

Session 6 or 4: Healthy Eating.

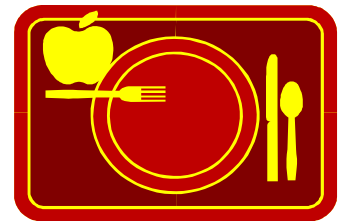
Eating less fat is essential to losing weight.
It's also one important part of healthy eating.

Some of the other parts of healthy eating include:

... the way you eat.

A regular pattern of meals is important.

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



Eat slowly.

If you eat slowly, you will:

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

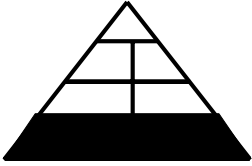
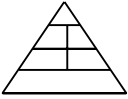
Try pausing between bites. Put down your utensils.
Enjoy the taste of your food.

Don't worry about cleaning your plate.

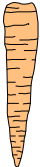
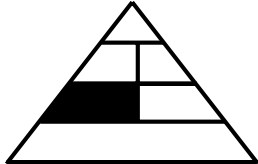
Serve yourself smaller portions to begin with.

... what you eat overall.

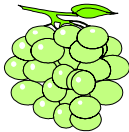
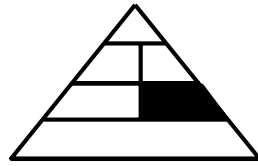
The Food Pyramid: *Low-Fat Choices*



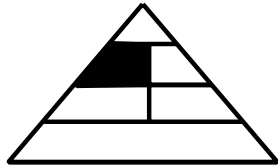
Breads, cereals, rice, pasta (6-11 servings)



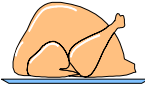
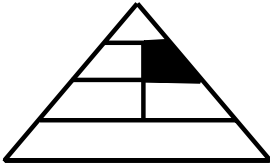
Vegetables (3-5 servings)



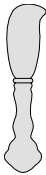
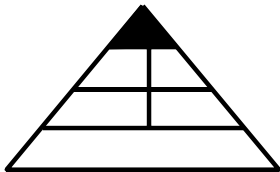
Fruit (2-4 servings)



Milk, yogurt, cheese (2-3 servings)

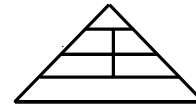



Meat, poultry, fish, dry beans, eggs
(2-3 servings)



Fats, sweets, alcohol (use only in small amounts)
Choices that are lower in fat:

The Food Pyramid



| Group | Example low-fat foods, serving | High-fat (or high-sugar) foods |
|--|--|---|
|  Breads, cereals, rice, pastas (6-11 svg.) | <ul style="list-style-type: none"> - 1 slice bread or tortilla - ½ bagel, English muffin, pita bread - 4-6 crackers - ½ cup cooked cereal, pasta, bulgur, rice - ¾ cup dry cereal | <ul style="list-style-type: none"> - Croissants, sweet rolls, doughnuts, muffins, Danish pastry, biscuits, high-fat crackers, regular tortilla chips, fried tortillas - Granola-type cereals |
| Vegetables (3-5 servings) | <ul style="list-style-type: none"> - 1 cup raw vegetables - ½ cup cooked vegetables or vegetable juice | <ul style="list-style-type: none"> - Vegetables with butter/margarine, cream, or cheese sauces - Fried vegetables, olives, avocados |
| Fruits (2-4 svg.) | <ul style="list-style-type: none"> - 1 small fresh fruit - ½ cup canned fruit or fruit juice | <ul style="list-style-type: none"> - Fruits in pastry (as in pies), coconut - High in sugar: dried fruit, juices or drinks sweetened with sugar, fruit canned in syrup, large amounts of fruit juice |
| Milk, yogurt, cheese (2-3 svg.) | <ul style="list-style-type: none"> - 1 cup skim or 1% milk - 1 cup low- or nonfat yogurt - 2-3 ounces low- or nonfat cheese (< 2 grams fat/ounce) | <ul style="list-style-type: none"> - 2% or whole milk - Regular cheese (>2 grams fat/ounce) - High in sugar: yogurt with added sugar |
| Meat, poultry, fish, dry beans, eggs (2-3 svg.) | <ul style="list-style-type: none"> - 2-3 ounces cooked lean meat, poultry (without skin), or fish - ½ cup tuna, canned in water - ½ cup cooked dry beans, lentils, split peas - 1 egg or ¼ cup egg substitute | <ul style="list-style-type: none"> - Peanuts, peanut butter, all nuts - Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts) - Chicken or turkey with skin - Tuna canned in oil - Beans cooked in lard or salt pork |
| Fats, sweets, alcohol (limit) | Low-fat substitutes: <ul style="list-style-type: none"> - Low-fat or fat-free margarine, mayonnaise, salad dressings, cream cheese, or sour cream - Low-fat whipped topping - Fat-free frozen yogurt Foods lower in sugar: <ul style="list-style-type: none"> - All fruit jams - Diet soft drinks - Lite syrup | <ul style="list-style-type: none"> - Regular margarine, shortening, lard, oil, butter, mayonnaise, salad dressing, cream cheese, sour cream - Half and half, whipped cream - Cakes, cookies, ice cream, candy, cupcakes - Honey, jelly, syrup, sugar - Soft drinks |



Rate Your Plate

1. Pick two days from last week's Keeping Track. Fill in the dates.
2. Check one box for every serving that you ate from the Food Pyramid groups. The shaded boxes show you the minimum number of servings recommended.

