

Director: Judith Korner MD, PhD · Tirissa Reid, MD · Jamie Leskowitz, MS, RD, CDN

## Dietary Guidelines 2015-2020: Focus on Variety, Nutrient Density and Amount

### What's in?

**Fruits and veggies:** variety of veggies (dark green, red and orange, beans and peas) and whole fruits.

**Whole grains:** make *at least* ½ of your grains whole to get adequate fiber, vitamins, minerals and help control blood sugar and increase fullness. Try quinoa, farro, barley, brown rice, or whole grain pasta/bread/cereal.

**TIP:** in a packaged food, make sure the first ingredient listed is a whole grain (i.e. "whole wheat")

**Low fat dairy:** milk, yogurt, cheese, and/or fortified soy beverages will help you meet your calcium needs

**Proteins:** a variety, including seafood, lean meats, poultry, eggs (in moderation), nuts, seeds, soy products

**Healthy fats:** such as healthy oils (i.e. olive oil or canola oil), nuts, avocado

Quit the "clean your plate" club! Halfway through your meal, check in with your hunger/satiety levels. Leftovers make a great lunch the next day.

### What's out?

**Saturated and trans fats:** found in butter, whole-fat dairy, cheese, fatty beef, lamb, pork, poultry with skin, lard and cream, many baked goods and fried foods. Make these fats < 10% of total calories. **TIP:** eating patterns that include lower intake of meats and processed meats/poultry are associated with a reduced risk of cardiovascular disease.

**Added and refined sugars:** consume <10% of calories per day from added sugars. Beware of sugar-sweetened beverages and cereals, and always read the food label. Ingredients are listed in descending order by weight, so notice where sugar is listed in relation to other ingredients. Also limit white rice, white bread, and white pasta, which contain very little fiber and nutrients.

**Sodium:** <2300mg per day – limit soups, processed meats, condiments, frozen meals, and salty snacks. Replace added salt with herbs and spices.

### Want to keep your brain young and decrease stress? Hit the stairs!

In a study published in the journal *Neurobiology of Aging* researchers looked at the relationship between physical activity and brain age. Results showed the amount of **stairs climbed per day** had a **positive effect on the brain**.

Need another reason to up your exercise? A new German study found that **exercise combats stress**, possibly by improving our stress response.

It's never too late to make a change to achieve a healthier lifestyle! **Try these:**

- Take the stairs instead of the elevator
- Get off the subway or bus a stop earlier, or walk home from work if possible
- Take a 10 minute walk during a break at work
- Do "at home exercises" during commercial breaks (i.e. jumping jacks, squats, sit-ups, push-ups)

## Savor the Flavor of Eating Right



Eating enough vegetables can lower your risk of heart disease, certain types of cancer, diabetes, and obesity. Most veggies are naturally low in fat and calories, high in dietary fiber (which can provide a feeling of fullness and help lower cholesterol), and contain important nutrients such as folate, vitamin A, vitamin C, and potassium. Experiment with easy preparations to find your favorite ways to enjoy veggies.

### Quick, Delicious Ways to Prepare your Veggies

**Roast it:** Spread vegetables (try Brussels sprouts, broccoli, cauliflower, asparagus, eggplant, squash or beets) on a baking sheet, drizzle with 2 tsp olive oil and a touch of salt and pepper, bake for ~30-40 minutes at 400° or until golden and crispy!

**Dip it:** Dunk your favorite veggies in 2 Tbsp hummus, guacamole, low fat yogurt dip, bean dip, or salsa. Try a white bean dip made with 2 (14oz) cans white beans, 2 Tbsp garlic, 3 Tbsp olive oil, 3 Tbsp lemon juice, salt and pepper. Combine all ingredients in a food processor and garnish with fresh parsley (serves 6-8).

**Sauté it:** Sauté vegetables (try snap peas, mushrooms, peppers) with 2 tsp olive oil and spices and herbs (try cumin, garlic, ginger, turmeric). Serve with 3-6oz lean protein and ½ cup brown rice to make the meal complete.