

HEALTHY EATING

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“Please test your servants for ten days: Give us nothing but **vegetables to eat and water to drink** . . . At the end of the ten days, they looked **healthier and better** nourished than any of the young men who ate the royal food.” Daniel 1: 12-15

HEALTHY EATING

Healthy eating involves drinking water and eating a lot of vegetables, and less meat, fat, sugar, and salt.

WATER



Water is your body's **principal chemical component** and makes up about **50% to 70%** of your body weight.

Your body depends on water to survive.

HEALTH BENEFITS OF WATER

Every cell, tissue and organ in your body needs water to work properly.

Water:

- Gets rid of wastes through urination, perspiration and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues
- Lack of water can lead to dehydration

HOW MUCH WATER DO YOU NEED?

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for men = 124 ounces
- About 11.5 cups (2.7 liters) of fluids a day for women = 92 ounces

These recommendations cover fluids from water, other beverages and food.

About 20% of daily fluid intake usually comes from food and the rest from drinks.

HOW MUCH WATER DO YOU NEED?

- You've probably heard the advice to drink **eight** glasses of water a day. That's easy to remember, and it's a reasonable goal.
- Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than eight glasses a day might be enough. But other people might need more.
- Many fruits and vegetables, such as watermelon and spinach, are almost 100% water by weight.
- Beverages such as milk, juice and herbal teas are composed mostly of water. Even caffeinated drinks — such as coffee and soda — can contribute to your daily water intake.
- But go easy on sugar-sweetened drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which may provide more calories than needed

VEGETABLES & FRUITS



Benefits of Eating Vegetables and Fruits

- They are packed with essential vitamins, minerals, and antioxidants that boost the immune system and support overall body functions.
- They help you feel fuller for longer, aid digestion, and promote gut health because they are loaded with dietary fiber.
- Studies suggest that a diet rich in fruits and vegetables can reduce the risk of chronic diseases such as heart disease, stroke, type 2 diabetes, and certain cancers.
- They are ideal for weight management because of their low-calorie and low-fat content
- They help keep the body hydrated because of their high water content

Benefits of Eating Complex Carbohydrates

- They are rich in dietary fiber, vitamins, and minerals.
- They aid in digestion.
- They regulate cholesterol levels.
- They promote satiety, assisting in weight management.
- They are less likely to cause spikes in blood sugar.
- They contain vitamins, minerals and fiber that your body needs.
- They help to achieve more balanced blood sugar levels.
- They offer more vitamins and minerals than simple carbs.
- They give you fiber, which can lower cholesterol and stabilize blood sugar.
- They can help you maintain a healthy weight

HIGH FIBER FOODS



Benefits of Eating High Fiber Foods

- Improved gut motility
- Reduced gut inflammation
- Feeling full for longer, aiding in weight control
- Lowered LDL (bad) cholesterol levels
- Reduced risk for heart disease and diabetes
- Improved digestion and support for the immune system
- Protection against inflammation
- Linked to a longer life

HEALTHY EATING

Healthy Eating includes avoiding too much:



Sugar



Use less sugar and eat fewer candies, cakes, etc.

Try fresh or canned (no syrup) fruits for desserts.

Read labels for sugar content: Sucrose, glucose, fructose, honey, and syrups are kinds of sugar

Salt (Sodium)



Avoid adding salt in cooking and at the table.

Try seasoning foods with herbs, lemon juice, etc.

Limit salty snacks like chips, pretzels, etc.

Check labels for sodium amounts— no more than 240 milligrams (mg) per day is enough for adults.

Fat and Cholesterol



Choose lean meats and trim fat.

Remove skin from poultry.

Use skim or low-fat dairy products.

Broil, bake, or boil instead of frying.

Limit your intake of butter, cream, lard, palm oils, coconut oils, deep-fried foods, egg yolks, and organ meats

Alcohol



If you choose to drink, do so in moderation— no more than 2 drinks a day for men and (one)1 drink a day for women.

To help control weight, cut down on alcohol.

It is best for pregnant women not to drink at all.

What Is A Drink of Alcohol ?

In the US:

- 12 ounces of Beer (5%)
- 8 ounces of Malt Liquor (8%)
- 5 ounces of Wine (12%)
- 1.5 ounces of Distilled Spirits (40% 80 proof)



Foods To Eat

Fruit/Vegetables



Complex Carbohydrate Foods



Meat/Protein



High Fiber Foods



Foods to Eat

Fresh foods instead of processed foods

Fresh vegetables and fruit

High fiber and high complex carbohydrate foods

Whole grain foods

Lean non-fried meats

Foods to Avoid or Limit

Fried and greasy foods

High fat foods (e.g., oils, creams, and cheese)

High caloric foods

Processed foods (e.g., chips and nuts)

Fast food

Foods to Avoid or Limit

Snacks & “junk foods” (e.g., chips and nuts)

Sweets (e.g., candies, cookies, and cakes)

Salty foods

Sweetened soft drinks, tea, coffee, or juice

Healthy Eating Instructions

Eat a variety of foods in moderation.

Eat several small meals instead of one large meal.

Chew food slowly and enjoy the taste and texture of food.

Drink lots of water.

Do not eat in a hurry.

Healthy Eating Instructions

Do not skip meals; eat at least 3 small balanced meals daily.

Do not eat more than one serving.

Avoid feeling “stuffed and full”.

Eat the least amount possible to satisfy your hunger and desire.

Healthy Eating Plan



Breakfast

- 1 cup (8oz) of water
- ½ cup (4oz) whole wheat cereal and ½ cup (4oz) 2% milk
- 1 fresh fruit (apple, orange, banana, grapefruit, etc.)
- 1 cup (8oz) of green tea or coffee (add only 2 tsp. of sugar or substitute sweetener) or water



Total Wellness

Healthy Eating Plan



Lunch

- 1 cup (8oz) of water
- ½ cup (4oz) lean skinless meat—baked or broiled (turkey, chicken, or fish)
- ½ cup (4oz) of yellow vegetable (corn, carrots, squash, or sweet potato)
- ½ cup (4oz) of green vegetable (broccoli, green beans, peas, greens, or cabbage)
- 1 fresh fruit (apple, orange, banana, grapes, or grapefruit)
- 1 cup (8oz) of water

Healthy Eating Plan



Dinner

- 1 cup (8oz) of water
- ½ cup (4oz) of yellow vegetable (corn, carrots, squash, or sweet potato)
- ½ cup (4oz) of green vegetable (broccoli, green beans, peas, greens, cabbage, etc.)
- ½ cup (4oz) of rice, spaghetti, beans or baked potato (plain)
- 1 fresh fruit (apple, orange, or grapefruit)
- 1 cup (8oz) of water



Total Wellness

Healthy Eating Plan



Snacking

- Try to avoid snacking between meals
- If you snack, eat only fresh fruit and vegetables
- Eat 3 balanced meals daily
- You can eat less than what is allowed for each meal
- Do not skip meals

People Who Successfully Maintain Weight Loss

- Adopt a diet that is balance, low in fat, and contains maintenance calories
- Exercise regularly (at least three times a week for 40 minutes)
- Self-monitor at least one weight management behavior
- Use effective problem-solving skills to prevent relapse
- Use alternative mechanisms rather than temporary comfort of food to cope with stress



People Who Successfully Maintain Weight Loss

- View themselves as thin
- Focus on health rather than a scale weight
- Have adequate support systems
- Believe they can do what is needed to maintain their weight
- Continue contact with health-care provider for at least 6 months after reaching their weight-loss goal

