

Nutrition 101 Back to the Basics

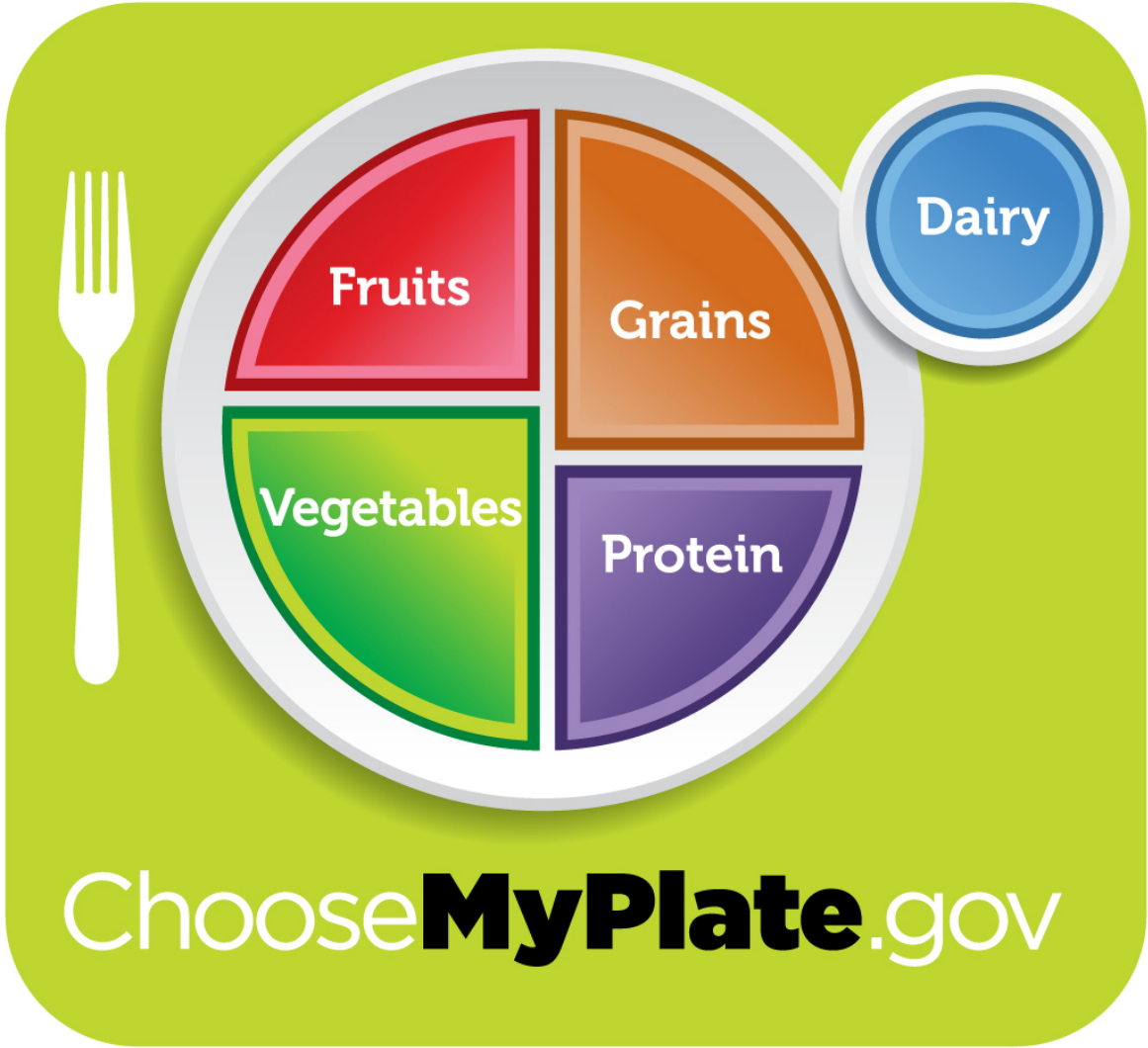
Presented by Nicole Clark



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Objectives

- MyPlate
- Review of the Food Groups
- Daily Recommended Intake of Food Groups
- Lifestyle Changes



Choose **MyPlate**.gov

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What is My Plate?

