



Along with regular physical activity, proper nutrition can decrease your risk of:

- Heart disease
- Diabetes
- Cancer
- Arthritis pain
- Osteoporosis and hip fracture
- Heartburn
- Mental decline
- Depression
- Obesity
- Stroke
- Hypertension (high blood pressure)
- Autoimmune and inflammatory disease

“Eat food. Not too much. Mostly plants.”
 – Michael Pollan

Go healthy tips:

- Eat food as grown
- Avoid processed foods
- Optimally, buy organic to avoid pesticides see: ewg.org
- Spread your intake throughout the day; include breakfast
- Include healthy fats (nuts, seeds, avocados, olives, unsweetened coconut)
- Exercise daily to feel your best
- Help others – “Practice an Attitude of Gratitude”
- Avoid exposure to tobacco products
- Get at least 7 hours of sleep
- Practice mindful living

Comparison chart

Based on 2,000 calories/day

	Typical American Diet	Optimal Diet
Fats and oils*	80-120 grams	45 grams
Sugar**	35 teaspoons	under 8 teaspoons
Sodium	5,000 milligrams	1,500-2,300 milligrams
Fiber	10 grams	25-40 grams or more
Water	minimal	8 servings

*1 teaspoon fat = 5 grams
 ** 1 teaspoon sugar = 4 grams



Nutrition Guidelines for Optimal Health

Whole foods, plant strong



- Vegetables and fruits**
 - Half of your plate should be vegetables and fruits
 - Eat the rainbow
- Whole grains**
 - Brown rice, whole wheat, barley, quinoa, rye, oats
- Plant proteins**
 - Beans, peas and lentils
- Nuts and seeds**
- Water**

- Saturated and trans fat**
 - Partially hydrogenated fats
 - Animal fats, butter, shortening, fat in meat
 - Palm and palm kernel oil

- Refined grains**
 - White flour
 - Enriched flour

- Sugars**
 - Any ingredient on a label that ends in -ose (sucrose, maltose)
 - High fructose corn syrup

- Animal products**
 - Meat, eggs, cheese

- Sodium**
 - Keep sodium to <2,300 milligrams (1 tsp)
 - For individuals with prehypertension and hypertension, further reduction to 1,500 milligrams can result in even greater blood pressure reduction.

