



**Cook more often at home, where you know what goes into the food.**

- If you eat out, choose lower calorie menu options.
- Share an entrée with a friend.
- Avoid dishes that are fried or heavily creamed.
- Choose dishes that include vegetables, fruits and/or whole grains.

**Enjoy your food, but eat less.**

- Get your personal daily food plan at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) and find out your recommended calorie intake.
- Use smaller plates, bowls and glasses.
- Stop eating when you are satisfied, not full.
- Think before you eat... Is it worth the calories?



## Eat the Right Amount of Calories For You

## How Much Physical Activity Do I Need?

### Adults

30 minutes of moderate-intensity aerobic activity most days of the week (or at least 2 hours and 30 minutes total per week), AND muscle-strengthening activities at least 2 days a week (1 to 3 sets of 10 repetitions for each exercise is effective).

### Children and youth (aged 6 to 17 years)

At least 60 minutes a day of moderate or vigorous activity, including muscle and bone-strengthening activities at least 3 days a week.

### Moderate-Intensity Activities

- Hiking
- Bicycling
- Brisk walking
- General gardening



### Vigorous-Intensity Activities

- Games involving running or chasing
- Jumping rope
- Sports such as soccer, basketball, tennis, swimming



### Muscle-Strengthening Activities

- Lifting weights
- Push-ups, sit-ups
- Yoga
- Working with resistance bands



Source: 2008 Physical Activity Guidelines for Americans, <http://www.health.gov/paguidelines/default.aspx>

## Physical Activity Tips

- CALORIES IN must equal CALORIES OUT for a person to remain at the same weight.
- Limit time on video games, TV and computers to less than 2 hours a day.
- Bike or walk to work and school.
- Use the stairs instead of the elevator.
- For beginners, start with 10 to 15 minutes of physical activity a day and work up to 30 to 60 minutes a day.
- Do household chores that include physical activity, such as walking the dog, washing the car, vacuuming or doing yard work.



Developed by Chinatown Public Health Center, San Francisco Department of Public Health. For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for healthy tips.

To contact the Network for a Healthy California—Chinese Project, call (415) 364-7902. This brochure is available in Chinese.

9/2011

## Instead of Solid Fats Use Small Amount of Oils

- Beef, pork and chicken fat
- Butter, cream and milk fat
- Coconut, palm and palm kernel oils
- Hydrogenated oil
- Partially hydrogenated oil
- Shortening
- Stick margarine
- Canola oil
- Corn oil
- Cottonseed oil
- Olive oil
- Peanut oil
- Safflower oil
- Sunflower oil
- Tub (soft) margarine
- Vegetable oil

**Match out for high-fat foods.**

- Major sources of saturated fats include cookies, pizza and pastries.
- Switch from solid fats to oils when preparing food.
- Select lean cuts of meat or poultry and fat-free or low-fat milk, yogurt and cheese.

**Choose foods and drinks with little or no added sugar.**

- The average American eats over 100 pounds of sugar each year!
- There are about 17 teaspoons of sugar in a 20 oz. soda.
- Select fruit for dessert or drink water instead of sugary drinks.
- If you choose to drink juice, limit to 4 to 6 oz. a day.

**Read food labels and compare sodium in foods like soup, bread and frozen meals.**

- Spices and fresh herbs are a great way to season without using salt.
- If you buy prepackaged or canned foods, look for low-sodium foods with less than 140 mg per serving.

**Added sugars and fats load foods with extra calories you do not need. Too much sodium may increase your blood pressure.**

US Department of Agriculture, Dietary Guidelines for Americans 2010. <http://www.health.gov/DietaryGuidelines>  
 Department of Health Services, Behavioral Risk Factor Surveillance Survey, 1997-2009 unpublished data

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*Catherine Wong*

Sincerely,

Enjoy eating a rainbow of fruits and vegetables, making half your grains whole, choosing lean protein and low-fat or non-fat dairy products. Together with portion control and physical activity, you and your family will be well on your way to a healthier and more energetic lifestyle!

Healthy eating and active living can help lower your risk of certain types of cancers, type 2 diabetes, stroke, high blood pressure, and an unhealthy body weight.

Proper nutrition is critical when 2/3 of American adults are overweight or obese and almost 1/3 of children ages 2 to 19 are overweight or obese.

Research shows that Asian Americans' obesity rates are increasing faster than other major ethnic groups.

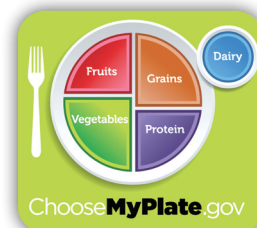
eat healthier.

