



## Session 3: Healthy Eating

Eating less fat and fewer calories are essential to losing weight. These are also important parts of healthy eating.

Some of the other parts of healthy eating include  
**...the way you eat.**

### **A regular pattern of meals is important.**

A regular pattern will keep you from getting too hungry and losing control.

### **Eat slowly.**

If you eat slowly, you will:

- Digest your food better.
- Be more aware of what you're eating.
- Be more aware of when you're full.

Try pausing between bites. Put down your utensils.

Enjoy the taste of your food.

### **Don't worry about cleaning your plate.**

Serve yourself smaller portions to begin with.

and

**... what you eat overall.**

**You will learn to eat "better" calories by making healthier food choices.**

**This will help you lose weight and improve your health.**

# MyPlate



In 2011, the United States Department of Agriculture (USDA) replaced **MyPyramid** with **MyPlate** as the model for healthy meals.

**MyPlate** includes five groups. The plate is divided into four sections; vegetables, fruits, grains, and protein. The fifth group, dairy, is off to the side.

**MyPlate** recommendations:

- eat meals that include, vegetables, fruits, whole grains, lean protein, seafood, low-fat dairy, and healthy oils
- eat less added sugar, salt, fast food, refined grains, and saturated and trans fats

**MyPlate** is based on the 2010 Dietary Guidelines for Americans. It serves as the model for healthy meals for Americans ages 2 and over and helps us make better food choices.

## Key recommendations of the Dietary Guidelines for Americans, 2010:

### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions

### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole.
- Switch to fat-free or low-fat (1%) milk.

### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Source: USDA ([www.dietaryguidelines.gov](http://www.dietaryguidelines.gov))



## MyPlate: Food Choices

Group	Example low-fat/calorie foods, serving size	High-fat/calorie (or high-sugar)
<b>Vegetables</b> (Make half your plate fruits and vegetables)	<ul style="list-style-type: none"> <li>• ½ cup cooked vegetables</li> <li>• ½ cup vegetable juice</li> <li>• 1 cups raw leafy greens</li> <li>• Starchy vegetables include corn, peas, potatoes, yams, winter squash, lima beans</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables with butter/margarine, cream, or cheese sauces</li> <li>• Fried vegetables</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• 1 small fresh fruit</li> <li>• ½ cup canned fruit or 100% fruit juice</li> <li>• ¼ cup dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruits in pastry (as in pies)</li> <li>• Coconut</li> <li>• High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup</li> <li>• Large amounts of fruit juice</li> </ul>
<b>Grains</b> (Make at least half your grains whole)	<ul style="list-style-type: none"> <li>• 1 slice bread or tortilla</li> <li>• ½ bagel, English muffin, pita bread</li> <li>• ½ cup cooked cereal, pasta, bulgur, rice</li> <li>• 1 cup dry cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Croissants, sweet rolls, doughnuts, muffins, Danish pastry, biscuits, high-fat crackers, regular tortilla chips, fried tortillas</li> <li>• Sugar-coated or granola-type cereals</li> </ul>
<b>Protein Foods</b> (Vary your protein food choices)	<ul style="list-style-type: none"> <li>• 1 ounce cooked lean meat, poultry (without skin), or fish</li> <li>• ¼ cup cooked beans, lentils, split peas</li> <li>• 1 egg or ¼ cup egg substitute</li> <li>• 1 Tablespoon peanut butter</li> <li>• ½ ounce nuts or seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts)</li> <li>• Chicken or turkey with skin</li> <li>• Tuna canned in oil</li> <li>• Beans cooked in lard or salt pork</li> </ul>
<b>Dairy</b> (Switch to skim or 1% milk)	<ul style="list-style-type: none"> <li>• 1 cup skim, 1% milk</li> <li>• 1 cup low fat soymilk or lactose-free milk</li> <li>• 1 cup low- or nonfat yogurt</li> <li>• 1 ½ ounces low- or nonfat cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 2% or whole milk</li> <li>• Regular cheese (&gt;2 grams fat/ounce)</li> <li>• High in sugar: yogurt with added sugar</li> </ul>

