

Use food labels to help you make better choices

Most packaged foods have a Nutrition Facts label and an ingredients list. Use this tool to make smart food choices quickly and easily.

- Check for calories.
- Look at serving sizes.
- Choose foods with lower calories, lower total fat, saturated fat, trans fat and sodium.
- Check the ingredients list for added sugar. Some names for added sugar include sucrose, glucose, maltose, galactos, high fructose corn syrup, corn syrup, maple syrup and fructose.

Be physically active your way

Pick activities that you enjoy and start by doing what you can, for at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.



Want to learn more?

This brochure is presented by the *Collaboration for Health, Activity, and Nutrition in Children's Environments (CHANCE)* – improving health and well-being of Suffolk residents. CHANCE works with partner agencies in areas such as: translating policy into action by working with staff to implement policy changes, providing advice and planning around menus and physical activities with children, modeling worksite wellness policies, Lunch and Learn and other HCHF workshops. The *Healthy Children, Healthy Families: Parents Making a Difference!* (HCHF) under CHANCE is a curriculum that supports parents and caregivers by providing education on nutrition, physical activity, and parenting practices.

For more information about our free programs in English and Spanish contact: Gerry Lake at gd44@cornell.edu or call 631-727-7850 ext 384.



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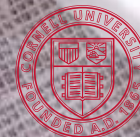
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Build a Healthy Plate

Let's eat for the health of it



Cornell University
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Follow MyPlate

Making sense of portions sizes is often difficult, but following MyPlate can help you eat a more nutritious diet. It's one way to improve your understanding of portion sizes.



Make half your plate fruits and vegetables.

- Eat red, orange, and dark-green vegetables...tomatoes, sweet potatoes and broccoli.

Switch to skim or 1% milk.

- They have the same amount of calcium and other essential nutrients as whole milk, but have less fat and calories.

Make at least half your grains whole.

- Choose 100% whole grain cereals, bread, crackers, rice and pasta.

Vary your protein food choices.

- Twice a week, make seafood the protein on your plate.

- Eat beans, which are natural sources of fiber and protein.
- Keep portions small and lean.

Cut back on foods high in fat, added sugars, and salt

Choose foods and drinks with little or no added sugars.

- Drink water instead of sugary drinks.
- Select fruit for dessert. Eat fewer sugary desserts.
- Choose 100% fruit juice instead of fruit-flavored drinks.



Look out for salt (sodium) in food you buy – it all adds up.

- Compare sodium in foods like soup, packaged foods, bread, and frozen meals – and choose the food with lower numbers.
- Add spices or herbs to season food without adding salt.

Eat fewer foods that are high in solid fats.

- Major sources of saturated fats – such as cakes, cookies, pizza, cheese, sausages, and hot dogs – are occasional choices, not everyday foods.
- Select lean cuts of meat and poultry and fat-free or low fat dairy products.
- Switch from solid fats to oils when preparing food.

Eat the right amount of calories for you

Enjoy your food, but eat less.

- Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat.
- Think before you eat...is it worth the calories?
- Avoid over-sized portions.
- Use a smaller plate, bowl and glass.
- Stop eating when you're satisfied, not full.

Cook at home more often, where you are in control of what's in your food.

- When eating out, choose lower calorie menu options.
- Check posted calories amounts.
- Choose dishes that include vegetables, fruits and whole grains.
- Order a smaller portion or share one when eating out.