

# **Healthy Lifestyles Program Manual**

Guided Self Change

Nova Southeastern University



This treatment manual was developed for the Healthy Lifestyles Program (HLP) within the Guided Self Change (GSC) outpatient clinic at Nova Southeastern University's Psychology Services Center (NSU PSC). The manual utilizes a unique cognitive-behavioral and motivational approach to aid clients in obtaining the health and wellness goals they set for themselves, and overcome individual barriers to change.

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*\*We would like to thank Dr. Linda Sobell for her mentorship, guidance and dedication to this project.*





# Your Personal Path to Health: Steps to a Healthier You!

A healthful lifestyle is easier than you might think.

The path to good health isn't the same for everyone and yours may change over time. To travel down your personal path, take small steps that are right for *you*, one at a time. Every step adds up, so you'll reach your health goals before you know it.

The steps, tips and information in this brochure can start you down your path to good health. Happy Trails!





# Finding the Right Steps for YOU

Think of MyPyramid as a roadmap that guides you down your path to a healthier you.

MyPyramid offers lots of steps, tips and advice to help you eat healthfully and be physically active. Because your path is unique, you choose the steps that are right for YOU. After all, this is your personal journey!

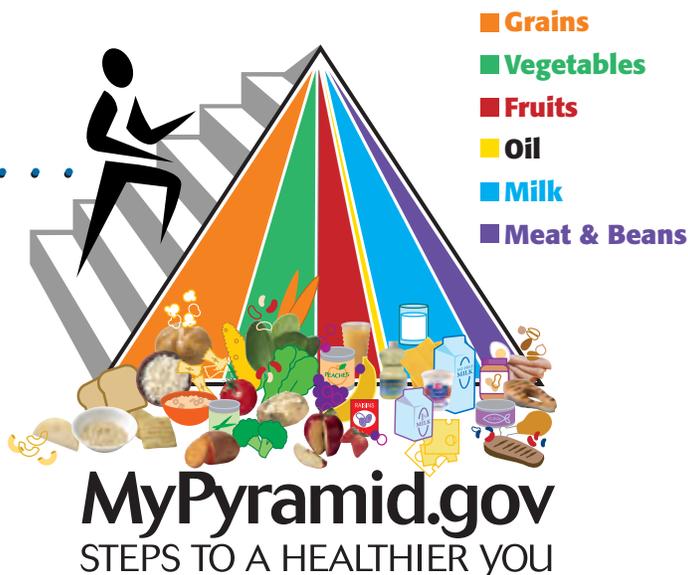
So pick your path by choosing from the steps in this brochure, creating your own or mixing and matching. For more ideas, visit MyPyramid.gov.

## MyPyramid Is Your Pyramid...

Looking for the Pyramid that's right for your personal path to good health?

MyPyramid is your step-by-step guide to healthful eating and physical activity. Visit <http://www.MyPyramid.gov> to calculate your daily calorie needs, learn your recommended amounts from each food group and find a sample week's worth of menus.

See the back page for information on making the most of your visit.



**MyPyramid is made up of five food groups plus oils.**

**For good health, eat a variety of foods from each food group every day. The steps on the next page will help.**

## It's All About You!

Below are some guideposts to help you along your personal path to good health.

### **BE REALISTIC**

Make small changes over time in what you eat and the level of activity you do. After all, small steps often work better than giant leaps.

### **BE ADVENTUROUS**

Expand your tastes to enjoy a variety of foods and physical activities.

### **BE FLEXIBLE**

Go ahead and find your right balance between what you eat and the physical activity you do over several days. No need to worry about just one meal or one day.

### **BE SENSIBLE**

Enjoy the foods you eat, just don't overdo it.

### **BE ACTIVE**

Walk the dog, don't just watch the dog walk.



# Making Smart Choices from My Pyramid's Food Groups

## Grains: Make Half Your Grains Whole

**What's in the Grains group:** Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. "Whole grains" include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal and brown rice.



- Get a whole grain head start with oatmeal or whole grain cereal.
- Use whole grains in mixed dishes such as barley in vegetable soup or stews, bulgur in casseroles or brown rice in stir fries.
- Change it up. Make your sandwich on 100% whole-wheat or oatmeal bread. Snack on popcorn or whole grain crackers.

## Vegetables: Vary Your Veggies

**What's in the Vegetables group:** Any vegetable or 100% vegetable juice. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated.



- It's easy going dark green. Add frozen chopped spinach, collard greens or turnip greens into a pot of soup.
- Swap your usual sandwich side for crunchy broccoli florettes or red pepper strips.
- Microwave a sweet potato for a delicious side dish.

## Fruits: Focus on Fruits

**What's in the Fruits group:** Any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried; and may be whole, cut-up, pureed, raw or cooked.



- Bag some fruit for your morning commute. Toss in an apple to munch with lunch and some raisins to satisfy you at snacktime.
- Buy fresh fruits in season when they taste best and cost less.
- Never be fruitless! Stock up on peaches, pears and apricots canned in fruit juice or frozen so they're always on hand.

## Milk: Get Your Calcium-Rich Foods

**What's in the Milk group:** All fluid milk products and many foods made from milk. Examples include cheese and yogurt. Make your Milk group choices fat-free or low-fat.



**Special Tip:** Although cream cheese, cream and butter are made from milk, they don't count in the Milk group because they contain little or no calcium. Instead, if you eat these foods, count them as "extra" calories from solid fats.

- Use fat-free or low-fat milk instead of water when you make oatmeal, hot cereals or condensed cream soups, such as cream of tomato.
- Snack on low-fat or fat-free yogurt. Try it as a dip for fruits and veggies and a topper for baked potatoes.
- Order your latte or hot chocolate with fat-free (skim) milk.

## Meat & Beans: Go Lean with Protein

**What's in the Meat & Beans group:** All foods made from beef, pork, poultry, fish, dry beans or peas, eggs, nuts and seeds. Make your meat and poultry choices lean or low-fat.



- Trim visible fat from meat and remove skin from poultry.
- Broil, grill, roast or poach meat, poultry or fish instead of frying.
- Enjoy pinto or kidney beans on a salad or a hearty split pea or lentil soup for extra protein.

**Oils—Know Your Fats:** Oils are fats that are liquid at room temperature such as canola, corn and olive oils. Mayonnaise and certain salad dressings are made with oils. Nuts, olives, avocados and some fish such as salmon are naturally rich in oils.



**Special Tip:** Solid fats are different from oils because they are higher in saturated and/or trans fats so they are considered extras. Solid fats are found in whole milk, cheese, higher-fat meats and other foods such as butter, lard, chicken skin and shortening. Some oils such as palm, palm kernel and coconut are also higher in saturated fats.

- Use some vegetable oil instead of butter for cooking and baking.
- Toss salad with salad oil and flavored vinegar.
- Try thin slices of avocado on a sandwich or sprinkle some nuts on a salad.



# Are Your Eyes Bigger Than Your Stomach?

The portion you eat or drink may be larger than you think, especially compared to the amount recommended for a whole day. Keeping tabs on how much you eat and balancing out bigger amounts over time with smaller amounts or more physical activity are just a few small steps to help you manage your portion sizes. Or, try these tips—the choice is yours!

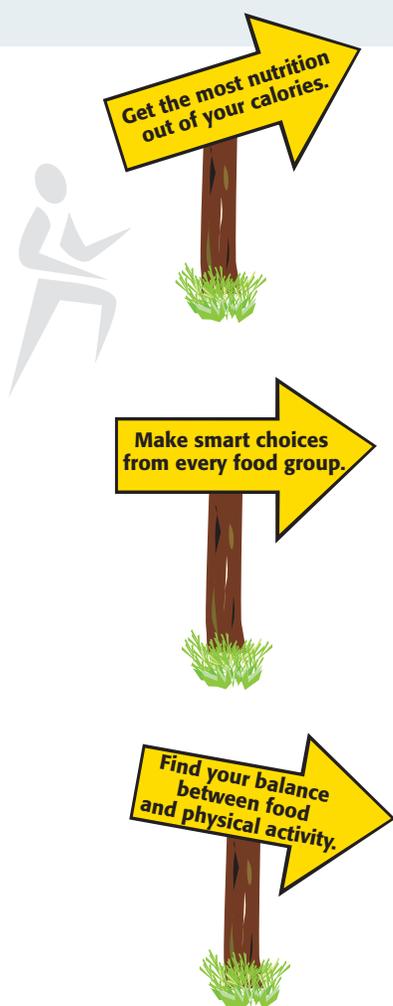
The smaller your plate, the smaller your portion. Eat your meals at home on a smaller plate. Before going back for seconds, wait 10 or 15 minutes. You might not want seconds after all.

Dish it out. When you order fast food, picture the food on a plate. Even better, take it home and put it on a plate. If you're surprised at how full the plate looks, order smaller sizes next time.

Portion out your snack on a plate, not from the bag, to stay aware of how much you're eating.

When dining out, order an appetizer instead of an entree. If you order an entree, take the leftovers home, refrigerate and enjoy another meal or a snack tomorrow.

Buy or portion out treats and snacks in small bags or packages.



## When You "Order Out"

For many of us, prepared foods such as pizza, rotisserie chicken, burgers and Chinese food are a way of life. These small steps help deliver good-for-you meals.

### Smart Requests

- At sandwich shops, ask for leaner cuts and smaller amounts of roast beef, turkey or ham; extra lettuce and tomato; and whole-wheat, oatmeal or rye bread.
- When it's Chinese night, ask for brown rice, extra vegetables in the entree or a side of steamed broccoli.
- Try fast food options such as smaller burgers, grilled chicken sandwiches or salads with low-calorie dressings, cups or bags of fresh fruit, low-fat milk, 100% fruit juice and bottled water. Look for low-sodium options.
- Make your pizza a veggie with toppings like mushrooms, peppers and onions. Ask for whole-wheat crust and half the cheese.

### Easy At-Home Add-Ons

- Serve a side of baby carrots and cherry tomatoes. Or quickly toss a salad made with pre-washed lettuce or spinach.
- Zap veggies in the microwave for a fast and colorful boost to your meal.
- Warm up your meal with ready-to-heat vegetable soup.
- Keep the fruit bowl stocked and within arm's reach. Or, keep a few cans of peaches, pears or fruit cocktail packed in juice in the refrigerator. Pop one open for a speedy side dish or dessert.
- End your meal with pudding made with fat-free milk—and boost your calcium intake, too.
- Drink low-fat or fat-free milk with your meal.

### Play it safe with your food.

Separate raw, cooked and ready-to-eat foods while shopping, preparing or storing. Wash hands and surfaces often. Cook to proper temperatures. Refrigerate promptly.



# Steps to Get Active



## Do Whatever “Moves” You Down Your Personal Path

Finding your right balance between food and physical activity is an important step toward good health. The good news is you don’t have to join a gym or be a trained athlete to benefit from physical activity. All the moves you make add up—just get moving.

To get started and stick with it, choose activities you enjoy that work for you and your lifestyle. Pick from the small steps below or make up your own moves.

- If you’ve been out of action for a while, start with a 10-minute walk and gradually add more minutes over time. You may want to check with your doctor first.
- Activity is as close as your own backyard. Cut grass, pull weeds, rake leaves or wash your car.
- Make TV time count. Stretch, lift weights or pedal a stationary bike while you watch.
- Workout at work! Replace a coffee break with a brisk 10-minute walk. Go solo for some “alone time” or recruit a co-worker for moral support.
- Mix it up. Walk one day, swim the next. On weekends, bike, dance or play basketball. You’ll get fit while you have fun.
- Park once, shop twice. When you’re at a large shopping plaza, park centrally and walk to all your destinations rather than driving to each new location.
- Play with your kids. Kick a ball, shoot some hoops, jump rope or ride bikes.

## How Much Physical Activity\* Do You Need?

- For good health, MyPyramid recommends at least 30 minutes of physical activity most days, preferably daily.
- To prevent weight gain, many people need about 60 minutes of physical activity on most days.
- To keep off lost pounds, many people need about 60 to 90 minutes of physical activity daily.
- Children and adolescents need 60 minutes of physical activity daily, or most days.



\* For health benefits, physical activity should be moderate to vigorous in intensity.

# What about Treats, Sweets and Drinks?

## Budgeting Calories for Once-in-a-While Foods

Your daily “calorie budget” is based on your age, gender and physical activity level. For good health, MyPyramid recommends spending most of your calorie budget on choices from the five food groups that supply the most vitamins, minerals and other nutrients and the fewest calories from solid fats and added sugars.

Depending on which foods you choose, how much you eat and how active you are, you may have some “extra” calories left over in your budget.

### Special tip: Step carefully!

- Most people have just a small amount of extra calories to spend. (Usually 100-300 calories per day. Visit <http://www.mypyramid.gov> to determine how many extra calories you have per day.)
- Portion sizes are key especially for once-in-a-while foods such as treats, sweets and drinks.

## Maximizing “Extra Calories”

### If you regularly...

- Get physical activity;
- Choose forms of foods and beverages that are lower in calories, solid fats and/or added sugars;

### ...then you occasionally can

- Eat more foods from any food group;
- Add some higher-calorie forms of foods or beverages—those that contain solid fats or added sugars;
- Add fats or sugars to foods, such as sauces, salad dressings, butter or syrup;
- Consume foods or drinks that contain mostly fats or caloric sweeteners, such as some snacks and soft drinks.



# MyPyramid.gov — Making the Most of Your Visit

## • MyPyramid Plan

- Type in your age and select your gender and activity level to get an estimate of your daily calorie needs and how much food you should eat from each MyPyramid food group.

## • MyPyramid Tracker

- Type in the foods you eat and your physical activity level to receive personal information on your diet quality and physical activity status.

## • Inside MyPyramid

- Look here for in-depth information about physical activity and the MyPyramid food groups, including what's found in each group, recommended amounts and easy tips for following MyPyramid.

## • Tips and Resources

- Check this area for tips and resources about food and physical activity and a worksheet to track what you're eating.

*This brochure provides information about healthful eating and physical activity for people 2 years and older.*

## New to the Internet?

### Start Surfing with These Tips:

Check out the public library. Most provide Internet access and will help you get started. Some libraries offer basic workshops on how to use the computer.



Ask a friend or neighbor for help. Most people enjoy being the "expert" and sharing what they know.

Turn to a Web-savvy teen for some "surfing lessons."

To order copies of this brochure:

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or to download a PDF file:

IFIC Foundation  
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For bulk copies (packages of 50  
for \$15, plus shipping):

Purdue University Extension  
Media Distribution Center  
(888) 398-4636  
<https://secure.agriculture.purdue.edu/store/>

## For more information

Learn more about nutrition, physical activity and health with the resources below.

