



# how to eat healthfully



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# You Can Live a Healthier Lifestyle



You can be successful in living a healthier lifestyle. One key is to make smart food choices.

## What Are You Eating?

Are you in too much of a hurry to eat regular meals and snacks? This can lead to eating fast foods or convenience foods. These kinds of foods often don't have fruits, vegetables or whole grains but they do add fat and calories to your meals. Choose balanced meals from the basic food groups: grains, fruits, vegetables, protein and dairy.

**Making changes in your lifestyle can take time and effort. Don't get discouraged. Stick with it! Try making 1 change at a time. Make choices for better health.**



# Making Smart Food Choices

Eating healthier means eating smarter. You can still eat foods you love, but eat less of them less often.

Here are some tips to eat healthier:

- Drink more water and fat-free or low-fat milk.
- Eat more fruits and vegetables. Did you know that half of everything you have to eat in a day should be fruits and vegetables?
- Eat family meals together or eat in a quiet environment. (Turn off cell phone and the TV!)
- Eat whole grain breads, cereals and pastas more often.
- Eat the right portion sizes.
- Use oils that come from plants, such as canola, corn, cottonseed, olive, safflower, soybean or sunflower.
- Choose these foods and beverages **less** often:
  - soft drinks, juice and sweetened beverages
  - sweets, treats and snack foods (such as chips, cookies and ice cream)
  - fast foods, fried foods and commercially prepared snacks.
- Take more time to eat. Eating slowly discourages overeating.



**You don't need to change what you eat overnight. Take small, new steps each week. Over time, your new focus on healthful eating will become healthy habits.**

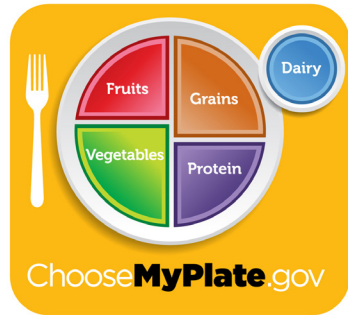
## What Should You Put on Your Plate?

Good nutrition is essential for a healthy body.

Eating well-balanced meals will help you feel your best.

In general:

- Make half of your plate vegetables and fruits.
- Drink low-fat or fat-free milk.
- Make sure half of the grains you eat are whole grain.
- Eat lean proteins.



## Food Plan

To create a daily food plan for yourself:

- Go to [supertracker.usda.gov](http://supertracker.usda.gov).
- On the right-hand side, select “Create Profile.”

If you would like to see a general plan based on 2,000 calories each day:

- Go to [supertracker.usda.gov](http://supertracker.usda.gov).
- Under My Plan select “My Plan.”

## Eat Your Fruits and Vegetables

Fruits and vegetables can help keep your heart healthy and can lower your risk of getting cancer. They also help you feel “full” longer.

Enjoy any fruit or vegetable and any 100 percent fruit or vegetable juice.

Vegetables may be raw, cooked, fresh, frozen, canned or dried. Fruits may be fresh, frozen, canned or dried.

Each day, you should try to have:

- 2 servings\* of fruit
- 2 ½ servings\* of vegetables.

One serving of fruit is equal to:

- 1 cup of fruit or 100 percent fruit juice
- ½ cup of dried fruit
- 1 large banana (8 to 9 inches long)
- 32 seedless grapes
- about 8 large strawberries
- 1 large peach or 2 halves, canned
- 1 medium pear.



One serving of vegetables is equal to:

- 1 cup of raw or cooked vegetables or vegetable juice
- 2 cups of raw leafy greens
- about 12 baby carrots or 2 medium carrots
- about 8 ounces of tofu.

## Tips for Eating Fruits and Vegetables

- Eat fruits and vegetables as snacks.
- Make a fruit smoothie.
- Add chopped vegetables to pizza.
- Eat raw vegetables with low-fat salad dressing or other low-fat dip.

- Add cut-up bananas or peaches to cereal.
- Spread peanut butter on apple slices.
- Keep a package of dried fruit handy for snacks.

## Choose Foods Rich in Calcium

Calcium helps your bones grow strong and build strong muscles. This could help reduce your risk of osteoporosis (weak, brittle bones) later in life.

Examples of foods with calcium are milk, cheese and yogurt.

Each day, you should try to have three servings of dairy.\*

One serving is equal to:

- 1 cup of low-fat or fat-free milk or yogurt
- ½ ounce of natural cheese
- 2 ounces processed cheese
- ½ cup ricotta cheese
- 2 cups cottage cheese
- 1 ½ cups ice cream.



