



NUTRITION STRATEGIES



Nutrition Strategies: Choose My Plate and Nutrition Labels

Why is Proper Nutrition Important?

Like a finely-tuned car, your body needs the right fuel (food) to achieve its true health potential. Proper nutrition does not mean you need to eat "perfectly". Our best health can be achieved in many different ways.

What you put into your body is important. Putting in the right fuel can help your body deliver its full power and performance. Proper nutrition can help in the following ways:

- Increases physical energy levels
- Assists in maintaining a weight that is healthy for YOU
- Boosts immune system
- Enhances brain function
- Wards off serious illnesses like heart disease, certain cancers, and diabetes

This session will cover:

- DGA recommendations
- Regular eating patterns
- How to navigate a nutrition label

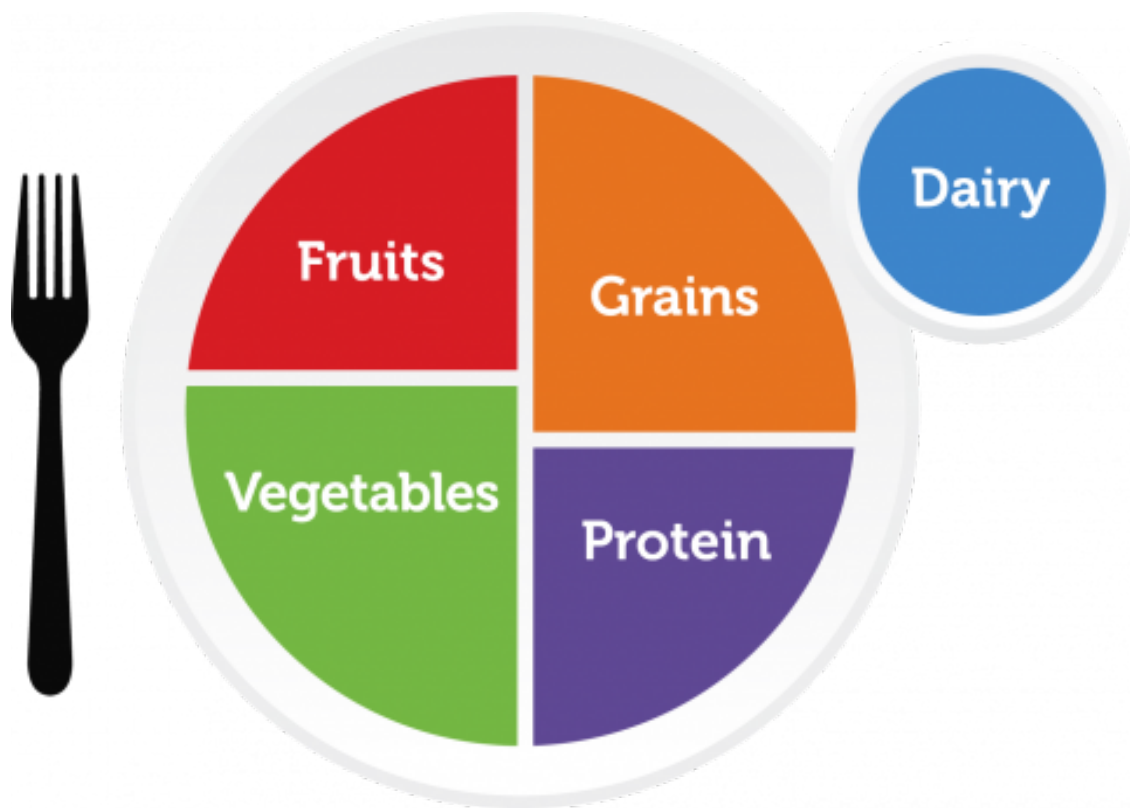


Food Group Recommendations



Choose My Plate and RealFood

In 2011, the USDA introduced a visual guideline for nutritious eating called Choose My Plate. MyPlate was designed to make healthy eating more accessible by using a familiar plate image divided into five food groups – fruits, vegetables, grains, protein, and dairy – with a clear message to fill half the plate with fruits and vegetables. While it was updated in January of 2026 with the RealFood website and inverted pyramid diagram, MyPlate remains a helpful visual illustrating how to create healthy, well-balanced meals. The key messages of both diagrams remain the same: prioritize nutrient-dense whole foods and aim to include at least three to four of the five food groups at most of your meals. This will help you consume plenty of nutrients to keep your body healthy.



Take a moment to reflect on what your meals look like currently. Mark which food groups are most prominent.

___ Grains ___ Protein ___ Vegetables ___ Fruits ___ Dairy

For the food groups you did not mark, what is the reason you do not eat them? _____

What is one way you could incorporate this food group into your diet more frequently? _____

Regular Eating Patters

For our bodies to function at their healthiest, we need to eat regularly. This generally means eating two to four meals per day plus snacks in between.

Our stomachs can take about three to four hours to empty, which means we should be eating roughly every three to four hours, sooner or later if needed. When our stomachs are empty, the body starts using glycogen (sugar) stores from the liver. It's important to replenish these stores by eating again when we feel hungry.

How often do you currently eat? _____

If needed, how could you eat more frequently throughout the day? _____

Do you recognize when you feel hungry? ____ Yes ____ No ____ Maybe

If you notice when you are hungry, allow yourself to eat to satisfy that hunger. If you don't feel hungry often, you may benefit from setting a consistent eating schedule for yourself, such as the one pictured below. This does not need to be followed perfectly, but it can help give some guidance to make sure you are eating enough.

Among many other benefits, eating regularly allows our bodies to trust that they will get fed, keeps your metabolism running well, gives our brains energy, and provides our bodies with essentials nutrients.

Nutrition Labels



One of the first steps to effectively incorporate healthy nutrition habits is to become aware of what you are consuming. Sometimes how food is portrayed can be confusing. This section will help you understand food labels and what to look for to maximize your nutrition.

7:00 am	Breakfast
10:00 am	Snack
12:00 pm	Lunch
3:00 pm	Snack
6:00 pm	Dinner

The **Nutrition Facts label** is required by the Food and Drug Administration (FDA) on all packaged foods and beverages. It provides detailed information about a food's nutrient content, such as the amount of fat, sugar, sodium and fiber it has.

In the following Nutrition Facts label we have colored certain sections to help you focus on those areas that will be explained in detail. Note that these colored sections are not on the actual food labels of products you purchase.

Sample Label for Frozen Lasagna

1 Serving Information →

2 Calories →

3 Nutrients →

4 →

Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

Nutrition Facts	
4 servings per container	
Serving size 1 cup (227g)	
Amount per serving	
Calories 280	
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1 Serving Information

When looking at the Nutrition Facts label, first take a look at the number of servings in the package (servings per container) and the serving size. The serving size **is not a recommendation of how much you should eat or drink**. You can eat more or less depending on your hunger level.

4 servings per container
Serving size 1 cup (227g)

In the sample label, one serving of lasagna equals 1 cup. If you ate two cups, you would be consuming two servings. That is two times the nutrients shown in the sample label, so you would double the nutrient and calorie amounts, as well as the % Daily Values, to see what you are getting in two servings.

2

Calories

Amount per serving	
Calories	280

Calories provide a measure of how much energy you get from a serving of this food. In the example, there are 280 calories in one serving of lasagna. If you eat two servings, then it would be 560 calories.

Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level. Our calorie needs can change day-to-day depending on a variety of factors. You don't need to count or track calories to achieve optimal health, but an awareness of the nutrient content of different foods can help us make informed decisions when it comes to our food choices.

Also, lower calorie food does not mean it is healthier. It is more important to focus on the nutrition information in the food, listed below.

3

Nutrients

Section 3 in the label shows you some key nutrients that impact your health. You can use the label to support your personal dietary needs – look for foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit.

Let's take another look at the sample label.

Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

Nutrients to get less of: Saturated Fat, Sodium, and Added Sugars.

Saturated fat, sodium, and added sugars are nutrients listed on the label that may be associated with adverse health effects and therefore we may want to decrease our consumption of. For example, eating too much saturated fat and sodium is associated with an increased risk of developing health conditions such as cardiovascular disease and high blood pressure.

Fats

When it comes to health outcomes, the type of fat you eat matters more than the overall amount of fat. It is best to consume more unsaturated fats such as those found in olive oil, avocados, nuts, seeds, and fish than saturated fats found in butter, processed meats, and fried food. This does not mean you need to cut out every saturated fat from your diet but try to include more unsaturated fats when you can.

Saturated Fats

Saturated fat is commonly found in higher amounts in high-fat meats, butter, coconut oil, and fried foods.



Strategies to Lower Saturated Fat Intake

- Choose lower fat forms of foods such as lean rather than fatty cuts of meat or baked rather than fried food.
- Read food labels to choose packaged foods lower in saturated fats.
- Cook with oils (ex. olive, avocado, or canola oil) rather than butter.

Keep in mind that it's not necessary to completely eliminate foods that are high in saturated fat, but it is important to be aware of what you are consuming and choose the best you can while still eating foods that you enjoy.

Healthy Fats

These are fats that are better for our hearts: avocado, nuts and seeds, fish (salmon & tuna), canola oil, and olive oil. Healthy fats are good for your heart, your brain, your cholesterol, and your overall health. They are not required to be listed on the Nutrition Facts label but may be seen listed as "polyunsaturated fat" or "monounsaturated fat". They will also help make up the "Total Fat" percentage on the food label. Try to be mindful of incorporating more healthy fats into your diet.



Sodium

Sodium is needed to help our bodies function. But consuming large amounts of sodium on a regular basis can increase your risk of high blood pressure and heart problems. Again, it is not necessary to completely eliminate foods that are high in sodium, but it is important to be aware of what you are consuming.



Strategies to Lower Sodium Intake

- Choose low sodium or "no salt added" packaged or canned foods.
- Use other seasonings when cooking to add flavor such as garlic, onion, paprika, turmeric, etc. Add salt as needed after the meal is served.
- Choose fresh meat when you can over processed meats like bacon, sausage, salami, or spam.

Example #1: Lightly Salted Lay's Potato Chips vs. Classic Lay's Potato Chips

Lightly Salted

Nutrition Facts		
About 8 servings per container		
Serving size	About 15 chips (28g)	
Amount per serving		
Calories	160	
% Daily Value*		
Total Fat	10g	13%
Saturated Fat	1.5g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	65mg	3%
Total Carbohydrate	15g	6%
Dietary Fiber	1g	5%
Total Sugars	less than 1g	
Protein	2g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.6mg	2%
Potassium	350mg	6%
Vitamin C		6%
Not a significant source of added sugars.		
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Classic

Nutrition Facts		
13 servings per container		
Serving size	About 15 chips (28g)	
Amount per serving		
Calories	160	
% Daily Value*		
Total Fat	10g	13%
Saturated Fat	1.5g	7%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	170mg	7%
Total Carbohydrate	15g	6%
Dietary Fiber	1g	5%
Total Sugars	less than 1g	
Protein	2g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.6mg	2%
Potassium	350mg	6%
Vitamin C		6%
Not a significant source of added sugars.		
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Example #2: Uncle Ben's Ready Rice Jasmine Rice vs. Rice-A-Roni Chicken Flavor

Uncle Ben's Jasmine Rice

Begin

How to cook:

Microwave

1. Spoon pouch to separate rice
2. Turn two inches to vent
3. Cooking Times
1 pouch - 10 minutes
2 pouches - 20 minutes
4. Remove from microwave using COOL TOUCH area on bottom side

Skillet

1. Spoon pouch to separate rice and pour contents into skillet
2. Add 2 Tbsp. of water and heat. Stir occasionally until heated thoroughly

Delicious Ideas...

