

The healthy eating pyramid

- Include breakfast in your daily plan
- Eat more often but smaller portions
- Avoid eating in fast foods
- Eat more vegetables and fruits



- Eat sparingly:*
- red meat, butter and salt
 - refined grains: bread, white rice and pasta
 - potatoes
 - sweets and sugary drinks

- Watch less TV
- Reduce sedentary activity
- Walk more instead of using your car or public transport
- Exercise more



Healthy fats and oils:
Olive, corn, soy, canola, sunflower and other vegetable oils.
Trans-free margarines.



Whole grains:
Whole wheat pasta, brown rice, oats, etc.



*Drink 1-2 litres of liquid a day, preferably unsweetened.
Caffeinated beverages should be consumed in moderation only.*

Nutrition For Healthy Living

Wendy Schiff



Nutrition For Healthy Living:

Nutrition For Healthy Living Wendy Schiff, 2012-01-05 Completely revised and up to date with MyPlate Healthy People 2020 and Dietary Guidelines for Americans 2010 *Nutrition for Healthy Living* takes an innovative approach to introductory nutrition for non science majors With its unique concise organization and a distinct focus on consumerism this engaging fun to read text will provide students with the scientific foundation needed to make informed nutritional decisions well beyond the classroom Users who purchase Connect Plus receive access to the full online ebook version of the textbook **Nutrition for Healthy Living** Wendy Schiff, Gordon M. Wardlaw, 2009 *Nutrition for Healthy Living* Wendy Schiff, Traci L. Keck, 2021-03 *Nutrition for Healthy Living* is intended for students who are interested in learning about nutrition for personal reasons as well as students considering majoring in nutrition nursing or other health and science related fields *Nutrition for Healthy Living* is an introductory textbook that appeals to students who represent a broad range of academic backgrounds English majors as well as biology and nursing majors Using this textbook to accompany an introductory nutrition course is intended to spark students interest in adopting healthier dietary practices and possibly even inspire some students to consider nutrition as their major *Nutrition for Healthy Living* is scientifically up to date but also includes consumer and clinically oriented content and features The text is visually appealing and fun to read engages students interest is well organized and has features that contribute to the pedagogy without being distracting **Human Nutrition** Tammy J. Stephenson, Wendy J. Schiff, 2018-01-03 *Human Nutrition Science for Healthy Living* is an interesting engaging reliable and evidence based introductory textbook with a wide variety of features to promote active learning A clinical emphasis appeals to all but is of particular relevance to those studying nutrition dietetics or health science professions including nursing Real life and clinical examples statistics and evidence from professional sources address current and controversial topics and support the key concepts of the science of nutrition *Human Nutrition* provides the framework for students to not just memorize facts but to truly learn and apply the science of nutrition The knowledge gained can be applied not only to a future profession but just as importantly to everyday life Our hope is that readers share the practical advice and key concepts learned in the textbook with family and friends to promote optimal health and wellness *Loose Leaf for Nutrition for Healthy Living* Wendy Schiff, 2015-01-15 COMING SOON Revised for 2015 Dietary Guidelines Completely revised up to date and redesigned the fourth edition of *Nutrition for Healthy Living* takes an innovative approach to introductory nutrition for non science majors With its unique concise organization and a distinct focus on consumerism this engaging fun to read text provides students with the scientific foundation needed to make informed nutritional decisions well beyond the classroom *Nutrition for Healthy Living Updated with 2015-2020 Dietary Guidelines for Americans* Wendy Schiff, 2016-05-03 *Loose Leaf for Nutrition for Healthy Living* Wendy J. Schiff, 2018-01-03 Completely revised and up to date the fifth edition of *Nutrition for Healthy Living* takes an innovative approach to introductory nutrition for non science majors With its unique

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