

## **Healthy Eating**

PEBTF
September 2016
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# Learning objectives

#### **Healthy Eating**

- **Explain** the benefits of a healthy diet
- Introduce the MyPlate food guide
- Learn the importance of eating foods from all the food groups of MyPlate
- Compare MyPlate recommendations with our eating patterns

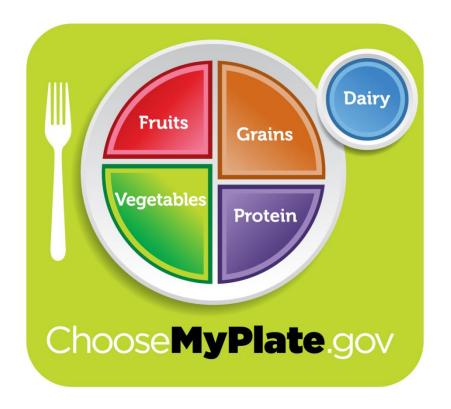
## Healthy eating for a healthy weight

- Healthy eating includes "What" we eat and "How" we eat
- Make smart choices eat foods from a variety of different food groups
- Stay within your daily calorie needs
- Eat a **variety** of foods
- Focus on the **new foods** you can eat



# MyPlate food groups

- Use to guide healthy eating
- Plate image shows which **portion sizes** of food groups to eat



## Goals of MyPlate

#### **Balancing Calories**

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

#### **Foods to Increase**

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat items

#### **Foods to Reduce**

- Compare sodium in foods and choose foods with lower numbers
- Reduce sugary beverages and drink more water



## Grains

#### **Benefits**

 Reduce risk of heart disease, constipation, help with weight management

#### **Types**

- Whole grains
- Refined grains

#### **Daily recommendations**

- Eat 4-6 ounces
  - 1 oz = 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal



Half our grains we consume should be whole grains

## Low-fat vs. high-fat grains

#### Low-fat

- Whole wheat bread
- One whole wheat tortilla
- One serving of low-fat crackers
- Half a bagel
- One serving of oatmeal



### High-fat

- Doughnuts
- Croissants
- Tortilla chips
- Muffins
- Granola
- Sugar-coated cereal



## Vegetables and fruits

#### **Health benefits**

- Provides vital nutrients for your health
- Reduce risk for chronic condition and protect against certain cancers
- Lower in calories per cup useful to lower calorie intake

#### Can be consumed in following ways

- 100% vegetable or fruit juice
- Raw or cooked fresh, frozen, canned
- Dried/dehydrated

## **Daily recommendation**

- Fruit: 1.5 2 cups
- Vegetables: 2-3 cups



Fill half your plate with fruits and vegetables

## Tips to eat more fruits and vegetables

- Buy seasonal fruits or vegetables
- Keep frozen fruits and vegetables on hand for easy and quick cooking
- Buy packages of vegetables to snack on

 Purchase fruits that are dried or canned in light juice/light syrup

 Keep bowls of fruit on the kitchen counter or refrigerator



## **Dairy**

- Health benefits
  - Important for bone health
  - Reduced risk of chronic conditions
  - Nutrients include calcium, potassium, Vitamin D
- Select fat-free or low-fat dairy foods
- Daily recommendation: 3 cups



Switch to free-fat or low-fat dairy

## Meet your daily dairy recommendations

- If you drink coffee or lattes, ask for fat-free skim milk
- Add fat-free or low-fat milk to oatmeal and cereals
- Use fat-free or low-fat milk for making creamy soups
- Eat **yogurt** as a snack
- Make dips from yogurt
- Put yogurt in your smoothies



#### **Proteins**

 Proteins are part of every cell, tissue, and organ in our bodies

 Contains nutrients, including B vitamins, vitamin E, iron, zinc and magnesium

- Protein is found in the following foods:
  - Meats, poultry, and fish
  - Legumes (dry beans and peas)
  - Tofu
  - Eggs
  - Nuts and seeds
  - Dairy
- Choose **lean cuts** of meat and poultry. Plant sources of protein are often the healthiest option, these include: peanuts butter, beans, and tofu

Daily recommendation: 5-6 ounces

## Tips for protein

## Go lean with protein

- Lean ground beef, skinless chicken and lean pork
- Trim fat away from meat before cooking
- Try not to fry meat when possible

#### Vary your protein choices

- Eat seafood at least twice a week
- Select legumes or soy products as a main dish
- Eat unsalted nuts as a snack or in salads



## Rate your plate

- Are you including items from all groups in your diet?
- Compare what you eat with MyPlate guidelines
  - Do the recommended number of servings of each (or any) MyPlate food group match the number you ate?
  - For which group (or groups) do you exceed the recommended number of servings?

For which group (or groups) did you have fewer than the recommended

number of **servings**?



## Start by setting a S.M.A.R.T. Goal

Specific — Ask who, what, where, when, why

Measurable

Attainable/Achievable/Action-Based

Realistic

Timely

Set a timeframe to meet the goal

Ask who, what, where, when, why

How much, how many, how long, how often

## Summary

- Eat a **variety** of foods
  - Incorporate foods from all food groups
- Establish portion control
  - Serve food on a 9 inch plate
  - Use measuring cups
- Eat mindfully
  - Eat in appropriate places
  - Eat at appropriate times



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# Thank you!



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