



Sept 2011: Eat Great with MyPlate

Ask your Nutrition Educator to introduce you to one of our services below:



Monthly Mentions

Nutrition Tip: Know what to look for on the ingredients list - When choosing grains read the ingredients list and select products that list a *whole-grain* ingredient *first*. What should you look for? Seek out "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice."

Fruit & Vegetable: For fig and argula recipes, visit our website:

<http://www.drexel.edu/nutritioneducation/>

Now in Season: Apples, grapes, nectarines, pears, bell peppers, carrots, cauliflower, green beans, kale, spinach

September Health Observations:

Whole Grains Month, National Cholesterol Education Month, Family Health and Fitness Day (24)

Nutrition Education in Action



Students at Bok enjoy a healthy snack of chips and salsa.

Tasty Topics

Welcome MyPlate - a "new generation" food icon to help consumers think differently about their food choices. MyPlate is an easier to read-and-interpret plate diagram that replaces MyPyramid. MyPlate and the 2010 Dietary Guidelines offer several messages to help us make healthier choices. One key message is to balance calories. Enjoy your food, but eat less - being mindful of portion sizes can reduce risk of obesity. According to MyPlate, we should make half of our plate fruits and vegetables, make at least half of our grains whole grains, and switch to fat-free or low-fat (1%) milk. Foods that are high in solid fats, added sugars and salt should be eaten less often. Limit your intake of sodium found in foods like soups, deli meats, and frozen meals. Instead, read food labels and select products with lower amounts to reduce risk of high blood pressure. Last but not least, being physically active each day - even just 10 minute spurts throughout the day - can increase cardiovascular and overall health and help balance calories.

Nutrition Nibble

Many of the foods and beverages that we eat and drink contain empty calories - calories from solid fats and added sugars ("SoFAS"). SoFAS add calories to the food but few or no nutrients. Solid fats are fats that are solid at room temperature, like butter, beef fat, and shortening. They can also be added when foods are processed by food companies or when they are prepared at home. SoFAS can make a product more appealing, but can add unwanted calories. Common empty calorie sources are: cake, cookies, donuts, sodas, energy drinks, ice cream, sausages, bacon, ribs, pizza, and candies. Many of these foods have more nutritious alternatives; for example, low-fat cheese, lean meats, water, milk, or sugar-free soda instead of drink with sugar. A small amount of empty calories is okay, but limit empty calories to the amount that fits your calorie and nutrient needs.

Questions or Comments?
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