

HEALTHY EATING

in the New Year

UF | IFAS Extension
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**FAMILY &
CONSUMER
SCIENCES** 
Creating Healthy & Sustainable Families

The Foundation For The Gator Nation
An Equal Opportunity Institution



- Weight Management
- Feel Better Physically and Mentally
- Support Active Lifestyle
- Prevent or Control Chronic Health Problems

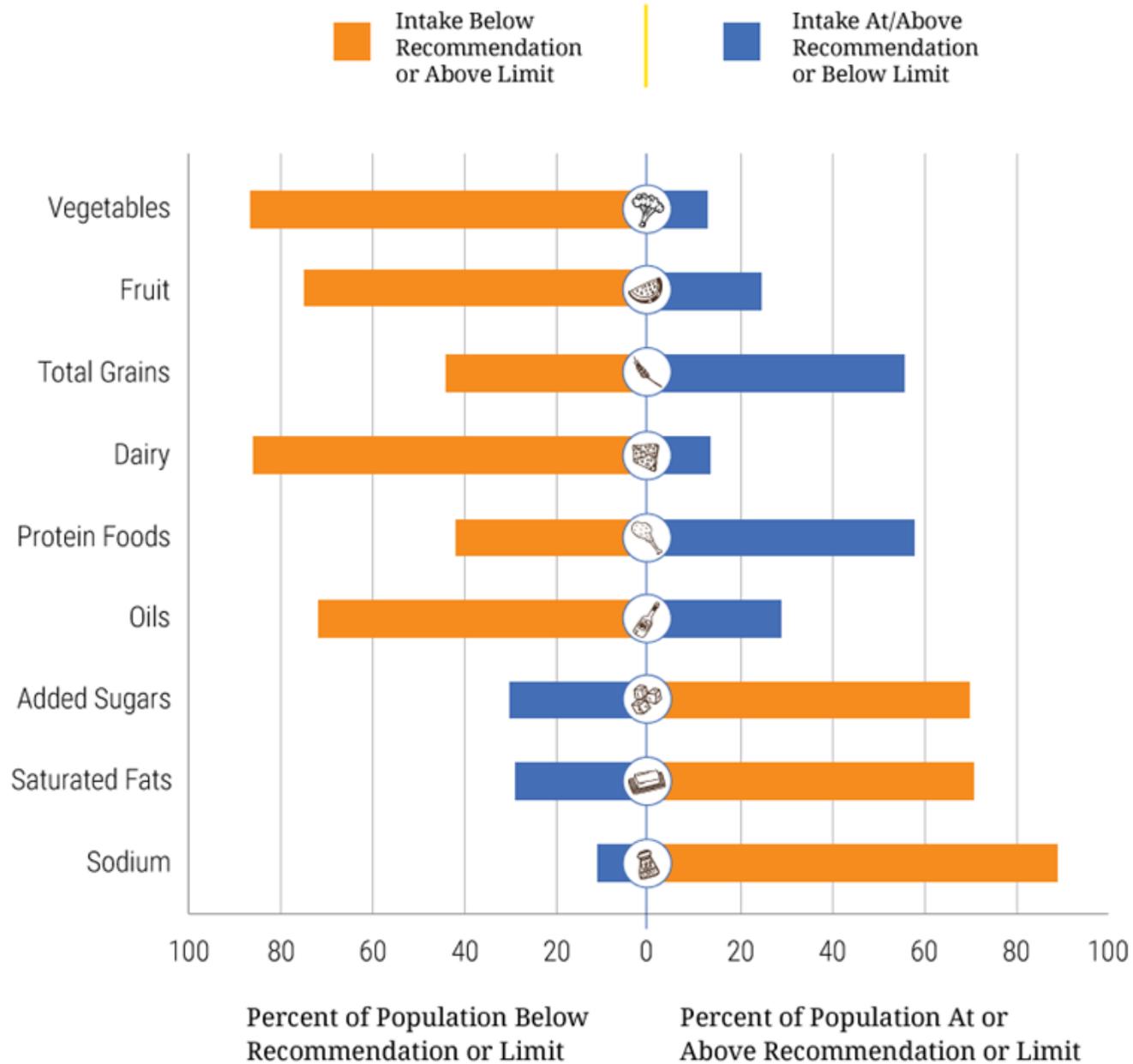


Overweight/Obesity
High Blood Pressure
Cardiovascular Disease
Diabetes
Cancer

**WHY IS
WHAT WE
EAT SO
IMPORTANT?**



Food Group or Dietary Component



CURRENT EATING PATTERNS IN THE UNITED STATES

Note: The center (0) line is the goal or limit. For most, those represented by the orange sections of the bars, shifting toward the center line will improve their eating pattern.

Data Source: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intakes and limits.

