

EAT WELL, GAIN HEALTH

Foods vary in their nutritional value. By selecting healthy options within each food group, you will gain the greatest health benefits.



FOOD GROUPS	HEALTHY CHOICES
Fruits and Vegetables	Include a variety of colors. Fresh, frozen or canned (fruits in their juice and vegetables low in sodium), 100% juice and dried fruits.
Grains	Prefer those of whole grain or good source of fiber (3 grams or more of fiber per serving). Bread, unsweetened biscuits, viands, fresh potatoes with their husk, rice, pasta, breakfast cereals high in fiber (e.g. oatmeal).
Dairy	Low-fat (1%) or non-fat milk or cheese or yogurt and fortified soy drinks. If you cannot tolerate lactose, you can substitute for lactose-free products or eat smaller portions.
Proteins	Lean beef, pork, chicken and turkey without skin, tuna / salmon canned in water, fish and seafood, beans, lentils, tofu, egg white and egg substitutes, eggs, nuts without salt. Eliminate visible fat and use cooking methods that do not add grease such as: roasting, steaming, grilling, boiling, baking or stir-frying.
Fats/ Seasonings	Vinegar, olive oil, avocado, low-fat dressings, herbs and natural spices to season your meals.
Beverages	Water, water with fruits (lemon, strawberry, china). Avoid sugary drinks, energy and soft drinks.

3 STEPS TO EVALUATE YOUR FOOD

1. Look at the serving size

Remember that a package can have more than one serving! Use the serving size to see the number of calories and nutrients per package.

2. Consider the calories

Remember: 400 calories or more per serving of a single food is a high amount and 100 calories is moderate. The label is based on a 2,000-calorie-a-day diet, but your needs may be different. Check with your doctor or nutritionist.

3. Check out the nutrients

When comparing the % Daily Value remember that 5% or less is low and 20% or more is high.

- ✓ **Nutrients that must be eaten in greater quantity** (20% or more of the Daily Value): dietary fiber, vitamin D, calcium, iron, and potassium.
- ✓ **Nutrients that must be eaten in smaller quantities** (5% or less of the Daily Value): saturated fat, trans fat, cholesterol, sodium, and added sugars.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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