



**Healthy Eating tips
Regular (General) 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	Special notes
Milk And milk products	2-3	Milk (fresh, dried or evaporated), cream, yogurt, cheese and cottage cheese.	Limit whole milk and 2% varieties unless under age 2.
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.	Encourage seafood at least 2 times a week.
Vegetables	1-4 cups (4-6 servings)	Fresh, canned or frozen vegetables served in any form. 100% vegetable juices.	Include a variety of colors and limit canned choices to due to sodium content, eat more vegetables without added fats, gravies and cheese sauces due to fat content.
Fruits	1-2 ½ cups (2-5 servings)	Fresh, frozen or canned fruits and 100% juices of all kinds.	Eat more of the whole fruit rather than juices to increase fiber content in diet. Limit fruits in heavy syrup or added sugar.
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 choose at least half of your grain servings daily from whole-grain options.
Nuts, seeds, and beans	4-5 a week	All varieties of nuts, seeds and beans.	Limit servings as calories and fat add up quickly with large servings.
Fats and Oils	Use sparingly not generously 2-3 times a	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

	day		esp.)
Sweets	1 or <1 per day	All sweets and desserts in limited portions and amounts.	Limit added sugars to <10% of your calories.
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
- Use the MyPlate model as a visual when planning your meals to include foods from the main five food groups; fruits, vegetables, grains, proteins & dairy.
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, 1/2 cup servings daily), vegetables (3-5, 1/2 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 added sugars to <10% of total calories.
- 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: 12th Edition Simplified Diet Manual,
12-16 JMK**