



DIETARY PATTERN

How to eat a healthy meal: Before you eat, think about what goes on your plate or in your bowl. Foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods contain the nutrients you need without too many calories.

Fruits: Focus on fruits.

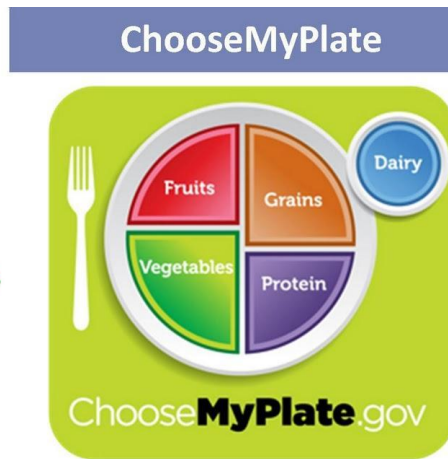
- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

Vegetables: Vary your veggies.

- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

Physical Activity Find your balance between food & physical activity.

- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.



Milk: Get your calcium-rich foods.

- Go low-fat or fat-free
- If you don't or can't consume milk, choose lactose-free products or other calcium sources.

Grains: Make at least half your grains whole.

- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word "whole" before the grain name on the list of ingredients.

Meats & Beans Go lean on protein.

- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

Oils: Know your fats.

- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Source: ChooseMyPlate.gov

14

When choosing packaged foods:

Choose products with **MORE** calcium, fiber, potassium, and Vitamins A, C & D.
Choose products with **LESS** total fat, saturated fat, cholesterol and sodium, which can lead to high blood pressure and heart disease



Check out Understanding Food Labels at <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm267499.htm> to know what food labels are really saying!

Use Supertracker at <https://www.supertracker.usda.gov/default.aspx> to get nutrition and physical activity plans just for you! You can track foods and physical activity, and get tips and support to make healthy food choices!

YMCA Healthy Living Programs

Diabetes Prevention Program

WHAT: Learn about healthy eating, physical activity and more

WHEN: 25 sessions throughout the year

WHERE: Offered at Gamble-Nippert YMCA in Western Hills/3159 Montana Ave, Cincinnati, OH 45211

WANT MORE INFO? Call 513-961-3510 or email ydpp@MyY.org

Visit http://www.cincinnatiymca.org/health-fitness/healthy-living#y_weight for more program options!

Visit www.LetsChangeOurCity.org for all the latest resources available

