

# Nutrition Tips for Your Health

## 2000 Calories Per Day Dietary Plan

### Fruits (2 cups per day)



- Rich in vitamin, minerals and fiber
- Reduce the risk of cancer, diabetes, high cholesterol, heart disease and other chronic diseases
- Eat fresh fruit instead of juice with added sugar, canned fruits and dry fruits
- Go for color and variety – dark green, yellow, orange and red
  - **Kiwis:** increase bone mass
  - **Mangoes:** protect against cancer
  - **Oranges:** maintain great skin and vision
  - **Strawberries:** fight against cancer and aging

### Protein (5 ½ ounces per day)



- Build and repair muscle tissues
- Regulate the activity of cells and organs
- Help with bone metabolism
- Stabilize blood sugar levels
- Prevent hair damage and make skin healthy
- Eat a variety of lean protein such as seafood, beans and nuts
  - **Salmon:** maintains healthy insulin sensitivity in body
  - **Kidney beans:** good for memory
  - **Cashews:** boosts immune system

### Oils (27 grams per day)



- Vegetable oils includes:
  - Corn oil
- Saturated fat oil includes:
  - Coconut oil
  - Butter
- It's better to use vegetable oils than oils high in saturated fat

### Limit on calories can be used for other uses (240 kcal/day)

- Other uses include:
  - Added sugars, saturated fat, alcohol, and/or to consume more than the suggested amount from any of the food groups

### Vegetables (2 ½ cups per days)



- Rich in antioxidants
- Beneficial for healthy skin and hair
- Good sources of vitamins, minerals and fiber
- Prevent hypertension and multi-morbidity
- Limit starchy vegetables such as potatoes, corn, peas, pumpkin, taro and sweet potatoes
- Go for color and variety – dark green, white, purple, orange and red
  - **Cucumbers:** reduce constipation
  - **Onions:** reduce high blood pressure
  - **Eggplants:** fight against cancer and aging
  - **Carrots:** improve vision
  - **Tomatoes:** reduce prostate cancer

### Grains (6 ounces per day)



- Good sources of fiber and iron
- Improve bowel movement and digestive system
- Prevent constipation
- Reduce cholesterol
- Aim to have more whole grain (> 3 oz), less refine grain(< 3 oz)
- Eat a variety of whole grains
  - **Brown rice:** helps in diabetes control
  - **Oats:** heart-healthy
  - **Buckwheat:** Prevents cancer, heart disease and anemia

### Dairy (3 cups per day)



- Contain 9 essential nutrients
- Reduce risk of osteoporosis and improve bone health
- Eat a variety of low fat or fat-free dairy
  - **Yogurt:** alleviates constipation and diarrhea
  - **Milk:** healthy bones and teeth
  - **Soy milk:** maintains cholesterol levels



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