

CheckPoints

Nutrition Facts 101

A handy guide to healthy eating

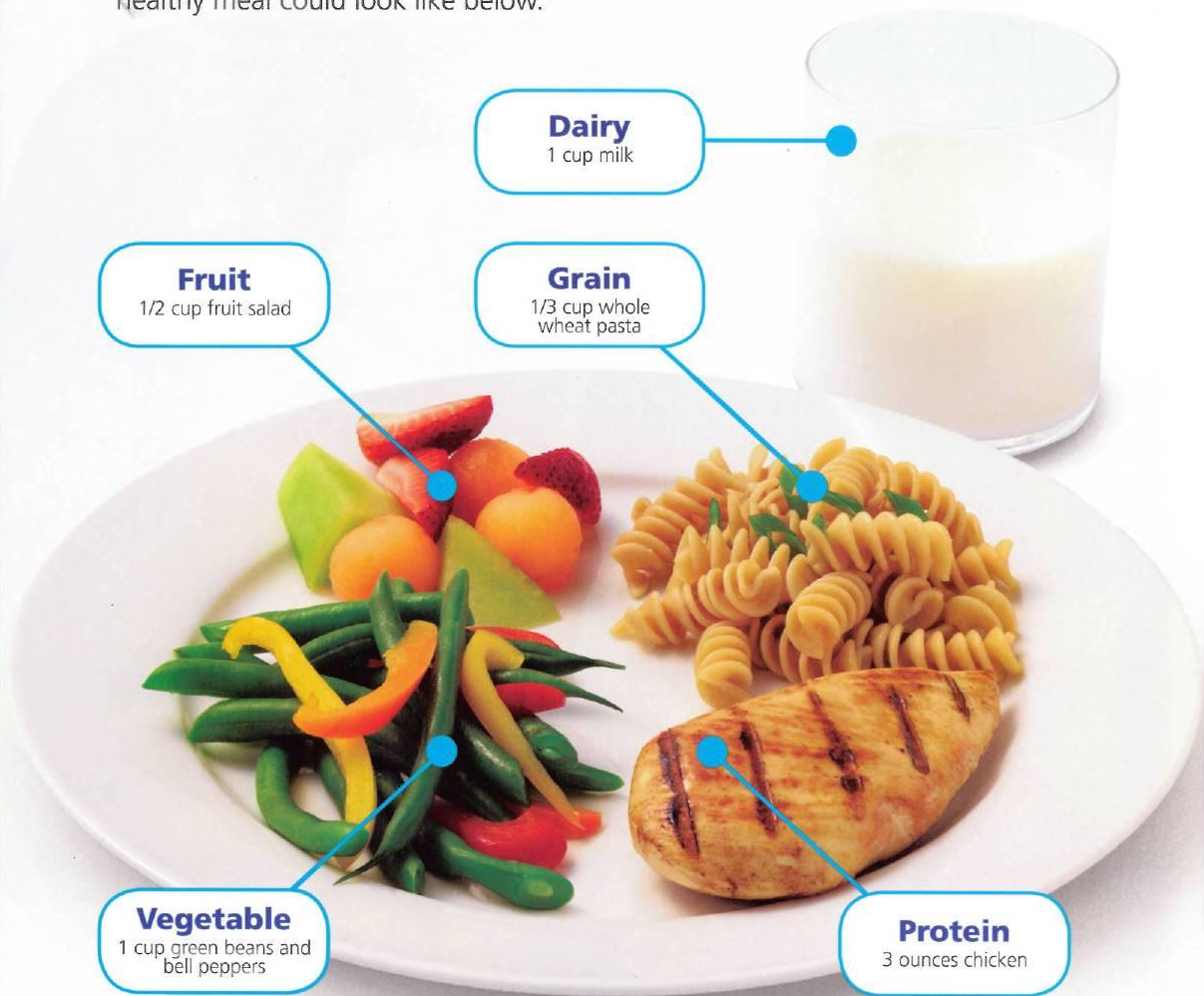


Eating healthy isn't always easy. With this guide, you'll learn some simple tricks about how to decide what (and what not) to eat.

Healthy Plates



Split every meal's ingredients according to this plate for balanced eating. Start with filling 1/2 of your plate with mostly vegetables and a little bit of fruit, then add some whole grains, lean protein, and dairy to complete your plate. See what a healthy meal could look like below.



Healthy Portions

Your most important portion control tool is always with you. With your fist, palm, or thumb, you can measure healthy serving sizes. Keep in mind these are based off of a small fist, so you may have to adjust, based on your hand size.

Your fist equals about 1 cup



1 serving of vegetables, grains, or fruit

Your palm equals about 3 ounces or 1/2 cup



1 serving of protein, like chicken, beef, or fish, or a rounded handful of cooked rice or pasta

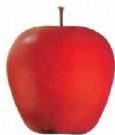




Your thumb equals about 1 ounce



1 serving of butter, oil, or salad dressing

Healthy Carbs

Carbohydrates are one of the main parts of your diet—their main function is to provide energy for your body. Carbohydrates are either simple or complex. Simple carbohydrates are absorbed quickly, while complex carbohydrates absorb slowly, helping you stay fuller longer. Most of your carbohydrates should come from complex, not simple, carbohydrates.

	Item	Simple or Complex	Portion Size	Carb Count
	Fruit			
	Apple	Complex	1 small	25
	Blueberries	Complex	1 cup	12
	Orange juice	Simple	1 cup	26
	Strawberries	Complex	1 cup	16
	Vegetable			
	Cucumber	Complex	1 cup	4
	Broccoli	Complex	1 cup	11
	Yams	Complex	1/2 cup	19
	Green beans	Complex	1/2 cup	11
	Grains			
	Brown rice	Complex	1/2 cup	23
	Multigrain bread	Complex	1 Slice	11
	White flour pasta	Simple	1/3 cup	12
	Instant oatmeal	Complex	1 packet	27
	Protein			
	Chicken	N/A	3 oz	0
	Beef	N/A	3 oz	0
	Egg	N/A	1 large	1
	Fish	N/A	3 oz	0
Dairy				
Milk	Complex	1 cup	12	
Cheese	N/A	1 oz	0	
Yogurt (flavored)	Simple	1/2 cup	20	
Butter	N/A	1 oz	0	

How to Read Nutrition Labels

Nutrition labels tell you all you need to know about whether a food choice is a healthy one. Here's what to look at when reading labels. The grams of total carbohydrate on the label are the key to carb counting. Don't worry about counting the sugar grams. They are included in the total carb number.

Is this how much you plan to eat? Information on the label is based on the serving size

See how many grams of carbs are in each serving

Take the fiber grams out of the total carbs for a more accurate estimate (eg, 24-4=20 total carbs)

Watching carbs is just one part of the puzzle. Keep an eye on total calories, sodium, and fat to decide if a food fits in your meal plan.

Nutrition Facts	
Serving Size 1 cup (40g)	
Servings Per Container 2.5	
Amount Per Serving	
Calories 150	Calories from Fat 10
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	1%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	15%
Sugar 1g	
Protein 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.

Sugar-free doesn't mean carbohydrate-free

When you're choosing between regular and sugar-free products, compare the labels side by side. If the difference between total carbs isn't big, let taste or price be your guide. If the sugar-free product has a lot fewer carbs, it might be the better choice.

For more meal planning tools, visit Cornerstones4Care.com.