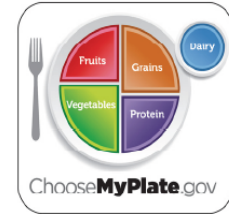
See [www.choosemyplate.gov](http://www.choosemyplate.gov) for additional information

# 10 tips

Nutrition  
Education Series

# choose MyPlate

## 10 tips to a great plate



**Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.** Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

### 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

### 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



### 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

### 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



### 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

### 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



### 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

### 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

### 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled “low sodium,” “reduced sodium,” or “no salt added.”



### 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.



Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

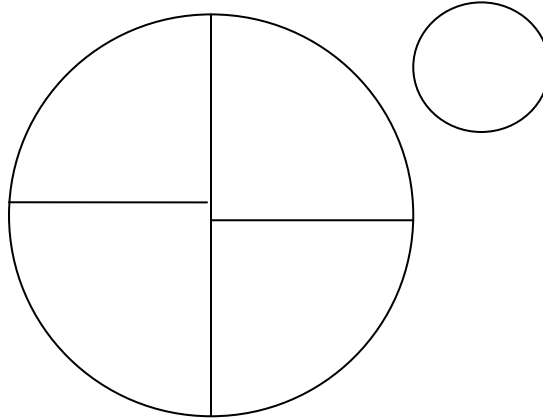
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June 2011  
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## Rate Your Plate

### MyPlate:

1. Let's look at a meal together. Fill in the correct section of the plate for each food that is eaten at the meal.



2. What changes could be made to this meal to better match the recommendations of **MyPlate**?

Vegetables \_\_\_\_\_  
\_\_\_\_\_

Fruits \_\_\_\_\_  
\_\_\_\_\_

Grains \_\_\_\_\_  
\_\_\_\_\_

Protein \_\_\_\_\_  
\_\_\_\_\_

Dairy \_\_\_\_\_  
\_\_\_\_\_



## How to Include Fat in a Healthy Diet

Eating less fat overall not only helps with weight loss, it can also lower your risk of heart disease, cancer, and other health problems.

A healthy diet is low in saturated fat, trans fat, and cholesterol.

**Eating less saturated fat, trans fat, and cholesterol can lower your risk of heart disease.**

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### **Saturated Fat**

Saturated fats increase the LDL or “bad” cholesterol levels in the body.

Saturated fat is found in these foods:

- Fatty meats and meat drippings
  - High-fat dairy products: Whole milk, high fat cheese, cream, ice cream
  - Butter, lard
  - Palm oil, palm kernel oil, coconut oil
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### **Trans Fat**

Trans fats also increase the LDL or “bad” cholesterol levels in the body.

Trans fats are found in products that contain oil that has been made solid (hydrogenated fat).

Foods high in trans fat:

- Stick margarine (Note: The softer the margarine, the less trans fat it contains. Squeeze and tub margarines have less trans fat than stick margarine.)
- Shortening
- Processed snack foods such as crackers and chips
- Baked goods that contain shortening. Examples include muffins, cakes, and cookies.

Check the ingredient list on food labels. Avoid foods that list “hydrogenated” or “partially hydrogenated” oils.

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### **Cholesterol**

Cholesterol also increases the LDL or “bad” cholesterol levels in the body.

Cholesterol is found only in animal foods.

To eat less cholesterol, cut down on these foods:

- Egg yolks
- Organ meats (liver, kidney, sweetbreads, brain)
- High-fat dairy products (regular cheese, whole milk, cream, ice cream)
- Butter
- Meat and meat products



## Choosing Healthier Fats

### Unsaturated Fats

The unsaturated fats, which include both monounsaturated and polyunsaturated fats, are often called the “good” or “healthy” fats. They can lower the LDL, or “bad,” cholesterol in your body, thus reducing the risk of heart disease.

Food sources of unsaturated fat:

- Olive, canola and peanut oil
- Corn, safflower, soybean, and cottonseed oil
- Avocados and Olives
- Nuts: almonds, cashews, pecans, walnuts
- Peanuts, peanut butter
- Some soft margarines
- Mayonnaise
- Salad dressings
- Sesame, pumpkin, and sunflower seeds

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### Omega 3 fatty acids

This type of unsaturated fat has been shown to reduce the risk of heart disease.

