



Nutrition Tips



Practicing healthy eating habits during your isolation or quarantine (safe separation) period for COVID-19 can be a great way to spend your time.

This booklet will cover **four tips** for healthy eating that can be practiced in isolation or quarantine:

Eat a Variety of Food and Drink Plenty of Water	page 2
Follow Portion Recommendations	page 4
Use Nutrition Labels	page 5
Keep it Easy	page 6

These tips can help you find a simple plan for balancing **nutrients** and **calories**.

Nutrients are chemicals that help our bodies grow and function. We get them through the food we eat.

Calories are a measurement of how much energy food gives us. Our bodies use energy every second, whether we are moving, resting, or sleeping...so we need to eat a certain number of calories each day to function.

Eating a variety of nutrients within a healthy amount of calories is a great step toward a healthier life.

Note: Those living with diabetes and/or obesity should follow a doctor's recommendation for a healthy meal plan.



Department of
Public Health

CITY OF PHILADELPHIA

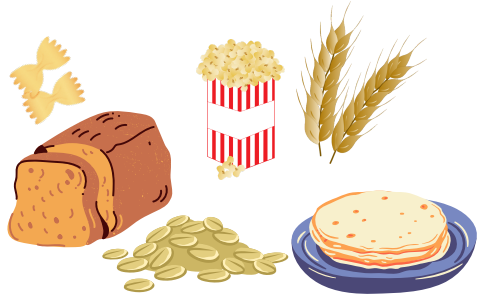
TIP #1: Eat a Variety of Food and Drink

Plenty of Water

2

A simple way to get the nutrients you need is to include five different food groups and plenty of water into your daily diet.

Grains



Bread, Rice, Pasta, Grits, Tortillas, Popcorn, Oatmeal

Eat grains for:

- **B vitamins** that help your body turn the food you eat into energy and keep your nervous system running well
- **Fiber** for helping your body digest food
- **Iron** for preventing anemia

Try to make at least half of the grains you eat be whole grain. This includes: popcorn, rye, old fashioned grits, steel cut or rolled oats, millet, barley, and 100% whole grain breads.

Vegetables



Spinach, Onions, Garlic, Carrots, Peppers, Beets

Eat vegetables for:

- **Potassium**, which helps your body keep a healthy blood pressure
- **Dietary Fiber** for reducing cholesterol
- **Vitamin A** for keeping your eyes and skin healthy and for protection against infection
- **Vitamin C** which helps your body heal cuts and wounds, keeping your teeth and gums healthy, and helping your body absorb iron.

Vegetables with different colors have different nutrients. Try to fit as many different colors of vegetables in your meals as you can!

Dairy



Milk, Yogurt, Cheese, Soy Milk

Dairy is an excellent source of:

- **Calcium** and **Vitamin D** for building strong bones and keeping them healthy

Look for food and drinks with **high calcium** and **low fat**. You can choose from other dairy-free or lactose-free foods that are high in calcium, such as fortified soy milk, tofu, and leafy greens.

Fruits

Bananas, Apples, Strawberries, Oranges,



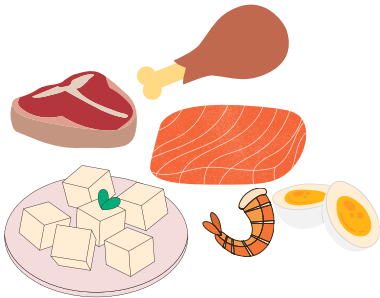
Eat fruits for:

- **Essential nutrients** most people don't eat enough of, such as potassium, dietary fiber, vitamin C, and folate.
- **Dietary Fiber**, which reduces blood cholesterol levels
- **Vitamin C**, which helps your body heal cuts and wounds, keeps your teeth and gums healthy, and helps your body absorb iron more easily.

Fruit are nutritious when they are **fresh, frozen, dried, pureed, or cooked**. Fruit juices do not have these nutrients - even if the label says 100% fruit juice.

