

# Healthy Eating Made Simple

## What is the Nutrition Pyramid?

• The Nutrition Pyramid illustrates the components of a **healthy diet**. It is a balanced meal plan built on the foundation of fruits, vegetables and whole grains, complemented with appropriate amounts of lean protein sources, low or non-fat dairy products, monounsaturated oils, nuts and seeds.

• When combined with moderate physical activity and effective stress management, this nutrition plan will lead you to a **healthier weight, and reduced risk for heart disease, stroke, diabetes, several forms of cancer and chronic diseases associated with aging.**

Processed foods, red meats, dressings, candies, sweets. These foods are calorie-dense yet nutritionally poor. Along with sugar and salt, remember to **keep them at a minimum.**

Milk, yogurt, cheese ; and poultry, fish, beans, eggs and nuts. These foods are **important for protein, calcium, iron and Zinc.**

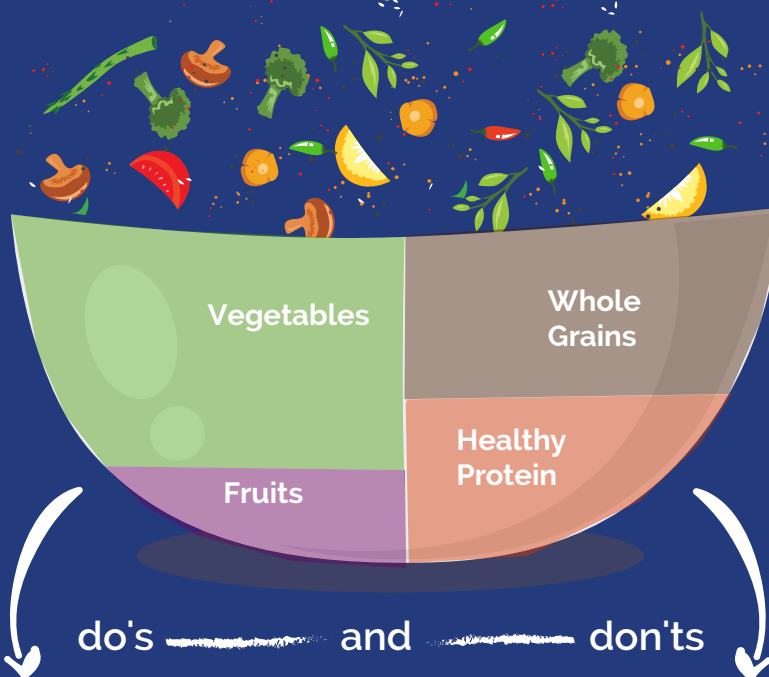
Don't forget your **fruits and vegetables**. Most people need to eat more of these foods for all the Vitamins, minerals, fibers, antioxidants... the list goes on.

**Carbohydrates** - Your daily energy. Ensure that you go for the whole grain product, and thank the good fibers for your good health.

## The 6 key points of a healthy meal

1. The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.
2. Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.
3. Eat plenty of fruits of all colors.

4. Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).
5. Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.
6. Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



do's and don'ts

• **Eating fish twice a week** helps you reduce "bad" cholesterol (LDL).

• **Eating 5-10 grams of fibers** helps you reduce cholesterol by 3%.

• **Eating fruit and veggie** each serving helps you lower your risk of coronary event by 4%.

• **Trans fats:** fried, processed and fast foods. They increase your level of cholesterol and plaque.

• **Sodium:** we typically eat twice our needed sodium intake. It increases blood pressure.

• **Fatty meat, sugar, alcohol and cheese.** It increases "Bad" cholesterol & triglycerides.