Stirred into soups, salads, casseroles, and more!

Good to know

- No artificial flavors or colors
- No preservatives
- Only one day of the week for a delicious meal

*Microwave times may vary. Test your own microwave and adjust the time as needed.

Nutrition Facts

Serving size 1 pouch (240g)

	Per cup (143g)	Per pouch
Calories	250	420
Total Fat	2.5g	4.5g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Monounsaturated Fat	1.5g	2.5g
Polysaturated Fat	0.5g	1g
Cholesterol	0mg	0mg
Sodium	10mg	20mg
Total Carbohydrate	50g	87g
Dietary Fiber	1g	2g
Total Sugars	<1g	<1g
Inc. Added Sugars	0g	0g
Protein	5g	8g
Vitamin D	0mcg	0mcg
Calcium	10mg	20mg
Iron	2.1mg	3.6mg
Potassium	60mg	90mg
Thiamin	0.4mg	0.6mg
Niacin	4.7mg	7.1mg
Folate	18mcg	27mcg

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, JASMINE RICE, LESS THAN 1% OF: CANOLA OIL, SOY LECITHIN, NATURAL FLAVOR, ENHANCED CALCIUM CARBOXYLATE, IRON PHOSPHATE, NICKELAMIDE, THIAMINE MONONITRATE, FOLIC ACID

JASMINE RICE GROWN IN THAILAND

MARS
Food as it should be

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Rice- A Roni

Nutrition Facts

About 3.5 servings per container

Serving size 1 1/2 cup (150g) dry rice plus mix & 1/2 cup seasoning mix

	As packaged	As prepared
Calories	190	250
Total Fat	0.5g	1g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	170mg	320mg
Total Carb.	41g	41g
Dietary Fiber	1g	1g
Total Sugars	1g	1g
Inc. Added Sugars	<1g	<1g
Protein	5g	5g
Vitamin D	0mcg	0mcg
Calcium	10mg	10mg
Iron	1.8mg	1.8mg
Potassium	60mg	60mg
Thiamin	0.3mg	0.3mg
Riboflavin	0.1mg	0.1mg
Niacin	1.6mg	1.6mg
Folate	140mcg	140mcg
Folic Acid	0mcg	0mcg

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Rice, wheat flour, salt, sugar, autolyzed yeast extract, hydrolyzed soy protein, onions*, monosodium glutamate, natural flavor, parsley*, garlic*, chicken broth, chicken fat, turmeric (color), ferric orthophosphate, niacinamide, disodium guanylate, disodium inosinate, ferrous sulfate, thiamine mononitrate, folic acid, riboflavin.

*Dried

CONTAINS SOY AND WHEAT

INGREDIENTS: (43023-102-15)

Preferred Method

RICE RANGE TOP DIRECTIONS

- WHAT YOU NEED -

2 TABLESPOONS BUTTER OR MARGARINE

2 1/2 CUPS WATER

1. In a large skillet, combine rice-vermicelli mix and butter or margarine. Saute over medium heat until vermicelli is golden brown, stirring frequently.
2. Slowly stir in water and Special Seasonings, bring to a boil.
3. Cover and reduce heat to low. Simmer 15 to 20 minutes or until rice is tender.

About 3 1/2 cups prepared. Enjoy!

MAKE IT A MEAL

EASY AS 1-2-3:

1. STIR in broccoli florets during last 5 minutes of simmering.
2. ADD cooked chicken breast, sliced into pieces once rice is fully cooked.
3. TOP with shredded cheddar cheese before serving (optional).

Find more ideas at ricearoni.com/recipes

Sugars

When it comes to sugar, the type matters. It's important to differentiate between natural sugars and added sugars. Sugars are found naturally in nutrient-dense foods like fruits, vegetables, and dairy. The term "added sugars" refers to any caloric sweetener added to a food during processing, cooking, or at the table. Added sugars are used to enhance the flavor and texture of foods and to increase shelf life. Added sugars include raw cane sugar, honey, maple syrup, sugars added during the processing of foods (such as sucrose or dextrose) and manufactured high-fructose corn syrup.

Research shows that high intakes of added sugars, particularly sugary drinks, are associated with obesity and an increased risk of cardiovascular disease. The Dietary Guidelines for Americans (DGA) suggest keeping added sugars below 10% of total daily calories (approximately 50 grams for a 2000-calorie diet). The American Heart Association recommends that men consume no more than 9 teaspoons (or 36 grams) of added sugar per day and that women consume no more than 6 teaspoons (or 25 grams) per day. This is based on the amount of calories you consume in a day: 2500 calories for men and 1700 calories for women. The recommended number of added sugars may vary based on your calorie needs.

Overall, it's good to be aware of what you are putting in your body and allow for flexibility in your eating. One day of eating a high amount of added sugar will not harm your health. It's what we consume consistently over time that matters. Unless you are diabetic, you do not need to count or measure the amount of sugar you are consuming. When you decide to enjoy something sweet, do it mindfully. Pay attention to the flavor and how it feels in your body.

Note: Having the word "includes" before Added Sugars on the label indicates that Added Sugars are included in the number of grams of Total Sugars in the product. For example, a container of yogurt with added sweeteners, might list:

Total Sugars 15g	
Includes 7g Added Sugars	14%

This means that the product has 7 grams of Added Sugars and 8 grams of naturally occurring sugars – for a total of 15 grams of sugar.

Another place you can look to see which sugars have been added to a product is on the ingredients list. If sugar is listed as the first 1-3 ingredients this will tell you that some of the product's main ingredients are sugar. This is not always a bad thing, it can just be helpful to know when choosing certain food items.



Nutrients to get more of: Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium

Dietary fiber, vitamin D, calcium, iron and potassium are the only required vitamins and minerals to be listed nutrients on the label. A company can choose if they want to list additional vitamins and minerals. Eating a diet high in dietary fiber can improve bowel movements, lower blood glucose and cholesterol levels, increase satiety, and keep you full longer. Diets higher in vitamin D, calcium, iron, and potassium can reduce the risk of developing osteoporosis, anemia, and high blood pressure.

Remember: You can use the label to support your personal dietary needs—choose foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit.



Sources of Fiber

Fiber is going to be found in larger amounts in whole grains, fruits, and vegetables. The recommendation is 21 - 25 grams/day for women and 30 - 38 grams/day for men. This can be done by making half of the grains you eat each day a whole grain option (whole wheat bread, brown rice, whole wheat pasta, oats, etc.) and by including more fruits and vegetables in your diet.



Another trick to help you determine if a food product is high in fiber is to check the food label for the fiber content. A good easy indicator is: **>3 grams of fiber per serving.**

Sources of Calcium

Calcium is found in dairy products and fortified milk substitutes (almond milk, soy milk, etc.) as well as other calcium fortified products like orange juice. Fortified means that calcium was added to the food product during processing as a way to help the general population consume more of it. Some green vegetables (broccoli, kale, and collard greens), tofu, soybeans, and fish also provide calcium.

Sources of Iron

Iron is found in beef, poultry, fish, and enriched grains. Plant sources of iron include beans, spinach, broccoli, and nuts. Your body has an easier time absorbing the iron from animal sources than it does from plants. Cooking with a cast-iron pan can increase iron consumption

too. Pair your iron-rich food item with a vitamin C-rich food item for better absorption in the body. Example: tomatoes or tomato sauce with lean ground beef

Sources of Potassium

Fruits and vegetables are good sources of potassium. Beans, dried fruit, potatoes, spinach, avocados and bananas all contain potassium. Your produce will not come with a food label but if you are aiming to eat enough fruits and vegetables, you can be confident your body is getting enough potassium.

4

The Percent Daily Value (%DV)

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

The Daily Value (DV) percentage on food products is a frame of reference for your entire day. Keep in mind the DV is based on a 2000 calorie diet. The %DV helps you determine if a serving of food is high or low in a nutrient and whether a serving of the food contributes a lot, or a little, to your daily intake for each nutrient.

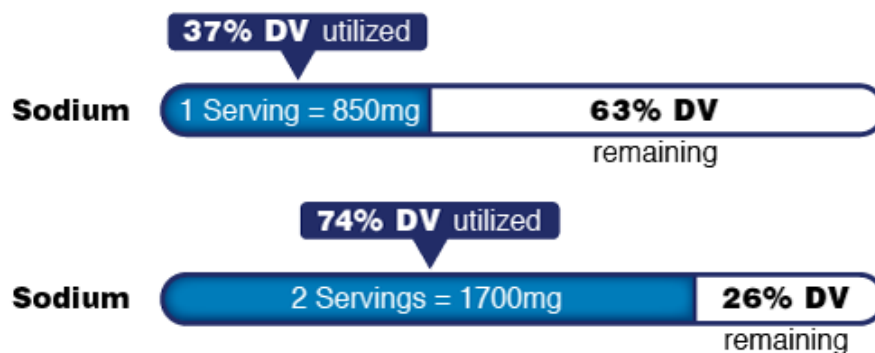
General Guide to %DV

- **5% DV** or less of a nutrient per serving is considered **low**
- **20% DV** or more of a nutrient per serving is considered **high**

More often, choose foods that are:

- Higher in %DV for Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium
- Lower in %DV for Saturated Fat, Sodium, and Added Sugars

Example: Look at the amount of sodium in one serving listed on the sample nutrition label. Is a %DV of 37% contributing a lot or a little to your diet? This product contains 37% DV for sodium, which shows that this is a HIGH sodium product (it has more than 20% DV for sodium). If you consumed 2 servings, that would provide 74% of the DV for sodium – nearly three-quarters of an entire day's worth of sodium.



Compare Foods: Use %DV to compare food products and more often choose products that are higher in nutrients you want to get more of and lower in nutrients you want to get less of.

Understand Nutrient Content Claims: Use %DV to help distinguish one claim from another, such as "light," "low," and "reduced." Simply compare %DVs in each food product to see which one is higher or lower in a particular nutrient.

Dietary Trade-Offs: These values don't need to be followed perfectly and there is room for variance. You can use this knowledge to choose food that contains nutrients but that will also satisfy for your hunger and taste buds. What we do consistently over time is what makes a difference to our health. Use the food labels to help you make choices and then use Choose My Plate to guide your eating. There is room for fun food in a healthy diet!

Reminders



- Choose My Plate is helpful in looking at your meals and snacks to determine if you are getting all five of the food groups.
- Creating a consistent eating pattern can help your body perform at it's best.
- Nutrition labels can be tricky to read. When grocery shopping this week, look at the labels of food you buy most often to help familiarize yourself with labels.
- Remember that perfection is not necessary, nor is cutting out specific nutrients or food groups from your diet. Try to include a variety of food into your diet throughout the day.