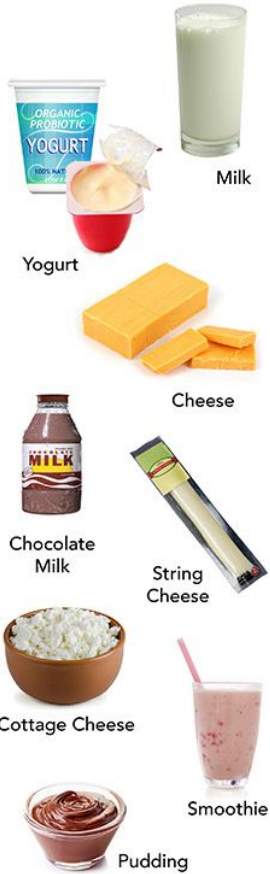
- Easy-to-use visual presentation of the Dietary Guidelines for Americans
- Illustrates the 5 food groups in an easy to understand format
- Provides a way to incorporate portion control by using a plate
- Key Messages:
 - Balance Calories
 - Enjoy your food, but eat less
 - Avoid oversized portions
 - Foods to Increase
 - Make half of your plate fruits and vegetables
 - Make half your grains whole grains
 - Switch to low fat or fat free dairy foods
 - Foods to Reduce
 - Eat less sodium, saturated fat, and added sugars

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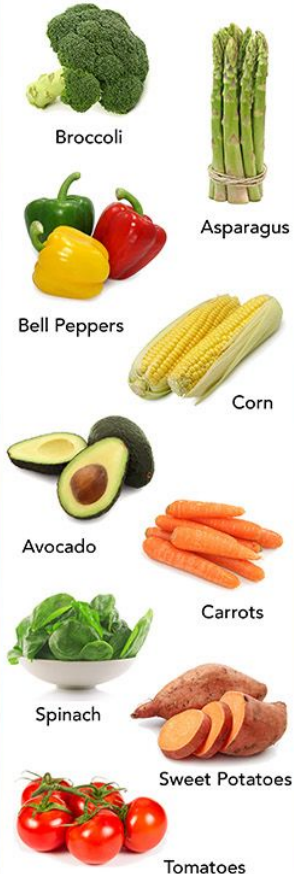


Dairy

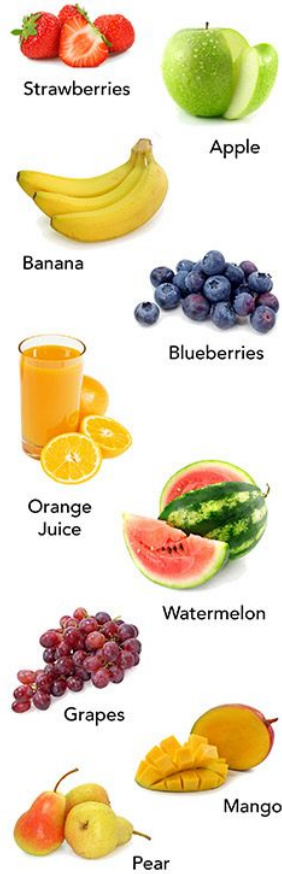
Milk, Yogurt, Cheese



Vegetables



Fruits



Grains

Bread, Cereal, Pasta



Protein

Meat, Beans, Nuts



The Fruit Group

Goal intake: 1 ½ - 2 servings daily

Fruits



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What counts as 1 serving?

- 1 small apple
- 1 large banana
- 1 cup sliced strawberries
- ½ cup dried fruit (raisins)
- 1 medium pear
- 1 cup 100% juice
- 1 cup of cut-up melon

- Fruits are high in vitamins, minerals, and fiber
- Choose whole fruits more often than fruit juices to boost fiber intake
- Choose fruits canned in juice rather than syrups
- Choose a variety of fruits, different fruits have different nutrients

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Tips to add more Fruit to your diet

- Keep a bowl of whole fruit on your counter as a reminder
- Buy fresh fruits in season when they are more economical
- Cut up fruit in advance and store in the fridge
- Buy dried, frozen, or canned fruits to keep on hand for easy prep
- Snack on fruit
 - Frozen 100% juice bars
 - Apple slices with peanut butter
 - Low fat yogurt with berries
- Incorporate Fruit into meals
 - Top cold and hot cereals with fruit like bananas or raisins
 - Try fruit on a salad such as dried cranberries or apples
 - Add pineapple chunks to grilled kabobs
 - Try chicken or pork dishes cooked with apples
 - Try baked apples or pears for desserts

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The Vegetable Group

Goal intake: 3-5 servings per day



What counts as 1 serving?

