

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, creating a modern, dynamic feel. The central area is a clean white space where the text is placed.

# Making a Healthy Plate the Norm

# About me...

- ▶ Bachelors degree in Nutrition and Dietetics from The University of Central Arkansas
- ▶ 1.5 years Dietary Supervisor/Diet Clerk at Arkansas State Hospital
- ▶ Graduate Research Assistant
- ▶ Dietetic Intern
- ▶ Nutrition Consulting

# Create Your Plate With MyPlate

## Fruits

What are FRUITS?

**Green:** kiwi, pears

**Yellow & Orange:** apricots, pineapple, orange, peaches

**Red:** apples, strawberries, raspberries, cherries, watermelon

**Blue & Purple:** blueberries, grapes, plums

**White:** bananas, dates

## Vegetables

What are VEGETABLES?

**Dark Green:** broccoli, collard greens, dark lettuce leaves, spinach, kale, romaine lettuce

**Red & Orange:** all squash, carrots, pumpkin, red/green/orange peppers, tomatoes

**Beans & Peas:** kidney, black, navy, pinto, soy, split peas

**Starchy:** corn, green peas, potatoes

**Others:** beets, cabbage, cauliflower

## Grains

What are GRAINS?

**Whole Grains:** whole wheat bread, brown rice, oatmeal, popcorn, whole wheat cold cereal, whole wheat crackers, whole wheat pasta, whole wheat tortillas, whole wheat buns and rolls, bulgur, whole rye, rolled oats

**Refined Grains:** cornbread, corn tortillas, crackers, flour tortillas, noodles, pretzels, white bread, white rice

Make at least half your grains whole!



## Dairy

Where do you find DAIRY?

**Milk:** fat-free, low fat 1%, reduced fat 2%, and whole; lactose-free, flavored, calcium-fortified soymilk

**Yogurt**

**Cheese:** cheddar, mozzarella, Swiss, parmesan, American, cottage cheese

**Milk-based Desserts:** pudding, frozen yogurt

## Protein

Where do you find PROTEIN?

