

Greenwich Hospital

REGULAR DIET

PATIENT/FAMILY INFORMATION SHEET

What is a regular diet?

When your doctor orders a regular diet for you, it means that you have no restrictions on the foods you eat. You may order freely from the menu provided to you in the hospital and use your judgment to choose from foods available to you once you leave the hospital.

What guidelines should I follow when planning my regular diet?

The Dietary Guidelines established by the US Departments of Agriculture and Health and Human Services are written to promote healthy eating and activity habits. There are four basic messages contained within the guidelines: Variety, Balance, Moderation and Activity. These guidelines are intended for healthy children (ages 2 years and older) and adults of any age.

How do I incorporate these four basic messages into my daily life?

Balance: To achieve or maintain a healthy weight, balance food and physical activity.

Variety: Choose foods from each food group: grains, vegetables, fruits, milk and lean protein and beans. Include different types of foods from each food group, such as dark green and orange vegetables, citrus fruits, whole grains, low fat and fat free dairy products.

Moderation: Limit saturated (solid) fats, such as butter, margarine, lard and foods made with these; limit *trans fats*, sodium and added sugars. Trans fats are unsaturated fats that are chemically changed and have the same unhealthy effects on the heart as saturated fats (such as in cookies, some margarines, crackers, and other foods with hydrogenated oils).

Activity: Engage in moderate physical activity at least 30 minutes most days of the week.

Find your balance between food and physical activity:

- Be sure to stay within your daily calorie needs.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.
- Check with your doctor before starting any exercise program.

Know the limits on fats, sugars and salt (sodium)

- Make most of your fat sources from fish, nuts and vegetable oils.
- Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

What foods are recommended?

Food Group	Recommended Amount*	Special Considerations
Vegetables	2 ½ cups each day	Eat more dark-green vegetables, such as broccoli, spinach and other dark leafy greens. Eat more orange vegetables, such as carrots and red bell peppers. Eat more dry beans and legumes, such as pinto beans, kidney beans, lentils.
Fruits	2 cups each day	Eat a variety of fruit. Choose fresh, frozen, canned or dried fruit. Limit fruit juices.
Grains	6 ounces each day	At least half of your grain servings should be fiber-rich, such as whole grain cereals, breads, crackers, brown rice. 1 ounce is about 1 slice of bread, about 1 cup flaked cereal, about ½ cup cooked rice, noodles, pasta.
Milk	3 cups each day	Choose low fat or fat free milk, yogurt or other dairy products. If you do not or cannot consume milk, choose lactose-free products or other calcium-rich sources such as fortified foods and beverages.
Lean protein & beans	5 ½ ounces each day	Choose low fat or lean meats, poultry, fish and beans. Prepare choices by baking, broiling or grilling. Choose fish, beans, tofu, nuts and seeds more often.

* Provides about 2000 calories.

Additional Resources

Greenwich Hospital Food and Nutrition Services 203-863-3000 Ext. 5211

USDA at www.MyPyramid.gov

American Dietetic Association at www.eatright.org

*For more Patient Fact Sheets, see the Greenwich Hospital web site at www.greenhosp.org and
Click on Patients & Visitors, then Patient Education*