Fun fact!

What inspired you to take this class?

ICE BREAKER

- Estimated 88 million U.S. adults had prediabetes in 2018 (35% of adult population)
- 84% of those people don’t know they have prediabetes
- About 40-60% of people with prediabetes develop diabetes within 10 years

THE PROBLEM
WHAT IS PREDIABETES?

- Having a higher than normal level of fasting plasma glucose or HbA1c but not high enough to be considered diabetic.
- Each way needs to be repeated on a second day to confirm diagnosis of prediabetes

<table>
<thead>
<tr>
<th>Normal</th>
<th>Prediabetes</th>
<th>Diabetes</th>
</tr>
</thead>
<tbody>
<tr>
<td>FPG</td>
<td>70-99 mg/dL</td>
<td>100-125 mg/dL or higher</td>
</tr>
<tr>
<td>OGTT</td>
<td>&lt;140 mg/dL</td>
<td>140-180 mg/dL or higher</td>
</tr>
<tr>
<td>HbA1c</td>
<td>&lt;5.7%</td>
<td>5.7-6.4% or higher</td>
</tr>
</tbody>
</table>

FPG= fasting plasma glucose, OGTT= oral glucose tolerance test, HbA1c= glycated hemoglobin A1c.

The body regulates the amount of sugar in blood through a feedback loop (thermostat example)

- Normal function:
  - If blood sugar is high, pancreas releases insulin
  - Insulin is the hormone that helps move sugar that's in the blood into cells
  - Cells take up blood sugar to use as energy + blood sugar lowers
- Prediabetes:
  - Pancreas releases insulin but the cells aren't taking up sugar as well
  - Pancreas releases more and more insulin and soon becomes worn out

COMPLICATIONS OF PREDIABETES

- Risk of Stroke
- Risk of Heart Disease
- Risk of Diabetes
**RISK FACTORS**

- Adults >45 years old or even younger if you are overweight or obese
- Physical inactivity
- First degree relative with diabetes (DM)
- High risk race/ethnicity-African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans
- Women who delivered a baby weighing >9 lbs. or were diagnosed with gestational diabetes
- Women with PCOS
- History of CVD

**MODIFIABLE RISK FACTORS**

- Diet
- Physical activity
- Weight
- Stress
What's the best diet for diabetes prevention?

Quick answer: no diet

MyPlate Method

- Pros
  - No restrictions
  - Healthy
  - Balanced
  - Minimize disease

- Cons
  - None!

Improves insulin sensitivity
Helps control blood sugar
Promotes greater energy expenditure
Reduces stress
Improves cardiovascular health

PHYSICAL ACTIVITY RECOMMENDATIONS

- 150 minutes per week moderate-intensity
- 75 minutes per week of vigorous-intensity
- Muscle strengthening activities 2 or more times per week
When we are stressed the body tries to get enough glucose in the blood to either "fight" or "flight".

- Decrease in insulin
- Increase in epinephrine (adrenaline) & glucagon - more glucose released from liver
- Increase in growth hormone & cortisol - muscle and fat tissues become less sensitive to insulin
- Increase in consumption foods high in fat and sugar

A wellness vision is your statement of the person you are at your highest level of wellbeing.

A wellness vision is your statement of the person you are at your highest level of wellbeing.

- Create a picture about what is really important to you, and document how you are feeling and acting when you are at the top of your wellness game.
VALUES AND MOTIVATORS

What do you value most about your life?

What makes this vision really important to me?

STRENGTHS

What strengths can you utilize to assist in reaching your vision?

CHALLENGES

What stands in the way between you and your vision?
SMART GOALS

- Specific
- Measurable
- Action-oriented
- Realistic
- Timely

EXAMPLES

- Eat breakfast 3 times out of the week
  - How?
  - Prepare quick breakfast the night before
  - Choose a grab-n-go breakfast (yogurt, hard boiled eggs, fruit, etc.)

- Exercise 3 days a week for 30 minutes each time
  - How?
  - Decide what days and times
  - Put workout clothes out night before, put in car/work bag
  - Show up and commit

WHAT IS MINDFUL EATING?

- Trusting your body to make choices about the type of food you are eating and how much you are eating without judgement.
Different hormones in our body send signals to our brain to let us know when we are hungry and when we are satisfied. Babies will reach for a spoon, point to food, or get excited when food is around when they are hungry. Society, diet culture, and environment affect our eating behaviors and make it easy for us to forget to listen to our bodies.