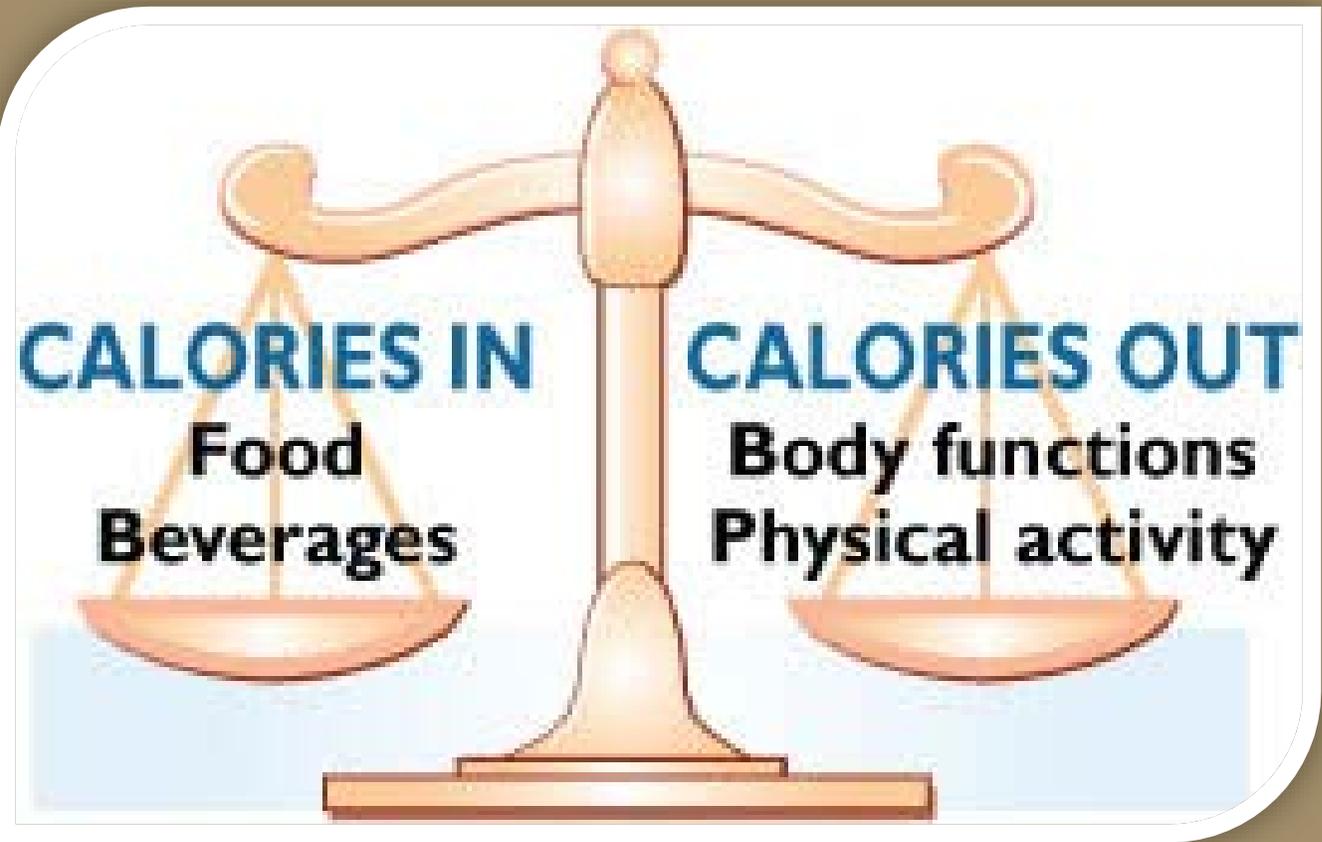


Healthy Fork Management



**KEYS TO
SUCCESS?**





Calorie
Balance



MALES**FEMALES^[d]**

| AGE | Sedentary ^[a] | Moderately active ^[b] | Active ^[c] | AGE | Sedentary ^[a] | Moderately active ^[b] | Active ^[c] |
|-----------|--------------------------|----------------------------------|-----------------------|-----------|--------------------------|----------------------------------|-----------------------|
| 46-50 | 2,200 | 2,400 | 2,800 | 46-50 | 1,800 | 2,000 | 2,200 |
| 51-55 | 2,200 | 2,400 | 2,800 | 51-55 | 1,600 | 1,800 | 2,200 |
| 56-60 | 2,200 | 2,400 | 2,600 | 56-60 | 1,600 | 1,800 | 2,200 |
| 61-65 | 2,000 | 2,400 | 2,600 | 61-65 | 1,600 | 1,800 | 2,000 |
| 66-70 | 2,000 | 2,200 | 2,600 | 66-70 | 1,600 | 1,800 | 2,000 |
| 71-75 | 2,000 | 2,200 | 2,600 | 71-75 | 1,600 | 1,800 | 2,000 |
| 76 and up | 2,000 | 2,200 | 2,400 | 76 and up | 1,600 | 1,800 | 2,000 |

**HOW
MANY
CALORIES
DO YOU
NEED?**

Senior Males average need = 2,000 – 2,400 calories

Senior Females average need = 1,600 – 1,800 calories

A healthy eating pattern limits:



Saturated
fats and
trans fats

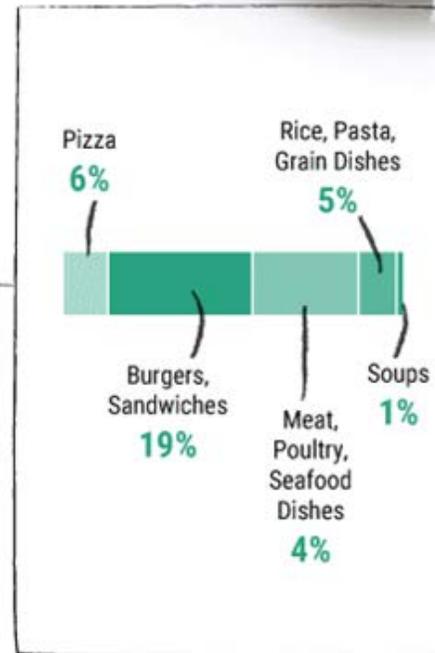
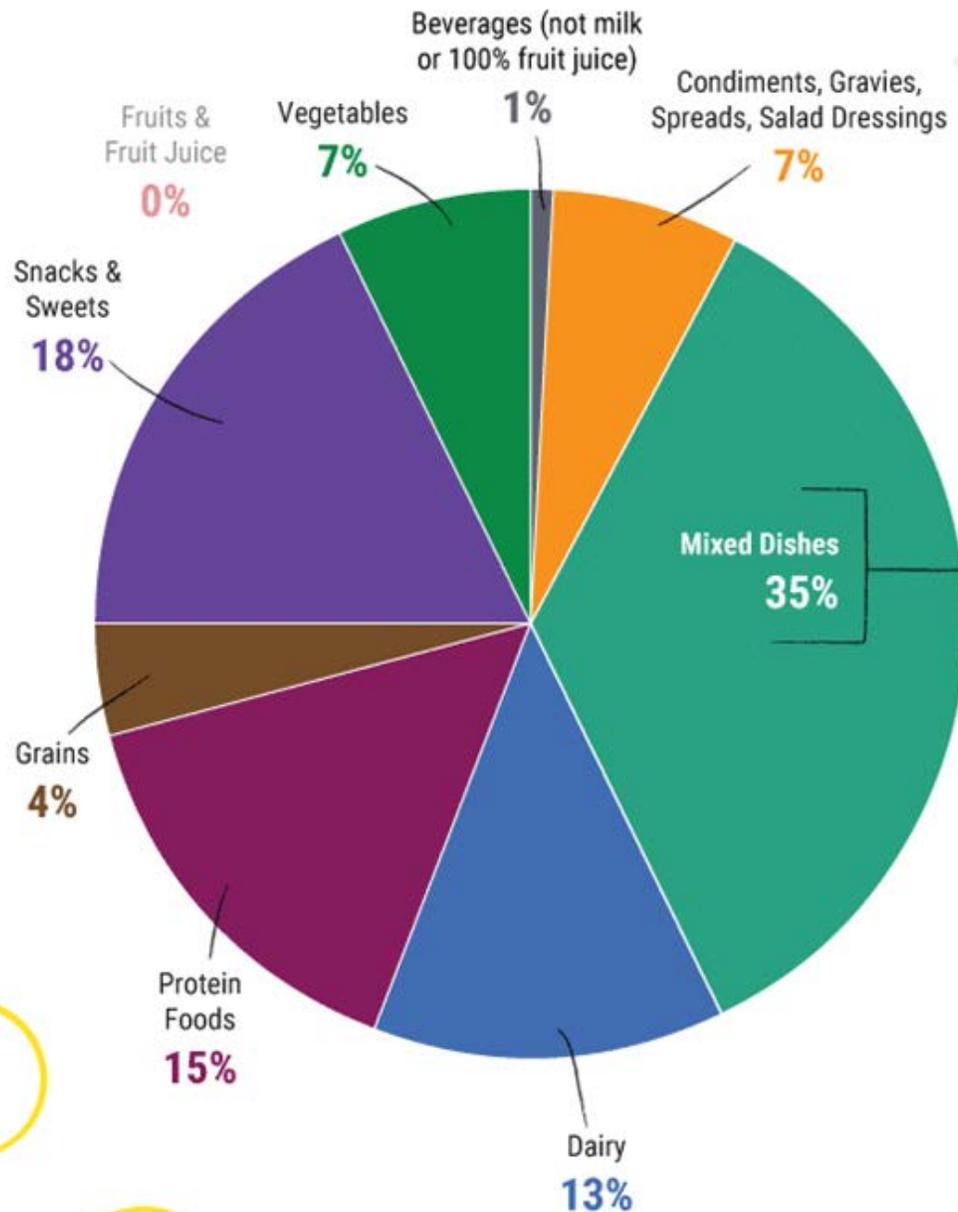