**If you drink juice, try to limit the amount you have each day to 8 to 12 ounces. Your best choice is to eat whole fruit, such as an apple or orange.**

## Tips for Making Wise Choices

- Include milk at meals. Choose low-fat or fat-free milk.
- If you 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.
- 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.

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

**If you have an allergy to cow's milk, you can try calcium-enriched "milk" made from soy, rice or almonds.**





## Choose Whole Grains

Whole grains give you energy and build strong bones. They also help you feel “full” longer.

Try to make half your grains whole grain. Examples are whole-wheat bread, oatmeal and brown rice.

You should try to have 6 servings of whole grains each day.\*

One serving is equal to:

- one slice of bread
- 1 cup of ready-to-eat cereal (such as raisin bran)
- ½ cup cooked rice, pasta or cereal
- 5 whole-wheat crackers
- ½ of an English muffin
- 1 pancake (4 ½ inches in diameter)
- 1 tortilla (6 inches in diameter).

## Tips for Making Wise Choices

- Try whole-wheat bread, whole-wheat pasta or brown rice instead of white bread, white pasta or white rice.
- Add whole-grain flour or oatmeal when making cookies.
- Try a 100 percent whole-grain snack.



## Choose Lean Proteins

Protein will help keep your bones, muscles, skin and blood healthy.

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

Each day, you should try to have 5 ½ servings of protein.\* One serving is equal to:

- 1 ounce of meat, poultry or fish
- ¼ cup cooked dry beans
- 1 egg
- 1 tablespoon of peanut butter.

## 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.



## Hungry for Breakfast

Breakfast gives your body the refueling it needs for the day ahead.

Eating breakfast will help you:

- concentrate better
- have better problem-solving skills
- have better hand-eye coordination
- stay alert
- be more creative
- be more physically active.

## No Time for Breakfast? Not Hungry?

Here are some ways to help you eat breakfast in the morning.

- Pack breakfast or a snack to eat on the way to school.
- Plan 3 easy quick breakfasts ahead of time.
- Eat school breakfast.
- Eat leftovers from last night's dinner.

Choose breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar. Here are some ideas:

- yogurt and granola
- oatmeal
- eggs
- whole-wheat toast and peanut butter.

## Quench Your Thirst

Every part of your body needs water. In fact, water makes up 60 percent of body weight.

Dehydration happens when there is not enough water in your body.

Mild dehydration can cause headaches, nausea (upset stomach) and fatigue (tiredness). You may need more water in hot temperatures or if you sweat a lot. If you're getting enough water you'll rarely feel thirsty.

Try to drink at least six to eight 8-ounce cups of water each day. Drinking more water is one of the simplest things you can do to be healthier.

### Tips for Drinking Plenty of Water

- Fill a reusable water bottle and take it with you when you go places.
- Drink water and milk with every meal.
- Drink a glass of water when you wake up in the morning.
- Keep cold water in a pitcher in the fridge.
- Not excited about plain water? Try adding slices of lemon or orange to boost the flavor!



# Understanding Fats

Fat is an important nutrient, but you only need small amounts each day. It gives you energy and helps your body grow.

These are the types of fat found in food:

- **Saturated fats** are found in animal products such as butter, cheese, whole milk, ice cream and fatty meats. They are also found in some vegetable products (coconut, palm and palm kernel oil).
- **Unsaturated fats** come from both animal and plant products. There are two types:
  - **Monounsaturated fats** usually come from seeds or nuts such as avocado, olive, peanut and canola oils.
  - **Polyunsaturated fats** usually come from vegetable products such as corn, safflower, sunflower, soybean and sesame seed oils.
    - **Omega-3 fatty acids** are polyunsaturated fats. They include ground flaxseed, flaxseed oil, soybean oil, canola oil, walnuts and fatty fish (such as salmon, mackerel, herring and trout).
- **Trans fats** are made when vegetable oils are processed (or hydrogenated) into shortening and stick margarine. Sources of trans fats include snack foods, baked goods and fried foods made with “partially hydrogenated vegetable oil” or “vegetable shortening.”

Limit the amount of saturated fat and trans fat you have each day. This will help reduce your risk of heart disease.

## How to Lower Fats in Your Foods

- Use herbs, spices or lemon juice to add flavor, instead of butter or bacon.
- When making a salad or sandwich, watch the calorie and fat content of each ingredient. For example, 2 teaspoons of regular mayonnaise equals 10 grams of fat (about 2 servings from the fat group).
- Choose skim or 1 percent milk and nonfat or low-fat yogurt and cheeses.

## 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.

## Fast Food Alert

You are busy and on the go with school and activities. This means you might be eating away from home more often.

Over time, the choices you make at fast food restaurants will affect your ability to get the right nutrients in the right amounts for your body to grow and develop in a healthy way.