This Weeks Goals

Nutrition Strategies: Fats and Diet Mentality

Reflect on Your Goals for the Previous Section:

What were your barriers? _____

What were your successes? _____

In This Session

- Dietary fat recommendations and servings
- Saturated vs. Unsaturated fats
- Rejecting the diet mentality

Dietary Fat Facts



- There are two main types of dietary fat: saturated and unsaturated fat.
- Some fats are found in foods from plants and animals and are known as dietary fat. Dietary fat is one of the three macronutrients, along with protein and carbohydrates, that provide energy for your body.
- Fats provide satiety and satisfaction in our food.
- Fat is essential to our health because it protects inner organs, supports a number of your body's functions, and insulates us to keep us warm and also helps with brain function. Fat-soluble vitamins, A, D, E, and K, must have fat to be properly absorbed in your body.

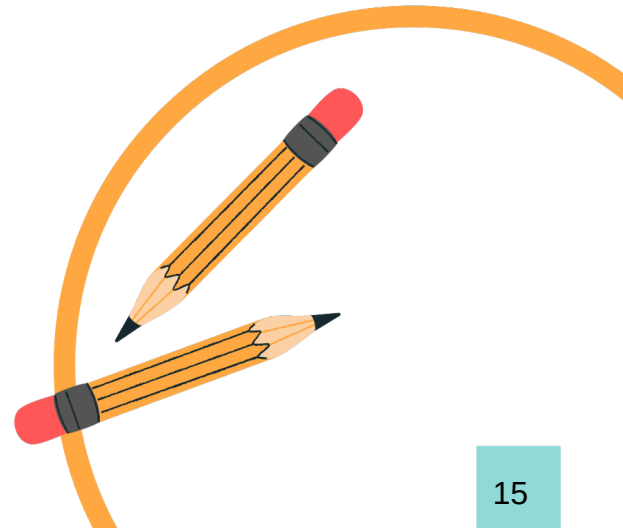
Fats Assessment



Mark any of the following foods that you eat on a **regular basis**.

- | | |
|---|---|
| ☐ Doughnuts | ☐ Cheese |
| ☐ Pastries | ☐ Milk |
| ☐ Pie | ☐ Ice cream |
| ☐ French fries | ☐ Regular ground beef |
| ☐ Pizza | ☐ Chicken or turkey with skin |
| ☐ Chicken strips or patties | ☐ Bacon |
| ☐ Crackers | ☐ Hot Dogs |
| ☐ Margarines, shortening | ☐ Sausage |
| ☐ Butter | ☐ Fish |
| ☐ Pre-packaged foods (meals, noodle cups, snacks) | ☐ Peanut Butter |
| ☐ Frozen entrees and meals | ☐ Safflower, Corn or Soybean oil |
| ☐ Frozen meats and fish (such as fish sticks) | ☐ Olive, canola, sunflower, peanut or sesame Oil |
| ☐ Frozen bakery products (toaster pastries, waffles, pancakes) | ☐ Coconut oil |
| ☐ Sour Cream | ☐ Palm and palm kernel oil |
| ☐ Butter sauces | ☐ Nuts and seeds |
| ☐ Cream sauces | ☐ Avocados |

Using the results from this assessment, we will discuss the difference between saturated and unsaturated fats and how you can incorporate healthier fats into your diet.



Saturated Fats

.....

- **Saturated fat** is a type of fat that comes mainly from animal food sources and is solid at room temperature.
- **Trans fats** occur naturally in animal products and artificially during food processing.
- Both types of fat increase your risk of high blood pressure, heart disease, and stroke because they raise bad (LDL) cholesterol levels. This causes build up in the arteries and lowers the good (HDL) cholesterol which is what clears it out.
- You do not need to completely eliminate saturated fats from your diet. It is helpful to be able to identify each type of fat so you can work to include more unsaturated fats when possible.

Saturated Fat

- | | |
|--|------------------------|
| • Cheese | • Fatty cuts of meats |
| • Butter/butter sauce | • Baked goods |
| • Cream/cream sauce | • Fried food |
| • Ice cream | • Some processed foods |
| • Sour Cream | • Some frozen meals |
| • Processed meats like
bacon, sausage, hot dogs
or regular ground beef | • Palm, coconut oil |

Dairy

.....

- **Whole, 2%, or skim?** When it comes to the type of milk you choose to drink, make your decision based on taste. Growing research is showing that the fat in milk does not have the same harmful effects as the saturated fats listed above. In fact, drinking milk with more fat can be helpful because it keeps you full longer, is more satisfying, and aids in absorbing fat-soluble vitamins found in milk.



Unsaturated Fats



- **Monounsaturated fats (MUFAs)** are found in a variety of foods and oils.
Polyunsaturated fats (PUFAs) are found mostly in plant-based foods and oils. Omega-3 and Omega-6 Fatty Acids are PUFAs.
- Both types of fat improve blood cholesterol levels, lower blood pressure, decrease your risk of heart disease, and benefit insulin levels and blood sugar control.

<i>Polyunsaturated Fat</i>	<i>Monounsaturated Fat</i>
• Fish • Safflower oil • Corn oil • Soybean oil • Walnuts • Sunflower seeds • Flax seeds/oil	• Olive oil • Canola oil (Rapeseed) • Peanut oil • Sunflower oil • Sesame oil • Cottonseed oil • Almonds • Nuts and nut butters • Avocados

Example #1: Great Value Creamy Peanut Butter

</

INGREDIENTS: PEANUTS, SUGAR, CONTAINS 2% OR LESS OF: HYDROGENATED VEGETABLE OIL (COTTONSEED OIL, SOYBEAN OIL, RAPESEED OIL), DEXTROSE, SALT, MOLASSES, MONOGLYCERIDES.
CONTAINS PEANUTS.



You can also look at the ingredient list to see which types of fats a product has. In this case mostly unsaturated fats.

On the Nutrition Facts label look for saturated fat. Notice that this particular food item has 15g of total fat, and 2.5g of those fats are saturated fat with 0g of trans fat. That means the other 12.5g of fat are unsaturated fats.

Example #2: Classico Four Cheese Alfredo Pasta Sauce

Nutrition Facts			
About 7 servings per container Serving size 1/4 cup (60g) Calories per serving 45	Amount/serving	% DV	Amount/serving
	Total Fat 3g	4%	Total Carb. 3g
	Sat. Fat 2g	10%	Fiber 0g
	Trans Fat 0g		Total Sugars 1g
	Cholest. 15mg	5%	Incl. <1g Added Sugars
	Sodium 360mg	16%	Protein 1g
	Vit. D 0% • Calcium 4% • Iron 0% • Potas. 0%		

3g of fats per serving, of which 2g are saturated fats. This product contains mostly saturated fats. One serving of this product will provide you 10% of your Daily Value of saturated fats. Looking at the ingredient list, the second ingredient is heavy cream which is a saturated fat.

Ingredients	
Water, heavy cream (from milk), modified cornstarch, parmesan cheese (part-skim milk, cheese culture, salt, enzymes), romano cheese made from cow's milk (cultured part skimmed cow's milk, salt, enymes), contains less than 2% of ricotta cheese (milk, vinegar, salt), sugar, asiago cheese (cultured part-skim milk, salt, enzymes), salt, enzyme modified egg yolks, flavored butter (butter [cream, salt], natural flavor), whey protein concentrate, pasteurized milk, sodium phosphate, granulated garlic, xanthan gum, black pepper, natural flavor, enzymes, cheese culture, butter (cream), gum arabic. Contains: egg, milk.	

Keep in mind that you don't need to eliminate all saturated and trans fats completely out of your diet. It's important to eat foods that you enjoy, and it's good to be mindful of the foods that you are eating and work toward creating balance. If the foods that you are consuming on a regular basis include a lot of saturated fats, then you might consider adding in more unsaturated fats where you can.



Strategies to Lower Saturated Fat Intake

- Choose lower fat forms of foods such as lean rather than fatty cuts of meat or baked rather than fried food.
- Read food labels to choose packaged foods lower in saturated fats.
- Cook with oils (ex. olive, vegetable, or canola oil) rather than butter.

Go back to the assessment on page 2. Look at the foods that you marked on the fat assessment, and answer the following questions.

Make a list of the most common foods that you consume from the **saturated fat** category. _____

How many times per week do you consume the foods listed? _____

Which foods from the **unsaturated fat** category do you regularly consume? _____

If needed, what could you do differently to include more **unsaturated fat** in your diet? _____

Rejecting the Diet Mentality

Think of the word **DIET**. What thoughts and feelings come up when you think of this word?

Are the feelings that you wrote above **positive** or **negative**? _____

Rejecting the diet mentality is a key principle in developing long term healthy habits. Staying diet focused will hinder your ability to establish a healthy relationship with food.

Have diets affected your relationship with food and overall nutrition, and if so, how? _____

Research shows in study after study that dieting is a consistent predictor of poor nutritional habits and weight gain.

Biological Damages From Dieting

Mark any that you have experienced:

- _____ **Slowed metabolism** because of calorie restriction.
- _____ **Increased cravings and bingeing.** This happens because when the chemical neuropeptide Y is secreted, your brain senses that you aren't getting enough calories and causes intense cravings to occur.
- _____ **Headaches, fatigue, hair loss, menstrual cycle problems, brittle nails, etc.**
- _____ Weight gain occurring in between diets (individuals typically gain their initial weight loss back).

Psychological Damages From Dieting

Mark any that you have experienced:

- _____ **Increased stress.** Following a strict diet may cause stress because we are constantly thinking of what we "can" and "cannot" eat.
- _____ **Feelings of shame.** When we deprive ourselves of food, "fail" at following a strict diet, or don't see the results we wanted to it can cause shame and guilt.
- _____ **Erodes self confidence and trust.** People who diet and aren't successful feel like they don't have enough will power to succeed. Will power counters the natural cues of hunger and fullness. We need these natural cues of hunger and fullness to help us eat intuitively.
- _____ **Loss of motivation.** Often individuals will give themselves very rigid eating and exercise rules which can cause them to burn out quickly.
- _____ **Inability to recognize when you are hungry or full.**
- _____ **Loss of energy.** This occurs because you aren't eating enough calories or because you might be over exercising.



It may be tempting at times to engage in a 'quick-fix solution' of dieting and food restriction. However, keep in mind that doing this will not produce lasting positive nutritional habits!

Becoming aware of what your current nutritional habits are is important to move toward positive change. You need to look at your nutritional choices with a **flexible** approach instead of a restrictive approach. Avoid having an "all or nothing" mentality.

Do you feel that in the past when you have learned about various nutrition principles it has caused you to become obsessive and restrictive? ____ Yes ____ No ____ Sometimes

Have there been times in the past that you have tried to eliminate certain food groups from your diet? ____ Yes ____ No

If yes, what food(s) or food groups have you tried to eliminate? _____

How did you feel when you did this? _____

When you restrict foods, it makes it difficult to have a healthy balanced diet. Instead, you go from eating restrictively to feeling deprived, which can cause binge eating episodes and feeling out of control around food.

The "all or nothing" way of thinking often keeps you on the yo-yo cycle of dieting.

If needed, what could you do differently so you can begin to be more flexible in your eating behaviors? _____



Eating Patterns



Often people only think about WHAT they are eating but not about HOW they are eating. Eating patterns play an equally important role in our eating habits. To find out how you are doing in this area, answer the questions below:

1. How long do you usually go without eating between meals? _____
2. How many days a week do you eat breakfast? _____
3. Do you have an eating cut off time at night? ____ Yes ____ No ____ Sometimes

Question #1—Eating Consistently

Our bodies are programmed to eat every 2 to 4 hours. Eating more frequently will help you be less likely to overeat and make better choices.

