

What is Healthy Eating?

Healthy eating is more than eating three meals a day. To obtain the most benefit from the foods consumed, it is necessary to eat a variety of different foods in appropriate amounts. The American culture, with an abundance of food, has led to diseases of excess...obesity, diabetes and heart disease. The average person's diet in this country consists of too many calories, too much fat, sugar, and salt. Insufficient nutrition may lead to periods of weakness or loss of energy, poor attention span, inability to concentrate or retain learned information, or even abdominal pain and constipation. Skipping meals and eating larger portions is not a healthy alternative to meet the daily requirements of the body. Vitamin supplements alone do not constitute healthy eating. High levels of stress or illness can place an additional demand on the body requiring extra calories, vitamins, and nutrients. Poor eating habits can lead to high blood pressure, heart attacks, and strokes as well as increase the risk of developing diabetes. Eating a diet that is low in saturated fat and cholesterol and includes high fiber foods can decrease the risk of heart disease and stroke. Fruits and vegetables may lower the risk of some forms of cancer and also help promote a healthy digestive tract.

SO, WHAT SHOULD I EAT?

To maintain a healthy diet:

- ◇ total calories consumed should achieve and then maintain ideal body weight.
- ◇ total fat content should not exceed 30% of total calories.
- ◇ 50-55% of total calories consumed should be in the form of complex carbohydrates.
- ◇ total daily cholesterol intake should not exceed 300 mg.
- ◇ sodium intake should not exceed 3,000 mg a day.

WHAT ARE PROTEINS, CARBOHYDRATES, AND FATS?

PROTEINS are needed for structure of red blood cells, antibodies, enzymes, and hormones and are used for growth, maintenance and repair of tissue. No more than one-third of protein should come from animal sources (meat, fish, eggs, poultry, milk, and cheese) as they are very high in fat and cholesterol. Two-thirds of protein should come from plants (beans, peas, peanut butter, rice, wheat, barley, corn, nuts, and seeds).

CARBOHYDRATES are the principle source of energy for muscular activity, the primary source of energy for the brain and nervous tissue, and they spare the body from using protein to meet energy needs. Simple carbohydrates are low in nutritional value and fiber and contribute to obesity and dental cavities (sugars, syrups, jelly, soda pop.) Complex carbohydrates are high in nutrients and fiber (cereal, bread, rice, pasta, potatoes, corn, flours, and some fruits.)

FATS pad vital organs, insulate the body, transport fat soluble vitamins, and are a major source and storage form of energy. Fats add flavor to foods.

Saturated Fats-tend to raise cholesterol (lard, butter, cheese, coconut oil, cocoa butter, palm oil)

Monosaturated Fats-tend to have no effect on cholesterol (olives, olive oil, peanut butter, avocados and nuts)

Polyunsaturated Fats-tend to lower cholesterol (corn, cottonseed, safflower, sunflower and sesame oils)

WHAT IS A BALANCED DIET?

DIETARY GOALS

10% Saturated	30%
10% Monosaturated	FATS
10% Polyunsaturated	
33% Animal and Dairy	15-20%
66% Plant	PROTEINS
48% Complex Carbohydrates and Natural Sugars	50-55%
10% Refined and Processed Sugars	CARBOHYDRATES

Source: US RDA, 1999.

IS THERE AN "IDEAL" WEIGHT?

A person with a lot of muscle could weigh the same as a person who has a lot of body fat, even if they are the same height and have the same body frame. Therefore, it is hard to calculate an "ideal" weight. Body mass index (BMI) and percent of body fat are better indicators of health.

(Source: National Institute of Diabetes & Digestive & Kidney Diseases, 1998)

HOW MUCH SHOULD I EAT?

- * To maintain weight, you need 13 to 15 calories per pound of body weight in 24 hours.
- * To lose weight, you need 10 calories per pound of body weight in 24 hours. (Less than 10 calories per pound will slow weight loss.)
- * If you exercise a lot, add more calories per pound.

