

EAT RIGHT



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National Nutrition Month[®]
March 2020

eat[®] Academy of Nutrition
right. and Dietetics

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- Small changes
- Keep things simple
- Don't change everything at once

SIMPLE STEPS FOR A HEALTHFUL LIFESTYLE

Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction.
Learn more at eatright.org!

- Eat a variety of nutritious foods every day.**
 - ✓ Include healthful foods from all food groups.
 - ✓ Hydrate healthfully.
 - ✓ Learn how to read Nutrition Facts Panels.
 - ✓ Practice portion control.
 - ✓ Take time to enjoy your food.
- Plan your meals each week.**
 - ✓ Use a grocery list to shop for healthful foods.
 - ✓ Be menu-savvy when dining out.
 - ✓ Choose healthful recipes to make during the week.
 - ✓ Enjoy healthful eating at school and at work.
 - ✓ Plan healthful eating while traveling.
- Learn skills to create tasty meals.**
 - ✓ Keep healthful ingredients on hand.
 - ✓ Practice proper home food safety.
 - ✓ Share meals together as a family when possible.
 - ✓ Reduce food waste.
 - ✓ Try new flavors and foods.
- Consult a Registered Dietitian Nutritionist (RDN).**
 - ✓ Ask your doctor for a referral to an RDN.
 - ✓ Receive personalized nutrition advice to meet your goals.
 - ✓ Meet with RDNs in a variety of settings throughout the community.
 - ✓ Find an RDN who is specialized to serve your unique needs.
 - ✓ Thrive through the transformative power of food and nutrition.



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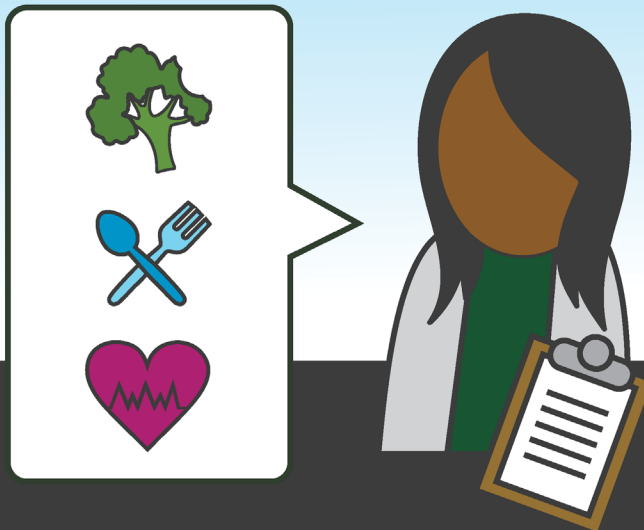


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- Healthful recipes
- Tips for smart food choices
- Videos
- Infographics
- Activities



eatright.org

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The screenshot shows the eatright.org website interface. At the top, there are navigation links for eatright, eatrightPRO, eatrightSTORE, and eatrightCPE. The main header includes the eat right logo, the text 'Academy of Nutrition and Dietetics', a search bar, and a 'Find an Expert' button. Below the header is a secondary navigation menu with categories: Food, Health, Fitness, Kids, Seniors, Men, Women, and Food Safety. The main content area is titled 'Home > For Kids' and features a 'For Kids' section with the article 'Food Labels for Infants and Young Children' and a large image of a baby. To the right, there is a 'Tips for Kids' section with several articles: 'How to Make Homemade Baby Food', 'How TV Can Influence What Your Child Eats', 'Raise Healthy Eaters in the New Year', and 'Help Your Child Build Healthy Bones'. Below this is a 'View All Tips for Kids' link and a 'Find an Expert' button. At the bottom, there are three more article thumbnails: 'Banishing Brown Bag Boredom', 'Culinary Lingo', and 'Water: How Much Do Kids Need?'. A 'Recipes for Kids' link is also visible at the bottom right.



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- Focus on whole fruits
- Vary your veggies
- Make half your grains whole grains
- Vary your protein routine
- Move to low-fat or fat-free milk or yogurt
- Drink and eat less sodium, saturated fats, and added sugars.



