

Eating Right and Getting Fit — Even When You Don't Have Time



Allina Health

Eating Right and Getting Fit

Eating well-balanced meals and getting regular physical activity can help you reduce your risk of certain diseases and increase your energy level. But if you are too busy, trying to eat right and be active may seem like impossible goals. They're not!

Making small changes that fit your lifestyle can help you slowly improve your diet and fitness. Finding your balance between smart food choices and physical activity can help you feel better — even when you don't have time.

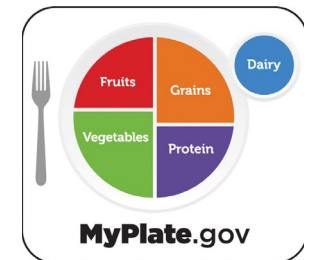
Most of the information in this booklet is from the United States Department of Agriculture. For complete information, visit myplate.gov.

For information about your health, talk with your health care provider.

Nutrition

A healthful diet:

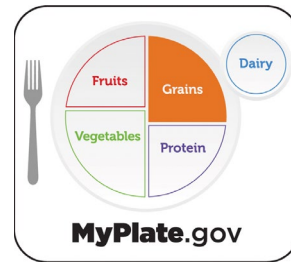
- focuses on fruit, vegetables, whole grains, and fat-free or low-fat milk
- includes lean meats, poultry, fish, beans, eggs and nuts
- is low in saturated fats, trans fats, cholesterol, salt and added sugars.



To help make good food choices, you should eat a variety of foods from all of the following food groups.

Grain Group

Grain products are made from wheat, rice, oats, cornmeal, barley or another cereal grain. Examples of foods in this group are bread, pasta, oatmeal, tortillas and grits. Grains are split into 2 groups:



■ whole grains

These contain the entire grain kernel (bran, germ and endosperm). The whole grains are rich in fiber, B vitamins and iron. Examples are whole-wheat flour, bulgur, oatmeal and brown rice. **Make at least ½ of your grains whole grains.**

■ refined grains

These have gone through a process to remove the bran and germ. This gives the grains a fine texture but removes the fiber, iron and several B vitamins. Examples are white flour, white bread and white rice.

Most refined grains are enriched. This means some B vitamins and iron are added back in after processing.

Benefits of eating whole grains

- Eating foods rich in fiber may:
 - reduce the risk of heart disease, obesity and type 2 diabetes
 - help lower cholesterol levels
 - reduce constipation
 - help you manage your weight (helps keep you feeling “full” longer)
 - help prevent neural tube defects during pregnancy.

- Whole grains contain fiber, many B vitamins (such as thiamin, riboflavin, niacin and folate) and minerals (such as iron and magnesium).
- The vitamins and minerals in whole grains help build red blood cells, build bones, and release energy.

Tips for eating whole grains

- Try whole-wheat bread, whole-wheat pasta or brown rice instead of white bread, white pasta or white rice.
- Use whole grains in mixed dishes. For instance, use barley in vegetable soups or stews and bulgur wheat in casseroles.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Add whole-grain flour or oatmeal when making cookies.
- Try a 100 percent whole-grain snack.

Amounts needed each day

The following recommendations are for adults who get less than 30 minutes of moderate physical activity a day.

■ Women:

- 19 to 50 years: 6 ounces
- 51 + years: 5 ounces

■ Men:

- 19 to 30 years: 8 ounces
- 31 to 50 years: 7 ounces
- 51 + years: 6 ounces

Serving sizes

1 ounce of grains is equal to:

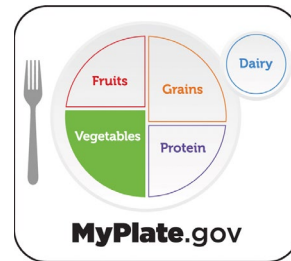
- 1 slice of bread
- 1 cup of ready-to-eat cereal
- ½ cup cooked rice, pasta or cereal
- 5 whole wheat crackers
- ½ English muffin
- 1 pancake 4 ½ inches in diameter
- 3 cups popped popcorn
- 1 flour tortilla 6 inches in diameter.

Vegetable Group

Any vegetable or 100 percent vegetable juice is included in this group.

Vegetables may be raw, cooked, fresh, frozen, canned or dried. They are split up into five groups:

- **dark green**
bok choy, broccoli, collard greens, dark green leafy lettuce, kale, romaine lettuce, spinach, turnip greens
- **red and orange**
acorn squash, butternut squash, carrots, pumpkin, red peppers, sweet potatoes, tomatoes
- **beans and peas**
black beans, black-eyed peas, garbanzo beans, kidney beans, lentils, navy beans, pinto beans, soy beans, split peas, white beans



■ starchy

cassava, corn, green peas, plantains, potatoes, taro

■ other vegetables

artichokes, asparagus, bean sprouts, beets, brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, zucchini.