Omega 3 fatty acids are found in some fatty fish, such as salmon, albacore tuna, herring, mackerel, and rainbow trout. It is also in walnuts, flaxseed and flaxseed oil, and canola oil.

The American Heart Association recommends the following regarding omega-3 fat intake:

- Eat fatty fish at least two times per week. The serving size is typically 3-4 ounces. **Deep-fried seafood is *not* recommended.**
- Consult with your physician before taking any omega-3 supplements, including fish oil or flaxseed oil capsules.

**Remember to stay within your fat gram goal.  
All types of fat contain 9 calories per gram.**



## Making Healthier Food Choices

➔ Instead of high-fat foods, pick low-fat foods.

Choose fresh fruit and vegetables for snacks.
Serve vegetarian dinners several times a week.
Eat fruit for dessert.
Other:

➔ Instead of high-fat foods, use lower-fat substitutes

Use low-fat or fat-free:
<ul style="list-style-type: none"> <li>• Margarine</li> <li>• Frozen yogurt</li> <li>• Salad dressing</li> <li>• Cheese, cream cheeses</li> <li>• Mayonnaise</li> <li>• Sour cream</li> </ul>
Skim or 1% 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"> <li>• Low-fat margarine (small amount), nonfat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa.</li> <li>• Herbs, mustard, lemon juice.</li> </ul>
Bread	<ul style="list-style-type: none"> <li>• Nonfat cream cheese, low-fat margarine (small amount), all fruit jams.</li> </ul>
Pancakes	<ul style="list-style-type: none"> <li>• Fruit, low-calorie syrup, unsweetened applesauce, crushed berries.</li> </ul>
Salads	<ul style="list-style-type: none"> <li>• Nonfat or low-fat salad dressing, lemon juice, vinegar.</li> </ul>
Pasta, rice	<ul style="list-style-type: none"> <li>• Spaghetti sauce with lean meat and no added fat, chopped vegetables, white sauce made with skim or 1% milk and no fat.</li> </ul>
Other:	



→ Find ways to lower the fat in meats you eat.

Buy lean cuts (round, loin, sirloin, leg).
Trim all the fat you can see.
Bake, roast, broil, barbecue, grill instead of fry. Or stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or defatted broth. Add thinly sliced meat. Stir until cooked well.
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 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.

Poach, boil, or scramble eggs (or egg whites) with vegetable cooking spray. Use two egg whites instead of a whole egg.
Microwave, steam, or boil vegetables in a small amount of water. Or stir-fry (see directions above).
Cook meats without adding fat (see ideas above).
Other:



## Planning Healthy Meals

1. Make healthy food choices within your calorie and fat gram goals.
2. Divide your food/calories **throughout the day** in a pattern that best suits your lifestyle.
  - Some may want 3 meals each day; some may want 3 meals + 1 or 2 snacks.
  - **Healthy snack** ideas include graham crackers and skim milk, yogurt and banana, or apple with low-fat string cheese. Don't think of snacks as "junk foods" such as chips and soda.
3. Use **MyPlate** as a model for healthy meals.
4. Eat a **variety of foods**. Include a variety of different colors of fruits and vegetables.
5. Eat foods as close to nature as possible. Limit processed foods.
6. Include **low-fat protein** at each meal.
  - Watch **portion sizes!**
  - Eat seafood twice a week.
  - Experiment with plant sources of protein (such as beans and peas) instead of meat. Example: Split pea soup, bean enchiladas.
7. Include **high fiber foods**.
  - Fiber helps lower the risk of heart disease and helps keep your blood glucose stable.
  - Fiber also prevents constipation, and makes you feel full for a longer period of time.
  - Increase fiber slowly. Also, **drink plenty of water**.
  - High fiber foods include:
    - High fiber breakfast cereals
    - Legumes ( beans and peas)
    - Whole grain products such as whole wheat bread, oatmeal, brown rice, whole wheat pasta
    - Nuts and seeds
    - Whole fruits and vegetables, with edible skin and seeds
8. Include enough **calcium for healthy bones**.
  - Low-fat, low-calorie sources of calcium include skim milk, soymilk, low-fat or non-fat yogurt, low-fat cheese.
  - Calcium is also found in salmon, broccoli, and leafy green vegetables.
  - Some foods, such as orange juice and bread, are available with added calcium.