- 1 cup cooked vegetables such as carrots, broccoli, cauliflower, zucchini, summer squash
- 1 large baked sweet potato
- 1 cup chopped or sliced cucumbers
- 2 cups of raw vegetables, including salad/spinach/lettuce
- 1 cup baby carrots
- 1 cup cooked legumes – kidney or black beans

- Naturally low in fat and calories
- Rich in potassium and fiber to maintain healthy blood pressure
- Good source of vitamins and minerals
- Choose from all types of vegetables for variety
 - Red/orange veggies
 - Legumes (protein AND fiber)

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Tips to Add more Vegetables to your day

- Buy fresh vegetables in season (Try your local farm!)
- Buy frozen vegetables to keep on hand for quick and easy cooking in the microwave. Avoid added sauces.
- Snack on Vegetables:
 - Baby carrots with hummus
 - Celery sticks with natural peanut butter (low/no sodium)
 - Try a handful of roasted chick-peas
- Increase vegetables at meal times
 - Make half your dinner plate vegetables
 - Add vegetables to the grill along side chicken or meats
 - Add mushrooms or peppers to a morning omelet or scrambled eggs
 - Add kidney beans to soups, salads, or casseroles
 - Add frozen veggies to soups
 - Add a variety of vegetables to stir fries, like peppers, onions, mushrooms, and edamame

The Protein Group

Goal Intake: 2-3 servings per day

Protein



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What counts as 1 serving?

- 3 ounces of cooked chicken, pork, fish, beef
- 2 -3 egg whites
- 1 ounce of nuts or seeds
- 1 can of tuna fish, drained
- ¼ cup hummus
- ½ - ¾ cup cooked beans
- 1 veggie burger

- Good source of protein, zinc, magnesium, and B vitamins
- Choose lean protein sources more often
- Incorporate fatty fish as a source of omega-3 fats
- Incorporate more plant-based protein sources than animal sources

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Plant-Based Diets

- Reduces risk of heart disease, diabetes, cancer, obesity
- Quality of “plant based diet” matters; choose more WHOLE foods like legumes, nuts/seeds, fruits, vegetables, whole grains, and healthy oils
- How to make the switch:
 1. Increase fruit and vegetable intake to 5-7 servings per day
 2. Redesign your plate – fill half your plate with vegetables and whole grains and decrease or skip animal protein. Increase legumes/beans, nuts/seeds
 3. Make better animal protein choices. Decrease processed meats, decrease fatty meats, increase chicken and fish intake.
 4. Find your “veggie” lifestyle. Start with one meatless dinner meal per week, and increase to goal 4 meatless dinners per week. Try meatless breakfast/lunch meals 7 days per week, with animal protein 3 nights per week.



Include more plant-based proteins

- Beans

- Chili with kidney and pinto beans
- Add edamame to stir fries or salads
- Make “bean” soups: lentil, minestrone, or white bean soup
- Add chick peas or kidney beans to salads
- Veggie burgers, choose low-sodium varieties
- Add hummus and beans to wraps and sandwiches with fresh vegetable



- Unsalted nuts/seeds

- Add slivered almonds to steamed vegetables
- Add toasted pine-nuts to pasta dishes
- Add toasted cashews or peanuts to veggie stir fries
- Add nuts to yogurt, oatmeal, or salads for added crunch
- Snack on unsalted sunflower seeds

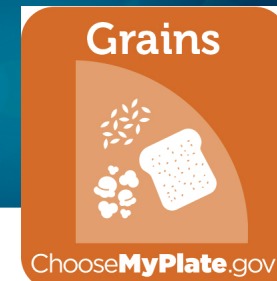
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Meatless Dinner Ideas – Be careful of sodium!

