Get your plate in shape

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My Pyramid → My Plate

MyPyramid.gov
STEPS TO A HEALTHIER YOU

Choose MyPlate.gov
HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies—and the greater the variety—the better. Potatoes and french fries don’t count.

Eat plenty of fruits of all colors.

VEGETABLES

WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

WHOLE GRAINS

EAT WHOLE GRAINS (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN

FRUITS

Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!

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Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
Improve your plate

- Make half of your plate fruits and veggies
- Avoid oversized portions
- Choose foods low in sodium
- Choose low fat products
- Make half your grains whole
- Be mindful
- Drink water
Grains

- Aim for half of your grains to be whole grain
  - Whole wheat bread
  - Whole grain
  - Stoneground whole
  - Brown rice
  - Oats, oatmeal (including old-fashioned oatmeal, instant oatmeal)
  - Wheatberries
  - Whole Barley
  - Quinoa
  - Bulgur
  - Cornmeal

Why Whole Grains?

- Ingredient list:
  - 100% Whole wheat, 100% whole grain
Fruits & Vegetables

- Aim for a variety of colors
- Buy seasonally
- Purchase locally
- Fresh, frozen or canned
Protein

- Lean beef/turkey
- Poultry
- Pork tenderloin
- Eggs
- Beans
- Soy (Edamama beans)
- Seafood
- Low fat dairy
- Sushi

- Protein on the go (per serving)
  - > 6g protein
  - < 10g sugar
  - < 200 calories

- Protein at breakfast
  - Greek yogurt
  - Cottage Cheese
  - Peanut butter
Dairy

- Choose low fat products
  - Same nutrients with fewer calories & less saturated fat!
- Switch to 1% or fat free milk
- Yogurt
  - Regular vs. Greek
Healthy Fats

• Fatty Fish products
  • Salmon, Tuna, Trout, Herring, Sardines, & Mackerel

• Nuts & Seeds
  • Walnuts, almonds, pistachios, flaxseed, chia seeds

• Oils
  • Canola, olive,

• Avocados

• Peanut Butter
Don't drink your calories!

- Choose unsweetened, calorie free beverages
  - Water
  - Black coffee
  - Tea (hot or iced - unsweetened)
  - Crystal light
  - Sparkling water
  - Powerade zero or G2 (acceptable for workouts)
Sodium

- Choose lower sodium products
  - Low sodium
    - Contains 140mg or less per serving
  - Reduced sodium
    - Reduced means the product contains 25% less sodium than the original product
  - No salt added
    - May still contain sodium, but sodium was not added during processing or packing
Balance your plate

• Add non-fat milk to oatmeal
  • Mix in dried or fresh fruit

• Use whole grain/whole wheat bread for sandwiches
  • Add tomato, avocado, cucumber, or spinach to lean meats (beef, ham, turkey or chicken)

• Whole-wheat macaroni and cheese is a great way to enjoy a whole grain food with a serving of dairy.
Balance your Plate

• Top foods with chopped nuts or reduced-fat shredded sharp cheese to get crunch, flavor and nutrients from the first bite.

• Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner.

• One pot meals
  • Hearty, broth based soups
  • Chili
Eating Out

- Grilled, baked or broiled are great options
- Ask for dressing on the side
- Choose grilled veggies
  - Plain baked potato is a great alternative to French Fries
- Reduced fat cheese
- Share entrees
- Ask for to-go boxes
- Research nutritional information—plan ahead!
Desserts/Treats

- Dark chocolate square
- Smoothies
- Frozen Yogurt
- Stir chocolate syrup into a cup of coffee-flavored yogurt, & freeze
Tips to eat mindfully

- Eat with chopsticks
- Eat with your non-dominant hand
- Chew your food 30 to 50 times per bite
- Eat without TV, newspaper or computer
- Eat sitting down
- Put the proper portions of food on your plate and try to make the meal last at least
- 20 minutes
Physical activity

Recommendations

- **Moderate:**
  - 150 minutes cardio
  - 2 days or more of resistance training

- **Vigorous**
  - 75 minutes cardio
  - 2 days or more of resistance training

A 10-minute brisk walk, 3 times a day, 5 days a week = 150 minutes of moderate-intensity activity.
**Moderate vs. Vigorous Activity**

**Moderate**
- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with few hills
- Playing doubles tennis
- Pushing a lawn mower

**Vigorous**
- Jogging or running
- Swimming laps
- Riding a bike fast or on hills
- Playing singles tennis
- Playing basketball

[www.cdc.gov](http://www.cdc.gov)
Key Points to Shape Your Plate

- Eat a variety of food groups & colors
- Be physically active
- Become a mindful eater
- Choose lower fat options
- Choose whole grains
- Buy in season & locally
References


