


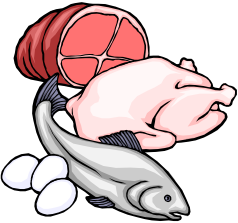
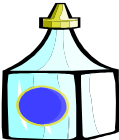



# Eat Your Heart Out!

	<b>Choose MORE Often</b>	<b>Choose LESS Often and Eat Smaller Portions</b>
<b>Breads, Cereals, Pasta, and Rice</b> 	Whole grain breads and crackers Whole grain cereals Low fat granola cereals Brown rice Corn tortillas English muffins and bagels Whole grain pasta Pretzels	White bread, Croissants, doughnuts and pastries Egg breads and noodles Sugar-sweetened cereals Flour tortillas, Crackers White rice
<b>Vegetables and Fruits</b> 	Fresh, frozen and canned fruits and vegetables Dried fruit	Juices Vegetables with excess butter, cheese or a cream sauce Fried vegetables
<b>Dairy Products</b> 	Skim, 1/2%, 1% milk Low-fat or non-fat yogurt Low-fat or fat-free cream cheese and sour cream	Whole and 2% milk Whipped cream Regular cheese Half and half Regular sour cream
<b>Meats and Meat Substitutes</b> 	Roasted, baked or broiled turkey, chicken and pork Baked fish and shellfish Fat-free or low-fat lunch meat Tofu Dry beans, lentils and peas Venison Egg whites	Salami, bologna, bacon, sausage and pepperoni Fried chicken, fish and shellfish Canned tuna packed in oil Organ meats Egg yolks
<b>Fats and Oils</b> 	Low-fat or fat-free salad dressings and mayonnaise Low-fat and fat-free margarine Canola, olive, peanut oils Spray margarine	Butter and regular margarine Bacon fat, lard and shortening Regular salad dressings Regular mayonnaise Coconut and palm oils Cocoa butter
<b>Snacks and Sweets</b> 	Low fat popcorn Baked snack chips Fat-free or low-fat sherbet, frozen yogurt and ice cream Animal crackers Low-fat pudding	Candy bars, Regular soda Regular ice cream Potato chips Regular cookies, cakes and pies Whipped cream desserts



## The Dish on Carbohydrates

Carbohydrates or “carbs” are your body’s main source of energy and should make up at least half of your daily calories. They include fibers, starches and sugars. Carbs can be broken down into two main types-**complex and simple**.

**Complex** carbs (**choose more often**) include starches and fiber. Some examples are whole grain cereals, pastas, rice, vegetables, beans and fruits. Complex carbs are essential to health, rich in nutrients, low in calories, high in fiber, slowly broken down by the body and leave you feeling full longer.

**Simple** carbs (**choose less often and in smaller portions**) are sugars. Some examples are candy, soda and other sweets. Simple carbs are: high in calories, low in nutrients, broken down in the body quickly resulting in a spike in blood sugar that makes you hungry sooner.

Balance is the key! Our bodies need a variety of food for good health. Not eating a nutrient such as carbohydrates to lose weight is not good for overall health. The good news is that you can lose weight and improve your nutritional health at the same time. A balanced diet that includes fruits and vegetables offers fiber to keep you full, nutrients to keep you healthy and enough variety to keep you satisfied. This along with daily physical activity will help you improve your health.

### Cutting through the Fat

#### HEALTHIER FATS-choose more often

##### Monounsaturated Fat – use instead of saturated fat

- found in: olives, olive oil, many nuts, avocados, peanuts, peanut oil, canola oil
- *lowers LDL (bad) and raises HDL (good) cholesterol*

##### Polyunsaturated Fat (linoleic acid and linolenic acid)–use instead of saturated fat

- **Linoleic Acid (omega 6 fatty acids)**
  - found in: beef, lamb and dairy products; most vegetable oils including soybean, corn and safflower oils; pumpkin, sesame and sunflower seeds and margarine
  - *lowers LDL (bad) cholesterol, high(good) intakes may also lower HDL (good) cholesterol*
- **Linolenic Acid (omega 3 fatty acids)**
  - found in: rainbow trout, sardines, tuna, mackerel, salmon, tofu and other soybean products, walnuts, flaxseed and canola oil
  - *lowers LDL (bad) and raises HDL (good) cholesterol*

#### UNHEALTHY FATS-choose less often and in smaller portions

##### Saturated Fat – try to limit in diet

- found in: butter, lard, cocoa butter, coconut oil, palm kernel and palm oil, chocolate, red meat, pork, poultry, fat, cream and whole milk
- *raises both LDL (bad) and total cholesterol*

##### Trans Fat – try to limit in diet to 1 gram per 1000 calories

- found in: processed foods like snacks (crackers and chips) and baked goods (cookies, muffins and cakes), stick margarines and shortening – look on ingredient label for partially hydrogenated oil
- *raises LDL (bad) and lowers HDL (good) cholesterol*