- Stir Fry with edamame served over brown rice or quinoa
- Chili made with beans/legumes
- Whole grain pasta with vegetables and tomato-based sauce or garlic and olive oil
- Tacos or burritos made with beans (black beans or refried)
- Wrap sandwich filled with hummus and vegetables
- Large salad with fresh veggies and beans (kidney or chick peas)
- “Mock” chicken/tuna salad sandwich made with chick peas, celery, onion, and low-fat mayo
- Lentil or other bean soup/stew
- Homemade pizza
- Veggie burger – try low sodium varieties
- Sautéed veggies served over quinoa or brown rice
- No Salt peanut butter and banana sandwich on 100% whole wheat bread

The Grain Group

Goal ~5-6 servings per day, depending on activity



What counts as 1 serving?

- 1 slice of whole wheat bread
- ½ cup cooked brown rice
- ½ cup cooked whole grain pasta
- 1 cup of cold whole grain cereal
- ½ cup cooked oatmeal
- 3 cups popped popcorn

- Good source of energy, B vitamins, and fiber
- Choose most of these choices as whole grains
- Look for “100% whole wheat” on the label
- Words like “multi-grain”, “7 grain”, “stone-ground” may not always mean whole grains

Ways to add whole grains to your diet

- Read labels carefully – choose products that name a whole grain ingredient first - “100% whole wheat” or “bulgur” or “buckwheat”
- Substitute brown rice or whole wheat pasta for white rice/pasta
- Add barley, brown or wild rice, or farro to soups and stews
- Choose 100% whole grain crackers and breads
- Snack on popcorn, without added salt
- Try quinoa as an alternative to rice
- For a fresh summer salad, try quinoa or barley salad mixed with vegetables
- Substitute up to ½ of white flour as whole wheat in recipes



flour

The Dairy Group

Goal intake: 2-3 servings per day

Dairy



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What counts as one serving?

- 1 cup of skim or low fat milk
- 1 cup yogurt
- 1 ½ ounces of hard cheese (choose low sodium varieties)
- 1 cup low fat pudding made with low fat milk
- 1 cup frozen yogurt
- 1 cup calcium-fortified soymilk

- Good source of calcium, vitamin D, and protein
- Choose low fat or skim versions of dairy foods
- Limit cheese intake to reduce sodium intake
- Check labels for added sugar content of yogurts

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Ways to add more dairy to your diet

- Add low fat milk to oatmeal rather than preparing with water
- Make yogurt a part of a healthy breakfast. Make a yogurt parfait with fruit and walnuts
- Enjoy 1 cup of fat free or low fat frozen yogurt as a snack
- Use plain, low fat yogurt as a replacement for mayo or sour cream in dips
- Enjoy a smoothie for breakfast with fruit, yogurt, and low fat milk

Limit Sodium

- Limit sodium to 1500 milligrams (mg) per day
- Aim for:
 - 300 mg for breakfast
 - 600 mg for lunch
 - 600 mg for dinner
 - Don't forget to add snacks, if you eat them
- Use more fresh foods than processed
- Avoid processed foods
 - Processed meats such as deli meats, sausage, bacon
 - Canned foods unless labeled “no salt added”
 - Frozen meals
 - Packaged foods like flavored rice or pasta dishes, macaroni and cheese
 - Condiments and seasonings
 - Jarred sauces like tomato sauce



- Don't use salt at the table or during cooking
- Add flavor to food without adding sodium
 - Lemon juice, lime juice or vinegar add salt-free flavor
 - Add dry or fresh herbs to cooking
 - Buy a sodium-free seasoning or make your own at home
- Be a smart shopper
 - Use the food label to guide food choices
 - “Low sodium” products contain less than 140 mg of sodium
 - Be careful of words such as “lower sodium” as these products might be lower than the original, but might not be low in sodium
- Use caution when eating outside your home
 - Most restaurant foods are very high in sodium
 - Ask for nutrition information or seek out nutrition information prior to going to the restaurant
 - Ask for your food to be prepared without added salt



Limit Added Sugars

- Sugar-sweetened foods and drinks contribute to overweight and cardiovascular risk
- Choose foods with naturally containing sugar, like fruits, vegetables, whole grains, and milk
- Limit added sugars to 12 teaspoons per day, or 48 grams. Use the nutrition facts label to help you.