Added
sugars



Sodium

Decrease
Fat, Sugar,
and Salt



FOOD SOURCES OF SATURATED FATS

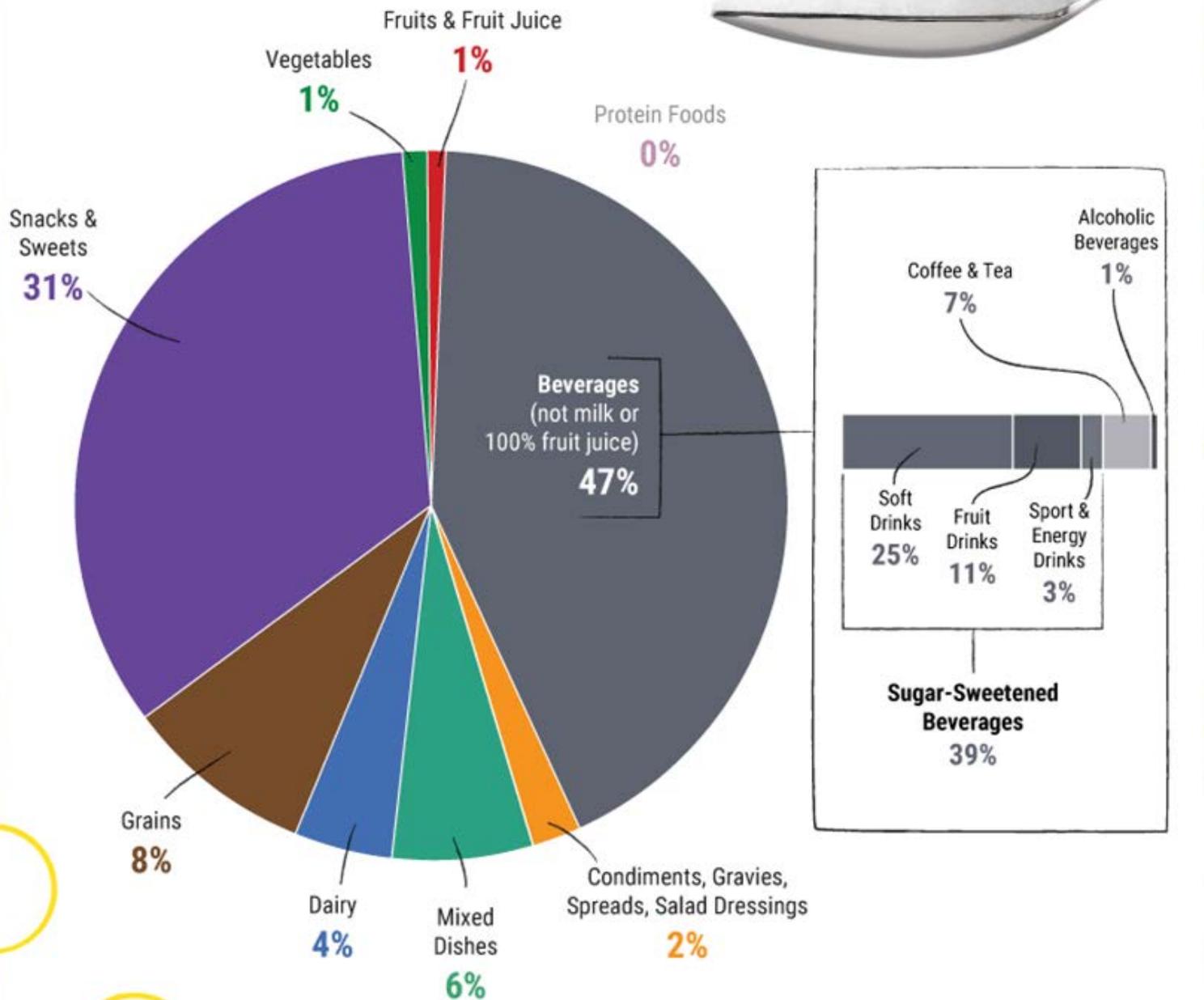
Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.





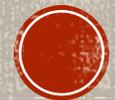
HOW CAN I REDUCE SATURATED FAT?

