

# THE POWER OF PROPER NUTRITION

Committing to a nutritious diet is essential for good health and well-being. Poor nutrition is a risk factor for many diseases, including obesity, diabetes, cardiovascular disease, and cancer.<sup>1</sup>

## MACRONUTRIENTS:

Fueling the body every day

MACRONUTRIENTS ARE DIETARY COMPONENTS THE BODY NEEDS IN LARGE AMOUNTS



Protein helps build muscle and repair tissue.



Fats help supply energy, produce hormones, and promote tissue growth.



Carbohydrates are the main source of energy in most diets and can include fiber for digestive health. They are also used as structural components in cells.

## WHAT MAKES A HEALTHY DIET?

Healthy diets are<sup>1</sup>:

- ▲ Higher in vegetables, fruits, whole grains, low-fat or nonfat dairy, seafood, legumes, and nuts
- ▼ Lower in red and processed meats, sugar-sweetened foods and beverages, and refined grains

**Only 1.5% of adults age 20+ meet the criteria for a healthy diet<sup>1</sup>**

BASED ON A 2000-CALORIE DIET, HERE'S HOW MUCH OF EACH FOOD GROUP IS IDEAL IN ONE DAY<sup>1</sup>:

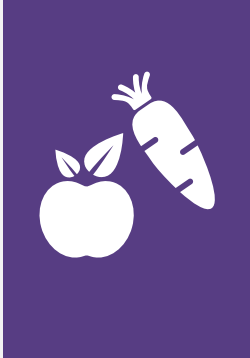
<b>VEGETABLES</b>	<b>2 ½ cups</b>
<b>FRUITS</b>	<b>2 cups</b>
<b>GRAINS</b> - Choose whole grains over refined grains	<b>6-ounce equivalent</b> 1 ounce is approximately 1 slice of bread, or ½ cup of rice or pasta
<b>DAIRY</b>	<b>3 cups</b> Examples: 1 cup of milk, 1 serving of Greek yogurt, 1 slice of cheese
<b>PROTEIN FOODS</b> - Good sources include: seafood, meats, poultry, eggs, nuts, seeds, and soy products  Nutrition shakes can help provide added protein	<b>5 ½-ounce equivalent</b> 1 ounce of lean meat, poultry, or seafood, 1 egg, 1 tablespoon peanut butter, or ½ ounce of nuts or seeds is considered a 1-ounce equivalent
<b>OILS</b> - Some options include olive, avocado, and coconut oils	<b>Approximately 4 tablespoons</b>
<b>LIMIT CALORIES FROM SOLID FATS AND ADDED SUGARS</b>	<b>270 calories</b>

Nutrition needs may vary based on age, sex, health, and activity level. People working to lose weight or manage chronic conditions, such as diabetes and high blood pressure, may need fewer calories and different amounts of food from select food groups. People who are malnourished may need more calories and servings from select food groups.

Half of adults consume 2 to 3 snacks every day.<sup>1</sup>

## SMALL SNACK CHANGES CAN HELP IMPROVE NUTRITION

Certain snack choices may sabotage progress toward a nutritious diet. Snacks and sweets can account for over 30% of daily added sugars and 25% of added sodium,<sup>1,2</sup> and add up to an entire meal's worth of calories.<sup>3</sup> A few simple snack changes can make a real difference!



### STOCK UP ON NUTRITIOUS SNACKS

Toss some fresh fruit in your bag or some nuts in your desk drawer. Try prepping snacks at home each evening.



### KEEP A FOOD JOURNAL

Track when, what, and why you're eating to help you make adjustments in the future.



### REPLACE POOR SNACKS WITH PROTEIN SHAKES

These convenient shakes can be nutritionally balanced and good choices for protein and fiber to help manage hunger. Plus, they can help satisfy sweet cravings.



### PRACTICE MINDFUL SNACKING

If you can, take a break and enjoy your snack without multitasking. Pay attention to the colors, smells, and textures of your snack.

## Snacks that seem healthy may not be nutritious choices

### BLUEBERRY MUFFIN

(medium size)  
424 calories  
35g sugars  
5g protein



### CHOCOLATE FROZEN YOGURT

(1 cup)  
228 calories  
33g sugars  
5g protein



### GRANOLA BAR

(43g)  
200 calories  
12g sugars  
4g protein



Nutrition information sourced from the USDA National Nutrient Database.