**Meat:** beef, ham, lamb, pork

**Poultry:** chicken, duck, goose, turkey

**Seafood:** tuna, salmon, cod, herring

**Beans:** kidney, black, navy, lima, soy

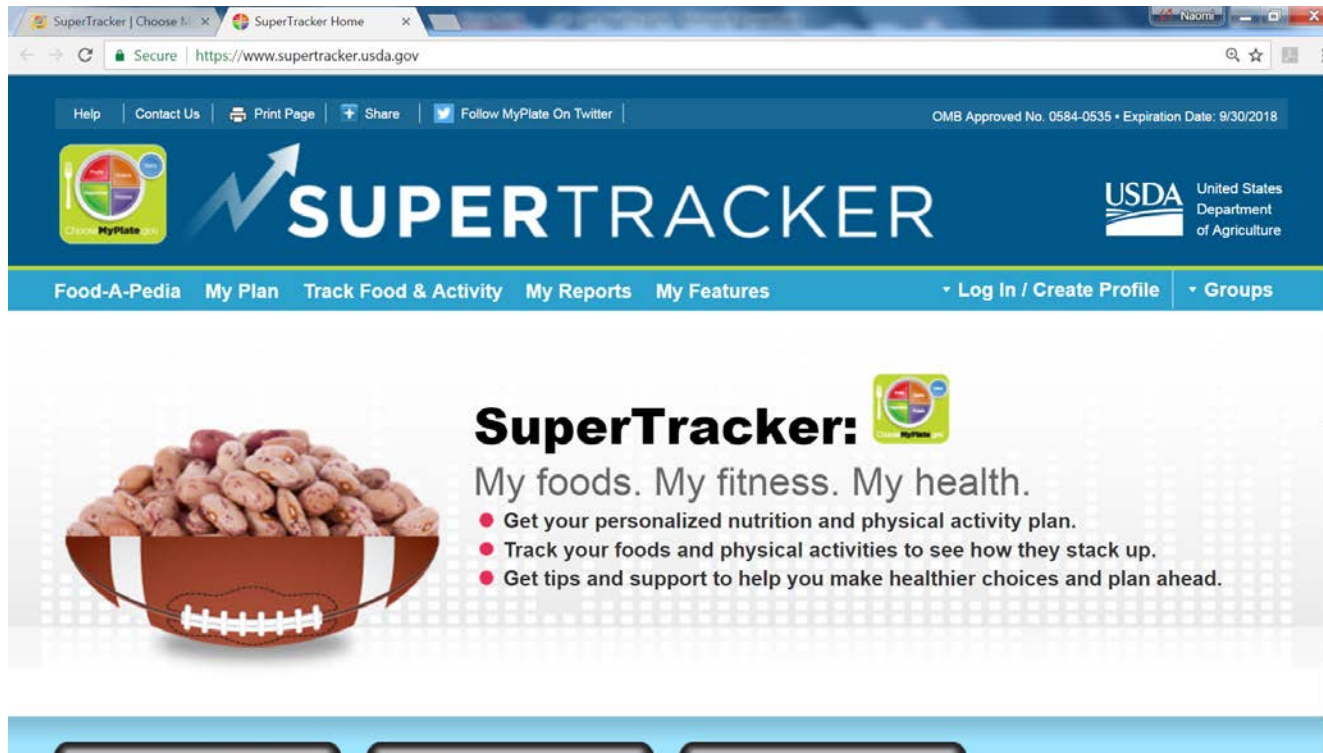
**Eggs**

**Soy Products:** tofu, veggie burger

**Nuts:** almonds, pecans, peanuts, peanut butter, walnuts



**Seeds:** sunflower, pumpkin, sesame

# Super Tracker!





The screenshot shows the SuperTracker website homepage. The browser address bar displays "https://www.supertracker.usda.gov". The page features a blue header with navigation links: "Help", "Contact Us", "Print Page", "Share", and "Follow MyPlate On Twitter". The USDA logo and "United States Department of Agriculture" are on the right. The main content area includes a large "SUPERTRACKER" title with a blue arrow pointing up and to the right. Below the title is a navigation bar with "Food-A-Pedia", "My Plan", "Track Food & Activity", "My Reports", "My Features", "Log In / Create Profile", and "Groups". The main content area features a large image of a brown football filled with beans. To the right of the football, the text reads "SuperTracker: My foods. My fitness. My health." followed by a list of three bullet points: "Get your personalized nutrition and physical activity plan.", "Track your foods and physical activities to see how they stack up.", and "Get tips and support to help you make healthier choices and plan ahead."

Help | Contact Us | Print Page | Share | Follow MyPlate On Twitter | OMB Approved No. 0584-0535 • Expiration Date: 9/30/2018

 **SUPERTRACKER**  United States Department of Agriculture

Food-A-Pedia | My Plan | Track Food & Activity | My Reports | My Features | Log In / Create Profile | Groups



**SuperTracker:** 

My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.

# If It Fits It Ships!

Just remember,  
the calories of  
your meal  
pattern must fit  
within your  
“box” of  
calories.



# Carbohydrates

- ▶ Adults should consume 45-65% of their caloric intake as carbohydrates, and **at least 130 grams** of carbohydrates per day
- ▶ So what.....
  - ▶ EXAMPLE - If I am a 35 yo female, weigh 150 pounds, I can have 1,600 kcal which means 180 CHO.
  - ▶ 180 Cho = 4 baked potatoes OR 10 cups of grapes OR 2 Starbucks small frappucinos  
**OR 160 cups of Strawberries!!**

# MACROnutrient

- ▶ Carbohydrates fuel our brains.
- ▶ **THEY ARE ESSENTIAL!**



If I could offer you only one tip for the future....Reducing your added sugar intake Would.... Be... It.





# Added Sugar

- ▶ Men:
  - ▶ 9 tsp
  - ▶ 36g
- ▶ Women
  - ▶ 6 tsp
  - ▶ 24 g

**Is sugar the new tobacco?  
These companies are worried  
that it is**



In our view, the future viability of businesses reliant on sales of sugary products will depend on their ability to adapt to evolving consumer preferences and potential legislative changes.

# The American Heart Association doesn't want you drinking even one regular coke per day!

▶ Men:

▶ 36g

▶ Women

▶ 24 g

None of us has enough added sugar available, to allow for it.



