Your Health Matters: Nutritious Eating

8: Conclusion
Nutritious Eating

Key Point Summary

Your Health Matters!
Energy Balance

- Calories In vs. Calories Out
- IN: *food choices* - variety, balance, moderation, nutrient density
- OUT: *activity* – “FITT”
- Keep track to tip the scale
Portion Distortion

- Size matters! Pay attention to servings/portions.
- More calories IN means more calories to burn.
- Eat a healthy diet of mostly fruits, vegetables, and whole grains.
Healthy Eating

- A healthy diet has more **GO** foods than **SLOW** foods, and more **SLOW** foods than **WHOA** foods.

- Create your plate with Variety, Balance, Moderation, and Nutrition in mind.

- A Healthy Plate has mostly vegetables, some whole grain, lean meat/fish, fruit and a small amount of unsaturated fat.
The Basic Nutrients

- A healthy diet has a balance of carbohydrates, protein and fat.
- “Vary your veggies” and “Focus on fruits”
- “Make half your grains whole”
- Get enough fiber.
- Watch out for packaging health claims.
Nutrition Facts Label

- Start with the serving size
- Check out the total calories, fat, sugar
- Let the % Daily Value be your guide – low on top; high on bottom
- Read the list of ingredients
- Eat mostly foods without labels like fresh fruits and vegetables
Meal Planning and Healthy Cooking

- Eating healthy does not have to cost more.
- Navigate your supermarket wisely.
- Plan your shopping to save time, money and calories!
- Enjoy fruits and vegetables at all meals.
How prepared do you feel to educate people about healthy food choices?
Community Health Workers can help bring about change with health promotion.

Your Health Matters!
Knowledge Questionnaire
Thank you!