



Meals on Wheels and More

Directions: Nutrition education piece is appropriate for all clients.

HEALTHY DIETS

Healthy diets include:

- ❖ A variety of foods- fruits, vegetables, whole grains, dairy products, beans or legumes and healthy fats.
- ❖ Moderate portion sizes, use your home delivered meal or congregate meal as an example.
 - Meat or protein portion = 2-3 oz
 - Fruit and/or vegetable portion= ½ cup
 - Grains/bread/pasta/cereal/grains= 1 slice bread or ½ cup
 - Milk = 1 cup
- ❖ Limiting sugary, salty or fried foods
- ❖ Enjoying your food, eating with friends and family

Fruits and Vegetables:

All types of fruit and vegetable sources are nutritious, including fresh, frozen, canned and dried. We should aim to eat 5-9 serving every day.

Choose:

- ❖ Fresh: look for vivid, brightly colored plants
- ❖ Canned: low salt/sodium canned vegetables, fruit canned in 100% juice or in 'light syrup'
- ❖ Frozen: assorted fruit and vegetables

Whole Grains:

Whole grains, or foods made from them, contain all parts of the grain seed. They are high in nutrients and can reduce the risks of heart disease, stroke, cancer and diabetes.

Choose:

- ❖ Whole Wheat- (tortillas, bread, pasta)
- ❖ Whole Grain Cereals- (Total or other fortified cereals)
- ❖ Oats – (quick cooking oatmeal available)
- ❖ Corn- including popcorn
- ❖ Brown Rice – (instant brown rice is available)

Calcium-Rich Foods:

Calcium-rich foods can help keep bones strong and lower the risk of some cancers and heart attacks.

Choose:

- ❖ Skim or low-fat fluid or dry milk-*see table below*
- ❖ Low-fat cheese- (Mozzarella cheese is naturally low-fat)

- ❖ Low-fat yogurt or cottage cheese
 - Tip: use low-fat plain yogurt in place of sour cream
- ❖ Calcium & vitamin D fortified orange juice
- ❖ Salmon (canned w/bones)
- ❖ Pinto beans, soybeans
- ❖ Dark green vegetables: broccoli, turnip or mustard greens

Follow this chart when using dry milk in place of fluid milk:

If recipe calls for this much fluid milk	Use this much nonfat dry milk	Use this much water
1 tablespoon	1 tablespoon	2 1/2 teaspoons
1 cup	1/3 cup	1 cup
1 quart (4 cups)	1 1/3 cups	4 cups
1/2 gallon (2 quarts)	2 2/3 cups	7 3/4 cups

- ❖ For use in mashed potatoes: add ¼ cup dry milk for each cup of potatoes. Then use either the water potatoes were cooked in or fresh milk to get the right consistency.

Beans and Legumes:

Beans are a good source of protein, inexpensive, and a great source of fiber. They help control cholesterol, keep you regular, and may help prevent colon cancer.

Choose:

- ❖ Black Beans
- ❖ Pinto Beans
- ❖ Hummus
- ❖ Red or green lentils
- ❖ Canned beans work well. Drain & rinse them before use.

Fats & Oils:

Healthy fats are part of a balanced diet.

<u>CHOOSE</u>	AVOID or LIMIT
Liquid oils such as canola or olive oil	Butter, stick margarine
Tub margarines	Whole fat dairy products
	Crisco, Lard

Please consult with a health care professional for additional questions, information, and/or concerns.