

Diet for Good Health

Quick Tips

- Eat a **BALANCED MEAL**: Carbohydrate/Starch + Vegetables + Protein/Fat
- Limit fast food and restaurants
- **NO FRYING!** Bake, grill, poach or sauté meat and vegetables
- **HERBS** (basil, bay leaves, chili powder, cilantro, coriander, cumin, curry powder, dill, garlic, ginger, Mrs. Dash, oregano, paprika, parsley, rosemary, tarragon, thyme, turmeric) are great for your health – use these to season your food
- Eat vegetables every day – you can eat as many vegetables as you want
- Limit fruit to 2 pieces or 2 servings per day
- Do not skip meals
- **LIMIT**: Cantaloupe, grapes, mango, pineapple, watermelon, fruit juices, sodas, corn and potato because these are very high in sugar
- **LIMIT**: Alcohol intake; Women = 1 drink/day and Men = 2 drinks/day

What is One Serving of Food?

- Vegetables: 1 cup of uncooked non-starchy vegetable or ½ cup of cooked non-starchy vegetable
- Fruit: 1 medium fruit or ½ cup of chopped, cooked or canned fruit
- Proteins: 1 cup of milk or yogurt OR ½ oz of cheese OR 1 egg OR ½ cup of cooked beans or lentils OR a piece of meat equal to the palm of your hand
- Carbohydrate/Starch: 1 piece of bread OR 1 small tortilla OR 1 small pancake OR ½ cup cooked rice OR ½ cup of pasta



This Is How One Plate Should Look

- 1-2 servings of vegetable and/or ½-1 serving of fruit (50% of plate)
- 2-4 servings of carbohydrate (25% of plate)
- 1-2 servings of protein/fat (25% of plate)