# Added Sugar Is A Huge Contributor To Weight Gain

- ▶ Sugars in your diet can be naturally occurring or added.
- ▶ Naturally occurring sugars are found *naturally* in foods such as fruit (fructose) and milk (lactose).
- ▶ *Added* sugars are table (white) sugars, honey, and syrups put in foods during preparation or processing.

# Cutting Sugar

- ▶ Reducing added sugar can help with weight loss!
- ▶ Remember that *naturally* occurring sugars do not count towards daily *added* sugar.
  - ▶ Dairy (unflavored, plain)
  - ▶ Fruit



# Hidden Sugar



3 tablespoons=24g  
of added sugar

## Nutrition Facts

Serving Size 2 Tbsp (37g)  
Servings Per Container about 14

Amount Per Serving	
<b>Calories 70</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 290mg</b>	12%
<b>Total Carbohydrate 17g</b>	6%
Dietary Fiber 0g	0%
<b>Sugars 16g</b>	
<b>Protein 0g</b>	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 0%
*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
Saturated 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	

INGREDIENTS: High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Starch, Contains less than 2% of: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate as a preservative, Molasses, Corn Syrup, Garlic\*, Sugar, Tamarind, Natural Flavor.\*Dried

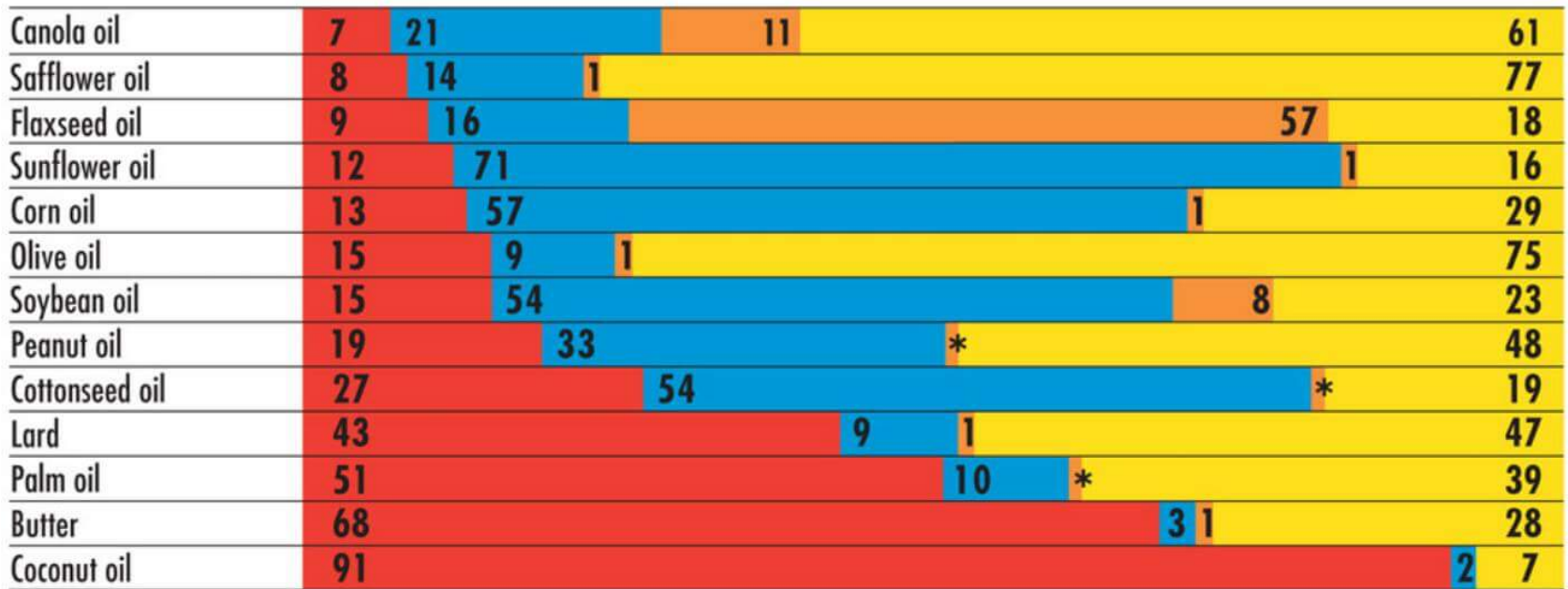
# Fat (lipids)

- ▶ Limiting the amount of saturated fats you eat to less than 7 percent of your total daily calories.
- ▶ Example: That means if you need about 2,000 calories a day, less than 140 calories (or 16 grams) should come from saturated fats.
- ▶ Limiting the amount of trans fats to less than 1 percent of your total daily calories.
- ▶ The majority of fats you eat should be monounsaturated or polyunsaturated.
  - ▶ Examples: 1oz walnuts, 1/6 of an avocado, 2 Tbsp. peanut butter.

