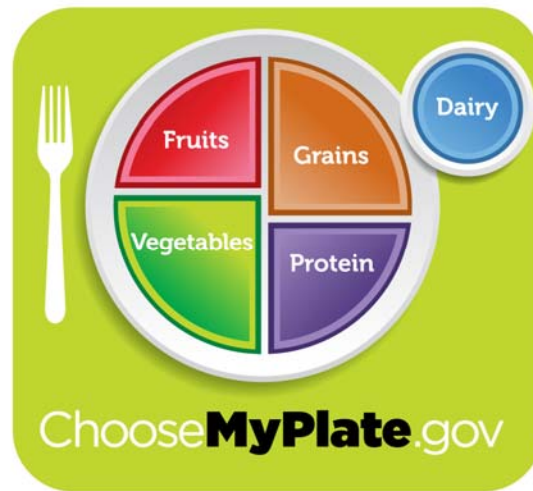


CHOOSE MY PLATE GUIDELINES AND HEALTHY EATING AT KNUDSEN DINING CENTER



WHAT ARE THE “CHOOSE MY PLATE” GUIDELINES?

The “Choose My Plate” guidelines replace the “Food Guide Pyramid”. It was designed to assist consumers in visualizing what their plate should look like for optimal health.

Go to www.choosemyplate.gov to get a personalized plan based on age, sex, height, weight, and activity level. It will let you know how many calories you need as well as the number of servings from each of the food groups on the plate. Use the plate as a starting point, and fill in with snacks to meet any additional requirements.

Make half your plate fruits and vegetables. Make sure to include red, dark orange, and dark green fruits and vegetables such as tomatoes, carrots, sweet potatoes, cantaloupe, broccoli, and oranges. They can be consumed individually or combined in main dishes. At Knudsen, there is always at least one cooked vegetable plus the salad bar (see below) and marinated vegetables (use these sparingly as they are higher in calories due to being marinated in olive oil).

Make at least half your grains whole. Choose whole grain bread for toast and whole grain cereal like oatmeal or raisin bran for breakfast. Then choose whole grain pasta, dinner rolls, or crackers whenever they’re offered.

Vary your protein sources. Twice a week, make seafood the protein on your plate. Eat beans which are a natural source of fiber and protein. Often these will be found in the vegetarian or vegan entrée at Knudsen. Keep meat and poultry portions small and lean.

Switch to skim or 1% milk. If you’re used to drinking 2% milk, combine skim and 2% at Knudsen to reduce the fat. There’s been a lot of controversy about flavored milk lately because of the sugar content. Soda contributes significantly more sugar in our diet than flavored milk. Try combining the skim milk with the chocolate milk to reduce calories and sugar, and still get that chocolate flavor. If you don’t care for milk, low fat yogurt is a good substitute.

The “Choose My Plate” guidelines also recommend cutting back on foods high in solid or saturated fats, sugars, and added salt. Here are some tips for accomplishing that:

- Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda. At Knudsen, water with fresh fruit is offered next to the soft drink dispenser.
- One of the easiest changes you can make to reduce your sodium is to not add salt to the food that is served and watch your consumption of snack foods like chips. For some individuals, too much sodium may increase blood pressure.
- Major sources of saturated fats are pizza, cheese, sausages, and hot dogs. When you consume them, watch your portion sizes and still follow the “Choose My Plate” guidelines by including vegetables, fruit, and milk. Make sure these items are occasional treats and not something you consume everyday.
- Watch the desserts. They can be high in sugar, saturated fat, or both. Set a goal of how often you will eat them in a week. For example, if you include them with every meal now, aim for only one meal a day. Depending on your calorie needs, one dessert a day may still be too much.
- At Knudsen, we use only non-hydrogenated vegetable oils free of trans fats for cooking and tub (soft) margarine which are recommended by the “Choose My Plate” guidelines.

THE DAILY DISH & CHEF’S TABLE

Generally the foods offered at these stations contain protein, a grain or starchy vegetable, and vegetables. The nutrition information for the selections offered at these stations is posted.

THE GRILL

Nothing tastes better than a cheeseburger and fries – the all American meal, but those calories and fat can really add up. Choose a turkey burger, grilled chicken, or plain hamburger or veggie garden burger on a whole wheat bun instead and add lettuce, tomato, onion, or salsa in addition to ketchup and mustard if you like. Follow the “Choose My Plate” guidelines and add a vegetable or salad, fresh fruit and milk. Only include fries occasionally as they are high in fat.

TOSSED SALAD STATION

You’ll easily meet the guideline for vegetables and protein at this station. There’s a chart at Knudsen and Jensen to show you how to choose ingredients wisely. Add a slice of whole wheat bread and a glass of milk.

SANDWICH STATION

Just like the Grill, once you build the sandwich add a vegetable or salad, fresh fruit, and milk. Start with whole grain bread, add 3 or 4 slices of meat, and top with lettuce and tomatoes. Watch the amounts you add of margarine (because of calories and fat) and pickles (because of sodium). Include cheese only occasionally.

AND FINALLY

In addition to moderation, one of the most important things you can do to be well nourished is to eat a variety of foods. Don’t eat the same things day after day – first of all it’s boring and you’re likely to get sick of that food, and second, you limit your nutrient intake to only the nutrients those foods provide. No one food has all the nutrients you need so work to get a variety into your diet. With the selections available at Knudsen, this should be easy to do! For more specific information on items served at Knudsen, go to www.gvdining.com and click on the menus for that location.