



**Healthy Eating tips
Regular Diet**

Regular diet is intended for people who require no dietary modification and to help reduce the risk of developing chronic, nutrition-related diseases.

Food Classification	Suggested Daily Servings	Recommended choices
Milk And milk products	2-3	Milk (fresh, dried or evaporated), cream, yogurt, cheese and cottage cheese.
Meats and protein alternatives	2 servings (2-3 oz portions)	Fresh or frozen meat, poultry and fish, canned meats (tuna and salmon), eggs, nuts, seeds, dry beans or peas. Most meat & poultry choices should be lean or very lean.
Vegetables	1-4 cups (4-6 servings)	Fresh, canned or frozen vegetables served in any form. 100% vegetable juices.
Fruits	1-2 ½ cups (2-5 servings)	Fresh, frozen or canned fruits and 100% juices of all kinds.
Grains and grain products	3-10	Use whole-grain or enriched breads, pasta, oatmeal, breakfast cereals, tortillas, grits, white, brown or wild rice, popcorn, cornbread, crackers, pretzels, buns, rolls, English muffins. It is recommended to use at least 3 servings of whole-grain cereals daily.
Nuts, seeds, and beans	4-5 a week	All varieties of nuts, seeds and beans.
Fats and Oils	Use sparingly not generously 2-3 times a day	Margarine, butter, mayonnaise, butter, salad dressing, gravies, cream sauces, sour cream, bacon. Make most of your fats sources from fish, nuts & vegetable oils (Olive & canola esp.)
Sweets	1 or <1 per day	All sweets and desserts in limited portions and amounts.
Fluids	6-8 cups	Water and other fluids, such as coffee, tea, fruit juice, vegetable juice, lemonade, broth or soup, or soft drink-carbonated beverages.
Seasonings/ Condiments/ Sauces	As desired	Encourage limited quantities of all that are high in salt for normal healthy diet.

Basic Healthy eating guidelines:

- Eat Breakfast
- Eat Regular meals, trying to space them somewhat evenly apart
- Plan snacks – set yourself up to succeed by having good choices available.
- Eat slowly
- Eliminate or Limit sweets and beverages that contain calories other than milk.
- Don't prohibit foods or certain food categories. But do keep portions and frequency in perspective.
- Do not reward or punish or comfort yourself with food. (If you want motivators, make them non-food)
- Eat meals and snacks in kitchen; do not eat with the TV or other distraction.
- Incorporate regular exercise, 45-60 minutes daily should be your goal.
- Consume a variety of fruits (3-5, ½ cup servings daily), vegetables (3-5, ½ cup servings daily and whole grains (Half your servings or 3-4 per day).
- Include fat-free and low-fat dairy products
- Fish, legumes, poultry, and lean meats.
- Increase consumption of fiber, with a goal of 20-30 grams of fiber a day.
- Limit the use of “luncheon” and large amounts of prepackaged processed foods.
- Eliminate or Limit use of snack crackers, chips, candies, pastries, fried foods and baked goods.
- Limit Cholesterol-Raising fats
 - Saturated fatty acids
 - Trans fats
- Choose Heart Healthy types of fats:
 - Mono-unsaturated fatty acids
 - Poly-unsaturated fatty acids
 - Omega-3 fatty acids
 - Fats with Stanol and sterol Esters

Source: 10th Edition Simplified Diet Manual,
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