- If you don't drink **3 servings of milk** or other high calcium foods each day, you may need a calcium supplement. Ask your Coach for details.

**9. Limit sodium.**

- Eating **less sodium** may help many people lower their blood pressure.
- Do not add salt to your food at the table.
- Use half the salt (or less) that is called for in a recipe.
- High-sodium foods include:



- Salty snacks such as chips and crackers
- Seasonings such as soy sauce and barbecue sauce
- Salty or smoked meats and fish, luncheon meats
- Food prepared in brine such as pickles and sauerkraut
- Many processed foods such as frozen entrees, soups, baked goods, fast foods

**10. Drink 6-8 cups of fluid** per day; at least half should be pure water. Be aware of the calories you drink.

**11. Choose healthier carbohydrates.**

- Just like you should choose healthier types of protein and fat, you need to choose healthier carbohydrates.
- Carbohydrates include sugar, starch, and fiber.
- Sugars – Choose natural sugar found in fruit, vegetables, and milk. Limit added sugar and high sugar foods such as candy, regular soda, cakes, pies, cookies, ice cream.
- Starches – Choose unsweetened breakfast cereals, whole grain bread, cereals, and pasta, brown rice, vegetables, and beans and peas. Limit sweetened cereals, white bread, white rice, croissants.
- Fiber – Include high fiber breakfast cereals, whole grain breads, brown rice, fruits, vegetables, beans and peas, nuts, and seeds.

**Don't let all the details overwhelm you! We'll show you how to plan meals that include these features.**



## To do:

### I will:

- Keep track of my weight and what I eat.
- DO SOMETHING ACTIVE on 3 to 4 days next week.
  1. Start being active as part of your daily routine.
  2. Do something you LIKE to do.



We suggest brisk walking. It's easy to do and good for you.

What other activities might you like to do?

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**NOTE: Do not begin your physical activity program until you have gotten the okay from your health care provider.**

- Use **MyPlate** as a model for healthy meals.
- Answer these questions before our next session:

Did you make any changes to better match **MyPlate**? If yes, what were they?

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What problems did you have? How did you solve them?

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## Build a Better Recipe

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

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (lean only, no skin), extra lean ground beef, soy products
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Margarine, oil, or butter*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of low-fat margarine (see instructions on cocoa box label)
Pork or bacon fat for seasoning	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat
Evaporated milk	Evaporated skim milk
Whole eggs	2 egg whites, egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat or low-fat yogurt
Whole milk or heavy cream	Skim, 1%, or evaporated skim milk

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

- Try cutting the amount of margarine/butter/oil by 1/3 or 1/2.
- Replace with the same amount of unsweetened applesauce, pureed prunes, or skim milk. It works!



## How to Lower the Fat in Recipes

**\*Begin slowly. Make one change at a time.**

### 1. Leave out a high-fat food.

Don't add the cheese topping to a casserole.

Make lasagna without the meat.

Other:

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### 2. Use less of a high-fat food.

Use only 1 teaspoon of oil to brown meat or onions.

Use ½ the amount of cheese.

Use ½ the amount of mayonnaise.

Other:

\_\_\_\_\_

### 3. Use a lower-fat food instead of a high-fat one.

Use skim or 1% milk.

Use low-fat or fat-free cheese.

Use fat-free sour cream.

Use two egg whites or egg substitute instead of a whole egg.

Other:

\_\_\_\_\_

### 4. Use a lower-fat way to cook.

Trim fat from meat. Take skin off chicken and turkey.

Use a nonstick pan or nonstick cooking spray.

Steam or microwave vegetables.

Cook meat without adding fat.

Drain and rinse browned ground beef.

Chill the broth when you make soups or stews until the fat becomes solid. Spoon off the fat before using the broth.

Other:

\_\_\_\_\_

**\*Make changes to add back moisture and flavor, too.**

### 1. Add liquid when you remove ¼ cup of fat or more.

Add water, fruit juice, or skim milk.

In baked goods, add applesauce, pureed prunes, or skim milk.