Protein

Chicken, Beef, Seafood, Eggs, Tofu, Nuts, Lentils, Beans



Eat a wide variety of protein foods for:

- **Helping your body build** bones, muscles, skin, cartilage, and blood
- **B vitamins** for building tissue and blood cells.
- **Iron** for preventing anemia
- **Magnesium** for building bones and improving muscle function
- **Omega-3**, found in seafood, which may reduce risk of heart disease when eaten regularly.

Eat **many different kinds of protein** for different nutrients. If you are a vegetarian, you can get protein from tofu, beans, nuts, seeds, and soy products.

Water



Water helps your body:

- fight infections like COVID-19
- digest food
- flush out toxins
- keeps your body at a healthy temperature



Try to drink water regularly throughout the day - especially with every meal, as well as before and after exercise.

TIP#2: Plan Meals

It's hard to make healthy decisions when you are hungry. Planning out meals in advance can help ensure your body gets the nutrients it needs.

Everyone has unique nutrient needs because everyone's body is unique. You can use the online tool MyPlate to find recommended portions from each of the five food groups (from tip #1). If you don't have internet, turn to page 7 for My Plate's general portion recommendations.

1 Get Your MyPlate Plan

2 Enter personal information: Age (43 years old), Sex (Female), Pregnant/Breastfeeding (Neither), Weight (170 pounds), Height (5 feet 4 inches), Physical Activity (30 to 60 min...).

3 GET YOUR MYPLATE PLAN. Choose health goal: 2000 Calories to achieve a healthy weight or 2200 Calories to maintain your current weight. Start Over. For more information go to MyPlate.gov

4 Download your MyPlate Plan.

Food Group Amounts for 2,000 Calories a Day for Ages 14+ Years

Food Group	Amount	Description
Vegetables	2½ cups	Vary your veggies. Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.
Grains	6 ounces	Make half your grains whole grains. Find whole-grain foods by reading the Nutrition Facts label and ingredients list.
Protein	5½ ounces	Vary your protein routine. Mix up your protein foods to include seafood; beans, peas, and lentils; unsalted nuts and seeds; soy products; eggs; and lean meats and poultry.

Choose foods and beverages with less added sugars, saturated fat, and sodium. Limit:

- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.

Activity: Be active your way. Children 6 to 17 years: 60 minutes every day, physically active.

1. Go to **bit.ly/ihs-myplate** and press 'Start' on the My Plate tool
2. Enter your age, sex, weight, height, physical activity, and pregnancy/breastfeeding status.
3. Click your health goal: maintain weight or achieve a healthier weight.
4. Click "Download" to see a printable document of all your My Plate recommendations.

Try to plan your meals so that you eat your recommended portions from each of the five food groups each day. A chart is a great way to plan if you have time.

Example:

Date: 4/24	Rec. Portion	Breakfast	Lunch	Dinner	Snacks
Grains	6 OZ	1 BAGEL	2 SLICE BREAD	1 CUP PASTA	3 CUP POPCORN
Vege.	2 1/2 CUPS		1 AVOCADO	1/2 CUP BROCCOLI	1 CUP BABY CARROTS
Fruits	2 CUPS	1 ORANGE		1 APPLE	
Protein	5 1/2 OZ	2 EGGS 1 OZ PORK	1/2 CUP TOFU	4OZ BEEF	
Dairy	3 CUPS	1 CUP MILK		2 SLICES AMERICAN CHEESE	1 CUP YOGURT

Bonus tip:

Write your plan as detailed as you feel like. An imperfect plan is better than no plan at all.

TIP#3: Use the Nutrition Label

The Food and Drug Administration (or the FDA) requires food makers to list information about the nutrients the food contains on a nutrition facts label.

This label can help you find foods with healthy nutrients and limit foods with nutrients that are less healthy. You can usually find this on the back or side of a food item's packaging.

Here is an example of a nutrition label for a loaf of bread. For now, just focus on these categories:

Calories are a measurement of how much energy this food gives you.

Total sugar includes added and natural sugar. Natural sugar is found in fruit and milk, and can be a healthy quick boost of energy.

Added sugar is not very healthy. It adds a lot of calories to foods and offers little nutritional value. Try to limit it as much as possible.

