



Tips

- Eat food as grown
- Avoid processed foods
- Optimally, buy organic to avoid pesticides see: ewg.org
- Spread your intake throughout the day; include breakfast
- Include healthy fats (nuts, seeds, avocados, olives, unsweetened coconut)
- Exercise daily to feel your best
- Help others – “Practice an Attitude of Gratitude”
- Avoid exposure to tobacco products
- Get at least 7 hours of sleep
- Practice mindful living

Comparison Chart (per day)

	Typical American Diet	Optimal Diet
Fats and Oils	80-120 gm	3-5 tsp
Sugar*	35 tsp	under 8 tsp
Sodium	5,000 mg	1,500-2,300 mg
Fiber	10 gm	25-40 gm or more
Water (fluids)	minimal	8 glasses

*1 tsp sugar = 4 gm.

Along with regular physical activity, proper nutrition can decrease your risk of:

- Heart disease
- Diabetes
- Cancer
- Arthritis pain
- Osteoporosis & Hip fracture
- Heartburn
- Mental decline
- Depression
- Obesity
- Stroke
- Hypertension (High Blood Pressure)
- Autoimmune and inflammatory disease

“EAT FOOD.
NOT TOO MUCH.
MOSTLY PLANTS.”

– MICHAEL POLLAN



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Nutrition Guidelines for Optimal Health



NUTRITION GUIDELINES FOR OPTIMAL HEALTH
WHOLE FOODS, PLANT STRONG...

Optimal Health

Vegetables and Fruits

- Half of your plate should be vegetables and fruits
- Eat the rainbow

Whole Grains

- Brown rice, whole wheat, barley, quinoa, rye, oats

Plant Proteins

- Dried beans and peas

Water

Saturated and Trans Fat

- Partially hydrogenated fats
- Animal fats, butter, shortening, fat in meat
- Coconut and palm oils

Refined Grains

- White flour
- Enriched flour

Sugars

- Any ingredient on a label that ends in -ose (sucrose, maltose)
- High fructose corn syrup

Animal Products

- Meat, eggs, cheese

Sodium

- Keep sodium to <2300 mg (1 tsp)
- For individuals with prehypertension and hypertension, further reduction to 1500 mg can result in even greater blood pressure reduction. Source: Dietary Guidelines for Americans 2015

Alcohol

	Recommended Daily Serving	Calories/ Serving	GO FOODS The healthiest foods that you can eat every day.	PAUSE AND THINK FOODS Up to four servings from the YELLOW category each week.	STOP FOODS Foods that you can eat after you stop & consider how many other foods you have eaten from the RED category. Up to 1x/week.
Vegetables	4-5	25-80	Vegetables, fresh or frozen with no added fat or salt - 1/2 c cooked or 1 c raw	Vegetable juice - 1/2 c Canned vegetables - 1/2 c	French fries Hash browns Deep fried vegetables Creamed vegetables
Fruits	3-4	60	Cut up fruit, fresh or frozen with no added sugar - 1 c Piece of fruit - 1 tennis ball size Dried fruit, with no added sugar - 2 Tbsp - 1/4 c	100% fruit juice - 1/2 c Canned fruit, in water or juice - 1/2 c	Fruit punch Canned fruit, in syrup Packaged "fruit" snacks
Grains	5-7	80	<p>Whole Grains</p> <ul style="list-style-type: none"> • Oats • Barley • Brown rice • Buckwheat • Bulgar • Farro • Millet • Quinoa • Wheat berries • Air popped popcorn - 3 c <p>Processed Grains (100% whole grain listed as first ingredient)</p> <ul style="list-style-type: none"> • Bread - 1 slice • Cereal, unsweetened - 3/4 c • Pasta - 1/2 c • Tortilla - 6 inch • Bagel - 1 ounce • Pancake - 4 inch • Cracker - variable 	<p>Refined Grains</p> <ul style="list-style-type: none"> • Bread - 1 slice • Cereal, unsweetened - 3/4 c • White pasta - 1/2 c • Tortilla - 6 inch size • Bagel - 1 ounce • Pancake - 4 inch • Cracker - variable • White rice - 1/3 c • Oil popped popcorn - 3 c 	<p>Refined and High Fat Grains</p> <ul style="list-style-type: none"> • Cookies • Cake • Pie • Donuts • Biscuits • Croissants • Crackers • Muffins • Popcorn with butter or microwave popcorn • Sweetened cereals
Proteins	6-9 1 serving = 7 gm protein	55	<p>Plant Based</p> <ul style="list-style-type: none"> • Dried or canned, low sodium beans, peas, lentils - 2/3 c (1 protein, 1 grain) • Soy, minimally processed, - tofu, tempe, edamame • Calcium fortified, unsweetened soy milk or yogurt - 1 c <p>For those who choose to eat animal products Hormone and antibiotic free dairy, up to 2 servings/day</p> <ul style="list-style-type: none"> • low fat milk - 1 c • Plain non-fat yogurt - 6 oz • kefir - 6 oz 	<p>Lean Animal Based - 1 oz</p> <ul style="list-style-type: none"> • Chicken/turkey with no skin • Pork tenderloin and loin cuts • Top round, sirloin, tenderloin • Hormone and antibiotic free, no added nitrate/nitrite lunch meat • Venison and other lean game meat • Egg - 1 medium • Low fat cheese - 1 1/2 oz • Fish (http://dnr.wi.gov/topic/fishing/consumption) <p>Plant Based</p> <ul style="list-style-type: none"> • Regular canned beans, peas, lentils 2/3 c <p>Processed Soy Products - 7g = 1 protein</p> <ul style="list-style-type: none"> • Veggie burgers, soy based patties, soy crumbles 	<p>High fat animal based</p> <ul style="list-style-type: none"> • Lunch meats • Fried meats • Sausage, bacon, ham, hot dogs • Beef (including ground, ribs, chuck roast, t-bone) • Pork, all cuts except loin and tenderloin • Chicken or turkey with skin, ground turkey or chicken with skin • Fish (shark, swordfish, king mackerel, tile fish) • 2% milk, whole milk • Chocolate milk • Sweetened yogurt • Artificially sweetened yogurt • Cheese • Regular, low-fat and fat-free pudding <p>Plant Based</p> <ul style="list-style-type: none"> • Sweetened soy, almond, rice milk • Soy isolates
Fats	3-5	45	<p>Plant Based</p> <ul style="list-style-type: none"> • Avocado - 1/5 medium • Extra virgin olive oil, grapeseed oil, sunflower, peanut oil - 1 tsp • Nuts, unsalted - 1 Tbsp (almonds, walnuts, peanuts) • Nut butters, unsalted - 2 tsp • Seeds, unsalted - 1 Tbsp (sunflower, flax, chia, hemp) • Olives - 8 large 	<p>Animal Based</p> <ul style="list-style-type: none"> • Low fat mayo, sour cream, cream cheese - 1 Tbsp <p>Plant Based</p> <ul style="list-style-type: none"> • Vinaigrette salad dressing - 1 Tbsp • Coconut oil - 1 tsp • Most vegetable oils - 1 tsp 	<p>Animal Based</p> <ul style="list-style-type: none"> • Mayonnaise • Butter • Cream cheese • Sour cream <p>Plant Based</p> <ul style="list-style-type: none"> • Margarine • Palm and palm kernel oil • Processed salad dressings
Sweeteners				Honey, pure maple syrup, raw sugar, pure cane sugar - 1 tsp	<ul style="list-style-type: none"> • Artificial sweeteners such as aspartame, sucralose, saccharin • Corn syrup, high fructose corn syrup, fructose, sugar alcohols, agave nectar, stevia