Healthy Eating

Top nutrition tricks to know!

- 1/2 your plate should be vegetables and fruit.
- Be mindful of how much sodium you eat. Less is better.
- Try to cut out added sugars. Sodas and juices have LOTS of sugar, so limit how many you have in a week. **Go for water instead.**
  - Try to make your meals. Processed food uses lots of sugar, sodium, and other additives. Try cooking and freezing meals for convenience.
  - Frozen produce is as nutritious as fresh.
  - No one food is perfect, variation is key.

Food is incredibly important to health. Check out [cornerhealth.org](http://cornerhealth.org) to find delicious recipes!
Healthy Eating

Handy tools to use!

A quick way to read a nutrition label

MyPlate gives you tips and tricks to help you choose the right food options.

A 'handy' tool for figuring out portion sizes

ChooseMyPlate.gov

Nutrition Facts

Serving Size 1 slice (47g)
Serving Size Per Container 6

Amount Per Serving

<table>
<thead>
<tr>
<th>Calories</th>
<th>160</th>
<th>Calories from Fat 80</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>10g</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
<td>11%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>300mg</td>
<td>12%</td>
</tr>
<tr>
<td>Total Carb</td>
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<td>5%</td>
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<tr>
<td>Dietary Fiber less than 1g</td>
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<tr>
<td>Sugars</td>
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</tr>
<tr>
<td>Protein</td>
<td>3g</td>
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</tr>
</tbody>
</table>

Quick Guide to % Daily Value:
5% or less is low
20% or more is high

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Healthy Breakfasts

Try Smoothies!
- A great way to sneak in some veggies -
  Be careful using juice as a base, LOTS of sugar.
  Instead try water or unsweetened almond or coconut milk

Eggs
- Quick, Healthy, and versatile -
  Despite controversy, eggs are a good source of protein and energy. Hard boil a dozen and grab on the go, or make egg muffins filled with veggies

Oatmeal
- Quick and nutritious -
  Fill with cottage cheese or fruits and nuts for more benefit

For quick and healthy recipes. visit cornerhealth.org
Healthy Lunches

Quesadillas

- Tasty, fast, and fun -
Try making quesadillas for a quick lunch. Throw in as many veggies as your tortilla can fit for more nutritional value.

Roll-Up Sandwiches

- Turkey, Ham, or Veggie -
These roll ups are a fast way to get in a good lunch. Try with many different combinations. You can even get tortillas made with vegetables blended in.

Chips

Most people enjoy a good chip, especially as a side to sandwiches. However, chips are full of sodium and fats and should be eaten in moderation.
Try adding something else crunchy, like carrots or celery to a lunch box. If you really miss chips, try making veggies chips (recipes on cornerhealth.org)

Don't forget your fruits and veggies
- 2 servings of fruit, 3 of veggies per day -