

# Dietary Guidelines for Americans, 2005

## *Feel Better Today. Stay Healthy for Tomorrow*

The food and physical activity choices you make every day affect your health today, tomorrow, and in the future. The *Dietary Guidelines for Americans* are scientifically based advice which may reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life. Here are the 3 simple steps to finding a healthier you.

### ***1. Make smart choices from every food group.***

The key to a healthy eating plan is eating a variety of nutrient-packed foods every day. Choose naturally nutrient-rich foods like fruits, vegetables, whole grains, low-fat milk products, beans, nuts, lean meats, poultry and fish.

- **Focus on fruits.** Eat a variety of fruits rather than fruit juice for most of your fruit choices. For a 2,000 calorie diet, consume 2 cups of fruit each day (for example, 1 small banana, 1 large orange, and ¼ cup of dried apricots or peaches).
- **Vary your veggies.** Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens; orange veggies, such as carrots, sweet potatoes, pumpkin, and winter squash; and beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas, and lentils.
- **Get your calcium-rich foods.** Get 3 cups of low-fat or fat-free milk-or an equivalent amount of low-fat yogurt and/or low-fat cheese (1 ½ ounces of cheese equals 1 cup of milk)-everyday.
- **Make half your grains whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. Look to see that grains such as wheat, rice, oats, or corn are referred to as “whole” in the list of ingredients.
- **Go lean with protein.** Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices-with more fish, beans, peas, nuts, and seeds.

### ***2. Get the most nutrition out of your calories.***

Foods like candy, soft drinks, snacks and pastries are empty calories -- high in sugar and fat with little or no nutrients. Maintaining a healthy weight doesn't mean giving up your favorite foods. Just eat smaller portions and have empty calorie foods less often. Drinking water in place of a 12 ounce can of pop saves you about 150 calories and 10 teaspoons of sugar.

### ***3. Find your balance between food and physical activity.***

Healthy eating is only part of a healthier you. Being physically activity is the other part. Exercise helps you control body weight by balancing the calories you take in as food with the calories you expend each day.

Choose moderate physical activities for a minimum of 30 minutes a day for good health. To reap the benefits of weight loss, you may need to increase the intensity or go for 60 minutes or more each day.



## Recipes for A Healthier You

### Southwestern Bean Salad

1 can (19 oz.) kidney beans, drained and rinsed	1 tomato, chopped
1 can (16 oz.) chick peas, drained and rinsed	1 green pepper, seeded and chopped
1 can (8.75 oz.) corn, drained and rinsed	1 cup baked free tortilla chips
1/2 red onion, chopped	lettuce, shredded
1 cucumber, peeled and diced	fat free Catalina salad dressing

1. Mix all ingredients except tortilla chips.
2. Toss with salad dressing and sprinkle with chips.

**Makes 6 servings.** *Per serving (without dressing): 150 calories, 2 gm fat, 10 gm protein, 39 gm carbohydrate, 11 gm fiber, 0 mg cholesterol, 1.6 mg iron, 42 mg calcium, 170 mg sodium.*

### Spinach Dip

1 32 ounce container of Plain Yogurt (fat free) to make yogurt cheese (See Below)	
1 package Knorr Vegetable Soup Mix	1 box frozen chopped spinach (thawed)
1 can water chestnuts	2 tablespoons lowfat mayonnaise

Mix yogurt cheese, mayonnaise and soup mix in a large bowl. Chop water chestnuts and drain spinach. Add to yogurt mixture. Refrigerate for several hours before serving.

**Yogurt Cheese:** Put coffee filters in a colander and a bowl under the colander. Put yogurt on top of the colander and place in the refrigerator. Let drain overnight. Scrape yogurt off the filters. Use in recipes in place of mayonnaise, sour cream or cream cheese.

**Makes about 24 servings.** *Serving size 2 tablespoons. Per serving: 31 calories, <1 gm fat, 2 gm pro, 4 gm carbohydrate, < 1 gm fiber, 2 mg cholesterol, 1.88 mg iron, 89 mg calcium, 72 mg sodium.*

### Bulgur & Carrot Pilaf

*The bulgur wheat boosts the fiber in this simple pilaf.*

1 Tbsp. olive oil	1 large carrot, shredded (about 1 cup)
1 Tbsp. butter	1 cup bulgur wheat
2 ounces fine egg noodles (about 1 cup)	2 cups chicken broth or vegetable broth

1. Heat the oil and butter in a medium saucepan over medium-high heat. When the butter melts, add the noodles and cook, stirring constantly, until lightly browned, about 2 minutes.
2. Stir in the carrot and bulgur. Add the broth and bring to a boil. Reduce the heat and simmer, covered, stirring frequently, until the liquid is absorbed, about 20 minutes.

**Makes 5 servings.** *Per serving: 195 calories, 6 g protein, 32 g carbohydrate, 6 g fiber, 6 g fat, 17mg cholesterol, 22 mg calcium, 1.1 mg iron, 116 mg sodium.*

**From:** *The Mom's Guide to Meal Makeovers by Janice Bissex, MS, RD and Liz Weiss, MS, RD, Broadway Books, 2004.*

