PUT YOUR BEST FORK FORWARD
National Nutrition Month® 2017
National Nutrition Month

Each year during March, we celebrate National Nutrition Month by focusing on the importance of making informed food choices and developing sound eating & physical activity habits.

“Put Your Best Fork Forward”

Is to serve as a reminder that each one of us holds the tool to make healthier food choices.

Making small changes during National Nutrition Month & over time, helps improve health now & in the future.
Definition of Variety

“A diverse assortment of foods & beverages across & within all food groups & subgroups selected to fulfill the recommended amounts without exceeding the limits for calories & other dietary components.”

The Dietary Guidelines

• Created to help people in the United States eat better & decrease their risk of developing chronic diseases, such as heart disease or diabetes.
• Calorie limits relate to the calories or energy a person needs on a daily basis.
  • Calorie needs are influenced by our age, gender, height, weight, & activity level.
  • Many Americans, both young & old, exceed their calorie limits by
    – eating & drinking extra amounts
    – not physically active enough
  • Taking in too many calories leads to weight gain & over time this can affect our health.
• Other dietary components are ingredients in foods & beverages that are not required for good health.
  • Added sugars, solid fats (saturated & trans fats), & sodium (salt).
• It’s important to realize that eating & drinking a variety of foods & beverages should not result in extra calories.
• To stay within our daily calorie limit, it’s likely that we will need to make some substitutions
Why is a variety of foods important?
Variety is Important

• No one food or food group provides all of the nutrients our bodies need to grow & stay healthy.

• There are 6 nutrients:
  • Water
  • Proteins
  • Carbohydrates
  • Fats
  • Vitamins
  • Minerals

• Most foods & drinks provide some or all of those, but in different amounts
Variety is Important

- Bell peppers are a good source of vitamin C
- Yogurt & cheese provide high amounts of calcium
- Nuts & seeds are good sources of minerals, like magnesium and zinc, and contribute protein & healthy fats
- Bananas are a good source of potassium
  - A mineral many Americans don’t get enough of
- Asparagus is a good source of potassium & folate
  - Folate is important for women of childbearing age.
- Fruits, vegetables, & whole grains are all great sources of dietary fiber
- Fish & chicken both provide protein
- Some fish are also good sources of heart healthy fats called omega-3s
- Fatty types of fish are one of the few food sources of vitamin D
  - Another nutrient many people are lacking.
- Eggs are also a good source of protein and vitamin D
Everything we eat & drink matters!

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MyPlate

- Represents the five food groups
  - Fruits, Vegetables, Grains, Protein, & Dairy
- It acts as a reminder that everything we eat & drink matters.
- Each one of us has unique food likes & dislikes.
- Plus our nutrient needs can be different depending on our age, gender, activity, & health.
- MyPlate & the *Dietary Guidelines* recommend that we eat a variety of foods from all of the food groups but also within each food group.
Vegetables

Subgroups
- Dark Green
- Red & Orange
- Beans & Peas
- Starchy
- Other

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3/6/2017
Vegetables

• All vegetables are important & we should eat them every day.
• Variety is especially important within the Vegetable group, since many Americans don’t eat enough or they tend to eat the same kinds.
• Surveys in the U.S.
  • Most people, no matter their age, fall short
  • Most commonly eaten vegetables are potatoes and tomatoes.
    – These 2 vegetables aren’t bad, but a lot of times they are made with added sugars, salt, and fat.
    – Plus, if those are the only 2 vegetables eaten regularly, then we’re missing out on the nutrients the other subgroups of vegetables provide.
• There are weekly recommendations for the following vegetable subgroups: dark green, red & orange, beans & peas, starchy, and other vegetables.
  • Dark Green
    – Great source of vitamin K
      • Important for blood clotting and bone health.
      • (Some people need to monitor their vitamin K intake when taking certain medications, like blood thinners.)
  • Red & Orange
    – Provide nutrients that help keep our eyes healthy.
  • Beans & Peas
    – Not only considered vegetables, but also a good sources of plant-based protein.
    – This is especially important for people who follow vegetarian or vegan diets.
• We don’t need to eat all of these sub-groups each and every day
  • Instead it’s recommended that we include several servings every week.
Vegetables

- The recommended amounts for each vegetable subgroup are different
  - The amounts are also different depending on gender & age.
  - Boys & girls have different calorie needs, as do men & women.
  - These are just general recommendations.
    - Individuals who are more active or have health conditions might have different calorie & nutrient needs.

