These slides were created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.

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Agenda

‡ Introduction

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Learning Objectives

- Learn about the role of food in your overall health and well-being.
- List two tips for eating more tasty and nutritious foods.
- Describe serving sizes for the major food groups.

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Dietary Recommendations

- Fruits
- Vegetables
- Whole grains
- Beans and legumes
- Skinless poultry and fish
- Nuts
- Fat-free and 1% low-fat dairy
- Limit sodium, saturated and trans fats, fatty or processed meats and added sugars

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Grains

- Make half your grains whole grains
- Aim for 6 servings a day
- 1 Serving = A baseball

Fruits and Vegetables

- Make half your plate

4 Tips To Eat More Fruits and Vegetables

1. Snack smart
2. Offer at every meal
3. Get everyone involved
4. Try something new

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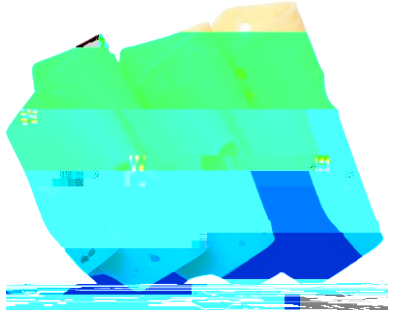
Dairy*

- Choose Fat-Free or Low-Fat
- Aim for 2-3 servings a day
- 1 Serving = 1 cup or 3 stacked dice

Low- Fat Milk

Cottage Cheese



Yogurt

Cheese

Non-Dairy Options:
- Almond Milk
- Soy Milk

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* Calcium

Meat, Poultry, and Fish

‡ Choose lowfat protein options and add

Fats and Oils

- Small amounts are recommended
- Limit to 2-3 servings a day
- 1 Serving = 1 tablespoon or fingertip

Canola Oil

Olive Oil

Nuts, Seeds, and Legumes

- Choose different types to add variety
- Aim for 5 servings a week

Almonds

Seeds

Walnuts

Beans

Soybeans

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Thank You!

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