Healthy diet
Path to a healthy lifestyle!
What does eating a healthy diet mean to you?
Healthy diet

- More Physical activity
- More multi-colored vegetables and fruits.
- Healthy Proteins
- Healthy Carbohydrates
- Healthy Fats
- Healthy Liquids
- Less processed food, oil, salt and sweets
- Control portion size!!!
Why is it important to have colors in our diet?
Colors in our diet!

- Yellows and Oranges
  - Anti-cancer
  - Controls blood sugar
- Red, Blues and purples
  - Heart health
  - Anti-oxidants
- Greens
  - Aid in digestion
  - High folic acid: healthy pregnancy and increased energy
Healthy eating plate

**HEALTHY EATING PLATE**

- **Use healthy oils** (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

- **The more veggies** – and the greater the variety – the better. Potatoes and French fries don’t count.

- **Eat plenty of fruits** of all colors.

- **Drink water, tea, or coffee** (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

- **Eat a variety of whole grains** (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

- **Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.**

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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
Healthy proteins

- Fish (salmon, tuna)
- Turkey breast and chicken breast
- Eggs
- Tofu
- Beans
- Yogurt, milk, soymilk
- Nuts and seeds: pumpkin, squash, watermelon, peanuts, almonds)
Healthy carbs

- **Whole grains**: Brown rice, Barley, quinoa, wild rice, pasta whole wheat, multi-grain bread (Instead of white bread, white rice)
- **Dairy**: fat-free milk, low-fat yogurt
- **Beans and pea**: Black beans, Lentils, Soybeans, Kidney beans
- **Fruits**: apple, apricot (have high sweets too)
- **Vegetable**: asparagus, cucumber, sweet potato
Examples of whole grains!
Healthy fats

<table>
<thead>
<tr>
<th>Sources of Saturated Fats</th>
<th>Healthier Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>Olive oil</td>
</tr>
<tr>
<td>Cheese</td>
<td>Low-fat or reduced-fat cheese</td>
</tr>
<tr>
<td>Red meat</td>
<td>White meat chicken or turkey</td>
</tr>
<tr>
<td>Cream</td>
<td>Low-fat milk or fat-free creamer</td>
</tr>
<tr>
<td>Eggs</td>
<td>Egg whites, an egg substitute (e.g. Eggbeaters), or tofu</td>
</tr>
<tr>
<td>Ice cream</td>
<td>Frozen yogurt or reduced fat ice cream</td>
</tr>
<tr>
<td>Whole milk</td>
<td>Skim or 1% milk</td>
</tr>
<tr>
<td>Sour cream</td>
<td>Plain, non-fat yogurt</td>
</tr>
</tbody>
</table>
Examples of healthy fats
Sources of trans fat = unhealthy

- **Baked goods** – cookies, crackers, pizza dough
- **Fried foods** – doughnuts, French fries, fried chicken, hard taco shells
- **Snack foods** – potato, corn, and tortilla chips; candy; packaged or microwave popcorn
- **Solid fats** – stick margarine and semi-solid vegetable shortening
- **Pre-mixed products** – cake mix, pancake mix, and chocolate drink mix
Unhealthy liquids
- Soda (pepsi, coke)
- Energy drinks
- Processed fruit juice
- Alcohol

Healthy liquids
- Water
- Sparkling water
- Low fat milk
- Lemon water
- Homemade fruit water
Healthy Latin American diet

- Lots of physical activity
- Plant based
- More poultry, fish, dairy
- Less red meats, sweets
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STAY ACTIVE!

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Portion sizes

<table>
<thead>
<tr>
<th>Protein Portion</th>
<th>Carbohydrate Portion</th>
<th>Vegetable Portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>1 oz</td>
<td>1 tsp</td>
</tr>
<tr>
<td>1 oz</td>
<td>1 Tbsp</td>
<td>3 oz</td>
</tr>
<tr>
<td>1 tsp</td>
<td></td>
<td>1 cup</td>
</tr>
</tbody>
</table>

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Take home messages!

- Eat colorfully
- Learn portion sizes
- Choose minimally processed, whole foods.
- Fish and poultry are healthier than red meats
- Track your food intake
- Remember PHYSICAL ACTIVITY is an important part of healthy lifestyle!
What are some things that you would like to change about your eating behavior?
Questions, comments, concerns? 😊