Benefits of eating vegetables

Most vegetables are low in fat and calories. Vegetables do not have cholesterol. Vegetables are a good source of potassium, fiber and vitamins A and C.

- Eating a diet rich in vegetables may:
 - reduce the risk for type 2 diabetes, stroke, heart disease, obesity
 - help protect against certain cancers
 - lower blood pressure
 - help you manage your weight (helps keep you feeling “full” longer).
- Vitamin A in vegetables helps keep your eyes and skin healthy.
- Vitamin C in vegetables helps keep your teeth and gums healthy. It helps your body absorb iron, and helps your body heal from cuts and wounds.

Tips for eating vegetables

- Buy fresh vegetables when in season.
- Stock up on frozen vegetables.
- Eat vegetables as snacks.
- Vary your vegetables.

- Prepare more foods from fresh ingredients. If you use canned vegetables, look for cans that are labeled “reduced sodium,” “low sodium” or “no salt added.”
- Use vegetables as main dishes.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads or muffins.
- Add chopped vegetables to pizza or in pasta sauce.
- Eat raw vegetables with low-fat salad dressing or other low-fat dip.

Amounts needed each day

The following recommendations are for adults who get less than 30 minutes of moderate physical activity a day.

- Women:
 - 19 to 50 years: 2 ½ cups
 - 51 + years: 2 cups
- Men:
 - 19 to 50 years: 3 cups
 - 51 + years: 2 ½ cups

Serving sizes

1 cup of vegetables is equal to:

- 1 cup of raw or cooked vegetables or vegetable juice
- 2 cups of raw leafy greens.

Fruit Group

Any fruit or 100 percent fruit juice is included in this group. Fruits may be fresh, frozen, canned or dried.

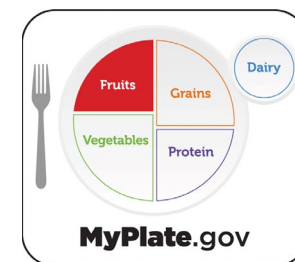
Benefits of eating fruits

Most fruits are low in fat, sodium and calories. They do not have cholesterol. Fruits are rich in potassium, fiber, vitamin C and folate (folic acid).

- Eating a diet rich in fruits may:
 - reduce the risk for type 2 diabetes, stroke, heart disease, obesity
 - help protect against certain cancers
 - lower blood pressure
 - help you manage your weight (helps keep you feeling “full” longer).
 - help lower your cholesterol.

Tips for eating fruits

- Keep a bowl of whole fruit on the table, counter or in the refrigerator.
- Buy fresh fruits in season.
- Buy fruits that are dried, frozen and canned (in water or 100 percent juice).
- Cut up fruit (or buy pre-cut fruit) to have on hand for snacks.
- Choose fruits that are high in potassium, such as bananas, prunes and prune juice, peaches, apricots and orange juice.
- Vary your fruit choices.
- Add cut-up bananas or peaches to cereal.



- Spread peanut butter on apple slices.
- Keep a package of dried fruit handy for snacks.

Amounts needed each day

The following recommendations are for adults who get less than 30 minutes of moderate physical activity a day.

■ Women:

- 19 to 30 years: 2 cups
- 31 to 51 + years: 1 ½ cups

■ Men:

- 19 to 51 + years: 2 cups

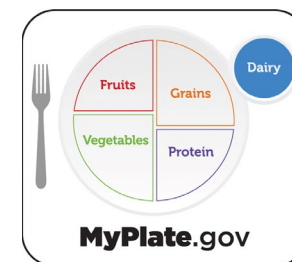
Serving sizes

1 cup of fruit is equal to:

- ½ cup of dried fruit
- 1 large banana (8 to 9 inches long)
- 32 seedless grapes
- about eight large strawberries
- 1 large peach or two halves, canned
- 1 medium pear
- 1 large orange
- 1 small apple.

Dairy Group

Foods in the milk group are those made from milk or fluid milk products. Foods in the milk group contain calcium, potassium, vitamin D and protein. Most dairy group choices should be fat-free or low-fat.



Foods made from milk that have little to no calcium (such as cream cheese, cream and butter) are not part of this group.

