

ADULT REGULAR HEALTHY DIET

(Sheet 1 of 2)

PURPOSE:

This diet is designed to promote optimum health through good nutrition. It is to be used for those individuals requiring no special dietary modification or restrictions.

DESCRIPTION:

Foods from all basic food groups are included with the addition of other foods to meet energy needs and provide essential nutrients. The diet is planned to reduce the risk of chronic conditions such as heart disease, hypertension, cancer, and diabetes.

BASIC INFORMATION:

The Dietary Guidelines for Americans outline what people should eat to stay healthy. The guidelines include:

- Eat a variety of foods.
- Balance the foods you eat with physical activity—maintain or improve your weight.
- Choose a diet with plenty of grain products, vegetables, and fruits.
- Choose a diet low in fat, saturated fat, and cholesterol.
- Choose a diet moderate in sugars.
- Choose a diet moderate in salt and sodium.
- If you drink alcoholic beverages, do so in moderation.

The United States Department of Agriculture (USDA) Food Guide Pyramid is a diet plan to help individuals meet the dietary guidelines. Each of these food groups provides some, but not all, of the nutrients that people need. Foods in one group cannot replace those in another. For good health, all are needed.

The Food Guide Pyramid emphasizes foods from these food groups:

• Bread, Cereal, Rice, and Pasta (6 to 11 Servings Daily)

These foods are from grains and provide complex carbohydrates. Individuals need the most servings of these foods each day. Examples of a serving are 1 slice of bread, 1 ounce of ready-to-cook cereal, 1/2 cup of cooked cereal, rice, or pasta. Whenever possible, select whole grain breads and cereals.

• Vegetables (3 to 5 Servings daily) & Fruits (2 to 4 Servings Daily)

These foods are from plants. Most people need to eat more of these foods for the vitamins, minerals, and fiber they supply. Examples of a serving are 1 orange, 3/4 cup unsweetened juice, 1/2 medium cantaloupe or 1/2 cup of a vegetable or fruit. Good sources of vitamin A (beta carotene) are dark green or dark yellow vegetables. Good sources of vitamin C are citrus fruits, tomatoes, peppers, potatoes, and various greens.

• Milk, Yogurt, Cheese (2 to 3 Servings Daily)

These foods come from animals. They are important for protein and calcium. Examples of a serving are 1 cup of milk or yogurt, 1-1/2 ounces natural cheese or 2 ounces processed cheese. Select low-fat or fat-free dairy products when possible.

• Meat, Poultry, Fish, Dry Beans, Peas, Eggs, Nuts (2 to 3 Servings Daily)

These foods are important for protein, iron, and zinc. Examples of a serving are 2 to 3 ounces of cooked lean meat, poultry, or fish; 1/2 cup of cooked dry beans or 1 egg count as 1 ounce of lean meat; 2 tablespoons of peanut butter or 1/3 cup of nuts count as 1 ounce of meat.

• Fats, Oils, & Sweets (Use Sparingly)

These foods provide calories and little else nutritionally. Most people should use these foods sparingly.

NUTRITIONAL ADEQUACY:

This diet is designed to provide adequate amounts of calories, protein, vitamins, minerals, and other nutrients to meet the nutritional needs of healthy adults.

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(Sheet 2 of 2)

Suggested Meal Plan	Suggested Foods and Beverages
BREAKFAST Fruit or Citrus Juice Cereal Meat/Meat Substitute Bread - Margarine Milk Beverage	Orange Juice (1/2 cup) Oatmeal (1/2 cup) One Scrambled Egg Slice Whole Wheat Toast/Jelly/Margarine (1/2 tsp each) Skim Milk/Fat Free (1 cup) Coffee or Tea
DINNER - NOON OR EVENING MEAL Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Bread - Margarine Dessert Beverage	Baked Chicken (3 oz) Sweet Potatoes (1/2 cup) Green Beans, Coleslaw (1/2 cup each) One Whole Wheat Roll, Margarine (1 tsp) Strawberries (1/2 cup) Coffee or Tea
SUPPER - EVENING OR NOON MEAL Soup or Juice Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Bread - Margarine Dessert Milk/Beverage	Vegetable-Bean Soup (1 cup) Meatballs (3 oz) with Spaghetti Sauce (1/2 cup) Spaghetti (1/2 cup) Broccoli (1/2 cup) Spinach Salad (1 cup)/Dressing (1 Tbsp) Slice Garlic Bread Rice Pudding (1/2 cup) Skim Milk (1 cup) Coffee or Tea

Nutrient Analysis

Calories	1966 Kcal	Riboflavin	2.2 mg
Protein	104 gm	Thiamin	1.3 mg
Carbohydrate	263 gm	Folate	341 mcg
Fat	62 gm	Vitamin B6	2.0 mg
Saturated Fat	16 gm	Vitamin B12	4.3 mcg
Monounsaturated Fat	24 gm	Calcium	1297 mg
Polyunsaturated Fat	15 gm	Phosphorus	1541 mg
Cholesterol	379 mg	Zinc	11 mg
Dietary Fiber	33 gm	Iron	19 mg
Vitamin A	5202 IU	Sodium	2868 mg
Vitamin C	244 mg	Potassium	4109 mg
Niacin Equivalents	15 mg		

Adapted from the Southwest Diet Manual 1999