What Should I Do?

- Put less food on your plate.
- Eat lots of different fruits, vegetables, and whole grain foods.
- Eat 3 meals and healthy snacks everyday.
- Eat slower and enjoy every bite— you will feel more full!
- Stop eating when you feel full! You do not have to clean your plate!

What if I eat out?

- Restaurants usually give too much food!
- Ask to wrap half of your meal so you can eat it later or share with a friend.
- Choose steamed, grilled, or baked food instead of fried.
- Get the small sizes (never Biggie) at fast-food restaurants.
- Don’t go to the all-you-can-eat buffet.
- Drink water, low-fat milk, or unsweetened tea instead of drinks with extra sugar.

Where Do I Go for More Help?

Online resources for healthy eating:

- Montana Disability & Health Program: http://mtdh.ruralinstitute.umt.edu/Directory/Nutrition.htm#national
- Dietary Guidelines for Americans: http://www.health.gov/dietaryguidelines/
- National Center for Physical Activity and Disability: http://www.ncpad.org

Information provided by: Florida Center for Inclusive Communities at University of South Florida, and Nisonger Center at The Ohio State University, both University Centers for Excellence in Developmental Disabilities


Development of this material was supported by the Administration on Developmental Disabilities (#90-DD-0592, Fox and Kincaid) and the William Greenville Pace Medical Research Fund of The Columbus Foundation

For more information or to print additional copies visit http://flfcic.org or http://nisonger.osu.edu/bhip/
Eating Healthy

What is the big deal about a Healthy Diet?
Research shows that a healthy diet will help you feel better and live longer.

Eating well can give you:
- More energy
- Better sleep
- A healthy weight

Poor diet is related to unhealthy weight and health problems like:
- Heart disease
- Cancer
- Diabetes
- High blood pressure

Poor diet can also cause:
- Sleep problems
- Feeling tired for no reason
- Extreme feelings of sadness

Eating right can help you feel better and stay healthy, especially combined with exercise. Don’t forget to include physical activity in your day!

The New Food Pyramid

What is this pyramid?
- The steps are there to remind you to be physically active and to take one step at a time in making healthy choices.
- Did you notice that some color stripes are wider than others? Eat more from the food groups with the widest stripes.
- Eat less candy, chips, sodas, and desserts.
- Eat different kinds of foods from each group everyday.

More about My Pyramid

Grains
- Any food made from whole wheat, brown rice, oats, cornmeal, barley or another cereal grain. Whole wheat bread or brown rice is better than white. Eat 3 servings per day.
- 1 serving = 1 slice of bread, 1 cup cold cereal, 1/2 cup cooked cereal, brown rice, or whole grain pasta = size of an orange

Veggies
- Any vegetable or 100% vegetable juice. Vegetables are raw or cooked; fresh, frozen, canned, or dried and are OK whole, cut-up, or mashed. Examples are broccoli, spinach, carrots, sweet potatoes, and dark green leafy lettuce. Eat 3 servings per day.
- 1 serving = 1 cup of vegetables = 4 lettuce leaves or the size of your fist

Fruit
- Any fruit or 100% fruit juice counts as fruit. Fruits can be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Examples are apples, pears, bananas, melons, nectarines, peaches, plums, and berries. Eat 1 1/2 to 2 servings per day.
- 1 serving = 1 cup of fruit or 1 apple, orange, or banana

Milk
- Examples are milk, yogurt, pudding, and cheese (cream cheese, cream, and butter ARE NOT HEALTHY). Fat-free or low-fat milk is a better choice. Eat 3 servings per day.
- 1 serving = 1 cup of milk or yogurt or 1 slice of single cheese

Meat & Beans
- Meat, chicken, fish, dry beans (kidney, pinto, lentils, black-eyed peas), peas, eggs, nuts, and seeds count. Meat and chicken should be lean or low-fat. Fish, nuts, and seeds have healthy oils, so they are better than meat or chicken. Eat 5 servings per day.
- 1 serving = 2-3 ounces or 1/4 cup, this is like the size of your palm or of a check book