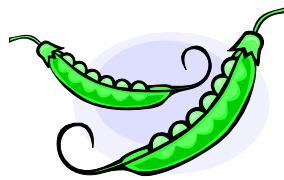



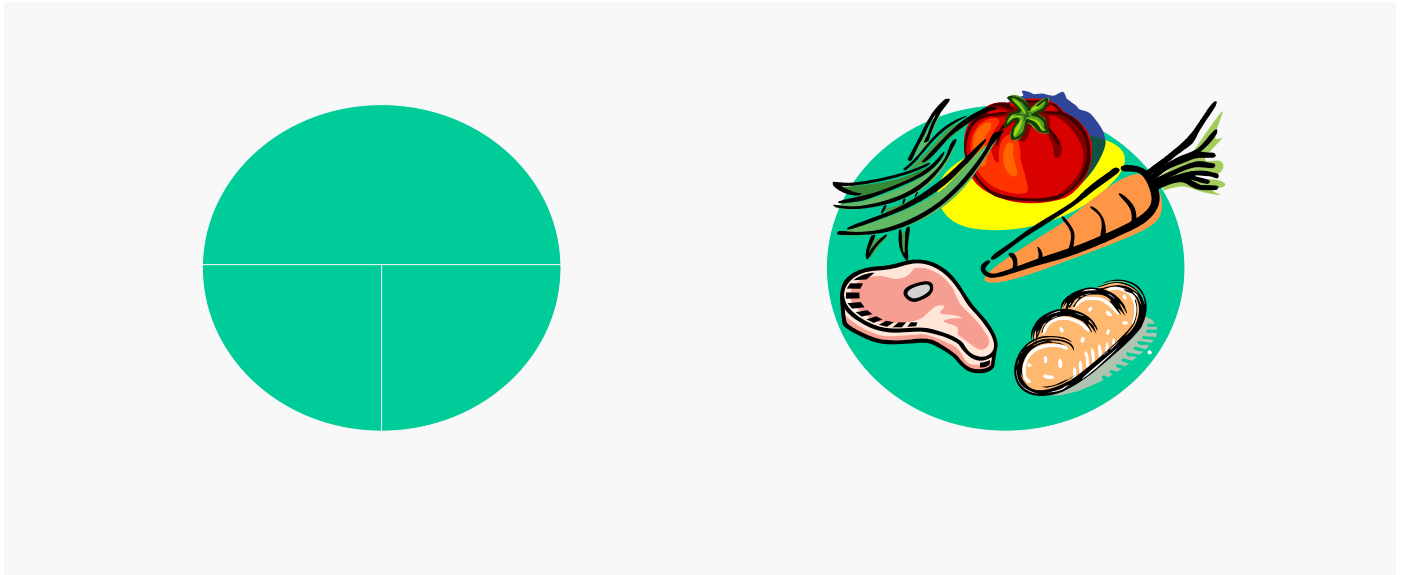
Ten Tips for Optimizing Nutrition & Enhancing Health



1. Eat **three meals a day** and one to three snacks, beginning with *breakfast*. Skipping breakfast often leads to:
 - Poor food choices and over-eating later in the day
 - Decreased ability to focus (at work or in the classroom)
 - Weight gain
 - Low energy levels
2. Eat at least **every five hours** during the day.
3. At every lunch and dinner meal (see below), include at least these three components:
 - **Protein**
 - **Starch**
 - **Vegetables** (not including starchy vegetables such as corn and potatoes)
4. **Snacking** can contribute to a healthy diet. Choose wholesome foods such as fruit, yogurt, or (natural) peanut butter and (whole-grain) crackers. Highly processed (and advertised) packaged snacks are usually more expensive and far less nutritious.
5. “**Everyday foods**” should be included daily:
 - *Grains and starchy foods* are needed for energy: Oatmeal, brown rice, whole-wheat bread, potatoes, corn, pasta, and beans (which are also a source of protein), and most baked foods.
 - Vegetables are nutrient-dense, and protect against disease: Fresh or frozen are best.
 - *Fruit*, like vegetables, are important to immune function and healing: Fresh, frozen with no added sugar, or canned in juice are best.
 - *Protein* foods are needed for the body’s growth and repair: Meat, fish, poultry, eggs, tofu, and beans (also a source of starch).
 - *Dairy* foods are especially helpful for strong bones and teeth: Milk, buttermilk, yogurt, and cheese.
6. “**Sometimes foods**” are those that we *don’t* have every day, such as cookies, cake, candy, and ice cream. Even soda, with its high sugar content and absence of nutrients, should be considered a “sometimes food.” Chips, French fries, and other fried foods are also “sometimes foods.”
7. Drink at least **six to eight cups** (64 oz.) of **water daily**. Water is the body’s preferred fluid. Large quantities of liquid calories (soda, fruit drinks, and even fruit juices) contribute to weight gain, and can increase risk of diabetes.
8. **Regular physical activity** is essential to good health, and allows us to eat enough food to meet nutritional needs without becoming overweight.
9. **Plan ahead** for optimal food choices.
10. Always bring **mindfulness** to the table with you. Make your food decisions fully conscious rather than eating out of habit, boredom, fatigue, or “just because it’s there.” Consider: *How hungry am I? What am I in the mood for? What’s good for me?*



Aim for twice as many vegetables as either protein or starch foods at every lunch and dinner:



These proportions help to ensure an appropriate number of calories as well as consumption of beneficial nutrients.

Protein Foods

Lean meat
Fish; grilled, poached, or baked
Poultry; roasted or boiled
Eggs; prepared without added fat
Milk, yogurt; low-fat or fat-free
Cheese; low-fat
Beans, lentils, peas

Starch Foods

Bread; whole-grain
Potatoes, corn
Rice; brown is best
Pasta; whole-wheat is best
Cereal; look for high-fiber
Bagels, crackers, muffins
Beans, lentils, peas

Vegetables

All vegetables are great choices.
Fresh or frozen are best for taste,
texture, and nutrition.
Remember that corn and potatoes
are starches, not vegetables!