

## Healthy diet 101



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## Lots of Fruits and vegetables!

2.5 cups per day!



All five subgroups

- Dark green
- Orange
- Legumes
- Starchy vegetables
- Other vegetables

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## Whole grain products!

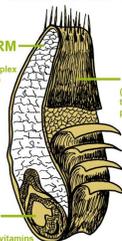


### The Whole Grain Kernel

**ENDOSPERM**  
(source of complex carbohydrates, B-complex vitamins and proteins)

**BRAN**  
(fiber, B-complex vitamins, trace minerals and phytonutrients)

**GERM**  
(essential fatty acids, vitamin E, B-complex vitamins and trace minerals)



Where is the Wonder-white bread?

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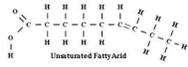
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# Not much fat

Less than 10% of calories should come from fats/oils.

Good fats?

Poly-unsaturated



Bad fats?

Trans fats

Saturated



chips and cookies!

the worse..

*But I like fatty food!*

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# The *right* carbohydrates!

Fiber rich, fruits, vegetables, and whole grains often.



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Not much salt  
Not much alcohol  
Not much candy/sugar



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