

Balance Well

Introduction

Welcome to the Virtual Self-guided Wellness Exhibit **Balance Well**. This learning module contains 9 posters and takes approximately 15 minutes to complete.

Before you get started, print the **Passport to Nutrition: Balance Well** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit to reinforce your learning.



Passport to Nutrition: Balance Well



Name: _____

Answer these questions as you go through the educational exhibit to reinforce your learning.

Exhibit 1: Food in Its Natural State

Name two whole foods listed that you would like to eat more of:

Exhibit 2: Whole Grains: Think Brown

Why are whole grains healthier than refined grains?

Exhibit 3: Healthy Sources of Non Red-Meat Protein

Name two non red-meat proteins that you would like to incorporate into your daily eating pattern:

Exhibit 4: Protein Sources To Minimize Or Avoid

What are three examples of processed meats that you should minimize or avoid?

Exhibit 5: Healthy Fats And Oils for Cooking

How are free radicals created in oil?

Exhibit 6: Think Color When Eating Fruits And Vegetables

What is the main benefit from consuming a variety of colorful fruits and vegetables?

Exhibit 7: Get Started With A Healthy Breakfast

List a combination of foods that make a breakfast trio that you would enjoy:

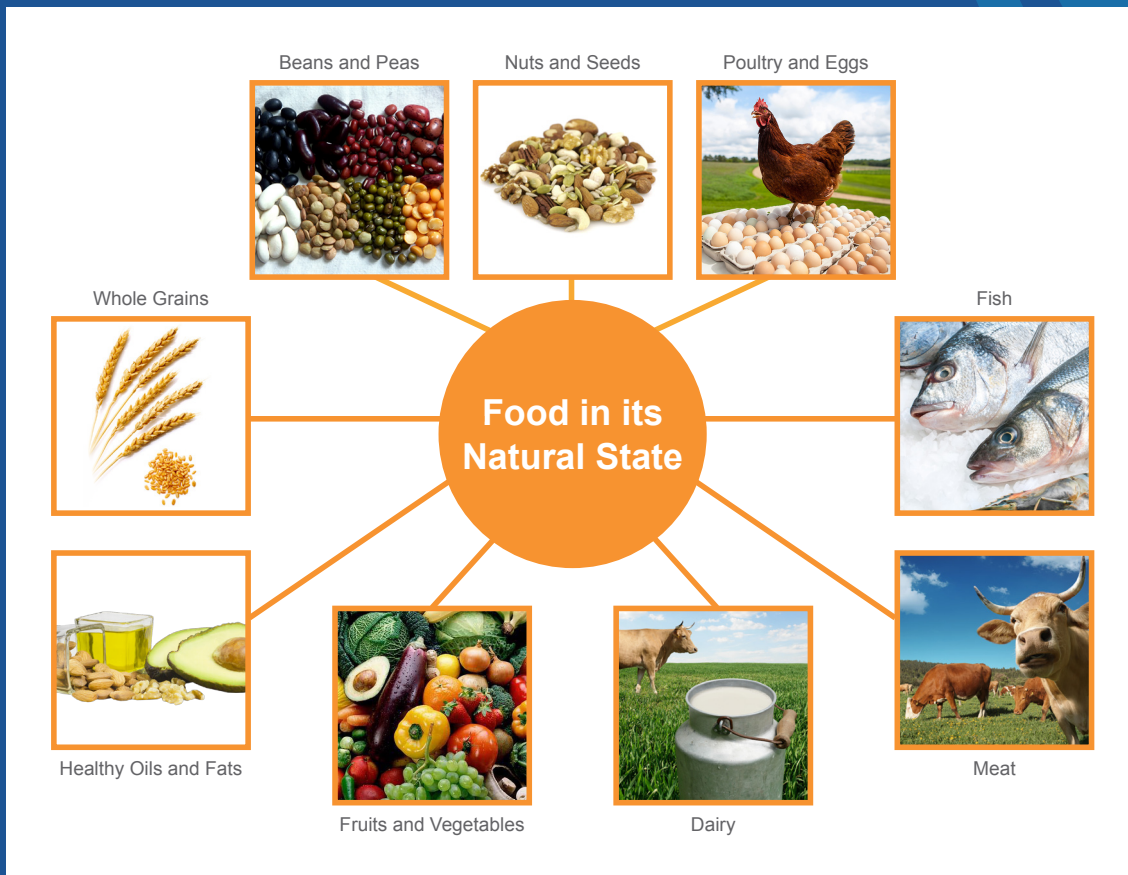
Exhibit 8: Lunch And Dinner Made Healthy And Easy

How would you rebalance your lunch meal to get the right amount of each food group?