**PRINCIPLES OF MINDFUL EATING**

- Eating slowly
- Being present while eating
- Eating food that is both pleasing and nourishing
- Having a healthy relationship with food
- Using all five senses to explore, savor, and truly taste food
- Being aware of hunger, fullness cues
- Acknowledging food preferences without judgment

**HUNGER/FULLNESS SCALE**

Listen to your body
WRITE DOWN YOUR WHY AND CREATE SMART GOALS TO ADDRESS YOUR CHALLENGES

TRACK FOOD AND MOOD FOR 1 WEEK

What are some complications of diabetes?

What are the modifiable risk factors?

Share SMART goals

Discuss tracking food and mood

WHAT SHOULD I EAT?
12/2/20

FRUITS

- 1 serving:
  - 1 cup berries/melon
  - 1 medium apple, orange, pear
  - ½ cup 100% fruit juice
  - Aim for 2-3 servings per day!
- Common myth-
  - Fruit is too high in sugar—contains phytonutrients and fiber!

VEGETABLES

- 1 serving =
  - ½ cup cooked
  - 1 cup raw
- Starchy vs non-starchy
- Aim for 3-4 servings per day!
- Contains phytonutrients
- Common thought:
  - Vegetables taste gross—try different methods of cooking (i.e. roasting, sautéing, grilling), try different dipping sauces

VITAMINS & MINERALS

Phytonutrients

Helps protect against chronic diseases, like diabetes

BENEFITS TO FRUITS & VEGETABLES
FIBER BENEFITS

- Provides bulk for digestion
- Feeds good gut bacteria
- Helps in fermenting fiber longer
- Promotes positive blood sugar response
- Decreases LDL, "lousy" cholesterol

Bile is made of cholesterol
- Made in liver, stored in gallbladder
- Secreted in the small intestine to emulsify fat for digestion
- Small intestine reabsorbs the bile to be used again
- If our bodies create more bile, then less cholesterol will be floating around in blood

Fiber
- Natural chemical compounds found in all plants (fruits, vegetables, whole grains, nuts, seeds, and legumes)
- ~5,000 phytochemicals known
- Act as antioxidants and help reduce inflammation
- Responsible for color, flavor, odor of plant foods

This Photo by Unknown Author is licensed under CC BY-SA-NC 3.0
**PHYTONUTRIENTS AND DIABETES PREVENTION**

- Consuming phytonutrient rich foods may reduce risk of type 2 diabetes
- Reduce inflammation
- Improve insulin sensitivity: positive affect on blood glucose (polyphenols)
- Indirectly help prevent weight gain

**EAT THE RAINBOW**

- Red: immune health, heart health, vision
- Orange/yellow: immune health, vision, reduce cancer risk
- Green: build healthy cells, vision, reduce cancer and heart disease risk
- Purple/blue: anti-aging benefits, may help with memory, reduce cancer risk
- White, tan, brown: immune health, heart health, reduce cancer risk

**DON'T MAKE IT COMPLICATED**

- Center meals around vegetables
- Utilize frozen veggies to add to dinners
- Store canned vegetables for easy add-ins (corn, green beans, beans, etc.)
- Buy pre-packaged salads to include as part of your meal
- Purchase frozen berries for smoothies, yogurt, or oatmeal
- Choose fruit for your dessert
Aim for ¼ of your plate to be grains
Half our grains should be whole
What foods fall into the grain category?
Wheat
Rice, Quinoa, Bulgar, Buckwheat, Freekeh,
Bran, Amaranth
Oats
Pasta
Cereals
Tortillas
Bread
Popcorn

Aim for ¼ of your plate to be lean protein
Think size of your palm or deck of cards!
Protein rich foods:
Meat
Poultry
Seafood
Beans
Peanuts
Eggs
Soy
Nuts/seeds
Dairy (Greek yogurt, cottage cheese, etc.)

