

Feed Your Potential

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**These slides were created by the
Kentucky Inclusive Health Collaborative at the
University of Kentucky Human Development
Institute in collaboration with Aramark and the
American Heart Association as part of the
Healthy for Life[®] Initiative.**



Agenda

- Introduction
- What is a Serving
- Apple Nacho Recipe
- Goal Setting



Learning Objectives

- Learn about the role of food in your overall health and well-being.
- List two tips for eating more tasty and nutritious foods.
- Describe serving sizes for the major food groups.



Ice Breaker





Dietary Recommendations

- Fruits
- Vegetables
- Whole grains
- Beans and legumes
- Skinless poultry and fish
- Nuts
- Fat-free and 1% low-fat dairy
- Limit sodium, saturated and trans fats, fatty or processed meats and added sugars



Recommended Daily Servings

Grains

- Make half your grains **whole** grains
- Aim for **6 servings** a day
- 1 Serving = A baseball



Brown Rice



Oatmeal and
Whole Grain Oats



Whole Wheat Pasta



Fruits and Vegetables

- Make **half your plate** fruits & vegetables
- Aim for **4-5 servings** of each a day
- 1 Serving = small fist or baseball

- Apple
- Banana
- Carrot
- Spinach
- Cucumber



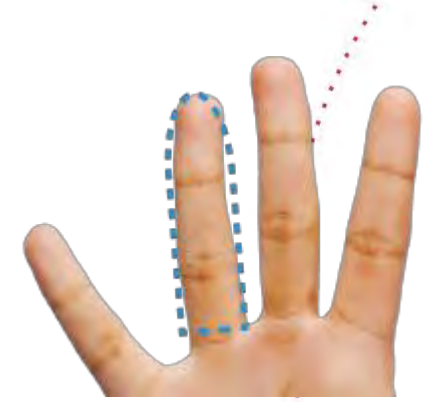
4 Tips To Eat More Fruits and Vegetables

1. Snack smart
2. Offer at every meal
3. Get everyone involved
4. Try something new



Dairy*

- Choose **Fat-Free** or **Low-Fat**
- Aim for **2-3 servings** a day
- 1 Serving = 1 cup or 3 stacked dice



Low- Fat Milk



Cottage Cheese



Non-Dairy Options:

- Almond Milk
- Soy Milk



Yogurt



Cheese

* Calcium



Meat, Poultry, and Fish

- Choose low-fat protein options and add **variety**
- Aim for **8-9 servings a week**
- 1 Serving = computer mouse or checkbook



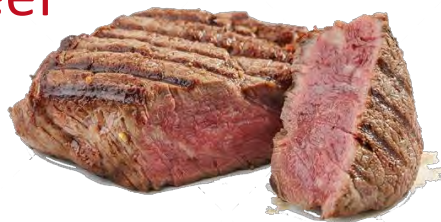
Chicken



Eggs



Beef



Salmon



Fats and Oils

- **Small amounts** are recommended
- **Limit to 2-3 servings** a day
- **1 Serving = 1 tablespoon or fingertip**



Canola Oil



Olive Oil



Nuts, Seeds, and Legumes

- Choose **different types** to add **variety**
- Aim for **5 servings a week**



Almonds



Seeds



Walnuts



Beans



Soybeans



Apple Nachos





Sprinkle with half the cranberry mixture.



Apple Nachos

Makes 6 servings; ½ cup per serving
Per serving: 167 Calories; 1.1 g Saturated Fat; 66 mg Sodium

Ingredients



Tools Needed



In a bowl, combine ½ cup of raisins, ¼ cup of almonds and 2 tablespoons of sunflower seeds.



Use an apple slicer to cut the apples into pieces.



Sprinkle half of the sliced apples on a large plate.



4 If the apple slices will be sitting out for awhile, sprinkle 1-2 teaspoons of lemon juice over them to prevent browning.



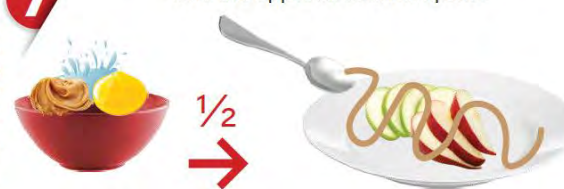
Warm up 2 tablespoons of water in a small bowl for 15 seconds.



Add ¼ cup peanut butter and 1 tablespoon honey to the warm water and stir until smooth.



7 Use a spoon to drizzle half of the bowl's mixture over the apple slices on the plate.



Sprinkle half of the raisin/nut mixture on top of your apples.



Layer the rest of the sliced apples on top.



Drizzle with remaining peanut butter and raisin mixtures.




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WHAT'S A SERVING?