For the latest on food, nutrition and food safety topics, visit:  
<http://ific.org>

For in-depth information about MyPyramid, healthful eating and physical activity, visit: <http://www.MyPyramid.gov>

For tips on fitting healthful eating and physical activity into your lifestyle, see IT'S ALL ABOUT YOU OWNER'S MANUAL FOR YOUR BODY at: <http://ific.org/publications/other>

For tips on raising a healthy family, visit: <http://kidnetic.com>

For additional food safety information, visit:  
<http://www.fightbac.org>

## Developed as a cooperative effort by:



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Washington, DC 20005  
<http://www.fmi.org>



United States Department of Agriculture  
Center for Nutrition Policy and Promotion  
3101 Park Center Drive  
Room 1034  
Alexandria, VA 22302  
<http://www.cnpp.usda.gov>

## Step-by-step Guidelines for Using Supertracker

1. Open your web browser and in the search bar type: [www.supertracker.usda.gov](http://www.supertracker.usda.gov) and hit enter
2. At the top, right hand corner of the screen, click on “create your profile”
3. Enter your information in the boxes provided on the screen
4. As you scroll down, continue to fill in the boxes and create a username and password
  - a. You may provide an email address if you’d like, to assist in username/password retrieval if you ever forget your log-in information
5. When you have finished filling in all of the boxes, click the “submit” button on the bottom right hand side of the screen
  - a. (It might be helpful to write down your username and password so you can remember it for the next time you log-in)
6. You will be taken to the supertracker homepage where you can start customizing your healthy lifestyle goals
7. First, click on “Activate My Coach Center now...,” located towards the top, center of your screen
8. Locate the section that says “Select a Goal” and click on one of the five tabs
  - a. Weight management, physical activity, calories, food groups, or nutrients
- 9. Weight Management**
  - a. Choose one of the following: Maintain Current Weight OR Move Toward Goal Weight
    - i. Enter your current weight, followed by your goal weight (remember, we want to a realistic perspective on change, so try to choose a goal weight that while challenging, is also attainable)
    - ii. Press “Add” (A pop up window will alert you to how your recommended daily caloric intake has been adjusted based on your goal weight)
      1. Please remember that this information is a guideline only and not meant to replace regular and preventative health care and doctor’s visits
- 10. Physical Activity**
  - a. Enter the number of minutes per week in which you’d like to engage in physical activity...the key to long-term change is to start small and work your way up...again, we want to take a realistic perspective on change, so try to choose a goal that, while challenging, is also attainable
  - b. You can click “Learn the benefits” to read more about the benefits of various physical activities
  - c. Click “Add”
- 11. Calories**
  - a. Choose the goal that makes the most sense for you → “Stay within my total calorie limit,” OR “Stay within my empty calorie limit,” OR both

- b. Enter a personal calorie goal in the box provided → Helpful hint – only change your caloric goal if it differs from what Supertracker recommended (you can view Supertracker’s recommended calorie amount by scrolling to the top of the screen)
- c. Click “Add”

## 12. Food Groups

- a. Select any of the food groups you would like to target specifically
- b. Click “add”

## 13. Nutrients

- a. Select any of the nutrients you would like to target specifically
- b. Click “add”

## 14. Sign up for email tips and support!

- a. On the top right hand side, under the heading “My Coach Center,” enter your email address and choose how often you’d like to receive helpful tips/encouragement to help you continue working towards your goal!

## 15. Set up the Food Journal

- a. In the blue bar across the top of the screen, hold your mouse pointer over “Track Food & Activity” and click on “Food Tracker”
- b. Type your food in the box provided and click “go” → scroll through the choices and choose the one that fits best for you → choose an amount closest to what you ate → choose the meal time that best fits → then click “add”
- c. **How to add food not in the database:**
  - i. At the top of the page, below the blue bar, click on “My recipe” → Here you can add several “ingredients” at a time to create a recipe
  - ii. ...

## 16. Set up the Physical Activity Tracker

- a. In the blue bar across the top of the screen, hold your mouse pointer over “Track Food & Activity” and click on “Physical Activity Tracker”
- b. Type your activity in the box provided and click “go” → scroll through the choices and choose the one that fits best for you → enter the amount of time you spent engaging in the activity → choose the correct day of the week → then click “add”



**This chart reflects blood pressure categories defined by the  
American Heart Association**

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
<b>Normal</b>	less than <b>120</b>	and	less than <b>80</b>
<b>Prehypertension</b>	<b>120 – 139</b>	or	<b>80 – 89</b>
<b>High Blood Pressure (Hypertension) Stage 1</b>	<b>140 – 159</b>	or	<b>90 – 99</b>
<b>High Blood Pressure (Hypertension) Stage 2</b>	<b>160 or higher</b>	or	<b>100 or higher</b>
<b>Hypertensive Crisis (Emergency care needed)</b>	Higher than <b>180</b>	or	Higher than <b>110</b>

Your doctor should evaluate unusually low blood pressure readings.

[http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings\\_UCM\\_301764\\_Article.jsp#.Tz2hz5hfa1l](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp#.Tz2hz5hfa1l) (2.16.12)

# CHANGING YOUR PATTERNS

1. The most important reason I want to change is:

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2. If someone gave you five million dollars to change the behavior you are thinking about changing for just one day, would you change, and why?

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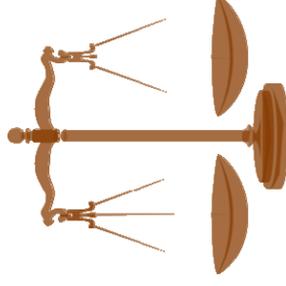
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## DECISIONAL BALANCE EXERCISE

### THIS PAMPHLET WILL HELP YOU

- Think about the costs and benefits of changing and what is involved in your decision to change
- The behavior I am thinking of changing is:

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## WEIGHING DECISIONS

When people weigh decisions, they look at the costs and benefits of the choices they can make. Remember that having mixed feelings often occurs when making decisions.

## DECISIONAL BALANCING

Many people change on their own. When they are asked what brought about the change, they often say they just “thought about it,” meaning they evaluated the consequences of their current behavior and of changing before making a final decision.

You can do the same thing with the costs of changing on one side, and the benefits of changing on the other side. This exercise will help you look at the good things and less good things about changing.



To change, the scale needs to tip so the costs outweigh the benefits. This is called **Decisional Balancing**.

Weighing the pros and cons of changing happens all the time. For example, when changing jobs or deciding to move or get married.

### THINKING ABOUT CHANGING?

Ask yourself: **What do I stand to lose and gain by continuing my current behavior?** At some point, you may have received real benefits from the behavior you want to change, such as relaxation, fun or stress reduction. However, because you are reading this, you considering both the benefits and the costs.

### DECISION TO CHANGE EXERCISE

One thing that helps people when thinking of changing is to list the benefits and costs of changing or continuing their current behavior. Below is an example of a Decision to Change Exercise.

### EXAMPLE: DECISION TO CHANGE

Changing	Not Changing
<b>Benefits of</b>	<b>Benefits of</b>
<ul style="list-style-type: none"> <li>• Increased control over my life</li> <li>• Improved health &amp; fitness</li> <li>• Increase in confidence</li> </ul>	<ul style="list-style-type: none"> <li>• Easier</li> <li>• Can eat whatever I want</li> </ul>
<b>Costs of</b>	<b>Costs of</b>
<ul style="list-style-type: none"> <li>• Time consuming</li> <li>• Requires work</li> <li>• May be difficult</li> </ul>	<ul style="list-style-type: none"> <li>• Unhealthy</li> <li>• Insecure about weight</li> <li>• Unable to do certain activities</li> </ul>

**DECISION TO CHANGE: IT'S YOUR TURN**  
Fill in the costs and benefits of changing and compare them, and ask yourself **are the costs worth it?**

Changing	Not Changing
<b>Benefits of</b>	<b>Benefits of</b>
<b>Costs of</b>	<b>Costs of</b>

### IT'S YOUR DECISION

The next page asks you to list the most important reasons why you want to change. **You are the one who must decide what it will take to tip the scale in favor of change.**



# MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

**GRAINS**  
3 ounces

**Make half your grains whole**

Aim for at least **1 1/2 ounces** of whole grains a day

**VEGETABLES**  
1 cup

**Vary your veggies**  
Aim for these amounts **each week:**

- Dark green veggies**  
= 1 cup
- Orange veggies**  
= 1/2 cup
- Dry beans & peas**  
= 1/2 cup
- Starchy veggies**  
= 1 1/2 cups
- Other veggies**  
= 4 cups

**FRUITS**  
1 cup

**Focus on fruits**

Eat a variety of fruit  
Go easy on fruit juices

**MILK**  
2 cups

**Get your calcium-rich foods**

Go low-fat or fat-free when you choose milk, yogurt, or cheese

**MEAT & BEANS**  
2 ounces

**Go lean with protein**

Choose low-fat or lean meats and poultry  
Vary your protein routine—choose more fish, beans, peas, nuts, and seeds

**Find your balance between food and physical activity**  
Be physically active for at least **30 minutes** most days of the week.

**Know your limits on fats, sugars, and sodium**  
Your allowance for oils is **3 teaspoons a day**.  
Limit extras—solid fats and sugars—to **165 calories a day**.

**Your results are based on a 1000 calorie pattern.**

**Name:** \_\_\_\_\_

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



# MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

**GRAINS**  
4 ounces

**Make half your grains whole**

Aim for at least **2 ounces** of whole grains a day

**VEGETABLES**  
1 1/2 cups

**Vary your veggies**  
Aim for these amounts **each week:**

- Dark green veggies**  
= 1 1/2 cups
- Orange veggies**  
= 1 cup
- Dry beans & peas**  
= 1 cup
- Starchy veggies**  
= 2 1/2 cups
- Other veggies**  
= 4 1/2 cups

**FRUITS**  
1 cup

**Focus on fruits**

Eat a variety of fruit

Go easy on fruit juices

**MILK**  
2 cups

**Get your calcium-rich foods**

Go low-fat or fat-free when you choose milk, yogurt, or cheese

**MEAT & BEANS**  
3 ounces

**Go lean with protein**

Choose low-fat or lean meats and poultry

Vary your protein routine—choose more fish, beans, peas, nuts, and seeds

**Find your balance between food and physical activity**

Be physically active for at least **30 minutes** most days of the week.

**Know your limits on fats, sugars, and sodium**

Your allowance for oils is **4 teaspoons a day**.

Limit extras—solid fats and sugars—to **170 calories a day**.

**Your results are based on a 1200 calorie pattern.**

**Name:** \_\_\_\_\_

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



# MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

**GRAINS**  
5 ounces

**Make half your grains whole**  
Aim for at least **2 1/2 ounces** of whole grains a day

**VEGETABLES**  
1 1/2 cups

**Vary your veggies**  
Aim for these amounts **each week:**  
**Dark green veggies** = 1 1/2 cups  
**Orange veggies** = 1 cup  
**Dry beans & peas** = 1 cup  
**Starchy veggies** = 2 1/2 cups  
**Other veggies** = 4 1/2 cups

**FRUITS**  
1 1/2 cups

**Focus on fruits**  
Eat a variety of fruit  
Go easy on fruit juices

**MILK**  
2 cups

**Get your calcium-rich foods**  
Go low-fat or fat-free when you choose milk, yogurt, or cheese

**MEAT & BEANS**  
4 ounces

**Go lean with protein**  
Choose low-fat or lean meats and poultry  
Vary your protein routine—choose more fish, beans, peas, nuts, and seeds

**Find your balance between food and physical activity**  
Be physically active for at least **30 minutes** most days of the week.

**Know your limits on fats, sugars, and sodium**  
Your allowance for oils is **4 teaspoons a day**.  
Limit extras—solid fats and sugars—to **170 calories a day**.

**Your results are based on a 1400 calorie pattern.**

**Name:** \_\_\_\_\_

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



# MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

**GRAINS**  
5 ounces

**Make half your grains whole**

Aim for at least **3 ounces** of whole grains a day

**VEGETABLES**  
2 cups

**Vary your veggies**  
Aim for these amounts **each week:**

- Dark green veggies**  
= 2 cups
- Orange veggies**  
= 1 1/2 cups
- Dry beans & peas**  
= 2 1/2 cups
- Starchy veggies**  
= 2 1/2 cups
- Other veggies**  
= 5 1/2 cups

**FRUITS**  
1 1/2 cups

**Focus on fruits**

Eat a variety of fruit

Go easy on fruit juices

**MILK**  
3 cups

**Get your calcium-rich foods**

Go low-fat or fat-free when you choose milk, yogurt, or cheese

**MEAT & BEANS**  
5 ounces

**Go lean with protein**

Choose low-fat or lean meats and poultry

Vary your protein routine—choose more fish, beans, peas, nuts, and seeds

**Find your balance between food and physical activity**

Be physically active for at least **30 minutes** most days of the week.

**Know your limits on fats, sugars, and sodium**

Your allowance for oils is **5 teaspoons a day.**

Limit extras—solid fats and sugars—to **130 calories a day.**

**Your results are based on a 1600 calorie pattern.**

**Name:** \_\_\_\_\_

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



# MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

**GRAINS**  
6 ounces

**Make half your grains whole**

Aim for at least **3 ounces** of whole grains a day

**VEGETABLES**  
2 1/2 cups

**Vary your veggies**  
Aim for these amounts **each week:**

- Dark green veggies** = 3 cups
- Orange veggies** = 2 cups
- Dry beans & peas** = 3 cups
- Starchy veggies** = 3 cups
- Other veggies** = 6 1/2 cups

**FRUITS**  
1 1/2 cups

**Focus on fruits**

Eat a variety of fruit  
Go easy on fruit juices

**MILK**  
3 cups

**Get your calcium-rich foods**

Go low-fat or fat-free when you choose milk, yogurt, or cheese

**MEAT & BEANS**  
5 ounces

**Go lean with protein**

Choose low-fat or lean meats and poultry  
Vary your protein routine—choose more fish, beans, peas, nuts, and seeds

**Find your balance between food and physical activity**

Be physically active for at least **30 minutes** most days of the week.

**Know your limits on fats, sugars, and sodium**

Your allowance for oils is **5 teaspoons a day**.  
Limit extras—solid fats and sugars—to **195 calories a day**.

**Your results are based on a 1800 calorie pattern.**

**Name:** \_\_\_\_\_

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



# MyPyramid

STEPS TO A HEALTHIER YOU

Based on the information you provided, this is your daily recommended amount from each food group.

**GRAINS**  
6 ounces

**Make half your grains whole**

Aim for at least **3 ounces** of whole grains a day

**VEGETABLES**  
2 1/2 cups

**Vary your veggies**  
Aim for these amounts **each week:**

- Dark green veggies** = 3 cups
- Orange veggies** = 2 cups
- Dry beans & peas** = 3 cups
- Starchy veggies** = 3 cups
- Other veggies** = 6 1/2 cups

**FRUITS**  
2 cups

**Focus on fruits**

- Eat a variety of fruit
- Go easy on fruit juices

**MILK**  
3 cups

**Get your calcium-rich foods**

- Go low-fat or fat-free when you choose milk, yogurt, or cheese

**MEAT & BEANS**  
5 1/2 ounces

**Go lean with protein**

- Choose low-fat or lean meats and poultry
- Vary your protein routine—choose more fish, beans, peas, nuts, and seeds

**Find your balance between food and physical activity**  
Be physically active for at least **30 minutes** most days of the week.

**Know your limits on fats, sugars, and sodium**  
Your allowance for oils is **6 teaspoons a day**.  
Limit extras—solid fats and sugars—to **265 calories a day**.

**Your results are based on a 2000 calorie pattern.**

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

**Name:** \_\_\_\_\_

# Can a Food Diary Help You Lose Weight?



By [Elaine Magee, MPH, RD](#); Reviewed by [Louise Chang, MD](#)  
[Adapted from: WebMD.com](#)

What if just by making one change in your habits, you could double your weight loss? It may sound too good to be true, but many experts say that the simple act of keeping a food diary can encourage you to eat fewer calories -- and thus lose weight.

Several studies have shown that people who keep food journals are more likely to be successful in losing weight and keeping it off. In fact, a researcher from one recent study says that people keeping a food diary six days a week lost about twice as much weight as those who kept food records one day a week or less. For the six-month study, published in the *American Journal of Preventive Medicine*, dieters kept food diaries, attended weekly group support meetings, and were encouraged to eat a healthy diet and be active.

How does writing down what you eat and drink in a food journal work this kind of magic? For one thing, keeping a food diary instantly increases your awareness of what, how much, and why you are eating. This helps you cut down on mindless munching, says Megrette Fletcher, MEd, RD, executive director of The Center for Mindful Eating.

Food diaries also help people identify areas where they can make changes that will help them lose weight, says Victoria Catenacci, MD, assistant professor of Medicine at the University of Colorado Health Sciences Center. For example, she says, "people don't realize how many calories they are obtaining from caloric beverages and snacks, and these can be easy interventions ... that can help reduce calories.

Sherrie Delinsky, PhD, a staff psychologist at Massachusetts General Hospital, says food diaries can unveil patterns of overeating. They can also reveal identify triggers to avoid, such as not eating enough throughout the day and then overeating at night, or overeating when drinking alcohol. For some people, the very fact that they have to record every bite helps deter overeating, Delinsky says. Her clients "often reconsider eating something because of not wanting to write it down," she says.