Common choices in this group are:

- milk
- milk-based desserts (puddings, ice milk, frozen yogurt, ice cream)
- calcium-fortified soymilk
- cheese
- yogurt

Benefits of eating/drinking dairy products

Calcium in milk and milk products helps build and maintain bones and teeth. Foods in the dairy group also have potassium, vitamin D and protein.

- Eating a diet rich in low-fat or fat-free dairy may:
 - reduce your risk of osteoporosis (weak, brittle bones)
 - reduce the risk for type 2 diabetes, stroke, heart disease.

Most milk group choices should be fat-free or low-fat. Many cheese, whole milk and products made from them are high in cholesterol. Limit the amount of these foods you eat.

Tips for making wise choices

- Include milk or calcium-fortified soymilk at meals. Choose low-fat or fat-free milk.
- If you usually drink whole milk, switch to reduced fat (2 percent), then low-fat (1 percent) and then fat-free (skim).
- If you have coffee drinks with milk, ask for fat-free milk.
- Use fat-free or low-fat milk when making condensed cream soups.
- Have fat-free or low-fat yogurt as a snack.
- Make fruit-yogurt smoothies in a blender.
- Eat cut-up fruit with flavored yogurt for a dessert.
- Top a baked potato with fat-free or low-fat yogurt.

Amounts needed each day

The following recommendations are for adults who get less than 30 minutes of moderate physical activity a day.

- **Women:**
 - 19 to 51 + years: 3 cups
- **Men:**
 - 19 to 51 + years: 3 cups

Serving sizes

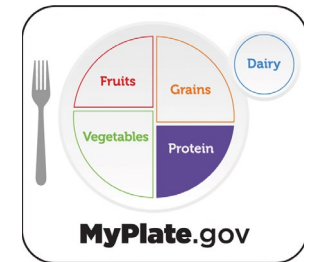
1 cup of dairy is equal to:

- 1 cup of milk
- 1 cup (8 ounces) yogurt
- 1 ½ ounces of natural cheeses
- 2 ounces of processed cheese
- ½ cup ricotta cheese

- 2 cups cottage cheese
- 1 cup pudding made with milk
- 1 ½ cups ice cream.

Protein Group

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are included in the protein group. (Beans and peas are also in the vegetable group.)



Select a variety of foods from this group. Examples of foods in this group include:

- **meats (choose lean or low-fat meats):**
beef, ham, lamb, pork, veal
- **poultry (choose lean or low-fat poultry):**
chicken, turkey, goose and duck
- **beans and peas:**
black beans, black-eyed peas, chickpeas, falafel, kidney beans, lentils, navy beans, pinto beans, split beans, processed soy products (tofu, bean or veggie burgers, tempeh)
- **nuts and seeds (choose unsalted nuts and seeds):**
almonds, cashews, hazelnuts, mixed nuts, peanuts, peanut butter, pecans, pistachios, pumpkin seeds, sunflower seeds, walnuts
- **seafood:**
finfish (cod, haddock, halibut, mackerel, salmon, sea bass, swordfish, trout, tuna), shellfish (clams, crab, crayfish, lobster, oysters, scallops, shrimp), canned fish (anchovies, tuna, sardines)
- **eggs:**
chicken and duck eggs

Benefits of eating protein products

Food in the protein group provides protein, B vitamins, vitamin E, iron, zinc and magnesium. These nutrients help keep bones, muscles, cartilage, skin and blood healthy. Iron is used to carry oxygen in the blood.

- Eating a diet rich in low-fat or lean proteins may reduce your risk of heart disease.
- Eat at least 8 ounces of seafood each week. Seafood is rich in omega-3 fatty acids, which helps protect your heart against heart disease.
 - Follow any precautions if you have a shellfish allergy.
 - If you are pregnant, visit the Minnesota Department of Health website to read the Statewide Safe Eating Guidelines (health.state.mn.us/fish).
- Some meats and poultry are high in cholesterol and/or saturated fat. These foods can raise your blood cholesterol level. Limit the amount of these foods you eat: fatty cuts of beef, pork and lamb; regular ground beef; sausages, hot dogs and bacon; some luncheon meats (bologna and salami); duck; egg yolks; organ meats.

Tips for making wise choices

- Choose lean cuts of meat, including:
 - beef: round steaks and roasts, top loin, top sirloin, chuck shoulder, arm roasts, extra lean ground beef (90 to 95 percent lean)
 - pork: pork loin, tenderloin, center loin, ham
 - poultry: boneless, skinless chicken breasts and turkey cutlets.
- Choose lean turkey, roast beef, ham or low-fat luncheon (deli) meats for sandwiches.

