



## Central Texas Veterans Health Care System

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# Healthy Plate

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### Primary Care Nutrition Tip

This handout provides only basic nutrition guidelines for this topic.  
See a Registered Dietitian (RD) for your individual needs.  
The Nutrition Clinic is a walk-in clinic (no appointment needed) in  
Austin, Temple and Waco and by appointment at CBOC's.  
Sign up with the clinic clerk to speak to a dietitian.

#### **Other classes and programs available:**

**Diabetes Classes** - series of 3 classes with information from nursing, nutrition, pharmacy and activity specialists on how to manage your diabetes.

**Cardiovascular** - 3 hour class with nursing, nutrition and pharmacy information on heart health.

**Pre-Diabetes** – 90 minute class with nursing and nutrition information on reducing or delaying your chance of having diabetes. Available in Waco, Temple, Austin

**Renal** - 2 hour class with information from nursing and nutrition on kidney disease and management. Available in Temple, Austin

**MOVE! Weight Management** - **MOVE!** is a national VA program designed to help veterans lose weight, keep it off and improve their health. MOVE! features a personalized program of nutrition, physical activity and behavior change. Visit [www.move.va.gov](http://www.move.va.gov) to find out more.

**Ask your Primary Care Team which of these classes is best for you and how to be enrolled.**

## Healthy Plate



1. Do not skip meals. Eat meals about every 4-5 hours apart (at least 3 each day).
2. Reduce calories by taking smaller portions and omitting second servings.
3. Increase fiber by eating whole grain breads and cereals, fruits, and more vegetables.
4. Eat slowly. This will allow the time needed for the signal from the stomach to reach the brain to tell you that you've been fed.
5. **Decrease fat intake:**
  - Limit fried foods. These are high in fat, contain more calories, and can raise blood cholesterol. Bake, broil, boil, or grill foods most often.
  - Beware of "added" fat such as sauces, gravies, mayonnaise, salad dressing, butter, margarine, and sour cream. Try the low-fat varieties of these foods, but still limit amount used.
  - Avoid nuts, avocados, coconut, and olives which are high in fat.
  - Limit high fat meats such as sausage, bacon, bologna, hot dogs, and salami. These are often available in the low-fat varieties.
  - Use dairy products that are low fat such as 1% or skim milk, low-fat cheese, low-fat yogurt, low-fat ice cream, etc.
  - Choose low-fat snacks such as pretzels, baked chips, fruit, vegetables, low-fat desserts, or a bowl of cereal.
  - Use non-stick cooking spray, herbs, and spices instead of salt, butter, margarine, or meat fats in your cooking.
  - Read labels for foods lower in calories and fat.
6. Try diet sodas or other sugar-free drinks. Use sugar substitute in tea and coffee. Drink caffeine-free, when possible. Drink plenty of water.
7. Choose restaurants that offer low fat choices and smaller portions. Avoid all-you-can-eat buffets.