There is a basic concept of nutrition and healthful eating that has been known for years...BALANCE.

In a world where all kinds of fad diets and eating trends exist, the key to good health and nutrition have always been and will continue to be balancing eating with physical activity.

The key to eating right is a balanced combination of:

**GRAINS**

Aim for at least 3 oz of whole grain cereals, breads, rice or pasta a day.
In general 45-65% of your daily calorie intake should be from carbohydrates, with ½ at least from whole grains.

**VEGETABLES**

Vegetables should be a delicious combination of:
Dark-green varieties like broccoli and spinach
Orange vegetable like carrots and sweet potatoes
Dry beans and peas (an excellent source of protein)

**FRUITS**

This includes all fresh, frozen, canned, dried fruits and fruit juices. BEWARE of the Juices, however: they also contain large amounts of sugar.
MILK

Milk and dairy products such as yogurt are the best natural sources of calcium. Most milk should be fat-free or low-fat and fortified with vitamin D when possible. Cream cheese, cream, and butter have little to no calcium and are not part of this group. Those that are lactose intolerant can get calcium from fortified orange juice, soy milk or yogurt, which many lactose intolerant folks may be able to enjoy.

MEATS, POULTRY, SEAFOOD & BEANS

Meats, poultry, seafood and beans are the best source of protein. When eating meats and poultry, choose low-fat or lean cuts baked, broiled or grilled. Select fish more often for their good fats and brain power! Keep fried options to a minimum because of the fat it adds to your food.

FATS

Fats play an important role in healthy eating. But keep total fat intake at 20-35% of all calories and keep saturated fats at less than 10%.

EPICUREAN’S LIVE WELL PROGRAM

Look for this icon:

The Livewell menu items contain:
- 600 calories or less
- 20 g or less of fat per serving
- 7 g or less of saturated fat per serving
- Controlled moderate sodium levels

CHOOSE MY PLATE:

The USDA’s Choose My Plate illustrates the five food groups that are the building blocks of a healthy diet using a familiar image- a place setting for a meal. Before you eat think about what goes on your plate or in your cup or bowl.

Visit www.choosemyplate.gov for more information and receive a customized nutrition plan best suited for you.

Dietary Guidelines for Americans 2005, 2010
US Department of Health and Human Services
www.choosemyplate.gov
Epicurean Group 2013
Carbohydrates are a large group of sugars, starches, cellulosics, and gums that contain carbon, hydrogen, and oxygen in similar proportions.

Their main function is to provide fuel and energy for the body, especially the brain and central nervous system. The body breaks down these starches and sugars into glucose which the body uses as fuel.

Despite the myth perpetuated by many fad diets, carbohydrates are an important part of a healthful diet. The Acceptable Macronutrient Distribution Range (AMDR) for carbohydrates is 45 to 65 percent of total calories.

Easily digested (simple) carbohydrates from white bread, white rice, pastries, sugared sodas, and other highly processed foods are thought to contribute to weight gain and interfere with weight loss due to their quicker digestion and inability to sustain a sense of fullness. Whole grains, beans, fruits, vegetables, and other sources of intact carbohydrates do just the opposite— they promote good health by giving the body the energy it requires in a manner that provides fullness and satiety.

The key to healthful eating of carbohydrates is to emphasize complex carbohydrates such as foods high in bran, whole grains and fibers, such as whole wheat pasta, brown rice and whole grain breads. Complex carbohydrates are also a good source of vitamins, minerals, and fiber, and these time-release capsules of glucose provide the body the energy it needs to function at its peak levels.
SIMPLE CARBOHYDRATES TO AVOID (WATCH THOSE FOOD LABELS)

- Sugar
- Corn Syrup
- Sucrose
- High-fructose corn syrup

COMPLEX CARBOHYDRATES TO ENJOY

- Whole Wheat Pasta
- Brown Rice
- Potatoes
- Whole Grain Cereals
- Whole Grains Breads

A FEW TIPS FOR ADDING GOOD CARBOHYDRATES TO YOUR DIET:

- **Start the day with whole grains.** If you’re partial to hot cereals, try old-fashioned or steel-cut oats. If you’re a cold cereal person, look for one that lists whole wheat, whole oats, or other whole grains first on the ingredient list.