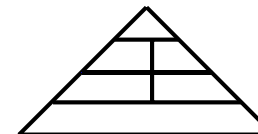
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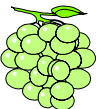

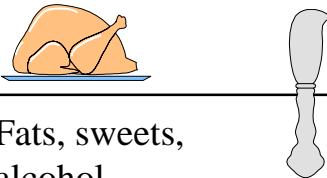
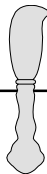
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What could *you* do to better match the Food Pyramid?




| Pyramid Group | Breakfast | Lunch | Dinner | Snacks | Total Servings | Goal |
|---|-----------|-------|--------|--------|----------------|--------------------|
| Bread, cereal, rice, pasta  | | | | | | 6-11 servings |
| Vegetables  | | | | | | 3-5 servings |
| Fruit  | | | | | | 2-4 servings |
| Milk, yogurt, cheese  | | | | | | 2-3 servings |
| Meat, poultry, fish, dry beans, eggs  | | | | | | 2-3 servings |
| Fats, sweets, alcohol  | | | | | | Only small amounts |

The Food Pyramid and “eating lower-fat foods instead” work together.



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

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

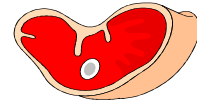
Instead of high-fat foods, use lower-fat substitutes.


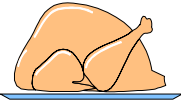
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| Use low-fat or fat-free: | | | |
| Margarine | Cheese, cream cheese | Frozen yogurt | |
| Mayonnaise | Salad dressing | Sour cream | |
| Skim or 1% milk. | | | |
| Other: |  | | |

Instead of flavoring foods with fat, use low-fat flavorings.

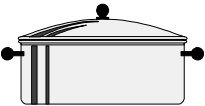
| To flavor these foods: | Use these low-fat flavorings: |
|------------------------|---|
| Potatoes, vegetables | <ul style="list-style-type: none"> - Low-fat margarine (small amount), nonfat sour cream, defatted broth, low-fat or fat-free plain yogurt, salsa. - Herbs, mustard, lemon juice.  |
| Bread | Nonfat cream cheese, low-fat margarine (small amount), all fruit jams.  |
| Pancakes | Fruit, low-calorie syrup, unsweetened applesauce, crushed berries. |
| Salads | Nonfat or low-fat salad dressing, lemon juice, vinegar |
| Pasta, rice | Spaghetti sauce without meat or added fat, chopped vegetables, white sauce made with skim or 1% milk and no fat. |
| Other: | |

Find ways to lower the fat in meats you eat.



| |
|--|
| Buy lean cuts (round, loin, sirloin, leg). |
| Trim all the fat you can see.  |
| Bake, roast, broil, barbecue, grill instead of fry. Or stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or defatted broth. Add thinly sliced meat. Stir until cooked well. |
| Remove the skin from chicken and turkey. (This can be done before or after cooking.)  |
| Choose white meat. |
| Drain off fat after cooking. Blot with a paper towel. For ground beef, put in a colander after cooking, and rinse with hot water. |
| Flavor meats with low-fat flavorings, such as BBQ, Tabasco, catsup, lemon juice, or Worcestershire. |
| Other: |

Avoid frying foods. Use other, healthier ways to cook.

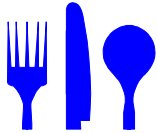
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| Poach, boil, or scramble eggs (or egg whites) with vegetable cooking spray. Use two egg whites instead of a whole egg. |
| Microwave, steam, or boil vegetables in a small amount of water.  |
| Or stir-fry (see directions above). |
| Cook meats without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



To do next week:

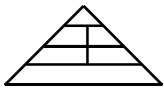
I will:

- ❖ Keep track of my weight, eating and activity.
- ❖ Fill out the Rate Your Plate form every day.



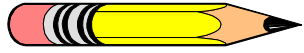
Use the next two pages.

Answer these questions before our next session:



Did you make any changes during the week to better match the Food Pyramid? If yes, what were they?

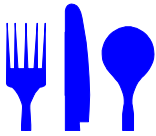
What problems did you have? How did you solve them?



To do next week:

I will:

- ✚ Keep track of my weight and what I eat.
- ✚ Fill out the Rate Your Plate form every day.



Use the next two pages.

Answer these questions before our next session:



Did you make any changes during the week to better match the Food Pyramid? If yes, what were they?

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



Rate Your Plate

Check one box for every serving that you eat from the Food Pyramid groups. The shaded boxes show you the minimum number of servings recommended.

Date: _____

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| Milk, yogurt, cheese | | | | | | | | | | | | | |
| Meat, poultry, fish, dry beans, eggs | | | | | | | | | | | | | |
| Fats, sweets, alcohol | | | | | | | | | | | | | |

Date: _____

| | | | | | | | | | | | | | |
|--------------------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Bread, cereal, rice, pasta | | | | | | | | | | | | | |
| Vegetables | | | | | | | | | | | | | |
| Fruit | | | | | | | | | | | | | |
| Milk, yogurt, cheese | | | | | | | | | | | | | |
| Meat, poultry, fish, dry beans, eggs | | | | | | | | | | | | | |
| Fats, sweets, alcohol | | | | | | | | | | | | | |