**8 Steps for Food Diary Success** - Here are some tips from the experts on how to make a food diary work for you.

**Food Diary Tip No. 1: Know Your Reasons** - If you know what you hope to gain from your food diary, you can make sure you're recording the type of information that will help you in that area. Fletcher advises people to be clear about their intent, whether it's to become aware of hidden food triggers, notice problematic eating patterns, or just make sure they're eating a healthy diet.

**Food Diary Tip No. 2: Choose Your Format** - Kerri Anne Hawkins, MS, RD, a dietitian with Tufts Medical Center's Obesity Consultation Center, uses several types of food diary forms for her patients. She tells them to fill out just what works for them. "The basic elements I would recommend including, however, would be time, food, amount/portion size and degree of hunger," says Hawkins. Rebecca Puhl, PhD, director of research at the Rudd Center for Food Policy and Obesity at Yale University, also suggests including the location of the meal: "These details will provide insight into emotional triggers for eating habits, as well as times of day and places where healthy and

unhealthy foods are most likely to be consumed." If you're trying to understand how your emotions relate to your food choices, you might also want to include questions in your diary such as, "How hungry am I?" or "What were my emotions before, during and after the eating episode?" Keeping track of carbs, fat, and fiber grams will be helpful for people with diabetes and other medical conditions. If you have type 2 diabetes, you might find, for example, that meals high in carbohydrates or meals high in saturated fat may cause you trouble. Or you might discover that your blood sugar levels improve when your meal or snack contains a certain amount of fiber. Write down other items you think are important, such as how you felt (physically and emotionally) when you finished eating, what and how much exercise you got that day, any medication you took, and your blood sugar results, if you have diabetes.

**Food Diary Tip No. 3: Decide How Often to Update** - You should write in your food diary at least 5 days a week -- but filling it out every day is best, says Catenacci. You can fill out your food diary as you go throughout the day, or set some time aside at the end of the day to update it. But experts say your record will be more accurate if you do it right after eating. They also say it's important to record everything -- even if that seems painful. "It can be tempting to avoid recording an unplanned indulgent dessert or binge episode, but this is the most important time to record," Puhl says. Something to watch out for: As time goes on, dieters tend to become more lax about how often they update their food diaries and go longer after eating or drinking before logging the information.

**Food Diary Tip No. 4: Decide How Detailed You Want to Be** - If you just can't bring yourself to fill out a detailed food diary form each day, that's OK. Just writing a minimum amount of information in your food diary will help you self-monitor. Hawkins says many of her patients believe that if they do not keep a "perfect" food log with every detail, they have failed. She tells them that every attempt they make at recording gets them a step closer to paying attention to their food choices and habits.

**Food Diary Tip No. 5: Be Accurate About Portion Sizes** - If you're just trying to get a general idea of what, when, and why you are eating, this tip may not apply to you. But if you want to get a precise picture of your intake, make sure the amounts you record in your diary are as accurate as possible, Catenacci says. Measuring out your portions can help give you a picture of what a normal serving size looks like. Kim Gorman, MS, RD, director of the Weight Management Program at the University of Colorado, Denver, advises her clients to measure portions regularly at first, and then on occasion after that.

**Food Diary Tip No. 6: Include the 'Extras' that Add Up** - The more thorough you are when recording what you eat -- that handful of M&Ms at the office, the mayo on your sandwich, the sauce on your entree -- the more ways you'll eventually find to cut those extra calories. When you look back over your food diary records, look for those nibbles and bites that can really add up. Did you know that 150 extra calories in a day (that could be one alcoholic drink or a slather of spread on your bread) could result in a 15- to 18-pound weight gain in one year?

**Food Diary Tip No. 7: Beware of Common Obstacles** - Are you embarrassed or ashamed about your eating? Do you have a sense of hopelessness, feeling that it won't help to fill out a food diary or that weight loss is impossible for you? Does it seem too inconvenient to write down what you eat/drink? Do you feel bad when you "slip up"? These are the four most common obstacles to keeping a food diary, Delinsky says. What's the cure? "All of these obstacles can be overcome by remembering the usefulness of the diaries, not trying to be perfect, acknowledging that slips will happen, and staying motivated to use tools that promote health and well-being," Delinsky says.

**Food Diary Tip No. 8: Review What You Wrote** - Food diaries are most helpful when you look back and review what you wrote. You can do this on your own or with a therapist or dietitian who can help point out patterns that are keeping you from losing and suggest alternatives to try. "The act of acknowledgment and reflections is the most important piece," says Hawkins.



# MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today

List each food choice in its food group\*

Goal Based on a 1000 calorie pattern.

Tip

Food Group

Estimate Your Total

<p>_____</p>		<p>Make at least half your grains whole grains</p>	<p><b>3 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>ounce equivalents</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		<p>Try to have vegetables from several subgroups each day</p>	<p><b>1 cup</b> Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>cups</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		<p>Make most choices fruit, not juice</p>	<p><b>1 cup</b></p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>cups</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		<p>Choose fat-free or low fat most often</p>	<p><b>2 cups</b> (1 1/2 ounces cheese = 1 cup milk)</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>cups</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		<p>Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds</p>	<p><b>2 ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>ounce equivalents</p>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		<p>Build more physical activity into your daily routine at home and work.</p>	<p>At least <b>30 minutes</b> of moderate to vigorous activity a day, 10 minutes or more at a time.</p>	<p>_____</p> <p>_____</p> <p>_____</p>	<p>_____</p> <p>minutes</p>

\*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

How did you do today?  Great  So-So  Not so Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_

# MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today	Food Group	Tip	Goal Based on a 1200 calorie pattern.	List each food choice in its food group*	Estimate Your Total
_____	 <b>GRAINS</b>	Make at least half your grains whole grains	<b>4 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)	_____	_____ ounce equivalents
_____	 <b>VEGETABLES</b>	Try to have vegetables from several subgroups each day	<b>1 1/2 cups</b> Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	_____	_____ cups
_____	 <b>FRUITS</b>	Make most choices fruit, not juice	<b>1 cup</b>	_____	_____ cups
_____	 <b>MILK</b>	Choose fat-free or low fat most often	<b>2 cups</b> (1 1/2 ounces cheese = 1 cup milk)	_____	_____ cups
_____	 <b>MEAT &amp; BEANS</b>	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	<b>3 ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)	_____	_____ ounce equivalents
_____	 <b>PHYSICAL ACTIVITY</b>	Build more physical activity into your daily routine at home and work.	At least <b>30 minutes</b> of moderate to vigorous activity a day, 10 minutes or more at a time.	_____	_____ minutes

\*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

How did you do today?  Great  So-So  Not so Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_



# MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today

Food Group

Tip

Goal Based on a 1400 calorie pattern.

List each food choice in its food group\*

Estimate Your Total



Make at least half your grains whole grains

**5 ounce equivalents**  
(1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ounce equivalents



Try to have vegetables from several subgroups each day

**1 1/2 cups**  
Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

cups



Make most choices fruit, not juice

**1 1/2 cups**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

cups



Choose fat-free or low fat most often

**2 cups**  
(1 1/2 ounces cheese = 1 cup milk)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

cups



Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds

**4 ounce equivalents** (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

ounce equivalents



Build more physical activity into your daily routine at home and work.

At least **30 minutes** of moderate to vigorous activity a day, 10 minutes or more at a time.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

minutes

\*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

How did you do today?  Great  So-So  Not so Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_



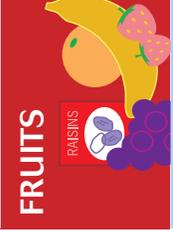




# MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today

Food Group	Tip	Goal Based on a 2000 calorie pattern.	List each food choice in its food group*	Estimate Your Total
 <p><b>GRAINS</b></p>	Make at least half your grains whole grains	<b>6 ounce equivalents</b> (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or 1/2 cup cooked rice, pasta, or cereal)	_____	_____ ounce equivalents
 <p><b>VEGETABLES</b></p>	Try to have vegetables from several subgroups each day	<b>2 1/2 cups</b> Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	_____	_____ cups
 <p><b>FRUITS</b></p>	Make most choices fruit, not juice	<b>2 cups</b>	_____	_____ cups
 <p><b>MILK</b></p>	Choose fat-free or low fat most often	<b>3 cups</b> (1 1/2 ounces cheese = 1 cup milk)	_____	_____ cups
 <p><b>MEAT &amp; BEANS</b></p>	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	<b>5 1/2 ounce equivalents</b> (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, 1/2 ounce nuts, or 1/4 cup dry beans)	_____	_____ ounce equivalents
 <p><b>PHYSICAL ACTIVITY</b></p>	Build more physical activity into your daily routine at home and work.	At least <b>30 minutes</b> of moderate to vigorous activity a day, 10 minutes or more at a time.	_____	_____ minutes

\*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

How did you do today?  Great  So-So  Not so Great

My food goal for tomorrow is: \_\_\_\_\_

My activity goal for tomorrow is: \_\_\_\_\_

## Session 1

## BOTTOM OF THE DRINK

**T**hey had to go. The Coke machine, the snack machine, the deep fryer. Hoisted and dragged through the halls and out to the curb, they sat with other trash beneath gray, forlorn skies behind Kirkpatrick Elementary, one of a handful of primary schools in Clarksdale, Mississippi. That was seven years ago, when administrators first recognized the magnitude of the problem. Clarksdale, a storied delta town that gave us the golden age of the Delta blues, its cotton fields and flatlands rolling to the river, its Victorian mansions still beautiful, is at the center of a colossal American health crisis. High rates of obesity, diabetes, high blood pressure, heart disease: the legacy, some experts say, of sugar, a crop that brought the ancestors of most Clarksdale residents to this hemisphere in chains. “We knew we had to do something,” Kirkpatrick principal SuzAnne Walton told me.

Walton, Clarksdale born and bred, was leading me through the school, discussing ways the faculty is trying to help students—baked instead of fried, fruit instead of candy—most of whom have two meals a day in the lunchroom. She was wearing scrubs—standard Monday dress for teachers, to reinforce the school’s commitment to health and wellness. The student body is 91 percent African American, 7 percent white, “and three Latinos”—the remaining 2 percent. “These kids eat what they’re given, and too often it’s the sweetest, cheapest foods: cakes, creams, candy. It had to change. It was about the students,” she explained.

Take, for example, Nicholas Scurlock, who had recently begun his first year at Oakhurst Middle School. Nick, just tall enough to ride the coaster at the bigger amusement parks, had been 135

pounds going into fifth grade. “He was terrified of gym,” Principal Walton told me. “There was trouble running, trouble breathing—the kid had it all.”

“Of course, I’m not one to judge,” Walton added, laughing, slapping her thighs. “I’m a big woman myself.”

I met Nick in the lunchroom, where he sat beside his mother, Warkeyie Jones, a striking 38-year-old. Jones told me she had changed her own eating habits to help herself and to serve as an example for Nick. “I used to snack on sweets all day, ‘cause I sit at a desk, and what else are you going to do? But I’ve switched to celery,” she told me. “People say, ‘You’re doing it ‘cause you’ve got a boyfriend.’ And I say, ‘No, I’m doing it ‘cause I want to live and be healthy.’”

Take a cup of water, add sugar to the brim, let it sit for five hours. When you return, you’ll see that the crystals have settled on the bottom of the glass. Clarksdale, a big town in one of the fattest counties, in the fattest state, in the fattest industrialized nation in the world, is the bottom of the American drink, where the sugar settles in the bodies of kids like Nick Scurlock—the legacy of sweets in the shape of a boy.

## MOSQUES OF MARZIPAN

**I**n the beginning, on the island of New Guinea, where sugarcane was domesticated some 10,000 years ago, people picked cane and ate it raw, chewing a stem until the taste hit their tongue like a starburst. A kind of elixir, a cure for every ailment, an answer for every mood, sugar featured prominently in ancient New Guinean myths. In one the first man makes love

# cotton candy

As an example of just desserts, one might point out that a dentist was co-inventor of the cotton candy machine. The fairground staple, then known as fairy floss, is nothing more than colored sugar. Its precursor—spun sugar—was practically an art form in 15th-century Venice, whose confectioners shaped it into animals, birds, and buildings for the amusement of guests.





# 22.7

teaspoons a day

This is how much sugar the average American eats each day. Even without dipping into a sugar bowl, it's not hard to hit that total because of the sugars in processed foods (examples below). Though sugar consumption has dropped since 1999, we're still wildly exceeding the recommended limit (right).

#### LIFE-SIZE ILLUSTRATION

Sugars added to processed foods enhance flavor and texture. They also act as a preservative to extend shelf life.

1 tsp = 4.2 g

Beef and pork bologna, 4 slices, 1.18 tsp sugar

Wheat bread, 2 slices, 0.66 tsp

Lucky Charms, 1 cup, 2.55 tsp



Ketchup, 3 tbsp, 1.77 tsp

Oreo cookies, 3 cookies, 2.49 tsp

Lowfat fruit yogurt, 8 oz, 6.16 tsp

#### TYPES OF ADDED SUGAR CONSUMED, U.S. daily average



#### SUCROSE (11.6 tsp, 51%)

Granulated cane or beet sugar is stirred into coffee and tea and used in baking.

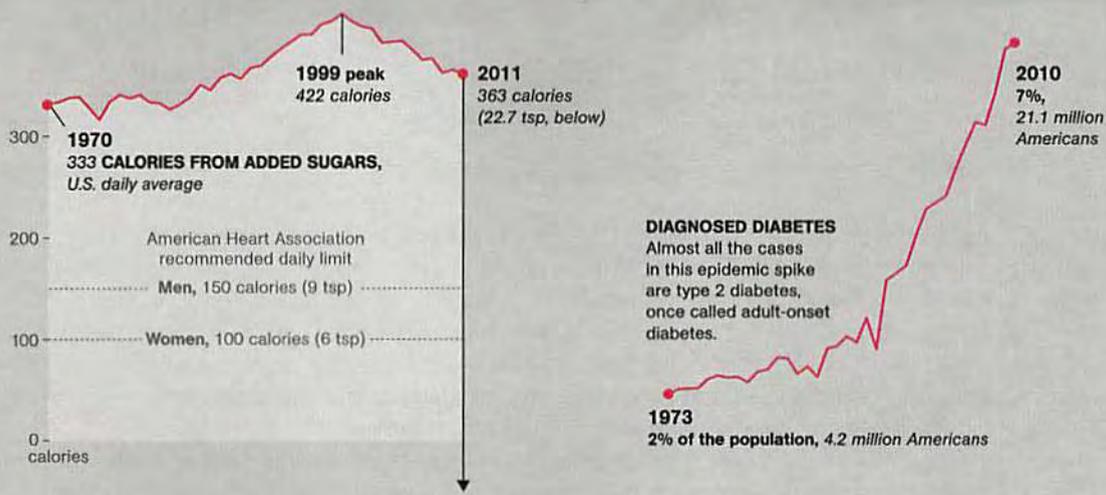
Consists of:



Fructose

Glucose

**The problem with fructose** Found in small amounts in fruits and vegetables—and in each type of sugar shown here—fructose in excess is a health hazard. The glucose in sugar is metabolized throughout the body. But fructose is processed mainly in the liver into fats, which can build up there and also enter the blood. The resulting risks: obesity, hypertension, insulin resistance, and type 2 diabetes.



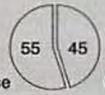
Can of cola, 12 oz. 7.93 tsp



22.7 tsp equal the natural sugar contained in each of the following:  
7 red apples 454 eggs 1,135 cups of rice 27 ears of corn



**HIGH-FRUCTOSE CORN SYRUP**  
(8.2 tsp, 36%)  
Made cheap by government  
corn subsidies, it was first added  
to processed food in the 1970s.



**OTHER SWEETENERS**  
(3 tsp,\* 13%)  
Honey, maple syrup, and  
molasses have slight traces  
of vitamins and minerals.



