

Session 3: Healthy Eating

Staying close to your calorie goal is key to losing weight. With practice, you will learn what foods, drinks, meals, and snacks work best *for you*.

Increasing physical activity will also help with losing weight. We will talk more about this in the next session.

First, let's talk about some important parts of healthy eating:

The way you eat

- **When you eat**
 - **Plan ahead** for healthy meals and snacks.
 - A **regular pattern of meals or snacks** is important. Some people do best with 3 meals per day; others with 3 meals plus 1 or 2 healthy snacks. Find what works best for you.
 - Eating something about **every 3 to 5 hours** will help you manage your hunger and blood glucose levels.
- **How you eat**
 - Eat **slowly**. This will help you:
 - Digest your food better.
 - Be more aware of **what you're eating** and enjoy the taste of your food.
 - Be more aware of **when you're full**. It takes about *20 minutes* for the brain to know that your stomach is full.
 - Pause between bites. Put down your fork or spoon.
 - Serve yourself smaller portions to begin with. Don't worry about cleaning your plate.

... and what you eat overall.

A model for planning healthy meals is **MyPlate**.

MyPlate

MyPlate was developed by the United States Department of Agriculture (USDA).



- It is a simple guide to building a healthy eating style.
- Helps you make a shift to healthier food and beverage choices.
- Based on science to promote health and prevent disease now and in the future.
- A healthy way to eat for the whole family.

MyPlate shows you what foods to eat and in what amounts:

- Make about $\frac{1}{2}$ your plate **fruits** and **vegetables**.
- Make about $\frac{1}{4}$ of your plate **grains**. At least half your grains should be whole grains.
- Make about $\frac{1}{4}$ of your plate **protein foods**.
- Include 3 servings of fat-free or low-fat **dairy** every day.

The 2015 Dietary Guidelines tell you to “follow a healthy eating pattern over time to help support a healthy body weight and reduce the risk of chronic disease”. A healthy eating pattern:

- **Includes** all MyPlate groups; Fruit, Vegetables, Protein, Dairy, Grains, and Oils.
- **Limits** saturated fats and trans fat, added sugars, and sodium.

Go to www.ChooseMyPlate.gov for more information.



Healthy Food Choices from MyPlate

<p>Fruits (fresh, frozen, canned, or dried)</p>	<p>Focus on whole fruits.</p> <ul style="list-style-type: none"> • Choose fresh, canned, frozen, dried, 100% fruit juice. • Eat whole fruit more often than fruit juice. • Limit pastries, fruit drinks with added sugar, fruit canned in syrup.
<p>Vegetables (raw or cooked)</p>	<p>Vary your veggies.</p> <ul style="list-style-type: none"> • Choose fresh, frozen, canned, dried or 100% juice. • Limit fried vegetables and those with added fat, cream, cheese, gravy, salt.
<p>Grains (bread, cereal, pasta, rice, tortillas, pita, muffins, oatmeal, barley, quinoa, couscous)</p>	<p>Make half your grains whole grains.</p> <ul style="list-style-type: none"> • Look for a “whole” grain as the first ingredient. • Limit refined grain foods (those that are not whole). • Limit those with added sugar and fat. Examples: white bread, pasta, and rice, pastries, donuts, muffins, biscuits, high-fat crackers, tortilla chips, fried tortillas, sweetened and granola type cereals.
<p>Protein Foods (meat, poultry, fish, legumes (beans/peas), eggs, nuts, seeds)</p>	<p>Vary your protein routine.</p> <ul style="list-style-type: none"> • Eat fish at least twice a week (<i>not fried</i>). • Eat plant proteins often: tofu, soy products, cooked dried beans, rinsed/drained canned beans, split peas, lentils, hummus, and <i>small amounts</i> of nuts, seeds, peanut butter and other nut butters. • Select lean cuts of meat. Trim or drain fat and remove poultry skin. • Use low-fat cooking methods (bake, grill, steam, roast, microwave without added fat). Do not fry. • If using processed meats, choose those with less fat, saturated fat, and sodium. Examples: sausage, bacon, hot dogs, ham, deli luncheon meats.
<p>Dairy (milk, yogurt, cheese, soymilk)</p>	<p>Move to low-fat and fat-free dairy.</p> <ul style="list-style-type: none"> • Most choices should be fat-free or low-fat milk, lactose-free milk, soymilk, yogurt, or cheese. • Limit whole milk or cheese or yogurt, cream, cream cheese, sweetened yogurt/frozen yogurt/smoothies, ice cream.



