



## Good nutrition matters . . .

A healthy diet is important for

- Maintaining energy levels
- Staying mentally sharp
- A robust immune system
- Better overall health



## Elements of a healthy diet . . .

- A **balance** between **energy in** and **energy expended**
- Know your '**energy (calorie) budget**' (about 13 calorie/#wt.)
- Choose foods that are **nutrient dense** (eat 'heavy')



## Elements of a healthy diet . . .

- An adequate **protein** intake (0.5g/#wt.)

Protein is important to help preserve muscle, bone mass & a healthy immune system

Make your protein **lean** – fish, poultry, beans, peas, soy & low-fat dairy



## Elements of a healthy diet . . .

- Healthy **carbohydrates**

Choose "**whole grain**" carbs – whole wheat bread & pastas, whole grain cereals, oats, brown rice

Go easy on refined grains & food products with added sugars



## Elements of a healthy diet . . .

- **Fiber** or roughage daily

Dietary fiber keeps us "regular", helps reduce blood cholesterol levels & it is filling

Good sources are fruits & vegetables, whole grains, legumes

GOT gas??? Try Beano



## Elements of a healthy diet . . .

- Healthy **fats**

Cook with **small** amounts of canola or olive oil

Get your omega-3's – eat fish twice weekly, snack on nuts, add flaxseed

Limit foods with saturated & trans fat



## Elements of a healthy diet . . .

- Focus on **fruits** and **vegetables**

Eat **colorfully** to get a wide variety of vitamins, minerals and phytochemicals

Frozen vegetables & fruits are healthy, convenient & economical choices



## Elements of a healthy diet . . .

- Reduce **sodium** intake

Too much salt or sodium contributes to high blood pressure & fluid retention

Use herbs, spices, garlic, onion, lemon & pepper to tingle your taste buds

Read food labels to compare items



## Elements of a healthy diet . . .

- Adequate **calcium** and **vitamin D**

Adults need 3 – 4 servings of low-fat milk or yogurt daily

Lactose intolerant???

May need to consider supplements



## Beyond hamburger helper. . .

Simple ideas for  
preparing delicious and  
nutritious meals . . .



## Tips for easy, healthy meals . . .

### **Plan Ahead**

Decide on 4-5 main dishes for the week

Keep a “running” shopping list

Check out store ads for specials – but  
decide if you really need the items



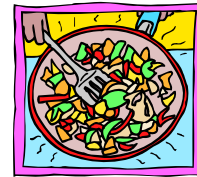
## Tips for easy, healthy meals . . .

### **Make your meals interesting**

Include different colors, flavors & textures

Plan to have foods from at least 3 of the food groups at each meal

Try a new food each week!



## Tips for easy, healthy meals . . .

Surf the web for recipe ideas or browse cookbooks, newspapers & magazines

[www.mnsu.edu/shs/healtheducation/bmc](http://www.mnsu.edu/shs/healtheducation/bmc)

[www.aicr.org](http://www.aicr.org)

[www.mealmakeovermoms.com](http://www.mealmakeovermoms.com)



## Tips for easy, healthy meals . . .

### Shop wisely

Stick to your list!



Shop the perimeter of the store first – load your cart with produce; add a little dairy, seafood & fresh poultry, meats



## Tips for easy, healthy meals . . .

Make it somewhat home-made – have frozen and canned items available

Limit snack and dessert items

Read food labels and ✓ expiration dates

Don't shop when you are hungry/tired



## Tips for easy, healthy meals . . .

### **Stock your kitchen well**

Keep dry goods on hand – pasta, rice, cereals, herbs & spices

Frozen foods & food in cans and jars last a long time

Buy smaller quantities of perishable items – bagged lettuce, fruit, milk



## Tips for easy, healthy meals . . .

### **Cook once, serve twice**

Most cooked foods/dishes can be stored safely for 3 – 4 days in the refrigerator

Use leftovers creatively

Freeze small portions of casseroles, stews, soups, meats, etc.



## Tips for easy, healthy meals . . .

### Prepare one-dish meals



Use a skillet, large pot, crock-pot or casserole dish to make and serve the whole meal –

beef, barley & vegetable stew

chicken, vegetable & rice casserole

vegetarian chili



## Tips for easy, healthy meals . . .

### Redefine a 'meal'

If you're too busy or tired to cook,  
make a nutritious mini-meal or snack

Make a salad with tuna & veggies;  
have a sandwich & a cup of vegetable  
soup; stir up a veggie omelet



## Tips for easy, healthy meals . . .

### Enjoy mealtimes

Create a pleasant place to eat

Savor your food, eat 'mindfully'

Eating alone? Invite friends & neighbors for meals, start a 'dinner club'

