

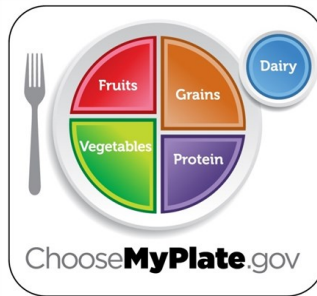
Nutrition News

Fruits

- Buy fruits that are fresh, dried, frozen or canned (in water or 100% juice).
- Eat 2 cups every day.

Benefits

- Naturally low in fat, sodium, & calories.
- None have cholesterol
- Good sources of potassium, fiber, vitamin C, and folic acid



Vegetables

- Eat more red, orange, and dark-green vegetables.
- You can choose between fresh, frozen, or canned vegetables. When choosing canned vegetables, look for “reduced sodium” or “no salt added.”
- Eat 2 1/2 cups every day.

Benefits

- Naturally low in fat & calories.
- None have cholesterol
- Good sources of potassium, fiber, vitamin A, E, and C.



Grains

- Choose whole-grain instead of refined-grains (breads, bagels, cereals, crackers, rice, pasta).
- Eat 6 ounces every day.

Benefits

- Help with weight management and constipation.
- Good source of dietary fiber, B vitamins, iron, magnesium and selenium

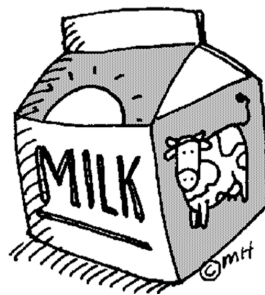


Dairy

- Choose fat-free or low-fat milk.
- If you're lactose-intolerant, try lactose-free milk or soymilk.
- Get 3 cups every day.

Benefits

- Build and maintain bone mass (reduce risk of osteoporosis)
- Good source of calcium, potassium, and vitamin D (if milk is fortified with vitamin D).



Public Health
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Protein Foods

- Eat a variety of protein foods such as seafood, beans and peas, nuts, lean meats, poultry, and eggs.
- Try to eat seafood twice a week.
- Eat 5 1/2 ounces every day.

Benefits

- Building blocks for bones, muscles, skin, cartilage, and blood.
- Good source of B vitamins, vitamin E, iron, zinc, and magnesium.

FATS

Your body needs some fat to maintain body heat, build energy reserve, absorb vitamins A,D,E, & K, and build brain and nerve tissues and cell walls..

For good health:

- Total fat should be 20-35% of daily calories
- Saturated fat should be less than 10% of daily calories
- Cholesterol should be less than 300 mg per day
- Trans fat should be consumed as little as possible.

Each gram of fat has 9 calories



CARBOHYDRATES

Carbohydrates are important for healthy living. Choosing the right carbohydrates should make up 50-60% of your total calories. They (carbohydrates) supply the energy needed for everyday activities.

Simple carbohydrates consist of sodas, high sugar beverages, candy, cookies, cake, sherbet, ices, ice cream, etc.

Complex carbohydrates provide important nutrients. Whole grains such as oats, wheat, and barley provide B vitamins and fiber. Fruits and vegetables provide fiber, vitamin A, C, iron, and calcium.

Carbohydrates provide 4 calories per gram

PROTEIN

Protein is needed to help build bones, muscles, skin, blood, hormones, and vitamins.

You can get protein from seafood, meat, poultry, eggs, beans and peas, nuts, and seeds.

Proteins provide 4 calories per gram



SODIUM

You need sodium in your body to attract water into blood vessels, maintain blood volume and pressure, maintain pH balance, and control muscle performance.



2300 mg of sodium is the maximum amount recommended per day, unless you have other health problems.

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