

ADULT REGULAR HEALTHY DIET

(Sheet 1 of 2)

PURPOSE:

This diet is designed to promote optimum health through good nutrition. It is to be used for those individuals requiring no special dietary modification or restrictions.

DESCRIPTION:

Foods from all basic food groups are included with the addition of other foods to meet energy needs and provide essential nutrients. The diet is planned to promote the prevention of chronic diseases such as heart disease, cancer and diabetes mellitus.

BASIC INFORMATION:

The Dietary Guidelines for Americans outline what people should eat to stay healthy. The guidelines include:

- Eat a variety of foods.
- Balance the foods you eat with physical activity—maintain or improve your weight.
- Choose a diet with plenty of grain products, vegetables and fruits.
- Choose a diet low in fat, saturated fat and cholesterol.
- Choose a diet moderate in sugars.
- Choose a diet moderate in salt and sodium.
- If you drink alcoholic beverages, do so in moderation.

The United States Department of Agriculture (USDA) Food Guide Pyramid is a diet plan to help individuals meet the dietary guidelines. Each of these food groups provides some, but not all, of the nutrients that people need. Foods in one group cannot replace those in another. For good health all are needed.

The Food Guide Pyramid emphasizes foods from these food groups:

• Bread, Cereal, Rice and Pasta (6-11 Servings Daily)

All of these foods are from grains. Individuals need most servings of these foods each day. Examples of a serving are 1 slice of bread, 1 ounce ready-to-cook cereal, 1/2 cup of cooked cereal, rice or pasta.

• Vegetables (3-5 Servings daily) & Fruits (2-4 Servings Daily)

All of these foods are from plants. Most people need to eat more of these foods for the vitamins, minerals and fiber they supply. Examples of a serving are 1 orange, 1/2 cup juice, 1/2 medium cantaloupe, 1/2 cup vegetable or fruit. Good sources of vitamin A (beta carotene) are dark green or dark yellow vegetables. Good sources of vitamin C are citrus fruits, tomatoes, peppers, potatoes and various greens.

• Milk, Yogurt, Cheese (2-3 Servings Daily)

All of these foods come from animals. These foods are important for protein and calcium. Examples of a serving are 1 cup of milk or yogurt, 1-1/2 ounces natural cheese, 2 ounces processed cheese.

• Meat, Poultry, Fish, Dry Beans, Eggs, Nuts (2-3 Servings Daily)

Most of these foods come from animals. These foods are important for protein, iron and zinc. Examples of a serving are 2-3 ounces of cooked lean meat, poultry or fish; 1/2 cup of cooked dry beans or 1 egg count as 1 ounce lean meat; 2 tablespoons peanut butter or 1/3 cup of nuts count as 1 ounce of meat.

• Fats, Oils, & Sweets (Use Sparingly)

These foods provide calories and little else nutritionally. Most people should use these foods sparingly.

NUTRITIONAL ADEQUACY:

This diet is designed to provide adequate amounts of calories, protein, vitamins, minerals and other nutrients to meet the nutritional needs of healthy adults.

ADULT REGULAR HEALTHY DIET

(Sheet 2 of 2)

Suggested Meal Plan	Suggested Foods and Beverages
BREAKFAST Fruit Juice Cereal Meat/Meat Substitute Bread - Margarine Milk Beverage	Orange Juice Oatmeal Scrambled Egg Whole Wheat Toast/Jelly/Margarine* Skim Milk Coffee or Tea
DINNER - NOON OR EVENING MEAL Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Bread - Margarine Dessert Beverage	Baked Chicken Sweet Potatoes Green Beans, Coleslaw Whole Wheat Bread, Margarine* Strawberries Coffee or Tea
SUPPER - EVENING OR NOON MEAL Soup or Juice Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Bread - Margarine Dessert Milk/Beverage	Vegetable-Bean Soup Meatballs with Tomato Sauce Spaghetti Broccoli, Spinach Salad/Dressing* Garlic Bread Rice Pudding Skim Milk

*To reduce the fat in your diet, omit margarine, use nonfat salad dressing.

Nutrient Analysis

Calories	2271 Kcal	Riboflavin	2.4 mg
Protein	109 gm	Thiamin	1.7 mg
Carbohydrate	299 gm	Folate	381 mcg
Fat	77 gm	Calcium	1283 mg
Cholesterol	386 mg	Phosphorus	1931 mg
Dietary Fiber	31 gm	Zinc	7 mg
Vitamin A	4570 IU	Iron	18 mg
Vitamin C	249 mg	Sodium	3784 mg
Niacin	25 mg	Potassium	4580 mg

Adapted from the Arizona Diet Manual (revised 1992)