

# MNT Nutrition Guidelines

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## Macro Nutrients

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**Good** = Indicates doing well.      **Attention** = Indicates an area where improvement is needed.

**Attention Total Calories (kcal) Consumed**

Your energy intake (total calories eaten) is likely to exceed your energy expenditure. Balance your food intake with your activity level. Limit your intake of food to the recommended number of servings suggested for you by the food guide pyramid. Also, include physical activity in your daily routine.

**Attention Total Fat Intake**

Your total fat intake may exceed your total fat intake goal. Look for ways to reduce total fat from your diet. Limit adding fat to your foods with butter and other fat spreads and choose foods labeled "low" or "non" fat.

**Attention Monounsaturated Fat Intake**

By increasing the use of monounsaturated fats you may reduce your risk of certain diseases. Monounsaturated fats are oils such as olive oil, canola oil and the oil in avocados. Choose products that have replaced saturated and hydrogenated fats with monounsaturated oils.

**Attention Saturated Fat Intake**

You may be eating too much saturated fat. These are fats that are hard at room temperature. They are found in butter, meat and most bakery products. Saturated fat tends to increase blood cholesterol and increase your risk of heart and artery disease.

**Good Cholesterol Intake**

Your dietary intake of cholesterol is within the recommended range. Continue to choose foods that are low or have no cholesterol. Only animal products will contain cholesterol. Limit red meats and avoid organ meats such as liver, kidney or brains. Egg yolks are also high in cholesterol. Keep up the good work.

**Attention Protein Intake**

Your diet may be low in protein. You may be either not eating or reporting enough calories. Eat a variety of foods following the recommendations of the Food Guide Pyramid. Protein rich foods include, lean meats, beans, nuts and seeds. Protein is also available in milk products, cereals and grains. Try to have at least 2 servings of protein rich food each day.

**Attention Carbohydrate Intake**

Carbohydrates are the main source of energy for our muscles and brain. Your main source of carbohydrate should come from whole grain bread, cereals, fruit and vegetables. These are good sources of fiber. However, limit the amount of refined carbohydrate foods, such as sweets pastry and sugar sweetened beverages. Too many of these each day may contribute to both tooth decay and obesity.

**Good Fiber Intake**

You report eating a diet high in fiber, an important part of a healthy diet. Continue to eat fiber rich foods such as fruit and vegetables, whole oats, brown rice or whole-wheat bakery products.

**Good Alcohol**

According to the National Academy of Sciences, when men drink more than 2 drinks per day, or women more than 1 drink per day, their risk for health problems increases. Continue to limit your intake of alcoholic beverages to within these limits or less.

**Additional Comments**

Try to avoid late night eating. Eat a balanced meal between 5 and 7 PM and drink only water (try a little lemon in it) when you are watching TV.