### 2. Add flavor.

Use wine, lemon juice, flavored vinegars or mustards.

Use garlic, onions, hot peppers, fresh herbs and spices.



## Lower-Calorie, Lower-Fat Cookbooks

The following cookbooks are some resources for lower-fat, lower-calorie cooking. There are many more, so feel free to explore!

- **A Low-fat Lifeline for the 90's.** Valerie Parker. Lowfat Publications, 52 Condolea Court, Lake Oswego, OR 97035, 1990.
- **All-American Low-Fat Meals in Minutes.** M.J. Smith, DCI Publishing, Inc., Minneapolis, MN 55447-9727, 1990.
- **American Dietetic Association Cooking Healthy Across America**, edited by Kristine Napier, 2005. **Controlling Your Fat Tooth.** Joseph C. Piscatella. Workman Publishing, New York, NY 10003, 1991.
- **Cooking À la Heart.** Linda Hachfeld and Betsy Eykyn. Appletree Press, Inc., Mankato, Minnesota 56001, 2010, 3<sup>rd</sup> Edition.
- **Cooking Light Cookbook Annual Recipes.** Oxmoor House, Inc., Birmingham, AL 35201, 2010(Published once a year.)
- **Down Home Healthy Cooking.** National Cancer Institute, September 2006.
- **Food for Life: The Cancer Prevention Cookbook.** Richard Bohannon, Kathy Weinstock and Terri P. Wuerthmer. Contemporary Books, Inc., Chicago, IL 60601, 1998.
- **Graham Kerr's Creative Choices Cookbook.** Graham Kerr. G.P. Putnam & Sons, New York, NY, 1993.
- **Graham Kerr's Smart Cooking.** Graham Kerr. Doubleday, New York, NY, 1991.
- **Healthy Heart Cookbook, The.** Joseph Piscatella and Bernie Piscatella. Oxmoor House, Inc., Birmingham, AL 35201, 2004.

- **Healthy Homestyle Cooking.** Evelyn Tribole, MS, RD, Rodale Press 1994.
- **Jane Brody's Good Food Gourmet: Recipes and Menus for Delicious and Healthful Entertaining.** Jane E. Brody. Bantam Books, New York, NY, 1990.
- **Lean and Luscious.** Bobbie Hinman and Millie Synder. Prima Publishing, Rocklin, CA 95677, 1995.
- **Lean and Luscious Meatless.** Bobbie Hinman and Millie Snyder. Prima Publishing, Rocklin, CA 95677, 1998.
- **Lickety-Split Meals for Health Conscious People on the Go! 3<sup>rd</sup> Edition.** Zonya Foco. Zhi Publishing, 2007.
- **Light-Hearted Seafood.** Janis Harsila and Evie Hansen. National Seafood Educators, Richmond Beach, WA 98160, 1999.
- **Low Fat and Loving It.** Ruth Spear. Warner Books, Inc., New York, NY 10103, 1991.
- **Low-Fat Way to Cook, The.** Lisa A Hooper. Oxmoor House, Inc., Birmingham, AL 35201, 1993.
- **Mexican Light Cooking.** Kathi Long. Perigee Books, The Putnam Publishing Group, 1992.
- **New American Diet, The.** Sonja Connor and William Connor. Simon and Schuster, New York, NY 10020, 1986.
- **New American Heart Association Cookbook, The.** 7th Edition by American Heart Association.
- **Not Just Cheesecake, A Yogurt Cheese Cookbook.** Marilyn Stone, Shelley Melvin, and Carlie Crawford. Triad Publishing Co., Gainesville, FL, 1997.
- **Over 50 and Still Cooking: Recipes for Good Health and Long Life.** Edna Langholz, Betsy Manis, Sandra Nissenberg, Jane Tougas, and Audrey Wright. Bristol Publishing Enterprises, Inc., San Leandro, CA, 1990.



