

NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

Nutrition Nibbles

The Dietary Guidelines for Americans “Your Guide to Nutritional Excellence”

- 1. Eat a variety of foods: Choose foods from all 5 groups of the Food Guide Pyramid every day.**
 - Grain Group: 6 – 11 Servings per day (1 Slice of bread or 1 cup cereal or 1/2 cup of pasta) Choose whole wheat or whole grain products.
 - Fruit and Vegetable Group: 5 Servings per day minimum – Include a citrus fruit and a green leafy vegetable daily for vitamins A & C
 - Milk Group: 2 – 3 Servings per day (1 cup if Milk is 1 Serving). Choose nonfat (skim) and 1% fat dairy products and yogurt.
 - Meat Group: 2 – 3 Servings per day (2 ounces of meat equals 1 Servings). Choose lean cuts of beef, poultry, fish, or lowfat cheese.
- 2. Maintain Ideal Weight – It’s all a matter of balance!!**
 - To maintain your present weight: make sure the calories you take in equal the number of calories you burn off.
 - To lose weight: Decrease the number of calories you take in or increase the number of calories you burn off by increasing your activity.
 - To gain weight: Increase the number of calories you take in by drinking extra 1% milk or fruit juices.
- 3. Avoid foods high in fat, saturated fat and cholesterol.**
 - Polyunsaturated fats: The “good” fats, liquid at room temperature.
Examples: Sunflower Oil, Soybean Oil, Corn Oil
 - Monounsaturated fats: Also considered “good”, maybe liquid or solid.
Examples: Peanut Oil, Olive Oil, Canola Oil.
 - Saturated fats: The “bad” fat – usually solid at room temperature and found in animal products: shortening, lard, coconut, palm and “hydrogenated” vegetable oil.
 - Cholesterol: Found in animal products such as egg yolks, meats, cheeses and whole milk dairy products.
 - Limit fat intake to 30% of your total calories. If you eat:
 - 1500 Calories per day - 50 grams of fat per day.
 - 1800 Calories per day - 60 grams of fat per day.
 - 2000 Calories per day - 67 grams of fat per day.
 - 2200 Calories per day - 73 grams of fat per day.
- 4. Avoid foods high in sugar**
 - Sugar supplies “empty calories”; lots of energy but few nutrients!
 - Watch out for candy bars, sugar coated cereal, fruit drinks and break fast pastries
- 5. Avoid foods high in sodium**
 - Watch out for frozen dinners and canned soups
 - Your goal is less than 4,000 Mg per day sodium
- 6. Eat foods with adequate starch and fiber**
 - Choose whole grain breads and cereals instead of refined products (such as white bread)
- 7. If you drink alcohol, do so in moderation**



“Linking Citizens of Louisiana with Opportunities for Success”

What's Cooking?

Following the Dietary Guidelines Using a Microwave and a Refrigerator

For breakfast try:

- 1 Whole wheat Bagel with 1 ounce part skim milk cheese melted over it.
- Scrambled Egg Whites with Skim Milk and Part Skim Milk Cheese
- Cold Cereal with Skim Milk and Fruit
- Hot Cereal with Skim Milk and Fruit



For lunch and/or dinner try:

- Sliced Turkey, lettuce and tomato on a whole wheat roll with mustard or reduced calorie mayonnaise.
- Part Skim Milk Cheese melted in a Whole Wheat Pita Pocket with Sliced Tomato
- Tuna Stuffed Tomatoes with Whole Wheat Crackers
- Your choice of Pasta with Tomato Sauce (or try it plain, with parmesan cheese)
- Microwave Baked Potato with Shredded Part Skim Milk Cheese
- Tuna Fish and Noodle Casserole
- Microwave Vegetables over rice or pasta

Nutrition Facts

Serving Size (98g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 20
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Cholesterol 30mg	10%
Sodium 230mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 12g	
Vitamin A 4%	Vitamin C 6%
Calcium 0%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 305mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	305g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Master Meat Sauce

Master recipes save time and money. Many main dishes that could be family favorites can be made with the following "Master Meat Sauce".



- | | |
|---------------|------------------------|
| 4lbs. | Extra Lean Ground Meat |
| 1 med. | Onion, chopped |
| 1 can (6oz.) | tomato paste |
| 1 6oz. | can of water |
| 2 cans (15oz) | tomato sauce |
| 1 tsp. | garlic |
| 1 tsp. | salt |



1. Brown meat; drain fat.
2. Add other ingredients. Simmer 20 to 30 minutes. Add water to thin if necessary.
3. Immediately place 1 cup portions in freezer quality plastic zip-top bags. Freeze.



References:

Health and Wellness Center, Bolling Air Force Base, DC
Centsible Nutrition Cook Book, University of Wyoming Cooperative Extension

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