Nutrition Facts		Nutrition Facts	
Serving Size 2/3 cup (55g) Servings Per Container About 8		8 servings per container Serving size 2/3 cup (55g)	
Amount Per Serving		Amount per serving	
Calories 230	Calories from Fat 72	Calories 230	
% Daily Value*		% Daily Value*	
Total Fat 8g	12%	Total Fat 8g	10%
Saturated Fat 1g	5%	Saturated Fat 1g	5%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 160mg	7%	Sodium 160mg	7%
Total Carbohydrate 37g	12%	Total Carbohydrate 37g	13%
Dietary Fiber 4g	16%	Dietary Fiber 4g	14%
Sugars 1g		Total Sugars 12g	
Protein 3g		Includes 10g Added Sugars	20%
Vitamin A	10%	Protein 3g	
Vitamin C	8%		

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Common Sources of Added Sugar

- Sugar sweetened beverages
 - Soda, lemonade, energy drinks, sports/electrolyte drinks, specialty coffee drinks, fruit drinks, coffee and tea, smoothies
- “Sweet” Foods
 - Candy, cakes, pies, cookies, brownies, doughnuts, ice cream & ice cream novelties
- Other Processed Foods
 - Spaghetti sauces
 - Flavored Yogurt
 - Salad dressings
 - Condiments like BBQ sauce
 - Breakfast cereals
 - Instant oatmeal
 - Granola bars
 - Fruits canned in syrups & sweetened applesauce
 - Jellies and syrups

Limit Saturated Fat & Trans Fat

- Saturated fat and Trans fat increase total cholesterol and LDL cholesterol
- Aim for less than 7-10% of calories from saturated fat, or ~15-20 grams per day
- Avoid trans fats. Look for “partially hydrogenated oils” in the ingredients list. Trans fats are also now listed on nutrition facts panel.

Sources of Fat

Saturated Fat

- Meat
- Poultry with skin
- Coconut oil
- Palm oil
- High fat dairy products such as whole or 2% milk, ice cream, and butter

Trans Fat

- Stick margarine
- Chips
- Crackers
- Cookies
- Doughnuts
- Pastries

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United States Department of Agriculture









MyPlate Plan

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

Food Group Amounts for 1,800 Calories a Day

				
1 1/2 cups	2 1/2 cups	6 ounces	5 ounces	3 cups
<p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	<p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>
<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  </div> <div> <p>Limit Drink and eat less sodium, saturated fat, and added sugars. Limit:</p> <ul style="list-style-type: none"> • Sodium to 2,300 milligrams a day. • Saturated fat to 20 grams a day. • Added sugars to 45 grams a day. </div> </div>				

Be active your way: Children 6 to 17 years old should move 60 minutes every day. Adults should be physically active at least 2 1/2 hours per week.

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To Print your own My Plate Plan

The screenshot shows the ChooseMyPlate.gov website interface. At the top, the USDA logo and 'ChooseMyPlate.gov' are displayed, along with the United States Department of Agriculture. Navigation links include 'HOME', 'EAT HEALTHY', 'BROWSE BY AUDIENCE', and 'FIND RESOURCES'. A search bar is present with the text 'Search ChooseMyPlate.gov'. Below the navigation, a large banner features a salad on the left and a cookie with blueberries on the right. The central text reads 'DIETARY GUIDELINES FOR AMERICANS'. A 'FIND RESOURCES' dropdown menu is open, listing options: ALL RESOURCES, MYPLATE PLAN, TOOLKITS, PRINT MATERIALS, SEASONAL, QUIZZES, INFOGRAPHICS, MYPLATE GRAPHICS, VIDEOS, FOOD WASTE, FOOD SAFETY, and PHYSICAL ACTIVITY. A red arrow points to 'PRINT MATERIALS'. To the right of the menu, a 'Dietary Guidelines for Americans 2015-2020' section is visible, describing it as 'The Nation's go-to source for nutrition advice.' At the bottom, there are social media icons, a 'Sign up for updates' button, and a 'CLICK A FOOD GROUP TO EXPLORE' section with icons for Dairy, Fruit, and Vegetables. The browser's address bar shows 'https://www.choosemyplate.gov/' and the taskbar at the bottom includes icons for various applications and the system clock showing 1:37 PM on 2/17/2019.

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Key Messages

- Make half your plate fruits and vegetables
- Make half your grains whole grains
- Choose low fat or skim dairy foods
- Vary proteins, choose more plant-based (meatless) meals
- Eat less sodium, saturated fat, and added sugars