- **Use whole grain breads for lunch or snacks.** Check the label to make sure that whole wheat or another whole grain is the first ingredient listed.

- **Bag the mash...** Instead, try sweet potatoes, brown rice or even “newer” grains like bulgur, wheat berries, millet, or hulled barley with your dinner.

- **Pick up some whole wheat pasta.** If the whole grain products are too chewy for you, look for those that are made with half whole-wheat flour and half white flour.

- **Bring on the beans.** Beans are an excellent source of slowly digested carbohydrates as well as a great source of protein.
WHAT IS CHOLESTEROL?

Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all your body’s cells. It’s normal to have cholesterol. Cholesterol is an important part of a healthy body because it’s used for producing cell membranes and some hormones, and serves other needed bodily functions. But too much cholesterol in the blood is a major risk for coronary heart disease (which leads to heart attack) and for stroke. Hypercholesterolemia is the medical term for high levels of blood cholesterol.

WHERE DOES CHOLESTEROL COME FROM?

Cholesterol comes from two sources: your body and food. Your liver and other cells in your body make about 75 percent of blood cholesterol. The other 25 percent comes from the foods you eat.

Much like fat, cholesterol can be separated by the types that are bad and types that are good for you.

BAD CHOLESTEROL

LDL Cholesterol is also known as the “bad cholesterol.” When too much LDL cholesterol is in the blood, it can build up along the walls of the arteries. A high LDL levels can increase your risk for heart disease or strokes. LDL cholesterol is produced naturally by the body, but many people inherit genes that cause them to make too much. Eating saturated fat, trans fats and dietary cholesterol also increases how much you have. If high blood cholesterol runs in your family, lifestyle modifications may not be enough to help lower your LDL cholesterol. Everyone is different, so work with your doctor to find a treatment plan that’s best for you.
GOOD CHOLESTEROL

HDL cholesterol is known as the “good” cholesterol because a high level of it seems to protect against heart attack. HDL carries cholesterol away from the arteries and through the liver where it is passed from the body.

HOW TO HELP INCREASE LEVELS OF HDL CHOLESTEROL (AND DECREASE YOUR LDL CHOLESTEROL!)

• Stop smoking
• Aerobic exercise
• Use monounsaturated fats such as olive oil and canola oil
• Eat leaner proteins such as fish or poultry without skin
• Eliminate foods with trans-fats, such as packaged donuts, cookies or margarine
• Decrease use of saturated fat foods like red meats and butter
• Eat more soluble fiber

American Heart Association 2012
Epicurean Group 2013
fad diets

One of the biggest hurdles to healthy eating are ‘fad’ diets; eating plans that promise fast, amazing weight loss results that may ask the dieter to completely focus on one food item or action.

Fad diets take form in many ways: they may be low-fat, low-carbohydrates, high-protein, or focusing on one particular food item such as grapefruit. These diets lack major nutrients such as dietary fiber, calcium or carbohydrates, as well as selected vitamins, minerals, and protective phytochemicals, such as antioxidants (substances found in vegetables, which are protective against disease). Over the long term, by not receiving the proper amounts of these nutrients, you may develop serious health problems later in life.

For the food groups that these diets do permit, the proportions are either well above or well below those recommended by major health organizations. Some common claims of these diets include blaming particular hormones for weight gain, suggesting that food can change body chemistry, or touting or banning a particular food. However, they all have one thing in common: they offer only a temporary solution to what for many people is a lifelong and chronic condition. Once the diet is stopped, the lost weight is usually regained quickly, and when weight is lost rapidly, chances are it is not fat that is lost but water weight and precious muscle -- but when it is regained, it is usually all gained as fat. This is because none of these diets teach you how to eat right.

Quick-weight-loss diets usually overemphasize one particular food or type of food. They violate the first principle of good nutrition: Eat a balanced diet that includes a variety of foods. If you are able to stay on such a diet for more than a few weeks, you may develop nutritional deficiencies, because no one type of food has all the nutrients you need for good health.
Some of these diets are so monotonous and boring that it’s almost impossible to stay on them for long periods of time.

