Food Groups and Food Portions
vegetables
Fruits
Grains
Protein
Dairy
PORTION SIZE FOR A BALANCED DIET

Using hand symbols for managing portions

1. **Protein Intake**
   - For men, two palm sized portions with each meal.
   - For women, one palm sized portion with each meal.

2. **Vegetable Intake**
   - For men, two cupped hand sized portions with each meal.
   - For women, one cupped hand sized portion with each meal.

3. **Carbohydrate Intake**
   - For men, two fist sized portions with most meals.
   - For women, one fist sized portion with most meals.

4. **Fruits Intake**
   - For men, two cupped hand sized portions with each meal.
   - For women, one cupped hand sized portion with each meal.

5. **Fat Intake**
   - For men, two thumb sized portions with most meals.
   - For women, one thumb sized portion with most meals.

**Note:** Body size will determine the palm size; bigger the body bigger will be the hand. Smaller the body smaller will be the hand. Our hand size correlates closely with the general body size. So, using hand symbols for portion sizes is a convenient option.
Eating healthy foods protect us from

1. Heart diseases
2. High blood pressure
3. Type 2 Diabetes
4. Some types of cancer
Example of a healthy meal
Example of a healthy meal
Example of a healthy snack
Example of a healthy snack
Example of a healthy snack
low-fat greek yogurt
Example of a healthy snack
Homemade smoothies
Practical tips for healthy shopping

1. Make a list
2. Don’t shop hungry
3. Try canned or frozen fruits and vegetables (cheap and last long)
4. Choose fat-free or low-fat dairy products
5. Switch from butter to olive oil
6. Choose whole grains and pasta
7. Choose lean meats and skinless chicken
Exercise

- What are different ways that you exercise?
- How often do you exercise?
- What are challenges to exercise?
How much exercise do we need

30 minutes 3-4 times per week
Exercise ideas

• Take a brisk walk
• Ride a bike
• Swim
• Dance
• Rake leaves or shovel snow
• Play actively with your kids
• Use an aerobic DVD
• Fitness classes
Unhealthy Diet
Why is this food unhealthy?
Why is this food unhealthy?

- Too much Sugar
- Too much Salt
Obesity
Heart Disease

- Normal coronary artery
- Atherosclerosis
- Atherosclerosis with blood clot
Diabetes

Prevalence of Diabetes by Age

- 0.2%
- 2.6%
- 10.8%
- 23.8%
How much sugar is in your food?
Children’s Nutrition
What are examples of healthy snacks/foods that you have your child eat?
Children’s Nutrition
## Children’s Nutrition

<table>
<thead>
<tr>
<th>Unhealthy Option</th>
<th>Healthy Option</th>
</tr>
</thead>
<tbody>
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### What happens at school?
Practical ways to eat healthy

• What have we talked about already?
Practical ways to eat healthy?

• Cut down on sugar added to tea
• Buy canned and frozen veggies (cheap and last long)
• Switching from butter to olive oil
• Canned tuna, lean cuts of meat
• Switching to low fat milk and yogurt
• Whole grain breads, brown rice, cereal
Halal Meat and Grocery Stores
Halal Markets

Aldean’s Halal Market – 702 Boston Post Road, West Haven, CT 06516.  (203) 934-7091

• Country Fresh Halal Meat Market & Grocery – 80 Foxon Hill Road, East Haven, CT 06513.  (203) 468-0086

• Nazar Market – 39 Elm Street, West Haven, CT 06516.  (203) 891-7757

• N & A Halal Market – (203) 937-8774- 211 Saw Mill Road, West Haven, CT 06516
Halal Restaurants
Restaurants

- **Aladdin Crown Pizza** – 260 Crown Street, New Haven, CT 06511. (203) 773-3772
- **The Halal Guys** – 906 Chapel St, New Haven, CT 06510. (203) 691-5166
- **Tikkaway Grill** – (203) 562-1299 : 135 Orange St, New Haven 06510.
- **Pitaziki Mediterranean Grill** – 170 Temple Street, New Haven, CT 06510. (203) 773-5000
- **Chap’s Grille** – 1174 Chapel Street, New Haven, CT. (203) 562-2966
- **Sesame Falafel** – 1217 Chapel St, New Haven, CT 06511. (203) 498-800
- **Mediterranea** – 140 Orange Street, New Haven CT 06510. (203) 624-0589
- **Falafel House** – 702B Boston Post Road, West Haven, CT 06516. (203) 937-1881
- **Saray** – 770 Campbell Avenue, West Haven, CT 06516. (203) 937-0707
- **Ali Baba’s Fusion** – 986 Dixwell Avenue, Hamden, CT 06514. (203) 535-1164
- **Cumin India** – 262 Skiff Street, Hamden, CT 06518. (203) 248-6464
- **Turkish Kebab House** – 1157 Campbell Avenue, West Haven, CT 06516. (203) 933-0002