Nutrition And You

• Anatomy of The Healthy Eating Pyramid
• Healthy Eating Pyramid’s 9 Food Groups
• An Orange a Day...
Anatomy of the Healthy Eating Pyramid.

Activity is represented as the foundation of this pyramid. It is a reminder of the importance of daily physical activity and weight control...

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more these foods can fit into your diet. Remembering that calories in, must balance with calories out.

Vitamins and Alcohol are shown outside the pyramid, and are recognized as something to consume for additional nutrients and heart health. It is recommended that a person consume a daily vitamin and that someone can enjoy up to 2 glasses of red wine per day for heart health benefits if appropriate.

Times per day is shown by the hierarchy of the food group bands. The level of the group within the pyramid suggest how much food a person should choose from each group. The times per day are shown inside each segment of the pyramid.

Variety is shown by the 9 segments representing the 9 food groups of the Healthy Eating Pyramid. This illustrates that foods from most groups are needed each day for good health.
Anatomy of the Healthy Eating Pyramid.

Having a well-balanced diet is important to each us.

The Harvard Healthy Eating Pyramid is recommending a new way of balancing our diets. Although the food groups look the same, some have been rearranged and broken into subcategories. Amounts and types of these foods differ from the USDA Pyramid quite a bit.

According to Harvard, most people should consume unlimited amounts of vegetables and fruit 2 to 3 times per day.

If you are planning a diet, remember to up your intake of fruits, vegetables and whole grains and reduce your intake of less-nutrient-dense foods to control calorie intake.
According to the Harvard Healthy Eating Pyramid, if you are on a 2,000 calorie per day diet, and trying to maintain your current weight you should be eating:

- Veggies in abundance
- Fruit 2 to 3 times per day
- Legumes (dry beans) and nuts 1 to 3 times per day
- Whole grains at most meals
- Plant oils instead of saturated and trans fats.

Eating these vitamin-rich items can help reduce your risk of certain cancers, type 2 diabetes, and cardiovascular diseases.

Did you know that you can get many of your daily vitamins just by getting a variety of nutrient rich foods in your diet? Harvard recommends that each person consumes a sufficient amount of fruits and vegetables and whole-grain products.
Do You Know Your 9 Food Groups?

FRUITS
Try to consume fruit 2 to 3 times each day. Try to achieve this amount through fruit and not through fruit juices due to large amounts of added sugar in most fruit juices. Fruits like oranges, kiwi, strawberries, cantaloupe and bananas are all good choices.

VEGETABLES
Eating veggies is a great way to fill you up and get the vitamins you need. Try to choose vegetables that are dark green like spinach and broccoli instead of some of the starchy vegetables. However, variety is also important.

RED MEAT & BUTTER
Red meat and butter are located at the top of the pyramid. Although beef is a good source of protein, choose it sparingly. Most Americans today already consume enough protein and do not need to increase this in their diets.

DAILY CALCIUM SUPPLEMENT
Consuming calcium is especially important for bone health and growth. Harvard recommends consuming fat free or low-fat milk products 1 to 2 times per day or a daily calcium supplement. Low-fat Milk, yogurt and cheese are all good choices. If you are lactose intolerant, or choose to live a milk free lifestyle, try lactose-free milk products instead.

PLANT OILS
Although essential, intake of fats and oils should be kept to only 10% of calories from saturated fatty acids and less than 300 mg/day of cholesterol. Try oils like olive, canola, soy, corn, sunflower, peanut and other vegetable oils.

GRAINS
Whole grains provide other nutrients we need to maintain a healthy diet. It is recommended that whole grains are consumed at most meals. Try things like brown rice, oatmeal or popcorn.

WHITE RICE, WHITE BREAD, WHITE PASTA; POTATOES, SODA AND SWEETS
Refined flour products and other starchy foods such as white rice, white bread, white pasta and potatoes should be consumed sparingly. They are hard for the body to break down and should be replaced by whole grains whenever possible.

NUTS & LEGUMES
Eating nuts and legumes 1 to 3 times per day is recommended. Try to choose things like lentils, black beans, walnuts or peanuts. This is a great way to get protein if you are cutting out red meat from your diet.

FISH, POULTRY & EGGS
Fish, poultry and eggs can be consumed 0 to 2 times per day and are a better choice for protein than red meat.
VITAMIN A
When you are looking for vitamin A to be added to your diet, think of items like tomatoes, green leaf lettuce, cantaloupe, carrots, grapefruit, and sweet red peppers.

VITAMIN C
You can find vitamin C in things like broccoli, kiwi fruit, strawberries, brussel sprouts, spinach, papaya, tomatoes, romaine lettuce, peppers, guava and of course, oranges and a variety of other citrus fruits and 100% fruit juices.

POTASSIUM
Finding potassium is not difficult when you consider the wide variety of food sources that contain it. Things like tomato products, bananas, oranges, cantaloupe, spinach, a variety of orange squash, baked sweet potatoes and soybeans are all great sources of potassium.

CALCIUM
Calcium is important to us for bone growth or density, osteoporosis, teeth and much more. You can find calcium in many things like low-fat and fat free milk, yogurt and cheese. Even if you are lactose intolerant you can now find it in things like soy milk and orange juice.

FOLATE
Especially important for women of childbearing age and those women in their first trimester of pregnancy, folate and folic acid can be found in things such as spinach, mustard greens and other dark green leafy veggies. It can also be found in cooked dry beans and peas, and in oranges and orange juice.