**HIGH PROTEIN/FAT, LOW CARBOHYDRATE**

Low carb diets, such as Atkins or South Beach emphasize foods high in protein and fat and state that we need to stay away from carbohydrates, such as fruits, vegetables, grains and breads. The thought behind this is that the absence of carbohydrates forces the body to burn existing fat as energy.

There is initial weight loss due to a breakdown of glycogen, which is the storage area of glucose which releases a TON of water. Also, fats and protein digest slower, making you feel full longer. Thus you may be consuming less overall calories. But these diets are hard to maintain, and we need the carbs for energy and to fuel the processes of the body, so don’t be fooled here. Carbs should be about 50% of your daily diet- but look to complex carbs in fruits, veggies and whole grains

**HIGH FIBER/LOW FAT/LOW CALORIE**

High fiber diets, like the Cabbage Soup Diet, are based on the need to quickly reduce weight. Eating unlimited amounts of high fiber cabbage soup, along with other high fiber foods will allow you to lose weight quickly based on the fact that increased fiber and fluids will keep the dieter full. Plain and simple these are very low calorie/low fat items, mainly. These diets state that they will provide the short term results often desired, but are not made for continual, safe and long term weight loss. As soon as you begin to eat ‘normally’, weight will come back on.

**CONCLUSION:**

There is no quick and easy way to lose weight. Calories taken in must be less than energy expended. When you eat a little less energy than the body needs, you will lose weight. So evaluate what you are eating and what small changes can you make.

A salad instead of french fries or one less soda? Walking instead of driving? These small changes can help to make a long lasting difference.

*American Heart Association. 2008*
*WebMD 2008*
*Epicurean Group 2013*
WHAT IS DIETARY FAT?
Dietary fat, the kind of fat you get from food, is important for your health and the normal growth and development of your body. Dietary fat has many different functions in your body, which include:
• Providing long lasting energy
• Helping you feel full after eating
• Forming part of your brain and nervous system
• Forming cell membranes for every cell in your body
• Carrying vitamins throughout your body
• Providing two essential fatty acids, called linoleic acid and linolenic acid, that your body cannot make by itself

There are 4 main types of fats found in Food:
1. Monounsaturated Fat
2. Polyunsaturated Fat
3. Saturated Fat
4. Trans Fat

MONOUNSATURATED FAT is considered the most “heart healthy” type of fat. Monounsaturated fats decrease LDL (“bad”) cholesterol and increase HDL (“healthy”) cholesterol. Good sources of monounsaturated fat include:
• Avocados
• Most Nuts
• Olive Oil
• Canola Oil
• Peanut Butter
• Sunflower Oil

POLYUNSATURATED FAT is also a “heart healthy” type of fat. There are two essential fatty acids (linolenic and linoleic) that your body uses to make chemicals that control blood pressure, blood clotting, and your immune system response. Linolenic fatty acids are also called Omega-3 fats, and they are known to help treat and prevent heart disease and stroke. Good sources of polyunsaturated fat include:
Corns Oil, Flaxseeds, Salmon, Soybeans, Trout, Walnuts

Good Sources of **OMEGA-3 FATS** Include:
- Green Leafy Vegetables
- Halibut
- Legumes
- Tofu
- Tuna

**SATURATED FAT** is most often found in foods that originally come from animals. Saturated fats are known to increase LDL (“bad”) cholesterol. Saturated fats are normally hard at room temperature. Common sources of saturated fat include:
- Butter
- Cheese
- Eggs
- Lard
- Red Meat

**TRANS FAT** is formed when liquid oils are hydrogenated and made into solid fats. While trans fats do occur naturally in red meats, most are artificially produced by food manufacturers. Originally thought to be the healthier option to replace saturated fats, recent medical findings have discovered that trans fats are not healthier. Trans fats increase LDL (“bad”) cholesterol and decrease HDL (“healthy”) cholesterol. You can spot trans fats on ingredient labels by looking for ‘partially hydrogenated oils’. Sources of Trans Fat include:
- Packaged baked goods
- Shortening & margarine

**NUTRITION TIP:** TRY TO INCREASE YOUR INTAKE OF MONounsaturated and OMEGA-3 FATS, WHILE DECREASING SATURATED AND TRANS FATS.