United States Department of Agriculture

10
tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



4 Vary your veggies
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sauteed, roasted, or raw.



5 Make half your grains whole grains
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



6 Move to low-fat or fat-free milk or yogurt
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



7 Vary your protein routine
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars
Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



9 Drink water instead of sugary drinks
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

Center for Nutrition Policy and Promotion
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Go to ChooseMyPlate.gov
for more information.

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Choose Healthy Fats

Some fat in the diet is needed for health.

MyPlate recommends that you **replace unhealthy fats with *healthy ones***. This can help:

- Lower the levels of “bad” cholesterol and triglycerides in your blood. This lowers your risk of heart attack and stroke.
- Reduce your risk of type 2 diabetes and other health problems.

Important: Both healthy and unhealthy fats contain the **same number of calories per gram**. So **always keep your fat gram goal in mind**.

Unhealthy fats are solid at room temperature.

Limit:

- **Saturated fat:** found in animal foods, such as meat, meat drippings and high-fat dairy foods, and tropical oils, such as palm, palm kernel, and coconut oils.
- **Trans fats:** found in foods made with “hydrogenated” or “partially hydrogenated” oils (stick margarine, shortening), processed snack foods (crackers and chips), and baked goods (muffins, cakes, and cookies). Food companies are taking steps to remove trans fats from their products.

Healthy fats are liquid at room temperature. MyPlate calls them “Oils.”

Choose:

- **Monounsaturated and polyunsaturated fats:** found mainly in non-tropical vegetable oils such as olive and canola, nuts, seeds, avocados, olives, peanut and other nut butters, mayonnaise, and fatty fish such as salmon, albacore tuna, herring, mackerel, and rainbow trout.



Healthy Eating for a Healthy Body

A healthy eating pattern and regular physical activity can improve health and reduce the risk of many diseases throughout life.

Experiment and find your own best ways to get there. Note that this means you will either “**replace**”, “**limit**” or “**include**” certain types of foods.

To help keep blood glucose stable and hunger in check:

Build a regular pattern of healthy eating.

- Eat about the same amount of food at meals and snacks each day.
- Eat meals and snacks at about the same times every of day.
- Try not to skip meals and snacks.
- For healthy meals:
 - **Include** a variety of foods from all groups of MyPlate.
 - **Include** a food from the Protein and/or Dairy group at each meal. Protein will help you feel fuller longer.
 - **Replace** highly processed foods with those that are as close to nature as possible.
- For healthy snacks:
 - **Limit** “junk foods” such as chips and soda or a candy bar.
 - **Replace** with healthy snacks such as yogurt with a banana or an apple with a low-fat cheese stick or peanut butter.



A change I can make: _____

Choose healthier carbohydrates (sugar, starch, and fiber).

- **Sugar:**
 - **Limit** added sugars, high-sugar foods (candy, cakes, pies, cookies, and ice cream), and sugar-sweetened beverages (regular soda, fruit drinks, sweet tea, fancy coffee drinks).
 - **Replace** foods with added sugars with those that have natural sugar (fruit, vegetables, and milk).
 - **Replace** sugar-sweetened drinks. At least half of your daily fluid intake should be water.

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- **Starch:**
 - **Limit** sugar-sweetened cereals, white bread, rice, and pasta.
 - **Replace** with whole grain bread and pasta, brown rice, legumes (beans and peas), unsweetened cereals high in fiber.
- **Fiber:**
 - **Include** high fiber foods: legumes (beans and peas), nuts, seeds, whole grains, high fiber cereal, fruits and vegetables.
 - Foods with 3 grams of fiber/serving are a **good source** of fiber; those with 5 grams or more are an **excellent source**.
 - **Drink** water and increase fiber slowly to avoid constipation.