# What Types of Oils Should I Eat?

## Comparison of Dietary Fats

### DIETARY FAT



**SATURATED FAT**



**POLYUNSATURATED FAT**



linoleic acid  
(an omega-6 fatty acid)



alpha-linolenic acid  
(an omega-3 fatty acid)

**MONOUNSATURATED FAT**



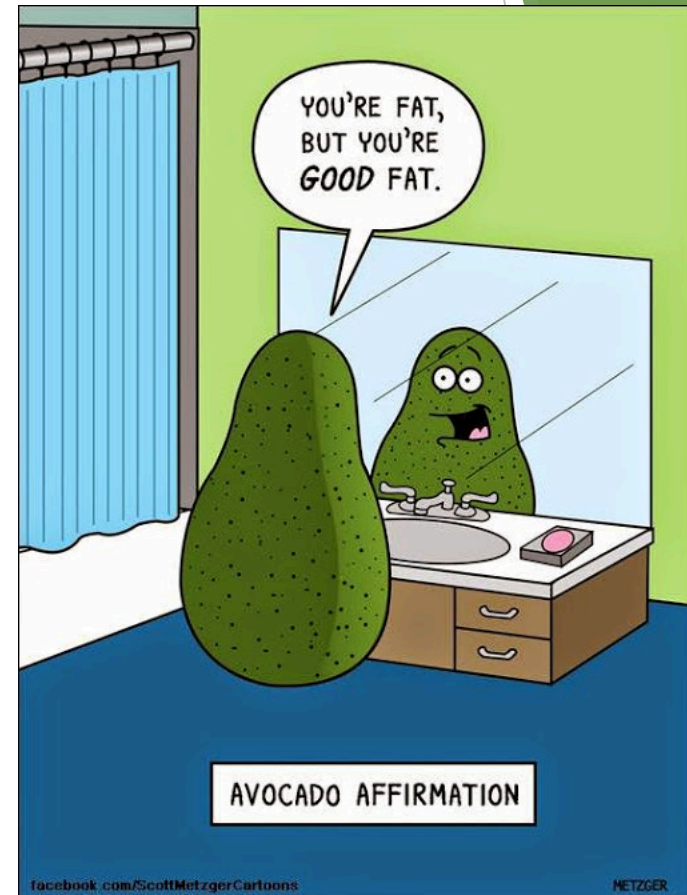
oleic acid  
(an omega-9 fatty acid)

\*Trace

Fatty acid content normalized to 100%

# Fats

- ▶ Fat is a very important part of your diet and should NOT be avoided.
- ▶ Some fats are excellent sources of omega-3 and omega-6 fatty acids which are good for heart health.
  - ▶ Examples: Salmon, walnuts, flax seeds, chia seeds, tuna.





# Protein

- ▶ A proper portion size for protein is 3 oz
- ▶ This equates to approximately half of one chicken breast
- ▶ Or a deck of cards



# Ready For More??



## USE THE NUTRITION FACTS LABEL TO EAT HEALTHIER

### Check the serving size and number of servings.

- The Nutrition Facts Label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.
- When you compare calories and nutrients between brands, check to see if the serving size is the same.

### Calories count, so pay attention to the amount.

- This is where you'll find the number of calories per serving and the calories from fat in each serving.
- Fat-free doesn't mean calorie-free. Lower fat items may have as many calories as full-fat versions.
- If the label lists that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you've eaten 2 servings, or twice the number of calories and fat.

### Look for foods that are rich in these nutrients.

- Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.
- Some Americans don't get enough vitamins A and C, potassium, calcium, and iron, so choose the brand with the higher % DV for these nutrients.
- Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories 250**    **Calories from Fat 110**

**% Daily Value\***

<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Potassium</b> 700mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
<b>Vitamin A</b>	<b>4%</b>
<b>Vitamin C</b>	<b>2%</b>
<b>Calcium</b>	<b>20%</b>
<b>Iron</b>	<b>4%</b>

\* 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

### The % Daily Value is a key to a balanced diet.

The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high. You can use the % DV to make dietary trade-offs with other foods throughout the day. The \* is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.

