

Health Awareness

A County Health Pool Publication

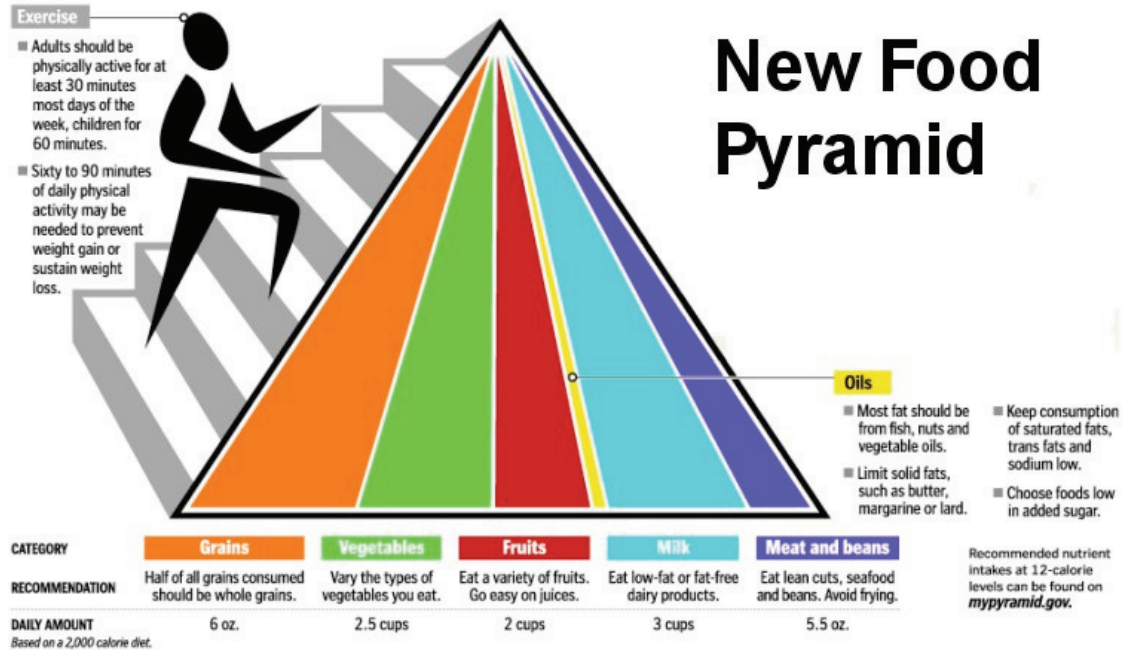


August, 2011

Enjoy Your Food, Eat Healthy

The new food pyramid is more flexible and accurate than the one we had a few years ago. The reason being that one image of a pyramid with markings of what your daily intake should be can not apply to everyone. It all depends on a person's lifestyle and how much exercise they get involved in during a week. It also depends on if a person is trying to lose weight or gain weight. If a person is trying to gain weight then they should proceed to having the highest amounts of recommended servings, if a person is trying to lose weight then they should try to aim for the lowest recommended servings per day.

To have a good idea of what you should be eating and how much of it you should be eating. The United



States Department of Agriculture has provided dietary guidelines that can be incorporated into your daily routine.

MyPlate.gov

Take action on the dietary guidelines by making changes in these three areas. Choose the steps that work for you.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

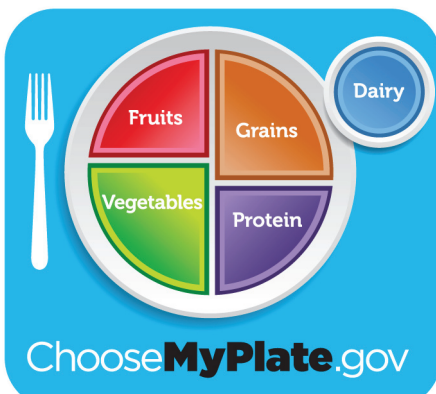
Fruits

What foods are in the Fruit Group?

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Some commonly eaten fruits are:

Apples, Apricots, Bananas, strawberries, blueberries, raspberries. Nectarines, oranges, peaches and 100% fruit juice; orange, grape, grapefruit.

(Over)



Enjoy Your Food, Eat Healthy (Continued)

Vegetables

What foods are in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Vegetables are organized into 5 subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:

Dark green vegetables

- romaine lettuce
- spinach

Red & orange vegetables

- sweet potatoes
- tomatoes

Beans and peas

- black beans
- kidney beans

Starchy vegetables

- corn
- potatoes

Other vegetables

- asparagus
- avocado

Grains

What foods are in the Grains Group?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups, whole grains and refined grains.

Whole grains contain the entire grain kernel — the bran, germ, and endosperm.

Benefits Corner

Welcome new CHP Member groups effective July 1, 2011

City of Rifle

Rio Blanco County

Town of Cheyenne Wells

CHP Welcomes Kim Sturch



Kim has joined CHP as a Benefits Administrator for the County Health Pool. Kim will be visiting many CHP members to assist with their health coverage needs and provide training on a variety of health industry related topics.

Examples include:

- whole wheat flour
- oatmeal

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins.

Examples include:

- white flour
- white rice

Proteins

What foods are in the Protein Foods Group?

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.

Some commonly eaten choices in the Protein Foods Group, examples include:

Meats

- beef
- pork

Poultry

- chicken
- turkey

Eggs

- chicken eggs
- duck eggs

Nuts and Seeds

- almonds
- cashews

Seafood

- salmon
- shrimp

Dairy

What foods are included in the Dairy Group?

All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group.

Some commonly eaten choices in the Dairy Group are:

Milk, cheese, yogurt, ice cream.