

Queens



The Unisphere

November 2014

Nutrition

The November meeting began with our facilitator asking us why we eat things that are bad for us, and followed up with how to choose wisely and focus on foods we need to help our body work well. Here are some points to keep in mind:

- Proteins are the building blocks of life; two to three servings of protein rich foods meet the daily needs of most adults.
- Good sources of protein are poultry, lean cuts of beef or pork, fish, beans, nuts, soy products and low fat dairy.
- Carbohydrates are a part of a healthful diet but choose them wisely (fiber-rich fruits, vegetables and whole grains); watch out for carbohydrates that have added sugar.
- Saturated fats are bad and unsaturated fats are good.
- Reading food labels is a must if you want to eat healthy.
- Use salt and sugar in moderation.
- Substitute herbs and spices for sugar, salt and fat.
- Choose a diet that is easy to follow, nutritious, safe and effective – portion control is key
- www.SuperTracker.usda.gov is an online tool where you can get a personalized nutrition and activity plan.

