Hi! In case we have not formally met, I wanted to give you a face with the name when it comes to these emails and newsletters. My name is Nicole and I am a Registered Dietitian and also serving as Agency Relations Coordinator for Food Gatherers. I am excited so many of our partner agencies want to learn more and more about nutrition! And I hope Nicole's Nutritional Notes help you in that manner!

Nicole's Nutritional Notes

MyPlate vs. MyPyramid

The new MyPlate has replaced the MyPyramid in June 2011. MyPlate along with the 2010 Dietary Guidelines for Americans offer tips to help you improve your eating plan and your health. Below you will find a brief description of the main points offered, but I encourage you to check out ChooseMyPlate.gov for more information and resources.

Key Message #1

Balancing Calories to Manage Weight

Calories in = Calories Out, which is why it is important to balance dietary intake with physical activity. Physical activity combined with nutritious eating habits help you achieve a healthy weight and aid in reducing the risk of developing diet-related chronic diseases.

December 2011: Volume 1, Issue 1
Key Message #2
Foods and Nutrients to Increase

WHOLE GRAINS – choose whole grain breads and cereals, brown rice and whole wheat pasta
TIP: Make ½ your grain servings WHOLE!

VEGETABLES (MY FAVORITE!) – Eat a variety, including dark-green, red and orange vegetables, plus beans and peas
TIP: Most adults need 2 ½ cups per day!

FRUITS – Add fruits to any meal or any snack; fresh, frozen or canned (in 100% juice) are all great options
TIP: Get about 2 cups per day!

LOW-FAT or FAT FREE MILK, YOGURT AND CHEESE – Great source of calcium,
Vitamin D, protein and potassium
TIP: Get about 3 cups per day

VEGETABLE OIL – Oils such as canola, corn, olive, peanut or soybean are high in GOOD fats, like mono- and polyunsaturated fats
TIP: Use in moderate amounts in place of solid fats like butter and lard

SEAFOOD – Include a variety in your regular eating patterns and use sometimes in place of red meats and poultry

Key Message #3
Foods and Food Components to Reduce

ADDED SUGARS – Items with added sugars are typically higher in calories and provide no nutritional benefit to your body. Candy, cookies, desserts, pop are items to limit.

SOLID FATS, INCLUDING TRANS FAT – Solid fats are high in saturated fats, which are BAD fats. Increase your intake of fats from oils, instead of butter and lard.
TIP: Nuts, seeds, olives and avocados are a great source of healthy fats.

REFINED GRAINS – Refined grains contain grains or grain flours that are significantly altered from their natural composition. Typically, the bran and germ part of the grain are removed, which will decrease the amounts of certain vitamins and minerals available to your body.

SODIUM – Salt should be limited to 2,300mg per day for most people. 1,500mg per day is recommended for people over 51, African-Americans and those with a history of high blood pressure, chronic kidney disease and diabetes.
Healthy Holiday Snacking at a Party!

Holidays are one of the hardest times of the year to stay on track when it comes to a nutritious diet with all of the tasty temptations available. Here are a few simple tips so that you will not overindulge day after day over the holidays!

- **Plan Ahead**: eat lighter throughout the day or eat before you go (fruits, vegetables, whole grains, lean meat)
- **Beverage Choice**: water is calorie-free, while pop and alcoholic beverages have many calories!
- **Bring a Healthy Dish to Pass**: low-fat, low-calorie dish that you can snack on
- **Socialize**: Stay away from the food tables and socialize with new people
- **Fiber and Protein**: Load your plate with high fiber food like fruits and vegetables (avoid the dip!) and high protein foods like lean meats
- **Micro-Portions**: take smaller portions of high calorie food items
- **Use a Small Plate**: this will give you the impression that you are having a feast
- **Cocktail or Cake**: Choose one or the other!

GO, SLOW & WHOA

Have you noticed the Go, Slow and Whoa icons added to our food inventory? From the National Institute of Health, this is to help you identify healthier alternatives to serve at your agency, food pantries and food distributions. Watch for ways to employ nutrition education on this topic at your pantry in the near future!

**Go**: Eat almost anytime (most often)

**Slow**: Eat sometimes (Less often)

**Whoa**: Eat once in a while (Least often)

For more information:


For more information, questions, comments or concerns, please contact Nicole at Food Gatherers

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I welcome any feedback, topics to discuss or any other comments you deem necessary!

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December 2011: Volume 1, Issue 1