

Principles of Healthy Eating



6 Building Blocks of Healthy Eating

- ◉ Eat lots of fruits and vegetables
- ◉ Eat more whole grains
- ◉ Choose healthy fats and oils
- ◉ Choose heart-healthy proteins
- ◉ Select low-fat dairy products or dairy alternatives
- ◉ Limit salt, sugar, and alcohol intake

Fruits and Vegetables

Taste the Rainbow
Activity
(not about skittles😊)

Fruits and Vegetables: Why so good?

- Refer to page 7 in Nutrition for a Healthy Heart or 18 in Weigh to Health
- High in phytonutrients, antioxidants, and flavonoids--plant chemicals that help fight disease and improve heart health
- Can help lose weight because
 - Low in calories
 - Replace other high-calorie foods
 - Fiber helps feel full

Fruits and Vegetables: How many?

**3-5 servings of each
every day**

Fruits and Vegetables: Incorporating them into YOUR diet

- ◉ Ideas?
- ◉ Lots of ideas on sheets-look through and star 2 or 3 you could try
- ◉ Anyone willing to share?

Whole Grains

Whole Grains: Why so good?

- ◉ Refer to page 9 in Nutrition for a Healthy Heart or 18 in Weigh to Health
- ◉ 1. Good source of complex carbohydrates
 - What do you know about complex carbs?
 - What have you heard about simple sugars?

Whole Grains: Why so good?

- ② 2. Good source of fiber
- ② What do you know about fiber?
- ② Different types: soluble and insoluble

Soluble Fiber

- ◉ Reduces cholesterol = helps reduce heart disease risk
 - ◉ Helps feel full = better weight management
 - ◉ Slows rate that carbs enter the blood stream = better glucose control
- *Found in foods like oats, nuts, fruits, and beans

Insoluble Fiber

- Helps digestion and promotes regular bowel movements

*Found in foods like potatoes, green beans, broccoli

Fiber: How much?

25-38 grams total fiber
every day

What is a whole grain?

- ◉ Seed of a plant that has the bran, endosperm, and germ
- ◉ Refining removes the bran and germ, which hold much of the nutrients of the plant seed, including:
 - Protein
 - Fiber
 - Vitamins and minerals

What should I buy at the store?

- ◎ Look on the label for
 - 100% Whole Wheat
 - Whole grain
 - Minimum of 3 grams of fiber per slice of bread
- ◎ NOT whole grain if says
 - Enriched or refined

***Just because it is wheat bread does not mean it's whole grain!**

Which is the Whole Grain bread?

Nutrition Facts

Serving Size: 1 (1 slice, 38 grams)

Amount Per Serving

Calories 110 Calories from Fat 14

% Daily Value*

Total Fat 2g 2%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 20g 7%

Dietary Fiber 1g 4%

Sugars 4g

Protein 3g 6%

Calcium

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

*Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size: 1 (1 slice, 38 grams)

Amount Per Serving

Calories 100 Calories from Fat 9

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 210mg 9%

Total Carbohydrate 19g 6%

Dietary Fiber 3g 12%

Sugars 4g

Protein 4g 8%

Calcium

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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Dietary Fiber		25g	30g

*Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Mention “Cooking and
Eating Whole Grains”
handout to use as a resource

Healthy Fats and Oils

“Fat-Where is it?”
Activity

Fat – Where Is It?

Answer Key

0 grams

celery, grapefruit, macaroni, pinto beans, strawberries, tomato, white rice

3 grams

chicken breast, chicken noodle soup, lowfat cottage cheese, Eggbeaters (4), 1 % milk, Oreos (4.5, note Reg =10.5, also 150 vs 240 kcal), refried beans, sweet&sour chicken, sour cream, tuna, turkey sandwich,

10 grams

cheddar cheese, cheeseburger (12), chef's salad (10), coleslaw (11), glazed donut (12), granola (12), PB&J sandwich, scrambled eggs (9), steak

15 grams

almonds (14), avocado, burrito (17), chili, clam chowder, Fettuccini Alfredo, French fries, hotdog, mac&cheese (16), pepperoni pizza (13), ranch dressing (14), vegetable/olive oil (14), Snicker's (14)

25 grams

chicken pot pie (21), popcorn (24), quiche, roast chicken club (23)

30 grams (or more)

Funnel cake (44), nachos (33), spaghetti w/ meatballs (27), Whopper (40)

Healthy Fats and Oils: What's the difference?

- ◉ Refer to page 11 in Nutrition for a Healthy Heart or 19 in Weigh to Health
- ◉ Healthy fats are UNSATURATED
- ◉ Unhealthy fats are SATURATED or TRANS

Unsaturated Fats

- ◉ Liquid at room temperature
- ◉ Don't raise blood cholesterol levels
- ◉ May help to lower LDL cholesterol
- ◉ Types: Monounsaturated & Polyunsaturated

Monounsaturated

○ Examples:

- Olive
- Canola
- Peanut oils
- Olives
- Nuts
- Avocados

Polyunsaturated

○ Examples:

- Vegetable Oils (sunflower, corn, flaxseed, soybean, etc.)
- Fatty Fish (salmon, trout, tuna)
 - Especially high in Omega-3 fatty acids, one specific kind of polyunsaturated fats

Remember that these foods are high in calories. The goal is to replace unhealthy fats with healthy ones.

