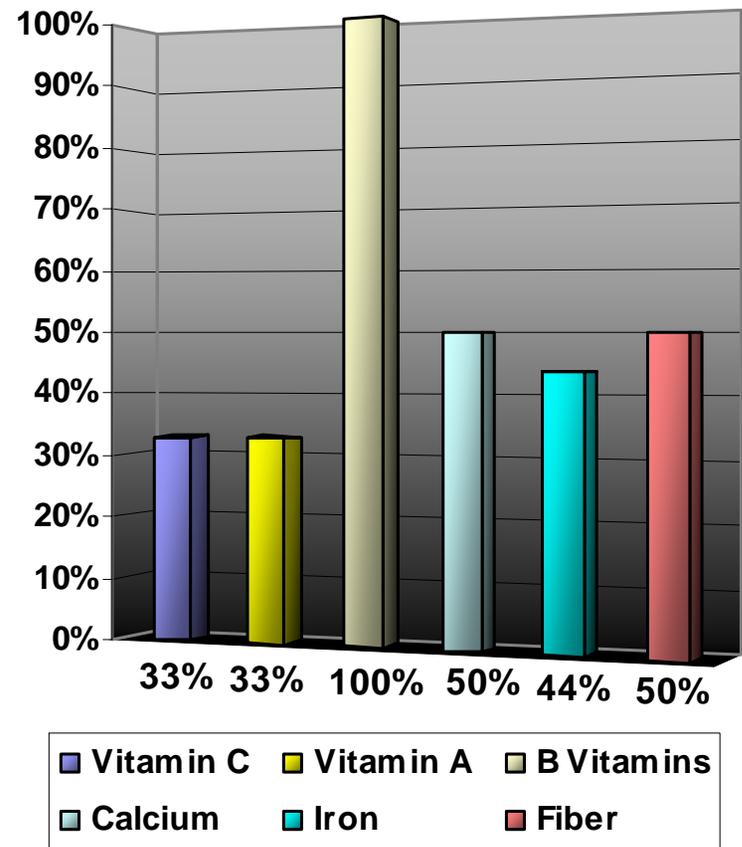
# Get the Most Nutrition Out of Calories

- Flour tortilla
  - Carnitas
  - Cheese
  - Green chile
  - Tomatoes
  - Iceberg lettuce
  - Refried beans
  - White rice
- VS
- Corn tortilla
  - Chicken
  - Cheese (lite)
  - Salsa
  - Tomatoes
  - Romaine lettuce
  - Black beans
  - Brown rice
  - Guacamole

# The "Regular" Way

Calories 1125 Fat 55 g

- Flour tortilla (1 large)
- Carnitas (4 oz)
- Cheese (2 oz)
- Green chile (1/2 c)
- Tomatoes
- Iceberg lettuce
- Refried beans (1/2 c)
- White rice (1/2 c)



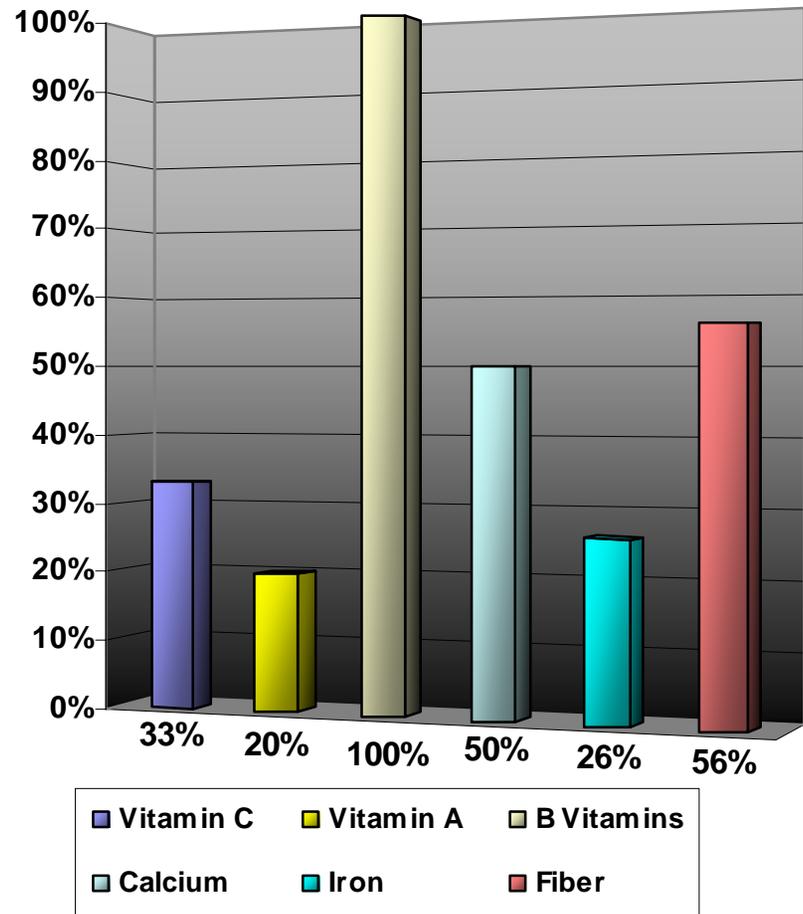
Analyzed for a 45-year-old, 160 lb female who exercises 30-60 min/day

# Look What a Few Changes Can Do!

Calories 800

Fat 36 g

- Corn tortilla (3 small)
- Chicken (3 oz)
- Cheese (lite) (2 oz)
- Salsa (1/2 c)
- Tomatoes
- Romaine lettuce
- Black beans (1/2 c)
- Brown rice (1/2 c)
- Guacamole (1/4 c)



Analyzed for a 45-year-old, 160 lb female who exercises 30-60 min/day

# Key #2: Make Smart Choices

- Consume fewer refined grains, total fats, and added sugars to save yourself some calories.
- Be mindful of calories from alcohol.

