

a message from

nutrition
HEALTH
education

MAY 2014

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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