



BUILDING A HEALTHY PLATE: HERE THERE & EVERYWHERE!

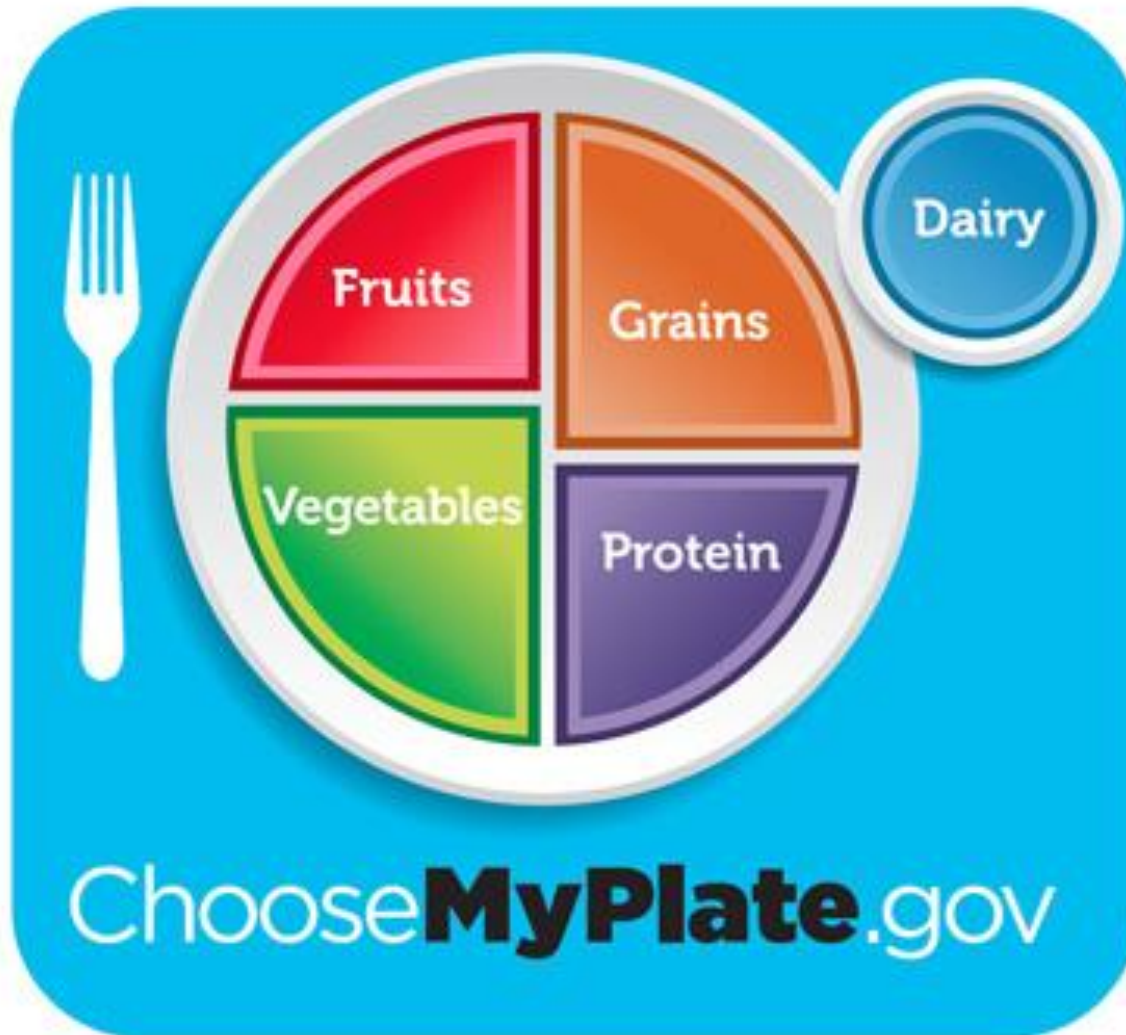
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MAKE TIME, THE CHOICE IS YOURS...