- **Que Bueno: Five a Day Cookbook.** Bonnie Jortberg, MS, RW. Colorado Department of Public Health and Environment.
- **Quick and Delicious Low-Fat, Low-Salt Cookbook, The.** Jacqueline Williams and Goldie Silverman. A Perigee Book, The Putnam Publishing Group, New York, NY 10016, 1986.
- **Quick & Healthy, Volume II.** 2<sup>nd</sup> Edition. Brenda J. Ponichtera. Small Steps Press, 2009.
- **Quick & Healthy Recipes and Ideas.** 3<sup>rd</sup> Edition Brenda J. Ponichtera. Small Steps Press. , 2008.
- **Seafood: A Collection of Heart-Healthy Recipes.** Janis Harsila and Evie Hansen. National Seafood Educators, Richmond Beach, WA 98160, 1990.
- **Six Ingredients or Less: Cooking Light & Healthy.** Carlean Johnson. C.J. Books, Gig Harbor, WA 98335, 1992.
- **Snack to Your Heart's Content.** Shelley Melvin and Marilyn Stone. Triad Publishing Co., Gainesville, FL, 1990.
- **Southern But Lite.** Jen Bays Avis and Kathy F. Ward. Avis and Ward Nutrition, Inc. 200 Professional Drive, West Monroe, LA 71291. Second Printing, February, 1990.
- **Sunset Low-Fat Cookbook.** Sunset Publishing Corporation, Menlo Park, CA, 1994.



## Build a Better Breakfast

Do you usually eat in the morning?  Yes  No

If yes, what do you usually eat? When? Where? \_\_\_\_\_

\_\_\_\_\_

If no, what are your reasons? \_\_\_\_\_

\_\_\_\_\_

How does your morning eating pattern vary on weekends? \_\_\_\_\_

\_\_\_\_\_

Did you know...?

- Breakfast can take less than 5 minutes to make and eat.
- People who eat breakfast tend to make healthier food choices during the day.
- Breakfast eaters tend to be in a better mood, have more energy, and do better on memory tasks.
- People who don't eat breakfast tend to overeat during the day, especially at night. So the next morning, they're less hungry and less likely to eat breakfast. This continues the unhealthy cycle of breakfast skipping and late-day overeating.

### Do you skip breakfast and overeat at night?

If so, what food(s) could you eat less often at night? (List calories/fat.) \_\_\_\_\_

\_\_\_\_\_

What food(s) could you gradually start eating in the morning? (List calories/fat.) \_\_\_\_\_

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## Planning a Morning Meal

### Keep it simple.

Use the following guidelines to plan breakfasts that are nutritious, yet require little time and energy to prepare. Use **MyPlate** as the model for healthy meals.

**Vegetables:** Add vegetables to egg dishes or include tomato, vegetable, or carrot juice.

**Fruit:** Choose fresh fruits or canned fruits packed in water or juice (not heavy syrup). Whole fruits are higher in fiber than juices. Eat less often: sweetened juice, fruit drinks, or fruit canned in syrup.

**Grains:** Choose oatmeal or cereals that are low in sugar and high in fiber. Include whole grain toast, English muffin, or bagel. Eat less often: "frosted" or sweetened cereals, granola, cereals with nuts or coconut, croissants, biscuits, and most muffins.

**Protein:** Include eggs, egg substitutes, seafood, beans, soy products or peanut butter. Eat less often: bacon (except Canadian bacon) or sausage.

**Dairy:** Choose skim, 1%, or soy milk, nonfat or low-fat yogurt or cheese. Eat less often: whole or 2% milk, high fat/sugar yogurt, high fat cheese.

**Limit fat and sugar.** Eat these foods less often: sugar, honey, high calorie coffee beverages, regular syrup, cream cheese, pastries, coffeecake, and doughnuts.

Use the microwave to reheat leftovers from last night's dinner. Brown rice, pasta, tortillas, or vegetable soup can be just as delicious at breakfast.



## My Best Breakfast

Look through several of your completed Keeping Track booklets. Find some examples of healthy breakfasts that follow the **MyPlate** model. What food choices work well for you? \_\_\_\_\_

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How many fat grams and/or calories at breakfast are best?

Fat goal for breakfast: \_\_\_\_\_ grams

Calorie goal for breakfast: \_\_\_\_\_ calories

Use the examples to build 3 "standard" breakfast menus for yourself.