- All forms of vegetables are encouraged
  - Most people think only fresh vegetables matter, but the truth is canned, frozen, & 100% vegetable juice are just as nutritious.

- How the vegetables are prepared is equally important
  - They all start out healthy. However, adding ingredients like sauces or seasonings can add extra calories, salt, & saturated fat.
  - Frozen & canned varieties might also have added sugars or salt.
    - Look for words on the label that indicate “No Salt Added”, “Low Sodium”, or “Reduced in Sodium”.

- The Nutrition Facts Label
  - Help you determine how much salt (sodium) the food contains
  - In the future, will also list the amount of added sugars
<table>
<thead>
<tr>
<th></th>
<th>Dark Green</th>
<th>Red and Orange</th>
<th>Beans and Peas</th>
<th>Starchy</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Children</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2–3 years old</td>
<td>½ cup/week</td>
<td>2 ½ cups/week</td>
<td>½ cup/week</td>
<td>2 cups/week</td>
<td>1 ½ cups/week</td>
</tr>
<tr>
<td>4-8 years old</td>
<td>1 cup/week</td>
<td>3 cups/week</td>
<td>½ cup/week</td>
<td>3 ½ cups/week</td>
<td>2 ½ cups/week</td>
</tr>
<tr>
<td><strong>Girls</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9-13 years old</td>
<td>1 ½ cups/week</td>
<td>4 cups/week</td>
<td>1 cup/week</td>
<td>4 cups/week</td>
<td>3 ½ cups/week</td>
</tr>
<tr>
<td>14-18 years old</td>
<td>1 ½ cups/week</td>
<td>5 ½ cups/week</td>
<td>1 ½ cups/week</td>
<td>5 cups/week</td>
<td>4 cups/week</td>
</tr>
<tr>
<td><strong>Boys</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9-13 years old</td>
<td>1 ½ cups/week</td>
<td>5 ½ cups/week</td>
<td>1 ½ cups/week</td>
<td>5 cups/week</td>
<td>4 cups/week</td>
</tr>
<tr>
<td>14-18 years old</td>
<td>2 cups/week</td>
<td>6 cups/week</td>
<td>2 cups/week</td>
<td>6 cups/week</td>
<td>5 cups/week</td>
</tr>
<tr>
<td><strong>Women</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19-50 years old</td>
<td>1 ½ cups/week</td>
<td>5 ½ cups/week</td>
<td>1 ½ cups/week</td>
<td>5 cups/week</td>
<td>4 cups/week</td>
</tr>
<tr>
<td>51+ years old</td>
<td>1 ½ cups/week</td>
<td>4 cups/week</td>
<td>1 cup/week</td>
<td>4 cups/week</td>
<td>3 ½ cups/week</td>
</tr>
<tr>
<td><strong>Men</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19-50 years old</td>
<td>2 cups/week</td>
<td>6 cups/week</td>
<td>2 cups/week</td>
<td>6 cups/week</td>
<td>5 cups/week</td>
</tr>
<tr>
<td>51+ years old</td>
<td>1 ½ cups/week</td>
<td>5 ½ cups/week</td>
<td>1 ½ cups/week</td>
<td>5 cups/week</td>
<td>4 cups/week</td>
</tr>
</tbody>
</table>

Source: All about the Vegetable Group: [https://www.choosemyplate.gov/vegetables](https://www.choosemyplate.gov/vegetables)
Vegetables

- Vary Your Veggies
- Plan meals to include different colored vegetables throughout the week
  - Remember to choose vegetables from each of the subgroups
    - Dark green, red & orange, beans & peas, starchy, and other
- Experiment with different vegetables when preparing healthy soups & salads
- Choose vegetables that are in season when possible
  - Chances are they will be more affordable
Fruits

