



Positive Changes

It's a *weigh* of life!

Guidelines for Healthy Eating

The goal of the Guidelines for Healthy Eating is to provide healthier choices in food that is served at Marion County meetings and trainings. By offering these healthy choices at workplace gatherings and events, we will encourage positive health while supporting employees' interest in healthful eating.

The following are guidelines that can be used in selecting foods and beverages for breaks or meals at meetings/trainings and does not have to be used to motivate people to attend events.

How to tell if a food is low fat: If a food or beverage has three grams of fat or less per every 100 calories in a serving size, it's low in fat. You can also purchase several fat-free items for condiments, etc.

Standards:

1 calorie = Fat = 9 grams

1 calorie = Carbo = 4 grams

1 calorie = Protein = 4 grams

Daily Requirements:

Fat - 15-25% per day

Carbo - 50-60% per day

Protein - 12-15% per day

Resources:

MyPyramid.gov

USDA – Center for Nutrition Policy and Promotion



A) Beverages:

- Offer water, tea, coffee or sugar free diet juices/sodas at mid-morning and/or mid-afternoon meeting breaks. Water is a refreshing alternative to sugar drinks and juices; it also allows those with diabetic issues to have a beverage that fits their health guidelines.

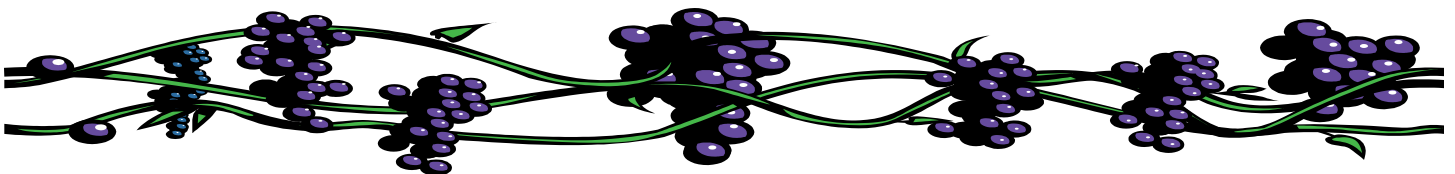


B) Food:

- Offer food choices that are lower in fat and calories. Fruits and vegetables are a good choice including: bite size fruits and vegetables like grapes, cherries, cut-up melon, strawberries, carrot and radish coins, cherry tomatoes, and red pepper strips, local pears and apples, oranges, kiwi, plums and nectarines.
- Offer smaller portion sizes of foods, such as mini muffins or mini bagels, whole-grain breads, pasta, cereals, and muffins.

C) Meals:

- Serve cut-up fresh fruit for breakfast, as a salad, or for a dessert.
- Offer smaller portions of whole grain bagels, muffins and cereal.
- Serve low-fat salads with a variety of colorful vegetables, fruits, and whole grains such as whole-wheat, oat, or rye breads, as well as whole-wheat tortillas, baked corn chips, and whole-wheat pita pockets.
- Offer vegetable sandwiches or a sandwich tray with lots of fresh vegetables, sliced low-fat cheeses, lean meats, and low-fat spreads like black beans or hummus.
- Serve entrees and side dishes with tasty beans, peas, and/or lentils.
- Offer skim or low-fat milk or yogurt.
- Serve foods that are low in salt and sodium, such as unsalted pretzels, popcorn, or baked chips, grilled or roasted entrees; and entrees cooked with spices and herbs instead of salt.
- Remember to ask for smaller portion sizes.



Proposed & supported by:

- a. WAC - Wellness Advisory Council: 21 employees representing (17) county divisions; Beth Hawk - Safety & Wellness Coordinator - facilitator
- b. HISC - Health Insurance Study Committee; Karen Samson - facilitator
- c. CDPC - Chronic Disease Prevention Committee; Tonya Johnson, Public Health Administrator - facilitator