These slides were created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.
Agenda

• Introduction
• What is a Serving
• Apple Nacho Recipe
• Goal Setting
Learning Objectives

• Learn about the role of food in your overall health and well-being.
• List two tips for eating more tasty and nutritious foods.
• Describe serving sizes for the major food groups.
Ice Breaker
Feed your potential video
What is a serving video
Dietary Recommendations

- Fruits
- Vegetables
- Whole grains
- Beans and legumes
- Skinless poultry and fish
- Nuts
- Fat-free and 1% low-fat dairy
- Limit sodium, saturated and trans fats, fatty or processed meats and added sugars
Recommended Daily Servings
Grains

- Make half your grains **whole** grains
- Aim for **6 servings** a day
- 1 Serving = A baseball

- Brown Rice
- Oatmeal and Whole Grain Oats
- Whole Wheat Pasta
Fruits and Vegetables

- Make **half your plate** fruits & vegetables
- Aim for **4-5 servings of each** a day
- 1 Serving = small fist or baseball

- Apple
- Banana
- Carrot
- Spinach
- Cucumber
4 Tips To Eat More Fruits and Vegetables

1. Snack smart
2. Offer at every meal
3. Get everyone involved
4. Try something new
Dairy*

- Choose **Fat-Free** or **Low-Fat**
- Aim for **2-3 servings** a day
- 1 Serving = 1 cup or 3 stacked dice

Low- Fat Milk  
Cottage Cheese  
Yogurt  
Cheese  

Non-Dairy Options:  
- Almond Milk  
- Soy Milk

* Calcium
Meat, Poultry, and Fish

- Choose low-fat protein options and add **variety**
- Aim for **8-9 servings a week**
- 1 Serving = computer mouse or checkbook

- Chicken
- Beef
- Salmon
- Eggs
Fats and Oils

- **Small amounts** are recommended
- **Limit to 2-3 servings** a day
- **1 Serving = 1 tablespoon or fingertip**
Nuts, Seeds, and Legumes

- Choose **different types** to add **variety**
- Aim for 5 **servings** a **week**

- Almonds
- Seeds
- Walnuts
- Beans
- Soybeans
Apple Nachos
Sprinkle with half the cranberry mixture.
**Apple Nachos**

Makes 6 servings; 1/2 cup per serving

Per serving: 167 Calories; 1.3 g Saturated Fat; 66 mg Sodium

### Ingredients

- 1/2 cup dried, unsweetened raisins or cranberries
- 1/4 cup sliced almonds (unsalted)
- 2 tablespoons sunflower seeds
- 3 Red or Green Apples
- 1/4 cup reduced-fat, smooth peanut butter
- 2 tablespoons water
- 1 tablespoon honey
- 1-2 teaspoons lemon juice (optional)

### Tools Needed

- Measuring cups & spoons
- Spoon
- Plate
- Microwave
- Apple slicer
- 2 Bowls

1. In a bowl, combine 1/2 cup of raisins, 1/4 cup of almonds, and 2 tablespoons of sunflower seeds.
2. Apple slice to cut the apples into pieces.
3. Warm up 2 tablespoons of water in a small bowl for 15 seconds.
4. Add 1/4 cup peanut butter and 1 tablespoon honey to the warm water and stir until smooth.
5. Use a spoon to drizzle half of the bowl’s mixture onto the apple slices on the plate.
6. Sprinkle half of the raisin/nut mixture on top of your apples.
7. Drizzle with remaining peanut butter and raisin mixtures.
8. Layer the rest of the sliced apples on top.

If the apple slices will be sitting out for awhile, sprinkle 1-2 teaspoons of lemon juice over them to prevent browning.
### Fruits

- **4 servings per day**

**One Medium Fruit**
- **About the size of your fist**
- **1/2 Cup**
- **1/4 Cup**

**Fruit Juice**
- **1/4 Cup**

**Fruits**
- Apple, pear, orange, peach or nectarine: 1 medium
- Avocado: Half of a medium
- Banana: 1 small (about 6” long)
- Grapefruit: Half of a medium (4” across)
- Grape: 16
- Kiwi: 1 medium
- Mango: Half of a medium
- Melon: Half-inch thick wedge of sliced watermelon, honeydew, cantaloupe
- Pineapple: ¼ of a medium
- Strawberries: 4 large

**Vegetables**

- **5 servings per day**

**Raw Leafy Vegetable**
- **1 Cup**
- **1/2 Cup**

**Vegetable Juice**
- **1/2 Cup**

The good news is eating the right amount of fruits and vegetables doesn’t have to be complicated. Here are some examples of about one serving:

**FRUITS**
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**VEGETABLES**
- Bell pepper: Half of a large
- Broccoli or cauliflower: 5 to 8 florets
- Carrot: 6 baby or 1 whole medium (6 to 7” long)
- Corn: 1 small ear (6” long) or half of a large ear (8 to 9” long)
- Leafy vegetable: 1 cup raw or ½ cup cooked (lettuce, kale, spinach, greens)
- Potato: Half of a medium (2½ to 3” across)
- Squash, yellow: Half of a small
- Sweet potato: Half of a large (2½” across)
- Zucchini: Half of a large (7 to 8” long)
EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

BLUE & PURPLE
- blackberries
- blueberries
- black currants
- dates
- eggplants
- grapes
- plums
- prunes
- purple figs
- raisins

RED & PINK
- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radishes
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarb
- strawberries
- tomatoes
- watermelons

GREEN
- artichokes
- asparagus
- avocados
- bak choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kohls
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- remoulade sauce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

WHITE
- bananas
- cauliflower
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- shallots

ORANGE & YELLOW
- acorn squash
- butternut squash
- apricots
- cantaloupe
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

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giving your portion sizes a helping hand

A clenched fist = 1 cup, a serving of fruit

A指尖 = 1茶匙，一份黄油或糖

The front of a closed fist = ½ cup, a serving of nuts

A ring finger = 2 ounces, a serving of cheese

A palm = 3-4 ounces, a serving of meat

Cupped hands = 1 cup, a serving of fruits or vegetables

A thumb = 2 tablespoons, a serving of peanut butter

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SMART

What are your SMART goals?

Specific  Measurable  Attainable  Relevant  Time-Based
SMART Goal Example

Goal:
I will eat healthier.

SMART Goal:
I will eat a fruit or vegetable at dinner Monday through Friday.
SMART Goals

Step 1: Specific
What do I want to accomplish?

Step 2: Measurable
How will I know when I reach my goal?

Step 3: Attainable
How can this goal be met?

Step 4: Relevant
Will this goal help me reach my long-term goals?

Step 5: Time-Based
When will this goal be met?
Questions?
Thank You!