# **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 0
  - 0 Mangoes: protect against cancer
  - Oranges: maintain great skin and 0 vision
  - Strawberries: fight against 0 cancer and aging

#### Protein (5 <sup>1</sup>/<sub>2</sub> ounces per day)



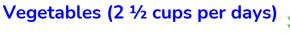
- Build and repair muscle tissues
- Regulate the activity of cells and organs
- Help with bone metabolism
- Stabilize blood sugar levels
- Prevent hair damage and make skin healthy
- Eat a variety of lean protein such as • seafood, beans and nuts
  - Salmon: maintains healthy insulin 0 sensitivity in body
  - Kidney beans: good for memory 0
  - Cashews: boosts immune system 0

#### Oils (27 grams per day)

- Vegetable oils includes: Corn oil 0
  - Saturated fat oil includes:
    - Coconut oil 0
    - Butter 0
- 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



- 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 0
  - 0 **Onions:** reduce high blood pressure
  - **Eggplants:** fight against cancer and aging 0
  - Carrots: improve vision 0
  - Tomatoes: reduce prostate cancer 0

### 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
  - 0 Brown rice: helps in diabetes control
  - **Oats:** heart-healthy 0
  - 0 Buckwheat: Prevents cancer, heart disease and anemia

# Dairy (3 cups per day)

- Contain 9 essential nutrients
- Reduce risk of osteoporosis and impl
- Eat a variety of low fat or fat-free dairy
  - Yogurt: alleviates constipation and 0 diarrhea
  - 0 Milk: healthy bones and teeth

Website

Soy milk: maintains cholesterol levels 0



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