***Did you know...***



# Tips For Keeping Things in Balance

<b>Nutrition Facts</b>		
Serving Size 1 cup		
Servings Per Container 9		
Amount Per Serving		
Calories 110	Calories from Fat 15	
	% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>	
Saturated Fat 0g	0%	
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
<b>Cholesterol</b> 0 mg	<b>0%</b>	
<b>Potassium</b> 95mg	<b>3%</b>	
<b>Sodium</b> 280 mg	<b>12%</b>	
<b>Total Carbohydrate</b> 22g	<b>7%</b>	
Dietary Fiber 3g	<b>11%</b>	
Soluble Fiber 1g		
Insoluble Fiber 2g		
Sugars 1g		
<b>Protein</b> 3g		
Vitamin A 10%	• Vitamin C 10%	
Calcium 4%	• Iron 45%	
* Percent Daily Values are based on a 2,000 calorie diet. Your values may be higher or lower, depending on your calorie needs:		
Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9	• Carbohydrate 4	• Protein 4

- Be aware of calories in foods and read labels.
- BUT, you don't have to count calories all the time.
- Balance the energy you consume with activity as many days as you can.

# Key #2: Make Smart Choices

- Drink beverages that provide nutrients.
- Focus on fruits & vegetables at meals & snacks.
- Snacks “count” in smart nutrition.
- Large portions can cost you.
- Fit in 30 min of moderate activity/day—any way you can.



# Finding Your Balance With Activity

- Don't you deserve 30 minutes for yourself?
- Small changes do count.
- Start with 10 or 15 minute bouts of activity.



Feel more balanced and less stressed.

# Balancing Tools

- DASH into balance.
  - Focus on fruits, vegetables, low-fat dairy, grains, nuts & seeds, lean cuts of protein, heart-healthy fats & oils and snacks.
  - Your Guide to Lowering Your Blood Pressure with DASH available at <http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/index.htm>
  - [http://www.oregondairycouncil.org/dash\\_site/cookbook/index.html](http://www.oregondairycouncil.org/dash_site/cookbook/index.html)



- Find your personal balance at [www.MyPyramid.gov](http://www.MyPyramid.gov).

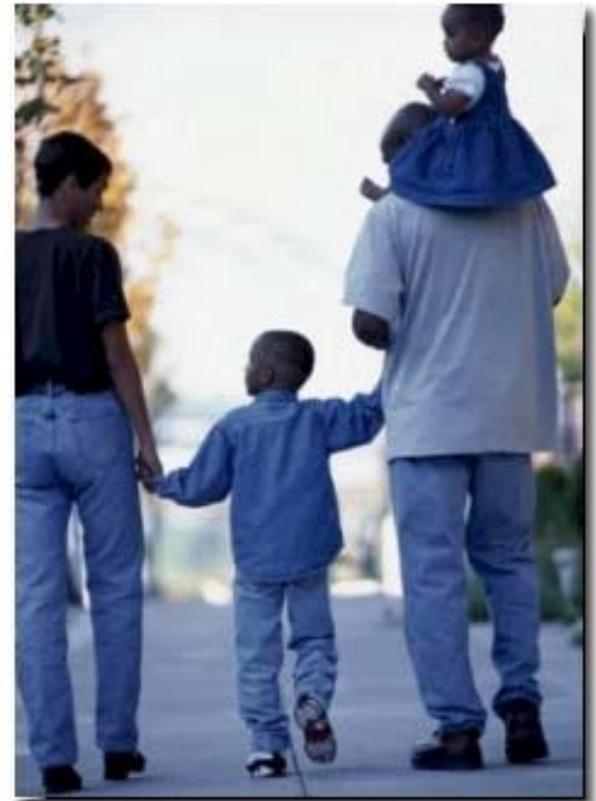
# Balance Basics

- **2½ c fruit**
- **2½ c vegetables**
- **7- 8 oz equivalents grains**
- **6 oz meat or beans or nuts**
- **2-3 c low fat dairy foods**
- **2-3 tsp oils**
- **2 tsp solid fats OR**
- **5 T added sugars per WEEK**

**These amount are based upon a 2000 calorie diet. Fine tune this for your calorie level. Your intake will vary from day to day. These represent averages to shoot for.**

# Key #3: Choosing Health

- You are in charge.
- Remember—take small steps; avoid radical changes.
- Choosing health decreases stress.
- You deserve time to be healthy.



# Smart Rules to Live by:

- Go for color & variety
- Learn your labels
- Beverages count
- Make  $\frac{1}{2}$  your grains whole
- Include low fat dairy
- Get the most out of snacks
- Get active & get in balance