How would you rebalance your dinner meal to get the right amount of each food group?

Exhibit 9: Snacks Without Wrappers

List a combination of foods that create a healthy snack that you would like to snack on:



FOOD IN ITS NATURAL STATE



Whole Food

Eating Whole Foods Optimizes Nutritional Health

Whole foods are foods that are unprocessed and unrefined, or processed and refined as little as possible before being consumed. The combination of nutrients in a whole food interacts in such a way that it is more nutritious than if the parts were separated.

- Whole foods do not contain added ingredients, such as sugar, salt or fat.
- All raw fruits and vegetables are whole foods. A baked potato is a whole food, while potato chips, potato skins, and French fries are not.
- Eggs, unprocessed meat, and many unflavored dairy products are whole foods.
- Grains such as brown rice, wild rice, barley, buckwheat, whole corn meal, and quinoa are whole foods.
- Beans, peas, and lentils are from the legume class of vegetables and are whole foods available in dried or canned form.
- Unsalted raw or roasted seeds and nuts are whole foods.

WHOLE GRAINS: THINK BROWN



Whole Grains

- Whole grains contain the entire grain kernel — the bran (fiber-rich outer layer), the germ (inner layer), and the endosperm (middle layer).
- Whole grains are more nutrient rich than refined or processed grains.
- The body needs carbohydrates mainly for energy; whole grains are an excellent source of complex carbohydrates that digest slowly and leave you feeling full longer.



Refined Grains

- Refined grains have been milled, a process that removes the bran and germ leaving only the endosperm which removes dietary fiber, iron, and many B vitamins.
- Without the fiber, nutrients, and essential fats, white and refined grains hold little nutritional value.

⊕ Whole Grains to Enjoy

Breads that contain whole seeds and grains
Bulgur (cracked wheat)
Steel-cut oatmeal, granola
Whole grain crackers and pastas
Whole corn meal
Brown rice, wild rice
Quinoa, triticale, farro, freekeh

⊖ Processed Grains to Avoid

White flour, whole wheat flour, de-germed corn meal
White bread, crackers, tortillas
Whole wheat bread, crackers, pasta
White rice, couscous
White pasta, spaghetti, macaroni
Refined breakfast cereals
Pretzels



HEALTHY SOURCES OF NON RED-MEAT PROTEIN

It is estimated that many of us exceed the daily protein requirements and this is typically from consuming too much red meat. The recommended daily protein intake is 46 grams for women and 56 grams for men.



Fish and Shellfish

Fish rich in omega-3 fatty acids and low in mercury, such as wild salmon, trout, sardines, and herring.



Dairy

Milk, cheese, and yogurt from cows and goats.



Dried Beans and Peas

Black beans, black-eyed peas, chickpeas, falafel, kidney beans, lentils, lima beans, navy beans, pinto beans, soy beans, split peas, tofu (from soy beans), and white beans.

To make whole grains and beans a complete protein, vegetarians and vegans need to consume both foods at some point during the day. Protein quantity varies by type of bean.



Poultry

Chicken, duck, goose, and turkey.

Eggs

Chicken and duck eggs.



Nuts and Seeds

Almonds, cashews, hazelnuts, mixed nuts, peanuts, peanut butter, pecans, pistachios, pumpkin seeds, sesame seeds, sunflower seeds, and walnuts



Whole Grains

Whole grain breads, pastas and crackers, granola, oatmeal, brown rice, wild rice, barley, bulgur, buckwheat, quinoa, farro, freekeh, sorghum, and triticale.