“Those who think they have no time for healthy eating, will sooner or later have to find time for illness.” – Edward Stanley



WHAT YOUR PLATE SHOULD LOOK LIKE



PORTION DISTORTION

Food	20 Years Ago		Today	
Bagel				
	3-inch diameter	140 calories	6-inch diameter	350 calories
Cheeseburger				
	1 portion	333 calories	1 portion	590 calories
Spaghetti and Meatballs				
	1 cup spaghetti, sauce and 3 small meatballs	500 calories	2 cups spaghetti, sauce and 3 large meatballs	1,025 calories
Soda				
	6.5 ounces	85 calories	about 20 ounces	300 calories
French Fries				
	2.4 ounces	210 calories	6.9 ounces	610 calories

<http://freshfitness.ca/track-and-tweak-for-success/>



CORRECT SERVING SIZES



3 oz (75 g) cooked chicken
or meat (4 oz raw):
deck of cards



1 cup (250 ml) cooked rice,
pasta or ice cream:
tennis ball



1 oz (30 g) cheese:
4 dice or 1 domino



medium piece of fruit:
baseball



1 tsp (5 ml) butter or
margarine: one die



1 small baked potato:
a computer mouse



average woman's fist:
1 cup (250 ml)



2 tbsp (30 ml) peanut butter,
jam, salad dressing: golf ball



1 oz (30 g) of chocolate:
a packet of dental floss

<http://chewatjhu.blogspot.com/2010/08/tip-of-week-avoid-portion-distortion.html>



IT ALL BEGINS WITH BREAKFAST

- Breaking the fast
- 10-30% skip this meal
- 59% of high school students
- The excuses
 - I have to run or I'll be late
 - I'm just not hungry that early
 - I'm trying to lose a few pounds



BREAKFAST BENEFITS

- Increases attention span/concentration
- Improves performance on spatial/cognitive tests
- Meet nutritional recommendations for age groups, especially for vitamins A, C, riboflavin, calcium, zinc, iron, and fiber
- 78% of people who lose weight and keep it off eat breakfast every day
- A healthy breakfast should include foods from a variety of food groups, such as whole grains, fruit, and dairy, to ensure that you get a good mix of both nutrients and fiber



MAKE IT FAST AND SIMPLE

- Make instant oatmeal with milk instead of water. Mix in raisins or dried cranberries. Top with chopped walnuts.
- Layer low-fat yogurt with your favorite crunchy cereal and sliced fruit or berries.
- Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
- Top a bowl of whole-grain cereal with blueberries, sliced peaches or any favorite fruit. Pour on low-fat or fat-free milk.
- Top a toaster waffle with low-fat yogurt and fruit.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread almond butter on a whole-grain toasted bagel. Top with apple slices.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.



SNACK SOLUTIONS

- The human body needs fuel every 3–4 hours
- Give you energy
- Full and focused
- Curb cravings & weight control
- Keep calories and portions in check
- Combine food groups and emphasize snacks with protein, fiber, healthy fats
- Drink water throughout the day



SNACK IDEAS

- A small box of whole-grain cereal with fat-free or low-fat milk
- Low-fat yogurt, sprinkled with high-fiber cereal or a few almonds
- Low-fat cottage cheese with canned fruit (in juice, not syrup) or fresh fruit
- A piece of fruit and string cheese
- A small cup of edamame (boiled soybeans)
- One handful of your favorite nuts (peanuts, almonds, cashews, pistachios, etc)
- A small whole-wheat pita spread with hummus
- Half of a turkey or peanut butter sandwich
- A small 3-ounce can of tuna with four to six low-fat crackers
- Two rice cakes spread with peanut butter
- Apple slices or celery sticks with peanut butter
- Whole-grain, soy, or whole food-based granola or meal replacement bars, such as Larabar[®], Kind Bars, Kashi[®] TLC Bar[®], and SOYJOY[®]



A LOOK AT LUNCH

- lunch can set a tone for feeling energetic or sluggish at 3 PM and whether or not we overeat at dinner
- Making your lunch yourself is the best way to make it healthy
- Yes it may take planning and time – but the things in life worth doing usually do
- Always remember that you are worth it!



BROWN BAG IDEAS

- Your favorite sandwich, plus baby carrots and a piece of fruit
- Leftovers from dinner
- A sweet potato (poke holes in skin with fork and cook 5–7 minutes in a microwave, turning halfway through), served with low-fat yogurt and a dash of cinnamon
- Whole-wheat tortilla wrap of hummus, lettuce, sliced tomatoes, feta cheese, and black olives, plus a carton of fat-free vanilla yogurt and berries
- Whole-wheat pita stuffed with vegetarian refried beans, salsa, lettuce, and shredded cheddar cheese, plus apple slices with peanut butter
- A green salad loaded with canned chunk tuna (lite), carrot strips, pepper slices, tomato wedges, red beans, and dried cranberries topped with balsamic vinaigrette, plus 1 C of low-fat chocolate milk
- A peanut butter and banana sandwich on whole-wheat bread, plus a piece of fresh fruit and low-fat yogurt
- Whole-wheat tortilla roll with sliced turkey, sliced low-fat mozzarella cheese, red pepper strips, and a lettuce leaf (chill and slice into bite-size pieces), plus a fruit salad and a glass of skim milk



