

# Nutrition and Healthy Diet

By Dr Yun Xia and Margaret Pochay

*"Every bite we take is either a step toward health or toward disease."*

Many people have gained weight during pandemic. People stress eat and eat more processed food. Obesity increases the risk of contracting covid 19 infection and its severity. The need to act on obesity is more urgent than ever.

This pamphlet will address what the normal weight should be, what a healthy plate is composed of, and how to control food craving.

## What is a normal weight?

Normal weight depends on your height. Body Mass Index (BMI) is used as an indicator for weight assessment.

$$BMI = \frac{weight(lb)}{height^2(in^2)} \times 703$$

Under-weight	Normal	Over-weight	Obese	Morbid obese
<18.5	18.5-24.9	25-29.9	30-39.9	>40

## How many calories should I eat daily?

It depends on your age, height, weight, activity level, and metabolic health. If you want to lose one pound of weight per week, you need to reduce calorie intake by 500 calories daily than what your body needs.

Table 1: Average daily calorie needs

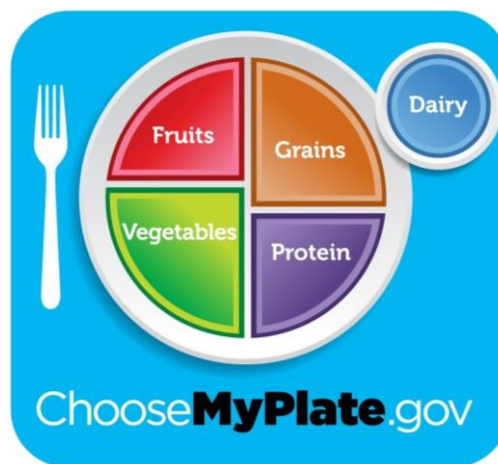
Age (yo)	Sex	Calorie to maintain weight*	Calories to loss 1lb/week*
19-25	M	2800	2300
	F	2200	1700
26-50	M	2600	2100
	F	2000	1500
>50	M	2200	1700
	F	1800	1300

\* The calorie need is based on average active adults

\* If you are very active and walk 3 miles daily, you can add another 200 calories daily.

\* This is for reference. Consult your doctor or dietitian for personal needs

## What Makes a Healthy Plate?



**½ plate of a rainbow vegetables and fruits.** Eat a variety of vegetable and fruits of different colors. The colors come from different nutrients. Potato does not count.

**¼ plate of whole grain.** Eat whole wheat, barley, oats, brown rice. White rice and bread are unhealthy since they rapidly turn into blood sugar.

**¼ plate of protein:** Fish, poultry, beans, and nuts are all healthy protein. Cut back red meat and avoid processed meat like bacons, sausage, and cold cuts.

**Healthy oil– in moderation:** choose healthy vegetable oils like olive, canola, corn oil. Minimize butter, palm oil, coconut oil.

## High-Nutrient versus Low-Nutrient Food

### High-nutrient

- Vegetables
- Herbs and spices
- Fruits
- Legumes
- Whole grain
- Nuts
- Seeds

### Low-nutrient

- Sugary drink
- Processed meats
- Fried foods
- Processed snacks
- Confections
- High fat dairy
- Red meat



## What is the calorie of common foods?

Apple: 72  
Bagel: 289  
Banana, medium: 105  
Beer (12 ounces): 153  
Bread (one slice): 66  
Butter (1 tablespoon): 102  
Carrots (raw, 1 cup): 52  
Cheddar cheese (1 slice): 113  
Chicken breast (3 ounces): 142  
Chili with beans (canned, 1 cup): 287  
Cheeto chips (2oz) 260  
Cola (12 ounces): 136  
Corn (canned, 1 cup): 180  
Egg: 80  
Green beans (canned, 1 cup): 40  
Ground beef patty (15% fat, 4 ounces) : 193  
Hot dog: 137  
Ice cream (1 scoop): 145  
Jelly doughnut: 289  
Milk (2% fat, 8 ounces): 122  
Orange juice (8 ounces): 112  
Peanut butter (2 tablespoons): 180  
Pizza (one slice): 298  
Pork chop (3 ounces): 221  
Potato chips (1 ounce): 155  
Ranch salad dressing (2 tablespoons): 146  
Rice (cooked, 1 cup): 205  
Shrimp (3 ounces): 84  
Spaghetti (cooked, 1 cup): 221

Source: USDA National Nutrient Database (2006).

**Tip:** Limiting calorie intake is very critical to lose weight and maintain weight. Imagine that you need to walk for 75 minutes in order to kill the calorie from one bagel.



## 8 Tips for Healthy Eating

- 1. Eat regular meals:** this helps to burn more calories and prevent overeating from being hungry.
- 2. Eat nutrient dense food:** legumes and beans are low cost, healthy food. They lower risks of cancers.
- 3. Eat fresh food:** processed food has less nutrient and may even increase cancer risk. Avoid sausage, bacons, and pepperoni.
- 4. Reduce salt:** aim for <math>\frac{1}{2}</math> teaspoon of salt a day.
- 5. Minimize snacks:** many people's calorie intake from snacks is higher than their regular meals.
- 6. Check the label and count calories:** "10% less sugar" does not mean it is healthier. Check the calorie, fat, and sugar per serving.
- 7. Slow down:** as it can take 20 minutes to feel the stomach is full.
- 8. Avoid eating 2 hours before bed**



## Resources

[www.nutritionfact.org](http://www.nutritionfact.org)  
[www.heart.org/HEARTorg](http://www.heart.org/HEARTorg)  
[www.diabetes.org](http://www.diabetes.org)  
[www.americancollegeofnutrition.org](http://www.americancollegeofnutrition.org)

## Mindful Eating- A way to control food craving

**PAUSE**  
**-BEFORE-**  
**YOU EAT**

No matter how flavorful the food is, the flavor only lasts 20-30 seconds before it is completely gone. That's why we can't depend on food to give us satisfaction. We need to have a healthy relationship with food.

Before you eat, pause and think-  
"why do I want to eat?  
Am I truly hungry?  
What am I really hungry for?  
Does eating really make me happy?"

Address the real triggers of food craving. Tired? Get some rest. Bored? Find activities to do. Lonely? Talk to a friend or make new friends.

Identify what gives you true happiness and pursue it. Is it walking, talking to a friend, gardening or helping others?

Mindful eating starts from grocery shopping. Make a list for healthy meal plan and stick to it.

Prepared for you by:  
Dr. Yun Xia (PCP)  
Primary Care at Northwoods  
2005 Industrial Park Rd. Taunton, MA 02780  
Tel: 508-822-2266



Margaret Pochay (nutritionist)  
2007 Industrial park Rd, Taunton, MA 02780  
Tel: 508-738-6719

*"I believe prevention is the best medicine"- Dr. Xia*