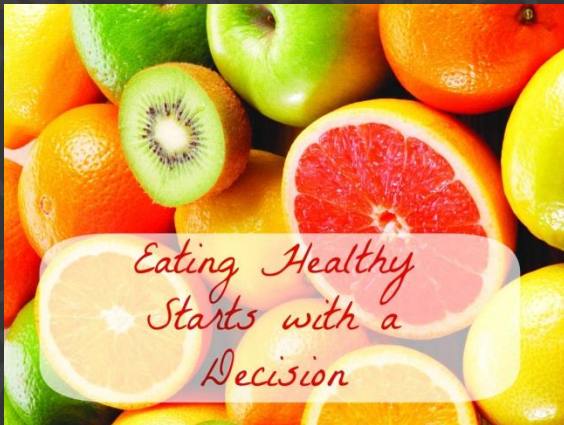


weight easily healthy nutritious  
vegetables resist well-being now feed day temptations  
perfect love foods health-giving needs good  
balanced maintain food calorie eat right diet help  
enjoy fresh maintain effortlessly ideal  
every

# HEALTHY EATING

By: Lisa McAllister RN, MSN, PHN





# WHY eat healthy?

- Improve health
- Increase happiness
- Prevention of many chronic health risks.



# What's healthy eating about?



feeling great



having  
more  
energy



being fit

It is all about;

Healthy  
Living

# 'Big picture strategies' To help you

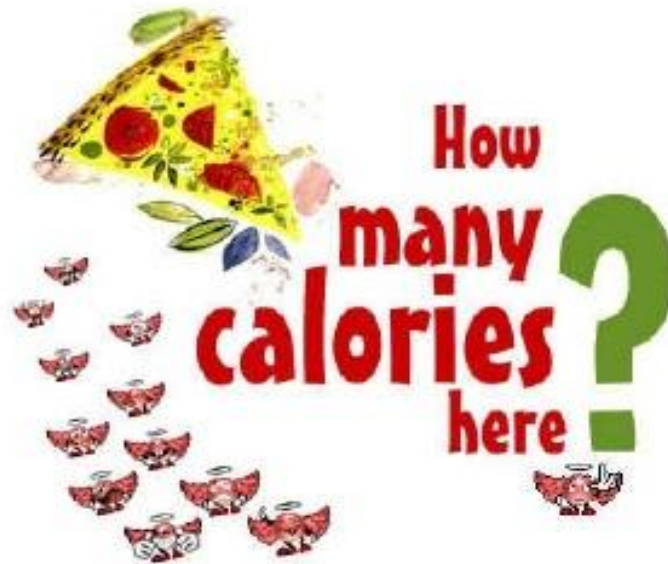
1. Enough calories
2. Variety of foods
3. Moderate portions
4. Fruits, vegetables, grains, and legumes
5. Water
6. Limit sugary foods, salt, and refined-grain products
7. Don't be the food police
8. Get moving

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# 1.EAT ENOUGH CALORIES

- Balance calorie intake and calorie expenditure.
- Don't eat more food



The average daily allowance: 2,000 calories.

## 2. EAT A VARIETY OF PRODUCTS



- Eat food you don't normally eat
- Fruits, vegetables, grains and legumes...

### 3. KEEP PORTIONS MODERATE



- Choose a starter instead of an entrée.

- Don't order supersized anything.




## 4. EAT PLENTY OF FRUITS, VEGETABLES GRAINS, and LEGUMES



- Foods high in complex carbohydrates, fiber, vitamins, and minerals, low in fat, and free of cholesterol.
- Try to get fresh, local produce.

## 5. DRINK MORE WATER

- 
- Flushes our systems; the kidneys and bladder, of waste products and toxins.
  - A majority of Americans go through life dehydrated.

## **6. LIMIT SUGARY FOODS, SALT, and REFINED-GRAINS PRODUCTS**

- Sugar is added to a vast array of foods.



- In a year, just one daily 12-ounce can of soda (160 calories) can increase your weight by 16 pounds.

## 7. DON'T BE THE FOOD

### POLICE

- Enjoy your favorite foods .
- Food is a great source of pleasure.
- Pleasure is good for the heart – even if those French fries aren't!