About 30% of the energy we eat in the form of food and fluids should come from healthy fat. It is a good idea to balance your meals with carbohydrates, protein, and healthy fat.

Epicurean Group does not use hydrogenated oils or trans fats in our cooking. We only use healthful canola oil in fryers and cook with only canola and olive oil.

*Children’s Hospital Boston 2008*
*Dietary Guidelines for Americans 2008*
*American Heart Association 2012*
*The Harvard Medical School Family Health Guide US Department of Health and Human Services*
*Epicurean Group 2013*
For most people, fiber is something they are told is of great nutritional value and healthy, yet there is little understanding of what it is and what it does.

Dietary fiber, also known as roughage or bulk, includes all parts of plant foods that your body can’t digest or absorb. Unlike other food components such as fats, proteins or carbohydrates — which your body breaks down and absorbs — fiber isn’t digested by your body. Therefore, it passes virtually unchanged through your stomach and small intestine and into your colon.

Research has shown that increased fiber in the diet can potentially lower the risk of heart disease, diabetes, high blood pressure, lowers insulin levels, triglycerides and bad cholesterol while increasing levels of HDL (good) cholesterol. It is recommended that we eat 25-30 grams of fiber per day. The average person, however, only gets 14-18 grams of fiber per day.

FIBER CAN BE SEPARATED INTO TWO TYPES

Soluble fibers (fiber that dissolves in water)
Soluble fiber moves slowly through your digestive system and lowers blood cholesterol and glucose levels in the blood.

Foods high in soluble fiber are:
- oatmeal
- nuts and seeds
- beans
- apples
- strawberries
Insoluble fiber (fiber that does not dissolve in water)
Insoluble fiber moves more quickly through your digestive system and aids in digestion and in cleaning out the digestive tract.

Foods high in insoluble fiber (does not dissolve in water) are:
• whole grains
• wheat bran
• carrots
• celery
• zucchini

A HIGH-FIBER DIET HAS MANY BENEFITS, WHICH INCLUDE:

Lowering blood cholesterol levels
Soluble fiber found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein, or “bad,” cholesterol levels.

Controlling blood sugar levels
Fiber, particularly soluble fiber, can slow the absorption of sugar, which for people with diabetes, can help improve blood sugar levels. A high-fiber diet may also reduce the risk of developing type 2 diabetes.

Aiding in weight loss
High-fiber foods generally require more chewing time, which gives your body time to register when you’re no longer hungry, so you’re less likely to overeat. Also, a high-fiber diet tends to make a meal feel larger and linger longer, so you stay full for a greater amount of time. And high-fiber diets also tend to be less “energy dense,” which means they have fewer calories for the same volume of food.

Mayo Clinic 2008
USDA
Epicurean Group 2010
Osteoporosis seems like something we are not too concerned about until we reach our 60s. In fact, most people probably know it as something their grandparents complain about. But the reality is that osteoporosis, or bone loss, is a result of habits that are developed early. Proper eating and nutrition will not only help prevent osteoporosis, but also ensure better current health and bone strength.

Osteoporosis and bone loss result when the cells that destroy bone matter are doing so faster that the cells that form bones can make them. As a result bones become weaker and prone to injury and pain as they cannot support the body.

Osteoporosis, which means “porous bones,” causes bones to become weak and brittle — so brittle that even mild stresses like bending over, lifting a vacuum cleaner or coughing can cause a fracture. In most cases, bones weaken when you have low levels of calcium, phosphorus and other minerals in your bones.

**PREVENTION**

Getting adequate calcium and vitamin D is an important factor in reducing your risk of osteoporosis. If you already have osteoporosis, getting adequate calcium and vitamin D, as well as taking other measures, can help prevent your bones from becoming weaker. In some cases you may even be able to replace bone you’ve lost. One of the best ways to prevent osteoporosis is to protect and strengthen your bones at a young age. This includes getting enough calcium and vitamin D in your diet.
Calcium, with vitamin D, lowers the rates of bone loss and protects against fractures. While everyone hears about the importance of calcium, little notice is made about vitamin D, which is a vital part to strong bones because it plays a central role in the body’s absorption of calcium and the process of turning the calcium into bone. Without enough vitamin D, the calcium may not make it to the bloodstream. We need an abundance of both for healthy, strong bones.