Nutrition Facts		
21 servings per container		
Serving size 1 Slice (28g/1.0oz)		
Amount per serving		
Calories		70
% Daily Value*		
Total Fat 1g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
Cholesterol 0mg		0%
Sodium 105mg		1%
Total Carbohydrate 13g		5%
Dietary Fiber 2g		7%
Total Sugars 3g		
Includes 3g Added Sugars		5%
Protein 3g		

Serving size is how much of this food the FDA thinks you will eat in one sitting. All the other information on this label is based on this serving size. **Note: serving size is not the same as a recommended portion.**

Sodium, trans-fat, and saturated fat, can increase the risk of heart disease and high blood pressure. Try to cut back on foods with large amounts of these nutrients.

Unsaturated fats (monounsaturated and polyunsaturated) are healthy in small amounts.

Learn more about nutrition labels at:
bit.ly/ihs-nutritionlabels

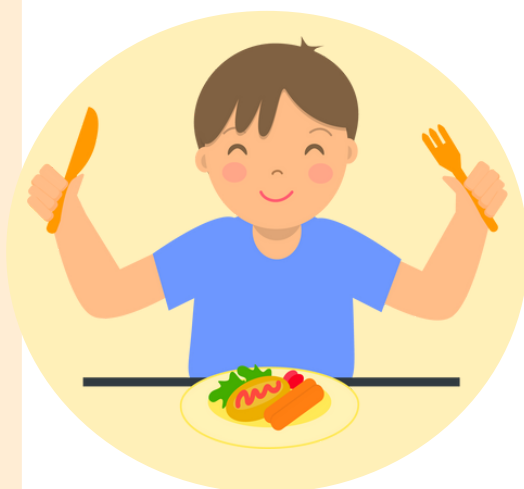
Different brands of the same product may have different amounts of nutrients. You can use the nutrition label to choose healthier snacks and pick healthier ingredients for recipes.



Compare these cans of chickpeas from different brands. The can on the left has double the amount of sodium as the can on the right.

TIP#4: Take it Easy

Healthy eating has great benefits if you stick to it for a long time. However, sticking to a habit of healthy eating can be hard, especially when you are safely separating at home for COVID-19.



Keep your healthy eating plan **easy and comfortable** so that you can stick with it long term.

If you don't get enough grains or eat too much sodium one day, just make a mental note and try to eat healthier the next few days, but don't be too hard on yourself.

Healthy eating is a gift to yourself that you deserve and should not be a source of stress.

MyPlate Portion Recommendations

Fruit

Toddlers	12 to 23 months	½ to 1 cup
Children	2-4 years	1 to 1½ cup
	5-8 years	1 to 2 cups
Girls	9-18 years	1½ to 2 cups
Boys	9-13 years	1½ to 2 cups
	14-18 years	2 to 2½ cups
Women	19+ years	1½ to 2 cups
Men	19-59 years	1½ to 2 cups
	60+ years	2 cups

Grains

Toddlers	12 to 23 months	1¾ to 3 ounces
Children	2-4 years	3 to 5 ounces
	5-8 years	4 to 6 ounces
Girls	9-13 years	5 to 7 ounces
	14-18 years	6 to 8 ounces
Boys	9-13 years	5 to 9 ounces
	14-18 years	6 to 10 ounces
Women	19-30 years	6 to 8 ounces
	31+ years	5 to 7 ounces
Men	19-30 years	8 to 10 ounces
	31-59 years	7 to 10 ounces
	60+ years	6 to 9 ounces

Dairy

Toddlers	12-23 months	1⅔-2 cups
Children	2-3 years	2-2½ cups
	4-8 years	2½ cups
Girls	9-18 years	3 cups
Boys	9-18 years	3 cups
Women	19+ years	3 cups
Men	19+ years	3 cups

Vegetables

Toddlers	12 to 23 months	⅔ to 1 cup
Children	2-4 years	1 to 2 cups
	5-8 years	1½ to 2½ cups
Girls	9-13 years	1½ to 3 cups
	14-18 years	2½ to 3 cups
Boys	9-13 years	2 to 3½ cups
	14-18 years	2½ to 3 cups
Women	19-30 years	2½ to 3 cups
	31 years	2 to 3 cups
Men	19-59 years	3 to 4 cups
	60+ years	2½ to 3½ cups

