

# general nutrition

This year will prove to be an exciting year for nutrition. Every five years the Department of Health and Human Services' makes revisions in previous nutrition findings based on new research. From all indications the underlying message for 2010 will be that there is a basic concept of nutrition and healthful eating that has been known for years... BALANCE.

In a world where all kinds of fad diets exists the key to good health and nutrition have always been and will continue to be balancing eating with physical activity.

The key to eating right is a balanced combination of:

## GRAINS

Aim for at least 3 oz of whole grain cereals, breads, rice or pasta a day. In general 45-65% of your daily calorie intake should be from carbohydrates, with 1/2 from whole grains.

## VEGETABLES

Vegetables should be a delicious combination of:

- Dark green varieties like broccoli and spinach
- Orange vegetable like carrots and sweet potatoes
- Dried beans and peas

## FRUITS

This includes all fresh, frozen, canned, dried fruits and fruit juices. BEWARE: they also contain large amounts of sugar.

## MILK

Milk and dairy products such as yogurt and cheese are the best natural sources of calcium. Most milk should be fat-free or low-fat and fortified with Vitamin D when possible. Cream cheese, cream, and butter have little to no calcium and are not part of this group.

Those that are lactose intolerant can get calcium from fortified orange juice, soy milk or regular yogurt.


## MEAT & BEANS

Meats and beans are the best source of protein. When eating meat, it is most healthy to choose low-fat or lean cuts baked, broiled or grilled. Frying should be kept to a minimum.

## FATS

Fats play an important role in healthy eating. But keep total fat intake at 20-35% of all calories and keep saturated fats at less than 10%.

## EPICUREAN'S GOOD FOOD FOR YOU

Look for this icon: 

These foods contain:

600 calories or less per serving

- Less than 30% of calories from fat
- Less than 10% of calories from saturated fat
- Less than 1000 mg sodium

## THE FOOD PYRAMID

The food pyramid is best known for its ability to adapt to customization. It acknowledges that people are different and need different nutritional advice based on such factors as age, gender and amount of physical activity.

Read more about the pyramid at [www.mypyramid.gov](http://www.mypyramid.gov) and receive a customized nutrition plan best suited for you.

[www.mypyramid.gov](http://www.mypyramid.gov)  
Epicurean 2010