- Trim fats from meat and poultry before cooking.
- Broil, grill, roast, poach or boil meat, poultry or fish.
- Drain off any fat during cooking.
- Prepare beans or peas without added fats.
- Choose seafoods high in omega-3 fatty acids, such as salmon, trout and herring.
- Choose beans, peas or soy products as a main dish or part of a meal often.
- Choose unsalted nuts as a snack, on salads or in main dishes.

Amounts needed each day

The following recommendations are for adults who get less than 30 minutes of moderate physical activity a day.

- **Women:**
 - 19 to 30 years: 5 ½ ounces
 - 31 to 51 + years: 5 ounces
- **Men:**
 - 19 to 30 years: 6 ½ ounces
 - 31 to 50 years: 6 ounces
 - 51 + years: 5 ½ ounces

Serving sizes

1 ounce of food from the protein group is equal to:

- 1 ounce of meat, poultry or fish
- ¼ cup cooked beans
- 1 egg
- 1 tablespoon of peanut butter
- ½ ounce of nuts and seeds.

Oils and Liquid Fats

Oils are fats that are liquid at room temperature. They come from plants and from fish. Oils are not a food group but they are important for your overall health. Liquid, plant-based oils do not contain cholesterol.

Common oils are canola, corn, cottonseed, olive, safflower, soybean and sunflower.

Foods naturally high in oils include nuts, olives, some fish and avocados.

Foods that are mainly oil include mayonnaise, some salad dressings, and soft margarine with no trans fats. (Read food labels to find margarines that have 0 grams of trans fat.)

Most oils are high in monounsaturated or polyunsaturated fats and low in saturated fats. They also contain vitamin E. Oils from plant sources (vegetable and nut oils) do not have cholesterol.

Choose fats that have monounsaturated or polyunsaturated fats. These do not raise the LDL (“bad”) cholesterol in your blood.

Solid fats

Solid fats are solid at room temperature (like butter and shortening). They come from many animal foods and are also made from vegetable oils through a process called hydrogenation.

Common fats include butter, cream, milk fat, tallow, chicken fat, lard, stick margarine, shortening and partially hydrogenated oil.

Most solid fats are high in saturated fats and trans fats or both. These can raise the LDL (“bad”) cholesterol levels in your blood. This increases your risk for heart disease.

Health and calorie count

Monounsaturated and polyunsaturated fats are liquid at room temperature (such as oils). Saturated fats are solid at room temperature (such as butter or stick margarine).

Liquid oils are, in general, better for your health than solid fats because they have less saturated and trans fats. Both oils and solids fat contain about 120 calories in one tablespoon.

Added Sugars

Sugars are found naturally in fruits and milk. Added sugars are sugars and syrups that are added to foods. Major sources of foods and drinks that have added sugars are:

- regular soft drinks, energy drinks, sports drinks
- candy
- cakes
- cookies
- pies and cobblers
- sweet rolls, pastries, doughnuts
- fruit drinks
- dairy desserts (such as ice cream).

To tell if a food has added sugar, look at the food label for words that include “sugar” or “-ose” at the end of a word. These words include:

- brown sugar, powdered sugar, invert sugar, white granulated sugar, raw sugar
- dextrose, fructose, lactose, sucrose
- corn syrup
- honey
- maple syrup
- molasses, nectars.

Empty Calories

Empty calories are calories you eat or drink from solid fats or added sugars. These foods have calories but very few nutrients.

Solid fats and added sugars can make a food or drink more tasty but they can add a lot of calories. The foods and drinks that have the most empty calories are:

- cakes, cookies, pastries, doughnuts
- sodas, energy drinks, sports drinks, fruit drinks
- cream cheese, butter, salad dressings
- ice cream
- sausages, hot dogs, bacon.

It is important to limit empty calories. This is based on how many calories you need each day, your gender, age and how much exercise you get.

Create New Healthful Eating Habits

It can be difficult to limit unhealthful foods, especially if you have a short lunch break or can't have a sit-down meal. Keep a record of what you eat each day for 1 week may give you an idea of the foods you're lacking or the foods you're eating too much.

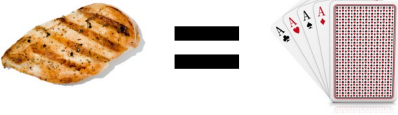

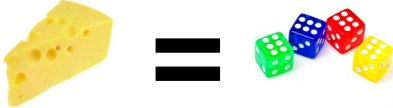

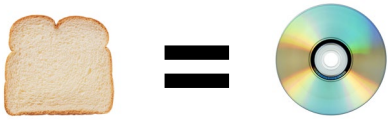

Instead of grabbing food from vending machines or stopping at fast food restaurants, have pre-cut vegetables, fruits, lean meat sandwiches, and other foods ready to go. Pack a lunch for work the night before. Have nutritious snacks and 100 percent fruit juices available.