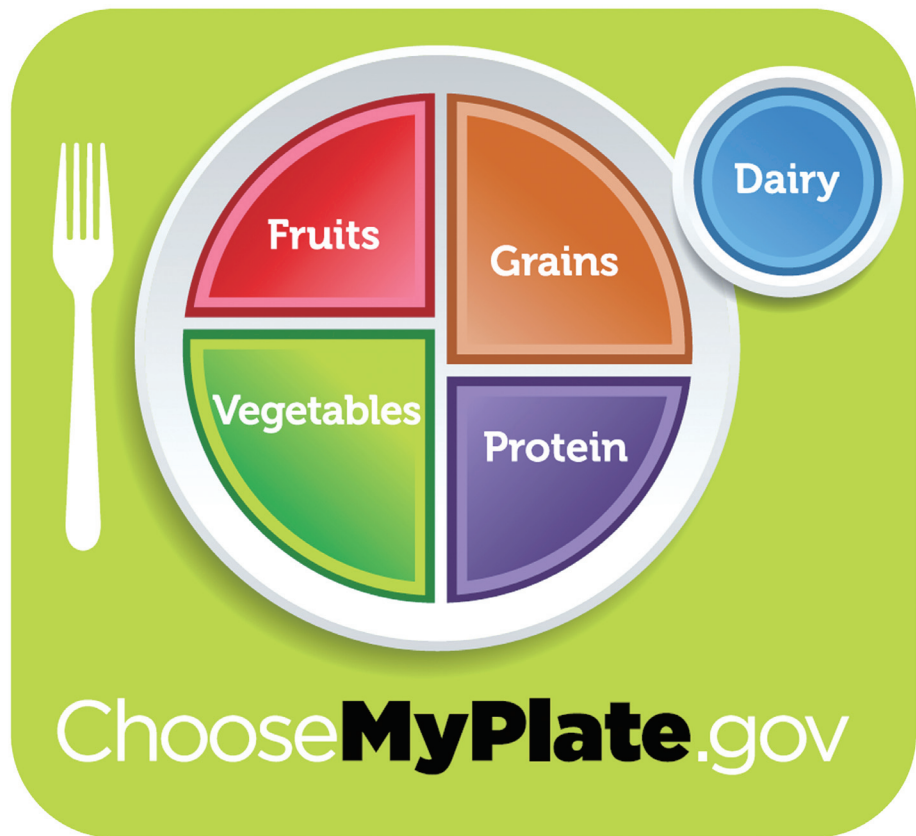
The Network for a Healthy California—Chinese Project would like to present this colorful brochure highlighting the 2010 Dietary Guidelines for Americans and MyPlate, the United States Department of Agriculture's recent replacement for MyPyramid. The new MyPlate takes the five main categories of the Food Pyramid and rearranges them into a much simpler and more practical image – Grains, Vegetables, Fruits, and Protein are arranged in four colored sections on a plate along with a cup of Dairy – to encourage you to

## Network for a Healthy California – Chinese Project



## Choose MyPlate & Be Active to Keep a Healthy Weight!





# What Should I Eat At Every Meal?

## Get your own Daily Food Plan!

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) and click on 'Get a Personalized Plan' to the right. Enter your height, weight, age, sex and level of physical activity. The website also contains information, tips and links.

For a 2,000 calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

| Grains              | Vegetables            | Fruits               | Dairy                | Protein              |
|---------------------|-----------------------|----------------------|----------------------|----------------------|
| Eat 6 oz. every day | Eat 2½ cups every day | Eat 2 cups every day | Get 3 cups every day | Eat 5½ oz. every day |

## Grains

Make about one quarter of your plate grains, with half of them whole grains.

Grains are divided into 2 subgroups, refined grains and whole grains. Refined grains include white flour, white bread, white rice, etc. Whole grains, however, are a better choice because they are rich in dietary fiber. Examples include whole-wheat flour, whole grain cereals, oatmeal and brown rice.

### 1 oz. is about:

- 1 slice of bread
- ½ cup cooked rice, pasta, or oatmeal
- 1 cup ready-to-eat breakfast cereal
- ¼ bagel
- ½ English muffin



## Vegetables

Make half your plate fruits and veggies.

Vegetables are divided into 5 subgroups based on their nutrients: dark green vegetables, red & orange vegetables, beans and peas, starchy vegetables and others. Remember to vary the color of your veggies!

### 1 cup is about:

- 1 cup cooked vegetables or 2 cups raw leafy greens
- 12 baby carrots
- 2 large celery stalks
- 1 large ear of corn
- 1 medium potato



## Fruits

Make half your plate fruits and veggies.

Fruits may be fresh, canned, frozen, or dried. Try to buy non-sugarcoated dried fruit.

### 1 cup is about:

- 32 seedless grapes
- 1 large banana
- 2 large plums
- ½ cup dried raisins or apricots



## Dairy

Make each meal complete with the equivalent of one cup of dairy and switch to non-fat or low-fat (1%) milk.

If you cannot consume milk, choose lactose-free products or other calcium fortified foods and beverages.

### 1 cup is:

- 1 cup yogurt
- 1 cup milk
- 1 cup calcium-fortified soymilk
- 1½ oz. hard cheese or ⅓ cup shredded cheese (reduced-fat or low-fat)



## Protein

Make about one quarter of your plate a protein source.

Contains all foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds. Include at least 8 oz. of a variety of seafood per week and choose lean cuts of meat. Bake, broil, or grill it.

### 1 oz. is about:

- 1 egg
- 1 Tbsp. peanut butter
- ¼ cup cooked beans
- ¼ cup tofu
- ½ oz. nuts (12 almonds, 24 pistachios)
- 1 sandwich slice of turkey