BUYING LUNCH AT WORK

- Ask the cook to use cooking spray or very little oil when preparing your food
- Avoid ordering prepared salads if you can, and instead try adding the raw ingredients and then your own dressing afterward to avoid unwanted calories
- Try to go with a soup/salad or sandwich/salad combo, because salads are a great way to get full faster for fewer calories
- Know what is on your sandwich:
 - Stay clear of creamy dressings, oil, cheese, and bacon, which can lead to extra calories
 - Choose one “indulgence” for your sandwich each day, rather than two or three, then rotate
- Take a smaller portion if you are wanting a less healthy food, such as pizza, and get a side salad with it
- Split the meal, if portions are big, having half of the food for lunch and saving the other half



SUPER HANG-UPS

- “I'm tired of being the only one that cooks.”
- “I don't have time to cook a big meal every night; it is easier to just order out.”
- “My family prefers to eat out; when I cook at home, they complain.”



SUPER IN A SYNCH

- Start cooking more at home
- If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.
- A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy – make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.
- Planning ahead can help you make better food choices. Keep healthy staples on hand, such as dried fruit, whole wheat pasta, "no-salt-added" canned vegetables, and frozen seafood.
- Experiment with healthy recipes and look for ways to make your favorite recipes healthier. For example, use the low-fat or reduced-fat version of dairy products like cheese and milk or replace sour-cream with low-fat or fat-free yogurt. Also use spices and herbs to add more flavor instead of adding salt or fat.
- To help manage how much you eat, start by putting a small portion of food on your plate, and only eat seconds if still hungry.



KITCHEN STAPLES

Sauces and dressings

Dijon Mustard

Hot-Pepper Sauce

Mayonnaise

Reduced fat Mayonnaise

Olive Oil and Vinegar Dressing

Reduced Olive Oil and Vinegar Dressing

Dairy

Eggs

Skim Milk

Dry Goods

All- Purpose Flour

Brown Sugar

Coffee

Cornstarch

High-Fiber Bran Cereal

Sugar

Sugar Substitute

10-Minute Brown Rice



KITCHEN STAPLES

Canned or Bottled Goods

Black Beans, Canellini Beans, Red Kidney Beans

Fat-Free Low Sodium Chicken Broth

Honey

Low-Fat Low Sodium Pasta Sauce

100% Orange Juice

Tomato Salsa

Produce

Onion yellow or white

Garlic

Red Onion

Whole Grain Breads

Rye

100% Whole Wheat

Pumpernickel



KITCHEN STAPLES

Oils and Vinegars

Apple Cider Vinegar

Balsamic Vinegar

Canola Oil

Olive Oil

Olive Oil Spray

Sesame Oil

Vegetable Oil Spray

White Vinegar

Spices Herbs and Seasonings

Black Peppercorns

Ground Cinnamon

Ground Nutmeg

Ground Oregano

Salt

Vanilla Extract

Frozen

Frozen Chopped or Diced Green Bell Pepper

Frozen Chopped or Diced Onion



EATING OUT AND ABOUT

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a small" or "medium" portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the "all-you-can-eat" buffet.
- If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - Order an appetizer-sized portion or a side dish instead of an entrée.
 - Share a main dish with a friend.
 - If you can chill the extra food right away, take leftovers home in a "doggy bag."
 - When your food is delivered, set aside or pack half of it to go immediately.
 - Resign from the "clean your plate club" - when you've eaten enough, leave the rest.
- To keep your meal moderate in calories, fat, and sugars:
 - Ask for salad dressing to be served "on the side" so you can add only as much as you want.
 - Order foods that do not have creamy sauces or gravies
 - Add little or no butter to your food.
 - Choose fruits for dessert most often.
- On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks, or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.



ON THE ROAD

- Plan and prepare ahead of time
- Think healthy and portable
 - Individual boxes of unsweetened cereal
 - Fresh or dried fruit
 - Baby carrots
 - Rice cakes
 - Graham crackers
 - Low-fat granola bars
 - Protein bars
 - Juice boxes
 - Pretzels
 - Baked potato chips
 - Small cans of water-packed tuna
 - Individual applesauce or mixed fruit containers
 - Fat-free pudding cups
 - Nuts
 - Seeds
 - Fig bars
 - Animal crackers



AVOIDING HOLIDAY HANG-UPS

- Eat a small healthy meal before the party
- Make your party contribution a healthy choice
- Always keep healthy portable options on hand
- Keep in mind empty calories from drinks



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