



### Session 4: Overview

#### Healthy Eating

Healthy eating is determined both by *what* we eat and *the way* we eat. To eat healthier, try to eat at regular times. Eat slowly to digest food better. Eating slowly also makes us more aware of what we are eating. And, don't worry about cleaning your plate. These are just a few of the many tricks for changing how we eat. Find out more!

#### MyPlate

MyPlate is a general guide to healthy eating. It is based on the latest research about nutrition and health. It was developed by the U.S. Department of Agriculture and has suggestions for how much people should eat, depending on their sex, age, and level of physical activity.

The plate image on page 3 shows us the amount we need of each food group. Go to [choosemyplate.gov](http://choosemyplate.gov) to learn more about this useful tool.

The suggestions offered in MyPlate can help us make better food choices. They give us ideas for changing the way we eat.

During the week, use the MyPlate information found in these handouts and on the website to practice changing *how* you eat.



#### Quick Fact

**To prevent type 2 diabetes, should you avoid eating starchy foods such as bread, potatoes, and pasta?**

No. Starchy foods are part of a healthy meal plan for people with or without diabetes. What is important is the amount we eat. Whole grain breads, cereals, pasta, rice, and starchy vegetables like potatoes, yams, peas, and corn can be part of your meals and snacks.

The key is the amount. For most people with diabetes, having 3 or 4 servings of bread, fruit, or starchy foods is about right. Whole grain starchy foods are also a good source of fiber. They help keep your gut healthy.





### Ways to Eat Healthy

Eating less fat and fewer calories is an important part of losing weight. But that is only one important part of healthy eating. Another part of healthy eating is changing the way we eat and what we eat. Here are a few tips to help.

#### Set up a regular pattern of eating.

- ✓ Spread your calories out through the day. Doing so helps keep you from getting too hungry and losing control. Eat 3 meals each day and 1 or 2 healthy snacks.
- ✓ Do not skip meals.
- ✓ Try to eat at the same time each day. Regular meals will also keep you from getting too hungry and losing control.

#### Eat slowly.

Try pausing between bites. Put down your fork and take a break between bites. Drink water with meals and enjoy the taste of your food. Eating slowly will help you –

- ✓ Digest your food better.
- ✓ Be more aware of what you are eating.
- ✓ Be more aware of when you are full.

#### Don't worry about cleaning your plate.

- ✓ Serve yourself smaller portions to begin with.
- ✓ The greatest waste of food is eating more than you want or need.

