

a message from

nutrition  
**HEALTH**  
education

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# WHY

# HEALTHY? Nutrition

## EAT HEALTHY TO LIVE HEALTHY



### STEPS TO SUCCESS

- 1 MAKE HALF YOUR PLATE FRUITS **AND** VEGETABLES
- 2 CHOOSE **LEAN** PROTEINS
- 3 CHOOSE FOODS FROM THE **5** FOOD GROUPS

### WORDS TO LIVE BY

#### VOLUMETRICS

Uses calorie density as a technique to trick your mind into feeling full by eating foods that are calorie dense. Calorie dense foods are often veggies

and fruits that contain many nutrients. The top picture has the same amount of calories but fewer nutrients and less food than the bottom.



## WHY.. MY PLATE?

### My Plate helps you:

**BALANCE** calories while enjoying what you eat.

**AVOID** oversized portions to promote healthy weight management

**CUT** down on foods high in solid fat, sugars and salt.

**EAT** a variety of fruits and vegetables obtain essential nutrients.

Following the My Plate guidelines can make a difference in your body and your mind, because when you eat healthy you will feel better as well. Ask your Nutrition Educator any questions and concerns about your diet.

### A RECIPE FOR GOOD HEALTH

#### WHOLE GRAIN PENNE WITH PINTO BEANS AND SPINACH

Cook Penne according to package. In large saucepan, combine 1 can of tomatoes and 2 cups of beans, and bring to a boil. Reduce heat and simmer uncovered for 10 minutes. Add package of defrosted drained spinach into sauce pan. Simmer for 10 min. Then drain pasta and mix together. Garnish with parmesan cheese.

*Yields 5 servings. Wrap up leftovers and eat them for lunch throughout the week.*

### TAKE TIME TO RELAX & MANAGE YOUR STRESS



## CALL OUR TOLL FREE HOTLINE 877-865-4222

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