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/ 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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