\*Numbers do not equal  
22.7 tsp due to rounding.  
PHOTO ILLUSTRATION:  
ROBERT CLARK; LAWSON  
PARKER, NGM STAFF;  
AMANDA HOBBS;  
ALEJANDRO TUMAS  
SOURCES: USDA;  
CDC (DIABETES)

## IT WAS LIKE THROWING PAINT AT A FAN: first here, then

to a stalk of cane, yielding the human race. At religious ceremonies priests sipped sugar water from coconut shells, a beverage since replaced in sacred ceremonies with cans of Coke.

Sugar spread slowly from island to island, finally reaching the Asian mainland around 1000 B.C. By A.D. 500 it was being processed into a powder in India and used as a medicine for headaches, stomach flutters, impotence. For years sugar refinement remained a secret science, passed master to apprentice. By 600 the art had spread to Persia, where rulers entertained guests with a plethora of sweets. When Arab armies conquered the region, they carried away the knowledge and love of sugar. It was like throwing paint at a fan: first here, then there, sugar turning up wherever Allah was worshipped. "Wherever they went, the Arabs brought with them sugar, the product and the technology of its production," writes Sidney Mintz in *Sweetness and Power*. "Sugar, we are told, followed the Koran."

Muslim caliphs made a great show of sugar. Marzipan was the rage, ground almonds and sugar sculpted into outlandish concoctions that demonstrated the wealth of the state. A 15th-century writer described an entire marzipan mosque commissioned by a caliph. Marveled at, prayed in, devoured by the poor. The Arabs perfected sugar refinement and turned it into an industry. The work was brutally difficult. The heat of the fields, the flash of the scythes, the smoke of the boiling rooms, the crush of the mills. By 1500, with the demand for sugar surging, the work was considered suitable only for the lowest of laborers. Many of the field hands were prisoners of war, eastern Europeans captured when Muslim and Christian armies clashed.

Perhaps the first Europeans to fall in love with sugar were British and French crusaders who went east to wrest the Holy Land from the infidel. They came home full of visions and stories and memories of sugar. As cane is not at its most productive in temperate climes—it needs tropical, rain-drenched fields to flourish—the first European market was built on a trickle of Muslim trade, and the sugar that reached the West was consumed only by the nobility, so rare

it was classified as a spice. But with the spread of the Ottoman Empire in the 1400s, trade with the East became more difficult. To the Western elite who had fallen under sugar's spell there were few options: deal with the small southern European sugar manufacturers, defeat the Turk, or develop new sources of sugar.

In school they call it the age of exploration, the search for territories and islands that would send Europeans all around the world. In reality it was, to no small degree, a hunt for fields where sugarcane would prosper. In 1425 the Portuguese prince known as Henry the Navigator sent sugarcane to Madeira with an early group of colonists. The crop soon made its way to other newly discovered Atlantic islands—the Cape Verde Islands, the Canaries. In 1493, when Columbus set off on his second voyage to the New World, he too carried cane. Thus dawned the age of big sugar, of Caribbean islands and slave plantations, leading, in time, to great smoky refineries on the outskirts of glass cities, to mass consumption, fat kids, obese parents, and men in XXL tracksuits trundling along in electric carts.

### SLAVES TO SUGAR

**C**olumbus planted the New World's first sugarcane in Hispaniola, the site, not coincidentally, of the great slave revolt a few hundred years later. Within decades mills marked the heights in Jamaica and Cuba, where rain forest had been cleared and the native population eliminated by disease or war, or enslaved. The Portuguese created the most effective model, making Brazil into an early boom colony, with more than 100,000 slaves churning out tons of sugar.

As more cane was planted, the price of the product fell. As the price fell, demand increased. Economists call it a virtuous cycle—not a phrase you would use if you happened to be on the wrong side of the equation. In the mid-17th century sugar began to change from a luxury spice, classed with nutmeg and cardamom, to a staple, first for the middle class, then for the poor.

By the 18th century the marriage of sugar

## there, sugar turning up wherever Allah was worshipped.

and slavery was complete. Every few years a new island—Puerto Rico, Trinidad—was colonized, cleared, and planted. When the natives died, the planters replaced them with African slaves. After the crop was harvested and milled, it was piled in the holds of ships and carried to London, Amsterdam, Paris, where it was traded for finished goods, which were brought to the west coast of Africa and traded for more slaves. The bloody side of this “triangular trade,” during which millions of Africans died, was known as the Middle Passage. Until the slave trade was banned in Britain in 1807, more than 11 million Africans were shipped to the New World—more than half ending up on sugar plantations. According to Trinidadian politician and historian Eric Williams, “Slavery was not born of racism; rather, racism was the consequence of slavery.” Africans, in other words, were not enslaved because they were seen as inferior; they were seen as inferior to justify the enslavement required for the prosperity of the early sugar trade.

The original British sugar island was Barbados. Deserted when a British captain found it on May 14, 1625, the island was soon filled with grinding mills, plantation houses, and shanties. Tobacco and cotton were grown in the early years, but cane quickly overtook the island, as it did wherever it was planted in the Caribbean. Within a century the fields were depleted, the water table sapped. By then the most ambitious planters had left Barbados in search of the next island to exploit. By 1720 Jamaica had captured the sugar crown.

For an African, life on these islands was hell. Throughout the Caribbean millions died in the fields and pressing houses or while trying to escape. Gradually the sin of the trade began to be felt in Europe. Reformers preached abolition; housewives boycotted slave-grown cane. In *Sugar: A Bittersweet History* Elizabeth Abbott quotes Quaker leader William Fox, who told a crowd that for every pound of sugar, “we may be considered as consuming two ounces of human flesh.” A slave in Voltaire’s *Candide*, missing both a hand and a leg, explains his mutilation: “When we work in the sugar mills and we catch

our finger in the millstone, they cut off our hand; when we try to run away, they cut off a leg; both things have happened to me. It is at this price that you eat sugar in Europe.”

And yet there was no stopping the boom. Sugar was the oil of its day. The more you tasted, the more you wanted. In 1700 the average Englishman consumed 4 pounds a year. In 1800 the common man ate 18 pounds of sugar. In 1870 that same sweet-toothed bloke was eating 47 pounds annually. Was he satisfied? Of course not! By 1900 he was up to 100 pounds a year. In that span of 30 years, world production of cane and beet sugar exploded from 2.8 million tons a year to 13 million plus. Today the average American consumes 77 pounds of added sugar annually, or more than 22 teaspoons of added sugar a day.

If you go to Barbados today, you can see the legacies of sugar: the ruined mills, their wooden blades turning in the wind, marking time; the faded mansions; the roads that rise and fall but never lose sight of the sea; the hotels where the tourists are filled with jam and rum; and those few factories where the cane is still heaved into the presses, and the raw sugar, sticky sweet, is sent down the chutes. Standing in a refinery, as men in hard hats rushed around me, I read a handwritten sign: a prayer beseeching the Lord to grant them the wisdom, protection, and strength to bring in the crop.

### THE CULPRIT

It seems like every time I study an illness and trace a path to the first cause, I find my way back to sugar.”

Richard Johnson, a nephrologist at the University of Colorado Denver, was talking to me in his office in Aurora, Colorado, the Rockies crowding the horizon. He’s a big man with eyes that sparkle when he talks. “Why is it that one-third of adults [worldwide] have high blood pressure, when in 1900 only 5 percent had high blood pressure?” he asked. “Why did 153 million people have diabetes in 1980, and now we’re up to 347 million? Why are more and more Americans

# syrup

From soup to soda, viscous waves of high-fructose corn syrup wash over the landscape of processed food. Called the "floozy of the sugar world" by former *Washington Post* health writer Sally Squires, HFCS is cheaper and usually sweeter than sucrose, sugar made from cane or beets. Is there any biological difference? "Not enough to fuss about," says Marlon Nestle, professor of nutrition at New York University. "Everyone would be better off eating less of either one."

## Top consumers of high-fructose syrup

United States	51
Mexico	32
Canada	23
Argentina	18
S. Korea	15

Annual pounds per capita, 2011\*

\*In the top ten consuming nations  
NGM ART. SOURCE: USDA

# cupcake

National Cupcake Day is December 15, except in New York City schools, which cracked down on baked goods in 2009 as part of a wellness policy. The downsized cake made its American cookbook debut in 1826, says food historian Andrew Smith. Cupcake gentrification spread in 2000 when *Sex and the City's* Carrie Bradshaw nibbled one topped with pink buttercream. In the current TV series *Cupcake Wars*, dueling recipes feature ingredients like sweet tea and chocolate seltzer.

## Top consumers of refined sugar



Annual pounds per capita, 2011\*

\*In the top ten consuming nations  
NGM ART SOURCE: USDA



## "WE HAVE A BIG PROBLEM. Our world is flooded with

obese? Sugar, we believe, is one of the culprits, if not the major culprit."

As far back as 1675, when western Europe was experiencing its first sugar boom, Thomas Willis, a physician and founding member of Britain's Royal Society, noted that the urine of people afflicted with diabetes tasted "wonderfully sweet, as if it were imbued with honey or sugar." Two hundred and fifty years later Haven Emerson at Columbia University pointed out that a remarkable increase in deaths from diabetes between 1900 and 1920 corresponded with an increase in sugar consumption. And in the 1960s the British nutrition expert John Yudkin conducted a series of experiments on animals and people showing that high amounts of sugar in the diet led to high levels of fat and insulin in the blood—risk factors for heart disease and diabetes. But Yudkin's message was drowned out by a chorus of other scientists blaming the rising rates of obesity and heart disease instead on cholesterol caused by too much saturated fat in the diet.

As a result, fat makes up a smaller portion of the American diet than it did 20 years ago. Yet the portion of America that is obese has only grown larger. The primary reason, says Johnson, along with other experts, is sugar, and in particular fructose. Sucrose, or table sugar, is composed of equal amounts of glucose and fructose, the latter being the kind of sugar you find naturally in fruit. It's also what gives table sugar its yummy sweetness. (High-fructose corn syrup, or HFCS, is also a mix of fructose and glucose—about 55 percent and 45 percent in soft drinks. The impact on health of sucrose and HFCS appears to be similar.) Johnson explained to me that although glucose is metabolized by cells all through your body, fructose is processed primarily in the liver. If you eat too much in quickly digested forms like soft drinks and candy, your liver breaks down the fructose and produces fats called triglycerides.

Some of these fats stay in the liver, which over

long exposure can turn fatty and dysfunctional. But a lot of the triglycerides are pushed out into the blood too. Over time, blood pressure goes up, and tissues become progressively more resistant to insulin. The pancreas responds by pouring out more insulin, trying to keep things in check. Eventually a condition known as metabolic syndrome kicks in, characterized by obesity, especially around the waist; high blood pressure; and other metabolic changes that, if not checked, can lead to type 2 diabetes, with a heightened danger of heart attack thrown in for good measure. As much as a third of the American adult population could meet the criteria for metabolic syndrome set by the National Institutes of Health.

Recently the American Heart Association added its voice to the warnings against too much added sugar in the diet. But its rationale is that sugar provides calories with no nutritional benefit. According to Johnson and his colleagues, this misses the point. Excessive sugar isn't just empty calories; it's toxic.

"It has nothing to do with its calories," says endocrinologist Robert Lustig of the University of California, San Francisco. "Sugar is a poison by itself when consumed at high doses."

Johnson summed up the conventional wisdom this way: Americans are fat because they eat too much and exercise too little. But they eat too much and exercise too little because they're addicted to sugar, which not only makes them fatter but, after the initial sugar rush, also saps their energy, beaching them on the couch. "The reason you're watching TV is not because TV is so good," he said, "but because you have no energy to exercise, because you're eating too much sugar."

The solution? Stop eating so much sugar. When people cut back, many of the ill effects disappear. The trouble is, in today's world it's extremely difficult to avoid sugar, which is one reason for the spike in consumption. Manufacturers use sugar to replace taste in foods bled of fat so that they seem more healthful, such as fat-free baked goods, which often contain large quantities of added sugar.

It's a worst-case scenario: You sicken unto

---

*Rich Cohen's ninth book, on the 1985 Chicago Bears, will appear in October. Robert Clark's story on the Denisovans was published last month.*

fructose, but our bodies evolved to get by on very little.”

—Richard Johnson

death not by eating foods you love, but by eating foods you hate—because you don't want to sicken unto death.

## IN THE BEGINNING WAS THE FRUIT

If sugar is so bad for us, why do we crave it? The short answer is that an injection of sugar into the bloodstream stimulates the same pleasure centers of the brain that respond to heroin and cocaine. All tasty foods do this to some extent—that's why they're tasty!—but sugar has a sharply pronounced effect. In this sense it is literally an addictive drug.

This raises the question, however, of why our brains would evolve to respond pleurably to a potentially toxic compound. The answer, Johnson told me, lies deep in our simian past, when a craving for fructose would be just the thing our ancestors needed to survive.

I paraphrase Johnson in a voice borrowed from the fables, for what are even the best theories, if not the old stories told again in the language of science? Some 22 million years ago, so far back it might as well be the beginning, apes filled the canopy of the African rain forest. They survived on the fruit of the trees, sweet with natural sugar, which they ate year-round—a summer without end.

One day, perhaps five million years later, a cold wind blew through this Eden. The seas receded, the ice caps expanded. A spit of land emerged from the tides, a bridge that a few adventurous apes followed out of Africa. Nomads, wanderers, they settled in the rain forests that blanketed Eurasia. But the cooling continued, replacing tropical groves of fruit with deciduous forests, where the leaves flame in autumn, then die. A time of famine followed. The woods filled with starving apes. “At some point a mutation occurred in one of those apes,” Johnson explained. It made that ape a wildly efficient processor of fructose. Even small amounts were stored as fat, a huge survival advantage in months when winter lay upon the land and food was scarce.

Then one day that ape, with its mutant gene

and healthy craving for rare, precious fruit sugar, returned to its home in Africa and begot the apes we see today, including the one that has spread its sugar-loving progeny across the globe. “The mutation was such a powerful survival factor that only animals that had it survived,” Johnson said, “so today all apes have that mutation, including humans. It got our ancestors through the lean years. But when sugar hit the West in a big way, we had a big problem. Our world is flooded with fructose, but our bodies have evolved to get by on very, very little of it.”

It's a great irony: The very thing that saved us could kill us in the end.

## THE HEALTHY CHEF

Though just 11, Nick Scurlock is a perfect stand-in for the average American in the age of sugar. Hyperefficient at turning to fat the fructose the adman and candy clerk pump into his liver at a low, low price. One hundred thirty-five pounds in fifth grade, in love with the sweet poison endangering his life. Sitting in the lunchroom, he smiled and asked, “Why are the good things so bad for you?”

But this story is less about temptation than about power. At its best, the school can help kids make better decisions. A few years ago Pop-Tarts and pizza were served at Kirkpatrick. Now, across the district, menus have improved. The school has a garden that grows food for the community, a walking track for students and the public, and a new playground.

In a sense the struggle in Clarksdale is just another front in the continuing battle between the sugar barons and the cane cutters. “It's a tragedy that hits the poor much harder than it does the rich,” Johnson told me. “If you're wealthy and want to have fun, you go on vacation, travel to Hawaii, treat yourself to things. But if you're poor and want to celebrate, you go down to the corner and buy an ice-cream cake.”

When I asked Nick what he wanted to be when he grew up, he said, “A chef.” Then he thought a moment, looked at his mom, and corrected himself. “A healthy chef,” he said. □

# How much sugar is in your drink?

grams of sugar (g) ÷ 4 = teaspoons of sugar

$$40 \div 4 = 10$$

GRAMS

TEASPOONS

## More than 1 serving per container?

Multiply: teaspoons of sugar per serving X number of servings = teaspoons of sugar per container

(Example: 2 servings per container: 10 teaspoons X 2 servings = 20 teaspoons per container)

## Nutrition Facts

Serving Size 1 can (12 fl. oz.)

