

## The Five-Point Plan

# Eat For Life

# 3

*"You can start by substituting skim milk for whole milk. Also, reduce fruit juices to no more than eight ounces per day... I've seen dramatic changes in my patients just by making small changes like these."*

*– Dr. Nora Garcia-Zepeda  
Kaiser Permanente, Pediatrics*



**W**e know that choosing to eat healthier foods isn't always easy. Latinos enjoy some of the most delicious foods in the world. Unfortunately, they are not always healthy. The good news is that you can still have traditional foods by making simple, healthy choices.

**Here are some examples:**

- Try cooking with canola oil instead of lard or bacon
- Eat grilled fish, chicken or turkey instead of beef or pork
- Try nonfat black beans instead of refried beans
- If you like tortillas, choose whole wheat or corn rather than flour

There are many other easy choices you can make, and you will see and feel the results.

Other important ways to improve your health include reducing fast foods. Fast foods tend to have very high levels of salt, fat and sugar. Salt is an acquired taste, so if you don't taste the saltiness of fast food or pizza, it could be a sign that you are eating too many salty foods. The Food and Drug Administration reports that Americans spend almost half (46%) of their food budget on eating out. So make your meals at home to eat healthier and save money.

Eat your meals at a table – not in front of the television. Make time to eat and talk with someone. This will help you eat more slowly and digest your food better. Try having smaller portions that are balanced with fresh fruit and vegetables.

### When you shop, make sure to read the labels for healthy choices

- Choose skim milk instead of regular milk
- Choose foods that are low in salt  
(avoid canned, dried and frozen foods, which are often high in salt/sodium)
- Choose foods that are low in saturated fat
- Choose foods that are low in sugar  
(avoid sodas or juices, which are often very high in sugar)

Eating regular meals is important. Try not to skip meals. When you are preparing foods, make snacks that are healthy – like sliced jicama, papaya or cucumbers – so you can have them later when you feel hungry again. These are a great replacement for candy bars or potato chips.

On the following pages are tips and information to help you improve your eating habits.

### Tips for Healthy Snacks

- Wash your fruits and vegetables before eating them
- Cut up jicama, papaya, apples, celery and broccoli; refrigerate them in separate plastic bags so they are ready when you need a snack
- Always keep vegetables separate from raw meat, poultry and seafood while shopping, preparing, or storing

# How to Read a Nutrition Facts Label

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get enough of these Nutrients**

⑤ **Footnote**

⑥ **Quick Guide to % Daily Value**

- 5% or less is Low
- 20% or more is High

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		
<b>Calories</b> 250	Calories from Fat 110	
<b>% Daily Value*</b>		
<b>Total Fat</b> 12g	18%	
Saturated Fat 3g	15%	
Trans Fat 3g		
<b>Cholesterol</b> 30mg	10%	
<b>Sodium</b> 470mg	20%	
<b>Total Carbohydrate</b> 31g	10%	
Dietary Fiber 0g	0%	
Sugars 5g		
<b>Protein</b> 5g		
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

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

	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

Source: <http://www.cfsan.fda.gov/~dms/foodlab.html>



## Checklist of Healthy Eating Tips

- Choose skim milk instead of regular milk
- Choose foods that are low in salt (avoid canned, dried and frozen foods, which are often high in salt/sodium)
- Choose foods that are low in saturated fat
- Choose foods that are low in sugar (avoid sodas or juices, which are often very high in sugar)
- Eat fruits and vegetables as snacks and desserts
- Try to eat a salad each day (using olive oil and vinegar or lemon on your salad because some prepared dressings are high in fat and sugar content)
- Eat more whole grain foods, e.g., breads, brown rice and oatmeal
- Eat more fish, chicken and turkey and try to eat less fatty beef or pork
- Choose green vegetables instead of french fries, fried rice or flour tortillas
- Eat smaller/healthier portions – and remember to eat slowly
- Drink water (instead of soda or juices) – try to have eight glasses each day
- Limit alcohol (example: no more than one glass of wine per day)
- Try to limit caffeine (sodas, coffee, some teas, energy drinks)
- Try to cook with canola oil or water rather than lard
- Eliminate fast food
- Make your lunch at home each night so it is ready to eat the next day
- Keep track of your healthy eating habits and goals; it will help you see where to improve your habits
- Be an example to others





## Sample Food Journal

Time	Amount & Type of Food	Activity While Eating	Comments
7:00 a.m.	oatmeal muffin 1/2 cup low-fat yogurt 1 cup coffee small glass orange juice	reading newspaper	tired
10:30 a.m.	10 almonds apple slices water	working	feeling rushed
1:00 p.m.	turkey breast sandwich side salad fruit cup iced tea	talking with co-workers	having fun
6:30 p.m.	baked chicken breast rice green beans cucumbers	family dinner	hungry

**Resource:**

[www.ma.iup.edu/Pueblo/latino\\_cultures/recipes.html](http://www.ma.iup.edu/Pueblo/latino_cultures/recipes.html)



# Balanced Diet

<p><b>GRAINS</b> Make half your grains whole</p> <p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta</p>	<p><b>VEGETABLES</b> Vary your veggies</p> <p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweet potatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p><b>FRUITS</b> Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p><b>MILK</b> Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p><b>MEAT &amp; BEANS</b> Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>
<p>For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to <a href="http://MyPyramid.gov">MyPyramid.gov</a>.</p>				
<p>Eat 6 oz. every day</p>	<p>Eat 2½ cups every day</p>	<p>Eat 2 cups every day</p>	<p>Get 3 cups every day; for kids aged 2 to 8, it's 2</p>	<p>Eat 5½ oz. every day</p>

Source: <http://www.mypyramid.gov/downloads/MiniPoster.pdf>