1. \_\_\_\_\_

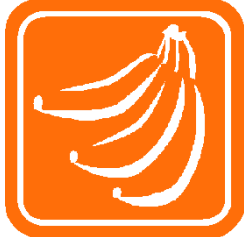
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2. \_\_\_\_\_

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3. \_\_\_\_\_

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## Build a Better Light Meal

### Make one meal each day a “light” meal.

Have a simple, light lunch if you’re planning to go out to dinner.

Or make dinner a light meal if you have eaten a large lunch.

Use **MyPlate** as a model. Think simple and quick:

- Sandwich, carrot sticks, fruit, milk.
- Salad, tuna, whole grain crackers.
- Pasta, veggies, beans.
- Brown rice, stir-fried veggies, chicken.
- Burrito, salad, fruit.
- Frozen entree, salad, fruit, milk.



### Keep healthy, “quick-to-fix” foods on hand.

With the following foods in your fridge, freezer, or pantry, you’ll be able to pull together a packed lunch or light dinner at a moment’s notice.

#### Grains

- Low-fat breads, < 2 g fat/slice (whole grain bread, bagels, English muffins, plain rolls, pita bread, tortillas)
- Low-fat crackers
- Cold cereal, hot cereal
- Quick cooking brown rice
- Pasta (angel-hair pasta and fresh pasta cook most quickly)

#### Fruits/Vegetables

- Fresh fruit
- Peeled carrots
- Prepared raw vegetables from the salad bar
- Pre-washed salad greens in a bag
- Canned fruit, in water or juice
- Canned tomatoes
- Frozen mixed vegetables, for soups, stir-fries, etc.
- Frozen potato wedges (no fat added)

#### Dairy

- Skim or 1% milk
- Low-fat soy milk
- Nonfat or low-fat cheeses
- Nonfat, sugar-free yogurt

#### Protein

- Water-packed tuna, salmon, chicken
- Sliced turkey or chicken breast
- Sliced, extra lean ham
- Canned beans (garbanzos, black beans, navy, kidney beans, black eye peas, etc.)
- Vegetarian refried beans

#### Miscellaneous

- Canned, low-fat soups and broth
- Bottled low-fat sauces, including spaghetti sauce
- Bottled low-fat or nonfat salad dressings
- Flavored vinegars
- Salsa
- Spicy mustard
- Low-calorie frozen entrees (<300 calories, 10 grams of fat)



## My Best Light Meal

Look through several of your completed Keeping Track booklets. Find some examples of healthy light meals that follow the **MyPlate** model.

What food choices work well for you? \_\_\_\_\_

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How many fat grams and/or calories at your light meal are best?

Fat goal for light meal: \_\_\_\_\_ grams

Calorie goal for light meal: \_\_\_\_\_ calories

Use the examples to build 3 "standard" light meal menus for yourself.

1. \_\_\_\_\_

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2.

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3. \_\_\_\_\_

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## Build a better main meal

Use **MyPlate** as the model for healthy meals.

**Vegetables:** Include cooked vegetables without added fat. Add lots of vegetables to spaghetti sauce, lasagna, chili, stew, or grain dishes. Include a colorful salad with low-fat or fat-free dressing.

**Fruit:** Serve fruit with your meal or added to vegetable salads. Fruit also makes a great dessert: Slice several kinds of fresh or canned fruit (without syrup) into an attractive bowl. As a topping, try a small amount of sherbet, sorbet, or low-fat, sugar-free yogurt or pudding.

**Grains:** Try whole-grain pasta, bread, tortillas and pita bread. Experiment with brown rice, barley, couscous, wild rice, millet, kasha, and bulgur.

### **Protein:**

- Use low-fat cuts of meat, poultry, or fish, cooked without fat.
  - Watch portion sizes. Three ounces of meat per person is plenty.
  - To make it look like a larger portion, slice it thin, spread it out on the plate, or serve it with a fat-free sauce or gravy.
  - Or cut lean meat in small bits or strips. Add to rice, pasta, stew, stir-fry, or soup. Make chili with more beans and vegetables and less or no meat.
- Serve beans, in place of meat, more often. Try lentil dishes, bean or split pea soup, and baked beans. Avoid cooking beans with fatty meats.