## 8. GET MOVING

- Energy and feelings of well-being.



Exercising 30 minutes a day, either in a row or broken up, is beneficial to your health

 ADAM.

- Any healthy eating plan works even better when you **GET MOVING.**



**What are the healthiest foods we can eat?**

**Important to  
be consumed  
in order to  
get vitamins  
and  
potassium.**



# FRUITS



Vitamin C, calcium,  
phosphorus



Vitamin E, C and magnesium



Vitamin C, B, K and  
phosphorus

**Vitamins A, B, C, D, E, K;  
magnesium, calcium, phosphorus...**



# NUTS&SEEDS

**Consume for getting  
magnesium and vitamin E.**



Omega 3



Vitamins A, B, C, D, K and omega 3



Calcium, magnesium  
potassium

# GRAINS

Important for getting vitamin B1, C, and folate.



**Vitamins B1, B3, B5, C and folate**



**Sodium, magnesium, potassium**



**EGGS AND**

**LOW FAT DAIRY**

**Consist of calcium and protein  
necessary for the body.**

# SEAFOOD



**Critical to get essential omega 3 needs of the body.**

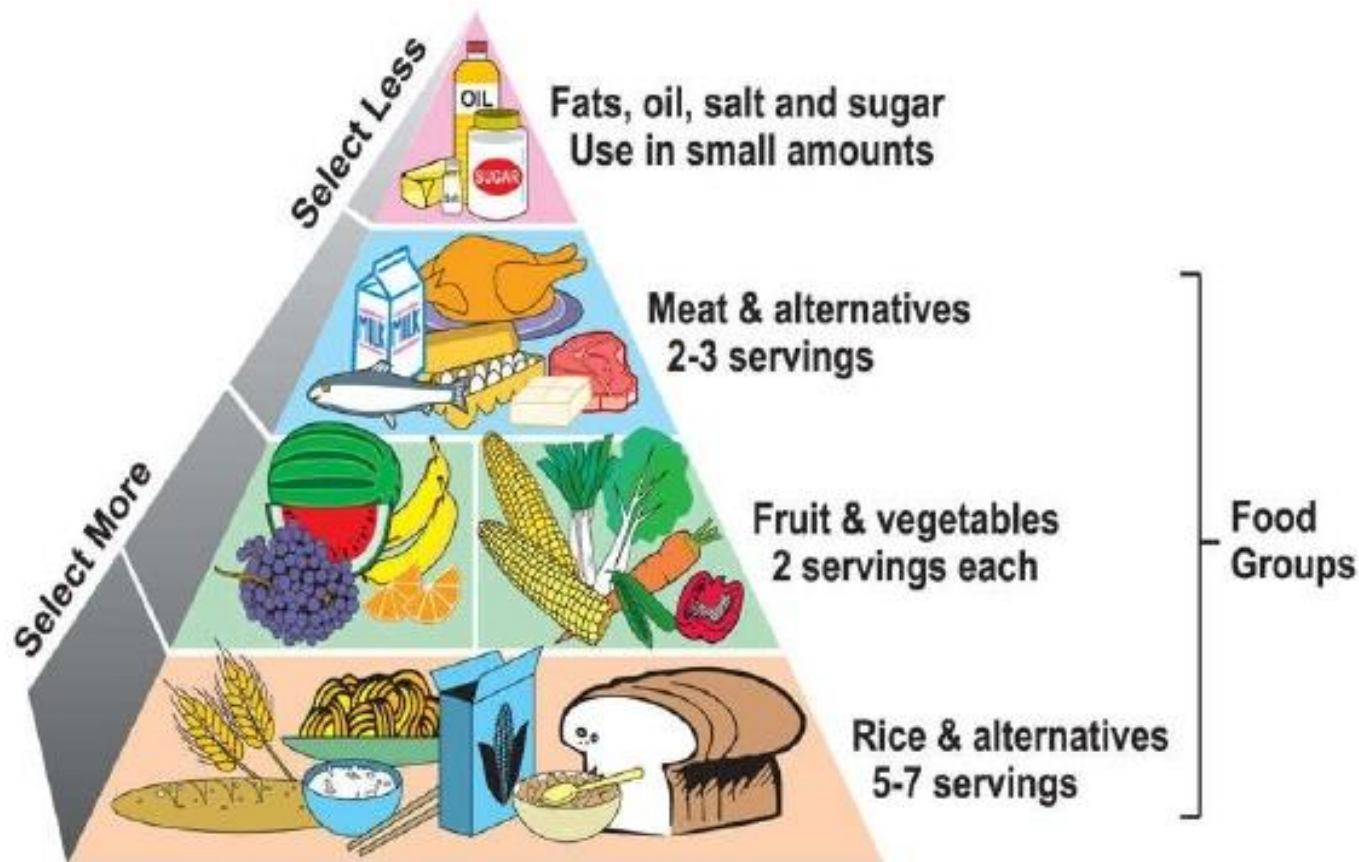
# POULTRY & LEAN MEATS



**Important  
part of  
protein  
that the  
body  
needs.**

# Healthy diet pyramid

General guide that lets you choose a healthful diet that's right for you.



# HOW DO WE

*Eat*   
*Smart!*

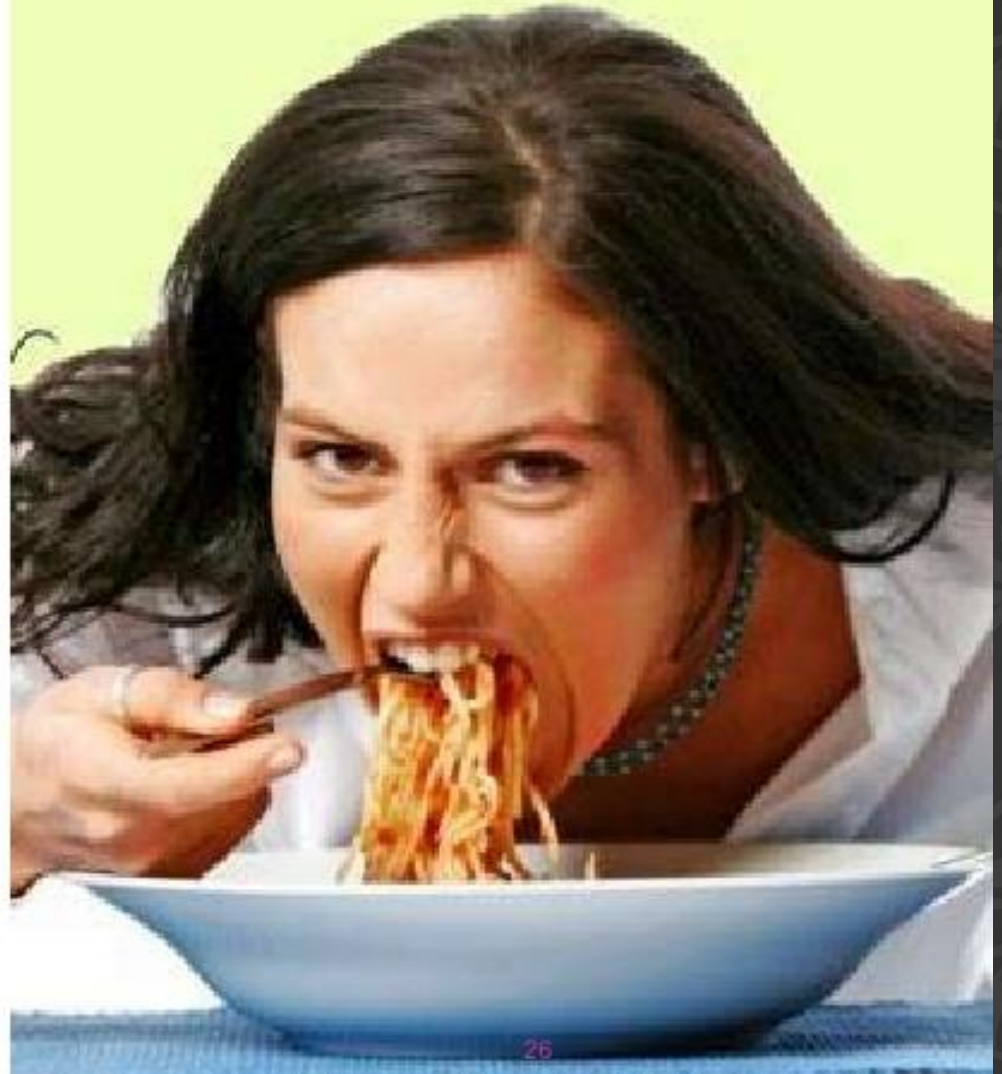


- Not just *what* you eat, but *how* you eat.
- Helps support an overall healthy diet.

