

Eating: The ABCs of Eating & the Food Groups

It's a new year and just about everyone around the world made the resolution to eat better and exercise more in the hopes of losing weight and living a healthier lifestyle. Everyone has a different reason for their resolution. Some do it for health reasons, others for appearance and still others for psychological reasons. But with all the tempting foods available at the grocery store and at fast food outlets that tout low-fat, trans-free and sugar-free, it can quickly get overwhelming and daunting trying to figure out if a serving size of this or that will help or hurt in the weight-loss effort.

Most everyone knows that to eat healthy means to make smarter choices or choose healthier alternatives to the processed, deep fried, high fat and sugary foods available on the market. But what choices are the best choices? The U.S. Department of Agriculture's Food Pyramid provides a suggested number of servings a day from the various food groups. These foods provide a significant amount of the nutrients needed on a daily balance.



Let's take a more detailed look at what you should be eating and how much to live healthier and lose weight. Be sure to take a multi-vitamin daily and avoid sugar and alcohol.

Grains:

- ❖ Serving Size: 2 Servings Daily
- ❖ Choose whole grain bread, high-fiber bread, brown rice, wild rice, barley, whole wheat couscous, bulger, rolled oats, whole wheat pasta

Fruits & Vegetables:

- ❖ Serving Size: 4 or More Servings Daily [more vegetables than fruit
- ❖ Eat a variety of fruits and vegetables that are fresh, frozen or canned in water or fruit juice; avoid fruit juice drinks.

Protein:

- ❖ Serving Size: 3 8-oz. Servings Daily
- ❖ Choose lean meats, chicken, fish, beans, legumes

Calcium:

- ❖ Serving Size: 3 Servings Daily
- ❖ Choose fat-free and low-fat milk, buttermilk, soy milk, low-fat and reduced fat cheese, Greek yogurt, low-fat yogurt, fat-free and low-fat cottage cheese

Fat:

- ❖ Serving Size: 5 to 6 Teaspoons Daily of oil; 1 oz of nuts
- ❖ Choose olive oil, canola oil, safflower oil, flaxseed oil and nuts

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