## Tips for the Healthy Diet you Deserve:

- Variety and Balance

- Make half your grains whole

- Include protein at every meal

- Color your plate with fruits and veggies

- Choose low-fat or fat-free dairy

- Drink at least 6 cups of fluid each day

## The Power of Protein!

Your body needs protein to maintain muscles, bones, blood, and body organs. Our bodies absorb protein more efficiently if you eat equals amounts distributed throughout the day. A good guidelines is 25-30 grams per meal. To calculate based on your body weight, first divide your body weight by 2.2. Then take this amount and multiple by 0.4. This will give you the amount you need to each at each meal.
Ex. 140 lbs divided by 2.2 = 64 x 0.4 = 25 grams protein per meal.

### Protein Food Pairing Ideas

- Eggs

- Veggies with Bean Hummus

- Nuts

- Cottage cheese and peaches

- Greek yogurt and granola

- Tuna or Cheese on crackers

- Peanut or nut butter with apples

- Black beans in salsa with chips

- Protein bars, protein powder shakes

# Cooking Nutrient Dense Meals for One or Two

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# Why Do I Need a Healthy Diet?

**The 2015-2020 Dietary Guidelines recommends limiting:**

- **Added Sugars:** Found in foods that add sugar or syrup during processing or preparation. They add calories without nutritional value.

- **Saturated Fats:** Found in foods like butter, whole milk, and meats not labelled as lean.

- **Trans Fats**: Found in processed foods, like desserts, frozen pizza, and coffee creamer.

- **Sodium:** Found in canned soups, boxed and frozen ready-prepared meals, and deli meats. Also includes table salt added to food before eating.

Your body changes as you get older.

You don't need to eat as much as you used to, which makes it difficult to get the vitamins and minerals your body requires.

**Tips to Success**

- Plan weekly menus in advance

- Shop with a grocery list

- Prepare regular sized recipes and freeze the leftovers

- Buy foods in bulk and portion into smaller quantities

- Stock up your freezer with fruits and vegetables

- Scale down your recipes