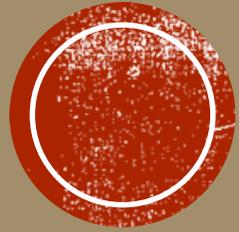




FOOD SOURCES OF ADDED SUGARS

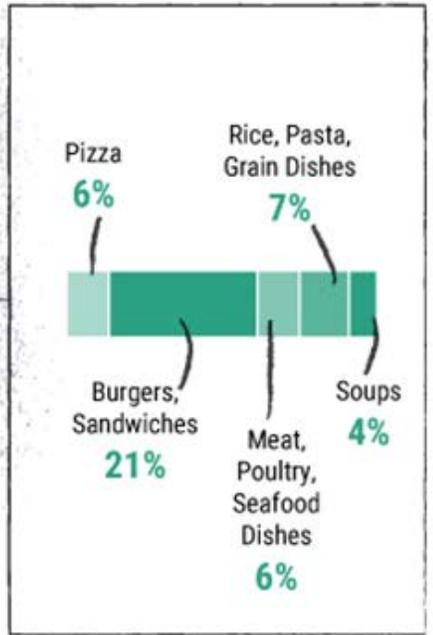
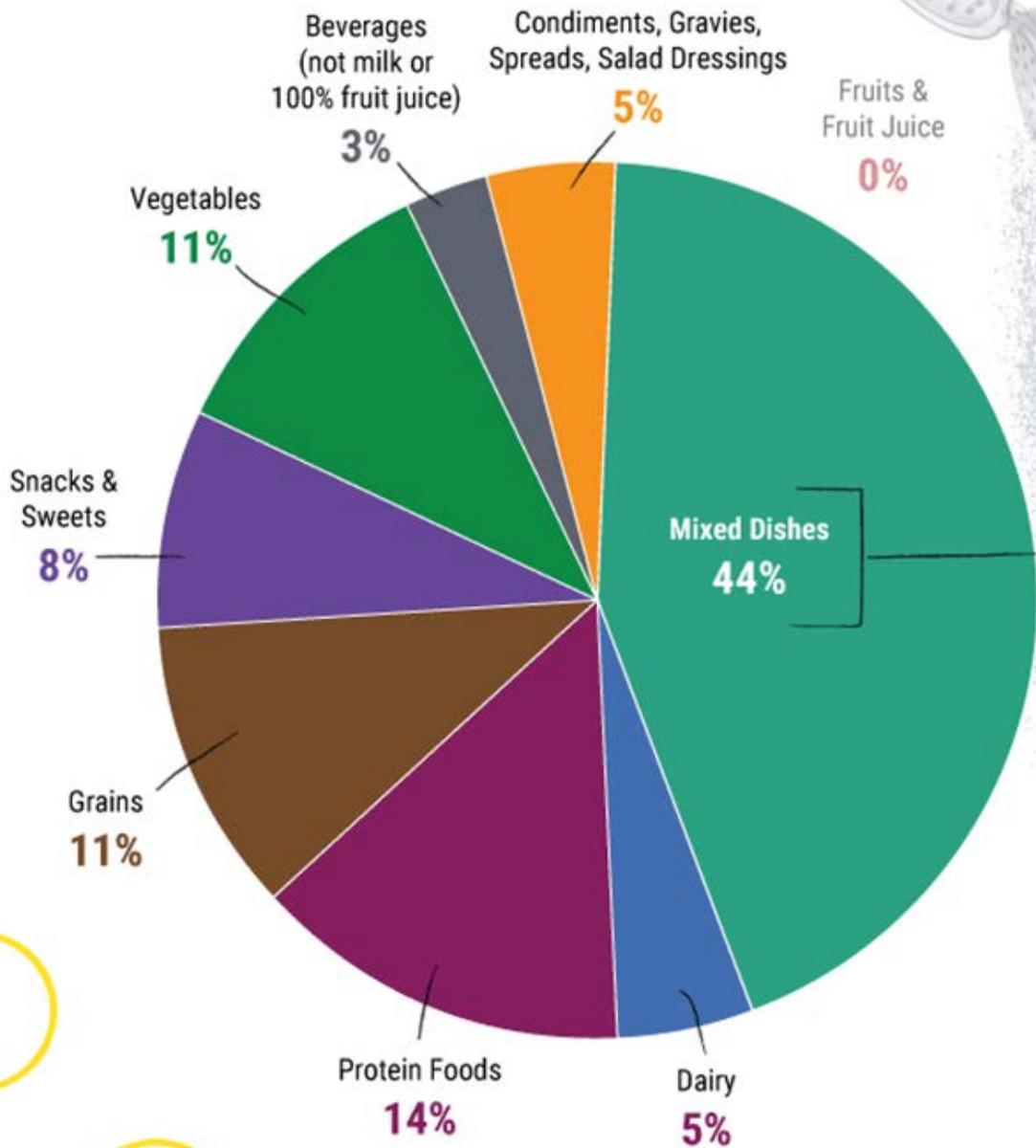
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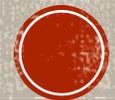
HOW CAN I CUT DOWN ON ADDED SUGAR?

