Iraqi Health Outreach Project

Using the “MyPlate” Model for Balanced Nutrition

Tips for healthier eating: Cook at home so YOU are in control of what you are eating; read nutrition labels when you grocery shop; serve fruits and vegetables to your guests instead of fatty and sugary foods, serve unsweetened tea with sugar on the side so the guest can decide how much sugar to add; lower your salt intake and reduce your risk for dehydration and high blood pressure by using spices or salt alternatives; eat the right amount of food for YOU. If you want to speak with a nutritionist to learn more about what food is right for you, contact the number provided below or send us an email.

Phone: 773.751.4027
Email: rnutrition@heartlandalliance.org

For more information about the IHOP Project, contact:
refugeehealthprograms@heartlandalliance.org
(773) 751-4073

www.heartlandalliance.org/refugeehealth

This project has been funded in whole or in part with Federal funds from the Department of Health and Human Services, National Institutes of Health, National Library of Medicine, under Contract No. HHSN-276-2011-00055C with the University of Illinois at Chicago.

English Sources:
United States Department of Agriculture (USDA): http://www.choosemyplate.gov

English/Arabic Sources:
New Americans Health Information Portal: http://palantir.lib.uic.edu/nahip/?q=node/13

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English Sources (مصادر باللغة الإنجليزية):
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Using the “MyPlate” Model for Balanced Nutrition

The MyPlate model is a guide to help you eat a well-balanced diet. It looks like a plate so you can try to make your plate match the MyPlate guidelines as you prepare your meals!

Grains: Make at least half of the grains you eat whole. Choose 100% whole grain breads and pastas. Check the ingredients list on the package; the first ingredient should be 100% whole wheat/grain.

Protein: Choose lean meats and vary your protein sources. Try to eat beans or fish 2-3 times per week. Beans have added fiber that helps digestion, and cold-water (fatty) fish has omega-3, which can be healthy for you in the right amounts. Bake or broil meat and fish, instead of frying.

Fruits & Veggies: Make half your plate fruits and vegetables and choose a variety of colors to ensure you are getting plenty of vitamins and nutrients.

Dairy: Consume three servings of low-fat dairy per day. If you drink whole milk, try switching to skim or 1% milk.

Before you eat, think about what goes on your plate, bowl or cup! Eating a healthy and balanced diet can help you prevent heart disease, diabetes, weight gain or weight loss, and some cancers.

Fruits and vegetables contain many nutrients and vitamins that are essential for a healthy diet. Make sure to eat a variety of colors to get all the vitamins your body needs.

Dairy products are an important part of a healthy diet. They provide calcium and other nutrients that are essential for strong bones and teeth.

Protein is essential for building and repairing tissues in the body. Choose lean meats, beans, and fish to get enough protein in your diet.

Grains are a good source of energy. Choose whole grains, which are more nutritious than refined grains.

Vegetables are a great source of fiber and vitamins. Eat a variety of vegetables to get all the vitamins your body needs.

Remember to be physically active every day! Drink plenty of water (about 8 cups) to stay hydrated.

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