

Is Your Diet Keeping You Healthy?

Think of what you ate yesterday and answer these questions:

- | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|
| 1. Vegetables (more than 2 cups) | Yes_____ | No_____ |
| 2. Legumes & beans | Yes_____ | No_____ |
| 3. Fruits (more than two) | Yes_____ | No_____ |
| 4. Whole grains (3 servings) | Yes_____ | No_____ |
| 5. Fish (1 serving) | Yes_____ | No_____ |
| 6. Nuts (1 handful) | Yes_____ | No_____ |
| 7. Meat/Poultry (less than 4 ounces/day) | Yes_____ | No_____ |
| 8. Dairy products (2 servings)
<small>1 cup low fat yogurt, 1 slice low fat cheese, 1 cup 1% milk or lower
Only put yes if you had at least 2 servings and both servings were low fat</small> | Yes_____ | No_____ |
| 9. Did you have avocado, olive oil or olives | Yes_____ | No_____ |
| 10. Did you consume no more than one drink
(for women) and 2 drinks for men | Yes_____ | No_____ |

If you scored yes for all the above questions, you made a perfect score of 10. For every 2-point increase, you will reduce your risk of dying by 9% due to the many health benefits of the above foods.

QUICK & EASY WAYS TO IMPROVE YOUR DIET AND WARD OFF DISEASE

1. Focus on fruits and vegetables!

- +Make them your mainstay and eat a rainbow of colors
- +2 cups of veggies at lunch and dinner
- +2 fruits at breakfast and one at all other meals



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2. Load up on legumes - Aim to eat some daily!

- +Top your salad with garbanzo beans or kidney beans
- +Add black beans to store-bought salsa to create a tasty black bean salsa
- +Stir a can of pinto beans into pasta sauce and stir over whole wheat pasta
- +Heat up some baked beans as a side dish
- +Sauté black beans with your choice of veggie, top with reduced fat cheese and wrap in a whole wheat tortilla



3. Buy whole grains!

Breakfast: Oatmeal, Shredded Wheat

Lunch/Supper: 100% Whole Wheat Bread, Brown Rice Pasta, Quinoa, Brown Rice

Snack: Popcorn, Sun Chips, Triscuits, Wheat Thins



For more information visit...

Fruits and Vegetables - <https://www.choosemyplate.gov/fruit>

Whole Grains - <https://wholegrainscouncil.org/>

Recipes - https://oldwayspt.org/recipes/search?keys=&diet%5B%5D=96&meal%5B%5D=breakfast&items_per_page=12

4. More Healthy Eating Tips

- +Grab a handful of **nuts** daily!
- +**Easy on the red meat**, poultry, eggs and cheese (start with smaller portions)
- +**Eat fish** twice a week or more
- + **Choose healthy fats**-Olive, canola, peanut oils, avocado, olives, nuts and seeds
- +**Alcohol**- Drink in moderation. That means one 5 oz glass of wine, 12 oz beer, or 1 mixed drink for women or 2 for men.

TOO BUSY TO EAT HEALTHY?



HEALTHY
DESK
DRAWER
STASH



GET ALL 3
SERVINGS OF
WHOLE GRAINS
IN ONE
PRODUCT



CARRY PORTABLE
FRUIT



QUICK & EASY SWAPS

Instead of...

Choose...

Mayonnaise on your sandwich → Hummus, Go Avo

Butter on your toast → Olive oil or nut butter

Meat in pasta sauce → More vegetables

Chocolate Brownie → Chocolate yogurt/Cocoa Roast Nuts

Bagel & Jelly → Oatmeal with berries or Greek Yogurt with Granola



For more healthy swaps visit: https://oldwayspt.org/system/files/atoms/files/MFA-Walnut_Med_brochure-1.pdf

CONFUSED ABOUT WHAT TO ORDER WHEN YOU EAT OUT?

When Eating Locally: Fork Friendly is an easy, customer-friendly guide to healthy dining and grocery shopping in the Brazos Valley. Visit Fork Friendly Restaurant Program at www.forkfriendly.com/participating-restaurants

When Traveling: www.healthydiningfinder.com

When Eating Gluten Free: www.dfwceliac.org



LOOKING FOR MORE INFORMATION ON EATING HEALTHY?

TAMU - <https://dinnertonight.tamu.edu/recipes/>



Oldways - www.oldwayspt.org



Fork Friendly - www.forkfriendly.com/menu-planning