Don't try to make all of your changes overnight. Start with one or two areas and gradually keep making more changes. You will be more successful if you make small strides and stick with them than trying to make major changes for just a few days.

You don't have to give up all of the unhealthy food, but instead of going out to a fast food restaurant three times a week, go once every two weeks. Variety will help you stay interested in continuing your plan to healthy living.

Portion Sizes

A key part of a healthy lifestyle is eating the right portion sizes. To help keep servings sizes in proportion, use smaller plates. Use the following chart for correct portion sizes.

<p>3 ounces of meat is about the size and thickness of a deck of playing cards.</p>	
<p>1 medium apple or 1 cup of raw vegetables is about the size of a baseball.</p>	
<p>1 ounce of cheese is about the size of 4 stacked dice.</p>	
<p>½ cup of ice cream or ½ cup of cooked pasta is about the size of an ice cream scoop.</p>	
<p>1 slice of bread or 1 6-inch tortilla is about the size of a DVD.</p>	
<p>1 teaspoon of butter is about the size of a poker chip.</p>	

Physical Activity

Physical activity is moving your body. For health benefits, you should be moderately or vigorously active for at least 30 minutes a day, most days of the week. These activities should increase your heart rate.

Moderate activities include:

- walking briskly (about 3 ½ miles per hour)
- hiking
- gardening/yard work
- dancing
- playing golf (walking and carrying your clubs)
- bicycling (at least 10 miles per hour)
- weight training (general light workout).

Vigorous physical activities include:

- running/jogging (5 miles per hour)
- bicycling (more than 10 miles per hour)
- swimming (freestyle laps)
- aerobics
- heavy yard work (such as chopping wood)
- weight lifting (vigorous effort)
- competitive sports.

Physical activity is important to living a longer, healthier and happier life. It can:

- relieve stress
- give you an overall feeling of well-being
- improve your self-esteem
- help build and maintain bones, muscles and joints

- build endurance and muscle strength
- helps lower your risk of heart disease, colon cancer and type 2 diabetes
- helps control blood pressure
- reduces feelings of depression and anxiety.

Finding Physical Activity You Enjoy

There are 3 basic kinds of physical activity: aerobic activities, resistance/strength training, and balance and stretching.

- Aerobic activities speed your heart rate and breathing. It helps improve your heart and lung fitness. Examples include brisk walking, jogging and swimming.
- Resistance, strength training and weight-bearing activities help build and maintain bones and muscles. Examples include lifting weights and walking.
- Balance and stretching activities enhance your stability and flexibility. Examples include gently stretching, dancing, yoga and the martial arts.

If you do not have a regular physical activity routine, you can start one at any time. You do not need to join health clubs or buy expensive equipment — simply find activities you enjoy and someone to help keep you motivated!

Make physical activity a regular part of your day. You can break up your 30 minutes of physical activity into chunks of 10 minutes. You can take a 10-minute walk in the morning, walk up and down stairs at work for 10 minutes, and do stretching for 10 minutes before bedtime.

Before you start or increase a physical activity program, or if you have a health concern, please talk with your health care provider.

How To Increase Your Physical Activity

You can fit physical activity into your everyday routine.

- Use stairs instead of the escalator or elevator.
- Drive less and walk or bike more often.
- Park at the far end of the parking lot.
- Get off the bus one stop early and walk the rest of the way.
- Use a push mower to cut your grass.
- Rake leaves instead of blowing them into a pile.
- Push a stroller or walk the dog.
- Ride a stationary bike while watching TV.
- Clean the house.
- Join a walking group.
- Walk regularly at a local mall.
- Go for bike rides with your kids.
- Wash your car.
- Build a snowman with your kids or dance.
- Take a 10-minute break at work to go for a brisk walk.
- Do water aerobics.
- Build weekend family activities around physical activities.

Whatever you choose to do, make sure you're having fun while being active!

Use the chart (or one like it) on the next 3 pages to keep track of your physical activities.

Information adapted from [choosemyplate.gov](https://www.choosemyplate.gov).

The website contains tips and resources, foods to eat more and less of, and nutrition information for women who are pregnant or breastfeeding, children, and people who want to lose weight.



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allinahealth.org