

NUTRITION INTERVENTIONS



MEALS AND SNACKS

- Avoid skipping meals
- Follow my plate method-diet high in fiber (from fruit, vegetables, whole grains), lean protein and low in processed carbohydrates
- Add protein to all meals
- Include 3 balanced meals and 1-2 snacks per day
- Increase non-starchy vegetables with meals
- Distribute carbohydrates evenly at meals

PHYSICAL ACTIVITY

Move Your Way/Physical Activity Guidelines for Americans. Talk to your doctor before starting an exercise program, especially if you have certain medical conditions, are experiencing symptoms, or if you have contraindications to exercise.

HEART HEALTHY FATS

- Reduce sources of saturated fats
- Read food labels to ensure you are choosing heart healthy fats (higher in mono and polyunsaturated fats)
- Choose ground meats that are >90% lean
- When reading food labels:
 - Low fat = \leq to 3-5 grams
 - Medium fat = \leq 7-9 grams
 - High fat = \geq to 9 gramsOR
 - Aim for 5% or less saturated fat under “% Daily Value” on the food label



FIBER

Look for grains, breads, and cereals that contain at least 3-5 grams of fiber per serving. Consider fresh, frozen, or canned varieties of starchy and non-starchy vegetables. Remember to rinse canned vegetables to reduce amount of sodium. Select frozen vegetables without added butter or cheeses.

MEAL PLANNING

Using the plate method provided, choose non-starchy vegetables, a source of carbohydrates (starch/grains/starchy vegetables), a lean protein, heart healthy fats, and low-fat dairy as shown in the handout discussed during the visit. For more meal ideas, please visit MyPlate.gov or eatright.org. At snack times incorporate a protein source with a carbohydrate source (like apple and peanut butter or whole wheat crackers with cottage cheese).

ALWAYS USE RELIABLE SOURCES OF INFORMATION

When researching health and nutrition topics online, reliable sources of information will typically end in .org, .edu, or .gov. Some useful and reliable websites include the American Heart Association, the American Diabetes Association, MyPlate.gov, or eatright.org.