

Nutrition guidelines for health!

The Dietary Guidelines for Americans are science-based recommendations to begin and maintain a healthy eating style.

- **Fruit** – take in between 1 to 2 cups per day . This could be in the form of fresh, frozen, or canned fruits. If you choose a dried fruit, this would be 2-1/2 cup servings.
- **Vegetables** – have at least 1 to 3 cups per day. This should include a variety of dark-green, red, and orange vegetables, beans, peas, lentils, and starchy vegetables such as peas and corn.
- **Grains** – recommended intake varies and is between 3 to 8 servings. This could be a slice of bread, or ½ cup of pasta or rice. Strive to make half of your grain's whole grains. A good way to know if your food is a good source of whole grains is to see if a whole grain is the first ingredient in the ingredients list.
- **Protein** – recommended intake varies and is at least 2 to 6 ½ ounces per day. This could be an ounce of meat, fish, or poultry, a ¼ cup of beans, 1 egg, or 1 tablespoon of a nut butter.
- **Dairy** – take in at least 3 servings. A serving could be a cup of milk or yogurt or 1 ½ ounces of cheese.
- **Oils** – healthy fats include vegetable oils and oils found in plants and fish. While not necessarily a food group, they are part of a healthy diet.

Sources:

Dietary Guidelines for Americans | USDA, accessed 1/13/2021
What's on your plate? | USDA, accessed 1/13/2021

For more tips, contact your Everside Health provider today or visit eversidehealth.com/signin



Rethink your drink

Do you know how many calories and sugar are in your favorite daily drink?



Orange juice

8 oz. | 110 calories | 22 grams sugar



Mocha

16 oz. | 440 calories | 54 grams sugar



Soda

20 oz. | 240 calories | 65 grams sugar



Fruit punch

8 oz. | 160 calories | 40 grams sugar



Sweet tea

12 oz. | 120 calories | 32 grams sugar



Beer

12 oz. | 150 calories | 1 gram sugar

= 1,220 calories | 214 grams sugar

Moderation is key

Know what you're drinking. Men should limit their sugar intake to no more than 36 grams per day; for women, no more than 25 grams per day. Did you know cutting just 500 calories from your diet can lead to one pound of weight loss per week?

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Nutrition & Fitness Tracking Apps & Programs

Research has demonstrated the benefits of tracking your fitness and nutrition to help build consistency. Some apps may be helpful to track your nutritional intake and exercise expenditure. Whether you are looking for something to help keep you motivated or trying to switch up your routine, there are a lot of resources. Here are some highly rated apps to help you along your way, but research them for yourself to see what is going to work best for you.



Lose It! – Calorie Counter – Tracks food and connects with fitness apps to track exercises, provides meal plans and suggests calories based on your goals. It can also look at patterns to give you insight into your habits.



MyFitness Pal – Tracks a combination of fitness goals and provides nutrient analysis to help you lose weight.



Calorie Counter by MyNetDiary – Allows user to personalize a calorie limit for weight loss, gain, or maintenance.



Calorie Counter by FatSecret – Record your exercise and nutrient exercise. Journal to add notes and track progress. Reminders can be set for meals, weigh-ins, and journals.



Diet & Meal Planner by GetFit – provides meal plans for those who want to gain, lose, or maintain their weight as part of a subscription.



My Diet Coach – Weight Loss – Touted as a tool to “win the mental game of dieting,” My Diet Coach is designed to keep dieters motivated and committed to meeting their weight loss goals.



MyPlate Calorie Counter – Provides at home workouts and tracking for nutrition intake as well as healthy recipes and an 8-week meal plan



Weight Watchers Reimagined – Follows the Weight Watchers plan, use interactive tools, find local meetings, and create shopping lists.