
THE POWER OF NUTRITION
NUTRITION BASICS
READING LABELS
PROBIOTIC-RICH FOODS
COMPLEX CARBOHYDRATES

NUTRITION BASICS

WATER
Drink water, tea or coffee with little or no sugar. Avoid drinks with added sugars.

FRUIT - VEGETABLES
Choose whole fruit as a snack. Limit fruit juice.

Fill 1/2 plate with a variety of vegetables. Select a wide variety of colors for maximum nutrition.

HIGH FIBER CARBS AND HEALTHY STARCHES
Fill 1/4 plate with complex carbohydrates that include beans, whole grain rice, pasta and quinoa. Limit simple carbohydrates.

DAIRY AND DAIRY ALTERNATIVES
Have 1 to 3 servings of dairy or unsweetened dairy alternatives, such as almond, hemp or rice milk.

HEALTHY PROTEIN
Fill 1/4 plate with 2 to 3 ounces of lean meat, poultry, grilled, broiled or steamed fish and whole eggs or egg whites, Plant-based options include beans, lentils, all natural nut butters, unsalted nuts, seeds, tofu and tempeh. Avoid cold-cuts and processed meat.

HEALTHY OILS AND FATS
Go for healthy oils and fats such as olive oil, unrefined coconut oil, walnuts, and avocados. Avoid trans-fat (hydrogenated vegetable oils).

READING LABELS

1. **Start with serving information.** The first place to start when you look at the nutrition facts label is the serving size and the number of servings in the package.
2. **Check total calories per serving.** This tells you how many calories in a single serving.
3. **Limit certain nutrients.** Try to keep saturated fat, trans fat and sodium as low as possible.
4. **Get enough of beneficial nutrients.** Eat foods with dietary fiber, protein, calcium, iron and vitamins.
5. **Quick Guide to % Daily Value.** % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of daily recommended amount in a 2,000 calorie diet. Your needs may vary.
   - To consume less of a nutrient (such as saturated fat or sodium); choose foods with a lower %DV of 5% or less.
   - To consume more of a nutrient (such as fiber); choose foods with a higher %DV of 20% or more.

Source: ncbi.nlm.nih.gov

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

1 — Serving size
2 — Amount per serving **Calories** 230
3 — % Daily Value *

Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235 mg	6%

4
5 — *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PROBIOTIC-RICH FOODS

Add more fermented foods to your diet. Here's why:

1. **You can't digest your food alone.** Live bacteria helps break down what your body can't.
2. **The good bacteria fight the bad.** Probiotics help keep a healthy balance in your gut.
3. **Help restore your gut health after taking antibiotics.** Antibiotics can destroy not only bad bacteria, but good bacteria that keep us healthy.

Source: heart.org

Go for variety!

KOMBUCHA - fermented tea

SAUERKRAUT - unpasteurized, fermented cabbage

KIMCHI - fermented cabbage and vegetables

PLAIN YOGURT - fermented milk protein

KEFIR - cultured tangy drink , tastes similar to yogurt

COMPLEX CARBOHYDRATES

COMPLEX CARBS = GOOD CHOICES

Complex carbohydrates have a chemical structure and fibers that require our bodies to work harder to digest and energy is released over longer time. For the most part, complex carbs are in their "natural" state or very close to it.


Whole Grain Breads


Whole Grain Cereals


Green Vegetables


Quinoa, Millet, Buckwheat

WHY ARE THEY GOOD?

- High in fiber and nutrients
- Help you feel full longer
- Naturally stimulates metabolism

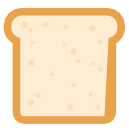
SIMPLE CARBS = LIMIT THESE

Simple carbohydrates are smaller molecules of sugar that are digested quickly into our body. These carbs are generally 'processed' foods that have been stripped of their natural nutrients and fiber.


Candy & Desserts


Sugary Cereals


Sodas & Sugary Drinks


Refined Breads

WHY LIMIT?

- Low in fiber and nutrients
- Empty calories

HPN members for more information, please call Health Education and Wellness at 702-877-5356 or toll-free 1-800-720-7253, TTY 711, Monday through Friday, 8 a.m. to 5 p.m. local time.

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.


GOOD FOOD
GOOD HEALTH
GOOD LIFE