Eating consistently throughout the day not only helps you make better nutritional choices but it will also help you to:

- Maintain a healthy weight.
- Have even, stable energy levels throughout the day.
- Give your metabolism a boost and keep it functioning on an even level.

What could you do differently in this area? _____



Question #2—Eating Breakfast

Eating breakfast affects your overall health. Breakfast will give you an immediate metabolism boost to help you start out the day right. Breakfast also helps in the following ways:

- **Reduced hunger:** Eating breakfast reduces your hunger later in the day, which makes it easier to avoid overeating. When you skip breakfast, you may feel ravenous later and be tempted to reach for a quick fix.
- **More energy:** Eating breakfast gives you energy, allowing you to increase your physical activity during the day. A healthy breakfast refuels your body and replenishes the glycogen stores that supply your muscles with immediate energy. Skipping breakfast is associated with decreased physical activity.

What could you do differently in this area? _____

Question #3—Setting a cut-off time

You do not need to have a "cut-off" time for you eating at night. There are benefits to eating before bed if you are hungry:

- Eating a snack with a carb, protein, and fat before bed can help you sleep better.
- Eating regularly throughout the day is important to honoring your hunger cues. This includes if you feel hungry before bed.
- Going to bed hungry can affect your metabolism negatively. It's important to eat regularly to keep your metabolism running effectively.

What could you do differently in this area? _____



Tips For Improving Fat Intake

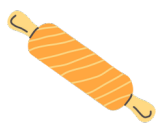
- Stir ground flaxseed into your cereal, smoothies, yogurt, pancake batter and muffin mix. Flax seeds are a great source of heart-healthy omega-3 fats. Use an air fryer instead of a deep fryer.
- Try to eat fish twice a week, especially salmon, herring or mackerel.
- Cook with olive oil instead of butter or stick margarine.
- Go for grilled chicken breast (without the skin) instead of fried.
- Replace some of the meat or poultry in your taco recipe with fish, beans, or other vegetables.
- Occasionally sprinkle walnuts, almonds or peanuts over salads, add them to baking or eat as a fast snack.

Weekly Reminders



- ***Dietary fats are essential to health because it supports a number of body functions.*** Be more aware of the kinds of fat you are consuming and make it a goal to make your fat intake mostly unsaturated fats.
- ***Dieting causes many biological and psychological damages.*** Work to reject the diet mentality this week by remembering the damages you have seen when dieting.
- We need to be just as concerned about ***how we eat*** as we are about ***what we eat***. Notice your eating patterns this week and make it a goal to incorporate one of the new principles.

This Weeks Goals



Recipe of the Week

GRILLED SALMON WITH AVOCADO SALSA*

SERVES: 4

PREP TIME: 10 MINUTES + 30 MINUTE REFRIGERATION

COOK TIME: 10 MINUTES

**If you don't have an outdoor grill you can use an oven, or saute in a pan on the stove.*

***For a more affordable option, substitute the salmon with tilapia or even boneless skinless chicken breasts.*

Ingredients

- 2 lbs salmon cut into 4 portions
- 1 tbs olive oil
- 1 tsp salt
- 1 tsp ground cumin
- 1 tsp paprika powder
- 1 tsp onion powder
- 1/2 tsp chili powder
- 1 tsp black pepper

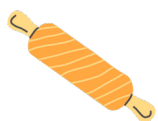
FOR THE AVOCADO SALSA

- 1 avocado cubed
- 1/2 red onion sliced or diced
- 2 limes juiced
- 1 tbs fresh cilantro chopped

Directions

- Mix the salt, chili powder, cumin, paprika, onion and black pepper together. Rub the salmon fillets with olive oil and the seasoning mix. Place on a baking sheet (lined with aluminum foil if using oven.)
- Refrigerate for at least 30 minutes.
- Chop the avocado, onion, lime juice, and cilantro. Chill until serving time.
- Pre-heat the grill, oven (375°F), or saute pan.
- Grill the salmon to desired doneness, about 5 minutes on an outdoor grill or 12-13 minutes in oven. Salmon is ready when it reaches an internal temperature of 145°F or flakes easily with a fork.
- Top with avocado salsa and enjoy!

**Calories: 456 | Carbohydrates: 11g | Protein: 47g | Fat: 26g | Saturated Fat: 4g |
Cholesterol: 125mg | Sodium: 692mg | Potassium: 1431mg | Fiber: 5g | Sugar: 2g |
Vitamin A: 538IU | Vitamin C: 16mg | Calcium: 52mg | Iron: 3mg**



Recipe of the Week

QUINOA SPINACH POWER SALAD WITH LEMON VINAIGRETTE

YIELD: 4 SERVINGS

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

Ingredients

- ½ cup quinoa, *uncooked*
- 2 cups spinach, *finely chopped* 1 tomato, *diced*
- ½ cup cucumbers, *diced*
- ¼ cup raisins or craisins
- 1 + ½ tablespoon lemon juice
- 1 + ½ tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Directions

- In a medium bowl, rinse the quinoa a few times. In a medium saucepan, boil 2 cups of salted water. Add the quinoa and continue to boil for about 10 minutes until the quinoa is tender. Drain the quinoa and let it cool. In a large bowl, combine the spinach, tomatoes, cucumbers, raisins and cooled quinoa.
- In a small bowl, make your lemon vinaigrette. Combine the lemon juice, olive oil, salt and pepper. Pour onto the salad and toss to coat.
- Season to taste with more salt and pepper, if needed.

**Calories: 168 | Carbohydrates: 24g | Protein: 4g | Fat: 6g | Cholesterol: 0mg | Sodium: 161mg | Sugar: 7.5g
Vitamin A: 87IU | Vitamin C: 12mg**

Recipe by: Ahead of Thyme

Nutrition Strategies: Carbohydrates

Reflect on Your Goals for the Previous Section:

What were your barriers? _____

What were your successes? _____

In This Section

- The important role carbohydrates, fruits, vegetables, and fiber play in our diet.
- How to tell if a product is whole grain.
- How to incorporate fruits and vegetables into your diet.
- Hunger And Fullness Scale

Carbohydrates

.....

- The primary purpose of carbohydrates is to provide energy for your body to function.
- Carbohydrates are broken down into glucose molecules that travel through your bloodstream (also known as blood sugar) and give energy to your cells.
- They are stored in the liver and muscles and are used for quick energy when blood glucose levels fall.

Carbohydrate Assessment



Mark any of the following foods that you eat on a **REGULAR basis**.

- | | |
|---|---|
| ☐ White Pasta | ☐ Whole Wheat Pasta |
| ☐ White Bread | ☐ Brown Rice |
| ☐ Flour Tortillas | ☐ Whole Wheat Bread & Bagels |
| ☐ White Rice | ☐ Whole Grain & Corn Tortillas |
| ☐ White Bagels | ☐ Whole Wheat Crackers |
| ☐ Refined Crackers | ☐ Whole Wheat Flour |
| ☐ White Flour | ☐ Whole Grain Cereals |
| ☐ Refined Cereals | ☐ Popcorn |

Simple vs Complex Carbohydrates



Carbohydrates are considered **simple** or **complex** based on their chemical structure. **Both types contain 4 calories per gram.** The main difference between simple and complex carbohydrates is:

Simple Carbohydrates/Simple Sugars

- These carbs are broken down and digested very quickly
- Most simple carbs don't keep you satisfied for very long because of the lack of fiber

Simple Carb Foods - All of the foods in the **left** column of the carbs assessment are considered simple carbohydrates.

Complex Carbohydrates

- Complex carbs are long chains of glucose in the form of starch and fiber.
- They take longer to digest and keep you full longer because they are packed with fiber, vitamins and minerals.

Complex Carb Foods – All of the foods in the **right** column of the carbs assessment on the previous page are considered complex carbohydrates.

How many times per week do you consume the simple carbs that you marked on the previous page? _____

How many times per week do you consume the complex carbs that you marked on the previous page? _____

If needed, what could you do differently to increase the amount of complex carbs that you consume? _____

Health Benefits of Carbohydrates



Research has associated diets rich in whole grains with many different health benefits. Whole grains provide ***protection against a number of diseases largely because of the phytochemicals*** they contain.

Below are some specific correlations between whole grains and their positive effects on health and disease prevention.

Phytochemicals – Plant chemicals that help fight off disease and improve the immune system.

Gastrointestinal Health – Components of whole grains, like fiber help maintain a healthy gut microbiome as well as keeps your digestive system clean by aiding in regular bowel movements.

Diabetes – Components of whole grains including magnesium, lectins (sugar-binding proteins), fiber, and vitamin E contribute to reduced risk of type II diabetes and lowered blood glucose and blood insulin levels.

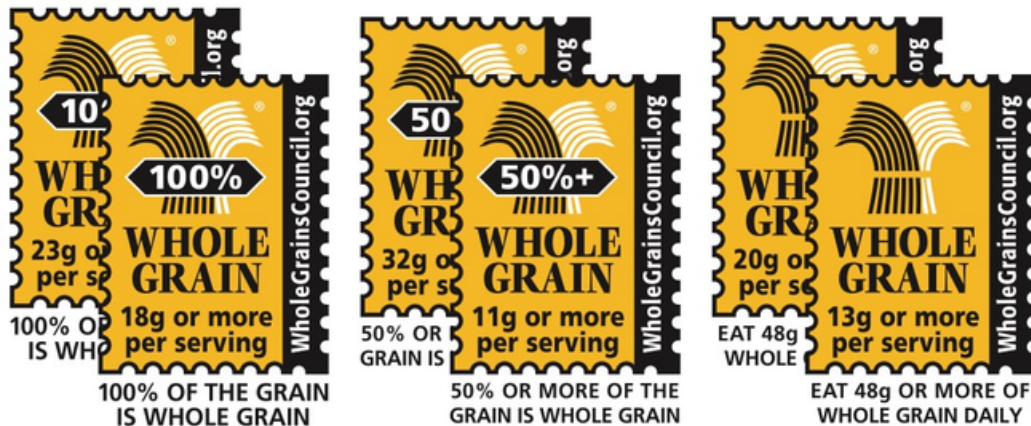
Cancer – Fiber and certain starches found in whole grains can reduce the risk of many gastrointestinal cancers.

Heart Disease – Diets rich in whole grains increases HDL (“good” cholesterol) and decrease LDL (“bad” cholesterol), triglycerides (fat in the blood), and blood pressure.



Whole Grain Labels

You can find these stamps on some products. They will help you determine if the food product is a **TRUE** whole grain:



THE 100% STAMP

For products where **ALL** of the grain is whole grain

THE 50%+ STAMP

For products where at least 50% of the grain is whole grain

THE BASIC STAMP

For products that contain a significant amount of whole grain

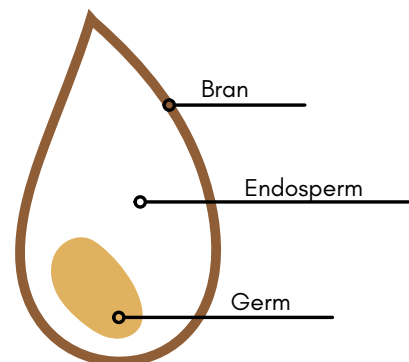
Whole Grain vs. Refined

For a grain to be considered a whole grain, all three nutrient-dense parts of the grain kernel must be present: bran, germ, and endosperm.