**Dairy:** Choose skim, 1%, or soy milk, nonfat or low-fat yogurt or cheese.

**Limit fat and sugar.** Save calories by drinking water instead of sweetened beverages.



## My Best Main Meal

Look through several of your completed Keeping Track booklets. Find some examples of healthy main meals that follow the **MyPlate** model.

What food choices work well for you? \_\_\_\_\_

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How many fat grams and/or calories at your main meal are best?

Fat goal for main meal: \_\_\_\_\_ grams

Calorie goal for main meal: \_\_\_\_\_ calories

**Use the examples to build 3 "standard" main meal menus for yourself.**

1. \_\_\_\_\_

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2.

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3. \_\_\_\_\_

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## Build Better Snacks

To improve your snack choices, first think about where and when you snack.

A snack you eat often:	Fat grams/calories per serving	Where and when do you usually eat the snack?
1.		
2.		
3.		
4.		
5.		

Are most of your snacks planned or unplanned? \_\_\_\_\_

For many people, unplanned snacks are often triggered by one or more of the following. Check the triggers (cues) that apply to you:

- |   |  |
|---|--|
| <input type="checkbox"/> Being too hungry                           | <input type="checkbox"/> Doing certain things or being in certain places (e.g., watching TV) |
| <input type="checkbox"/> Being tired or overworked                  | <input type="checkbox"/> Celebrating on holidays or at family gatherings                     |
| <input type="checkbox"/> Feeling stressed, anxious, bored, or angry | <input type="checkbox"/> Other: _____  |
| <input type="checkbox"/> Seeing or smelling food, or others eating  | _____  |

What could you do to avoid these situations/feelings or handle them differently? \_\_\_\_\_

\_\_\_\_\_

Example: If the TV room triggers eating potato chips for you, you could stop buying potato chips and keep a bowl of fresh fruit in the TV room.





## My Best Snacks

Look through several of your completed Keeping Track booklets.  
Find some examples of snacks.

What food choices, times and places for snacks work well for you?

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How many total fat grams and/or calories for snacks are best?

Fat goal for snacks: \_\_\_\_\_ grams

Calorie goal for snacks: \_\_\_\_\_ calories

Use the examples of "Satisfying Snacks" list on the next page to build  
7 "standard" snacks for yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
7. \_\_\_\_\_



## Satisfying Snacks

Choose a healthy snack that matches the taste and texture you're looking for. And remember to watch the portion size. **Snacks should provide no more than 200 calories.** Check your grocery store for portion-controlled options.

### Crunchy Snacks:

- Fresh fruit (apple, pear)
- Raw vegetables (broccoli, carrots, cauliflower, green pepper, celery) with hummus
- Low-fat crackers (oyster, Melba, matzo, rice crackers, crispbread) with low-fat cheese or peanut butter
- Popcorn, air-popped or light
- Pretzels
- Baked tortilla chips and salsa
- Rice cakes, popcorn cakes
- 100 calorie pack of nuts
- Other: \_\_\_\_\_

### Chewy Snacks

- Dried fruit (raisins, apricots)
- Chewy breads (English muffin, bagel, pita, breadsticks, naan)
- Low-fat cheese sticks
- Other: \_\_\_\_\_

### Chocolate Snacks

- Fudgesicle, regular or sugar-free
- Low-fat chocolate pudding
- Chocolate nonfat milk
- Chocolate graham crackers
- Low-fat ice cream sandwich
- Other: \_\_\_\_\_

### Smooth or Frozen Snacks

- Applesauce, unsweetened with cinnamon
- Low-fat cottage cheese with fruit
- Low-fat or nonfat pudding
- Yogurt, light or nonfat
- Fruit Smoothie
- Frozen yogurt, nonfat
- Sherbet or sorbet
- Frozen fruit bars
- Lemon ice
- Frozen grapes, bananas, berries
- Popsicle
- Other: \_\_\_\_\_

### Sweet Snacks

- Fresh fruit (orange, banana, cherries, kiwi, grapes, blueberries, strawberries, peach, plum, pineapple, melon)
- Gelatin
- Low-fat cookies (ginger snaps, graham crackers, vanilla wafers)
- Other: \_\_\_\_\_