Aim for 2 servings of dairy daily
Low fat options are recommended
Calcium importance
1 Serving =
1 cup of milk/dairy alternative
1 cup of yogurt
⅛ cup cottage cheese
1 slice of cheese
NON-DAIRY OPTIONS

- Soybeans, soy products
- Canned fish (codfish, salmon w/bones)
- Leafy greens (collard, turnip greens, kale, bok choy)
- Calcium-fortified juices, cereals, breads, rice milk, or almond milk

More than 50% of the population doesn't get adequate calcium
Humans absorb about 30% of calcium from food
Factors: age, vitamin D intake, phytic acid, oxalic acid (found in spinach)

IMPORTANCE OF CALCIUM

- Vascular contraction
- Vascular dilation
- Muscle function
- Nerve transmission
- Intracellular signaling
- Hormonal secretion
HOW TO INCORPORATE MORE FRUIT
- Make smoothies
- Choose fruit for a snack (put fruit in bowl and place on counter instead of candy)
- Combine apple and banana with peanut butter
- Add berries to yogurt, oatmeal, or cereal
- Try peanut butter and banana sandwich
- Freeze grapes or blueberries and eat as dessert
- Make banana "ice cream"

HOW TO INCORPORATE MORE VEGGIES
- Bake kale chips
- Pair peppers, snap peas, cucumber, zucchini with hummus or nut butters
- Add bell peppers and onion in stir-fry or enchiladas
- Add spinach or kale to soups
- Make an omelet and include peppers, onions, tomatoes, and spinach
- Add veggies to pasta (kale, quinoa, or green beans are yummy)
- Blend veggies into a homemade pasta sauce
- Use cauliflower in rice or in place of pasta
- Try mustard as pesto (or tempeh)
- Try a simple side salad of spinach, arugula, olive oil and balsamic vinegar

MACRONUTRIENTS
- Carbohydrates
- Protein
- Fat
Starches: bread, tortilla, cereal, pasta, rice

Fruit & fruit juices

Starchy vegetables

Milk & yogurt

Sweets & desserts

Beans & legumes

Most quickly digested and absorbed macronutrient.

Designed to replenish energy stores in the body (muscle glycogen) and increase blood sugar.

Body's preferred source of fuel during exercise, particularly during intense workouts.

Powers the brain.

Whole-food sources of carbohydrates are rich in vitamins, minerals, and fiber.
RECOMMENDATIONS

- 45-65% of total daily calories from carbohydrates
- 25-30 grams of fiber per day

LABEL READING

- Good source of fiber = 3 grams per serving
- Great source of fiber = 5 grams or higher per serving

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>110</td>
<td></td>
</tr>
</tbody>
</table>

-whole grain: bran - fiber-filled outer layer with B vitamins and minerals
-endosperm - starchy carbohydrate middle layer with some proteins and vitamins
-germ - nutrient-packed core with B vitamins, vitamin E, phytochemicals, and healthy fats

Good source of fiber = 3 grams per serving
Great source of fiber = 5 grams or higher per serving

https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/whole-grains/
Fill half your plate with fiber-rich fruits and vegetables.

Choose whole-food sources of carbohydrates such as:
- beans, lentils, whole wheat bread, rolls, quinoa, fresh, frozen, or canned fruit and vegetables without added sugar.

Avoid processed or packaged food and limit added sugar.

Have whole grain snacks—popcorn w/lemon juice and chili powder, 100% whole grain crackers.

Choose whole fruit instead of fruit juices.

Choose low-fat dairy products.

Use 100% whole wheat bread when making stuffing, sandwiches, French toast, croutons.

Have brown rice instead of white rice (try ½ and ½ if you aren’t used to it).

Add barley or brown rice to vegetable soup.

Try whole wheat pasta for spaghetti and macaroni & cheese.

Cook/bake with whole wheat flour (i.e., Kodiak pancakes, waffles, muffins, etc.).

Choose whole grain cereal (i.e., Uncle Sam, Kashi Simply Maize, Shredded Wheat, Bob’s Red Mill, Muesli, Grape Nuts, Total, Cheerios, Oatmeal Squares).

The 100% whole-wheat bread when making stuffing, sandwiches, French toast, croutons.

Have brown rice instead of white rice (try ½ and ½ if you aren’t used to it).

Add barley or brown rice to vegetable soup.

Try whole wheat pasta for spaghetti and macaroni & cheese.

Cook/bake with whole wheat flour (i.e., Kodiak pancakes, waffles, muffins, etc.).