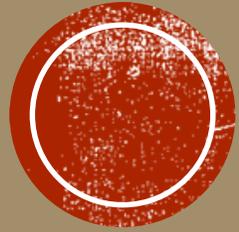




FOOD SOURCES OF SODIUM

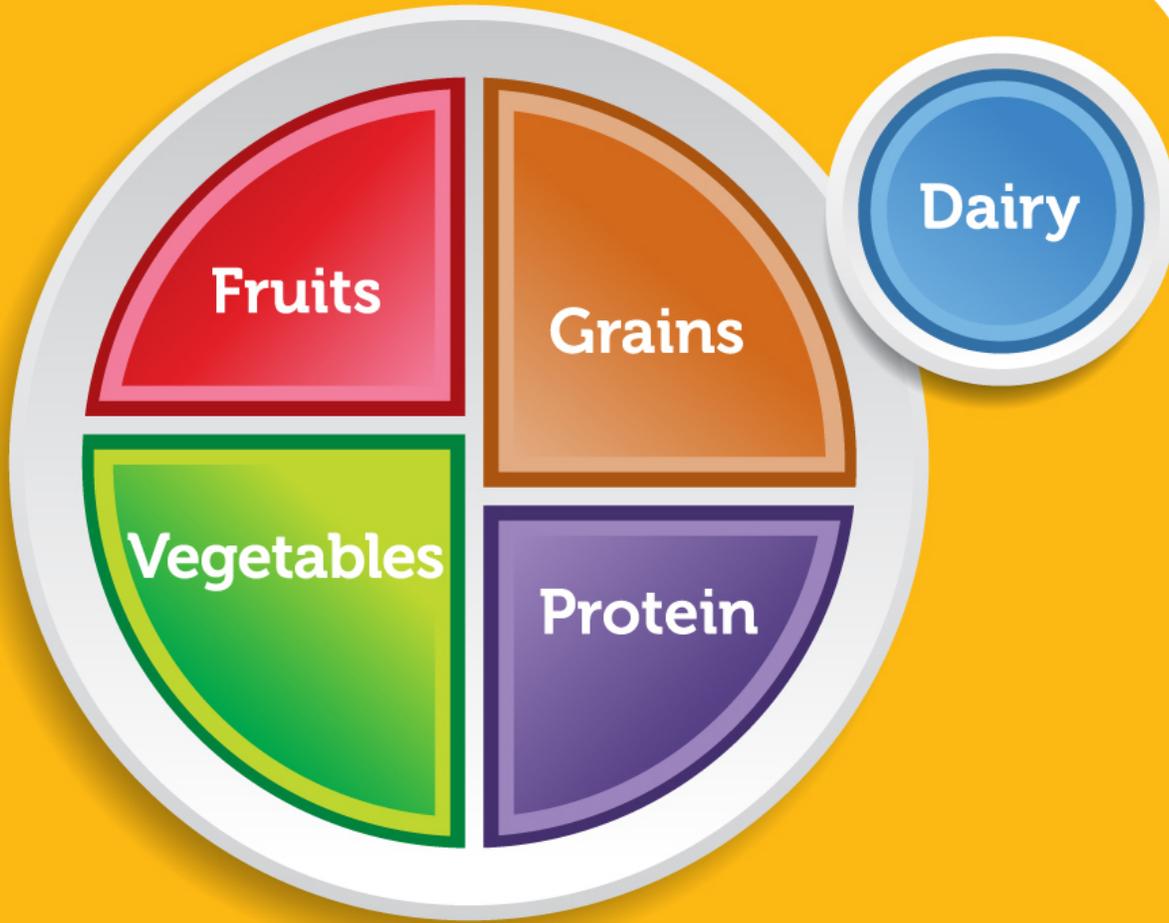
Data Source: What We Eat in America (WWEIA) Food Category analyses for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, NHANES 2009-2010.