The suggested consumption is 3 cups each day of low fat or fat free milk or equivalent milk products. Consuming milk fortified with vitamin D ensures that there is enough vitamin D to assist in the absorption of Calcium. There are 100 mg of Vitamin D per 8 oz. fortified milk. The recommended dose is 200 mg up to 50 years of age, 400 mg from 51-70 years and 600 mg after age 71.

**FOODS HIGH IN CALCIUM**
- Dairy Products such as milk and cheese
- Orange Juice or Soy Milk fortified with Calcium
- Yogurt (a dairy product and excellent source of calcium that many who are lactose intolerance can enjoy)

**FOODS HIGH IN VITAMIN D**
- Vitamin D Fortified Milk
- Fatty Fish Like Salmon and Tuna
- Fish Oils Like Cod Liver Oil
- Supplements
- Sunlight (UV rays from sunlight trigger vitamin D synthesis in the skin, about 15 minutes in the sun a day)

*Harvard Medical School 2003*
*National Institute of Health 2004 and 2008*
*Mayo Clinic 2008*
*USDA Dietary Guidelines for Americans 2005*
*Epicurean Group 2013*
Veganism is a diet that consists entirely of plant origins and does not contain any animal products at all. This presents unique nutritional challenges because the lack of meat and dairy means the loss of some of the most common sources of protein, iron, calcium, and vitamins D, B12 and zinc.

Many vegans combat this with dietary supplements that can make up for the loss of these nutrients, but there are also natural food sources of these nutrients that can fit into a vegan diet.

Here are nutrients that may be deficient in a vegan diet and how you can get these nutrients from plant based sources:

**PROTEIN.** Your body needs protein to maintain healthy skin, bones, muscles and organs. Vegan sources of protein include soy products such as tofu, legumes, lentils, nuts, seeds and whole grains. Our body’s require all of the essential amino acids to build these important cells and muscles, so it is best to mix foods together. Mix lentils or beans with whole grains, for example. This ensures that all of the essential amino acids are present and can do their jobs!

**CALCIUM.** This mineral helps build and maintain strong teeth and bones. Dark green vegetables, such as spinach, turnip and collard greens, kale, and broccoli, are good sources of calcium. Tofu enriched with calcium and fortified soy milk and fruit juices are other options.
**VITAMIN D.** Vitamin D works with calcium to protect your bones. Vegans can obtain vitamin D from fortified soy milks, juices and cereals. Vitamin D is also the sunshine vitamin and can be produced naturally by exposing your skin to sunlight about 15 minutes per day.

**VITAMIN B-12.** Your body needs vitamin B-12 to produce red blood cells and prevent anemia. This vitamin is found almost exclusively in animal products, including milk, eggs and cheese. Vegans can get vitamin B-12 from some enriched cereals, fortified soy products or by taking a supplement that contains this vitamin.

**IRON.** Like vitamin B-12, iron is a crucial component of red blood cells. Dried beans and peas, lentils, enriched cereals, whole-grain products, dark leafy green vegetables, and dried fruit are good sources of iron. To help increase absorption of plant sources of iron, eat foods rich in vitamin C — such as strawberries, citrus fruits, tomatoes, cabbage and broccoli — at the same time you consume iron-containing foods.

**ZINC.** This mineral is an essential component of many enzymes and plays a role in cell division and in the formation of proteins. Good sources of zinc include whole grains, soy products, nuts and wheat germ.

*Mayo Clinic 2008
US Department of Agriculture 2008
Epicurean Group 2013*
Not too long ago, it was extremely difficult to live a vegetarian or vegan lifestyle. Much of it seemed to fly in the face of eating habits ingrained for a lifetime, along with concerns about vegetarian dining neglecting important parts of health and nutrition. But time has shown that vegetarian and vegan eating can be healthy, delicious lifestyles.

Definitions of vegetarianism tend to vary from person-to-person but it usually consists of a diet with no meat and very few animal products. Vegetarians fall into groups defined by the types of animal-derived foods they eat:

- Vegans eat only plant-based foods.
- Lacto-vegetarians consume milk and milk products along with plant-based foods.
- Lacto-ovo vegetarians eat eggs, milk and milk products, such as cheese and yogurt, in addition to plant-based foods.
- Flexitarians (semi-vegetarians) primarily follow a plant-based diet but occasionally eat small amounts of meat, poultry or fish.

