



Nutrition Program Menu

A Publication of the Dutchess County Office for the Aging

November 2016

Friendship Sites:

Beacon
838-4871

East Fishkill
226-3605

Millerton
518-789-3081

Pawling
855-9308

Poughkeepsie
275-2661

Rhinebeck
758-0571

South Amenia
373-4305

Tri-Town
486-6363

Dear Friends,

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. The Academy of nutrition and Dietetics suggests:

Make Your Calories Count

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables, such as leafy greens and broccoli, and orange vegetables, including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

Look for foods low in saturated fats and trans fats to help reduce your risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the **Nutrition Facts panel** on food labels for total fat and saturated fat. Use low-fat or fat-free milk and milk products. Include lean meats, poultry, fish, beans, eggs and nuts.

Small choices every day will add up to big results over time. So start simply and choose wisely.

Sincerely,

Christine Sergent, MS, RD, CDN
Nutrition Services Coordinator

Todd N. Tancredi
Director



Marcus J. Molinaro
County Executive