

Your Health Matters: Nutritious Eating



8: Conclusion

Nutritious Eating

Key Point Summary



Energy Balance



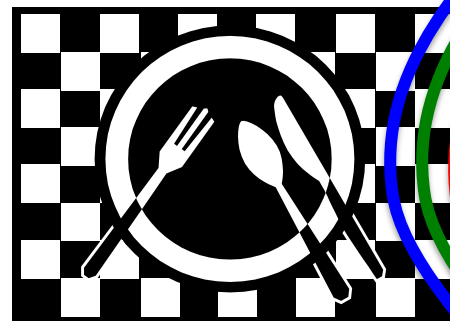
- Calories In vs. Calories Out
- IN: *food choices - variety, balance, moderation, nutrient density*
- OUT: *activity – “FITT”*
- Keep track to tip the scale

Portion Distortion



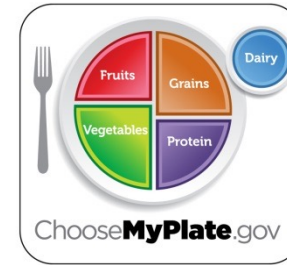
- Size matters! Pay attention to servings/portions.
- More calories IN means more calories to burn.
- Eat a healthy diet of mostly fruits, vegetables, and whole grains.

Healthy Eating



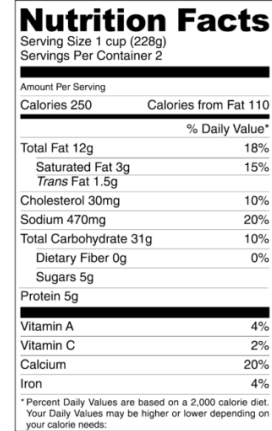
- A healthy diet has more **GO** foods than **SLOW** foods, and more **SLOW** foods than **WHOA** foods.
- Create your plate with Variety, Balance, Moderation, and Nutrition in mind.
- A Healthy Plate has mostly vegetables, some whole grain, lean meat/fish, fruit and a small amount of unsaturated fat.

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



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

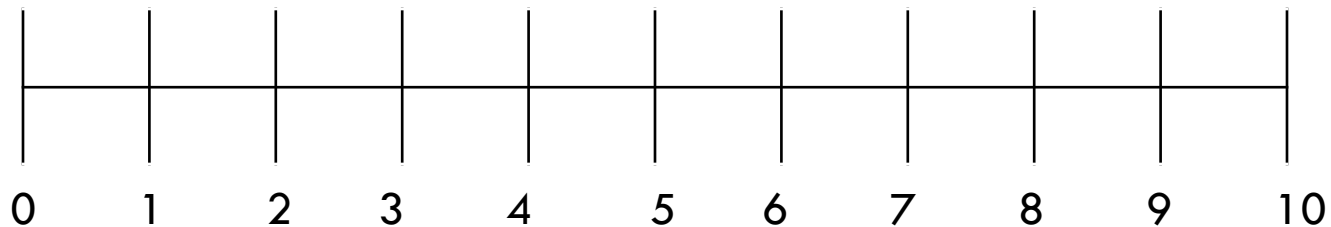
- Start with the serving size
- Check out the total calories, fat, sugar
- Let the % Daily Value be your guide – low on top; high on bottom
- Read the list of ingredients
- Eat mostly foods without labels like fresh fruits and vegetables

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!