



Community Health Connections

The Bantam Commons
120 Hollywood Drive, Suite 201
Butler, PA 16001
Phone: (724) 283-0990
Fax: (724) 283-1012
Website: www.hcqu.org

Fact Sheet

Healthy Eating

Healthy eating, exercise, and preventive health care measures can maintain good health. Your food choices can reduce your risk of illnesses such as heart disease, cancer, and diabetes, as well as defend against depression. Learning the habits of healthy eating can improve your health by boosting your energy, sharpening your memory and stabilizing your mood. Always follow guidelines established by your physician.

The food groups:

- Grains - at least 3 ounces of whole grains a day
- Vegetables - 2 to 3 cups a day
- Fruits - 1 ½ to 2 cups a day
- Milk and dairy products - 3 cups of milk a day or can substitute dairy products equivalent to 3 cups a day
- Meats - around 5 ounces of lean meat, fish or poultry a day
- Oils - limit solid fats such as butter, margarine, shortening, and lard

(Estimates are based on age, gender, and 30 minutes of physical activity a day. See www.mypyramid.gov for complete details to set up a healthy eating plan that is right for you.)

Helpful tips:

- Make smart choices from every food group
- Always include exercise in daily routine
- Look for the most nutrition in calories (high nutrition and low calories)
- Stay within calorie guidelines set by your physician
- Think of diet in terms of color, variety and freshness - fresh fruits and vegetables - eat plenty of green, orange and other colorful vegetables and fruits
- Buy fresh fruits and vegetables in season
- Use smaller plates and bowls - visual cues can help with portion sizes (meat portion = size of a deck of cards)
- Drink plenty of water (6-8 ounces glasses a day)
- In order to be successful, do not eliminate foods you enjoy - eat in moderation
- Choose whole grains more often
- Include plenty of fiber in daily meal planning (maintains healthy digestive system)
- Limit salt intake (1 teaspoon of salt equals 2300mgs of sodium)
- Always read labels on packaged food to look for amount of carbohydrates, fat content, and sodium per serving

Additional information can be found at www.mypyramid.gov or contact us at 724-283-0990.