



Public Safety Health and Wellness

Nutrition Check List

- Always eat a breakfast
- Eat 5-6 times a day, 2.5 to 3.5 hours apart
- Eat in moderation
- Stay hydrated throughout the day drinking plenty of water, drink at least eight 8 oz glasses
- Limit all refined sugars (added sugars) and added salt.
- **DO NOT** delete carbs (the carbs you consume should be high in fiber 3 grams or more per serving) Fiber is found only in plants (fruits, vegetables, beans, oats, whole-grain rice, whole-grain pasta, whole-wheat bread, nuts [almonds and walnuts], and brans.
- Eat carbs in the morning and taper to minimal carbs at night (we absorb carbs 'also known as sugar' very easily and we are less active in the evening to burn off the excess, what we don't use we wear around our waist)
- Consume plenty of lean protein. Protein is found in meat, fish, poultry, eggs, dairy and plants. Try unsalted nuts, greek yogurt, or low-fat cottage cheese.
- Avoid foods high in Saturated and Trans Fats (no hydrogenated or partially hydrogenated oils)
- Limit/ avoid all alcohol drinks, alcohol has empty calories and makes weight loss more difficult
- No sodas, regular or diet. Avoid fruit juices unless you freshly squeezed them, many of these are loaded with added sugars
- Chew sugar free gum to fight off cravings
- Regular physical activity
- Quit smoking

Pick & plan your foods. If you have to question if a food is healthy or not, than it probably isn't. Pick regular or low fat foods normally. Fat-free foods tend to be higher in sugars and sodium, and sugar free foods are typically high in fat.

Always read the labels. They are there to inform you of what you are about to eat. Being healthy is a choice. Choose wisely. Please call when not sure or with any questions. This is not the end all list about good nutrition. To be healthy and have a **GOOD** life we must always learn.

1.28.11 bm