

Nutrition Awareness Month

Issue 2

March 2010

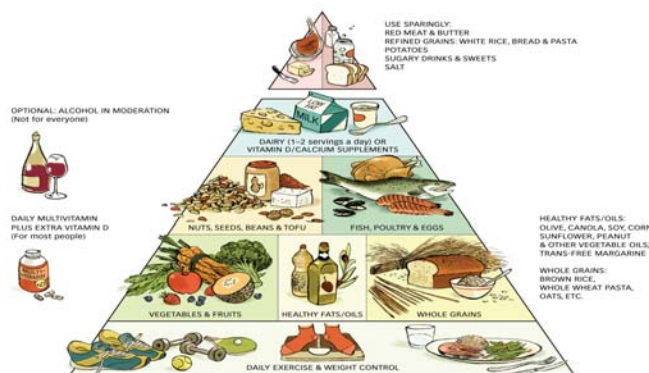
“Nutritional Math 101”

In the March newsletter, our reference to gm/day, may not have been as user-friendly as we intended. So, it's time for a basic lesson in nutritional math. A gm of fat contains about 9 kcals, a gm of carbs contains about 4 kcals, and a gm of protein also contains about 4 kcals. So, a diet of 2000 kcals per day should include 55-60% carbs (290 gm), 25-30% fat (62 gm), and 15-18% protein (85 gm). Now, converting those grams to ounces gets a little more involved- you multiply the grams by 20, then divide by 567. So those 29 gms of nuts per day mentioned in the last newsletter comes out to about 1 ounce. Of course, if you are more right-brain oriented, you may prefer just getting the right number of servings from food groups, and simply visualizing what your portion sizes ought to look like. In other words:

- One serving of pasta looks like half a baseball
- A small bagel looks like a hockey puck
- One baked potato serving looks like a computer mouse
- A serving of dried fruit looks like a golf ball
- One serving of meat looks like a deck of cards
- A serving of nuts fills the cupped palm of your hand
- A serving of cheese looks like 3 dominoes

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



For more information about the Healthy Eating Pyramid:
WWW.THE NUTRITION SOURCE .ORG

2008. ©2008. All rights reserved.
By WALTER C. WOLFE, M.D. AND PATRICK J. SKENE (2008)
From: Press/Simon & Schuster Inc.

Copyright © 2008

Did you Know? Facts about Fiber

-Fiber is best known for moving foods efficiently through your body, but this is only one of the ways fiber contributes to good health.

-Fiber helps prevent:

- **Heart disease:** Fiber may aid in the prevention of heart disease by lowering your cholesterol.
- **Diabetes:** Fiber helps control blood sugar levels for people with diabetes.
- **Digestive Problems:** Adequate amounts of fiber from foods can help prevent constipation and hemorrhoids.
- **Weight Gain:** A high-fiber eating plan is lower in calories and tends to make you feel full faster.

-Found in whole grains, beans, fruits and vegetables

-Recommended daily amount is 25 grams for women, 38 grams for men which equals approximately 2 cups of fruit and 2 ½ cups of vegetables daily

-Increase fiber by adding vegetables to stews and casseroles, oats to meat loaf, breads and cookies as well as adding fruits as snacks and in salads

Tips to Boost Your Nutritional Fitness Try one every day!

1. Try one new food from the fruit group
2. Have at least 1 cup of non starchy, leafy vegetables (broccoli, romaine, kale, spinach, Brussels sprouts etc.)
3. Have at least ½ a cup of beans or peas
4. Leave a few extra bites on your plate at all meals
5. Drink all caloric beverages out of an 8 ounce cup only
6. Don't waste more than one bite of food on anything that doesn't taste good (or isn't worth the calories)
7. Have breakfast within an hour or two of waking up
8. Only eat while sitting at a table
9. Go meatless for the day; add other protein-rich foods (beans, soy foods like tofu or tempeh, low fat dairy foods, and whole grains)
10. Try one new food today from the vegetable group; pick something bright in color (bright green, orange, or yellow)
11. To boost fiber, replace your usual 100% fruit juice with 1 cup or a piece of fresh fruit
12. Instead of cooking with salt add flavor food with sodium-free herbs and spices.

**Check out ABC's 2-hour series premier
Friday, March 26 at 8:00 PM –
Jamie Oliver's Food Revolution**

<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/pyramid/>; <http://www.eatright.org>; <http://www.dieticians.ca>
<http://www.eatright.org/Public/content.aspx?id=6796>, <http://www.eatright.org/Media/Blog.aspx?id=4294968185&blogid=269>