A healthy vegetarian diet consists primarily of plant-based foods, such as fruits, vegetables, whole grains, legumes, nuts and seeds. Because the emphasis is on non-animal based food sources, a vegetarian diet generally contains less fat and cholesterol, and typically includes more fiber.

Here are nutrients that may be deficient in a vegetarian diet and how you can get these nutrients from non-animal based sources:

**PROTEIN** Your body needs protein to maintain healthy skin, bones, muscles and organs. Vegetarians who eat eggs or dairy products have
convenient sources of protein. Other sources of protein include soy products, meat substitutes, legumes, lentils, nuts, seeds and whole grains.

**CALCIUM** This mineral helps build and maintain strong teeth and bones. Low-fat dairy foods and dark green vegetables, such as spinach, turnip and collard greens, kale, and broccoli, are good sources of calcium. Tofu enriched with calcium and fortified soy milk and fruit juices are other options.

**VITAMIN B-12** Your body needs Vitamin B-12 to produce red blood cells and prevent anemia. This vitamin is found almost exclusively in animal products, including milk, eggs and cheese. Vegans can get Vitamin B-12 from some enriched cereals, fortified soy products or by taking a supplement that contains this vitamin.

**IRON** Like Vitamin B-12, iron is a crucial component of red blood cells. Dried beans and peas, lentils, enriched cereals, whole-grain products, dark leafy green vegetables, and dried fruit are good sources of iron. To help increase absorption of plant sources of iron, eat foods rich in Vitamin C — such as strawberries, citrus fruits, tomatoes, cabbage and broccoli — at the same time you consume iron-containing foods.

**ZINC** This mineral is an essential component of many enzymes and plays a role in cell division and in the formation of proteins. Good sources of zinc include whole grains, soy products, nuts and wheat germ.

The key to a healthy vegetarian diet — or any diet for that matter — is to enjoy a wide variety of foods. Since no single food provides all of the nutrients that your body needs, eating a wide variety helps ensure that you get the necessary nutrients and other substances that promote good health.

*Mayo Clinic 2008  
US Department of Agriculture 2008  
Epicurean Group 2010*
Let’s face it; it is up to each and every one of us to help keep our planet healthy.

What can you do to make a difference? PLENTY! And it does not have to be hard, either! You can make a difference each day by making a few changes and conscious choices.

**RECYCLE, REUSE, REDUCE**

We all know these words, but do you really live them?

- Recycle your paper and cardboard. A sheet of paper can be reused up to 7 times! And be sure you print only when needed... and consider double sided printing for even more savings!
- Recycle your water bottles, or better yet, use a reusable one! Soda and beverage bottles and cans can all be recycled in most areas now!
- Recycle plastic shopping bags at your local store...most take them back! Get in the habit of carrying and using your cloth or plastic reusable bags.
- Reduce your energy use just by turning off lights, switch to low energy lighting like LED or fluorescents where it makes sense. These bulbs use only 25% of the energy!
- Switch to a laptop! Laptops use less energy than desktop models; typically contain rechargeable batteries using less overall energy.
- Reduce emissions by keeping your car tuned up, or better yet, look at a hybrid! Walk, bike or carpool whenever you can! Every gallon of gas produces 20 pounds of CO2. For each car taken off the road for 1 year, 13,000 lbs of CO2 are NOT put into the atmosphere!
- Reduce waste by using china/reusable plates, utensils and napkins whenever possible
COMPOST OR ‘YARD WASTE’ YOUR FOOD SCRAPs!

Leftover food scraps, paper towels, even cardboard greasy pizza boxes can often be put into your yard waste bins and added to the yard pickup! Check in your local area. They don’t take it? Consider a compost pile to create a nutrient rich additive to your soil!

BUY YOUR FOOD LOCALLY

On average, your food has traveled 1200 miles just to get to your plate. Shopping at farmers’ markets, co-ops and CSAs (Community Supported Agriculture) allows you to buy directly from the people who grow the food and saves the impact that travel has!