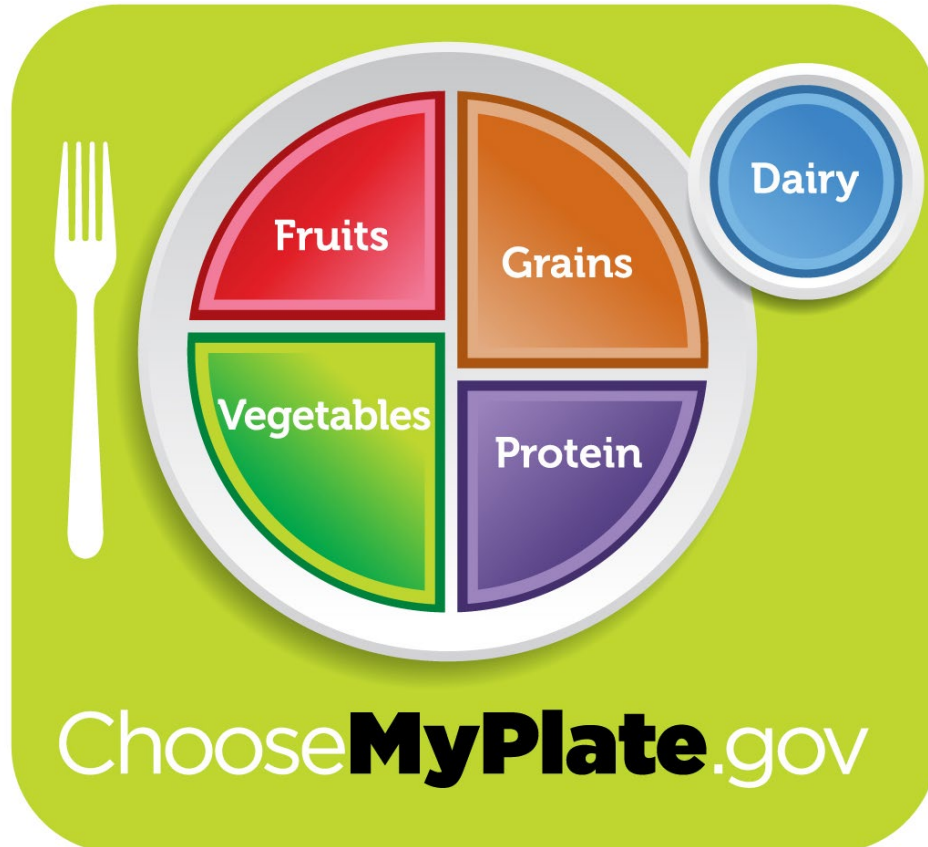
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Healthy Eating Patterns

Reduced risk of:

- Heart disease
- Type 2 diabetes
- Some types of cancer
- Overweight & obesity

Source: U.S. Department of Health and Human Services and U.S. Department of Agriculture. *2015 – 2020 Dietary Guidelines for Americans*. 8th Edition. December 2015. Available at <https://health.gov/dietaryguidelines/2015/guidelines/>.



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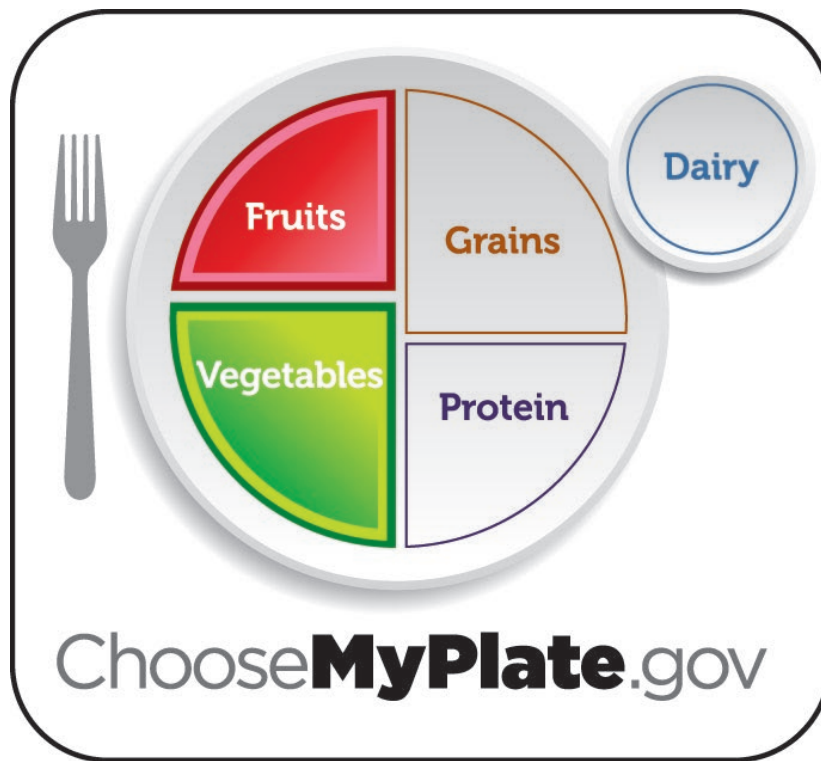


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Make half your plate...



