



## CITY OF MISSION HEALTH TRAINING SERIES

Topic: **NUTRITION—HEALTHY EATING**

Date: **Thursday, March 24, 2011**

Time: **3:00pm—4:00pm**

Location: **City Hall - Council Chambers**

Speakers: **Ralph Flores, Lorena Pena, Roberta Bravo, Licensed Dietitians**



Staying healthy includes a balanced diet and getting plenty of exercise. People who practice good nutrition, hygiene and exercise patterns develop a lifetime of habits that will keep them healthy for many years.

### How do you get started on healthy eating?

Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and whole grains and cutting back on foods that have a lot of fat, salt, and sugar. A change to healthier eating also includes learning about balance, variety, and moderation.

- ♥ **Aim for balance.** Balance means that you must eat the right amounts of foods from all levels of the Food Pyramid each day. This way you will get all the calories and nutrients you need for proper growth and development. Most days, eat from each food group—grains, vegetables, fruits, milk, and meat and other proteins, including beans. Listen to your body. Eat when you're hungry. Stop when you feel satisfied.
- ♥ **Look for variety.** Variety means that you must include many different foods from each level of the Food Pyramid because no single food can supply all of the nutrients that your body needs on a daily basis. This can help to expand your food choices. It is best to eat foods of all colors. The more colors and textures in your daily meals, the better range of nutrients you'll get. Be adventurous. Choose different foods in each food group. For example, don't reach for an apple every time you choose a fruit. Eating a variety of foods each day will help you get all the nutrients you need.
- ♥ **Practice moderation.** Don't have too much or too little of one thing. All foods, if eaten in moderation, can be part of healthy eating. Even sweets can be okay.

### Why pay attention to what you eat?

Healthy eating will help you get the right balance of vitamins, minerals, and other nutrients. It will help you feel your best and have plenty of energy. Healthy eating is one of the best things you can do to prevent health problems, such as:

- ♥ Heart disease
- ♥ Stroke
- ♥ High blood pressure
- ♥ Type 2 diabetes
- ♥ Osteoporosis
- ♥ Some types of cancer



### Is healthy eating the same as going on a diet?

Healthy eating is not a diet. It means making changes you can live with and enjoy for the rest of your life. Diets are temporary. Because you give up so much when you diet, you may be hungry and think about food all the time. And after you stop dieting, you also may overeat to make up for what you missed. Eating a healthy, balanced variety of foods is far more satisfying. And if you match that with more physical activity, you are more likely to get to a healthy weight—and stay there—than if you diet.

### How do you make healthy eating a habit?

First, think about your reasons for healthier eating. Do you want to improve your health? Do you want to feel better? Are you trying to set an example for your kids? Next, think about some small changes you can make. Pick ones you can keep doing.

- ♥ Don't try to change everything at once.
- ♥ Set an easy goal you can reach, like having a salad and a piece of fruit each day.
- ♥ Make a long-term goal too, such as having one vegetarian dinner a week

### Where can you get support?

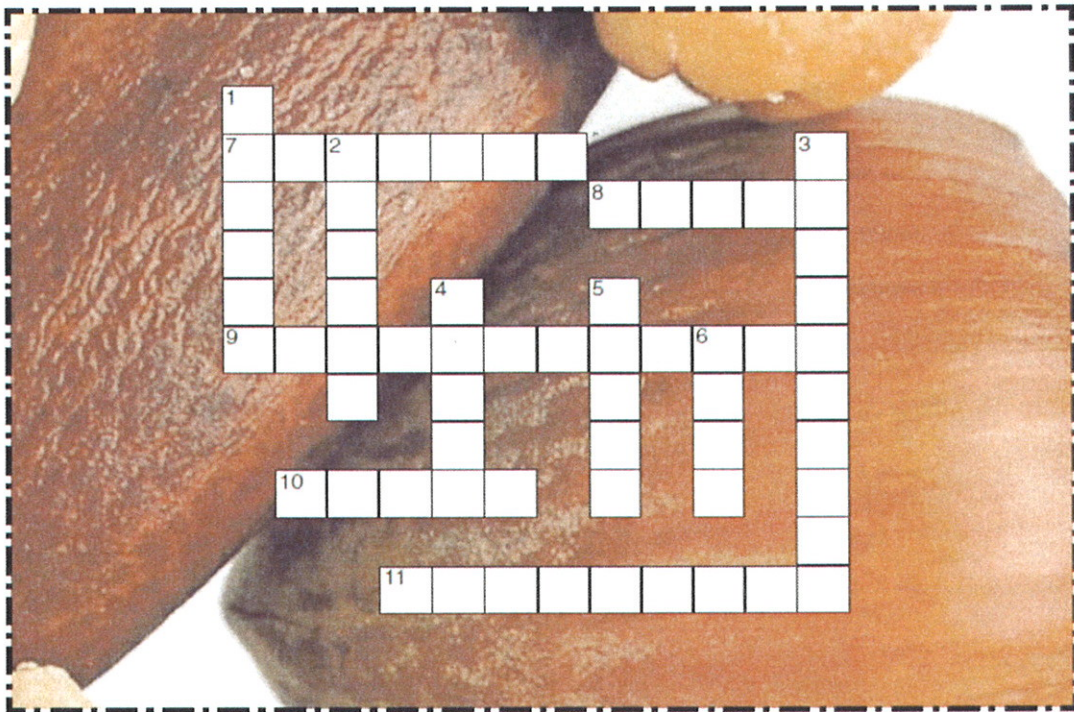
Having support from others can be a huge help. The more support you have, the easier it will be to make changes. Ask family and friends to practice healthy eating with you. Have them help you make meals, and share healthy, delicious recipes and cooking tips. If you need more help, talk to your doctor or a registered dietitian. Look online for groups that support healthy eating and share success stories.

**— Healthy Snacks will be served —**

The Human Resources Department with Mission Regional Medical Center will be hosting health training seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves.

**Our mission is to promote health awareness and to encourage healthy lifestyles.**

## Nutrition Month Quiz



### Down:

1. Fiber is found in foods that are made from \_\_\_\_\_. (Hint: begins with a p and grows in the garden.)
2. Red vegetable that you can use on salads or in pasta sauce.
3. Carrots, broccoli and sweet potatoes are a few of these. You should eat at least 2-1/2 cups a day, including dark green and orange varieties.
4. Oranges, apples and bananas are examples of this food group and you should eat at least 2 cups per day.
5. These are also known as legumes and are very high in fiber. Black, pinto and kidney are a few examples.

6. This animal swims, and eating it two times per week is good for your heart.

### Across:

7. Green leafy vegetable that is eaten in salads.
8. \_\_\_\_ grains have more fiber and nutrients than refined grains. You should eat 3 or more servings of these per day.
9. This fat is solid at room temperature and is bad for your heart.
10. Number of minutes per day you should exercise. (Hint: number of minutes in hour.)
11. Avoid these fats, found in fried food and processed food. They raise bad cholesterol and lower good cholesterol.

### Answers:

Down: 1. plants, 2. tomato, 3. vegetables, 4. fruit, 5. beans, 6. fish. Across: 7. lettuce, 8. whole, 9. saturatedfat, 10. sixty, 11. transfats.

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