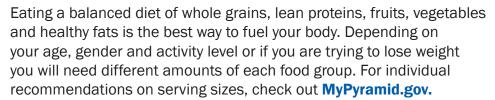
# **Balanced Nutrition is Best!**

Healthy Lifestyles Program (HeLP) - Children's Mercy Hamily Health Partne

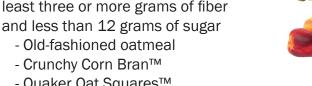






### Grains 1 serving = 1/2 cup or 1 slice

- Pasta whole wheat
- Bread look for bread with 3g or more fiber. Must say whole grain flour on the label.
- Tortilla whole wheat or corn (1)
- Rice brown rice or long grain rice
- Bulgar
- Quinoa
- Cereal look for cereals with at least three or more grams of fiber
  - Quaker Oat Squares™
  - Shredded Wheat™
  - Frosted Mini-Wheats™





### **Healthy fats: 2-3 teaspoons per day**

Make most of your fat sources from fish, nuts and plant oils:

- Olive oil
- Sunflower
- Canola
- Soybean
- Corn



#### **Fruits**

- Try to eat at least 2 fruits per day. Make most choices fruit instead of
- Eat a variety of colorful fruits:
  - Strawberries, watermelon, cantaloupe, oranges, bananas, apples, kiwi, grapes, blueberries, peaches, plums and more.



## Dairy 3 servings per day 1 serving = 1 cup yogurt, 1 1/2 oz. cheese, or 1 cup milk

- Skim or 1% milk
- Low fat yogurt (avoid high sugar yogurts)
- Low fat cheeses
  - Mozzarella or string cheese
  - 1 or 2% fat cheeses including cottage cheese
- Low fat pudding



## **Vegetables**



- · Aim for at least 3 servings of vegetables a day. A serving is ½ cup cooked or 1 cup of leafy vegetables such as spinach.
- Eat a variety of colorful vegetables: red pepper, tomatoes, squash, cauliflower, broccoli, spinach, green beans, peas, lettuce, carrots, eggplant, sprouts, onions and more.



#### **Lean Proteins**

- Nuts
   Fish
   Eggs
   Cooked beans
   Peanut butter
- White meat chicken and turkey
- Pork or beef ('Round' or 'Loin' are leanest)







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	ALWAYS	SOMETIMES	RARELY
Vegetables	fresh, frozen and canned vegetables without added fat and sauces	<ul> <li>vegetables with added fat and sauces – like cheese and dressings</li> <li>oven baked French fries</li> <li>avocado</li> </ul>	<ul> <li>fried vegetables like French fries, hash browns, fried mushrooms, zucchini, asparagus</li> </ul>
Fruits	fresh, frozen or canned fruit in its own juice	<ul><li>100% juices</li><li>fruits canned in light syrup</li><li>dried fruits</li></ul>	• fruits canned in heavy syrup
Breads and cereals	<ul> <li>whole grain breads, pita breads, tortillas and pasta</li> <li>brown rice</li> <li>corn tortillas</li> <li>hot and cold unsweetened whole-grain breakfast cereals (like oatmeal)</li> </ul>	<ul> <li>refined white bread, rice, pasta,</li> <li>fried taco shells</li> <li>biscuits, French bread, waffles, pancakes</li> <li>cornbread, granola</li> </ul>	<ul> <li>croissants, muffins, doughnuts, sweet rolls</li> <li>crackers made with trans fats</li> <li>sweetened breakfast cereals</li> </ul>
Milk and milk products	skim or 1% milk, yogurt, cheese or cottage cheese	<ul><li>2% low-fat milk</li><li>processed cheese spread</li></ul>	<ul><li>whole milk</li><li>full fat American, cheddar, Colby, Swiss, cream cheese, or yogurt</li></ul>
Meats, poultry, fish, eggs, beans and nuts	<ul> <li>trimmed beef and pork</li> <li>extra lean ground beef</li> <li>chicken and turkey without skin</li> <li>canned tuna in water</li> <li>baked, broiled, steamed, grilled fish and shellfish</li> <li>beans, split peas, lentils, tofu</li> <li>egg whites and egg substitutes</li> </ul>	<ul> <li>lean ground beef</li> <li>broiled hamburgers</li> <li>ham, Canadian bacon</li> <li>chicken and turkey with skin</li> <li>low-fat hot dogs</li> <li>canned tuna in oil</li> <li>peanut butter and nuts</li> <li>whole eggs without added fat</li> </ul>	<ul> <li>untrimmed beef and pork</li> <li>regular ground beef</li> <li>fried hamburgers</li> <li>ribs, bacon, fried chicken, chicken nuggets, hot dogs, lunch meats, pepperoni, sausage</li> <li>fried fish and shellfish</li> <li>whole eggs cooked with fat</li> </ul>
Sweets and snacks		<ul> <li>ice milk bars</li> <li>frozen fruit juice bars</li> <li>low-fat frozen yogurt and ice cream</li> <li>fig bars, ginger snaps, baked chips</li> <li>low-fat microwave popcorn</li> <li>pretzels</li> </ul>	<ul> <li>cookies, cakes pies, cheese cake</li> <li>ice cream, chocolate, candy, chips</li> <li>buttered microwave popcorn</li> </ul>
Condiments	<ul> <li>vinegar, ketchup, mustard</li> <li>fat-free salad dressings</li> <li>fat free mayonnaise</li> <li>fat-free sour cream</li> <li>olive oil and olive oil based salad dressings</li> </ul>	<ul> <li>low fat salad dressings</li> <li>low fat mayonnaise</li> <li>low-fat sour cream</li> <li>vegetable oil</li> </ul>	<ul> <li>butter, margarine, lard, salt pork, gravy</li> <li>regular salad dressing, mayonnaise, tartar sauce, sour cream</li> <li>cheese sauce, cream sauce, cream cheese dips</li> </ul>
Beverages	<ul> <li>water</li> <li>skim or 1% milk</li> <li>iced teas (no sugar added)</li> <li>diet sodas, flavored waters, sugarfree drinks (sugar free lemonade)</li> </ul>	• 2% milk • 100% fruit juice	<ul> <li>whole milk</li> <li>regular soda, sweetened iced teas</li> <li>regular lemonade</li> <li>sports drinks</li> <li>fruit drinks that are not 100% juice</li> </ul>
Notes:			



Customer Service: **1-800-347-9363 M0**; **1-877-347-9363 KS**Nurse Advice Line: **1-800-347-9369 24 hours a day** 

This information is educational in nature and can be used as guide. However, it is not intended to replace a doctor's medical direction. If you have questions or concerns, talk to your doctor or healthcare provider.