When a grain is refined, the bran and the germ are removed leaving the endosperm which is lacking in fiber, B vitamins, vitamin E, phytochemicals, and healthy fats, but still contains some protein and vitamins.

Refined Grains

- Have 200-300 fewer phytochemicals
- 66% of vitamin B has been removed
- 70% of all minerals have been removed
- 79% of fiber has been removed
- 19% of protein has been removed



It's not necessary to make all of your grains whole grain, but it is recommended to make at least 1/2 of your grains whole grains. If you love white bread, you don't have to switch to a whole wheat bread. Maybe try adding in oatmeal during the day or switching to brown rice instead of white rice. This way you can continue enjoying the food you love and add in a greater variety of grains to your diet.

Remember to look at the ingredient list to find the source of carbohydrates– look for keywords like **“whole”, “100%” “rolled”, “stone-ground” or “cracked.”**

Example #1: Wheat Thins



INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, REFINER'S SYRUP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA).

BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.

CONTAINS: WHEAT.

Example #2: Grandma Sycamore's Bread

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, HONEY, WHEAT GLUTEN, SUGAR, YEAST, CULTURED WHEAT FLOUR, SALT, POTATO FLAKES, DATEM, GRAIN VINEGAR, CALCIUM SULFATE, SOY LECITHIN, CITRIC ACID.

R20-118-201651

CONTAINS WHEAT, SOY.

MADE IN A BAKERY THAT MAY ALSO USE MILK.



Example #3: Enriched Pasta-Hamburger Helper (not a source of whole grain)



Ingredients

Enriched Pasta (wheat flour, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, folic acid), Modified Whey, Sugar, Corn Starch, Salt, Tomato*. Contains 2% or less of: Sea Salt, Wheat Flour, Ricotta Cheese* (whey, milkfat, lactic acid, salt), Parmesan Cheese* (milk, cultures, salt, enzymes), Cheddar Cheese* (cultured milk, salt, enzymes), Onion*, Garlic*, Citric Acid, Spice, Vegetable Oil (canola, soybean and/or sunflower oil), Basil*, Oregano*, Monoglycerides, Tomato Extract, Maltodextrin, Yeast Extract, Malic Acid, Whey*, Nonfat Milk*, Natural Flavor, Blue Cheese* (cultured milk, salt, enzymes), Milk Protein Concentrate, Sodium Phosphate, Annatto Extract (color), Silicon Dioxide (anticaking agent). *Dried.

Fruits and Vegetables



Fruits and vegetables are considered complex carbohydrates and provide:

- Vitamins and minerals that our bodies need to stay healthy.
- Fiber to aid in digestion.

It is recommended that we consume 2-3 servings of fruit and 3-4 servings of veggies a day. Getting 5 fruits and vegetables a day helps ensure that we receive the proper nutrients that we need.

See what one serving of a fruit or vegetable looks like below. You may find you are easily getting 5 servings a day or you may see some areas for improvement!

How much is a serving?

Fruits

One medium fruit



*About the size
of your fist*

Fresh, frozen, or canned



1 cup

Dried fruit



1/4 cup

100% pure Fruit juice



1/2 cup

Vegetables

Raw leafy vegetable



2 cups

Fresh, frozen, or canned



1 cup

Vegetable juice



1/2 cup

How many servings of fruits and vegetables do you get in a day? _____

How many days a week do you get this amount? _____

If you are not getting enough fruits and vegetables in your diet, use the **5 A Day handout** and put a checkmark on the following page by the meals you are most likely to incorporate fruits and vegetables in, and then list how could you do this.

_____ Breakfast

_____ Lunch

_____ Dinner

Final Component—Fiber



Fiber is the final important component that we will talk about. It is found in fruits, vegetables, beans, nuts, seeds, and grains, and is an important part of a healthy diet.

Fiber Facts—Mark if you have any of the following health issues:

_____ **Digestion and constipation issues.** Fiber, along with drinking enough water, is the best method for regulating the digestive system and preventing constipation.

_____ **Have a personal or family history of diabetes, heart disease or cancer.** Research has shown that sufficient fiber intake can lower your risk of diabetes, heart disease and cancer.

_____ **Have high total cholesterol and LDL cholesterol levels.** Fiber has been shown to help reduce total cholesterol and LDL (bad cholesterol).

_____ **You feel that you are hungry soon after you eat.** Fiber is one of the nutrients that keeps you feeling full longer which helps with energy levels and weight control.

There are two forms of fiber: soluble and insoluble:

- **Soluble fiber**—dissolves in water to form a gel-like material. This slows digestion. Best sources of soluble fiber come from oatmeal, oat cereal, apples, bananas, oranges, pears, oat bran, strawberries, potatoes, flaxseeds, and whole-grain bread.
- **Insoluble fiber**—promotes the movement of material through your digestive system and adds bulk to the stool so it can be of benefit to those who struggle with constipation or irregular stools. Good sources of insoluble fiber come from whole wheat, wheat bran, seeds, nuts, barley, couscous, beans, brown rice, zucchini, celery, broccoli, cabbage, onions, tomatoes, carrots, cucumbers, green beans, dark leafy vegetables, berries, raisins, and grapes.



Don't worry about what kind of fiber you are taking in unless you are seeking a specific health benefit, such as lowering cholesterol, in which case it is best to eat more soluble fiber. Instead, focus on eating a healthy diet rich in fruits, vegetables, whole grains, legumes, nuts, and seeds. This will provide a variety of soluble and insoluble fibers and all of the health benefits.

What are the recommended servings?

It is recommended that adults get between **25-30 grams of fiber** each day. If your diet contains whole grains and fruits and vegetables then you are probably getting enough fiber. As mentioned in the first session, if a food product has **3 grams of fiber per serving** you know it is a good source of fiber.

Things to keep in mind:

- Don't overdo your fiber intake. Eating more than 50 to 60 grams of fiber in a day can also lower the absorption of other vitamins and minerals that occur during digestion. **Too much fiber can promote intestinal gas, abdominal bloating, cramping, and constipation.**
- Water aids the passage of fiber through the digestive system. Drink plenty of fluids (**approximately eight, 8 oz. glasses of water a day**). **How much water do you currently drink?** _____



Hunger and Fullness Scale



Use the Hunger and Fullness Scale to identify your levels of hunger before, during, and after eating.



1—Starving: feel very uncomfortable and irritable! Must eat now!

2—Pangs: begin to feel physically uncomfortable.

3—Hungry: eating would be pleasurable at this time.

4—Satisfied: content, comfortable, and not too full.

5—Full: stomach feels stretched.

6—Discomfort: stomach too full, wish you hadn't eaten so much.

How Do You Feel?

Answer the following questions below:

1. What happens when you are at a 1 when you start to eat? _____

- How many times a week are you at a 1 when you start to eat? _____

2. What happens when you are at a 3 when you start to eat? _____

- How many times a week are you at a 3 when you start to eat? _____

3. What happens when you are at a 4 and you keep eating? _____

- How many times a week are you at a 4 and you keep eating? _____

When Is The Best Time To Eat?

1 = **High-risk time!** Use caution. When we're overly hungry, we tend to grab the first food we can find, and we usually eat too fast and too much.

3 = **Ideal time** to eat; it's easier to eat slow, enjoy the food, and stop when full.

4 or higher = **Not hungry**; something else triggered the urge to eat.

In addition to incorporating the hunger and fullness scale it is also important to train your body to know when you are full. *Remember that it can take 20 minutes for your stomach to tell your brain that it is full.*

If you become full during a meal you don't have to finish everything right then. You can ask for a to-go box or pack it away in a Tupperware container.

How Much Is Enough?

With portion sizes getting so much larger and because so many of us are out of touch with our hunger and fullness, it can be difficult to know what the appropriate portion sizes are for us to consume.

The best way to know when you've had enough to eat is to be mindful while you are eating and listen to your body. Some ways to notice you are getting full are listed below:

- the food stops tasting as good as it did when you first started eating
- you no longer feel hungry
- you begin to feel as if your stomach is full

Weekly Reminders

.....

- Work to make more of your carbohydrates complex so that you can feel the benefits of more stabilized blood sugar and satiety.
- The Hunger and Fullness Scale can help identify your levels of hunger before you get too hungry or overeat. Make it a point to use the scale frequently throughout your day.

This Weeks Goals

How To Get 5-A-Day

Breakfast

- Top cereal or yogurt with fresh or dried fruit.
- Make a fruit shake with your favorite fresh fruit, milk, and yogurt.
- Top your pancakes with fruit instead of syrup, or mix the fruit into the batter.
- Have a fresh grapefruit lightly sweetened with brown sugar or honey with breakfast or as a snack.
- Drink a glass of 100% fruit juice with your breakfast.

Lunch

- Add cucumber, carrot or sweet pepper strips to your lunch bag.
- Try peanut butter and banana sandwiches instead of peanut butter and jam.
- Use spinach, tomatoes or sprouts in sandwiches.
- Marinate a variety of sliced vegetables with low-fat Italian dressing and use with turkey in a pita pocket.
- Add slices of fruit to your sandwich.
- Include one fresh fruit and/or fresh vegetable in all brown bag lunches.

Dinner

- Add vegetables to a can of soup.
- Try a veggie potato bar.
- Use fruit canned in water or its own juice to top salads.
- Garnish your favorite dishes with colorful fruits and vegetables.
- Add pureed or finely minced vegetables to your dishes.
- Quick veggie pizza: top a pita pocket with spaghetti sauce, low-fat cheese and vegetables.
- Add veggies to your pasta.
- Add pureed vegetables to thicken sauces, soups, or casseroles.
- Make a layered vegetable burrito. Start with rice, beans, cheese then add your favorite veggies.
- Add finely chopped vegetables with low-fat ricotta cheese in your lasagna recipe.



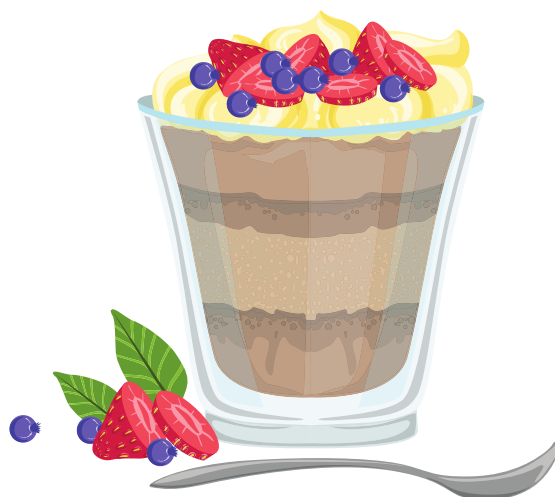
How To Get 5-A-Day

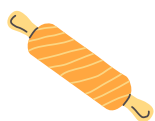
Snacks

- Buy pre-cut packages of broccoli, carrots, and cauliflower.
- Buy single-serving raisin boxes for a quick snack.
- Try fresh, canned, or fruit salsa with a handful of chips or crackers.
- Slice fruit and serve with fruit dip or serve veggies with hummus.
- Try cucumber slices with dips and spreads!
- Take along dried fruit as a snack.
- Freeze 100% fruit juice into ice cubes or pops.
- Drink a glass of 100% fruit juice.
- Keep cut vegetables in the front of your refrigerator.