A change I can make: _____

To help reduce your risk of heart disease:

Replace unhealthy saturated and trans fats with healthier unsaturated fats. Include monounsaturated and polyunsaturated oils instead.

- **Replace** shortening or stick margarine with oil.
- **Replace** bacon or cheese in a salad with nuts or seeds.



Include foods with omega-3 fatty acids.

- Fatty fish, walnuts, ground flaxseed, chia seeds, flaxseed oil, and canola oil.
- The American Heart Association recommends:
 - Eat fish (mainly fatty fish) at least two times per week. The serving size is 3.5 ounces cooked. Deep fried seafood is **not** recommended.
 - Talk with your health care provider before taking omega-3 supplements.

Include high fiber foods.

- Fiber helps lower blood cholesterol and triglycerides.

A change I can make: _____

To help manage your blood pressure:

Limit your sodium intake. The 2015 Dietary Guidelines recommend you aim for less than 2300 milligrams (mg) per day.

Limit the use of table salt.

- Don't add salt to your food at the table.
- Use half (or less) the amount of salt called for in a recipe.
- **Replace** salt with herbs, spices, peppers, lemon juice, or vinegar.



Limit the number of foods you eat that are high in sodium. Read food labels (you may be surprised at the sodium content).

- Seasonings like soy sauce and barbeque sauce.
- Salty snacks such as potato chips and crackers.
- Salty or smoked meats and fish, lunch meats.
- Foods prepared in brine such as pickles and sauerkraut.
- Processed foods such as frozen entrées, canned or dried soups, baked goods, and pizza.
- Eat out less often. Limit fast food.

A change I can make: _____

To help maintain healthy bones:

Include foods high in calcium:

- Low-fat or fat-free milk, soymilk, yogurt, or cheese.
- Salmon, broccoli, and leafy green vegetables.
- Fruit juices, bread, and cereal with added calcium.



Note: Talk to your health care provider before taking a calcium supplement.

A change I can make: _____

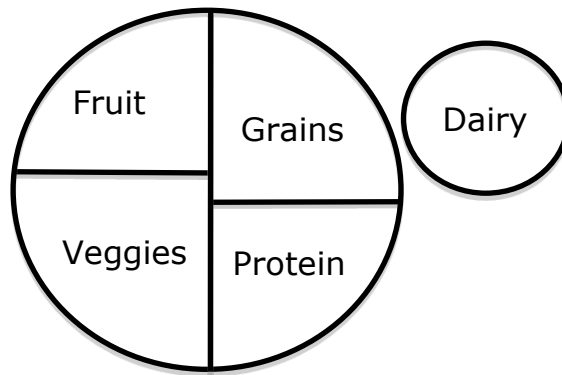
**Don't let all the details overwhelm you.
You will find ways to make your own healthy eating pattern.
We are here to help.**



MyPlate Makeover

Let's practice a meal makeover.

1. Write each item on the plate or cup below. If some of the items don't fit into any of the MyPlate groups, write them off to the side.



2. What changes could you make to this meal to better match MyPlate?

Vegetables _____

Fruits _____

Grains _____

Protein _____

Dairy _____

To eat fewer calories and limit unhealthy types of fat: _____



To Do:

Check the boxes when you complete each item:

- Keep track of your weight.** Weigh yourself at home at least once a week. Record it.
- Record everything you eat and drink every day.** Come as close as you can to your calorie and fat gram goals.

New Things to Practice:

- Follow MyPlate as a model for planning healthy meals and making better food choices. What changes did you make?

- "Replace", "limit", or "include" certain types of foods to meet your calorie and fat gram goals. What changes did you make?

- Be aware of your physical activities in the coming week and about how much time you spend doing them.

Session 3: Resources

Build a Better Recipe

Making Healthier Food Choices



Build a Better Recipe

Look for high-calorie foods in your recipes.
Use low-calorie foods instead.

