

# Healthy Eating

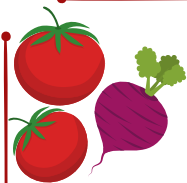
## TOP NUTRITION TRICKS TO KNOW!



- 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!



Palm ≈  
3-4 ounces  
(meat, fish, & poultry)



Fist ≈ 1 cup  
(cereal, soup, casseroles,  
fresh fruit, raw vegetables  
or salads)



Thumb ≈  
1 Teaspoon  
(butter, margarine,  
mayonnaise, & oils)



One cupped hand ≈  
1/2 cup  
(pasta, rice, beans, potatoes  
cooked vegetables,  
pudding, & ice cream)



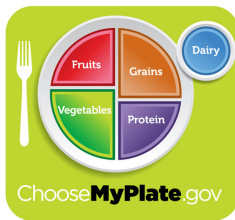
Thumb ≈  
1-2 Tablespoons  
(salad dressing, sour cream,  
cream cheese, peanut  
butter & hard cheeses)



Two cupped  
hands ≈  
1 ounce  
(chips, crackers  
& pretzels)

A 'handy' tool for figuring out  
portion sizes

A quick way to read a  
nutrition label



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

**Nutrition Facts**

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

**Amount Per Serving**

<b>Calories</b> 160	Calories from Fat 90
<b>Total Fat</b> 10g	<b>% Daily Value*</b> 15%
<b>Saturated Fat</b> 2.5g	11%
<b>Trans Fat</b> 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carb</b> 15g	5%
<b>Dietary Fiber</b> less than 1g	3%
<b>Sugars</b> 1g	
<b>Protein</b> 3g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 4%
<b>Calcium</b> 45%	<b>Iron</b> 6%
<b>Thiamin</b> 8%	<b>Riboflavin</b> 6%
<b>Niacin</b> 6%	

\*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](http://cornerhealth.org)

**the  
corner**  
HEALTH CENTER





# 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.



## 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](http://cornerhealth.org))

## 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.



Don't forget your fruits and veggies

- 2 servings of fruit, 3 of veggies per day -

