

Balanced Nutrition is Best!

Healthy Lifestyles Program (HeLP) - Children's Mercy Family Health Partners



Eating a balanced diet of whole grains, lean proteins, fruits, vegetables and healthy fats is the best way to fuel your body. Depending on your age, gender and activity level or if you are trying to lose weight you will need different amounts of each food group. For individual recommendations on serving sizes, check out MyPyramid.gov.

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 and less than 12 grams of sugar
 - Old-fashioned oatmeal
 - Crunchy Corn Bran™
 - Quaker Oat Squares™
 - Shredded Wheat™
 - Frosted Mini-Wheats™

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

Healthy fats: 2-3 teaspoons per day



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

- Olive oil
- Canola
- Corn
- Sunflower
- Soybean

Fruits



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

Vegetables



- Aim for at least 3 servings of vegetables a day. A serving is 1/2 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)

Balanced Nutrition is Best!

Healthy Lifestyles Program (HeLP) - Children's Mercy Family Health Partners



	ALWAYS	SOMETIMES	RARELY
Vegetables	<ul style="list-style-type: none"> • fresh, frozen and canned vegetables without added fat and sauces 	<ul style="list-style-type: none"> • vegetables with added fat and sauces – like cheese and dressings • oven baked French fries • avocado 	<ul style="list-style-type: none"> • fried vegetables like French fries, hash browns, fried mushrooms, zucchini, asparagus
Fruits	<ul style="list-style-type: none"> • fresh, frozen or canned fruit in its own juice 	<ul style="list-style-type: none"> • 100% juices • fruits canned in light syrup • dried fruits 	<ul style="list-style-type: none"> • fruits canned in heavy syrup
Breads and cereals	<ul style="list-style-type: none"> • whole grain breads, pita breads, tortillas and pasta • brown rice • corn tortillas • hot and cold unsweetened whole-grain breakfast cereals (like oatmeal) 	<ul style="list-style-type: none"> • refined white bread, rice, pasta, • fried taco shells • biscuits, French bread, waffles, pancakes • cornbread, granola 	<ul style="list-style-type: none"> • croissants, muffins, doughnuts, sweet rolls • crackers made with trans fats • sweetened breakfast cereals
Milk and milk products	<ul style="list-style-type: none"> • skim or 1% milk, yogurt, cheese or cottage cheese 	<ul style="list-style-type: none"> • 2% low-fat milk • processed cheese spread 	<ul style="list-style-type: none"> • whole milk • full fat American, cheddar, Colby, Swiss, cream cheese, or yogurt
Meats, poultry, fish, eggs, beans and nuts	<ul style="list-style-type: none"> • trimmed beef and pork • extra lean ground beef • chicken and turkey without skin • canned tuna in water • baked, broiled, steamed, grilled fish and shellfish • beans, split peas, lentils, tofu • egg whites and egg substitutes 	<ul style="list-style-type: none"> • lean ground beef • broiled hamburgers • ham, Canadian bacon • chicken and turkey with skin • low-fat hot dogs • canned tuna in oil • peanut butter and nuts • whole eggs without added fat 	<ul style="list-style-type: none"> • untrimmed beef and pork • regular ground beef • fried hamburgers • ribs, bacon, fried chicken, chicken nuggets, hot dogs, lunch meats, pepperoni, sausage • fried fish and shellfish • whole eggs cooked with fat
Sweets and snacks		<ul style="list-style-type: none"> • ice milk bars • frozen fruit juice bars • low-fat frozen yogurt and ice cream • fig bars, ginger snaps, baked chips • low-fat microwave popcorn • pretzels 	<ul style="list-style-type: none"> • cookies, cakes pies, cheese cake • ice cream, chocolate, candy, chips • buttered microwave popcorn
Condiments	<ul style="list-style-type: none"> • vinegar, ketchup, mustard • fat-free salad dressings • fat free mayonnaise • fat-free sour cream • olive oil and olive oil based salad dressings 	<ul style="list-style-type: none"> • low fat salad dressings • low fat mayonnaise • low-fat sour cream • vegetable oil 	<ul style="list-style-type: none"> • butter, margarine, lard, salt pork, gravy • regular salad dressing, mayonnaise, tartar sauce, sour cream • cheese sauce, cream sauce, cream cheese dips
Beverages	<ul style="list-style-type: none"> • water • skim or 1% milk • iced teas (no sugar added) • diet sodas, flavored waters, sugar-free drinks (sugar free lemonade) 	<ul style="list-style-type: none"> • 2% milk • 100% fruit juice 	<ul style="list-style-type: none"> • whole milk • regular soda, sweetened iced teas • regular lemonade • sports drinks • fruit drinks that are not 100% juice

Notes:



Customer Service: **1-800-347-9363 MO; 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.

Children's Mercy Hospitals and Clinics, Departments of Health Management & Nutrition Services, Healthy Lifestyle Team

revised 02/2010 approved MO 04/13/2010 KS 03/30/2010