**It's OK to indulge a craving for French fries every now and then, but to stay healthy you can't make it a regular habit.**

## Moderation is Key

Finding a healthful, well-balanced meal in most fast food restaurants can be a challenge, but there are always choices you can make that are better than others.

- Try salads with low-fat dressing, use less dressing or try it without dressing.
- Use mustard instead of mayonnaise on sandwiches or go without mayo/special sauces.
- Always choose the smallest size of whatever you are ordering.
- Choose grilled instead of breaded and fried.
- Choose fruits or vegetable options when available as sides to make it a more healthful meal.

Check out the nutrition information to help you make better choices.

## Smart Snacking

Enjoy healthful snacks. Snacking can help you stay focused at school and while doing homework. It can also give you a nutrition boost for the day.

Here are some healthful snack ideas:

- popped popcorn
- baby carrots and peanut butter
- whole grain crackers and sliced cheese
- mixed berries and plain yogurt
- whole grain cereal and skim or low-fat milk
- raisins or other dried fruit and mixed nuts.

Avoid foods high in sugar or foods that have empty calories (such as soft drinks or juice). Empty calories will give you calories but not vitamins or minerals.



You can have empty calories but too many can fill you up. Examples include:

- sugars or sweeteners: soft drinks, fruit punch, candy, cakes, cookies, pies and ice cream
- solid fats: cookies cakes, pizza, cheese, sausages, fatty meats, butter and stick margarine.

Energy drinks are beverages that claim to increase energy and alertness, improve athletic or mental performance, or provide other health benefits (such as heart or joint health).

## Energy Drinks

They often have much more caffeine per serving than other beverages. This increases the chances of having too much caffeine, which can have dangerous and sometimes lasting harmful effects.

Too much caffeine can cause side effects such as:

- an increase in heart rate
- high blood pressure
- problems sleeping
- anxiety and nervousness.

If you drink a lot of energy drinks and then stop drinking them, you could go through caffeine withdrawal. This can cause side effects such as:

- headache
- fatigue (tiredness)
- decreased alertness
- irritability
- trouble concentrating
- muscle pain or stiffness.

Most energy drinks are also acidic. This means that drinking these beverages could cause damage to your teeth.

## Energy Drinks are Not Safe



It has not been proven that energy drinks are safe. Some ingredients may be harmful to your health. **Never mix energy drinks with alcohol. This can be very dangerous.**

Energy drinks are considered to be “supplements.” The U.S. Food and Drug Administration (FDA) regulates energy drinks but does not have to approve them before they are put on the market.

Manufacturers are responsible for making sure the products they produce are safe and have truthful claims on the label.

The FDA can remove a product from the market if they have evidence that the supplement is unsafe or that any claim on the label is false.

## Grocery Store Shopping

- Start in the produce section and spend most of your time here. Then work your way around the outside of the store. Limit your time in the middle aisles.
- Be aware that end-of-the-aisle displays are usually not healthful choices. If it’s not on your list, don’t put it in your cart.
- Talk to the butcher for help in finding the freshest, leanest cuts of meat. If something isn’t on the shelf, it may be behind the meat counter.

- Shop with food safety in mind. Visit the fresh meat department last and keep these items away from other foods in your cart.
- Use the self-checkout to prevent being tempted by candy, soda or other treats.

## Your Grocery Store Guide

The grocery store map on the following page can help you plan your shopping trip. Use the information below as a guide.

### **Green:**

You'll find the most healthful foods here.

Shop for the following healthful items:

- produce: fresh, in-season fruits and vegetables
- meat and cold cases: fresh, lean cuts of beef, pork, poultry (skinless) and seafood
- dairy and eggs: fat-free or low-fat yogurt, milk and cottage cheese; eggs or egg substitute
- frozen: fruits and vegetables (no added sauce, syrup, sugars or salt).

### **Yellow:**

You may need to go into these areas for a few items.