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (breast meat only, lean only, no skin), seafood, soy crumbles, tofu
Regular cheese	Low-fat or fat-free cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or fat-free sour cream or plain, fat-free yogurt
Margarine, oil, or butter	Trans fat free tub margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of tub margarine (look on the back of the cocoa box for directions)
Pork or bacon fat to season foods	Small amount of trimmed pork loin chop, extra lean trimmed ham, turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat
Canned milk	Canned fat-free milk
Whole eggs	2 egg whites, egg substitute
Mayonnaise or salad dressing	Low-fat or fat-free mayonnaise or salad dressing, plain fat-free or low-fat yogurt
Whole milk or heavy cream	Low-fat or fat-free or canned fat-free milk

Tip: In recipes for cakes, cookies, muffins, and quick breads:

- Try cutting the amount of shortening, margarine, butter, or oil by $\frac{1}{3}$ or $\frac{1}{2}$.
- Replace the fat with the same amount of unsweetened applesauce, pureed prunes, or fat-free milk. It works!
- Keep in mind that these recipes may still be high in calories. Eat them less often and take small portions.



Making Healthier Food Choices

Instead of high-calorie foods, pick low-calorie foods.

Choose fresh fruit and vegetables for snacks.

Try vegetarian dinners several times a week.

Eat fruit for dessert.

Other:

Instead of high-calorie foods, use lower-calorie substitutes

Use low-fat:

- Soft (tub) margarine
- Frozen yogurt
- Salad dressing
- Cheese, cream cheeses
- Mayonnaise
- Sour cream

Fat-free or Low-fat milk

Other:

Instead of flavoring foods with fat, use low-fat flavorings.

To flavor these foods:	Use these low-fat flavorings:
Potatoes, vegetables	<ul style="list-style-type: none"> • Soft (tub) margarine (small amount), fat-free or low-fat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa. • Herbs, mustard, lemon juice.
Bread	<ul style="list-style-type: none"> • Low-fat or fat-free cream cheese, soft (tub) margarine (small amount), all fruit jams.
Pancakes	<ul style="list-style-type: none"> • Fruit, unsweetened applesauce, crushed berries.
Salads	<ul style="list-style-type: none"> • Low-fat salad dressing, lemon juice, vinegar. • Use nuts or seeds instead of bacon or cheese.
Pasta, rice	<ul style="list-style-type: none"> • Tomato based spaghetti sauce made with lean meat, poultry, seafood, or soy products, chopped vegetables, and no added fat. • White sauce made with fat-free or low-fat milk.
Other:	

Ways to lower the calories, total fat, and saturated fat in meats.

Buy lean cuts (round, loin, sirloin, leg).
Trim all the fat you can see.
Use low-fat cooking methods: <ul style="list-style-type: none">• Bake, roast, broil, barbecue, stir-fry or grill instead of fry.• Use a slow cooker without adding fat.
Remove skin from chicken and turkey. This can be done before or after cooking. Choose white meat.
Drain off fat after cooking. Blot with a paper towel. For ground beef, put in a colander or strainer after cooking and rinse with hot water.
Flavor meats with low-fat flavorings, such as BBQ, Tabasco, catsup, lemon juice or Worcestershire.
Other:

Avoid frying foods. Use other, healthier ways to cook.

Eggs: <ul style="list-style-type: none">• Poach, boil, or scramble eggs (or egg whites) with vegetable cooking spray.• Use two egg whites instead of a whole egg.
Vegetables: <ul style="list-style-type: none">• Microwave, steam, stir-fry or boil vegetables in a small amount of water.• Oven roast: Spray an oblong pan with cooking spray. Place cut vegetables (broccoli, cauliflower, onion, carrots, asparagus, Brussels sprouts, etc.) in pan. Drizzle with a small amount of olive or canola oil or use cooking spray. Season with pepper, garlic powder or other herbs/spices. Roast 450° for about 30 minutes, stirring occasionally, until brown.
Cook meats without adding fat (see ideas above).
Other: