FEATURED NUTRIENT:

CARBOHYDRATES

-Sugars-Starches-Fiber-

Break down to glucose, used for ENERGY

• Make at least half your grains, whole grains (3 servings/day)
  Whole grains are more nutritious! ex: whole wheat bread or pasta, brown rice, oatmeal

• Limit your consumption of added sugars
  Look for ingredients like honey, dextrose, maltose, corn syrup, malt syrup and sucrose

• Insoluble Fiber keeps you full for longer and eases digestion
  ex: whole grains, apples, nuts & seeds, green beans, cauliflower, raspberries, peas

• Soluble Fiber helps rid the body of cholesterol and regulates blood sugar
  ex: legumes (peas, beans), oats, barley, sweet potato (w/ skin), carrots, oranges

Balance Your Life is a healthy lifestyle campaign from the Department of Health Education at Tufts. By providing opportunities to enhance nutritional knowledge and physical activity skills, BYL is focused on improving overall well-being for students.

For more nutrition and physical activity tips visit [http://sites.tufts.edu/balanceyourlife/](http://sites.tufts.edu/balanceyourlife/) and friend us on Facebook to see our upcoming events!
FEATURED NUTRIENT:

DIETARY FATS

-Some are better than others!-

Limit:

**Saturated Fat**
found in red meat, cheese, tropical oils (coconut/palm), butter

**Trans Fat** (Tip: Even if label says 0g, *partially hydrogenated oil indicates <0.5 g trans fat*)
found in fried food, processed food

**Cholesterol**
found in egg yolks, cheese, red meat, ice cream

Instead Eat:

**Monounsaturated Fats** – found in almonds, peanuts, avocados, olives

**Polyunsaturated Fats** – found in walnuts, tuna, sunflower seeds, salmon

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FEATURED NUTRIENT:

PROTEIN

Most Americans eat much more protein than they need!
The average recommended daily intake is 0.8 g/kg healthy body weight.
For example, a 150 lbs person needs ≈ 55 g of protein per day.

What’s your daily intake?
• 1 cup whole wheat spaghetti → 7g protein
• 1 cup black beans → 15g protein
• 12oz skim milk → 12g protein
• 3oz chicken → 20g protein
• 1 cup Greek yogurt → 20g protein

Instead of red meat ... choose LEAN protein!
Try grilled chicken, beans, tofu and fish.

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