Source: Dietary Guidelines for Americans 2015

Alcohol



www.thedacare.org



	Recommended daily serving	Calories/ serving	GO FOODS The healthiest foods to eat every day	PAUSE AND THINK FOODS	STOP FOODS
Vegetables	At least 5	25-80	Vegetables: choose a wide variety of colors, fresh or frozen with no added fat or salt - 1/2 cup cooked or 1 cup raw	Vegetable juice - 1/2 cup Canned vegetables - 1/2 cup	French fries Hash browns Deep fried breaded vegetables Creamed vegetables
Fruits	3-4	60	Cut up fruit, fresh or frozen with no added sugar - 1 cup Piece of fruit - 1 tennis ball size Dried fruit, with no added sugar - 2-4 Tbsp	100% fruit juice - 1/2 cup Canned fruit, in water or juice - 1/2 cup	Fruit punch Canned fruit, in syrup Packaged "fruit" snacks
Grains	5-7	80	<p>Whole grains Choose most often; about 1/2 cup cooked</p> <ul style="list-style-type: none"> • Oats • Barley • Brown rice • Buckwheat • Bulgur • Farro • Millet • Quinoa • Wheat berries • Air popped popcorn - 3 cups <p>Processed grains (100% whole grain listed as first ingredient)</p> <ul style="list-style-type: none"> • Bread - 1 slice • Cereal, unsweetened - 3/4 cup • Pasta - 1/2 cup • Tortilla - 6 inch 	<p>Refined grains</p> <ul style="list-style-type: none"> • Bread - 1 slice • Cereal, unsweetened - 3/4 cup • White pasta - 1/2 cup • Tortilla - 6 inch size • Bagel - 1 ounce • Pancake - 4 inch • Cracker - variable • White rice - 1/3 cup • Oil popped popcorn - 3 cups 	<p>Refined and high fat grains</p> <ul style="list-style-type: none"> • Cookies • Cake • Pie • Donuts • Biscuits • Croissants • Crackers • Muffins • Popcorn with butter or microwave popcorn • Sweetened cereals
Proteins	6-8 1 serving = 7 grams protein Proteins are also found in grains, vegetables, nuts and seeds	55	<p>Plant based</p> <ul style="list-style-type: none"> • Dried or canned, low sodium beans, peas, lentils - 2/3 cup (1 protein, 1 grain) • Soy, minimally processed - tofu, tempeh, seitan, edamame • Calcium fortified, unsweetened soy milk or yogurt - 1 cup <p>For those who choose to eat animal based foods Hormone and antibiotic free dairy, up to 2 servings/day</p> <ul style="list-style-type: none"> • Skim or 1% milk - 1 cup • Plain non-fat yogurt - 6 oz • Kefir - 6 oz 	<p>Lean animal based - 7 grams of protein = 1 serving (about 1 oz)</p> <ul style="list-style-type: none"> • Chicken/turkey with no skin • Pork tenderloin and loin cuts • Top round, sirloin, tenderloin • Hormone and antibiotic free, no added nitrate/nitrite lunch meat • Venison and other lean game meat • Egg - 1 medium • Low fat cheese - 1 1/2 oz • Fish (http://dnr.wi.gov/topic/fishing/consumption) <p>Plant based</p> <ul style="list-style-type: none"> • Regular canned beans, peas, lentils 2/3 cup <p>Processed soy products - 7 grams of protein = 1 serving</p> <ul style="list-style-type: none"> • Veggie burgers, soy based patties, soy crumbles (without soy isolates) 	<p>High fat animal based</p> <ul style="list-style-type: none"> • Lunch meats • Fried meats • Sausage, bacon, ham, hot dogs • Beef (including ground, ribs, chuck roast, t-bone) • Pork, all cuts except loin and tenderloin • Chicken or turkey with skin, ground turkey or chicken with skin • Fish (shark, swordfish, king mackerel, tile fish) • 2% milk, whole milk • Chocolate milk • Sweetened yogurt • Artificially sweetened yogurt • Cheese <p>Plant Based</p> <ul style="list-style-type: none"> • Sweetened soy, almond, rice milk • Soy isolates
Nuts and seeds	1-2	165	<p>Nuts and seeds</p> <ul style="list-style-type: none"> • Nuts, unsalted - 1 oz (almonds, walnuts, peanuts) • Nut butters, unsalted - 2 tsp • Seeds, unsalted - 1 oz (sunflower, flax, chia, hemp, pepitas) 	<p>Nuts and seeds</p> <ul style="list-style-type: none"> • Nuts, salted - 1 oz • Nut butters, salted - 2 tsp • Seeds, salted - 1 oz 	
Fats	0-2	45	<p>Whole plant based</p> <ul style="list-style-type: none"> • Avocado - 1/5 medium • Olives - 8 large • Unsweetened coconut - 2 Tbsp <p>Added fats plant based</p> <ul style="list-style-type: none"> • Extra virgin olive oil, grapeseed oil, sunflower, peanut oil - 1 tsp 	<p>Plant based</p> <ul style="list-style-type: none"> • Vinaigrette salad dressing - 1 Tbsp • Coconut oil - 1 tsp • Most vegetable oils - 1 tsp <p>Animal based</p> <ul style="list-style-type: none"> • Low fat mayonnaise, sour cream, cream cheese - 1 Tbsp 	<p>Plant Based</p> <ul style="list-style-type: none"> • Margarine • Palm and palm kernel oil • Processed salad dressings <p>Animal Based</p> <ul style="list-style-type: none"> • Mayonnaise • Butter • Cream cheese • Sour cream
Sweeteners				Honey, pure maple syrup, raw sugar - 1 tsp	<ul style="list-style-type: none"> • Artificial sweeteners such as aspartame, sucralose, saccharin • Corn syrup, high fructose corn syrup, sugar, fructose, sugar alcohols, agave nectar*, stevia* <p>* highly processed</p>