IS DRINKING WATER IMPORTANT?

Absolutely! Drinking 6 to 8 glasses of water daily will help the body metabolize stored fat, rid the body of waste preventing constipation, decrease fluid retention, and maintain proper muscle tone. In hot weather, your need for fluids increases so you have to drink larger amounts.

The Food Guide Pyramid



Bread, Cereal, Rice & Pasta Group 6-11 Servings

To get the fiber you need, choose several servings a day of foods made from whole grains. Choose most often foods that are made with little fat or sugars, like bread, english muffins, rice, and pasta. Go easy on the fats and sugars you add as spreads, seasonings, or toppings. When preparing pasta, stuffing, and sauce from packaged mixes, use only half the butter or margarine suggested; if milk or cream is called for, use lowfat milk.

Fruit Group 2-4 Servings

Choose fresh fruits, fruit juices, and frozen, canned, or dried fruit. Go easy on fruits canned or frozen in heavy syrups and sweetened fruit juices. Eat whole fruits often—they are higher in fiber than fruit juices. Count only 100 percent fruit juice as fruit. Punches, ades, and most fruit “drinks” contain only a little juice and lots of added sugars.

Meat, Poultry, Fish 2-3 Servings

Choose lean meat, poultry without skin, fish and dry beans and peas often. They are the choices lowest in fat. Prepare meats in lowfat ways: Trim away all the fat you can see. Remove skin from poultry. Broil, roast, or boil these foods instead of frying them. Nuts and seeds are high in fat, so eat them in moderation.

Milk, Yogurt, & Cheese

2-3 Servings

Choose skim milk and nonfat yogurt often. They are lowest in fat. 1 1/2 to 2 ounces of cheese and 8 ounces of yogurt count as a serving from this group because they supply the same amount of calcium of 1 cup of milk. Choose “part skim” or lowfat cheeses when available and lower fat milk desserts, like ice milk or frozen yogurt. Read labels.

Vegetable Group

3-5 Servings

Different types of vegetables provide different nutrients. Eat a variety. Include dark-green leafy vegetables and legumes several times a week — they are especially good sources of vitamins and minerals. Legumes also provide protein and can be used in place of meat. Go easy on the fat you add to vegetables at the table or during cooking. Added spreads or toppings, such as butter, mayonnaise, and salted dressing, count as fat.

Fats, Oils & Sweets

Use Sparingly

Go easy on fats and sugars added to foods in cooking or at the table — butter, margarine, gravy, salad dressing, sugar, and jelly. Choose foods that are high in sugars— candy, sweet desserts, and soft drinks. The most effective way to moderate the amount of fat and added sugars in your diet is to cut down on “extras” (foods in this group). Also choose lower fat and lower

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Hours of Operation:

Fall and Spring

(Effective mid August 2001)

8:00 a.m. - 7:00 p.m., Monday - Thursday
 8:00 a.m. - 5:00 p.m. Friday
 9:00 a.m. - 12:00 p.m., Saturday & Sunday, Urgent Care

Fall and Spring Pharmacy Hours

8:00 a.m. - 6:00 p.m. Monday - Thursday
 8:00 a.m. - 5:00 p.m. Friday

Summer

(Mid May - Mid August)

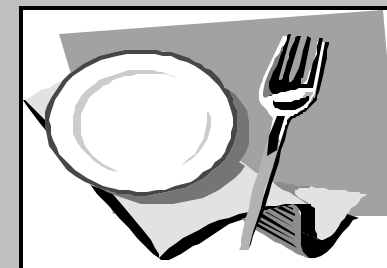
7:30 a.m. - 5:00 p.m., Monday - Thursday
 7:30 a.m. - 11:30 a.m., Friday

After hours emergencies dial 911

STUDENT HEALTH SERVICE
 EAST CAROLINA UNIVERSITY
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Division of Student Life

HEALTHY EATING:



A
 Guide
 To
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