Desserts

- Mash or puree fruit, sweeten lightly, and serve over ice cream.
- Bake pears, apples, or bananas with brown sugar and pineapple juice.
- Use applesauce in place of fat in muffins and cake mixes.
- Top off a piece of angel food cake with fresh fruit.





Recipe of the Week

BANANA BERRY OATMEAL

SERVES: 2

PREP TIME: 5 MINUTES

COOK TIME: 15 MINUTES

In a hurry? Substitute 1 cup of quick oats (not instant) for the rolled oats. Simmer for 5 minutes in step 3.

Ingredients

- 1 cup rolled oats
- 1 cup water
- 1 cup milk dairy or non-dairy,
- 1/4 tsp cinnamon
- pinch salt
- 1 Tbsp brown sugar, optional
- 1/2 tsp vanilla extract
- 1 banana sliced
- 1 cup berries fresh or frozen, thawed

Directions

1. In a saucepan, bring water and milk to a simmer.
2. Stir in oats, cinnamon and a pinch of salt.
3. Simmer for 10-12 minutes, stirring occasionally, until oats are tender and liquid has been absorbed.
4. Remove from heat and stir in brown sugar (if using) and vanilla.
5. Gently fold in banana and berries (reserve a few for garnish).
6. Cover and let stand for 5 minutes.
7. Divide oatmeal between two bowls and garnish with reserved fruit.

Recipe by: Oats Everyday

Nutrition Strategies: Protein

Reflect on Your Goals for the Previous Section:

What were your barriers? _____

What were your successes? _____

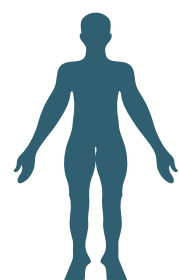
In This Section

- The role of protein in our diet
- Complete and incomplete proteins
- Meal planning
- Navigating the grocery store

Why is Protein Important?



- Protein helps build, repair, and maintain organ and muscle tissue.
- It's important for the production of hormones, immune system function, and fluid balance.
- It helps maintain healthy skin and hair.
- Protein can be used for energy if necessary.



Complete and Incomplete Proteins

.....

Protein is composed of amino acids. Amino acids are used in every cell of your body to build the proteins you need to survive. All organisms need some proteins, whether they are used in muscles or as simple structures in the cell membrane.

Even though scientists have discovered over 50 amino acids in the body, only 20 are used to make proteins in your body. Of those 20, 9 are defined as essential (must be eaten). The other 11 are non-essential (can be made by the body).

- **Animal products** (meat, poultry, seafood, fish, eggs and dairy), **soy products, and quinoa** are **complete proteins** meaning that they **provide all 9 essential amino acids**.
- **Whole grains, beans, peas, lentils, nuts and seeds** contain various essential amino acids but are **incomplete proteins**. **By eating a variety of these incomplete proteins, you can consume all the amino acids your body needs.**

Table of Incomplete Proteins

Grains	Legumes	Nuts and Seeds
• Rice • Pasta • Wheat • Oats • Rye • Cornmeal	• Beans • Peanuts • Lentils • Dried peas • Chickpeas • Soy Products	• Walnuts • Cashews • Other nuts • Sesame seeds • Sunflower seeds • Pumpkin seeds

- **These incomplete proteins** can be paired together to form a **complete protein**. This means that when paired, two incomplete proteins provide adequate amounts of all the essential amino acids.



Protein Assessment

.....

Mark any of the following foods that you incorporate into your diet on a **REGULAR basis**.

- | | |
|---|---|
| ☐ Seafood (salmon, tuna, shrimp, etc.) | ☐ Beans (kidney, black, etc.) |
| ☐ Cow's milk | ☐ Nuts (almonds, walnuts, etc.) |
| ☐ Cheese | ☐ Seeds (sunflower, pumpkin, etc.) |
| ☐ Soy milk | ☐ Whole Grains |
| ☐ Eggs | ☐ Lentils (similar to legumes, grown in a pod) |
| ☐ Kefir | ☐ Ground Turkey |
| ☐ Quinoa | ☐ Chicken |
| ☐ Yogurt | ☐ Lean ground beef |
| ☐ Bacon, Sausage or Hot Dogs | ☐ Sirloin, round or tenderloin beef |
| ☐ Chicken or Turkey with skin | ☐ Tenderloin or loin chop pork |

Incorporating Healthy Sources of Protein

Which sources of protein do you regularly include? Mark all that apply.

☐ **Lean cuts of meat**

- White meat from the breast of chicken or turkey, without the skin
- Round, sirloin or tenderloin cuts
- Lean pork which includes tenderloin and loin chops
- Fish (salmon, tuna, shrimp, crab, etc.)



☐ **Dairy products and alternatives**

- Cow's milk
- Low- or full-fat cheese
- Yogurt or kefir
- Soy milk/yogurt



☐ **Moderate high fat and processed meats**

- Bacon, sausage, and hot dogs
- Chicken or turkey with skin
- Regular ground beef



*Tip: When buying ground beef, look for packages with the highest percentage of lean meat – 90 % or higher. Most grocery stores offer several types of ground beef with varying percentages of lean meat by weight.

____ **Beans, peas, seeds and lentils**

- Kidney, black, chickpeas, etc.
- Red, green, or brown lentils
- Hummus (made from garbanzo beans)
- Sunflower or pumpkin seeds

____ **Quality protein sources**

- Eggs
- Whole grains
- Soybeans (edamame, tofu, tempeh)
- Nuts and nut butters

What could you do differently to improve your protein intake? _____

Non-Dairy Protein Options

Are you lactose intolerant? ____ Yes ____ No

Do you have trouble digesting dairy? ____ Yes ____ No

Dairy products can be a great source of protein, vitamin D, and calcium, but there are many other foods that provide great sources of protein and calcium. If it is difficult for you or you choose not to consume dairy products, there are many calcium-rich foods that you can incorporate into your diet. Mark any of these calcium-rich, non-dairy foods that you incorporate regularly:

____ Spinach

____ Broccoli

____ Oatmeal

____ Soy products

____ Calcium-fortified non-dairy milks
(soy, rice, almond, etc.)

____ Figs

____ Fortified juices and breakfast cereals

____ Fortified cereals

____ Almonds

____ Kale

____ White or navy beans

____ Butternut squash

Example: Almond vs. Regular Milk

Almond Milk (original unsweetened)

Nutrition Facts	
About 12 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
Calories 30	
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber <1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 2.5mcg 10%	• Calcium 450mg 30%
Iron 0.5mg 2%	• Potassium 170mg 2%
Vitamin A 150mcg 15%	• Vitamin E 4mg 25%
Magnesium 15mg 2%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Regular 1% Milk

Nutrition Facts	
Servings: 8, Serv. size: 1 cup (240mL),	
Amount per serving: Calories 110,	
Total Fat 2.5g (3% DV), Sat. Fat 1.5g (8% DV), Mono. Fat 0.5g, Trans Fat 0g, Polyunsaturated Fat 0g, Cholest. 10mg (3% DV), Sodium 130mg (6% DV), Total Carb. 13g (5% DV), Fiber 0g (0% DV), Total Sugars 12g (Incl. 0g Added Sugars, 0% DV), Protein 8g, Vit. D (10% DV), Calcium (25% DV), Iron (0% DV), Potas. (8% DV), Vit. A (10% DV). %DV = % Daily Value	

Notice that regular milk contains more protein than almond milk. Take a look, and compare the other nutrients such as fat, cholesterol, calcium and magnesium. You'll notice that calcium and vitamin D are about the same in both milks.

If needed, what could you do differently to ensure that you are receiving adequate amounts of protein, vitamin D and calcium? _____

Meal Planning and Grocery Shopping

.....

To set yourself up for nutritional success, think about planning a healthy diet as a number of small manageable steps rather than one big drastic change. If you approach the changes gradually and with commitment, you will have a healthy diet sooner than you think. Two small steps that can help you plan for better nutrition:

- Proper meal planning.
- Effectively navigating the grocery store.

Meal Planning

One of the best ways to have good nutrition is to prepare your own food and eat at home when you can. To see how you are doing in this area, answer the following questions on the next page.

Do you plan meals ahead of time? ____ Yes ____ No

If not, what keeps you from doing so? _____

Do you like to cook?

____ Yes ____ No ____ Sometimes

Is it realistic for you to cook with your current schedule?

____ Yes ____ No ____ Sometimes

If it isn't realistic for you to cook with your current schedule, write down what healthy foods you enjoy that are quick and easy. _____

Tips for Better Meal Planning

- Use grocery advertisements to choose recipes and shop
- Have a family member send favorite, healthy recipes
- Prepare meals you can freeze and eat later
- Check your pantry for items you already have to use in recipes
- Make easy substitutions like Greek yogurt instead of sour cream, oil in place of butter, etc. See the **Tips for Healthy Cooking** handout at end of the session
- Be curious and experiment with new recipes and ingredients

Navigating the Grocery Store

Below are some ideas that can help you navigate the grocery store, and make your shopping trips more successful and nutritious.

- **Make a shopping list and stick to it.** This will help you ensure you have the right ingredients at home to cook your meals and snacks as well as stay within your budget.
- **Avoid going to the grocery store hungry.** When you are hungry, you are more prone to choose unhealthy options as well as spend more money. Make sure to eat a snack or meal before shopping.

Do you currently make a shopping list?

____ Yes ____ No ____ Sometimes

Do you currently go the grocery store hungry?

____ Yes ____ No ____ Sometimes

If needed, what could you do differently? _____

Weekly Reminders



- Protein is important in maintaining our health. It aids in the building, repairing and function of organs, muscles, immune system, hormones, and energy.
- Vegetarian and non-dairy protein options can provide just as much protein as many meat sources.
- Meal planning is a great tool to use in order to enjoy a variety of healthy recipes. Take time this week to decide on one or two healthy recipes to plan and grocery shop for.
- Implementing meatless main dish options in your weekly menu will make it easier to add variety to your regular protein intake. There are many high-quality sources of protein.

