

# Healthy Habits Coach

**What to Eat: The Basics** Note: This is not meant to promote calorie counting or a 'diet' but to provide a general target or guideline

<b>Fruits &amp; Vegetables</b> 7-9 servings per day	<b>Grains</b> 4 – 11 servings per day	<b>Protein Foods</b> 5-6 oz equivalents per day	<b>Low Fat Dairy</b> 1-3 servings* per day	<b>Healthy Fats</b> 3-9 servings per day
<p>Serving size approx 60 cal fruit , 25 cal veggies: Raw leafy greens – 1 cup Apple, Orange, peach, pear Medium size Banana – medium Grapes – 17 Berries – ¾ cup Strawberries – 1 ¼ cup Melon – 1 cup cubes Raw, chopped fruit or veggies – ½ cup Cooked vegetables – ½ cup Dried fruit – ¼ cup</p> <p><b>Selection tips</b></p> <ul style="list-style-type: none"> <li>• The more fruits and veggies you eat, the less likely you are to develop a chronic disease!!</li> <li>• For dinner and lunch, fill half of your plate with vegetables &amp; fruit.</li> <li>• Add fruit to your cereal or yogurt at breakfast.</li> <li>• Salads with lots of veggies are a great way to get your veggie servings</li> <li>• Buy fresh fruits and vegetables in season.</li> <li>• Choose a rainbow of fruits and vegetables daily for a wide range of healthy phytochemicals</li> </ul>	<p>Serving size approx 80 cal: 1/3 cup rice, WW couscous 1/2 cup barley, quinoa, oats, potato, corn, sweet potato, pasta, lentils and beans 1 cup winter squash 3 cups popcorn 1 slice bread 1 small corn tortilla – 6 in</p> <p><b>Selection tips:</b></p> <ul style="list-style-type: none"> <li>• Whole grains increase fiber and nutrients, help regulate blood sugar and reduce risk of diabetes, heart disease &amp; cancer, and are more filling!</li> <li>• Look for whole grain or stone ground as a first ingredient</li> <li>• Reduce refined grains - 'Enriched' or 'wheat flour' are refined</li> <li>• Use brown rice, whole grain pasta and crackers</li> <li>• Check portion sizes on label for ready-to-eat breakfast cereals and crackers.</li> <li>• Try cooking different grains together (ie brown rice and barley)</li> <li>• Increase fiber level gradually and drink water</li> </ul>	<p>Serving sizes approx 55 cal: 1 oz lean meat, fish, poultry 1 egg 1 oz (2 TBSP)nuts or seeds* 2 TBSP nut butter* 1/2 cup cooked dry beans 1/2 cup lentils or split peas 1/2 cup tofu, 1 oz tempeh 1/2 cup hummus* 1/4 cup roasted soybeans*</p> <p><b>Selection Tips:</b></p> <ul style="list-style-type: none"> <li>• Have fish at least 2 times a week, especially those high in omega-3 fats – cold water fatty fish like wild salmon, mackerel, sardines, and trout</li> <li>• Choose chunk light canned tuna vs albacore</li> <li>• Have nuts and seeds regularly, but watch portion sizes</li> <li>• Substitute meats with beans and legumes 1-2 times a week</li> <li>• Choose lean meats, cut fat and skin off and cook with healthy oils</li> <li>• Marinating meats decreases carcinogens in grilled meats</li> </ul> <p>* 200 calories (high fat)</p>	<p>Serving size approx 100 cal: Best choices: 1 cup nonfat or 1% milk ¾ cup lowfat yogurt 1/2 cup LF cottage cheese 1/4 cup part skim ricotta 1 oz part-skim mozzarella 1 oz low fat cheese Higher fat: 1 oz cheese</p> <p><b>Selection Tips:</b></p> <ul style="list-style-type: none"> <li>• Yogurt with live culture (probiotics) can help re-establish or maintain healthy bacteria balance</li> <li>• When you eat full fat cheese (most cheeses), use small portions because of high saturated fat content</li> <li>• Most yogurts are high in sugar – try plain yogurt and add fruit or almonds</li> <li>• Many people who don't tolerate dairy products can tolerate yogurt, cheese or lactose free milk (also soy milks).</li> <li>• Some research indicates milk could help with weight loss, but there is some controversy about the validity of the results</li> </ul>	<p>Serving size approx 45 cal: <u>1 tsp Monounsaturated oil:</u> Olive, canola, peanut, Sesame, walnut, soybean, Flaxseed, grape seed <u>Other:</u> 1 tsp marg- trans fat free 1/2 TBSP mayonnaise 1 TBSP lowfat mayo 1 TBSP LF salad dressing 8-10 Olives 1/8 medium avocado 1/2 TBSP nuts and seeds 1/2 TBSP nut butters</p> <p><b>Selection Tips:</b></p> <ul style="list-style-type: none"> <li>• Avoid trans fats and hydrogenated fats (often found in processed foods)</li> <li>• Monounsaturated fats could help with weight loss and metabolic syndrome</li> <li>• Flaxseed, walnuts, pecans, canola and soybeans are rich in Omega-3 fatty acids</li> <li>• Make salad dressing and marinade with healthy oils</li> <li>• Flaxseed oil should be consumed raw, not cooked</li> <li>• Healthy fats have health benefits, but are also high calorie – watch portions</li> </ul>

**Resources** <http://www.med.umich.edu/umim/clinical/pyramid/>

<http://mypyramid.gov>