### Know your fats and reduce sodium for your health.

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, *trans* fat and cholesterol.
- *Trans* fat doesn't have a % DV, but consume as little as possible because it increases your risk of heart disease.
- The % DV for total fat includes all different kinds of fats.
- To help lower blood cholesterol, replace saturated and *trans* fats with monounsaturated and polyunsaturated fats found in fish, nuts, and liquid vegetable oils.
- Limit sodium to help reduce your risk of high blood pressure.

### Reach for healthy, wholesome carbohydrates.

- Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
- Whole grain foods can't always be identified by color or name, such as multi-grain or wheat. Look for the "whole" grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats.
- There isn't a % DV for sugar, but you can compare the sugar content in grams among products.
- Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

### For protein, choose foods that are lower in fat.

- Most Americans get plenty of protein, but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat, or fat free.

# Let's Compare

2% milk=38% calories from fat! PER SERVING  
 So what does that mean for whole milk?  
 Whole=47% calories from fat! PER SERVING  
 And nearly all from saturated fat!!!!

**Kroger** 2% REDUCED FAT MILK  
 QUALITY GUARANTEED  
 GRADE A • VIT A&D

**Nutrition Facts**  
 Serving Size 8 fl oz (236 mL)  
 Servings Per Container 8

Amount Per Serving		% Daily Value*	
<b>Calories</b>	120	Cal. from Fat	45
<b>Total Fat</b>	5g		8%
Saturated Fat	3g		15%
Trans Fat	0g		
<b>Cholesterol</b>	20mg		7%
<b>Sodium</b>	120mg		5%
<b>Total Carbohydrate</b>	12g		4%
Dietary Fiber	0g		0%
Sugars	11g		
<b>Protein</b>	8g		
Vitamin A	10%	Vitamin C	4%
Calcium	30%	Iron	0%
		Vit. D	25%

\*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	Less than	300g	375g
Dietary Fiber		25g	35g

35% LESS FAT THAN REGULAR MILK  
 Our farmers pledge not to treat their cows with rbST. FDA has determined there is no significant difference between milk from rbST-treated and non-rbST treated cows.

INGREDIENTS: MILK, SKIM MILK, VITAMIN A PALMITATE AND VITAMIN D3.  
 FAT REDUCED FROM 8g to 5g.

DIST. BY THE KROGER CO. CINCINNATI, OH 45202  
 COMMENTS OR QUESTIONS?  
 ☎ 1-800-632-6900 OR  
 WWW.KROGER.COM

HALF GAL (1.89L)

**Festival** NONFAT MILK

GRADE A\* PASTEURIZED\* VITAMINS A & D

**Nutrition Facts**  
 Serv. Size 1 cup (240 mL)  
 Servings 16

Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 0g	0%	<b>Total Carb.</b> 11g	4%
Sat. Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 11g	
<b>Cholest.</b> 5mg	2%	<b>Protein</b> 8g	16%
<b>Sodium</b> 120mg	5%		
Vitamin A 10%		Vitamin C 2%	
Calcium 30%		Iron 0%	
		Vitamin D 25%	

Calories 80  
 Fat Calories 0  
 \*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: GRADE A NONFAT (SKIM) MILK, VITAMIN A PALMITATE, VITAMIN D3.