Daily Vegetarian Protein Sources

2 eggs = 12 grams
2 ounces of almonds = 12 grams
1 cup of beans = 14 - 28 grams
1 ounce goat cheese = 5 grams
Veggie burger = 11 grams

Total = 54 - 68 grams

Daily Vegan Protein Sources

1 cup oatmeal = 6 grams
1 ounce pumpkin seeds = 6 grams
1 ounce sunflower seeds = 6 grams
1 cup of beans = 14 - 28 grams
Soy burger = 13 grams
1 cup soy milk = 8 gram

Total = 53 - 67 grams

Daily Omnivorous Protein Sources

1 cup of milk = 8 grams
3 ounces of chicken breast = 24 grams
1 cup of beans = 14 - 28 grams
1 cup of yogurt = 12 grams

Total = 58 - 72 grams



PROTEIN SOURCES TO MINIMIZE OR AVOID



Deli Tip

Purchase whole cooked chicken and thinly slice to use for your sandwich or salad.

In 2015 the World Health Organization (WHO) concluded that:

- Eating processed meat can cause colorectal and other cancers.
- A high consumption of red meat probably causes cancer.

WHO Recommends:

- Limit or avoid eating processed meat.
- Limit weekly consumption of red meat to no more than 18 ounces of cooked red meat — beef, veal, pork, lamb, mutton, goat, rabbit, bison, and venison.

Processed Meats

Processed meats include any meat that has been processed or transformed through salting, curing, fermentation, smoking or other processes to enhance flavor or improve preservation.

Popular processed meats include:

- All forms of sausage, jerky, bacon, hot dogs, and kebabs
- Everyday lunch meats from the deli: ham, salami, corned beef, pastrami, bologna, turkey, etc.
- Canned meats
- Packaged meat-base sauces

HEALTHY FATS AND OILS FOR COOKING



**20-35% of daily calories should
come from healthy fats.**

Choosing the Right Oils for Cooking

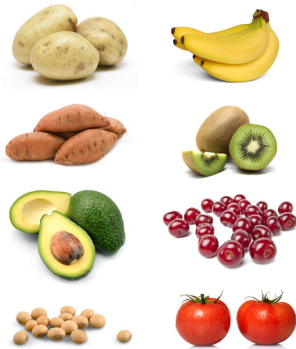
Oils can be destroyed by heat and create free radicals that are damaging to your health. This happens when an oil reaches its “smoke point” — the temperature at which the oil begins to give off smoke. Beyond the health effects, it also does not taste very good. Oils labeled unrefined or virgin are unprocessed oils. Refined oils are highly processed and have a higher smoke point. **AVOID** cooking with these oils: corn, safflower, sunflower, soybean, canola, cottonseed.

Choose the oil that suits your needs by temperature of cooking:

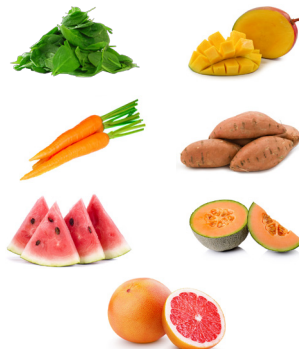
High Heat Oil (frying, sautéing)	Medium to High Heat Oils (medium to high-heat sautéing, baking)	Medium Heat Oils (low-heat sautéing, sauces, salad dressing)	No Heat Oils (cannot withstand heat, use for salad dressings, sauces only)
Almond	Extra Virgin Olive	Extra Virgin Olive	Macadamia
Toasted Sesamee	Virgin Olive	Virgin Olive	Walnut
	Ghee (clarified butter)	Ghee (clarified butter)	Flaxseed
	Virgin Avocado	Virgin Avocado	
		Unrefined Coconut	

Tip: Drizzle olive oil on dishes just before serving to bring out their flavor. Olive oil is also a great choice for salad dressing and sauces.

POTASSIUM



VITAMIN A



FOLATE FOLIC ACID



FIBER



VITAMIN C



MAGNESIUM



**THINK
COLOR**
WHEN EATING
FRUITS AND
VEGETABLES

Fruits and vegetables are great sources of many vitamins and minerals that help protect you from chronic diseases. To ensure a healthy variety of nutrients, eat fruits and vegetables that come in a variety of colors.

Essential Vitamins and Minerals from Vegetables and Fruits

Potassium: Helps maintain a **healthy blood pressure**.

Vitamin A: Keeps eyes and skin healthy and helps protect against **infections**.

Folate: May reduce a women's chance of having a child with a **brain or spinal disease**.