Choose whole grain cereal (i.e., Uncle Sam, Kashi Simply Maize, Shredded Wheat, Bob’s Red Mill, Muesli, Grape Nuts, Total, Cheerios, Oatmeal Squares).
LEMON SPOTLIGHT

• Acidic foods can slow stomach emptying which lowers glycemic response
• Acid inhibits salivary alpha amylase during the hydrolysis of starch in the mouth and stomach
• Ways to incorporate:
  - Squeeze over fish/poultry, salads, pasta, soups
  - Homemade hummus
  - Add in water

WEEKLY CHALLENGE

Determine what food items you are missing at each meal and incorporate one
Add at least 2 whole grain items to your pantry

REFERENCES
MyPlate components
What are phytonutrients?
How did you incorporate missing food items?

- Slow down!
- Aim for 20 minutes
- Use non-dominant hand or try chopsticks
- Set utensils down after each bite
- Cut food into small bites
- Drink water between bites
**MACRONUTRIENTS**

- **Carbohydrates**
- **Protein**
- **Fat**

**Role of Protein**

- Building block for bone, muscle, hair, and skin
- Builds and repairs tissue
- Necessary in order to gain muscle
- Promotes enzymes which promote essential chemical reactions
RECOMMENDATIONS

• 10-35% of total daily calories from protein
• Minimum of 0.8 grams/kg body weight
• RDA
  • Woman 46 g/day
  • Man 56 g/day

PROTEIN NEEDS

• 9 essential amino acids we must get from food
• Can only absorb about 20-30 grams protein
• Complete protein: fish, poultry, soy, chia seeds, quinoa, meat
• Rare for deficiency in the U.S.
• Aim for ¼ of your plate to be protein
• 20-30 grams in one sitting

COMPLETE VS. INCOMPLETE

• 9 essential amino acids
  • Necessary to get from diet
• 11 non-essential
  • Body can make on its own
• All 20 are the building blocks necessary to build a protein
• Complete protein = contain all 9 essential amino acids
• Incomplete = missing 1 or more essential amino acid
DO I NEED TO EAT COMPLETE PROTEIN?

- Are you eating a variety of nutrient-dense foods?
- If you don’t eat animal-based foods, eat a variety of protein containing plant-based foods throughout the day.
- Not necessary to have a complete protein at each meal.

<table>
<thead>
<tr>
<th>Complete Protein</th>
<th>Incomplete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish</td>
<td>Beans</td>
</tr>
<tr>
<td>Poultry</td>
<td>Nuts</td>
</tr>
<tr>
<td>Eggs</td>
<td>Seeds</td>
</tr>
<tr>
<td>Beef</td>
<td>Whole grains</td>
</tr>
<tr>
<td>Pork</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Dairy</td>
<td>Plant-based: whole sources of soy, quinoa, and chia seeds</td>
</tr>
</tbody>
</table>

Are you eating a variety of nutrient-dense foods?

- If you don’t eat animal-based foods, eat a variety of protein containing plant-based foods throughout the day.
- Not necessary to have a complete protein at each meal.

Complete Protein vs. Incomplete Protein

PROTEIN PACKAGE

- Protein foods contain more than just protein:
  - i.e., fats, sodium, fiber, antioxidants, etc.

1 cup cooked lentils
- Protein 18 grams
- Fiber 15 grams
- Low in fat and sodium
- Iron 37%
- Potassium 21%
- Folate 90%
- Thiamine 22%

6 ounces of grilled salmon
- Protein 30 grams
- Saturated fat 4 grams
- Niacin 68%
- Vitamin B12 80%
- Excellent source of omega-3

6 ounces of lean sirloin steak
- Protein 52 grams
- Fiber: 0 grams
- Saturated fat 10 grams (50%)
- Niacin 60%
- Vitamin B12 46%
- Iron 16%
- Selenium 70%

Fish – aim for 2x per week
- Chicken breast
- Turkey
- Lean meat (moderation)
- Greek yogurt
- Cottage Cheese

ANIMAL PROTEIN SOURCES TO AIM FOR

- Fish – aim for 2x per week
- Chicken breast
- Turkey
- Lean meat (moderation)
- Greek yogurt
- Cottage Cheese
PLANT-BASED PROTEIN SOURCES
- Nuts
- Sesame
- Legumes
- Beans
- Soy
- Tofu
- Tempeh
- Edamame

