

Healthy Eating



Vegetables, Fruits, Beans and Whole Grains

Eating vegetables and fruits lowers risk of heart disease!

Eat plenty of vegetables and fruits for:

- Vitamins and minerals
- Fiber
- Snacks and desserts
- To help you feel full



How much should I eat?

- ➔ Eat at least 7 servings of vegetables and fruits every day.
 - Try to eat at least 3 or 4 *different* fruits and vegetables each day
 - ➔ Try to eat 3 servings of fruit every day.
 - A serving of fruit is a small apple or half of a banana.
 - ➔ Try to eat a least 4 servings of vegetables every day.
 - Eat the skin or peel when possible. It has fiber.
 - A serving of vegetables is a ½ cup cooked and 1 cup raw.
 - ➔ **Go easy on starchy vegetables** like white potatoes, corn, and lima beans.
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Eating beans and whole grains

Beans and whole grains have even more fiber than vegetables and fruits. Eating fiber:

- Lowers your chances of getting heart disease
- Helps you feel full
- Keeps you regular



Beans: How much should I eat?

➔ Eat a serving of beans 3 or more times per week, every week.

A serving is a ½ cup of cooked beans.

What beans should I eat?

Pintos

Split peas

Limas

Navy

Black eyed peas

Butter Beans

Kidney

Field peas

White beans

Black beans

Lentils

Cannellini



Whole grains include...

- Whole wheat bread
- Brown rice
- Whole wheat spaghetti and pasta
- High fiber breakfast cereals
- Old fashioned oatmeal (rolled, whole, or steel cut, NOT instant pack with flavor added)



How much whole grains should I eat?

➡ Try to eat whole grains *every time* you eat grains.

➡ Pick bread that has at least 2 grams of fiber per slice.

- Breads that look brown are not always made from whole grain. Be careful!
- Read the label to make sure the first ingredient is whole wheat flour or another whole grain like rye or oat.

➡ Choose high-fiber cereals.

- Pick a cereal that has *at least* 5 grams of fiber per serving.



What grain foods should I avoid?

- White flour
 - White rice
 - Regular pasta
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Goals

Check one or two goals to start working on!



Try to eat 4 or more servings of vegetables each

day

- Eat a variety of vegetables, including dark green and orange vegetables.
 - Add spinach to salads.
 - Bake a sweet potato instead of white potato.
 - Eat cut-up vegetables as a snack.
- Buy fresh, frozen or canned vegetables. Rinse canned vegetables that may have salt.



Try to eat 3 servings of fruit each day

- Add fruits like bananas, berries, and peaches to cereal.
- Eat fruit (fresh, frozen, or canned) instead of drinking fruit juice. Whole fruit has more fiber!
- Avoid canned or frozen fruits with added sugar or syrup. Look for canned fruit labeled “in its own juice”.
- Eat dried fruit, such as raisins, as a snack. But watch serving sizes. A $\frac{1}{4}$ cup of dried fruit is one serving.



Try to eat beans 3 or more times each week

- Make a quick and healthy meal with canned beans.
 - Get low-salt (low-sodium) beans or drain and rinse canned beans.
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Choose whole grain breads

- Pick whole grain bread instead of white bread.
- The first ingredient should be whole wheat flour, rye or another whole grain. Multi-grain bread is not the same as whole grain!
- Check food labels to choose breads with at least 2 grams of fiber per slice.



Try more whole grain foods (brown rice, whole wheat pasta, etc.)

- To get used to the taste of whole wheat pasta, try mixing it with regular pasta at first.



Eat whole grains for breakfast

- Cereals like shredded wheat, bran flakes, or old fashioned oatmeal are all good choices.
 - Avoid instant grits, which may be high in salt (sodium). Aim for no more than 350 mg of salt per serving.
 - Stay away from cereals with lots of added sugar like instant oatmeal or frosted flakes. Aim for 3 grams of sugar per serving or less. If the cereal has raisins or other dried fruit, aim for 5 grams of sugar per serving.
 - Sweeten cereal by topping it with bananas, berries, peaches, or other fruit.
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