What Should I Do?

- Put less food on your plate.
- Eat lots of different fruits, vegetables, and whole grain foods.
- Eat 3 meals and healthy snacks everyday.
- Eat slower and enjoy every bite— you will feel more full!
- Stop eating when you feel full! You do not have to clean your plate!

What if I eat out?

- Restaurants usually give too much food!
- Ask to wrap half of your meal so you can eat it later or share with a friend.
- Choose steamed, grilled, or baked food instead of fried.
- Get the small sizes (never Biggie) at fast-food restaurants.
- Don’t go to the all-you-can-eat buffet.
- Drink water, low-fat milk, or unsweetened tea instead of drinks with extra sugar.

Where Do I Go for More Help?

Online resources for healthy eating:

- Montana Disability & Health Program: http://mtdh.ruralinstitute.umt.edu/blog/?page_id=800
- Dietary Guidelines for Americans: http://www.health.gov/dietaryguidelines/
- National Center for Physical Activity and Disability: http://www.ncpad.org
- MyPlate: http://www.choosemyplate.gov

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**Eating Healthy**

What is the big deal about a Healthy Diet?

Research shows that a healthy diet will help you feel better and live longer.

Eating well can give you:
- More energy
- Better sleep
- Healthy weight

Poor diet is related to unhealthy weight and health problems like:
- Heart disease
- Cancer
- Diabetes
- High blood pressure

Poor diet can also cause:
- Sleep problems
- Feeling tired for no reason
- Extreme feelings of sadness

Eating right can help you feel better and stay healthy. Don’t forget to include physical activity in your diet!

**The New MyPlate**

**What is MyPlate?**
- MyPlate is a reminder to eat a healthy diet made up of whole grains, vegetables, fruits, milk, and lean proteins.
- Did you notice that some parts of the plate are bigger than others? Make half your plate fruits and vegetables!
- Eat less candy, chips, sodas, and desserts.
- Eat different kinds of foods from each group everyday.

**More about MyPlate**

**Grains**
- Any food made from whole wheat, brown rice, oats, cornmeal, barley or another cereal grain. Whole wheat bread or brown rice is better than white. Eat 3 servings per day.
- 1 serving = 1 slice of bread, 1 cup cold cereal, 1/2 cup cooked cereal, brown rice, or whole grain pasta = size of an ice cream scoop.

**Veggies**
- Any vegetable or 100% vegetable juice. Vegetables are raw or cooked; fresh, frozen, canned, or dried and are OK whole, cut-up, or mashed. Examples are broccoli, spinach, carrots, sweet potatoes, and dark green leafy lettuce. Eat 3 servings per day.
- 1 serving = 1 cup of vegetables = 4 lettuce leaves or the size of your fist

**Fruit**
- Any fruit or 100% fruit juice counts as fruit. Fruits can be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Examples are apples, pears, bananas, melons, nectarines, peaches, plums, and berries. Eat 1 1/2 to 2 servings per day.
- 1 serving = 1 cup of fruit or 1 apple, orange, or banana

**Dairy**
- Examples are milk, yogurt, pudding, and cheese (cream cheese, cream, and butter ARE NOT HEALTHY). Fat-free or low-fat milk is a better choice. Eat 3 servings per day.
- 1 serving = 1 cup of milk or yogurt or 1 slice of single cheese

**Protein**
- Meat, chicken, fish, dry beans (kidney, pinto, lentils, black-eyed peas), peas, eggs, nuts, and seeds count. Meat and chicken should be lean or low-fat. Fish, nuts, and seeds have healthy oils, so they are healthier than meat or chicken. Eat 5 servings per day.
- 1 serving = 2-3 ounces or 1/4 cup, this is like the size of your palm or of a checkbook

- Poor diet is related to unhealthy weight and health problems like:
  - Heart disease
  - Cancer
  - Diabetes
  - High blood pressure

- Poor diet can also cause:
  - Sleep problems
  - Feeling tired for no reason
  - Extreme feelings of sadness

- Eating right can help you feel better and stay healthy. Don’t forget to include physical activity in your diet!