This Weeks Goals

Tips For Healthy Cooking

Reducing Fat and Cholesterol

If your recipe calls for:	Try substituting:
Bacon	Canadian bacon, turkey bacon, smoked turkey or lean ham
Butter, margarine, shortening or oil in baked goods	Canola oil or applesauce.
Creamed soups	Fat free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents
Butter, oil, or margarine to prevent sticking	Cooking spray or nonstick pans
Evaporated milk	Evaporated skim milk
Full-fat cream cheese	Fat-free or low-fat cream cheese
Full-fat sour cream	Fat-free plain yogurt, or fat-free or low-fat sour cream
Ground beef	Extra-lean or lean ground beef, chicken or turkey
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Oil-based marinades	Balsamic, vinegar, fruit juice or fat-free broth
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars

Reducing Sugar

If your recipe calls for:	Try substituting:
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup

Tips For Healthy Cooking

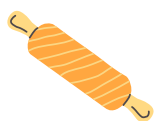
Reducing Sodium

If your recipe calls for:	Try substituting:
Table salt	Herbs, spices, fruit juices or salt-free seasoning mixes or herb blends
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes or use finely chopped garlic, celery or onions
Soups, sauces, dressings, crackers or canned meat, fish or vegetables	Low-sodium or reduced-sodium versions
Soy sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce

Increasing Other Nutrients

If your recipe calls for:	Try substituting:
All-purpose flour	Whole-wheat flour for half of the called-for all-purpose flour
Enriched pasta	Whole-wheat pasta
Iceberg lettuce	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Meat as the main ingredient	Add vegetables to the meal
White bread	Whole-wheat bread
White rice	Brown rice, wild rice, bulgur or pearl barley

Source: Mayo Clinic



Recipe of the Week

SOFT TACOS WITH SOUTHWESTERN VEGETABLES

SERVES: 4

PREP TIME: 15-20 MINUTES

COOK TIME: 20 MINUTES

*This simple recipe has **9 grams of protein** and is made with high quality meatless protein sources! This recipe and others like it can be found at The Mayo Clinic which has a large collection of recipes listed in their recipe index, found here: <http://www.mayoclinic.com/health/healthy-recipes/RecipeIndex>*

Ingredients

- 1 tablespoon olive oil
- 1 medium red onion, chopped
- 1 cup diced yellow summer squash
- 1 cup diced green zucchini
- 3 large garlic cloves, minced
- 4 medium tomatoes, seeded and chopped
- 1 jalapeno chili, seeded and chopped
- 1 cup fresh corn kernels (cut from about 2 ears of corn) or 1 cup frozen corn
- 1 cup canned pinto or black beans, rinsed and drained
- 1/2 cup chopped fresh cilantro
- 8 corn tortillas
- 1/2 cup salsa

Directions

- In a large saucepan, heat the olive oil over medium heat. Add the onion and cook until soft. Add the summer squash and zucchini, and continue cooking until tender, about 5 minutes. Stir in the garlic, tomatoes, jalapeno, corn kernels and beans. Cook until the vegetables are tender-crisp, about 5 minutes. Add the cilantro and remove from the heat.
- Heat a dry, large frying pan (without a nonstick surface) over medium heat. Add 1 tortilla to the hot pan and heat until softened — about 20 seconds per side. Repeat with the remaining tortillas.
- To serve, divide the tortillas among individual plates. Scoop an equal amount of the vegetable mixture onto each tortilla. Top each with 2 tablespoons of the salsa. Serve immediately.

Recipe by: The Mayo Clinic

Nutrition Strategies: Sugar and Sodium

Reflect on Your Goals for the Previous Section:

What were your barriers? _____

What were your successes? _____

In This Session

- Added sugar
- Sodium
- Improving your food intake
- Sugar and sodium assessments

Sugar Facts

.....

Sugar occurs naturally in most foods and is added to other foods and beverages. There is a lot of negative talk around sugar so in this section we will go through the facts.

Added sugar has only been shown to increase health risk when consumed in connection with a consistently high-calorie diet. Meaning, added sugar is not inherently "bad" and does not, by itself, cause negative health outcomes. When consumed in large amounts along with large amounts of food, in other words, regularly eating past fullness, then it may be linked to weight gain, increased triglyceride levels, and increased blood pressure. Sugar, in moderation, can be included in a healthy diet.

Sugar Assessment



Mark any that you consume on a REGULAR basis.

- | | |
|---|---|
| ☐ Ice cream | ☐ Soda |
| ☐ Frozen Yogurt | ☐ Fruit drink (not 100%) and lemonades |
| ☐ Doughnuts | ☐ Sports drinks |
| ☐ Pastries | ☐ Sweetened milk (chocolate, strawberry, etc.) |
| ☐ Cookies | ☐ Energy Drinks |
| ☐ Sugared cereals | ☐ Chocolate |
| ☐ Hard Candies (jolly rancher, mints, etc) | ☐ Candy bars |
| ☐ Soft Candies (gummy bears, sour patch, etc.) | ☐ Use artificial sweeteners |
| ☐ Desserts | ☐ Fresh fruit |
| ☐ 100% fruit juices | ☐ Dried fruit |

Foods that are high in added sugars can give you an immediate boost of energy but may not always keep you full for long periods of time. It can be helpful to pair these foods with a protein, fiber, or fat source if you are wanting to feel more satisfied and energized for longer.

All of the foods listed above can be included in your regular diet. None need to be restricted completely as this can cause feelings of deprivation. Including "whole foods" (fruit, vegetables, whole grains, protein, dairy products) more frequently will provide your body with more nutrients to function well and may help you feel more energized. Below we will talk about ways to reduce added sugar intake, if that is something you feel you would like to do.



Tips To Reduce Added Sugars Without Deprivation



Check any of the following habits that you currently have:

____ **Avoid the all-or-nothing mentality.** Banning sugar from your diet is not necessary or realistic. Enjoying sugar can increase satisfaction in eating and reduce cravings and overeating.

____ **Be mindful.** Regardless of what you are eating, being mindful is a great way to connect with your body and notice how the food makes you feel. Notice the way it looks, the smell, how it feels and tastes in your mouth, and how it feels in your stomach. This is a helpful way to know when you want to eat more and when you have had enough.

____ **Do not wait a long time between meals.** Do not let yourself get too hungry. This can lead to feeling out of control around food and overeating. Prevent this by eating frequent meals every 3-4 hours. (Remember the hunger/fullness scale!)

____ **Drink water instead of soda, juices, energy drinks, etc.** Water will help you feel more hydrated and provides more benefits to your body. Choose water regularly over sugar-sweetened beverages.

____ **Eat fresh, frozen, or canned fruits.** Choose fruit canned in water or natural juice. Avoid fruit canned in syrup, especially heavy syrup. Drain and rinse in a colander to remove excess syrup or juice.

____ **Compare food labels and choose products with the lowest amounts of added sugars.** Added sugars can be identified in the ingredients list.

____ **Cut the serving back.** When baking cookies, brownies or cakes, cut the sugar called for in your recipe by one-third to one-half. Often you won't notice the difference.



___ **Reduce consumption of “fat-free” foods on a regular basis.** Fat free products don't often satisfy our hunger or cravings. Sometimes this leads us to eat more than we need to or reach for something else to satisfy our cravings. Give yourself permission to eat full-fat and sugar to satisfy your hunger and cravings. Doing this will help you feel less out of control around food and more satisfied in your eating choices.

___ **Moderate your use of non-nutritive sweeteners (a.k.a artificial sweeteners).** The FDA has approved eight non-nutritive sweeteners, including: aspartame (Equal or NutraSweet), sucralose (Splenda), saccharin (Sweet 'N Low), Luo Han Guo (monk) fruit extract, stevia, neotame, acesulfame potassium (Sunett and Sweet One), and advantame.

Artificial sweeteners can be found in many types of foods:

- Diet and low-calorie beverages
- Sugar-free desserts like yogurt, ice cream, pudding, jam and jelly
- Gum and candy
- Medications

Artificial sweeteners can cause you to eat more and leave you feeling unsatisfied because they do not provide the same satisfying effect as real sugar, leading us to want to consume more than we would normally want.

Which of the above suggestions would you like to implement? _____

Common Names For Sugar



Below is a reminder of the common names for sugar that may be on food packages:

Examples are:

- High-fructose corn syrup
- Molasses
- Maple syrup
- Sucrose
- Maltose
- Dextrose
- Honey
- Agave nectar
- Sugar cane syrup
- Malt Syrup
- Fructose
- Evaporated Cane Syrup
- Corn Syrup
- Cane crystals
- Raw sugar
- Invert Sugar
- Cane sugar

Again, there is nothing inherently wrong with any of these ingredients. None will cause negative health outcomes by themselves. This list is just to help you be informed. Sometimes these ingredients get a bad rap in the media, but they are all safe to consume as part of a regular, healthy diet in moderation.

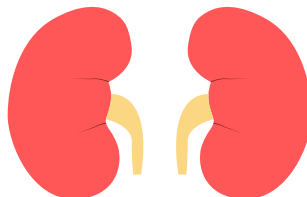
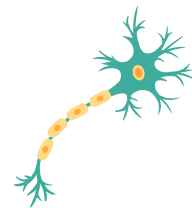
Sodium



The recommended amount of sodium to consume is less than 2,300 mg. a day, or less than 1,500 mg, if you are 51+ years old, have high blood pressure, diabetes or chronic kidney disease.

The following is a list of how sodium affects our bodies:

- It helps maintain the right balance of fluids in your body.
- It helps transmit nerve impulses.
- Influences the contraction and relaxation of muscles.
- Your kidneys naturally balance the amount of sodium stored in your body for optimal health. When levels are low, your kidneys hold on to the sodium. When high, they excrete the excess in urine.



Sodium: Main dietary sources

To help keep your sodium consumption in check, you need to know where the sodium comes from. Here are the main sources of sodium in a typical diet:

Processed and prepared foods. The vast majority of sodium in the typical American diet comes from foods that are processed and prepared. These foods are typically high in salt, which is a combination of sodium and chloride, and in additives that contain sodium. Processed foods include prepared dinners like pasta, meat and egg dishes, pizza, cold cuts and bacon, cheese, canned soups, and fast foods.

In the kitchen and at the table. Many recipes call for salt, and many people also salt their food at the table. Typically, the salt we add to our food at home is not going to cause a problem. Condiments may also contain sodium. One tablespoon (15 milliliters) of soy sauce, for example, has about 1,000 mg of sodium.

Sodium Assessment



	Rarely	Occasionally	Regularly
Eat cured or processed meats such as ham, bacon, sausage, or lunch meats?			
Consume pre-packaged processed foods?			
Consume canned or dehydrated soup?			
Eat processed cheese?			
Salt food before tasting it?			
Rinse your canned food items?			
Check labels for sodium content when buying foods?			

What could you improve on? _____

Tips To Moderate Your Sodium Consumption



Virtually all Americans can benefit from reducing the sodium in their diet. *Mark any of the following that you would like to try:*

____ Eat fresh fruits and vegetables. Most fresh fruits and vegetables are naturally low in sodium and help keep blood pressure in a healthy range.

____ Eat fresh meats instead of processed meats. Fresh meat is lower in sodium than are processed meats like luncheon meat, bacon, hot dogs, sausage and ham. Buy fresh and frozen poultry or meat that hasn't had sodium added. Look on the label or ask your butcher.

____ Opt for low-sodium products. If you do buy canned or processed foods, choose those that are labeled "low sodium" or "no salt added".

____ Moderate or use low sodium options of condiments such as soy sauce, ketchup, mustard and relish.

____ Use herbs, spices and other flavorings to enhance foods. Use fresh or dried herbs, spices, zest from citrus fruit, and fruit juices to jazz up your meals.

If necessary, what could you do differently? _____

Eating Out: Healthy AND Happy Choices

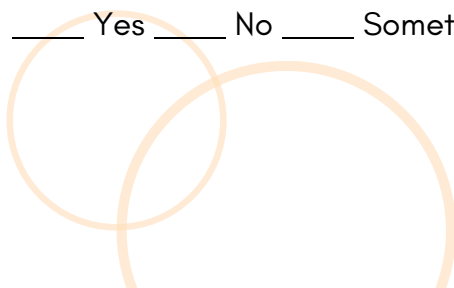


Often individuals believe that if they want to have positive long-term nutritional habits that they cannot enjoy eating out. This thought process is not true nor realistic. Below are a few questions to help you determine how you are currently doing in this area.

How often do you currently eat out? _____

Do you feel that you choose healthy options most of the time when you eat out?

