

## You Eat Food, Not Nutrients

It's wise to know the recommended limits for certain nutrients that could pose a threat to your health, such as fat, cholesterol, and sodium. Yet, it's much easier to concentrate on how to include healthier foods than it is to count every nutrient that passes your lips.

## The Dietary Guidelines for Americans emphasizes nutrient-rich foods over more processed ones.

Why? Nutrient-rich foods supply substantial amounts of vitamins, minerals, and other nutrients for relatively fewer calories. For example, eight ounces of fat-free milk provides about 300 milligrams of calcium for about 110 calories. To get the same amount of calcium from vanilla ice cream, you'd need to eat 1 ½ cups, which supplies 425 calories. Choosing ice cream instead of fat-free milk doesn't make much sense, since it consumes nearly one-quarter of most adults' daily calorie allowances.

*Healthy Balance* meals make sense for everyone – not just people who want to limit calories, fat, cholesterol, sodium, and sugar because of dietary restrictions. Eating the *Healthy Balance* way helps you to come closer to an eating plan that may increase your energy, and promote wellness.

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## The Healthy Balance Meals Program: Catering to Your Health

*Delicious and nutritious food when you dine away from home.*



## The Healthy Balance Meals Program

You want to limit calories, fat, saturated fat, cholesterol, sodium, or sugar, but you don't want to sacrifice taste. As part of our ongoing commitment to wellness, Corporate Chefs offers Healthy Balance meals to help you to eat better when you're away from home.

The Healthy Balance Meals Program, designed by our registered dietitian, Elizabeth Ward, MS, RD, is regularly updated to reflect the latest healthy eating recommendations from organizations such as the American Heart Association, and the U.S. government.

### Each Healthy Balance meal provides:

- 500 calories, or less
- 12 grams of total fat, or less
- No added trans fat
- 75 milligrams of cholesterol, or less
- 600 milligrams of sodium, or less
- No added sugar

When you choose a Healthy Balance meal, you know what you're getting: a calorie-controlled, delicious and nutritious alternative to choices with more fat, sodium, and sugar than you may want, or need.

## Your Life: It's All About Balance

Healthy eating serves up the vitamins, minerals, fiber, and other essential nutrients you need, and helps to limit fat, cholesterol, sodium, and sugar. Along with other healthy lifestyle habits, such as regular physical activity, a balanced eating plan promotes wellness and reduces the risk for chronic conditions, including heart disease and cancer.

*Part of eating a balanced diet is being aware of the current recommendations for limiting calories, fat, cholesterol, sodium, and sugar:*

**Calorie** needs depend on your age, gender, and physical activity level. Generally speaking, a moderately active woman ages 26-50 requires about 2,000 calories a day while a man of the same age needs about 2,600 calories daily. (Get a more personal recommendation at [www.mypyramid.gov](http://www.mypyramid.gov))

At 500 calories or less, Healthy Balance meals fit into nearly every adult's daily calorie allotment, even when weight control is the goal.

**Total fat** depends on calorie needs. Limit total fat to 66 grams a day on a 2,000-calorie diet and 87 grams daily on 2,600 calories.

**Trans fats** are not required by your body, so eat as little as possible by avoiding processed foods with trans fats. (Check the Nutrition Facts panel on

food labels for trans fat content). While it is nearly impossible to completely avoid trans fat, Corporate Chefs uses trans fat-free products, including 100% trans fat-free oil and trans fat-free margarine.

**Cholesterol**, found primarily in fatty animal foods, plays a role in heart disease. Limit daily cholesterol consumption to 300 milligrams, or less.

**Sodium** increases the risk for high blood pressure, a risk factor for heart disease and stroke. The 2005 Dietary Guidelines for Americans advocates limiting sodium to 2,300 milligrams a day, while the proposed Dietary Guidelines for Americans 2010 suggests no more than 1,500 milligrams daily.

**Sugars**, such as table sugar, high fructose corn syrup, and honey, add calories to foods that may hamper weight control efforts, and aggravate diabetes. The American Heart Association recommends no more than 100 calories of added sugar (about 6 teaspoons worth) a day for women and no more than 150 calories a day (about 9 teaspoons) for men.

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