Protein

Toddlers	12 to 23 months	2 ounces
Children	2-4 years	2 to 5 ounces
	5-8 years	3 to 5½ ounces
Girls	9-13 years	4 to 6 ounces
	14-18 years	5 to 6½ ounces
Boys	9-13 years	5 to 6½ ounces
	14-18 years	5½ to 7 ounces
Women	19-30 years	5 to 6½ ounces
	31+ years	5 to 6 ounces
Men	19-30 years	6½ to 7 ounces
	31-59 years	6 to 7 ounces
	60+	5½ to 6½ ounces

source: myplate.gov

**Portion examples
on the next page.**

MyPlate Portion Examples

One Cup of Fruit:

Apple	1 small or ½ large ¾ cup, baked ½ cup, dried	Orange	1 large orange
Applesauce	1 cup	Watermelon	1 small slice
Banana	1 large banana	Dried fruit	½ cup
Dates	10 dates	Peach	1 large peach 2 halves, canned
Grapes	22 seedless grapes	Pear	1 medium pear
Grapefruit	1 medium grapefruit	Pineapple	1 cup chunks, sliced, or crushed (fresh, cooked, or canned)
Guava	3 guavas	Plum	3 medium or 2 large plums
Kiwi	2 to 3 kiwis		
Mango	7 slices		
Strawberries	8 large strawberries		

One Cup of Vegetables:

Dark Greens	1 cup	Hominy	1 cup
Carrots	2 medium carrots	Plantains	¾ cup, cooked
Pumpkin	1 cup mashed and cooked	Avocado	1 avocado
Bell Peppers	1 large bell pepper	Cabbage	1 cup
Red Chili Peppers	¾ cup	Celery	1 cup diced
Potatoes	1 large potato, or 1 cup mashed	Cucumbers	1 cup raw, sliced, or chopped
Corn	1 large ear, or 1 cup kernels	Lettuce	2 cups raw
Tomatoes	1 large, or 2 small	Mushrooms	1 cup, raw or cooked
Squash	1 cup cooked, cubed or sliced	Okra	1 cup
		Onions	1 cup, chooped, raw or cooked

One Ounce of Protein:

Meats	1 slice deli meats 1 sandwich slice turkey or chicken 1 ounce cooked beef, goat, ham, lamb, or pork	Eggs	1 egg
Poultry	1 ounce cooked ground beef or pork 1 ounce cooked chicken	Nuts and seeds	½ ounce of nuts/seeds 1 tablespoon of peanut/almond butter
Seafood	1 ounce cooked fish 1 ounce cooked shellfish 1 ounce canned fish	Beans	¼ cup of cooked beans, peas, or lentils ½ cup of tofu ¼ cup of soybeats 1 falafel patty 6 tablespoons of hummus

One Ounce of Grains:

Bagels	2" mini bagel
Pita Chips	⅓ cup
Barley	½ cup, cooked
Biscuits	1 small biscuit
Breads	1 regular slice
Roti	1 6" roti
Cornbread	1 small piece
Couscous	½ cup, cooked
Oatmeal	½ cup cooked 1 packet instant ⅓ cup quick-oats
Pancakes	2 3" pancakes 1 4½" pancake
Pasta	½ cup cooked 1 ounce dry
Popcorn	3 cups, popped
Quinoa	½ cup, cooked
Rice	½ cup, cooked 1 ounce dry
Tortillas	1 6" tortilla

One Cup of Dairy:

Milk	1 cup
Calcium-Fortified Soy Milk	1 cup
Yogurt	1 cup
Hard Cheese (Cheddar/ /Mozzerella)	1½ ounce
Shredded cheese	⅓ cup
American cheese	1 ounce or 1 slice
Ricotta	½ cup
Cottage Cheese	2 cups
Queso Fresco	2 ounces
Queso Blanco	2 slices

source: myplate.gov