FRUITS
4 servings per day


ONE MEDIUM FRUIT

 = About the size of your fist


FRESH, FROZEN OR CANNED

 = 1/2 CUP

DRIED


 = 1/4 CUP

FRUIT JUICE


 = 1/4 CUP

VEGETABLES
5 servings per day


RAW LEAFY VEGETABLE

 = 1 CUP

FRESH, FROZEN OR CANNED

 = 1/2 CUP

VEGETABLE JUICE

 = 1/2 CUP

*based on a 2,000 calorie eating pattern

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Here are some examples of about one serving:

FRUITS

Apple, pear, orange, peach or nectarine: 1 medium
 Avocado: Half of a medium
 Banana: 1 small (about 6" long)
 Grapefruit: Half of a medium (4" across)
 Grape: 16
 Kiwifruit: 1 medium
 Mango: Half of a medium
 Melon: Half-inch thick wedge of sliced watermelon, honeydew, cantaloupe
 Pineapple: 1/4 of a medium
 Strawberry: 4 large

VEGETABLES

Bell pepper: Half of a large
 Broccoli or cauliflower: 5 to 8 florets
 Carrot: 6 baby or 1 whole medium (6 to 7" long)
 Corn: 1 small ear (6" long) or half of a large ear (8 to 9" long)
 Leafy vegetable: 1 cup raw or 1/2 cup cooked (lettuce, kale, spinach, greens)
 Potato: Half of a medium (2 1/2 to 3" across)
 Squash, yellow: Half of a small
 Sweet potato: Half of a large (2 1/4" across)
 Zucchini: Half of a large (7 to 8" long)

BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes

plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit

pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarbs
strawberries
tomatoes
watermelons



EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale

kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

ORANGE & YELLOW

orange peppers

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges

papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE

bananas
cauliflower
garlic
Jerusalem
artichokes

mushrooms
onions
potatoes
parsnips
shallots

give your **PORTION SIZES** a helping hand

A clenched fist
= 1 cup,
a serving of fruit

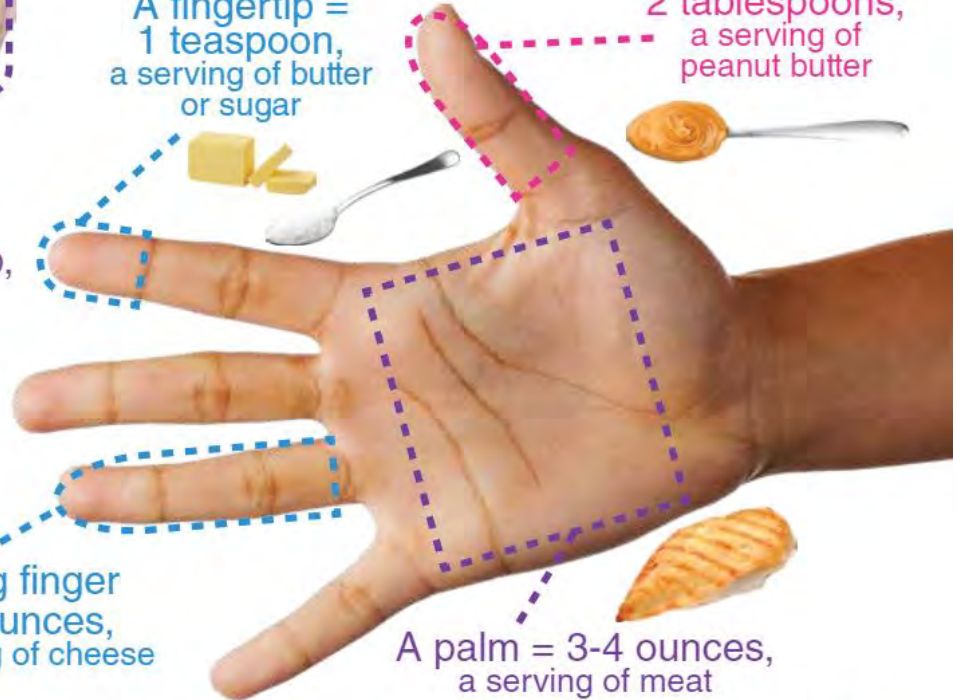


The front of a
closed fist = 1/2 cup,
a serving of nuts



A ring finger
= 2 ounces,
a serving of cheese

A fingertip =
1 teaspoon,
a serving of butter
or sugar



Cupped hands
= 1 cup,
a serving of fruits or
vegetables



A thumb =
2 tablespoons,
a serving of
peanut butter



A palm = 3-4 ounces,
a serving of meat



SMART

What are your **SMART** goals?

Specific	Measurable	Attainable	Relevant	Time-Based
				



SMART Goal Example

Goal:

I will eat healthier.

SMART Goal:

I will eat a fruit or vegetable at dinner Monday through Friday.





SMART Goals

My Goal

Step 5

Time-Based

When will this goal be met?



Step 4

Relevant

Will this goal help me reach my long-term goals?

Step 3

Attainable

How can this goal be met?

Step 2

Measurable

How will I know when I reach my goal?



Step 1

Specific

What do I want to accomplish?

Questions?

Thank You!