WHAT DOES 20-30 GRAMS OF PROTEIN LOOK LIKE?
- 4 oz. of poultry/fish
- Size of a deck of cards
- ¾ cup Greek yogurt + 1 oz cup of nuts
- Bean (~2/3 cup) and veggie burrito on wheat tortilla
- Tuna sandwich on whole wheat bread
- 1 cup of crocked lentile + 1/2 cup rice
- 1 cup of any milk + 3/4 cup whole grain cereal + 2 tbsp peanut butter
- 4 oz tempeh + 1 oz pumpkin seeds

HOW TO INCORPORATE MORE PLANT-BASED PROTEIN
- Add chickpeas, sunflower seeds, and walnuts to salads
- Add lentils to your soup, chili, or casseroles
- Add nuts into your stir fry
- Chopped sunflower butter or seeds in oatmeal
- Use soy milk vs almond milk
- Choose whole wheat pasta or chickpea pasta instead of white pasta
- Black bean burgers
MACRONUTRIENTS

- Carbohydrates
- Protein
- Fat

FAT CONTAINING FOODS

- Meat
- Nuts & seeds
- Fatty fish (salmon)
- Avocado
- Coconut oil
- Plant oils
- Chocolate
- Butter
- Dairy products
- Processed foods
- Fried foods

FOOD GROUPS CONTAINING FAT

ChooseMyPlate.gov
ROLE OF FAT

- Provides the body with energy
- Slows digestion which stabilizes blood sugar
- Protects internal organs and keeps the body warm
- Aids in the absorption of fat-soluble vitamins
- Provides structure for cell membranes and sheaths around nerve endings
- Aids in hormone production, blood clotting, and inflammation

RECOMMENDATIONS

- 20-35% of total daily calories from fat
- <10% of total calories from saturated fat
- American Heart Association recommends reducing saturated fat intake to 5-6% of total calories to help lower LDL (lousy cholesterol)

TYPES OF FAT

- Saturated fat: primarily comes from animal sources and is solid at room temperature.
- Unsaturated fat: primarily comes from vegetable sources
  - Monounsaturated
  - Polyunsaturated
- Trans fat: product of food processing that raises bad cholesterol and lowers good cholesterol
  - Look for "hydrogenated" or "hydrogenation" on nutrition labels
Avoid trans fats and look out for the word “hydrogenated” in the ingredient list.

Trans fats may be found in processed foods, baked goods, coffee creamer, fried foods, and solid vegetable shortenings.

Trans fats raise bad cholesterol and lower good cholesterol.

Be mindful of the serving size of fat.

The top of your thumb is about the same size as a tablespoon of oil, margarine, salad dressing, and 1 ounce of cheese.
FULL FAT VS FAT FREE?

- Fat contains about 2 times the calories compared to protein and carbohydrates.
- Low-fat products tend to be higher in sugar or salt to replace the fat in order to keep the food tasting good.
- Subconsciously we may eat more low-fat products thinking it has fewer calories.
- Full-fat foods may satiate faster/better.
- Look at big picture:
  - What type of fat are you eating at breakfast, lunch, and dinner?
  - Are you drinking whole milk, eating cheese, and eating whole yogurt most days?

WAYS TO HEALTHFULLY INCORPORATE

- Cook foods with plant oils such as olive oil and avocado oil instead of butter or lard.
- Choose to grill, bake, steam, or sauté foods instead of frying.
- Choose vinaigrette type dressings for salads.
- Sprinkle ground flax seed or chia seeds on top of salads, yogurt, cereal, sandwiches, casseroles, etc.
- Eat fish at least 2 times per week (salmon, albacore tuna, mackerel, herring, lake trout, and sardines are high in Omega-3).

Aim to get at least 3 out of the 5 food groups at each meal.

Aim for 3 servings of veggies and 3 servings of fruit each day.

Aim for lean meat and plant-based protein.

Supplement the missing food groups for snacks.
BREAKFAST EXAMPLES

- Oatmeal: grain ✓
- Milk: dairy ✓
- Chia seeds: protein ✓
- Banana: fruit ✓
- Toast: grain ✓
- 2 eggs: protein ✓
- Cheese: dairy ✓
- Strawberries: fruit ✓
- Avocado: heart-healthy fat ✓

- Greek yogurt: protein/dairy ✓
- Granola: grain ✓
- Blueberries: fruit ✓

—

BREAKFAST MAKEOVER

Scrambled eggs  
Bacon  
White toast with butter  
Apple juice

Scrambled eggs w/ spinach and tomatoes  
Turkey bacon  
Whole wheat toast w/ avocado  
Apple