Servings Per Container 1

### Amount Per Serving

**Calories** 140

### % Daily Value \*

**Total Fat** 0g 0%

**Cholesterol** 0mg 0%

**Sodium** 50mg 0%

**Total Carbohydrate** 40g

Sugars 40g

**Protein** 0g

**Vitamin A** 0% • **Vitamin C** 0%

**Calcium** 0% • **Iron** 0%

# GO SLOW WHOA FOODS

Food Group	GO! (Almost Anytime)	Slow! (Sometimes)	Whoa! (once in a While)
<b>Vegetables</b>	Almost all fresh, frozen, and canned vegetables without added fat and sauce	All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
<b>Fruits</b>	All fresh, frozen, canned in juice	100 percent fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
<b>Breads &amp; Cereals</b>	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	White refined flour bread, rice, and pasta. French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with <i>trans</i> fats; sweetened breakfast cereals
<b>Milk &amp; Milk Products</b>	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese	2 percent low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
<b>Meats, Poultry, Fish, Eggs, Beans, &amp; Nuts</b>	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef; broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
<b>Sweets &amp; Snacks*</b>	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice cream; fig bars, ginger snaps, baked chips; low-fat microwave pop corn; pretzels	Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn
<b>Fat/Condiments</b>	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil, olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream**	Butter, stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
<b>Beverages</b>	Water, fat-free milk, or 1 percent low-fat milk; diet soda; unsweetened ice tea or diet iced tea and lemonade	2 percent low-fat milk; 100 percent fruit juice; sports drinks	Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice

\*Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited so as not to exceed one's daily calorie requirements.

\*\*Vegetable and olive oils contain no saturated or *trans* fats and can be consumed daily, but in limited portions, to meet daily calorie needs. (See Sample USDA Food Guide and DASH Eating Plan at the 2,000-calorie level handout)

## Session 2

# Nutrition Labels Made Easy

Learning how to read and understand food labels can help you make healthier choices. Here are some tips for making the most of the information on the Nutrition Facts label:

**Start here.** Note the size of a single serving and how many servings are in the package.

**Check total calories per serving.** Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).

**Limit these nutrients.** Remember, you need to limit your total fat to no more than 56–78 grams a day — including no more than 16 grams of saturated fat, less than two grams of trans fat, and less than 300 mg cholesterol (for a 2,000 calorie diet).

**Get enough of these nutrients.** Make sure you get 100 percent of the fiber, vitamins and other nutrients you need every day.

**Quick guide to % DV.** The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat, cholesterol or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more is high.

Here are more tips for getting as much health information as possible from the Nutrition Facts label:

- Remember that the information shown in these panels is based on 2,000 calories a day. You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight.
- 

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

**Start here** - Serving Size 1 slice (47g)  
**Check the total calories per serving** - Calories 160  
**Limit these nutrients** - Total Fat 10g, Saturated Fat 2.5g, Trans Fat 2g, Cholesterol 0mg, Sodium 300mg, Total Carb 15g  
**Get enough of these nutrients** - Dietary Fiber less than 1g, Sugars 1g, Protein 3g, Vitamin A 0%, Vitamin C 4%, Calcium 45%, Iron 6%, Thiamin 8%, Riboflavin 6%, Niacin 6%  
**Quick Guide to % Daily Value:**  
5% or less is low  
20% or more is high

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

- In general, as you think about the amount of calories in a food per serving, remember that for a 2,000-calorie diet:
  - 40 calories per serving is considered low;
  - 100 calories per serving is considered moderate; and
  - 400 calories or more per serving is considered high.
- There is no % DV shown for *trans* fat on the panel because the U.S. Food and Drug Administration (FDA) does not have enough scientific information to set this value. We recommend eating less than 20 calories or (less than two grams of *trans* fat) a day – that’s less than 1 percent of your total daily calories (for a 2,000-calorie-a-day diet).
- When the Nutrition Facts panel says the food contains “0 g” of *trans* fat, it means the food contains less than 0.5 grams of *trans* fat **per serving**.
- When the Nutrition Facts label says a food contains “0 g” of *trans* fat, but includes “partially hydrogenated oil” in the ingredient list, it means the food contains *trans* fat, but less than 0.5 grams of *trans* fat per serving. So, if you eat more than one serving, you could quickly reach your daily limit of *trans* fat.

In addition to the Nutrition Facts label, a lot of foods today also come with nutrient content claims provided by the manufacturer. These claims are typically featured in ads for the foods or in the promotional copy on the food packages themselves. They are strictly defined by the FDA. The chart below provides some of the most commonly used nutrient content claims, along with a detailed description of what the claim means.

If a food claims to be...	It means that one serving of the product contains...
Calorie free	Less than 5 calories
Sugar free	Less than 0.5 grams of sugar
Fat	
Fat free	Less than 0.5 grams of fat
Low fat	3 grams of fat or less
Reduced fat or less fat	At least 25 percent less fat than the regular product
Low in saturated fat	1 gram of saturated fat or less, with not more than 15 percent of the calories coming from saturated fat
Lean	Less than 10 grams of fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol
Extra lean	Less than 5 grams of fat, 2 grams of saturated fat and

	95 milligrams of cholesterol
Light (lite)	At least one-third fewer calories or no more than half the fat of the regular product, or no more than half the sodium of the regular product

### Cholesterol

Cholesterol free	Less than 2 milligrams of cholesterol and 2 grams (or less) of saturated fat
Low cholesterol	20 or fewer milligrams of cholesterol and 2 grams or less of saturated fat
Reduced cholesterol	At least 25 percent less cholesterol than the regular product and 2 grams or less of saturated fat

### Sodium

Sodium free or no sodium	Less than 5 milligrams of sodium and no sodium chloride in ingredients
Very low sodium	35 milligrams or less of sodium
Low sodium	140 milligrams or less of sodium
Reduced or less sodium	At least 25 percent less sodium than the regular product

### Fiber

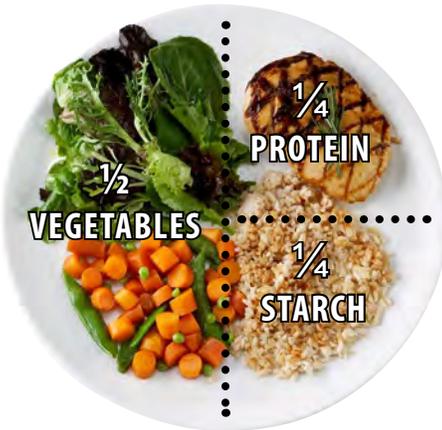
High fiber	5 grams or more of fiber
Good source of fiber	2.5 to 4.9 grams of fiber

If you can't remember the definitions of all of the terms, don't worry. You can use these general guidelines instead:

- "Free" means a food has the least possible amount of the specified nutrient.
- "Very Low" and "Low" means the food has a little more than foods labeled "Free."
- "Reduced" or "Less" mean the food has 25 percent less of a specific nutrient than the regular version of the food.

# WebMD<sup>®</sup> Portion Size Guide

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate.



## PORTION SIZE YOUR PLATE

### 1/2 PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

### 1/4 PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

### 1/4 PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

## BASIC GUIDELINES



1 cup = baseball



1/2 cup = lightbulb



1 oz or 2 tbsp  
= golf ball



1 tbsp = poker chip



1 slice of bread  
= cassette tape



3 oz chicken or meat  
= deck of cards



3 oz fish  
= checkbook



1 oz lunch meat  
= compact disc



3 oz muffin or biscuit  
= hockey puck



1 1/2 oz cheese  
= 3 dice

## GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- 1/2 cup of cooked rice = lightbulb
- 1/2 cup cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs

## FRUITS & VEGETABLES

- 1 medium fruit = baseball
- 1/2 cup grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse

## MEATS, FISH & NUTS

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- 1/4 cup almonds = 23 almonds
- 1/4 cup pistachios = 24 pistachios

## DAIRY & CHEESE

- 1 1/2 oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- 1/2 cup frozen yogurt = lightbulb
- 1/2 cup ice cream = lightbulb

## FATS & OILS

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip

## SWEETS & TREATS

- 1 piece chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips

# REthinkk YOUR Drinkk

## 38

teaspoons *of* sugar

Fountain Drink  
44 oz



## 13

teaspoons *of* sugar

Energy Drink  
16 oz



## 8

teaspoons *of* sugar

Sports Drink  
20 oz



## 12

teaspoons *of* sugar

Orange Soda  
12 oz



## 4

teaspoons *of* sugar

Juice Drink  
6 oz



**Problem Situation No. 2**

1. Briefly describe **ONE** of your **most serious** problem situations:

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2. Describe the types of **TRIGGERS** usually associated with this situation:

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3. Describe the types of **CONSEQUENCES** usually associated with this situation. Consider both **IMMEDIATE** and **DELAYED** consequences as well as **NEGATIVE** and **POSITIVE** consequences:

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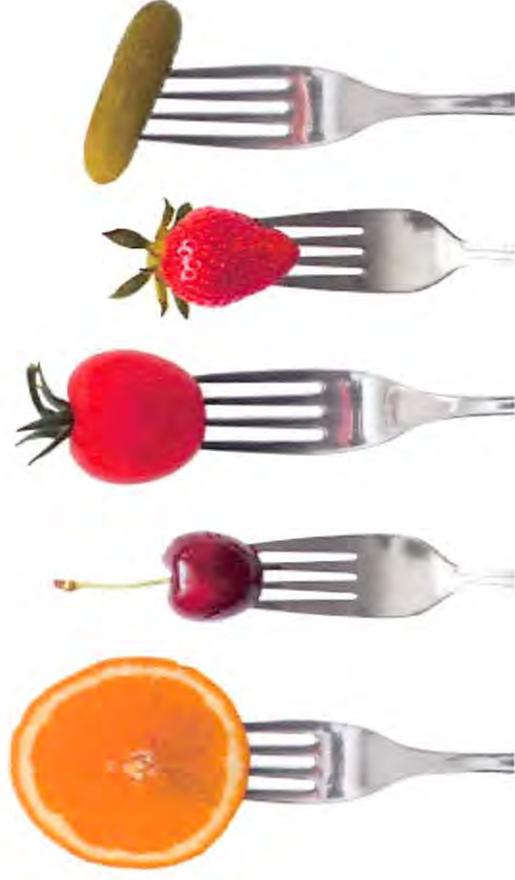
# CHANGING YOUR PATTERNS

## IDENTIFYING TRIGGERS EXERCISE

### CONSIDER HOW YOUR LIFESTYLE RELATES TO YOUR EATING PATTERNS

Since your eating patterns have come to play a major role in your life, lifestyle changes may be necessary. Take a look at the following areas in your life:

- Availability of food: Are you more likely to have problems if food is readily available?
- Thinking about food. If a lot of time is spent thinking about food, you may want to understand why.



**The following is a list of questions and categories to consider that can also help you complete the exercise:**

**Questions:**

- Where & when does my most serious problem situation occur?
- What other people are present on these occasions?
- How do I feel before eating excessively and after I start?
- What purposes does it serve for me?

**Some General Categories of Triggers:**

- My emotional state (e.g., angry, depressed, happy, jealous, sad)
- My physical state (e.g., relaxed, tense, tired, aroused, hungry)
- Presence of others (e.g., does excessive eating usually occur when certain people are present?)
- The physical setting (e.g., home, grocery store, restaurant)
- Social pressure (e.g., others offer you food)
- Activities (e.g., at work, working at home, watching TV)
- Your thoughts (e.g., making a major decisions, bored, work pressures)

**Some General Categories of Consequences**

- Physical consequences (bodily sensations)
- Emotional consequences (mood changes)
- Social consequences (how others act toward me)
- Health consequences (high blood pressure, heart problems)
- What you are thinking (feeling guilty)

Describe 2 general types of situations that have been associated with your most serious problem situation. One thing that might help you to identify factors that have triggered your excessive eating, and consequences related to that problem, is to think about **REAL** situations you have experienced.

**Problem Situation No. 1**

1. Briefly describe **ONE** of your **most serious** problem situations:

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2. Describe the types of **TRIGGERS** usually associated with this situation:

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3. Describe the types of **CONSEQUENCES** usually associated with this situation. Consider both **IMMEDIATE** and **DELAYED** consequences as well as **NEGATIVE** and **POSITIVE** consequences:

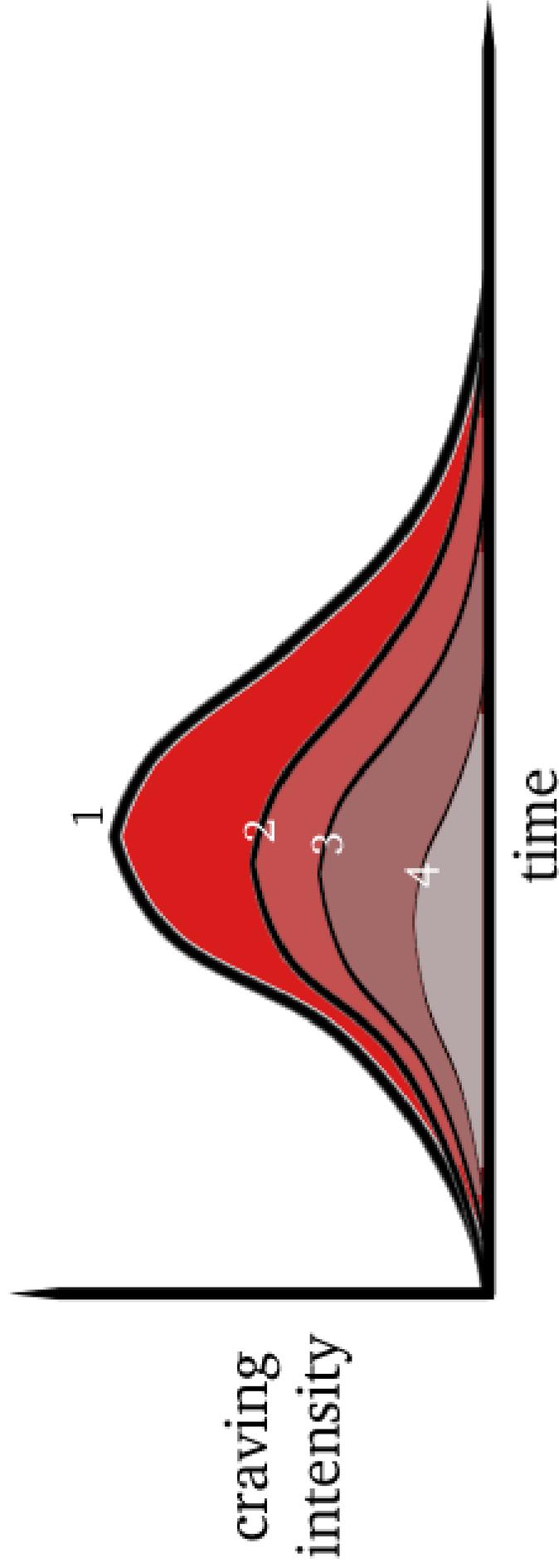
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## Session 3

# The Craving Curve



# CHANGING YOUR PATTERNS

## Change Plan

You have selected two options for Trigger Situation 2. For each option, describe what you need to do to achieve that option.

- Your **Change Plan** should describe in some detail **how you could put your option into practice.**
- It helps to break your plan into **smaller steps.**

### 1. Option No. 1 Change Plan:

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### 2. Option No. 2 Change Plan:

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## DEVELOPING NEW OPTIONS EXERCISE

In this exercise you will develop new options and action plans for the high risk trigger situations you described in the last exercise.

Describe two options and their likely consequences for your first trigger situation.

- Be as **specific** as possible in describing your options, all of which should be feasible.
- **For each option**, describe what you think would happen if you used that option.
- Consider **both negative and positive** consequences.
- Finally, **decide on which option** would be your best and second best option for dealing with this trigger situation.

Trigger Situation 1: \_\_\_\_\_

Option No. 1: \_\_\_\_\_

Likely Consequences:

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Option No. 2: \_\_\_\_\_

Likely Consequences:

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## Change Plan

You have selected two options for Trigger Situation 1. For each option, describe what you need to do to achieve that option.

