



# Healthy Nutrition for Adults and Adolescents with Prader-Willi Syndrome

## Carbohydrates

\*Important for energy in the body. Read food labels closely and it's ideal to look for more than 3 grams of fiber per serving of healthier carbohydrate.



fresh fruits

vegetables

whole-wheat products

brown rice



beans

peas

lentils

milk

yogurt



## Proteins

\*Important for building, maintaining, and replacing the tissues in the body, muscles, organs, and immune system. Each meal and snack should have a good source of protein to make for a balanced diet.



chicken

turkey

fish

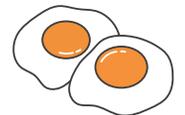
eggs

dairy

beans

nuts

seeds



## Fats

### Unsaturated fats:

\*Beneficial effect on heart health when eaten in moderation. Omega-3s (polyunsaturated) can lower bad cholesterol.



salmon

mackerel

herring

lake trout

sardines

albacore tuna

flax seeds

walnuts

avocados



### Saturated fats:

\*Found in some foods that provide important nutrients for a healthy diet. Offer in moderation.



fatty beef

lamb

pork

poultry with skin

lard

eggs

cream

butter

cheese

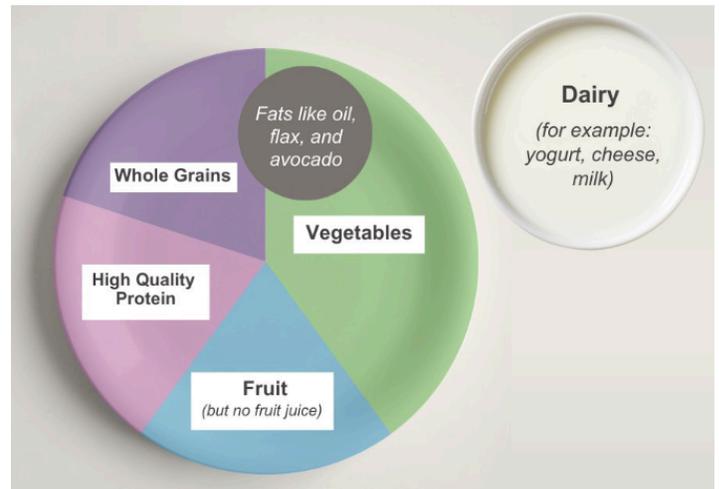




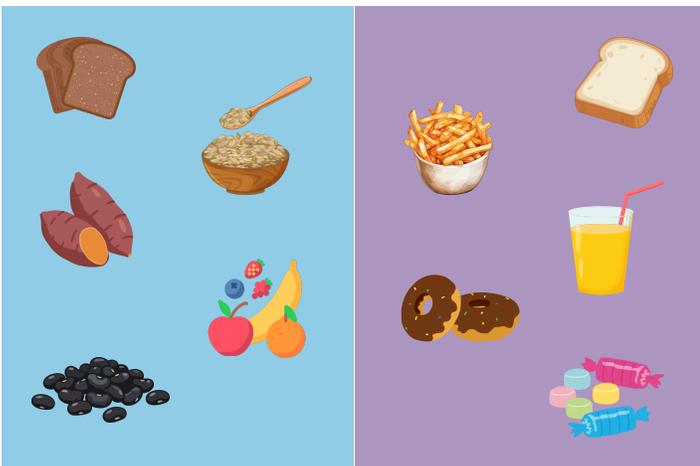
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## Tips for Healthy Meal Building

The key to good nutrition is ensuring meals and snacks are well-balanced.



### Complex Carbs *VS* Simple Carbs



Use complex carbs vs. simple carbs.

Pair carbs with protein or a healthy fat. No carb only snacks.

**Avoid trans fats:** Can raise blood cholesterol levels and contribute to heart disease.

fried foods | donuts | baked goods | cakes | pie crusts | biscuits | frozen pizza | cookies | crackers | stick margarines