1 to 2 cups/day



1 ½ to 3 cups/day



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Include low-fat or fat-free dairy



- Milk, yogurt, cheese
- Calcium-fortified soymilk

Visit www.ChooseMyPlate.gov for more information.



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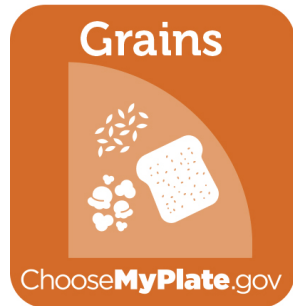


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Eat more whole grains



- Serve brown rice or whole-grain noodles with stir-fry dishes.
- Choose whole-grain breads for toast or sandwiches.
- Use buckwheat flour in pancakes.
- Pair whole-grain hot or cold cereals with fruit and low-fat milk.
- Try a less common grain, such as millet or quinoa with meals.

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Vary your protein foods



- Include beans and peas as a plant-based source of protein.
- Choose seafood twice a week, such as salmon, tuna, or tilapia.
- Enjoy hard-boiled eggs as a snack or with a meal.
- Select leaner cuts of meat, such as round steaks and roasts or skinless poultry.



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- Servings per container
- Serving size
- Calories per serving

Source: U.S. Food and Drug Administration. *Health Educator's Nutrition Toolkit: Setting the Table for Healthful Eating*. Available at: <https://www.fda.gov/food/nutrition-education-resources-materials/health-educators-nutrition-toolkit-setting-table-healthy-eating>

Original Label	New Label																												
<p>Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8</p> <hr/> <p>Amount Per Serving</p> <p>Calories 230 Calories from Fat 72</p> <hr/> <p style="text-align:right">% Daily Value*</p> <p>Total Fat 8g 12% Saturated Fat 1g 5% <i>Trans</i> Fat 0g</p> <p>Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 37g 12% Dietary Fiber 4g 16% Sugars 12g</p> <p>Protein 3g</p> <hr/> <p>Vitamin A 10% Vitamin C 8% Calcium 20% Iron 45%</p> <p><small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small></p> <table border="0"> <tr> <td></td> <td>Calories:</td> <td>2,000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table>		Calories:	2,000	2,500	Total Fat	Less than	65g	80g	Sat Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g	<p>Nutrition Facts 8 servings per container Serving size 2/3 cup (55g)</p> <hr/> <p>Amount per serving</p> <p>Calories 230</p> <hr/> <p style="text-align:right">% Daily Value*</p> <p>Total Fat 8g 10% Saturated Fat 1g 5% <i>Trans</i> Fat 0g</p> <p>Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 37g 13% Dietary Fiber 4g 14% Total Sugars 12g Includes 10g Added Sugars 20%</p> <p>Protein 3g</p> <hr/> <p>Vitamin D 2mcg 10% Calcium 260mg 20% Iron 8mg 45% Potassium 235mg 6%</p> <p><small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p>
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Serving Size →

Amount of Calories →

Nutrients →

Footnote →

Percent Daily Value ←

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(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)



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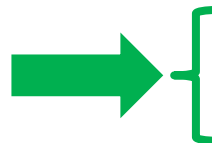


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Nutrients to Get More of:

- Dietary Fiber
- Vitamin D
- Calcium
- Iron
- Potassium



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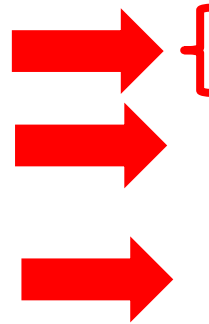


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Nutrients to Get Less of:

- Saturated Fat
- Trans Fat
- Sodium
- Added Sugars



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- Limit:
 - Saturated fats
 - *Trans* fats



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- Limit
 - Sodium
 - Added sugars



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In conclusion...

- Every little bit (or bite!) of nutrition is a step in the right direction.
- Use credible sources for information.
- Read your Nutrition Facts Panels.



Happy National Nutrition Month®!