



LIBERTY cares about more than just teeth!

# Adult Care

## help sheet: Healthy Nutrition Tips



**5 smaller meals** equally spaced throughout the day is healthier because it supplies a constant supply of nutrients and energy than the traditional 3-meal per day plan. **Simply identify the metabolism that applies (below) and eat accordingly.**

## Take 5 Diet Plan



### FAST metabolism

Follow a higher carbohydrate, higher fat diet

Active, high-energy adults need **more** calories

Increasing **good fats** and **low glycemic carbs** with **lean proteins**, fruits and vegetables will provide the needed fuel to grow healthy strong bodies. Recommended diet plan:

**30% protein | 55% carb | 15% fat**

### SLOW metabolism

Follow a lower carbohydrate/lower fat diet

Less-active, low-energy adults need **less** calories

Following a well-balanced nutritional diet that includes **lean proteins**, **low glycemic carbs**, fruits and vegetables, as well as **good fats** will grow healthy strong bodies. Recommended diet plan:

**50% protein | 40% carb | 10% fat**

The choice of **LOW-FAT** or **REGULAR** Dairy Products is determined by total daily caloric needs.

### meal 1 breakfast 7:00 am

#### lean protein, low glycemic carbs & good fat

**great oats:** cooked whole grain oatmeal sweetened with fresh or dried fruit, honey, walnuts and sliced banana, **or** whole grain cereal with milk, **or**

**quick eggs:** fried or scrambled eggs with butter, fresh salsa and grated cheese, **or**

**waffle-licious:** multi-grain waffle or pancakes topped with whipped cream, fresh fruit and chopped nuts.

**drink:** water, milk, 100% pure orange juice, or natural fruit juice.



### meal 2 10:00 am

#### lean protein & low glycemic carbs

**1/2 sandwich:** tuna, chicken or turkey on whole grain bread with lettuce, tomato and avocado, **or** cheese on whole grain bread.

#### good fats

**small handful of:** whole unsalted raw or roasted almonds, trail mix, unsalted sunflower seeds, or unsalted pumpkin seeds.

**drink:** water or 100% pure fruit juice.



### meal 3 1:00 pm

#### lean protein, low glycemic carbs & good fats

**pasta-licious:** whole wheat or brown rice pasta served with pasta sauce, grated cheese and topped with turkey or lean beef meatballs, **or**

**nutty sandwich:** unsalted and unsweetened almond or peanut butter and natural jam or jelly on whole grain bread, **or**

**egg-wich:** egg salad sandwich on whole grain bread with cheese.

#### low glycemic fruit carbs

**1 serving fruit:** apple, peach, plum, grapes, strawberries, berries, pear, apricots, cherries, orange, watermelon wedges, 1/2 banana.

#### occasional cheat treat

**1 serving:** natural sorbet, frozen yogurt, frozen homemade fruit popsicles, Jello or homemade dessert.

**drink:** water, milk, 100% pure fruit juice.



### meal 4 4:00 pm

#### lean protein & low glycemic carbs

**1 serving:** yogurt with fresh fruit and almonds, **and** whole grain crackers with unsalted and unsweetened almond or peanut butter or cheese wedges.

#### low glycemic fruit carbs

**1/2 serving fruit:** apple, peach, plum, grapes, strawberries, berries, pear, apricots, cherries, oranges, watermelon wedges, 1/2 banana, or natural fruit snack.

**drink:** water or 100% pure fruit juice.



### meal 5 7:00 pm

#### lean protein

**1 serving:** lean chicken, turkey, fish, beef or pork baked or pan fried with non-stick cooking spray.

#### fibrous carbs

**1 serving:** mixed green salad, green beans, broccoli, spinach, brussels sprouts, asparagus.

#### low glycemic carbs

**1 serving:** baked potato, yams, sweet potatoes, rice, quinoa, or pasta (wheat or brown rice).

**drink:** water or milk.



**fact:** eating breakfast is important

**Low glycemic carbs** (oatmeal, whole grains & fruit) as well as **good fats** (tree nuts, egg yolks, avocados) provide sustained energy for both mental focus, physical energy and health.



**fact:** sugar promotes cavities

Sugar may be yummy in the tummy, but bad for teeth. Sugar feeds bacteria in the mouth which can lead to cavities. **Always rinse your mouth with water after eating sugary foods or drinks.**



**tip:** avoid "bad" carbohydrates

**Bad carbs are high glycemic and includes:** sugar, corn syrup & fructose sweeteners, processed (refined) flour, and processed snack foods. **Bad carbs combined with saturated fats are bad for your health.**



**tip:** drink water after dark

If thirsty before bed drink water and **not fruit juice or sodas**. Water will keep your mouth cleaner, preventing bacteria which leads to tooth decay. **Brush your teeth before bed!**