

NUTRITION

PICK FOODS FOR HEALTH, ENERGY AND PLEASURE.

Many factors influence the food choices we make each day. A healthy diet doesn't have to be complicated if you follow this recipe:

Balance of calories: Choose 45%-65% carbohydrates, 20%-35% fat, and 10% protein.

Wholesome carbohydrates: Choose fiber-rich sources – fruits, vegetables, legumes and whole grains. Limit sugar to 25% of total calories.

Good fats: Choose mostly sources with mono- and polyunsaturated fats. Limit saturated fats and avoid trans-fatty acids found in partially hydrogenated oils often used in processed foods.

Lean protein: Seafood, poultry, legumes and soy foods are top choices. Limit meat servings to 3-4 ounces, twice a day; and include fish 1-2 times a week.

Fiber: Men need 30-38 grams a day; women need 21-25. Good sources include whole grain breads and cereals, beans, fruits and vegetables.

Sodium/salt: Limit daily intake to 1500 mg. especially if you have high blood pressure. Check foods processed with added salt, such as frozen entrees, deli or cured meats, cheeses and canned foods.

Be a nutrition label reader when buying prepared foods. Healthy options include:

1. listing less than 3 grams of fat for every 100 calories
2. low in sodium
3. without partially hydrogenated fat on their labels

TIP: Dietary supplements may provide added protection if you smoke, are age 50+, have chronic health problems, eat poorly due to lack of appetite, or have more than 1-2 alcoholic beverages per day. Ask your provider for advice in choosing a supplement.

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