

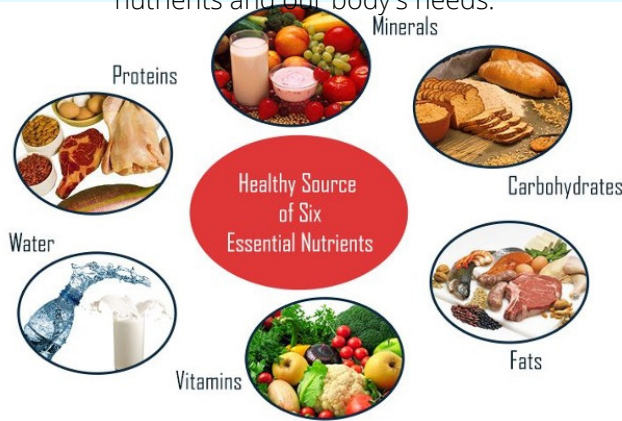


# A

# Balanced Meal

## From Latinas Contra Cancer

The 6 essential nutrients are things that we have to eat in order for our bodies to function well. If we don't eat enough, our bodies can fail. The recommendations for what kind of food and how much food we have to eat are based on these nutrients and our body's needs.



- The recommendation for a healthy life is that out of all the food you eat in a day:
  - Half (½ or 50%) should be fruits and vegetables
  - One quarter (¼ or 25%) should be grains
  - A quarter (¼ or 25%) should be protein
  - You have to limit fats to less than 10% that you eat it in the day

Most vitamins and minerals are found in foods that are categorized as carbohydrates (these are fruits, vegetables, and grains). Because of this, and because our body uses carbohydrates directly for energy, most of what we should eat is carbohydrates

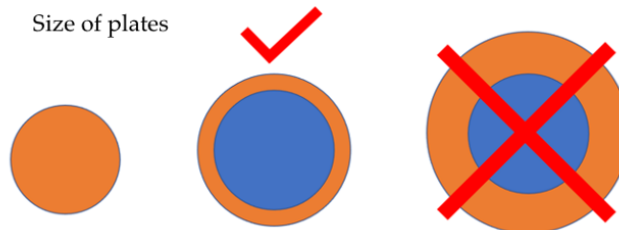


It's difficult to put a certain food into just one category because almost everything has a little bit of each nutrient. To be sure you are getting all the essential nutrients, eat a wide variety of foods and colors!

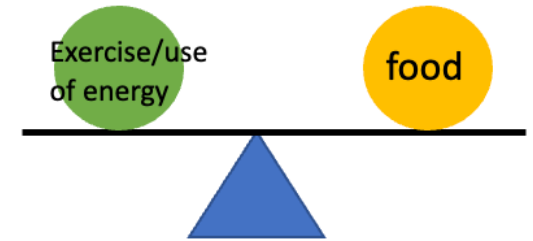


It is not necessary to eat breakfast, lunch, and dinner on the largest plate. Prioritize using the medium plate to control the portions you eat daily. The body and hunger are very adaptable!

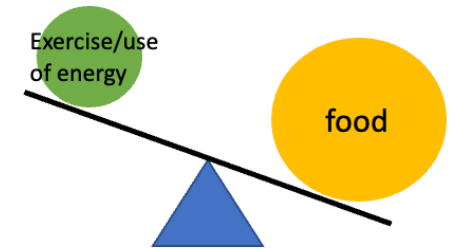
Size of plates



- Calories are the amount of energy in a meal. Our body needs energy to be able to do all the chemical reactions that allow us to live.
- Empty calories** are calories or energy that come mostly from fat and added sugar and have no other nutritional value (such as other carbohydrates, proteins, vitamins, and minerals)



- If we eat a lot of empty calories, the extra energy will be converted into fat. If this happens for a long time, it can lead to being overweight and obese.
- To maintain our weight and amount of body fat, we must limit empty calories and we should not



The key to a healthy life is balance and **moderation**

- You have to maintain the balance between the calories consumed and the energy used to maintain your weight and to not produce more body fat
- You can eat whatever you want. You do not have to eliminate sweets, snacks, etc., but you do have to **moderate** them. The majority of our diet should be the 6 essential nutrients and not empty calories.
- EVERYTHING is good in moderation and EVERYTHING is bad in excess!