FACT: Eating breakfast is important

Low glycemic carbs (oatmeal, whole grains & fruit) as well as good fats (free nuts, egg yolks, avocados) provide sustained energy for both mental focus, physical energy and health.

Lean Protein, Low Glycemic Carbohydrates & Good Fats

Great oats: cooked whole grain oatmeal sweetened with fresh or dried fruit, honey, walnuts and sliced banana, or whole grain cereal with milk, or
Quick eggs: fried or scrambled eggs with butter, fresh salsa and grated cheese, or
Waffle-licious: multi-grain waffle or pancakes topped with whipped cream, fresh fruit and chopped nuts.

Drinks: water, milk, 100% pure orange juice, or natural fruit juice.

Lean Protein, Low Glycemic Carbohydrates & Good Fats

1/2 sandwich: tuna, chicken or turkey on whole grain bread with lettuce, tomato and avocado, or cheese on whole grain bread.

Good Fats

Small handful of: whole unsalted raw or roasted almonds, trail mix, unsalted sunflower seeds, or unsalted pumpkin seeds.

Drink: water or 100% pure fruit juice.

Lean Protein, Low Glycemic Carbohydrates & Good Fats

Pasta-licious: whole wheat or brown rice pasta served with pasta sauce, grated cheese and topped with turkey or lean beef meatballs, or
Nutty sandwich: unsalted and unsweetened almond or peanut butter and natural jam or jelly on whole grain bread, or
Egg-wich: egg salad sandwich on whole grain bread with cheese.

Lean Protein, Low Glycemic Carbohydrates

1 serving fruit: apple, peach, plum, grapes, strawberries, berries, pear, apricots, cherries, oranges, watermelon wedges, 1/2 banana.

Drink: water or 100% pure fruit juice.

Lean Protein & Low Glycemic Carbohydrates & Good Fats

1 serving: yogurt with fresh fruit and almonds, and whole grain crackers with unsalted and unsweetened almond or peanut butter or cheese wedges.

Low Glycemic Fruit Carbohydrates

1/2 serving fruit: apple, peach, plum, grapes, strawberries, berries, pear, apricots, cherries, oranges, watermelon wedges, 1/2 banana, or natural fruit snack.

Drink: water or 100% pure fruit juice.

Lean Protein

1 serving: lean chicken, turkey, fish, beef or pork baked or pan fried with non-stick cooking spray.

Fiberous Carbohydrates

1 serving: mixed green salad, green beans, broccoli, spinach, brussels sprouts, asparagus.

Low Glycemic Carbohydrates

1 serving: baked potato, yams, sweet potatoes, rice, quinoa, or pasta (wheat or brown rice).

Drink: water or milk.

Lean Protein, Low Glycemic Carbohydrates & Good Fats

1 serving: natural sorbet, frozen yogurt, frozen homemade fruit popsicles, Jello or homemade dessert.

Drink: water, milk, 100% pure fruit juice.

Tip: Avoid “bad” carbohydrates

Bad carbs are high glycemic and includes: sugar, corn syrup & fructose sweeteners, processed (refined) flour, and processed snack foods. Bad carbs combined with saturated fats are bad for your health.

Tip: Drink water after dark

If thirsty before bed drink water and not fruit juice or sodas. Water will keep your mouth cleaner, preventing bacteria which leads to tooth decay. Brush your teeth before bed.

Fact: Sugar promotes cavities

Sugar may be yummy in the tummy, but bad for teeth. Sugar feeds bacteria in the mouth which can lead to cavities. Always rinse your mouth with water after eating sugary foods or drinks.

Occasional cheat treat

1 serving: natural sorbet, frozen yogurt, frozen homemade fruit popsicles, Jello or homemade dessert.

Drink: water, milk, 100% pure fruit juice.

SLOW metabolism

Follow a lower carbohydrate/lower fat diet

Less-active, low-energy adults need less calories. Following a well-balanced nutritional diet that includes lean proteins, low glycemic carbs, fruits and vegetables, as well as good fats will grow healthy strong bodies. Recommended diet plan:

50% protein | 40% carb | 10% fat

The choice of LOW-FAT or REGULAR Daily Products is determined by total daily caloric needs.

Take 5 Diet Plan

FAST metabolism

Follow a higher carbohydrate, higher fat diet

Active, high-energy adults need more calories. Increasing good fats and low glycemic carbs with lean proteins, fruits and vegetables will provide the needed fuel to grow healthy strong bodies. Recommended diet plan:

30% protein | 55% carb | 15% fat

These nutrition tips are general guidelines to promote health and well-being. For specialized health needs, allergies or health conditions/restrictions, consult with your doctor or nutritionist to formulate a specialized nutrition plan.

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