—

LUNCH EXAMPLES

- 2 pieces of bread: grain ✓
- Tuna: protein ✓
- Baby carrots: veggie ✓
- Apple: fruit ✓
- Tortilla: grain ✓
- Beans: protein ✓
- Cheese: dairy ✓
- Bell peppers: veggie ✓
- Avocado: heart-healthy fat ✓
**LUNCH MAKEOVER**

Cheeseburger
Fries
Coke

Heme-made lean-meat burger
Roasted potatoes
Watermelon
Flavored seltzer water

---

**DINNER EXAMPLES**

- Salmon: protein + heart-healthy fat ✓
- Quinoa: grain ✓
- Asparagus: veggie ✓
- Ground beef: protein ✓
- Onion + tomato: veggie ✓
- Beans: protein/veggie ✓
- Tomato, mushroom, spinach, etc: veggie ✓
- Mozzarella cheese: dairy ✓
- Pizza dough: grain ✓
- Grapes: fruit ✓

---

**DINNER MAKEOVER**

BBQ Ribs
Baked Beans
Corn
Sweet tea

BBQ Chicken
Roasted Potatoes
Corn Salad
Unsweetened tea
MEAL IDEAS

- Tacos/taco bowls
- Chili
- Sandwiches
- Stir-fry
- Enchiladas
- Turkey burger w/ veggies
- Veggie Casserole
- Whole wheat pasta with veggies
- Salmon burgers

WHAT AFFECTS OUR EATING?

- Eating ice cream after a long day at work
- Eating more food in front of the TV vs at the dinner table
- Going more than 4 hours without eating may cause overeating
- Eating a donut for breakfast and being hungry 1 hour later

PHYSICAL HUNGER

- Comes on gradually
- Can be satisfied by any food
- Fullness can be felt after a certain amount is eaten and you are able to stop once satisfied
- Physical cues: empty stomach feeling, growling stomach, dizziness, headache, tiredness, grumpiness, shakiness
EMOTIONAL HUNGER

- Comes on suddenly
- Craving a specific food i.e. cheeseburger, ice cream, chocolate
- No amount of food can satisfy you
- Eating for any reason outside of true physical hunger (boredom, food smells, etc.)

WHAT IF I AM EMOTIONALLY EATING?

What am I feeling?
- Ex. Feeling stressed after a long day at work

How can I cope with this feeling?
- Ex. Pet your dog, go on a walk, etc.

WAYS TO DESTRESS

- Make a list
- Go on a walk
- Listen to music
- Read a book
- Yoga/meditation
- Complete chores/de-clutter
- Visit/call friends
- Take a bath
- Get a massage
ENSURE YOU ARE EATING IN A CALM ENVIRONMENT FREE OF DISTRACTIONS

EAT EVERY 4-5 HOURS TO PREVENT OVEREATING (UTILIZE HUNGER/FULLNESS SCALE)

PLAN OUT MEALS FOR THE WEEK AND BATCH COOK

Fruits
Vegetables
Grains
Dairy
Protein Foods

- Provides many vitamins, minerals, phytonutrients that can help fight chronic diseases such as diabetes
- Stabilizes blood sugar
- Keeps us fuller longer
- Lower risk of inadequacy/deficiency

Include a lean protein in all 3 meals
- Try making one of your meals plant-based!

Identify eating habits you can improve and focus on for the week

WEEKLY CHALLENGE
What eating habit(s) did you focus on improving this last week?

What are the benefits to a balanced meal?
OPENING DISCUSSION

Do you read food labels?
If so, what information do you look for?
Which part(s) of the food label confuse you?

FOOD LABELS

What is a food label?
Your go-to tool for evaluating and comparing the nutritional content of food and beverages.

