

# Your Personal Eating Plan

## 1. Eat at Regular Intervals

Eat regular meals 4–5 hours apart. Going more than 5 hours without eating may cause overeating or poor food choices. Save your larger meal for times that you are active.

## 2. Eat Smart

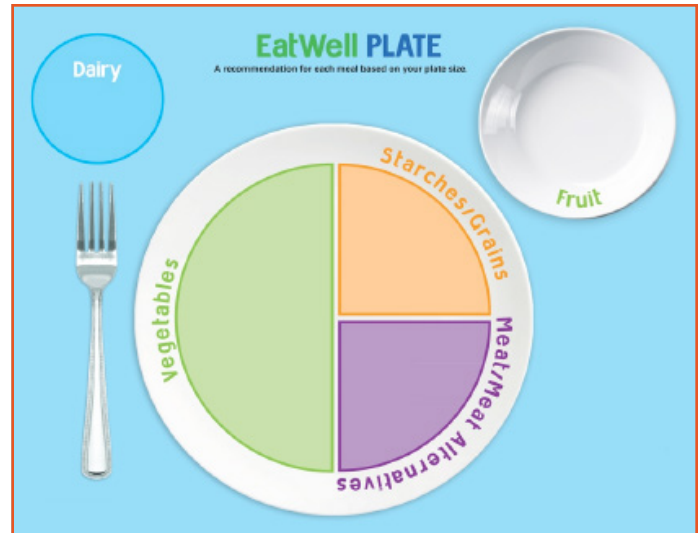
Choose from the five food groups each day:

Food	Number of Servings
Milk, milk alternatives, yogurt (8oz), cheese (1 oz)	2–4
Fruit (1 piece) 100% fruit juice (½ cup)	2–4
Vegetables (½ cup or 1 cup salad)	3–5
Bread (1 Slice) Cereal, pasta (½ cup)	6–11
Meat/meat alternatives	2–3

*Number of servings is dependent on age, gender and activity level.*

## 3. Choose Your Plate Size

SMALL	MEDIUM	LARGE
5-8" Women and some older adults	8" Children, teenage girls, active women and most men	10" Teenage boys and active men <a href="https://www.gov.bm/eat-well-bermuda-dietary-guidelines-bermudians">https://www.gov.bm/eat-well-bermuda-dietary-guidelines-bermudians</a>



## 4. Use High Fiber, Whole Grain Breads, Cereal, Rice, and Pasta

High fiber foods are vital to our health. Combine whole grains or starches with low fat and fat-free spreads and sauces, such as reduced fat margarines, mayonnaise, and tomato based sauces.

## 5. Use Whole Fruit

The most significant nutritional difference between whole fruit and fruit juice is fiber amount. Eating the recommended amounts of fiber can improve blood sugar control, encourage weight loss, lower cholesterol and blood pressure, ease inflammation, and boost digestive health.

If using canned fruit, select those in its own juice. Limit 100% juice to 1/2 cup per day. 100% juice contains its own natural sugar and is not calorie free. Select water instead.

## 6. Flavour Your Vegetables

Avoid adding fats to these foods such as butter, hollandaise sauce, and lemon butter, etc. Enhance flavours by roasting with herbs, spices, lemon or hot peppers.

## 7. Trim Fat Away From Meat

Take skin off chicken and avoid high fat marbled meats. Poach, broil, grill, or roast meat. Limit fats when cooking, 1 tablespoon of butter or oil contains 100 calories, and 13 grams of fat. Use low fat sauces, and gravies

## 8. Use Fat Free or Low Fat Dairy Products

An 8 oz serving or milk alternative:

Skim Milk	80 calories, 0 fat grams (green carton)
Slimline	120 calories, 4 fat grams (pink, pink and blue carton)
Filled and Whole Milk	160 calories, 8 fat grams (red, blue carton)
Soy Milk	110 calories, 4.5 fat grams (silk original)
Almond Milk	30 calories, 2.5 fat grams (original, unsweetened)
Rice Dream Milk	120 calories, 2 fat grams (enriched, original)
Lactose-Free Milk	110 calories, 2.5 fat grams (low fat)

**Note:** Choose evaporated skim milk.

## 9. Drink Water Frequently

To maintain body fluids, normal bowel function and help your kidneys, skin, muscles as well as control calories — drink water frequently.

Unsweetened fruit juice such as apple juice, Ribena, drink mix, and alcoholic beverages can increase your calorie intake by 100 calories per 8 oz glass.

## 10. Choose Nutrient-Dense Snacks

This may include snacks such as peanut butter and crackers, low-fat popcorn, low-fat yogurt, fruits, and raw vegetables.

## 11. Plan Meals and Snacks

Make a shopping list from your \*menu plan and stick to it. Never shop for food when you are hungry. Do not keep food you find tempting in the house.

**\*Find Menu Planner at <https://www.gov.bm/eat-well-bermuda-dietary-guidelines-bermudians>**

## 12. Slow Down When Eating

It takes the brain a good 17 minutes to recognize that the stomach is full. Slow down, take small bites, and chew your food carefully.

## 13. Exercise Daily

Exercise helps to burn calories and builds valuable muscle. Aerobic exercise such as a brisk walk for about half an hour each day will help. The exercise should be strenuous enough to produce a detectable increase in breathing without getting out of breath.

## 14. Certain Situations and Events Cause You to Eat

You may eat when you are bored, nervous, worried, or unhappy. Realize what you are hungry for is not food and plan other activities. Have low-fat foods available for food binges.

## 15. Keep Motivated!

Remember, developing healthy eating habits takes practice. If you fall off track, get back on when you can. Weight loss of ¼ to 1 pound a week is good.