- Your **Change Plan** should describe in some detail **how you could put your option into practice.**
- It helps to break your plan into **smaller steps.**

### 1. Option No. 1 Change Plan:

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### 2. Option No. 2 Change Plan:

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**Describe two options and their likely consequences for your first trigger situation.**

- Be as **specific** as possible in describing your options, all of which should be feasible.
- **For each option**, describe what you think would happen if you used that option.
- Consider **both negative and positive** consequences.
- Finally, **decide on which option** would be your best and second best option for dealing with this trigger situation.

### Trigger Situation 2:

#### Option No. 1:

#### Likely Consequences:

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#### Option No. 2:

#### Likely Consequences:

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## Session 4

# 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.

# 10 tips

**Nutrition Education Series**

# add more vegetables to your day



## 10 tips to help you eat more vegetables

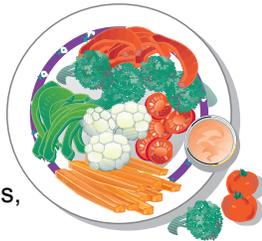
**It's easy to eat more vegetables!** Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

### 1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

### 2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



### 3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

### 4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

### 5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



### 6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



### 7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

### 8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

### 9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



### 10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

# 10 tips

Nutrition  
Education Series

# focus on fruits

## 10 tips to help you eat more fruits



**Eating fruit provides health benefits.** People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

### 1 keep visible reminders

Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



### 2 think about taste

Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.



### 3 think about variety

Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

### 4 don't forget the fiber

Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



### 5 be a good role model

Set a good example for children by eating fruit every day with meals or as snacks.

### 6 include fruit at breakfast

At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



### 7 try fruit at lunch

At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

### 8 experiment with fruit at dinner, too

At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

### 9 snack on fruits

Dried fruits make great snacks. They are easy to carry and store well.



### 10 keep fruits safe

Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



# 10 tips

Nutrition  
Education Series

# make half your grains whole



## 10 tips to help you eat whole grains

**Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product.** Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

### 1 make simple switches

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.



### 2 whole grains can be healthy snacks

Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.



### 3 save some time

Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

### 4 mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

### 5 try whole-wheat versions

For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.



### 6 bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

### 7 be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

### 8 check the label for fiber

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.



### 9 know what to look for on the ingredients list

Read the ingredients list and choose products that name a whole-grain ingredient **first** on the list. Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice.”

### 10 be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not 100% whole-grain products, and may not contain **any** whole grain.



# 10 tips

Nutrition  
Education Series

# got your dairy today?

## 10 tips to help you eat and drink more fat-free or low-fat dairy foods



**The Dairy Group includes milk, yogurt, cheese, and fortified soymilk.** They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups\* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

### 1 “skim” the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts calories but doesn’t reduce calcium or other essential nutrients.

### 2 boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.



### 3 top off your meals



Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.

### 4 choose cheeses with less fat

Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Try different brands or types to find the one that you like.

### 5 what about cream cheese?

Regular cream cheese, cream, and butter **are not** part of the dairy food group. They are high in saturated fat and have little or no calcium.

\* What counts as a cup in the Dairy Group? 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

### 6 ingredient switches

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese as a substitute for cream cheese.

### 7 choose sweet dairy foods with care

Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars. These added sugars are empty calories. You need the nutrients in dairy foods—not these empty calories.

### 8 caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

### 9 can’t drink milk?

If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.

### 10 take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important. Dairy foods are especially important to build the growing bones of kids and teens. Routinely include low-fat or fat-free dairy foods with meals and snacks—for everyone’s benefit.



# 10 tips

Nutrition  
Education Series

# with protein foods, variety is key



## 10 tips for choosing protein

**Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources.** We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces\* of protein foods each day.

### 1 vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

### 2 choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



### 3 make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

### 4 have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

### 5 eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



### 6 nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

### 7 keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

### 8 make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



### 9 think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

### 10 check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

\* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

# 10 tips

Nutrition  
Education Series

# build a healthy meal

## 10 tips for healthy meals



**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.

### 1 make half your plate veggies and fruits

Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



### 2 add lean protein

Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.

### 3 include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

### 4 don't forget the dairy

Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



### 5 avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

### 6 take your time

Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

### 7 use a smaller plate

Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

### 8 take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

### 9 try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



### 10 satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

# 10 tips

Nutrition  
Education Series

# healthy eating for vegetarians



## 10 tips for vegetarians

**A vegetarian eating pattern can be a healthy option.** The key is to consume a variety of foods and the right amount of foods to meet your calorie and nutrient needs.

### 1 think about protein

Your protein needs can easily be met by eating a variety of plant foods. Sources of protein for vegetarians include beans and peas, nuts, and soy products (such as tofu, tempeh). Lacto-ovo vegetarians also get protein from eggs and dairy foods.

### 2 bone up on sources of calcium

Calcium is used for building bones and teeth. Some vegetarians consume dairy products, which are excellent sources of calcium. Other sources of calcium for vegetarians include calcium-fortified soymilk (soy beverage), tofu made with calcium sulfate, calcium-fortified breakfast cereals and orange juice, and some dark-green leafy vegetables (collard, turnip, and mustard greens; and bok choy).



### 3 make simple changes

Many popular main dishes are or can be vegetarian—such as pasta primavera, pasta with marinara or pesto sauce, veggie pizza, vegetable lasagna, tofu-vegetable stir-fry, and bean burritos.

### 4 enjoy a cookout

For barbecues, try veggie or soy burgers, soy hot dogs, marinated tofu or tempeh, and fruit kabobs. Grilled veggies are great, too!

### 5 include beans and peas

Because of their high nutrient content, consuming beans and peas is recommended for everyone, vegetarians and non-vegetarians alike. Enjoy some vegetarian chili, three bean salad, or split pea soup. Make a hummus-filled pita sandwich.



### 6 try different veggie versions

A variety of vegetarian products look—and may taste—like their non-vegetarian counterparts but are usually lower in saturated fat and contain no cholesterol. For breakfast, try soy-based sausage patties or links. For dinner, rather than hamburgers, try bean burgers or falafel (chickpea patties).

### 7 make some small changes at restaurants

Most restaurants can make vegetarian modifications to menu items by substituting meatless sauces or non-meat items, such as tofu and beans for meat, and adding vegetables or pasta in place of meat. Ask about available vegetarian options.



### 8 nuts make great snacks

Choose unsalted nuts as a snack and use them in salads or main dishes. Add almonds, walnuts, or pecans instead of cheese or meat to a green salad.

### 9 get your vitamin B<sub>12</sub>

Vitamin B<sub>12</sub> is naturally found only in animal products. Vegetarians should choose fortified foods such as cereals or soy products, or take a vitamin B<sub>12</sub> supplement if they do not consume any animal products. Check the Nutrition Facts label for vitamin B<sub>12</sub> in fortified products.

### 10 find a vegetarian pattern for you

Go to [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov) and check appendices 8 and 9 of the *Dietary Guidelines for Americans, 2010* for vegetarian adaptations of the USDA food patterns at 12 calorie levels.

# smart shopping for veggies and fruits



## 10 tips for affordable vegetables and fruits

**It is possible to fit vegetables and fruits into any budget.** Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

### 1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



### 2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

### 3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

### 4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



### 5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

### 6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

### 7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

### 8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



### 9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



### 10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

# 10 tips

**Nutrition  
Education Series**

# liven up your meals with vegetables and fruits



## 10 tips to improve your meals with vegetables and fruits

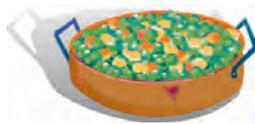
**Discover the many benefits of adding vegetables and fruits to your meals.** They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

### 1 fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, carrots, peppers, or potatoes on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add great flavor to a cookout.

### 2 expand the flavor of your casseroles

Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.



### 3 planning something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

### 4 get creative with your salad

Toss in shredded carrots, strawberries, spinach, watercress, orange segments, or sweet peas for a flavorful, fun salad.

### 5 salad bars aren't just for salads

Try eating sliced fruit from the salad bar as your dessert when dining out. This will help you avoid any baked desserts that are high in calories.

### 6 get in on the stir-frying fun

Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

### 7 add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try sliced tomatoes, romaine lettuce, or avocado on your everyday sandwich or wrap for extra flavor.



### 8 be creative with your baked goods

Add apples, bananas, blueberries, or pears to your favorite muffin recipe for a treat.

### 9 make a tasty fruit smoothie

For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.



### 10 liven up an omelet

Boost the color and flavor of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, onions, or bell peppers.

# 10 tips

Nutrition  
Education Series

# kid-friendly veggies and fruits

## 10 tips for making healthy foods more fun for children



**Encourage children to eat vegetables and fruits by making it fun.** Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

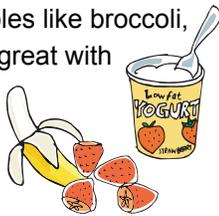
### 1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



### 2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



### 3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

### 4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

### 5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

### 6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make “popsicles” by inserting sticks into peeled bananas and freezing.

### 7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

### 8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



### 9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

### 10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



# 10 tips

Nutrition  
Education Series

# be a healthy role model for children

## 10 tips for setting good examples



**You are the most important influence on your child.** You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

### 1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

### 2 go food shopping together



Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

### 3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

### 4 offer the same foods for everyone

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.

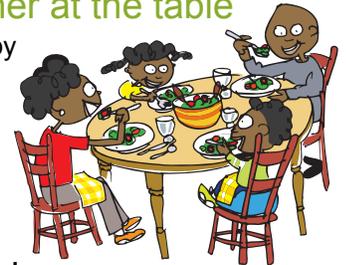


### 5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

### 6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.



### 7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

### 8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

### 9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.



### 10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.

# 10 tips

Nutrition  
Education Series

# cut back on your kid's sweet treats

## 10 tips to decrease added sugars



**Limit the amount of foods and beverages with added sugars your kids eat and drink.** If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

### 1 serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

### 2 sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



### 3 use the check-out lane that does not display candy

Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

### 4 choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

### 5 make fruit the everyday dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



### 6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

### 7 encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



### 8 play detective in the cereal aisle

Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

### 9 make treats "treats," not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

### 10 if kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

# 10 tips

Nutrition  
Education Series

## salt and sodium

### 10 tips to help you cut back



**It's clear that Americans have a taste for salt**, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

#### 1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

#### 2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

#### 3 fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

#### 4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

#### 5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



#### 6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter *and* the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

#### 7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

#### 8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

#### 9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

#### 10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

# 10 tips

Nutrition  
Education Series

# eating better on a budget



## 10 tips to help you stretch your food dollars

**Get the most for your food budget!** There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

### 1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



### 2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

### 3 compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

### 4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

### 5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

### 6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

### 7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



### 8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

### 9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

### 10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.

# 10 tips

**Nutrition Education Series**

# enjoy your food, but eat less



## 10 tips to enjoying your meal

**You can enjoy your meals while making small adjustments to the amounts of food on your plate.** Healthy meals start with more vegetables and fruits and smaller portions of protein and grains. And don't forget dairy—include fat-free or low-fat dairy products on your plate, or drink milk with your meal.

**1** **get to know the foods you eat**  
Use the **SuperTracker** to find out what kinds of foods and how much to eat and to get tips and support for making better food choices.

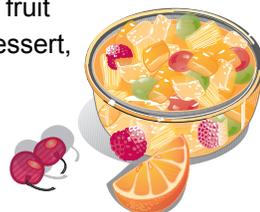
**SuperTracker**

**2** **take your time**  
Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

**3** **use a smaller plate**  
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

**4** **if you eat out, choose healthier options**  
Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.

**5** **satisfy your sweet tooth in a healthy way**  
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



**6** **choose to eat some foods more or less often**  
Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.

**7** **find out what you need**  
Get your personalized plan by using the **SuperTracker** to identify your food group targets. Compare the foods you eat to the foods you need to eat.

**8** **sip smarter**  
Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sweet drinks contain a lot of sugar and are high in calories.



**9** **compare foods**  
Check out the **Food-A-Pedia** to look up and compare nutrition information for more than 8,000 foods.

**10** **make treats “treats,” not everyday foods**  
Treats are great once in a while. Just don't make treat foods an everyday choice. Limit sweet treats to special occasions.

# make better beverage choices



## 10 tips to get started

**What you drink is as important as what you eat.** Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

### 1 drink water

Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.



### 2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

### 3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

### 4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

### 5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice\* each day.



\*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

### 6 don't forget your dairy\*\*

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.



### 7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

### 8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



### 9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.

### 10 compare what you drink

**Food-A-Pedia**, an online feature available at [ChooseMyPlate.gov/SuperTracker](http://ChooseMyPlate.gov/SuperTracker), can help you compare calories, added sugars, and fats in your favorite beverages.

\*\* Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

# 10 tips

Nutrition  
Education Series

# make celebrations fun, healthy & active



## 10 tips to creating healthy, active events

**Eating healthy and being physically active can be a fun part of parties and events.** Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

### 1 make healthy habits part of your celebrations

Food and beverages are a part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

### 2 make foods look festive

Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.

### 3 offer thirst quenches that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a "float" by adding a scoop of low-fat sorbet to seltzer water.

### 4 savor the flavor

Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

### 5 use ChooseMyPlate.gov to include foods from the food groups for your party

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

### 6 make moving part of every event

Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.

### 7 try out some healthier recipes

Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

### 8 keep it simple

Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

### 9 shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

### 10 be a cheerleader for healthy habits

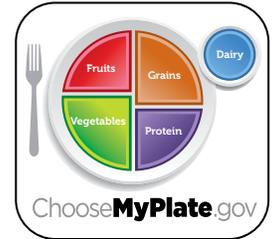
It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.



# 10 tips

Nutrition  
Education Series

# MyPlate snack tips for parents



## 10 tips for healthy snacking

**Snacks can help children get the nutrients needed to grow and maintain a healthy weight.**

Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to help you and your kids select a satisfying snack.

### 1 save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with dips like hummus or low-fat dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

### 2 mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.



### 3 grab a glass of milk

A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.

### 4 go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



### 5 nibble on lean protein

Choose lean protein foods such as low-sodium deli meats, unsalted nuts, or eggs. Wrap sliced, low-sodium deli turkey or ham around an apple wedge. Store unsalted nuts in the pantry or peeled, hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

### 6 keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

### 7 fruits are quick and easy

Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.



### 8 consider convenience

A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.



### 9 swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

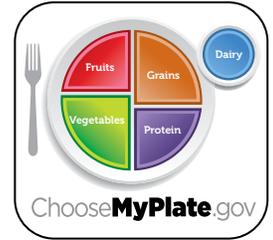
### 10 prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

# 10 tips

**Nutrition**  
Education Series

# healthy eating for an active lifestyle



## 10 tips for combining good nutrition and physical activity

For youth and adults engaging in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to a healthier lifestyle.

**1 maximize with nutrient-packed foods**  
Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).

**2 energize with grains**  
Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

**3 power up with protein**  
Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant-based foods, too.

**4 mix it up with plant protein foods**  
Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

**5 vary your fruits and vegetables**  
Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.



**6 don't forget dairy**  
Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) help to build and maintain strong bones needed for everyday activities.

**7 balance your meals**  
Use MyPlate as a reminder to include all food groups each day. Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

**8 drink water**  
Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

**9 know how much to eat**  
Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker to determine your calorie needs, plan a diet that's right for you, and track progress toward your goals. Learn more at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).

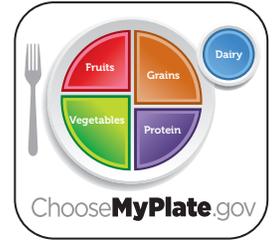
**10 reach your goals**  
Earn Presidential recognition for reaching your healthy eating and physical activity goals. Log on to [www.presidentschallenge.org](http://www.presidentschallenge.org) to sign up for the Presidential Active Lifestyle Award (PALA+).



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

DG TipSheet No. 25  
March 2013  
Center for Nutrition Policy and Promotion  
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# be choosey in the dining hall



## 10 tips for healthy eating in the dining hall

**Dining halls are full of healthy food options.** You just need to know which foods to put on your tray. Use these tips to plan your food choices and know which options are best for you.