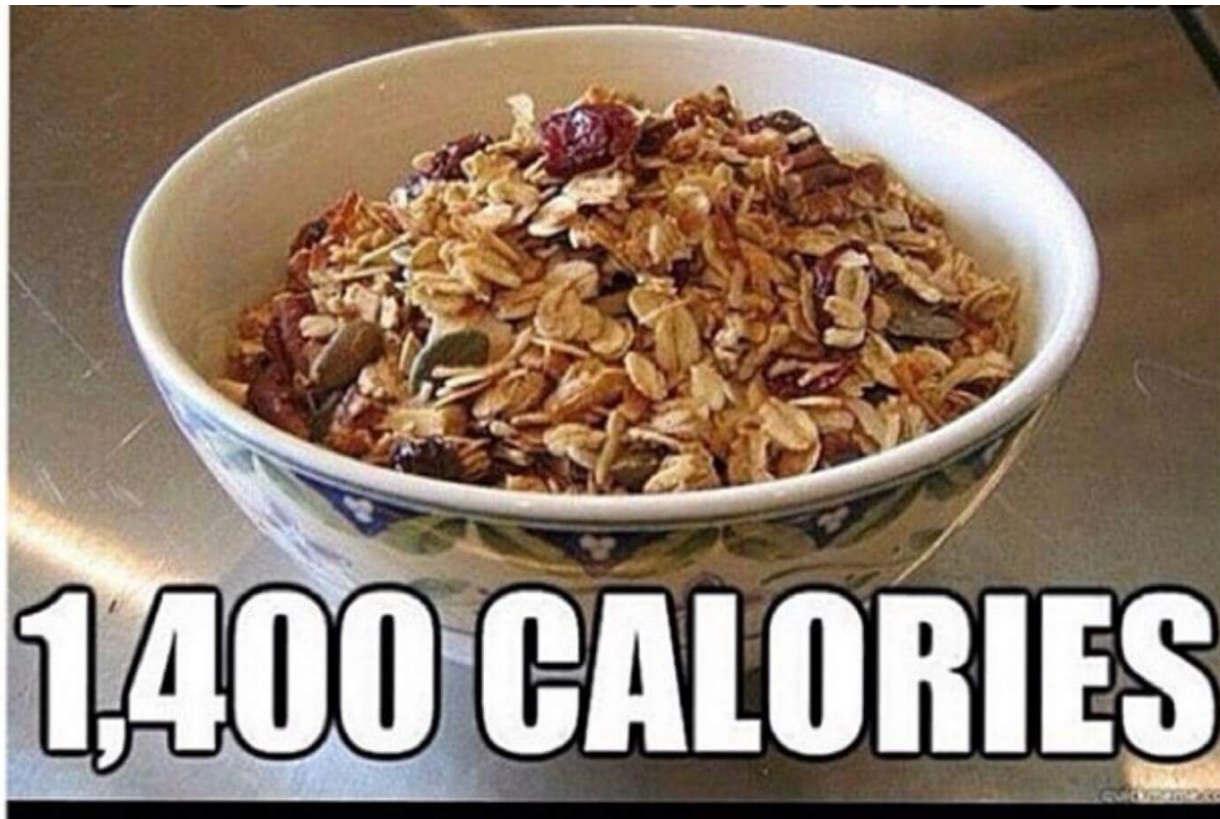
1 GAL. (3.78 L) DIST. BY COLEMAN DAIRY LITTLE ROCK, AR 72209  
 www.ColemanDairy.com  
 MFG AT PLANT# ON CONTAINER