Saturated Fats

- ◉ Solid at room temperature
- ◉ Raise blood cholesterol levels
- ◉ Sources:
 - Animals: Beef, pork, veal, poultry
 - Dairy: Whole milk, cheese, butter, cream cheese, sour cream
 - Plant sources: Coconut oil, palm oil

Trans Fats

- ◉ Chemically altered fat similar to saturated
- ◉ Worse effect on cholesterol levels
- ◉ Avoid packages with the words “hydrogenated”

Trans Fat Sources

- ◉ Many margarines (especially stick margarine)
- ◉ Vegetable shortening
- ◉ Packaged snack foods, like chips and cookies
- ◉ Bakery items, like doughnuts
- ◉ Fried foods

Fat Recommendations

- **Total Fat: Less than 30% of total calories**
 - Example: 2000 calorie diet
 - $2000 \times 0.30 = 600$ calories or fewer
- **Saturated Fat: Less than 10% of total calories**
 - Example: 2000 calorie diet
 - $2000 \times 0.10 = 200$ calories or fewer

Cholesterol

- ① Lowering saturated and trans fats will lower cholesterol more than decreasing foods with cholesterol
- ① Recommendation: 200 mg/day or less

Heart-Healthy Proteins

Proteins

- ◉ Refer to page 15 in Nutrition for a Healthy Heart or 20 in Weigh to Health
- ◉ What questions do you have about protein?

Healthy Animal Proteins

- ◉ Fish and shellfish

- AHA recommends eating fish 2-3 times per week

- ◉ Poultry (especially without skin)

- ◉ Egg whites

Healthy Plant Proteins

- ◉ Beans
- ◉ Soy and soy products
- ◉ Nuts and seeds

Other Animal Proteins

- ◉ Limit intake to 2-3 times per week
- ◉ Choose leaner cuts of meats
- ◉ Most Americans consume much higher amounts of protein than are needed

Low-Fat Dairy

Dairy

- Refer to page 17 in Nutrition for a Healthy Heart or 21 in Weigh to Health
- High in many nutrients:
 - Calcium
 - Protein
 - Vitamins A & D
- Also high in saturated fat
 - Recommended to choose low-fat options for milk, cheese, sour cream, etc.

Dairy Alternatives

- Soy milk, almond milk, etc. can be good alternatives
- However, make sure they have added calcium and not too much added sugar

Dairy Recommendations

- Equivalent of 3 cups of milk a day
- What counts as a cup?
 - 1 cup milk
 - 1 cup yogurt
 - 1/3 cup shredded cheese
 - 1 1/2 ounces hard cheese
 - 2 ounces processed cheese

*For more information about portion sizes, see
www.choosemyplate.gov

**Share with your partner ways that you think
are possible to incorporate more dairy
into your diet**

Salt, Sugar, & Alcohol

Salt, Sugar, & Alcohol

Refer to page 19 in Nutrition for a Healthy Heart or 21 in Weigh to Health

Sodium

- ⦿ What do you know about sodium?
- ⦿ Which foods do you know are high in sodium?

High Sodium

- ⦿ High sodium is associated with high blood pressure
- ⦿ High blood pressure is a problem by itself, but constant high blood pressure puts pressure on arteries

American Diet and Sodium

- Average American diet contains 3-4 times the amount of sodium per day than is recommended
 - Most comes from processed foods
- Recommendation: About 2400 mg/day

Tips for Decreasing Sodium

- ◉ Decreased amount of processed foods eaten
- ◉ Choose low-sodium canned goods and soups
- ◉ Taste food at table before adding salt
- ◉ Other ideas?

Sugar

- ◉ Sugar is not bad!
- ◉ Every cell in our body needs sugar to function
- ◉ However, most Americans eat a diet high in refined sugars (simple sugars)
 - High in calories, low in nutrients
 - Increases risk for diabetes and high triglyceride levels

Questions about sugars?

Alcohol

- ◉ A lot of calories
- ◉ Dietary recommendations suggest that a little is okay (equivalent of one 12 oz. glass beer women or two for men) but don't overdo it

“Superfoods”

Superfoods: What are they?

Everyday foods that have high nutrient, vitamin, mineral, fiber, or phytochemical amounts for the amount of calories they contain

Superfoods Activity

- ◉ Draw from the envelope a superfood
- ◉ Read about it in your packet
- ◉ Share with the class
 - 1. Why it's considered a superfood
 - 2. One food item that contains this superfood that you've eaten that you've enjoyed