DECREASE YOUR OVERALL CONSUMPTION OF MEAT

• Decreasing your consumption of meat can have a positive impact on our environment.
• Beef production increases the release of methane gas, a natural by product of cow manure and the cow itself.
• It takes 15-20 pounds of grain to produce 1 edible pound of beef. Cattle also require thousands of gallons of water. Less meat consumption means less meat production and therefore, less impact on the environment.

Not ready to become a vegetarian? Consider becoming a Flexitarian, a person who chooses to go meatless 1-2 days each week. For more information on this, go to www.meatlessmonday.com.

Read more about easy ways to incorporate changes at any of the many reputable online environmental websites, your local waste/recycling center, or your local city or county website.

www.meatlessmonday.com
www.50waystohelp.com
www.thesierraclub.com
www.resourcesmagazine.com
www.localharvest.org

Epicurean Group 2013
It is sometimes confusing to know what we should be eating, let alone how much. How much is right? Let’s look at a few easy ways to figure this out.

**CALORIES**

How much should you eat? It depends on gender (male or female), height, weight, and the lifestyle you live. As you review this information, remember most importantly to include a wide variety of foods in your meals and don’t go hungry. Likewise, avoid bingeing on foods or constantly over-eating as this can lead to extra weight gain.

Current weight \( \times \) Basal Metabolic Rate
\[
\begin{array}{l}
\text{2.2} \\
(.9 – \text{females}/1.0 – \text{males})
\end{array}
\]

This is the average amount of calories you burn in 1 hour. Now multiply this by 24 hours. This is roughly the number of calories you need to perform the basic functions of life, like breathing, sleeping, and eating. Now add your activity factor from this chart:

<table>
<thead>
<tr>
<th>Activity Level</th>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sedentary (sitting, normal movement)</td>
<td>0.3</td>
<td>0.325</td>
</tr>
<tr>
<td>Light (light movement, cleaning house, ping pong)</td>
<td>0.5</td>
<td>0.6</td>
</tr>
<tr>
<td>Moderate (bike riding, dancing, fast walking)</td>
<td>0.6</td>
<td>0.725</td>
</tr>
<tr>
<td>Heavy (physical labor, fast running, basketball)</td>
<td>0.9</td>
<td>1.05</td>
</tr>
<tr>
<td>Exceptional (hard exercise 2-3 hours/day, pro athletes)</td>
<td>1.2</td>
<td>1.375</td>
</tr>
</tbody>
</table>
Select an activity level and multiply it by the basic level of calories figured out above. Add this to that basic calorie needs number and you have a good estimate of what you should be consuming each day. If you are gaining weight, this is too much and you need to cut back a bit.

**HOW ELSE CAN I KNOW WHAT AMOUNTS ARE RIGHT FOR ME?**

Shawn Talbot, Ph.D in Nutrition Biochemistry and Executive Producer of The Killer At Large came up with this easy way to estimate how much food we need at each meal....

Everything we need is right in our hand, just look at it when get ready to eat...

**FRUITS AND VEGETABLES**

Your hand is just the right size for your fruits and vegetables at each meal

**CARBOHYDRATES**

Your fist is a good indicator of the size of complex carbohydrates you should enjoy at each meal

**PROTEIN**

Your palm is a good example of a 3-4 oz portion of protein

**FATS**

It's A-OK to have healthy fats, about this much 2-3 times/day for wt maintenance (2 Tbsp/day for women, 3 Tbsp/day for men). Decrease it by 1-2 portions daily for weight loss

How much should you eat? Learn to listen to your body and learn to stop when you are satisfied.

If you work to eat a variety of foods-including a mixture of hearty grains, whole fresh fruits, vegetables and lean protein with a moderate amount of fat, you are on the right track!

*Adapted from Nutrition Guide for the Athlete. Author: Mark Johnson, RD, LD, Nutrition Graduate Student, Reviewer: Marla Reicks, PhD, RD, LN, Professor, Dept. Food Science and Nutrition, University of Minnesota

“Adapted from “Nutrition – Concepts and Controversies - Ninth Edition”, by Sizer and Whitney

USDA.gov – Choosemyplate.gov

Shawntalbott.com

Epicurean Group 2013*