# Portion Control

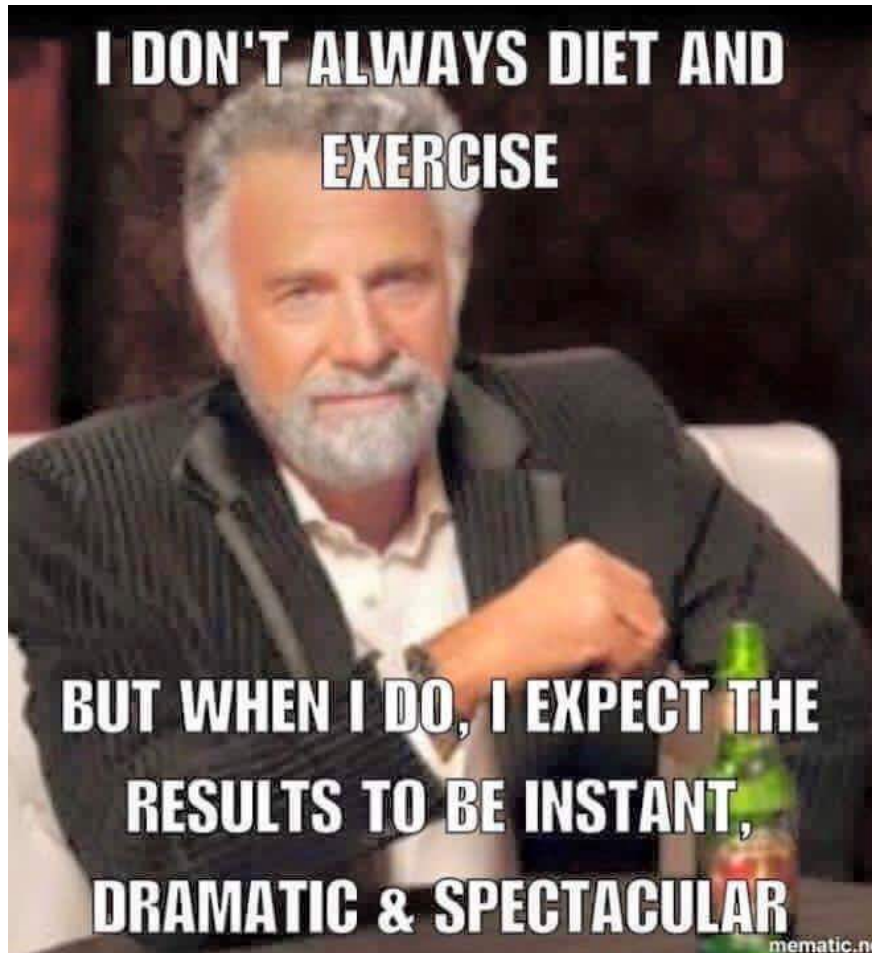
- ▶ One of the easiest and cheapest ways to lose weight and improve your health is to measure your food



Just Because It Seems Healthy  
Doesn't Mean It's Not High In Calories



# Slow Weight Loss Is Healthy Weight Loss



**WHEN YOU EAT HEALTHY FOR ONE DAY AND CHECK TO SEE IF YOUR SUMMER BODY IS READY YET**



# Your New Healthy Plate Needs To Be Something You Can Stick With





# Always Take Emergency Food With You

- Pistachios
- Cheese sticks
- Apples
- Oranges
- Cuties
- Wheat crackers
- Carrots
- Celery

han·gry

*(han-gree) adj.*

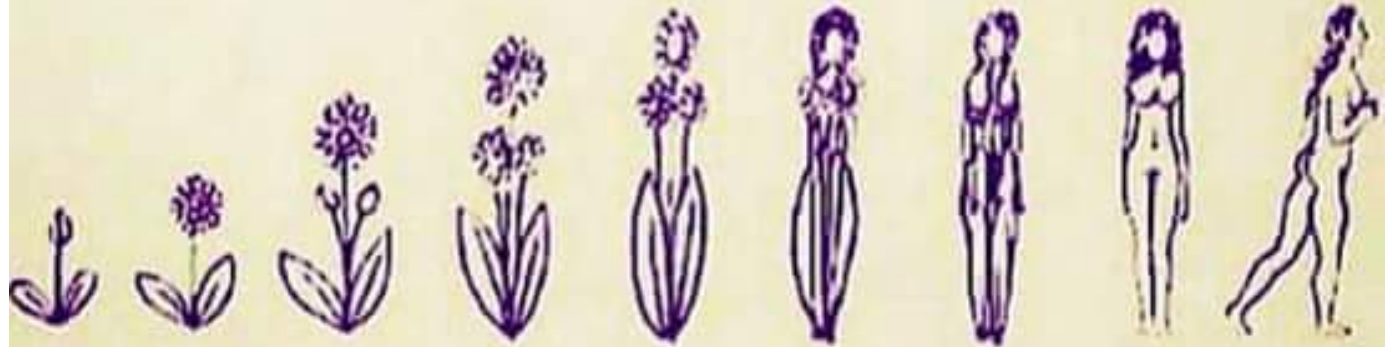
a state of anger caused by lack of food; hunger causing a negative change in emotional state.



# Cheat ~~day meal~~ Item

- Celebrate weight loss victories with something that's not food
  - \$5 in a jar
  - What would you do?
- Eat ONE thing you've been craving
- The average meal eaten out can equal an entire day's calories
- An entire day of indiscriminate eating can add up quickly





“and i said to my body. softly. ‘i want to be your friend.’ it took a long breath. and replied, ‘i have been waiting my whole life for this.’”

But trust me on the added  
sugar.....

