

# Healthy Eating

## What to eat for a strong foundation

Grains	Vegetables	Fruits
<ul style="list-style-type: none"> <li>+ Whole grain bread</li> <li>+ Brown rice</li> <li>+ Whole wheat pasta</li> <li>+ Oatmeal</li> <li>+ Barley</li> <li>+ Popcorn</li> <li>+ Whole wheat crackers</li> <li>+ Pita bread</li> <li>+ Cornmeal</li> <li>+ Quinoa</li> <li>+ Millet</li> </ul> <p><b>Portions:</b> 1 mini bagel or slice of bread ½ cup rice, pasta, oatmeal = ½ baseball 1 cup cold cereal = baseball Pancake or waffle = CD Crackers = package serving size</p>	<ul style="list-style-type: none"> <li>+ Broccoli</li> <li>+ Cauliflower</li> <li>+ Squash</li> <li>+ Potatoes/sweet potatoes</li> <li>+ Greens – kale, spinach, Swiss Chard, collards</li> <li>+ Tomatoes</li> <li>+ Mushrooms</li> <li>+ Green beans</li> <li>+ Beets</li> <li>+ Brussels sprouts</li> <li>+ Cucumbers</li> <li>+ Lettuce</li> </ul> <p><b>Portions:</b> Cooked vegetables = baseball 2 cups leafy vegetables = 2 closed fists</p>	<ul style="list-style-type: none"> <li>+ Apples</li> <li>+ Banana</li> <li>+ Apricots</li> <li>+ Kiwi</li> <li>+ Oranges</li> <li>+ Mangoes</li> <li>+ Berries - strawberries, blueberries, raspberries</li> <li>+ Grapes</li> <li>+ Cherries</li> <li>+ Melons</li> <li>+ Pineapple</li> </ul> <p><b>Portions:</b> Apple, orange, peach = baseball 1 cup strawberries = 8 large berries 1 cup grapes = 32 small grapes Dried fruit = golf ball</p>
Protein—Meats/Nuts/Beans/Fish	Dairy	Healthy Fats
<ul style="list-style-type: none"> <li>+ Chicken, Turkey, Pork Beef — lean cuts</li> <li>+ Fish — salmon, shrimp, tuna</li> <li>+ Eggs</li> <li>+ Nuts — almonds, pecans, walnuts, pistachios, etc (~ 24 nuts)</li> <li>+ Lentils or Edamame</li> <li>+ Beans - kidney, black, pinto, refried</li> </ul> <p><b>Portions:</b> 3 oz meat = deck of cards 1 ounce = 1 egg or ¼ cup of beans 1 tablespoon peanut butter = poker chip</p>	<ul style="list-style-type: none"> <li>+ Milk (low-fat or fat-free)</li> <li>+ Chocolate milk</li> <li>+ Ice cream or frozen yogurt</li> <li>+ Yogurt — plain, fruit or Greek</li> <li>+ Cheese</li> <li>+ Cottage cheese</li> </ul> <p><b>Portions:</b> 1.5 oz cheese = 3 dice 1 cup milk, yogurt, ice cream, cottage cheese = baseball</p>	<ul style="list-style-type: none"> <li>+ Olive oil</li> <li>+ Canola oil</li> <li>+ Fish oils</li> <li>+ Avocado</li> <li>+ Nuts</li> <li>+ Seeds</li> </ul> <p><b>Portions:</b> 1 tablespoon oil = poker chip 1 oz. nuts ~ 12 1/2 an avocado 4 olives</p>



*What foods will help you feel your best? The plate pictured, MyPlate, is a great guide for meals and snacks.*

- + Try three meals and snacks to keep a steady supply of energy, carbohydrates, protein, fats and fluids during the day.
- + Select foods from each food group, especially at lunch and dinner.
- + Choose a variety each day.

NEED MORE INFO?

To learn more about healthy eating, visit: [OhioHealth.com/SportsMed-Nutrition](http://OhioHealth.com/SportsMed-Nutrition)

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