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Eat Well!

Your Overall Nutrition

What you eat really does make a difference in how you feel, and can impact your health. A healthy diet consists of a variety of foods from all food groups to provide the energy (calories), protein, vitamins and minerals your body needs to be healthy.

Selecting **WHOLE FOODS** as often as possible can be one of the single most important decisions you can make about your diet. **WHOLE FOODS** are ones with 'nothing added': they have *only one ingredient*. Some examples of **WHOLE FOODS** include produce (fresh or frozen); whole grains (brown rice, quinoa, whole oats, whole wheat flour); unprocessed meats (frozen or fresh) like chicken, pork or beef; nuts, seeds & legumes; and unprocessed seafood (fresh or frozen). You can start making **WHOLE FOODS** a part of your diet by building one meal a day around **WHOLE FOODS**.

Key ingredients of any healthy diet:



Balance

EATING FOODS FROM EACH FOOD GROUP

&

Variety

SELECTING FOODS EACH DAY FROM A WIDE RANGE OF CHOICES IN EACH FOOD GROUP



Calories

Your Calorie need depends on many factors including your *gender, age, and activity level*. For most healthy adults, a normal range would be from

1,600 Calories for an inactive woman
to
3,000 Calories for an active man

Healthy Snacks? 100 Calorie Equivalents

Why settle for this...

- ~1/3 regular candy bar
- 2 chocolate sandwich cookies
- 3 PB crackers
- 1/2 of *one* toaster pastry
- ~5 potato chips
- ~25 candy-coated chocolate pieces
- 1 oz pretzels

When you can feast on...

- 1 whole apple
- 1 medium banana
- 2 small oranges
- 1/4 of a honeydew melon
- 2 large peaches
- 17 fresh strawberries
- 4 medium carrots

Eat Smart!