

Healthy Eating for Fitness & Wellness (for YOU)

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Benefits of Healthy Eating

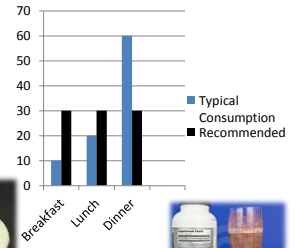
- Desirable body mass & weight
- Alleviate stress and depression
- Preventative medicine



Carbohydrate

Protein

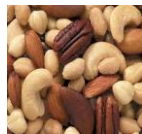
- ~30g utilized at once
 - Spread evenly throughout the day
 - Promotes satiety



Academy of Nutrition and Dietetics Sports, Cardiovascular and Wellness Nutrition Dietetic Practice Group. (2012). Pulse 31.3

Fat

- Majority consumed should be unsaturated
 - Mono- and polyunsaturated (omega 3's)
- *Avoid Trans* fats (partially hydrogenated)




Water

• Symptoms of Dehydration:


- Sluggish
- Dizzy
- Nausea
- Headaches
- Muscle cramps
- Weakness



MyPlate




- **Balance** Calories
- Increase:
 - Fruits
 - Vegetables
 - Whole grains
 - Fat-free/low fat dairy or dairy alternative
 - Unprocessed foods
 - Water



$\frac{1}{2}$ cup 3-4 ounces
 1 cup

Estimating Serving Sizes




1 TBL $\frac{1}{2}$ cup or medium apple

...Convenience is KEY




MyPlate on Campus-Dining Halls

McNary

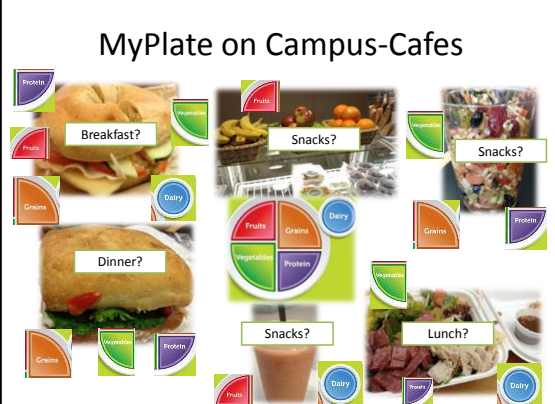


Market Place West -To Go

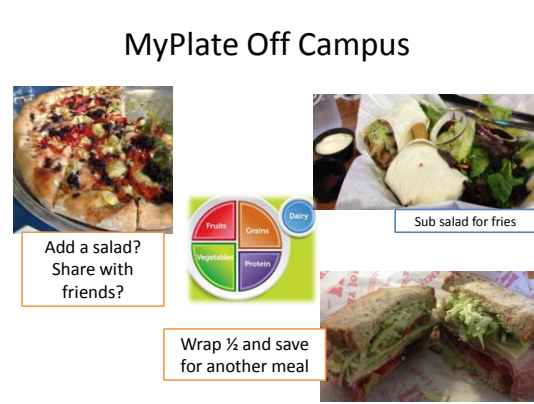


What is missing?

MyPlate on Campus-Cafes



MyPlate Off Campus



Add a salad?
Share with friends?

Sub salad for fries

Wrap $\frac{1}{2}$ and save for another meal

MyPlate in "Convenience" Food



Quality vs. Quantity



Identify Your Eating patterns

- Understand why you tend to eat certain foods at certain times
- Better able to make adjustments moving forward



All MyPlate? All the Time?



Creating a Behavior Change Plan for Nutrition

- Create a nutrition plan
 - Talk to friends, family, co-workers
 - Re-evaluate periodically
 - Make practical and realistic changes
 - Avoid overambitious goals