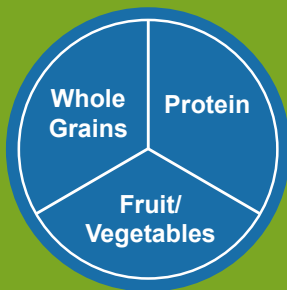
Fiber: Decreases risk of **coronary heart disease**.

Vitamin C: Helps **heal cuts and wounds** and keeps **teeth and gums healthy**.

Magnesium: Necessary for **healthy bones**. **Inadequate** levels of magnesium may result in **muscle cramps** and **high blood pressure**.



GET STARTED WITH A
**HEALTHY
BREAKFAST**



Breakfast Trio

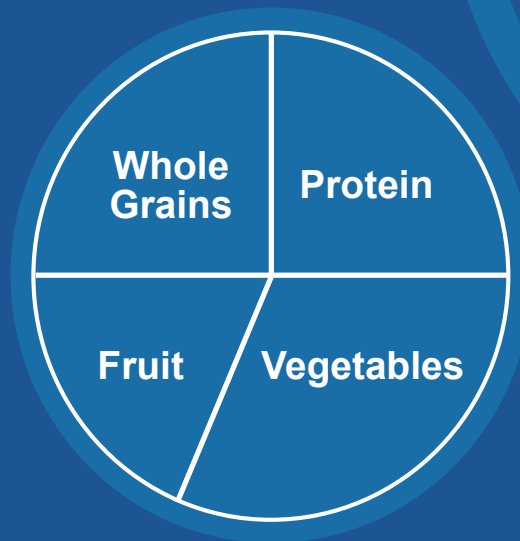
Breakfast Trio:

Combine protein, whole grains, and a fruit or vegetable to make a healthy balanced breakfast.

- Jump starts your metabolism after a night of rest.
- Starts you off on track to meet your daily fruit, vegetable, whole grains, and protein requirements.
- Fiber and nutrients will sustain you until lunch and help you avoid sugary snacks or beverages.



LUNCH AND DINNER MADE HEALTHY AND EASY



4-Quadrant Healthy Plate Model

Lunch and Dinner:

Based on the 4-Quadrant Healthy Plate model. More than half of the both meals should consist of vegetables and fruits. Include whole grains and a healthy protein.

Build a healthy salad for lunch from all food groups.

1. Start with whole grains such as quinoa and farro.
2. Add vegetables such as spinach, edamame, green onions, cucumbers, and tomatoes.
3. Add a protein such as a boiled egg, chicken, beef, tofu, nuts or seeds.
4. Drizzle with oil or homemade salad dressing.
5. Make fresh or dried fruits your dessert.

A pot of soup provides several meals and is a healthy meal all in one. Be sure to include:

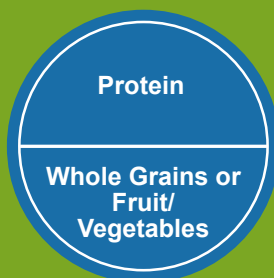
- Lots of vegetables.
- A healthy protein such as chicken, fish, lean meat or tofu.
- Whole grains and beans.

Finish with a drizzle of oil or add a healthy fat such as plain Greek yogurt. Serve with a piece of whole grain bread and make a piece of fresh fruit your dessert.





SNACKS WITHOUT WRAPPERS



Snack Duo

Snack Duo:

Keep it simple by mixing and matching two whole foods for a nutritious and fulfilling snack mid-morning and/or mid-afternoon. Pairing a vegetable or fruit with a food high in protein gives you the right amount of energy, protein, and fiber to keep you satiated until your next meal.

Mix and Match — 1 from each side

Protein Food	Vegetable or Fruit
Mixed nuts and seeds	Seasonal fruits
Nut butters	Dried fruits
Air-popped corn	Chopped vegetables
Hard-boiled eggs	Whole grain crackers
Slice of cheese	Hummus
Yogurt, tofu, and cottage cheese	Salsa
Glass of milk	
Sardines or canned salmon	
Whole grain crackers	
Whole grain pita	



Balance Well

Close

We hope you enjoyed the Virtual Self-guided Wellness Exhibit **Balance Well**. The Exhibit shared nutrition education and tools and techniques that will help you to make more informed food choices in your meals and snacks. You are now ready for the **Balance Well Challenge** to put these practices into daily living.