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FOR IMMEDIATE RELEASE

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### PROPER NUTRITION FOR A HEALTHY LIFESTYLE

We know we should eat healthy, but do we? Whether you are at work or at school and have to travel through the lunch line, dining out at a restaurant, or at home, we are tempted with wonderful displays of mouth-watering desserts and pantries filled with goodies. It's hard to have will- power and make better choices. Instead of that cupcake, we know we really should be eating an apple or a banana. Proper nutrition is a key element in leading a healthy lifestyle. Most experts agree that the formula for a fit, healthy body is 80% nutrition, 10% exercise and 10% genetics.

According to the USDA, you should base your food choices by using the following guidelines from the Food Pyramid:

- **Bread, Cereal, Rice, and Pasta – 6-11 Servings:** Provides complex carbohydrates, energy, vitamin B, minerals, and fiber. One serving = 1 slice of bread; 1 ounce of ready-to-eat cereal; ½ cup cooked cereal, rice or pasta.
- **Fruits – 3 Servings:** Low in fat and calories and are rich sources of vitamins, including vitamin C. One serving = 1 medium apple, banana, or orange; 1 melon wedge; ½ cup of chopped fruit or berries; ¾ cup fruit juice.
- **Vegetables – 3-5 Servings:** Provides vitamins, fiber, and low in fat. Select dark leafy greens, deep yellow or orange in color, potatoes and yams. One serving = 1 cup raw leafy greens; ½ cup vegetables chopped; ¾ cup vegetable juice.
- **Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts – 2-3 Servings:** Animal foods are excellent sources of protein, iron, zinc, and B vitamins. Beans supply calcium, and nuts are good sources of vitamin E. One serving = 2-3 ounces of cooked lean meat, poultry, or fish; 1 egg, ½ cup cooked beans, 2 tablespoons seeds and nuts.
- **Milk, Yogurt, and Cheese – 2-4 Servings:** Rich sources of calcium, protein and vitamin B12. One serving = 1 cup of milk or yogurt, 1-1/2 ounces of cheese.
- **Fats, Oils, and Sweets – Use sparingly**

Our bodies are our temples. Just like a fine-tuned machine, we need to maintain and fuel our bodies properly for a longer, healthier life.