# “EAT SMART” STRATEGIES

## 1. Take time to chew your food:

- Chew slowly
- Savor every bite





## 2. Avoid stress while eating:

- Avoid eating while working, driving, arguing, watching TV.



- Take deep breaths in between bites
- Play soothing music in the background

### 3. Listen to your body:



- You may be thirsty
- Stop eating before you feel full
- Eat just enough to satisfy your hunger
- Eat slowly

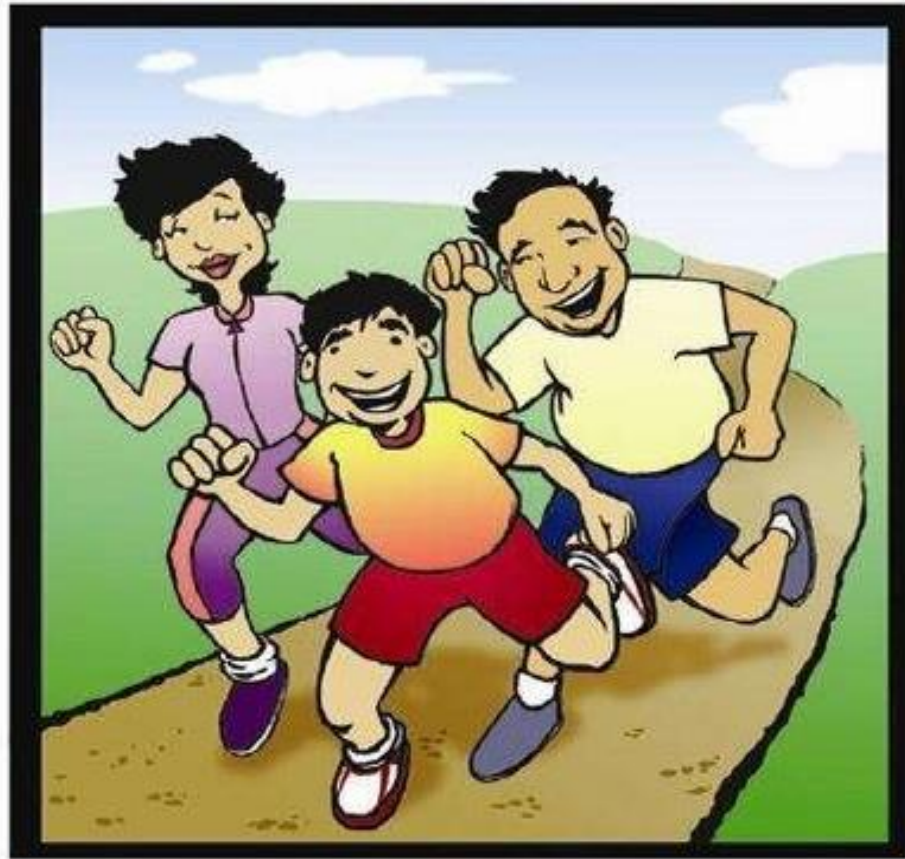
## 4. Eat early, eat often:

- Start your day with a healthy breakfast.
- Have time to work calories off.
- Eat small.



CONCUSSION

# I CAN BE HEALTHY



AMERICAN MEDICAL ASSOCIATION ALLIANCE

A person is shown from the chest up, wearing a black t-shirt. The t-shirt has yellow text printed on it. The background is white, and the entire image is set against a dark grey background with a repeating floral pattern. A vertical purple bar is on the right side of the image.

**Health  
is  
Wealth**

**Thanks for  
Your Attention!**