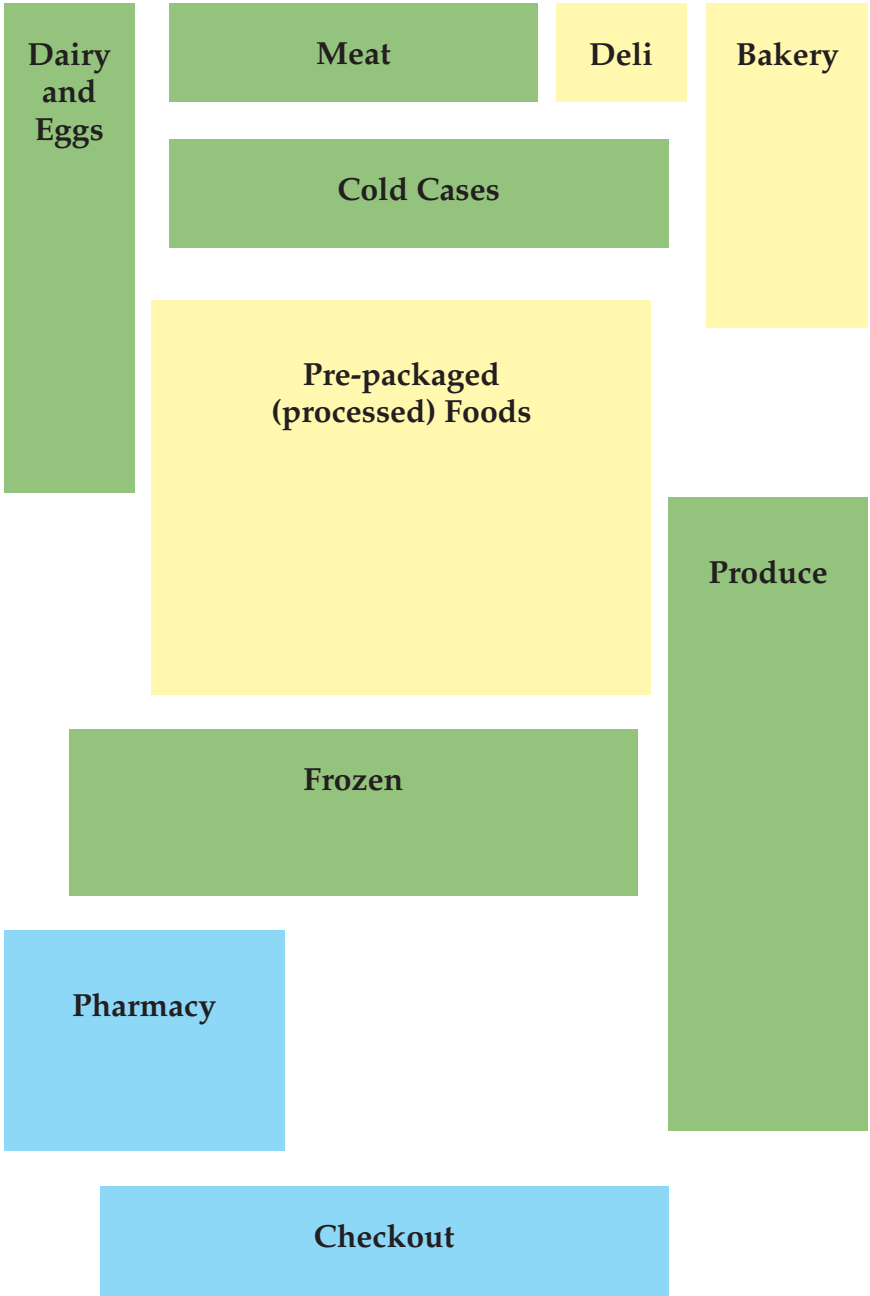
Shop for the following healthful items:

- bakery: fresh, whole grain breads, rolls and pitas
- deli: low-sodium, lean cuts of meat
- pre-packaged (processed) foods: dry beans, lentils and whole-grain pasta; low-sodium canned beans and vegetables.

### **Blue:**

These areas have non-food items. Watch out for candy and soda in the checkout line. Try using the self-checkout or if you are hungry, grab a banana or apple from the produce section.

# Grocery Store Map



## Resources

### Websites

#### [allinahealth.org/family](http://allinahealth.org/family)

You can find a variety of information about eating well and physical activity.

#### [changetochill.org](http://changetochill.org)

You will find resources to help you stress less and live a more balanced life.

#### [healthpoweredkids.org](http://healthpoweredkids.org)

You can find a variety of information about making healthful choices about what to eat, how to stay active, staying clean and managing stress.

#### [kidshealth.org/teen](http://kidshealth.org/teen)

This website provides information about health, behavior, and development for teens.

#### [choosemyplate.gov](http://choosemyplate.gov)

You can find a variety of tips and resources, foods to eat more and less of, and nutrition information.

### Books

“Teen Cuisine” by Matthew Locricchio, 2010

Cooking Up a Storm: The Teen Survival Cookbook  
by Sam Stern and Susan Stern, 2006

“Eat Fresh Food: Awesome Recipes for Teen Chefs” by  
Rozanne Gold, 2009

“Fueling the Teen Machine” by Ellen Shanley and Colleen  
Thompson, 2011





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Hmong: LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-877-506-4595.



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cvs-mhi-28079 (9/17)