____ Yes ____ No ____ Sometimes



If no, then why not? _____

Is it difficult for you to not overeat when you go out? ____ Yes ____ No ____ Sometimes

If yes, what makes it feel difficult? _____

Healthy Tips For Eating Out



Mark the ones that you would like to try.

____ Ask for a to-go box if you are full before finishing your meal

____ Don't go to a restaurant famished.

____ Drink water with your meal.

____ Split your meal with someone else at the table.

____ Eat slowly and remember that it takes approximately 20 minutes for your brain to tell your stomach that it is full.

____ Look for ways to incorporate fruits and vegetables into your meal.

____ Don't stress about everything you are eating. Listen to your body to know when you have had enough to eat, and take the rest home when full.

____ Choose baked or grilled items instead of fried foods if you won't mind the taste difference.

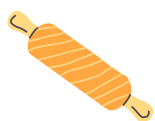
If needed, what could you do differently? _____

Weekly Reminders



- Added sugars can be included in a healthy diet along with a variety of other types of filling and nutritious foods.
- Sodium affects our bodies in many ways. Become aware of your specific eating patterns and try to incorporate one tip to help reduce your sodium consumption.
- There are many tips for eating that can help you stay healthy without costing yourself in enjoyment or taste. Pick a new tip this week to try when you eat out!

This Weeks Goals



Recipe of the Week

MANGO SALSA PIZZA

This recipe only has 128 mg of sodium and could even be made with a whole wheat crust for a little variation!

Ingredients

- 1 cup chopped red or green bell peppers
- 1/2 cup minced onion
- 1/2 cup mango, seeded, peeled and chopped
- 1/2 cup pineapple tidbits
- 1 tablespoon lime juice
- 1/2 cup fresh cilantro, chopped
- 1 12-inch prepared pizza crust, purchased or made from a mix

Directions

- Preheat the oven to 425 F. Lightly coat a 12-inch round baking pan with cooking spray.
- In a small bowl, mix together the peppers, onions, mango, pineapple, lime juice and cilantro. Set aside.
- Roll out dough and press into the baking pan. Place in the oven and cook about 15 minutes.
- Take the pizza crust out of the oven and spread with mango salsa. Place the pizza back into the oven and bake until the toppings are hot and the crust is browned, about 5 to 10 minutes.

Cut the pizza into 8 even slices and serve immediately.

Recipe by: Mayo Clinic

Nutrition Strategies: Review and Mindful Eating

Reflect on Your Goals for the Previous Section:

What were your barriers? _____

What were your successes? _____

In This Session

- Nutrition review
- Mindful eating
- What to do if you get off track

Section One

.....

Are you more conscious of eating foods from each of the food groups? ____ Yes ____ No

If not, what would help you to do this regularly? _____

Set one goal from session one topics to help you continue to improve your healthy eating habits. _____

Section Two

.....

Are you eating regularly (every 2-4 hours)? ____ Yes ____ No



Are you eating breakfast? ____ Yes ____ No



If you are struggling with consuming healthy sources of fat, what could you do differently?

Set one goal from session two topics to help you continue to improve your healthy eating habits.

Section Three

.....

Are you including more complex carbohydrates into your diet? ____ Yes ____ No

How are you doing with your fruit and vegetable intake? Are there areas that need improvement? _____

Are you paying attention to your Hunger/Fullness levels most of the time? ____ Yes ____ No

Set one goal from session three topics to help you continue to improve your healthy eating habits. _____



Section Four

.....

Are you incorporating healthy sources of protein most of the time? ____ Yes ____ No

How are you doing with meal planning and grocery shopping? _____

Set one goal from session four topics to help you continue to improve your healthy eating habits. _____



Section Five

.....

Do you regularly monitor your sugar intake? ____ Yes ____ No

Do you regularly monitor your sodium intake? ____ Yes ____ No

How many times per week do you eat out? ____

If needed, what changes can you make to balance healthy choices while not being too restrictive when you eat out? _____

Set one goal from session five topics to help you continue to improve your healthy eating habits. _____



Mindful Eating

.....

Now that you are almost finished with learning the important principles of long-term positive nutritional habits, there is one last and final key which is eating more mindfully!

This last step will help you focus on how fast you eat, how much you eat, and how certain foods affect you.

Mindful eating is an important concept to help you move toward an intuitive eating lifestyle. Focusing on eating more mindfully will help you become aware of your eating patterns and improve your relationship with food.

Two Primary Causes of Mindless Eating— Distractions and Eating Too Fast

Distractions

Are there things you do often (reading, driving, watching TV, texting, computer use, etc.) while eating? _____

Do you find you usually eat more than you need when you are doing something else while eating?
____ Yes ____ No ____ Sometimes

If needed, what could you do differently to help with this? _____

Eating Too Fast

Do you usually eat fast? ____ Yes ____ No ____ Sometimes

If you marked yes or sometimes, list the main reasons you do this.

If needed, what could you do differently to help with this?

Benefits of Mindful Eating



Simply slowing down and focusing can help us become more mindful when we eat. Mindful eating can be the answer to most struggles with food. When we eat more mindfully:

- Eating becomes more enjoyable!
- It is easier to stop at a comfortable level. Satiety is a subtle experience which makes it easy to miss and can explain why you may not notice until you are uncomfortable.
- It helps us better realize how food affects us and makes us feel physically.
- It can help lower stress and improve digestion.

Eating More Mindfully

1. Take a look at your food and decide what you want to eat first.

- When you first start eating, your taste buds are more sensitive so eating is most enjoyable.
- Mindfully deciding what to eat on your plate and in what order will allow you to honor your intuitive signals, which include eating slowly, mindfully, and gauging how your body responds to each type of food. You do not have to eat food in any particular order and you do not have to finish everything on your plate.
- Do you regularly eat what you think you are obligated to first and end up overeating later because you really wanted something else? _____ Yes _____ No _____ Sometimes

2. Put your utensil down occasionally.

You don't need to do this between each bite, but if you incorporate this as you eat it will help you slow down and be more mindful.

3. Take time to enjoy all of the flavors, smells, and textures of the food.

When you tune in and engage more of your senses while you eat, the more enjoyable eating will be. Take a moment before you start eating to notice and appreciate the appearance and smell of the food. Then take time during the meal to notice how the food tastes, how it feels in your mouth, and how it feels in your stomach. You may be surprised that some foods will be more enjoyable than you expected while other foods may be less enjoyable than you thought.

4. Take small bites and eat slowly.

5. If the food choice you make doesn't taste as good as you thought it would, stop and choose something else if possible.

Do you often eat foods that don't taste as good as you thought but eat it anyway? Then later you eat something else that satisfies you? ____ Yes ____ No ____ Sometimes

If yes or sometimes, write down why this is. _____

If needed, what could you do differently? _____

Which of the 5 tips would you like to incorporate this week? _____

What To Do Going Forward



As you finish this program, you may be asking yourself, "What now?" You may even be a little concerned that you'll go back to your previous habits. However, keep in mind this is not a SHORT term solution but a NEW way of thinking that changes the way you eat and live.

- Unlike past nutrition rules and guidelines, which may become more difficult over time, learning to eat with flexibility will make eating more enjoyable and a little easier to navigate. You don't need set rules around you're eating.
- If there are times that you struggle with your nutrition choices, use those opportunities to learn more about yourself and why you eat. If you find yourself having difficulty, do not hesitate to reach out for help from a Registered Dietitian.
- Know that there is no perfect way to eat. You can incorporate nutritious food choices into your typical diet and you will still get the health benefits from doing this.

Nutrition Guidelines and Recommendations

Carbohydrates

- Main source of energy, especially for the brain
- If not receiving enough, the body will cannibalize its own muscle by dismantling its own protein amino acids and converting it to glucose (glycogenesis- the creation of new sugar).
- Eat enough grains, preferably half of which are whole. Grains are a rich source of carbohydrates, fiber, and B vitamins.

Difference Between Simple and Complex Carbs

Simple carbs are small packets of energy that can be digested quickly by your body. They may not keep you full as long as complex carbs will due to the lack of fiber. Simple carbs include white flour, white rice, etc.

Complex carbs are long chains of glucose in the form of starch and fiber. They take longer to digest and therefore keep us full longer due to their fiber content. Examples of complex carbs include 100% whole-grain breads, cereals, tortillas, pasta, brown rice, vegetables, and beans. Complex carbs are a better option for many reasons:

- They contain more fiber, protein, vitamins, and minerals to keep you fuller and satiated longer.
- They help with digestion and keep your bowel movements regular.
- They assist in the prevention of heart disease and certain types of cancer.

Look for the words “whole” when purchasing grains. Another trick to help you determine if the food product is a complex carb choice is to check the fiber content. A good easy indicator is 3 grams per serving.



Fiber

- Helps with digestion
- Necessary for function of gastrointestinal tract
- Good sources of fiber include fruits, vegetables, whole grains, legumes, nuts and seeds.

Proteins

- Building blocks of muscles, organs, hair, nails, enzymes, hormones, and more
- Protein is composed of amino acids.
- Amino acids are used in every cell of your body to build the proteins you need to survive.

Incomplete vs. Complete Protein: Getting Sufficient Protein

- Scientists have discovered over 50 amino acids in the body, but only 20 are used to make proteins in your body. Of those 20, 9 are defined as essential (must be eaten). The other 11 are non-essential (can be made by the body).
- Animal products (meat, poultry, seafood, fish, eggs and dairy) and soy products are complete proteins meaning that they provide all 9 essential amino acids.
- Whole grains, beans, peas, lentils, nuts and seeds contain various essential amino acids but are incomplete proteins. By eating a variety of these incomplete proteins, you can consume all the amino acids your body needs.

Fats

- Necessary for absorption of fat-soluble vitamins
- Creation of myelin sheaths that protect our nerves
- Neurotransmitter receptor sites in the brain
- Provide satiety and satisfaction in our food
- Insulate us to keep us warm
- Protect inner organs
- Unsaturated fats- omega-3 fats from seafood, fish oil, algae, and seaweed, as well as fats from olive oil, avocado, nuts, seeds, flaxseed oil, and canola oil.

Fruits and Vegetables

- Help with digestion
- Loaded with antioxidants and fiber
- Fruits and vegetables have special food factors called phytochemicals (plant chemicals), that have health benefits including inhibiting cancer growth and cardiovascular disease, lowering blood pressure, fighting inflammation, boosting immunity, decreasing "bad" LDL cholesterol, and more. There are hundreds and maybe even thousands of phytochemicals, and research is just scratching the surface on their health benefits.
- Incorporate fruits and vegetables in a manner that is pleasing to your palate.

Vitamins and Minerals

- Help convert food into energy
- Repair cell damage
- Strengthen bones
- Heal wounds
- Boost the immune system
- Involved in producing blood cells, hormones, and neurotransmitters associated with mood and cognition

Remember that the ideas included in these guidelines are not rules and should not be turned into a diet. It doesn't have to be perfect. For the most part, strive for variety, moderation and balance. For the most part, enjoy both nutritious foods and some play foods.

GENTLE NUTRITION IN A NUTSHELL

ENJOY EATING FOOD

HONOR YOUR HEALTH AND TASTE BUDS

NOT TOO MUCH, OR TOO LITTLE

PROGRESS, NOT PERFECTION, IS WHAT COUNTS