



Cayuga Healthy Choice

The Garden Café at Cayuga Medical Center is delighted to offer an affordable and delicious meal that meets nutrition recommendations to keep you and your heart healthy!

Here's how it works:

The Cayuga Healthy Choice meal includes a balanced selection from the food groups. The menu follows the 4-by-1 rule described by Cayuga Center for Healthy Living. Every meal includes 1 serving each of the following:

1. A food high in protein (such as lean beef, pork, poultry, fish, beans, low-fat dairy)
2. A food containing a "complex carbohydrate" (a starch, emphasizing whole grains)
3. A non-starchy vegetable or a fruit
4. A small amount of fat

Behind the scenes, the Cayuga Healthy Choice has been designed to include no more than one-third of the recommended daily limits for fat, saturated fat, and sodium, established by the American Heart Association (AHA). Also, each meal contains fewer than 500-700 calories, which is approximately one-third of a daily intake of 1500-2100 calories. If consumed in excess, these dietary components can increase the risk of heart disease and other chronic health problems.

	FAT	SATURATED FAT	SODIUM
AHA Daily Limit	40-60 grams	14-20 grams	1500-2400 mg
Cayuga Healthy Choice	15-20 grams	5-7 grams	500-800 mg

The Garden Café offers many other menu items that individually meet heart healthy recommendations. However, in order to stay within daily guidelines you must carefully select among the other foods to complete your meal.

By opting for the Cayuga Healthy Choice, you can skip the guesswork and know that your meal fits easily into a daily pattern of good nutrition. It's not difficult to use the 4-by-1 rule at other meals and locations, whether at home or dining out. Try creating some sample menus of your own that follow the pattern.

- For more information about Cayuga Center for Healthy Living, call (607) 252-3590 or visit the website at www.cayugamed.org.
- The Cayuga Heart Institute is described at www.cayugamed.org
- For more information about heart health, visit the website of the American Heart Association at www.heart.org
- For more information about eating for your health, visit the USDA website www.mypyramid.gov

Cayuga Healthy Choice is created by the Garden Café at Cayuga Medical Center, in conjunction with Cayuga Center for Healthy Living and Cayuga Heart Institute. Your suggestions are welcome.

You can choose health!