Is Your Diet Keeping You Healthy?

Think of what you ate yesterday and answer these questions:

1. Vegetables (more than 2 cups)	Yes	. No
2. Legumes & beans	Yes	No
3. Fruits (more than two)	Yes	No
4. Whole grains (3 servings)	Yes	No
5. Fish (1 serving)	Yes	No
6. Nuts (1 handful)	Yes	
7. Meat/Poultry (less than 4 ounces/day)	Yes	No
3. Dairy products (2 servings)	Yes	No
1 cup low fat yogurt, 1 slice low fat cheese, 1 cup 1% milk or lower Only put yes if you had at least 2 servings and both servings were low fat		
Did you have avocado, olive oil or olives		No
10.Did you consume no more than one drink	Yes	No
(for woman) and 2 drinks for man		

If you scored yes for all the above questions, you made a perfect score of 10. For every 2-point increase, you will reduce your risk of dying by 9% due to the many health benefits of the above foods.

QUICK & EASY WAYS TO IMPROVE YOUR DIET AND WARD OFF DISEASE

1. Focus on fruits and vegetables!

- +Make them your mainstay and eat a rainbow of colors
- +2 cups of veggies at lunch and dinner
- +2 fruits at breakfast and one at all other meals



2. Load up on legumes - Aim to eat some daily!

- +Top your salad with garbanzo beans or kidney beans
- +Add black beans to store-bought salsa to create a tasty black bean salsa
- +Stir a can of pinto beans into pasta sauce and stir over whole wheat pasta
- +Heat up some baked beans as a side dish
- +Sauté black beans with your choice of veggie, top with reduced fat cheese and wrap in a whole wheat tortilla

3. Buy whole grains!

Breakfast: Oatmeal, Shredded Wheat

Lunch/Supper: 100% Whole Wheat Bread, Brown Rice

Pasta, Quinoa, Brown Rice

Snack: Popcorn, Sun Chips, Triscuits, Wheat Thins



For more information visit...

Fruits and Vegetables - https://www.choosemyplate.gov/fruit Whole Grains - https://wholegrainscouncil.org/ Recipes - https://oldwayspt.org/recipes/search?keys=&diet%5B%5D=96&meal%5B%5D=breakfast&items_per_page=12

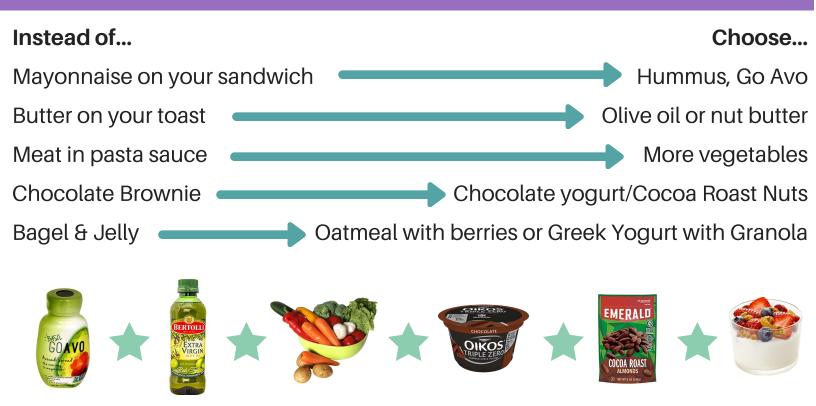
4. More Healthy Eating Tips

- +Grab a handful of nuts daily!
- +Easy on the red meat, poultry, eggs and cheese (start with smaller portions)
- +Eat fish twice a week or more
- + Choose healthy fats-Olive, canola, peanut oils, avocado, olives, nuts and seeds
- +**Alcohol** Drink in moderation. That means one 5 oz glass of wine, 12 oz beer, or 1 mixed drink for women or 2 for men.

TOO BUSY TO EAT HEALTHY?



QUICK & EASY SWAPS



For more healthy swaps visit: https://oldwayspt.org/system/files/atoms/files/MFA-Walnut_Med_brochure-1.pdf

CONFUSED ABOUT WHAT TO ORDER WHEN YOU EAT OUT?

When Eating Locally: Fork Friendly is an easy, customer-friendly guide to healthy dining and grocery shopping in the Brazos Valley. Visit Fork Friendly Restaurant Program at www.forkfriendly.com/participating-restaurants

When Traveling: www.healthydiningfinder.com When Eating Gluten Free: www.dfwceliac.org

LOOKING FOR MORE INFORMATION ON EATING HEALTHY?

TAMU - https://dinnertonight.tamu.edu/recipes/



Oldways - www.oldwayspt.org