ANATOMY OF A FOOD LABEL
SERVING SIZE

- “Serving sizes must be based on amounts of foods and beverages that people are actually eating”
- Still an assumed amount
- Serving sizes have increased since 1993:
  - Example: serving of ice cream was to be ½ cup but has been switched to 2/3 cup
  - Changed to what people typically consume vs what they should consume
**CALORIES**

- **Amount of energy you get from food:** carbohydrates, fat, and protein
- **2,000 calories per day is used as a general guideline but will vary depending on age, height, weight, physical activity level, and sex.**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Calories</th>
<th>% of Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 servings per container</td>
<td>220</td>
<td>Per serving: 6%</td>
</tr>
<tr>
<td>1 cup (255g)</td>
<td>440</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>13g</td>
<td>20%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5g</td>
<td>25%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>1g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>45mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbs</td>
<td>12g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>1%</td>
</tr>
</tbody>
</table>

- Based on one serving of food, sometimes based on entire package or container
- If serving size is 2 per container, you would have to double the calories

---

**PERCENT DAILY VALUE**

- **How much a nutrient in a serving of food contributes to total daily diet**
- **Helps you determine if a serving of food is high or low in a specific nutrient**
- 5% daily value or less of a nutrient per serving = low.
- 20% daily value or more of a nutrient per serving = high.
Choose foods that are higher in fiber, vitamin D, calcium, iron, and potassium.

Choose foods lower in saturated fat, sodium, and added sugars.

TIPS WITH DAILY VALUES

Sugar

- Total sugar
  - Includes amount of sugar naturally occurring in foods
  - Example: milk and fruit
- Added sugar
  - Sugars that have been added during the processing of a food and does not include natural occurring sugar
  - Example: soda
GROCERY SHOPPING TIPS

1. Make a list, stick to it
2. Think MyPlate
3. Shop the perimeter
4. Avoid shopping while hungry
5. Buying canned food
6. Variety
7. Seasonal foods
8. Read food labels

PRODUCE

- Focus on color = variety of nutrients
- Frozen and canned are just as great!
- Shop for seasonal foods for cheaper prices and more tasty produce!

GRAIN FOODS

- Aim to make half your grains whole
- Look for "whole" in ingredient list
- Try ancient grains for variety and high fiber content!
DAIRY

- Aim for low-fat dairy most of the time
- i.e. mozzarella cheese, 1% milk, low-fat yogurt and cottage cheese
- Be aware of added sugars in yogurt and milk products
- Seek calcium fortified dairy-free products
- Also for low-fat dairy most of the time
- i.e. mozzarella cheese, 1% milk, low-fat yogurt and cottage cheese

PROTEIN

- Aim for lean meats and plant-based proteins
- Try incorporating fish into your week 2x
- Choose "loin" or "round" cuts of meat
- For ground meat products aim for >93% lean

OILS AND SPREADS

- Avoid trans fats and limit saturated fats (look at the food label)
- Choose liquid or plant-based oils
  - i.e. olive oil, avocado oil, flaxseed oil, canola oil
BE AWARE OF FOOD MARKETING

Shopping carts getting larger
Holiday cheer
Scent marketing
Check-out aisle temptations
Strategic shelving

130

EATING HEALTHY DOESN’T HAVE TO BE EXPENSIVE

- Smart shopping tips
  - Buy seasonal produce
  - Buy staples raw, whole & in bulk
  - Utilize your freezer
- Plan menus around sales and what you already have at the house
- Collect coupons
- Stick to your grocery list
- Practice food safety & storage techniques to minimize food waste

131

132
**Nutrient Dense, Low-Cost Foods**

- Beans
- Eggs
- Peanut butter
- Tofu
- Canned fish
- Brown rice
- Oat
- Nuts
- Frozen produce

---

**Dining Out**

**Important part of social life**

**Option when you are in a rush to make sure you are fueling**

---

**Sneaky Restaurant Tricks**

- Large portions
- More sodium and fat
- More energy dense foods
- Atmosphere: music, capacity, how quick the server comes out with your food
Dining Out Tips

- Look over menu ahead of time
- Walk to/from restaurant or take a walk after
- Ask the server for more details about how the food is prepared
- Choose lean, grilled, broiled, steamed, al fresco, baked, roasted
- Avoid fried, breaded, smothered, rich, creamy
- Ask for dressings and sauces on the side
- Split large portions with someone or ask for to-go box early

Taxaways

- Hunger/fullness scale
- Emotional eating versus physiological hunger
- Mindful eating
- Aim for at least 3 out of 5 food groups at each meal
- Add color to every plate
- Whole grains, lean/plant protein, polyunsaturated and monounsaturated carbohydrates, protein, fat
- Food labels
- Be aware of portion size

Grocery Shopping

- Have a list and never shop hungry!
- Look out for flashy marketing

Looking Back

- What goals did you set?
- What have you accomplished?
- What have you learned?
- Long term goal
- Potential barriers
- Remember your why
REFERENCES