



## Healthy Eating To Do List

Many of us are familiar with "to do" lists, so thinking of healthy eating in this way makes it easier to accomplish. Try to check off each item on the list each day and you will be eating a well-balanced, nutritious diet. In addition to the "to do" list, there are strategies included to help you accomplish each task. Joann Schaumburg MS,RD, LD, Clinical Dietitian, McConnell Heart Health Center

### **Eat more fruits and vegetables.**

- Include a medium piece of fresh fruit or ½ cup canned or chopped fruit with every meal.
- Add at least 1 cup of non-starchy vegetables to lunch and dinner.
- Start your meals with a green leafy salad - go easy on the dressing.
- Snack on vegetables and fruits between meals.

### **Choose whole grain breads, whole grain cereals, brown rice and whole wheat pasta.**

- Read nutrition labels and look for products that contain at least 3 grams of dietary fiber per serving.
- Eat 20-35 grams of fiber daily.
- Fill half of your breakfast plate and ¼ of your lunch and dinner plate with these foods.
- The serving size for cooked rice, pasta and potatoes is 1/3 – ½ cup\*. For cereals and breads, the serving size is 1 ounce.

\* The American Diabetes Association identifies a 1/3 cup portion of cooked rice and pasta as 1 carbohydrate serving for diabetes meal planning.

### **Include meatless meals twice each week**

- Use beans and lentils. ¼ cup of beans provides the same amount of protein as 1 ounce of meat. \*
- Try soy or vegetable based meat alternatives.

### **Include 3-ounces of baked, broiled or grilled fish at least twice a week**

- Research indicates that people who eat fish on a regular basis have a lower risk for heart disease.

### **Choose lean meats**

- White meat, skinless chicken or turkey.
- Lean beef and pork with visible fat trimmed away.
- A 3-ounce serving of meat will be about the size of a deck of cards.
- Make meat the side dish instead if the focal point of your plate.

### **Choose 2-3 servings of low fat or non fat dairy products each day**

- Use 1 cup of skim, 1/2% or 1% milk.
- Look for cheese, cottage cheese and yogurt that contain no more than 3 grams of fat per serving.
- Choose 1 cup servings of milk or light yogurt, 1-2 ounce servings of cheese and ¼ - ½ cup servings of cottage cheese.
- Include a serving of low/non fat dairy foods with each meal.

### **Choose 2-3 servings of unsaturated fats per day**

#### **A serving is....**

- 1 teaspoon Canola oil
- 1 teaspoon Olive oil
- 1 teaspoon Peanut oil
- 1-2 tablespoons nuts and seeds

***We recommend daily:***

<b>Nutrient</b>	<b>Women</b>	<b>Men</b>
Calories	1200-1500	1800-2000
Total Fat	45-60 grams	70-80 grams
Saturated Fat	10-12 grams	14-16 grams
Trans Fat	1 gram	2 grams
Total Carbohydrate	135-170 grams	200-225 grams
Dietary Cholesterol	200-300 milligrams	200-300 milligrams
Sodium	2300 milligrams	2300 milligrams
Dietary Fiber	20-35 grams	20-35 grams