### 1 know what you're eating

Many dining halls post menus with nutrition information. Look at the menus ahead of time, so you can be ready to create healthy, balanced meals when you get there. Having a plan is the first step in making smarter eating decisions! Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to find information and tools like SuperTracker to help you make meal selection a breeze.

### 2 enjoy your food, but eat less

Everybody loves the all-you-can-eat dining hall! To resist the urge of eating too much, take smaller portions and use a smaller plate. Remember you can always go back if you are still hungry.

### 3 make half your grains whole grains!

Whether you're at the sandwich station or pouring yourself a bowl of cereal in the morning, make the switch to whole grains like 100% whole-grain bread and oatmeal.



### 4 re-think your drink

Americans drink about 400 calories every day. Consider how often you drink sugary beverages such as sodas, cappuccinos, energy drinks, fruit beverages, sweetened teas, and sports drinks. Drinking water instead of sugary beverages can help you manage your calories.

### 5 make half your plate fruits and veggies

Fruits and veggies can make your meals more nutritious, colorful, and flavorful. Add to pastas, eggs, pizza, sandwiches, and soups. Try spinach in a wrap or add pineapple to your pizza.



### 6 make it your own!

Don't feel like you have to choose pre-made plates. Design your own meal! Fresh veggies from the salad bar can be thrown into your omelet for brunch, or grab some tofu on your way to the pasta station for lean protein.

### 7 slow down on the sauces

Sauces, gravies, and dressings tend to be high in fat and sodium. Watch out for foods prepared with a lot of oil, butter, or topped with heavy condiments, such as mayonnaise. You don't have to do away with sauces and condiments all together; just ask for less or put them on the side. Reducing extras will help you manage your weight.

### 8 be on your guard at the salad bar

Most veggies get the green light but limit foods high in fat and sodium such as olives, bacon bits, fried noodles, croutons, and pasta or potato salads that are made with mayo and oil. Stick to fat-free or low-fat dressings on the side.



### 9 make dessert special

Save dessert for a Friday night treat or on special occasions. When you can't resist, opt for something healthy, such as a fruit and yogurt parfait.

### 10 don't linger

Dining halls should be just that, where you eat. Although it's great to chat with friends while you eat, avoid staying for long periods of time to reduce your temptation to keep eating.

# mini-fridge makeover

**10 tips**  
Nutrition  
Education Series



## 10 healthy choices to keep in your dorm mini-fridge\*

**Stock your dorm-room fridge with a variety of healthy foods.** That way, when you need a quick breakfast or study snack, you'll have plenty of options on hand.

### 1 low-fat cheese

Pair 1 slice cheese with 100% whole-grain bread for an easy snack or munch on a cheese stick for a quick bite between classes. Low-fat cheeses can even be used when making omelets and quesadillas in your dorm microwave!

### 2 vegetables

Pre-washed and pre-cut varieties are convenient for quick snacks and meals. Try incorporating green, red, orange, and yellow vegetables into your diet. Pair veggies with your favorite dips, such as carrots with hummus or celery with peanut butter. Add them to omelets and quesadillas.



### 3 fruit

Remember that fresh, frozen, dried, and canned fruits all count. Just watch out for varieties with added sugars or syrups. Add a tablespoon of raisins or dried apricots to your morning oatmeal or yogurt and grab an apple for a natural source of energy during a late night study break.



### 4 water

Keep water in your fridge. Investing in a water-filter pitcher is a great way to store water in your dorm room. Drinking water instead of sugary drinks is a healthy choice.

### 5 nuts and nut butters

These will last longer when stored in the fridge. Try walnuts, almonds, peanuts, hazelnuts, pistachios, or cashews. Peanut butter and almond butter are delicious on apple slices or whole-grain toast.



### 6 eggs

Eggs in a dorm room? If you have a refrigerator, yes! Use a microwave safe bowl or mug to scramble eggs for a quick, convenient breakfast or snack. Toss in raw veggies and a tablespoon of cheese for added flavor!

### 7 milk and yogurt

Fat-free (skim) or low-fat milk can be added to oatmeal or whole-grain cereals for a filling, nutritious breakfast. Individual containers of low-fat yogurt or low-fat Greek yogurt are convenient and portable. Mix yogurt with fruit and nuts for an energizing breakfast or top with a few chocolate chips and cinnamon for a healthy dessert.



### 8 hummus

Hummus can be paired with almost anything! Enjoy dipping red pepper slices, carrots, or other raw veggies into this delicious dip. Spread hummus onto a whole-wheat pita with tomatoes and cucumbers for an easy, nutritious lunch.

### 9 salsa

A fresh salsa with tomatoes, jalapenos, cilantro, and onions is a fun and yummy way to incorporate veggies into your diet. Pair low-sodium salsas with a small serving of whole-grain tortilla chips or raw veggies.

### 10 use the Nutrition Facts label

Use the Nutrition Facts label to choose beverages and foods at the store. The label contains information about total sugars, fats, and calories. Reading the Nutrition Facts labels on packaged foods can help you make better choices.

\* Refrigerators should be set to maintain a temperature of 40 °F or below. Keep an appliance thermometer in the refrigerator to monitor the temperature.

# 10 tips

**Nutrition  
Education Series**

# stay fit on campus

## 10 tips for college students to stay active



**Between classes and studying, it can be difficult to find time to be active.** Even if you only exercise for a short period of time, you will feel more energized and better about your health. Get up and move!

### 1 walk or bike to class

If you live close enough to campus, avoid driving or spending money on public transportation by walking or biking to class. If you drive to campus, park your car farther away from the building to lengthen your walk.



### 2 take the stairs

As tempting as the elevators and escalators are, avoid them by using the stairs. This exercise is a great habit to start and will help tone your legs at the same time!

### 3 join a sport

Find a sport that interests you the most and one that will keep you active during your spare time. If you played a sport in high school such as basketball or soccer, you can continue playing in college!

### 4 join an intramural team

Another fun way to remain active is by joining an intramural team. Most universities offer classic sports such as basketball or baseball. But some campuses also offer activities such as ultimate frisbee and bowling.

### 5 hit the gym!

Visit your school's gym or recreation center. Go for a run on an indoor track or grab a basketball and shoot some hoops. Try to vary your routine each time to avoid boredom.

### 6 be active with friends

Go for a walk, hike, or bike ride with friends to catch up and have fun!

### 7 take a fitness class

Most universities offer a wide range of fitness classes for little or no charge. Find a schedule online and choose a class that you enjoy such as yoga, spinning, kickboxing, or aerobics.

### 8 fitness for credit

Elective classes such as swimming are a great way to remain active while also earning school credit. Not only are these classes fun, but they offer you a scheduled workout once or twice a week. Sign up with friends or try out a new class that strikes your interest.

### 9 sign up for an adventure trip

Many universities also offer adventure trips, such as hiking and whitewater rafting, to their students at a discounted price. Check out your university's recreation Web site for a list of upcoming events, and sign up for an active trip.



### 10 balance calories!

What you eat is just as important as how active you are. Keep track of how much you eat and your daily physical activity to help you to maintain a healthy weight. Use the free SuperTracker online application to track your fitness goals: [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).



United States  
Department of  
Agriculture

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

DG TipSheet No. 28  
April 2013  
Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider and employer.

# 10 tips

**Nutrition  
Education Series**

# be an active family



## 10 tips for becoming more active as a family

**Physical activity is important for children and adults of all ages.** Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

### 1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



### 6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

### 7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

### 2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

### 3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



### 8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



### 4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

### 9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



### 5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

### 10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

# 10 tips

**Nutrition  
Education Series**

# be active adults

**10 tips** to help adults include physical activity into their lifestyle



**Being physically active is important for your health.** Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

## 1 start activities slowly and build up over time

If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.



## 2 get your heart pumping

For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.



## 3 strength-train for healthy muscles and bones

Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.

## 4 make active choices throughout the day

Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

## 5 be active your way

Mix it up—there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

## 6 use the buddy system

Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network—your buddies will encourage you to keep being active.



## 7 set goals and track your progress

Plan your physical activity ahead of time and keep records. It's a great way to meet your goals. Track your activities with the Physical Activity Tracker on **SuperTracker**.<sup>\*</sup> Use the My Journal feature to record what you enjoyed so you can build a plan that is right for you.

## 8 add on to your active time

Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

## 9 increase your effort

Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.



## 10 have fun!

Physical activity shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.

<sup>\*</sup>Find the SuperTracker at <https://www.supertracker.usda.gov>.

## Session 5

# Stay Motivated to Move!

A routine is one of the best ways to stay motivated to exercise daily. Make these incentives a part of your routine.

- **Keep it simple.** Simply move! Find ways to move daily.
- **Keep it fun.** Think of moving as your time out, thinking time, recess.
- **Think small.** Every little step helps! Don't set the bar too high.
- **Make time.** Set work limits. Get out and walk!
- **Make every activity count.** Move briskly. Go faster or further to challenge yourself. Put extra effort into cleaning your floors, windows, laundry, etc. Read your mail while on a stationary cycle. Do abdominal crunches during TV commercials. Stretch while on the phone, or do step-ups for strong calves. Hand-deliver items at work.
- **Have a change of pace...vary the intensity of your workouts.** One day push yourself a little harder (pick up your pace), and the next day keep a brisk but comfortable pace. Changing the intensity gets you fitter, faster and improves your endurance.
- **Enjoy a change of space.** A change of scenery is inspiring. Enjoy a walking trail, bike path, park, scenic area, beautiful neighborhood, lake, school track, gym, spin class, water aerobics class, etc.
- **Keep it interesting.** Cross-train. Vary your activities. It's more fun, and you'll work different muscle groups.
- **Add pep to your step...**with daily walking anywhere, whether in the grocery store, to and from your car, etc.
- **Strength-train.** You'll feel toned and possess a new sense of inner and outer strength.
- **Step up!** Take the stairs everywhere! You burn 1 calorie per 5 steps. Fifteen steps make a staircase: That's 3 calories per staircase! Take stairs up and down four round-trips a day, and you'll lose 2.5 pounds a year.
- **Be comfortable.** Wear good walking shoes and loose clothing suitable for brisk walking or the activity you've chosen.
- **It's never too late.** At any age, fitness and strength are attainable. Many people are fitter at ages 50-70 than 20-40.
- **Fit activity into your life.** Do it with a friend for accountability. Join a club for social support.
- **Anticipate interruptions.** Vacations, weekends, business travel, visitors, holidays, sick days, extra hectic days. Don't let a few days "off track" turn into weeks. Try your back-up plan and get back on track ASAP. Don't get caught in the trap of negative self-talk ("I'm bad. I didn't exercise.") Just thinking about exercise is a step in the right direction.
- **Be creative and flexible.** Opportunities to move are everywhere!
- **Be sociable.** Join a friend or groups in classes/ on teams for fun activities. You'll be energized by social companionship.
- **Think "benefits."** Reflect on the rewards from being active.
- **Home exercise.** Buy a workout video—or, if you know you'll not use it for a catch-all—spring for a treadmill.



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# How to Overcome Barriers to Exercise

Let's be honest: We've all had those moments when exercise was one of the least important (or most undesirable) items on our "to do" list. Exercise is a choice and a "must," and nobody can *make* you do it but yourself! The next time you confront one of the following obstacles, fight back with the solutions provided below.

BARRIER	SOLUTIONS
<b>Not enough time (too busy)</b>	<ul style="list-style-type: none"> <li>• Reset priorities.</li> <li>• Have a set time daily to exercise.</li> <li>• Exercise before work or on a lunch break.</li> <li>• Walk dog twice a day (whether you have one or not!).</li> <li>• Increase activity in daily lifestyle: mow, rake, garden, mop, clean home, etc.</li> <li>• Start your day with exercise for consistency.</li> <li>• Split it up into two 15-minute brisk walks a day.</li> <li>• Schedule "walk and talk" visits/meetings with others.</li> </ul>
<b>Family responsibilities</b>	<ul style="list-style-type: none"> <li>• Share duties; get family involved with exercise.</li> <li>• Walk, bike, play tennis and volleyball together.</li> </ul>
<b>Inconvenient or inaccessible gym/facilities</b>	<ul style="list-style-type: none"> <li>• Get home equipment; go to the mall, local recreation centers, school track, neighborhood, YMCA, pools, classes, trails, parks, stairwells, long corridors, parking lots, etc.</li> </ul>
<b>Too tired</b>	<ul style="list-style-type: none"> <li>• Exercise earlier in the day—it will likely give you needed "pep."</li> </ul>
<b>Too out of shape</b>	<ul style="list-style-type: none"> <li>• Go slow. Take one day/step at a time.</li> </ul>
<b>Don't like to sweat</b>	<ul style="list-style-type: none"> <li>• Set up fan on bike/treadmill; swim; mall-walk; enjoy water-aerobics.</li> <li>• Split it up (three 10-minute walks).</li> </ul>
<b>Not enough energy</b>	<ul style="list-style-type: none"> <li>• It gives you energy and time back. See yourself as a recreational athlete.</li> </ul>
<b>Lack of interest</b>	<ul style="list-style-type: none"> <li>• Try a new activity; exercise while reading, watching TV, visiting with friend(s), walking a dog.</li> <li>• Make it fun—consider it "play time" (like kids!).</li> <li>• Get the right shoes and comfortable clothes to walk.</li> </ul>
<b>Home distractions</b>	<ul style="list-style-type: none"> <li>• Change into workout clothes before you leave work. Be "ready to go" for exercise en route (park, gym, school/track, mall), or exercise as soon as you arrive home or before going in!</li> <li>• Keep shoes/clothes in car for use anytime.</li> </ul>

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BARRIER	SOLUTIONS
<b>Excessive expectations</b>	<ul style="list-style-type: none"> <li>● Get real. Be reasonable and realistic with your goals and program.</li> <li>● Don't let a slip-up in your routine make you give up. Just move (and lose!).</li> </ul>
<b>Weather (cold, hot, rain)</b>	<ul style="list-style-type: none"> <li>● Gyms, malls and indoor classes/equipment override the weather!</li> <li>● At home: try exercise videotapes, stairs, etc.</li> </ul>
<b>Bored</b>	<ul style="list-style-type: none"> <li>● Vary your program: walk, bike, kick-box, etc.</li> <li>● Listen/watch your favorite programs (radio, TV, video) while exercising.</li> <li>● Join recreational classes and teams. Ideas: dancing, bowling, softball teams, Spin classes, tennis lessons, water aerobics, volleyball groups, etc.</li> <li>● Create recreational physical activities such as gardening, horseback riding, dancing, volksmarching groups, hiking or biking groups; weekend charitable walks and races.</li> </ul>
<b>Travel a lot</b>	<ul style="list-style-type: none"> <li>● Use hotel/airport long corridors and stairwells and exercise facilities; walk malls; sight-see on foot; use hotel pool.</li> <li>● Have a personal trainer show you exercises for easy packing: exercise bands, ankle weights, aqua weights.</li> </ul>
<b>Not prepared</b>	<ul style="list-style-type: none"> <li>● Keep gym bag/shoes in car trunk at all times.</li> <li>● Sleep in workout clothes. The next morning, hop out of bed, into your shoes and out the door! (OK, brush your teeth first!)</li> <li>● Be prepared daily to exercise!</li> </ul>

### WHY EXERCISE?

According to a 1997 Discovery Health Media poll ([www.discoveryhealth.com](http://www.discoveryhealth.com)), people exercise for the following reasons:

**22% to feel good physically**

**16% aerobic/cardio fitness**

**11% to control/lose weight**

**7% to stay healthy**

**6% to build strength/stamina**

**5% to look good**

*“Do what you can, with what you have, with where you are.”*

*--Theodore Roosevelt*

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<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
7:00 – 9:00 AM							
9:00 – 11:00 AM							
11:00 AM – 1:00 PM							
1:00 – 3:00 PM							
3:00 – 5:00 PM							
5:00 – 7:00 PM							
7:00 – 9:00 PM							
9:00 – 11:00 PM							
<b>Notes →</b>							

## Tips for Eating Healthy When Eating out

- 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.





