

## Reaching Our Food Goals

Every day we need a certain amount of each food group to ensure we are getting a balanced diet that is full of the nutrients our bodies need. Reflecting on what we previously ate during a meal can help inform us of what we should choose next. Recommended intake below.

- **Vegetables 5-12 servings per day**

A majority of vegetables are carbohydrates that do not spike blood sugars. They provide hydration, fiber, vitamin, minerals, and proteins. Consume white potatoes and corn sparingly as they are high on the glycemic index and glycemic load.

- **Fruit 3-5 servings per day**

Fruit is a wonderful source of energy, fiber, vitamins, and antioxidants. Choose whole fruit over fruit juice and options that are eaten with the skin reduce the effects on blood sugar because it increases the amount of fiber per serving. It is recommended for males 19-50 to eat 38 g [+50yr=30g] of fiber per day and women 19-50 to get 25 g [+50yr=21g].

- **Protein 2-4 servings per day**

Proteins can be animal or plant based. Amino acids (AAs) are organic compounds that combine to make up proteins. There are 9-10 AAs which are essential and need to be obtained from food. We produce another 10 to create at least 20 AAs in total. Animal proteins and some plant proteins such as hemp seeds contain all the AAs making them complete proteins but eating beans and rice together can provide the same effect. Most people require 0.8 g of protein per kg of body weight.

- **Grains 2-5 servings per day**

Whole grains are a good source of minerals, fiber, and protein. There are a variety of grains that are gluten-free including rice, quinoa, amaranth, buckwheat, sorghum, teff, and certain kinds of oats. While wheat, farro, barley, bulgur, spelt, and kamut contain gluten. Quinoa, buckwheat, and bulgur are rich in magnesium, a mineral that is associated to calming and relaxing tensions of the body and mind.

- **Dairy 1-3 servings per day**

Dairy provides calcium for healthy bones but there are also many plants that have calcium. Consuming too much calcium can lead to kidney stones or other forms of calcium deposits in tissue such as the gallbladder and may result in muscle stiffness. Vitamins D3 and K2 are equally important to bone health, allowing calcium to stay within the bones.

## Portion Size

Hand Symbol	Equivalent	Foods	Calories
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies	200 75 40
	<b>Palm</b> 3 ounces	Meat Fish Poultry	160 160 160
	<b>Handful</b> 1 ounce	Nuts Raisins	170 85
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels	150 120 100
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese	170 100
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

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### 10 tips for maintaining healthy portions and reaching our daily requirements:

1. Fill half your plate with vegetables.
2. Choose fruit when you have a sweet tooth.
3. Pause and rate your hunger before getting a second helping,
4. Choose vegetables as your second servings.
5. Note your meals in a food log to create a balanced diet every day.
6. When dining out as for a to-go box when your meal comes and put half of the meal away for another day.
7. Slowly down, tasting the food, and chew thoroughly between bites.
8. Take at least 20min to eat a meal, try putting your fork down occasionally while eating.
9. Choose more plant-based proteins and limit serving of meat through the day.
10. Eat a variety of foods throughout the day, week, month, and year.

<https://www.prevention.com/weight-loss/a20466917/your-guide-to-calories-and-portion-sizes/>

Try the recipe below to get more servings of vegetables and have a balanced meal to reach our nutrition goals.