HOW CAN I CUT DOWN ON SODIUM?





Choose **MyPlate**.gov

Focus on
Food
Groups





Vegetables



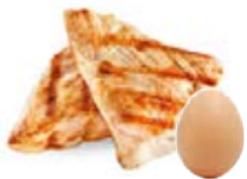
Fruits, especially whole fruits



Grains, especially whole grains



Fat-free and low-fat dairy, including milk, yogurt, cheese, and fortified soy beverages



Protein foods, like seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products

Focus on
Food
Groups

SAMPLE BALANCED MEALS

Taco salad



½ cup avocado
1 tsp lime juice



2 ounces
tortilla chips

1 cup chopped
lettuce
2 Tbsp salsa



2 ounces
cooked
ground turkey

½ ounce low-fat
cheddar cheese



2 tsp corn oil
for cooking
turkey

Tuna salad sandwich



1 medium peach



2 slices whole-
wheat bread

1 Tbsp chopped
celery
½ cup shredded
lettuce



2 ounces
canned tuna

1 cup fat-free
milk



1 Tbsp
mayonnaise



MyPlate Daily Checklist

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

Food Group Amounts for 1,800 Calories a Day

|  |  |  |  |  |
|---|---|--|--|--|
| 1 1/2 cups | 2 1/2 cups | 6 ounces | 5 ounces | 3 cups |
| <p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p> | <p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p> | <p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p> | <p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p> | <p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p> |



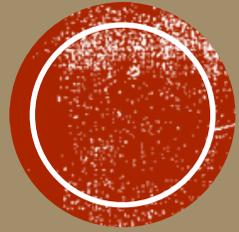
Drink and eat less sodium, saturated fat, and added sugars. Limit:

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **20 grams** a day.
- Added sugars to **45 grams** a day.

Be active your way: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

Use SuperTracker to create a personal plan based on your age, sex, height, weight, and physical activity level.

SuperTracker.usda.gov



COOKING DEMONSTRATION



RECIPE

TURKEY TACO SALAD

This recipe serves 4 people.

1. Coat a pan with cooking spray. Brown 1 pound of 99% fat-free ground turkey breast with half of a chopped onion.
2. Add 2 cans of no-salt-added diced, crushed, or whole tomatoes.
3. Add 1 clove of chopped garlic and 1 teaspoon each of dried oregano and cilantro.
4. Add 1 or 2 chopped ancho chiles or jalapenos. If you don't like your food that spicy, use 2 teaspoons of chili powder instead.
5. Let cook on the stove for 10 minutes.
6. Serve the taco meat on chopped raw spinach or other greens. Break up a handful of baked tortilla chips and sprinkle them on. Top with chopped tomatoes, chopped onions, fresh cilantro, and lime. You can also add 1 teaspoon of grated low-fat cheese.

TURKEY TACO SALAD

- Add black or pinto beans for increased protein and fiber
- Add more veggies like bell peppers and corn for variety and nutrition

Recipe

Cilantro Lime Cauliflower Rice

1. Rinse and remove the core from 1 medium cauliflower and let dry completely. Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous..
2. Set aside and repeat with the remaining cauliflower.
3. Heat a large sauté pan over medium heat, add 1 tsp. olive oil, 2 diced scallions and 2 garlic cloves and sauté about 3 to 4 minutes, or until soft.
4. Raise the heat to medium-high.
5. Add the cauliflower “rice” to the saute pan. Cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside.
6. Remove from heat and place in a medium bowl; toss with fresh cilantro and lime juice to taste.

CILANTRO LIME CAULIFLOWER RICE

Over processing
will make “rice”
mushy.

Season with salt
and pepper to taste.

THANK YOU

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