## Getting past a weight-loss plateau

**Just because your weight loss has stalled, don't revert back to your old bad habits. These tips can help you restart your weight-loss plan.**

[By Mayo Clinic Staff](#)

You've worked hard to improve your diet and exercise habits, and you've been rewarded by seeing the number on the scale continue to drop. But then for no reason you can identify, the scale doesn't budge — even though you're still eating a healthy, low-calorie diet and exercising regularly. You've hit a weight-loss plateau.

Before you get too discouraged, you should know that it's normal for weight loss to slow and even stall. By understanding what causes a weight-loss plateau, you can decide how to respond and avoid backsliding on your healthy-eating and exercise habits.

### **What is a weight-loss plateau?**

A weight-loss plateau occurs when you no longer lose weight despite continuing with your exercise and healthy-eating habits. Being stuck at a weight-loss plateau eventually happens to everyone who is trying to lose weight.

Although hitting a plateau is common, most people are surprised when it happens to them, for they believed that if they just maintained a reduced-calorie diet, they would continue to lose weight. The frustrating reality is that even well-planned weight-loss efforts often become stalled.

### **What causes a weight-loss plateau?**

The progression from initial weight loss to a weight-loss plateau follows a typical pattern. During the first few weeks of losing weight, a rapid drop is normal. In part this is because when calories from food are reduced, the body gets needed energy by releasing its stores of glycogen, a type of carbohydrate found in the muscles and liver. Glycogen holds on to water, so when glycogen is burned for energy, it also releases water, resulting in substantial weight loss that's mostly water.

A plateau occurs because your metabolism — the process of burning calories for energy — slows as you lose muscle. You burn fewer calories than you did at your heavier weight even doing the same activities. Your weight-loss efforts result in a new equilibrium with your now slower metabolism.

At this new equilibrium, calories eaten equals calories expended. This means that to lose more weight, you need to increase activity or decrease the calories you eat. Using

the same approach that worked initially may maintain your weight loss, but it won't lead to more weight loss.

### **How can you overcome a weight-loss plateau?**

If you're at a plateau, you may have lost all of the weight you will, given the number of calories you're eating each day and the time you spend exercising. At this point, you need to ask yourself if you're satisfied with your current weight or if you want to lose more, in which case you'll need to adjust your weight-loss program.

If you're committed to losing more weight, try these tips for getting past the plateau:

- **Reassess your habits.** Look back at your food and activity records. Make sure you haven't loosened the rules, letting yourself get by with larger portions or less exercise.
- **Cut more calories.** Reduce your daily calorie intake by 200 calories — provided this doesn't put you below 1,200 calories. Fewer than 1,200 calories a day may not be enough to keep you from feeling hungry all of the time, which increases your risk of overeating. In addition, this reduced calorie intake should be sustainable. If not, you'll regain the weight you've lost and more.
- **Rev up your workout.** Increase the amount of time you exercise by an additional 15 to 30 minutes. You might also try increasing the intensity of your exercise, if you feel that's possible. Additional exercise will cause you to burn more calories. Consider adding resistance or muscle-building exercises. Increasing your muscle mass will help you burn more calories.
- **Pack more activity into your day.** Think outside the gym. Increase your general physical activity throughout the day by walking more and using your car less, or try doing more yardwork or vigorous spring cleaning.

### **Don't let your weight-loss plateau lead to an avalanche**

If your efforts to get past a weight-loss plateau aren't working, talk with your doctor or a dietitian about other tactics you can try. You may also want to revisit your weight-loss goal. Maybe the weight you're striving for is unrealistic for you. If you've improved your diet and increased your exercise, you've already improved your health even without further weight loss. For those who are overweight or obese, even modest weight loss improves chronic health conditions related to being overweight.

Whatever you do, don't revert back to your old eating and exercise habits. That may cause you to regain the weight that you've already lost.

Mar. 02, 2012

Original article: <http://www.mayoclinic.org/healthy-living/weight-loss/in-depth/weight-loss-plateau/art-20044615>

## Session 6

# Mindful Eating Quiz

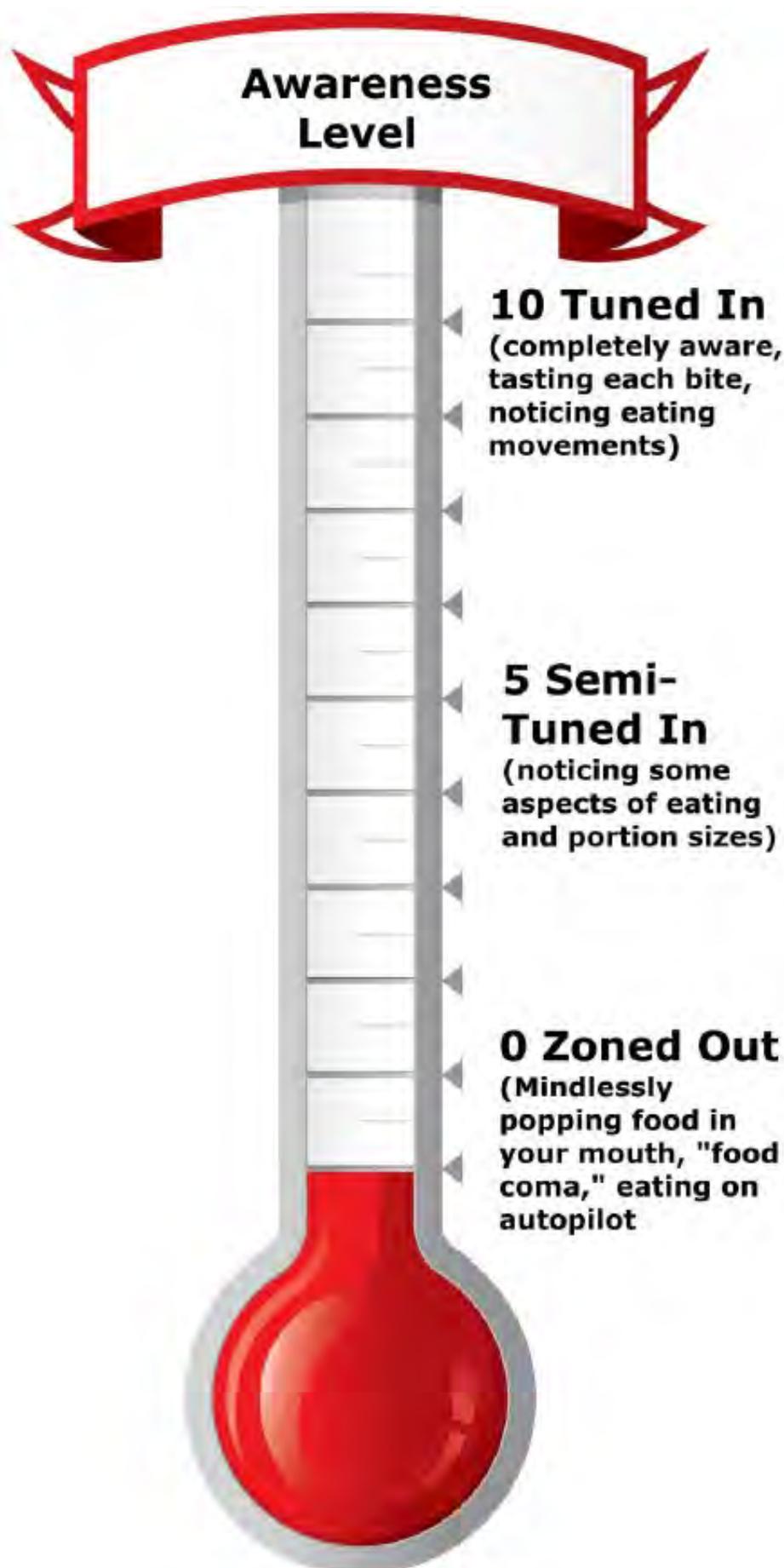
This is a brief assessment of your mindful eating skills (it isn't a diagnostic assessment). It is to help you to identify which skills you may want to boost. Don't forget to notice what you already do well. After you complete this quiz, write down a mindful eating goal.

<b>1. I tend to stop eating when I am full</b>				
				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
<b>2. I eat when I am hungry rather than emotional</b>				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
<b>3. I try not to "pick" at food</b>				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
<b>4. I taste each bite before reaching for the next</b>				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
<b>5. When I eat, I think about how nourishing the food is for my body</b>				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
<b>6. I am nonjudgmental of myself, my body and when I accidentally overeat</b>				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
<b>7. I don't multitask while I eat. When I eat, I just eat</b>				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
<b>8. I don't have to eat everything on my plate, I can leave what I don't want</b>				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
<b>9. I tend to eat slowly, chewing each bite</b>				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
<b>10. I recognize when I slip into mindless eating (zoned out, popping food into my mouth)</b>				
All of the time	Most of the time	Occasionally	Sometimes	Almost Never
List your Mindful Eating Goals: (ex: learn to be more present when I eat, slow down, stop when I'm full)				

# Mindful Eating Awareness Checklist

**Am I.....**

- Sitting down?
- Eating fast or slow?
- Mindlessly munching or noticing each bite?
- Asking “How hungry am I?” on a scale from one to ten.
- Multitasking or truly focused on my meal?
- Rumbling stomach or bored, stress, tired anxious etc.?



# MINDFUL EATING EXERCISE

## 1. CHOOSE A PIECE OF FOOD.

Try something like a nut, slice of apple or even a piece of chocolate.

## 2. LOOK AT THE FOOD.

Check out the shape, colour and texture.

## 3. SMELL THE FOOD.

Take in the aroma + notice how it affects you.

## 4. TASTE THE FOOD.

Place it on your tongue. Notice the response of your salivary glands.

## 5. BITE THE FOOD.

Don't eat it one mouthful. notice the chewing sounds + texture on your tongue.

## 6. CHEW THE FOOD.

Notice the texture changing as you chew it.

## 7. SWALLOW THE FOOD.

Actually take time to notice the sensation of the food as it travels down your throat to your stomach.

## 8. SAY THE NAME OF THE FOOD.

Yep, say it out loud. acknowledge it. be grateful.

## 9. PRACTICE A MINDFUL BITE ONCE AT EVERY MEAL.

Set the tone for your meal by turning on your mindfulness with this simple exercise.



# Mindful Eating - Timeless Advice

“eating mindfully is good for your mental and physical health”

“Better to eat a dry crust of bread with peace of mind than have a banquet in a house full of trouble”

-Proverbs

“The more you eat, the less flavor; the less you eat, the more flavor”

-Chinese Proverb

“When walking, walk. When eating, eat.”

- Rashaski Zen Proverb

“Let food be thy medicine, thy medicine shall be thy food.”

- Hippocrates

“Part of the secret of success in life is to eat what you like and let the food fight it out inside.”

-Mark Twain



“The spirit cannot endure the body when overfed, but, if underfed, the body cannot endure the spirit.”

-St Frances de Sales

“One cannot think well, love well, sleep well, if one has not dined well”

-Virginia Woolf

“One should eat to live, not live to eat”

- Benjamin Franklin

“Tell me what you eat, and I will tell you who you are.”

-Brillat-Savarin

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”

- Thomas A Edison

# 7 Mindful Eating Tips

Contributed by Susan Albers, PsyD



When you are mindful you are fully present, in-the-moment without judgment. When it comes to eating, mindfulness helps amplify the volume of your body's cues so you can hear loud and clear when you are hungry and full. Many social and environmental factors can stand in the way of being able to accurately decode your body's feedback. Mindfulness helps you break free from routine eating habits by examining the thoughts, feelings and internal pressures that affect how and why you eat (or don't eat).

## 1. Shift out of Autopilot Eating

What did you have for breakfast? Be honest. Many people eat the same thing day in and day out. Notice whether you are stuck in any kind of rut or routine.

## 2. Take Mindful Bites

Did you ever eat an entire plate of food and not taste one single bite? Bring all of your senses to the dinner table. Breathe in the aroma of a fresh loaf of bread. Notice the texture of yogurt on your tongue. Truly taste your meal. Experience each bite from start to finish.



## 3. Attentive Eating

Sure, you're busy and have a lot "on your plate." It's hard to make eating a priority rather than an option or side task. If you get the urge for a snack while doing your homework or studying, stop and take a break so that you can give eating 100% of your attention. Try to avoid multitasking while you eat. When you eat, just eat.

## 4. Mindfully Check In

How hungry am I on a scale of one to ten? Gauging your hunger level is a little like taking your temperature. Each time you eat, ask yourself, "Am I physically hungry?" Aim to eat until you are satisfied, leaving yourself neither stuffed nor starving.

## 5. Thinking Mindfully

Observe how critical thoughts like "I don't want to gain the Freshman Fifteen." or "I'm so stupid, how could I do that!" can creep into your consciousness. Just because you think these thoughts doesn't mean you have to act on them or let them sway your emotions. Negative thoughts can trigger overeating or stop you from adequately feeding your hunger.

**Remember:** A thought is just a thought, not a fact.

## 6. Mindful Speech

Chit chatting about dieting and fat is so commonplace that we often aren't truly aware of the impact it might have on our self-esteem. When you are with friends and family, be mindful of your gut reaction to "fat talk" (e.g. "I'm so fat!" or the "I'm so fat; No you're not" debate). Keep in mind how the words might affect someone struggling with food issues.

# 40 Mindful Eating Mantras



- 1) Eat to nourish and energize.
- 2) Am I really hungry? Am I really hungry?
- 3) "The wise man should consider that health is the greatest of human blessings. Let food be your medicine." - Hippocrates
- 4) I'm in charge of fueling my body mindfully.
- 5) Eat to live, don't live to eat.
- 6) Food is fuel.
- 7) I'm strengthening my 'resistance' muscle. It's getting stronger!
- 8) Self care....self care....self care.
- 9) The longer the shelf life the shorter your life.
- 10) Eat.real.food.
- 11) The greatest wealth is health. -Virgil
- 12) The body is like a piano, and happiness is like music. It is needful to have the instrument in good order. -Henry Ward Beecher
- 13) A goal without a plan is just a wish!
- 14) "In this food I see the entire universe supporting my existence."
- 15) Practice gratitude with each bite. Gratitude for the farmers who grew the food, for hands that picked it, for drivers who brought it, for clerks who stocked it, for the earth and sun and rain that made it grow.
- 16) If it has a TV commercial / advertisement it may not be healthy. Think twice!
- 17) Are the ingredients pure and whole? Are there less than ten ingredients? Less than five? Can I pronounce them all and explain what they are for?
- 18) Would I want my children to eat it?
- 19) Breathe in. Breathe out.
- 20) "What you think you become."-Buddha
- 21) "Be the change you wish to see in the world." – Gandhi
- 22) "Every day in every way I'm getting better and better." – Laura Silva
- 23) "I change my thoughts, I change my world." – Norman Vincent Peale
- 24) I am flexible and flowing.
- 25) My body knows what to do with this food. Trust it.
- 26) Feast Upon Life. When you eat past comfortable fullness, remember compassion.
- 27) Describe the taste. Describe the texture. Describe the feel.
- 28) "What do I REALLY want?"
- 29) Just because I see it, doesn't mean I have to eat it.
- 30) Inhale air not food! Slow down, chew, taste, savor, and enjoy ! As my grandparents used to say, "Slow down, the food isn't going anywhere."
- 31) I can have it if I want it, but do I really want it now?
- 32) Be thankful for loving every spoonful!
- 33) Now is the time. Make mindful choices today, not tomorrow!
- 34) Choose health.
- 35) For deeper cravings: Breathing in: Peace, Breathing out: Presence
- 36) Can I eat this and be thankful?
- 37) What is the nutritional value of what I'm about to put in my body?
- 38) I have chosen recovery and because of that, I am grateful for each any every bite. Is this what my body is really asking for?
- 39) Just gaze over the food taking it all in, breathing with perfect posture, smiling in delight..and say, "Mmmmmmm.."
- 40) Eat, Drink & Be Mindful