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Fresh
Frozen
Canned
Dried
100% Fruit Juice
• Focus on Fruits!
• These are a few ways to increase variety of fruits:
  • Pack a variety of different colored fruits as snacks.
    • Whole fruits, such as apples, bananas, and oranges are really convenient,
    • individually packaged and already cut up fruit works, too.
      » Just be sure to look for ones with 100% fruit juice and no added sugars.
  • Try new recipes that call for fruit
    – A mixed salad with sliced apples or pears
    – Add fruit, like berries & bananas, to oatmeal, muffins, & even pancake batter.
  • Enjoy fruit in place of sweets for dessert more often.
Grains

Make half your grains whole grains

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• Most of us meet the recommended amount daily.
  • However, many of us are not meeting the recommendation to make half our grains whole grains

• There are 2 types of grains:
  • Whole grains
    – Whole wheat bread, brown rice, oatmeal, whole wheat pasta, millet, & quinoa
    – There are many health benefits associated with eating whole grains.
      • Higher in dietary fiber - Helps keep us regular & may reduce the risk of heart disease.
      • B-vitamins & some minerals
  • Refined grains
    – Refined grains are enriched with certain vitamins & minerals
    – Lack dietary fiber
Grains

• Ways to choose whole grains more often:
  • Try preparing a whole grain that is new to you
    – Brown rice instead of white
    – You can also experiment with other grains, like wild rice or quinoa.
    – A number of rice blends are available today or make your own.
  • Switch to a whole grain bread or wrap for sandwiches
    – There are so many different varieties available to choose from.
      • Be sure to look for a whole grain flour of some type listed as the first ingredient
  • Look for cereals & snacks that use whole grain flours.
  • Add whole grain flour to muffins, quick breads, & pancake/waffle batters
    – Up to half of the amount of flour can be substituted with a whole grain flour
      • The amount of leavening may need to be adjusted
Protein

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Vary your protein routine by mixing up your choices!
Protein

• Many Americans get enough protein on a regular basis.
  • Although, some people like older adults may not.
  • Vegetarian & vegan diets can provide adequate amounts of protein
    if they are well planned & include a variety of foods
• There are some reasons when higher amounts of protein are needed
  • Certain illnesses & diseases
  • During pregnancy
  • While breastfeeding
  • Athletes may also have higher protein needs,
    depends on their type of exercise and eating habits.
Protein

• Just like the other food groups, we should vary of lean protein sources.
  • Help provide the nutrients our bodies need to build and maintain healthy muscles & bones.

• Lean sources of protein are recommended
  • Fish, seafood, beans, peas, eggs, soy products, nuts, nut butters, seeds, lean meats (top sirloin & pork tenderloin), skinless poultry (turkey & chicken)
    – Those are just a few examples
  • Other foods and drinks also provide protein in our diet, but they are included in their own food groups.
    – Grains & dairy products
  • Protein from food sources is best
Protein

• Vary Your Protein Routine
• “Choose a variety of lean proteins from both plant and animal sources”
• Substitute plant-based proteins in recipes
  • Make the recipes without any meat or substitute out some of the meat
    – such as a mixture of beans in chili.
• Try new recipes or cuisines that use plant-based proteins
• Try meatless dishes when you eat out
  – Many different cuisines offer foods made with beans and lentils.
Protein

- Vary Your Protein Routine
- Experiment with seafood by grilling or baking fish in place of some other protein food for dinner two times per week.
  - The cooking time will probably be less.
- “Women who may become pregnant, pregnant women, nursing mothers, & young children should avoid some types of fish and eat types lower in mercury.”
  - Call 1-888-SAFEFOOD for more information.
Dairy

Move to low-fat & fat-free choices!

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Dairy

• How to Vary Your Dairy
• Choosing low-fat & fat-free versions of dairy foods & drinks is important
• Look for lower fat & reduced fat options when possible
  – such as part-skim mozzarella
• For recipes that call for higher fat cheeses, try using a smaller amount.
  – Extra sharp Cheddar has a stronger flavor, so you don’t need to use as much.
How to Vary Your Dairy

Try sweetening plain low-fat yogurt with different types of fruits or whole grain cereals.
  - Portion it out in advance for a convenient breakfast on-the-go or a healthy snack.

Make smoothies with fruit & fat-free milk or yogurt.

