

# Improve your daily diet



## Good health starts in your kitchen.

Traditional soul food is a mainstay of African American culture. Unfortunately, the more traditional the dish, the more likely it is high in saturated fat, trans fat, cholesterol and salt. A steady diet of these types of foods can pose serious challenges to your health.

## All good things in moderation.

We're not asking you to change your behavior overnight. Instead, take small steps toward a healthier diet by learning to manage what you already eat.

Listed below are recommendations, based on a 2000-calorie-per-day balanced diet, that can help you enhance your overall well-being.

Food Guide Pyramid	Daily
<p><b>Grains: Make half your grains whole</b></p> <ul style="list-style-type: none"> <li>▪ Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice or pasta. 1 oz. is about one slice of bread, one cup of breakfast cereal or 1/2 cup of cooked rice, cereal or pasta</li> </ul>	<b>3 oz.</b>
<p><b>Vegetables: Vary your veggies</b></p> <ul style="list-style-type: none"> <li>▪ Eat more broccoli, collard greens and other dark leafy greens</li> <li>▪ Eat more orange veggies, like carrots and sweet potatoes</li> <li>▪ Eat more beans and peas, like pinto beans, kidney beans, lentils and black-eyed peas</li> </ul>	<b>2.5 cups</b>
<p><b>Fruits: Focus on fruits</b></p> <ul style="list-style-type: none"> <li>▪ Eat a variety of fruits</li> <li>▪ Choose fresh, frozen, canned or dried fruit</li> <li>▪ Limit fruit juices and choose juices that are 100 percent juice</li> </ul>	<b>2 cups</b>
<p><b>Dairy: Look for calcium-rich foods</b></p> <ul style="list-style-type: none"> <li>▪ Go low-fat or fat-free when you choose milk, yogurt or other dairy items</li> <li>▪ If you don't or can't consume milk, lactose-free milk or calcium supplements are alternatives</li> </ul>	<b>3 cups (2 cups for kids ages 2–8)</b>
<p><b>Meat and Beans: Go lean with protein</b></p> <ul style="list-style-type: none"> <li>▪ Choose low-fat or lean meats and poultry</li> <li>▪ Instead of frying, try baking, broiling or grilling your food</li> <li>▪ Vary your protein selection – choose fish, beans and peas, nuts and seeds</li> </ul>	<b>5.5 oz.</b>

Source: [www.MyPyramid.gov](http://www.MyPyramid.gov)



One size does not fit all. For a more personalized eating plan composed of foods and amounts that are right for you, log on to **MyPyramid.gov**.

Get more information about nutrition and healthier soul food recipes at **[www.uhcgenerations.com](http://www.uhcgenerations.com)**.

Soul foods typically depend on fat, sugar and sodium for their flavor. By modifying recipes and decreasing portion sizes, African Americans may reduce their weight and the resulting chronic diseases.

Source: National Institutes of Health, 2008.



For more information about our **Generations of Wellness<sup>SM</sup>** program, visit **[www.uhcgenerations.com](http://www.uhcgenerations.com)**

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