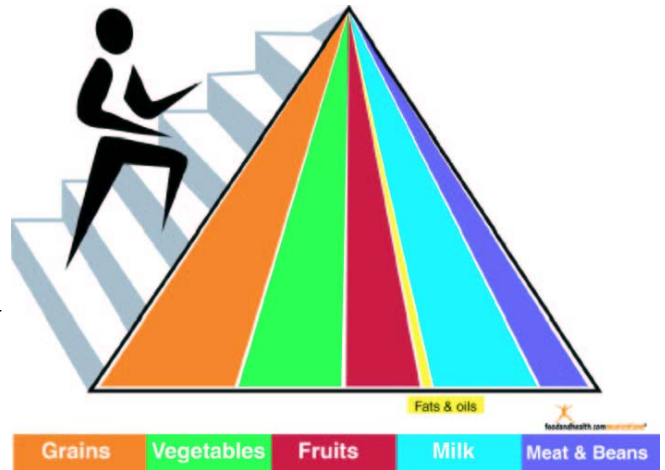


# Healthy Habits

A publication of Maternal & Family Health Services that provides nutrition education and helps people make healthy food choices

## STEPS TO A HEALTHIER YOU— MYPYRAMID PLAN

Take the steps towards better nutrition and health. It is never too late to make a change for the better. Make smart choices at every meal and do something each day to be more active. The MyPyramid Plan is based on your age and how much exercise you get each day. You can find out how many calories you should eat each day and the amount of foods you should eat by visiting [www.mypyramid.gov](http://www.mypyramid.gov).



### Suggested Amounts per day (Based on a 2000 calorie diet)

<b>GRAINS</b>	6 ounces
<b>VEGETABLES</b>	2 1/2 cups
<b>FRUITS</b>	2 cups
<b>MILK</b>	3 cups
<b>MEAT/BEANS</b>	5.5 ounces
<b>OILS</b>	6 tablespoons

(Limit extra fats and sugars to less than 265 calories per day. )

### HEALTHY EATING TIPS

- Half of the grains you eat should be whole grains
- Vary your veggie choices. Eat some dark green, orange, and starchy vegetables every week.
- Make most of your fruit choices whole or cut-up fruit rather than juice so you get more fiber.
- Choose fat-free or low-fat milk and yogurt.
- Get a variety of heart healthy protein. Choose lean cuts of meat. Also eat beans (such as black, soy or pinto beans) for protein.
- Look for foods that are low in saturated fats, trans fats, and cholesterol to help reduce your risk of heart disease.
- Cook and eat more meals at home
- Consume fewer sugary foods and drinks
- Exercise every day for 30-60 minutes

(Adapted from the USDA MyPyramid.org)

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# SAMPLE MENU

## BREAKFAST

Cold cereal  
 1 cup bran flakes  
 1 cup fat-free milk  
 1 small banana  
 1 slice whole wheat toast  
 1 tsp soft margarine  
 1 cup prune juice

## SNACKS

1/4 cup dried apricots  
 1 cup low-fat fruited yogurt

## LUNCH

Tuna fish sandwich  
 2 slices rye bread  
 3 ounces tuna (packed in water, drained)  
 2 tsp mayonnaise  
 1 tbsp diced celery  
 1/4 cup shredded romaine lettuce  
 2 slices tomato  
 1 medium pear  
 1 cup fat-free milk

## DINNER

Roasted chicken breast  
 3 ounces boneless skinless chicken breast\*  
 1 large baked sweetpotato  
 1/2 cup peas and onions  
 1 tsp soft margarine  
 1 ounce whole wheat dinner roll  
 1 tsp soft margarine  
 1 cup leafy greens salad  
 3 tsp sunflower oil and vinegar dressing

\* Starred items are foods that are labeled as no-salt-added, low-sodium, or low-salt versions of the foods. They can also be prepared from scratch with little or no added salt. All other foods are regular commercial products which contain variable levels of sodium. Average sodium level menu assumes no-salt-added in cooking or at the table. Adapted from the USDA MyPyramid.org.

# HEALTHY RECIPE

## Potato-Thickened Broccoli Soup

Serving Size: 1 cup soup

### Ingredients:

- 4 cups Chopped Broccoli
- 1 small chopped onion
- 4 cups chicken or vegetable broth
- 1 cup nonfat evaporated milk
- 1 cup mashed potatoes (or instant prepared in water)
- 1/4 cup cheese, shredded or American
- salt and pepper to taste

### Instructions:

1. Combine broccoli, onion, and broth in large sauce pan.
2. Bring to a boil.
3. Reduce heat. Cover and simmer for 10 minutes until vegetables are tender.
4. Add milk to soup. Slowly stir in potatoes.
5. Cook, stirring constantly, until bubbly and thickened.
6. Season with salt and pepper. Stir in a little more milk or water if soup becomes too thick.
7. Sprinkle about 1 Tablespoon cheese over each serving.
8. Serve.

Nutrition Facts	
Serving Size (452g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 50
<hr/>	
	% Daily Value*
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2.0g	10%
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 350mg</b>	<b>15%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 2g	8%
Sugars 9g	
<b>Protein 15g</b>	
<hr/>	
Vitamin A 15%	Vitamin C 110%
Calcium 30%	Iron 8%
*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
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. To find out how the Food Stamp Program can help you buy healthy foods, contact the PA Department of Public Welfare's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

PENNSYLVANIA  
 NUTRITION EDUCATION TRACKS

On track with healthy eating for low income audiences