Use cheese as a garnish
  - Sprinkle a small amount on top of dishes
    - Soups, stews, & casseroles

Try making or buying dips that use low-fat yogurt, ricotta cheese, or cottage cheese
  - A great way to eat more veggies in a tasty, healthy snack.
Changes to the Nutrition Facts Label

• A lot of the information will be the same
• The main changes to the new Nutrition Facts Label include:
  • Servings per container will be listed above serving size
  • Serving size may be different than serving sizes listed in the past
    – Hopefully, it will better reflect the amount people normally consume
  • Nutrition information will be listed for both serving size & servings per container if it is
    a food or drink that could be consumed as a single serving.
    – An example of this would be a 24 ounce beverage. A lot of people consider this to be a single serving. You
      will be able to see the number of calories & other nutrition information for the serving size that is listed and
      the entire amount.
  • Added sugars will be listed
    – Compare the amount of naturally occurring sugars to the amount of sugars that have been added
  • Vitamin D will be required on the label (instead of Vitamin A)
  • Vitamin C is no longer required to be listed
  • The amount of Potassium will also be required
  • Some of the % Daily Values will also be different
• Even though the Nutrition Facts Label will look a little different, how you use the label to make healthier choices will not change
### Current Label

**Nutrition Facts**

- **Serving Size**: 2/3 cup (55g)
- **Servings Per Container**: About 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>230</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>37g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>65g</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>20g</td>
</tr>
<tr>
<td>Calcium</td>
<td>260mg</td>
</tr>
<tr>
<td>Iron</td>
<td>30g</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

### New Label

**Nutrition Facts**

- **Serving Size**: 2/3 cup (55g)
- **Servings Per Container**: 8

<table>
<thead>
<tr>
<th>Amount per serving</th>
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</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
</tbody>
</table>

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: U.S. Food & Drug Administration, Changes to the Nutrition Facts Label
http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm
Added Sugars

• Nutrition Facts Label & ingredients will tell you if there are added sugars
• Some foods have naturally occurring sugars
  • Fruit & yogurt
• Other foods have sugars added to them
• Even foods that we think are healthy may have added sugars
  • Yogurt, granola, frozen & canned fruit, juice, tomato/spaghetti sauce, & cereals
• Words to look for, besides sugar, include:
  • Brown sugar, white granulated sugar, corn syrup, high fructose corn syrup, honey, maltose, sucrose, fructose, maltose.

• Main Sources of Added Sugars in the U.S. are:
  • Beverages
    – Regular soft drinks, sports drinks, & energy drinks
    – Fruit drinks, like fruit punch
  • Sweets
    – Candy, cookies, cakes, donuts, pies, & ice cream
Ways to Limit Added Sugars

• Drink milk or water in place of a sugar-sweetened beverage.
• Enjoy fruit instead of sweets for dessert more often.
• Choose foods and drinks with less added sugars by using the Nutrition Facts label.
Ways to Limit Sodium

• Use the Nutrition Facts label to compare foods & drinks.
• Try lower sodium versions of foods.
• Flavor foods with less salt when cooking or at the table.
Ways to Limit Saturated & Trans Fats

• Choose low-fat milk & dairy products
• Eat lean sources of protein foods
• Include more plant-based oils in place of solid fats
• Limit sweet desserts & snacks
Putting it all together:

Be creative by swapping out different **fruits**, **vegetables**, **whole grains**, **lean proteins**, & **low-fat dairy** foods when preparing recipes.

There’s not just one way to eat healthy - That’s what is great about MyPlate! All of the 5 food groups are equally important. But, it’s up to you to decide how you want to combine those foods from each food group to develop your healthy eating style.

Use the Nutrition Facts label to choose healthier foods & drinks. Limit sources of added sugars, sodium, saturated fat, & *trans* fat.
Putting it all together:

- Plan meals with servings from all of the 5 food groups whenever possible.
  - It helps us eat more of the nutrients we need
  - Meals & snacks that include several food groups tend to be more satisfying
Which food group is missing in this picture?
Putting it all together:

- Focus on one small change at a time.
Put Your Best Fork Forward …

by creating an eating style that includes a variety of your favorite, healthful foods.

Visit [www.eatright.org/nnm](http://www.eatright.org/nnm) for more information.