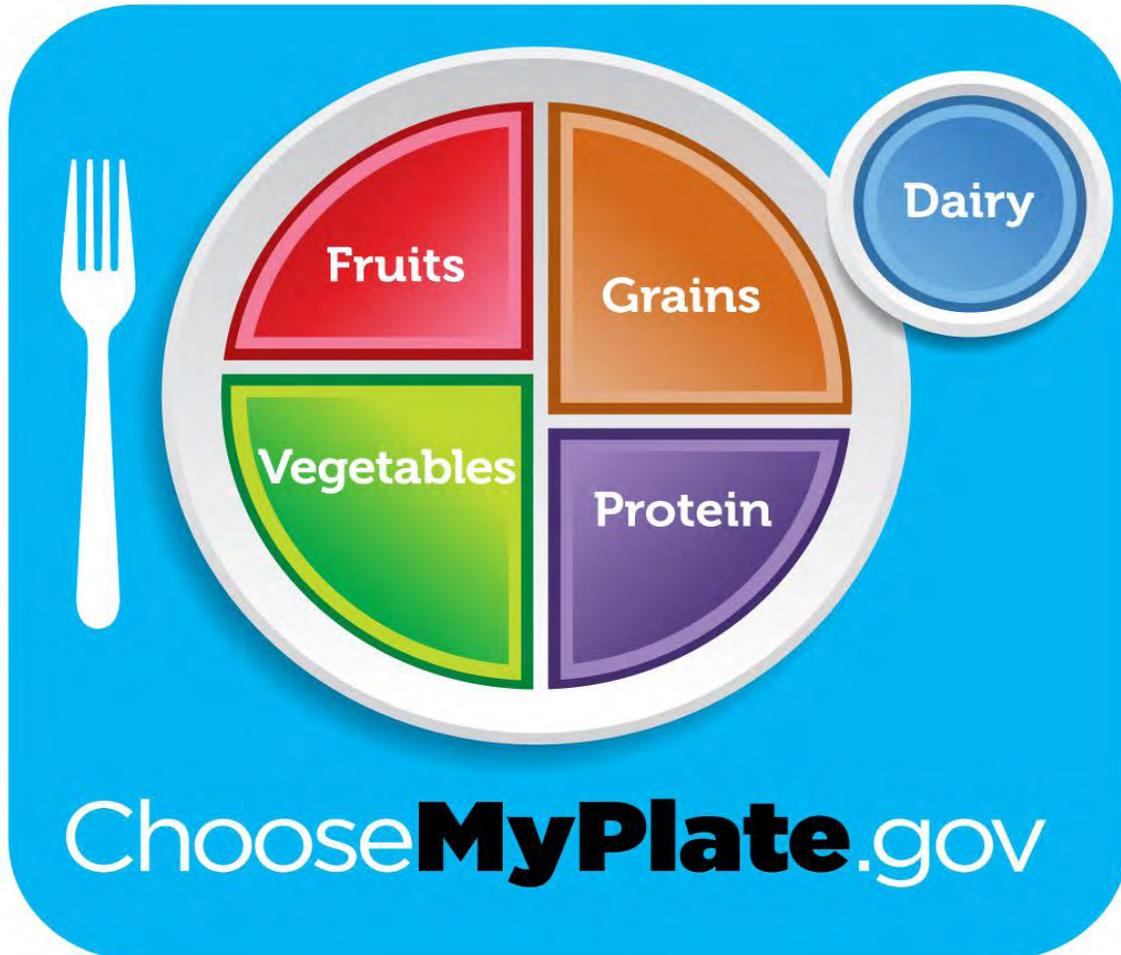
#### Change your eating environment.

- ✓ Eat with others.
- ✓ Do not eat while watching television or doing anything else that can take your attention away from your meal.
- ✓ Use tools like MyPlate to help you choose healthier foods in amounts that you need.





**MyPlate**



Source: U.S. Department of Agriculture, ChooseMyPlate.gov

- ✓ **Grains**- Make at least half of the grains you eat whole grains.
- ✓ **Vegetables** - Vary your veggies.
- ✓ **Fruits**- Focus on fruits.
- ✓ **Dairy** - Get your calcium-rich foods.
- ✓ **Proteins**- Go lean with protein.



### MyPlate: Food Choices

This table shows examples of low-fat and high-fat/high-calorie foods for each group.

Food group	Low-fat and low-calorie foods (in ounce or cups)	High-fat, high-calorie, or high-sugar foods
<b>Grains</b>	<ul style="list-style-type: none"> <li>• 1 slice whole wheat bread or 6" tortilla</li> <li>• ½ bagel, English muffin, pita bread</li> <li>• 4 to 6 low-fat crackers</li> <li>• ½ cup cooked cereal, whole wheat pasta, bulgur, or brown rice</li> <li>• 1 cup dry, whole wheat cereal</li> </ul>	<ul style="list-style-type: none"> <li>• Croissants, sweet rolls, doughnuts, muffins, Danish pastries, biscuits, high-fat crackers, regular tortilla chips, fried tortillas</li> <li>• Granola-type cereals or sugar-coated cereals</li> </ul>
<b>Vegetables</b>	<p>½ <b>cup serving</b> equals —</p> <ul style="list-style-type: none"> <li>• 1 cup raw leafy vegetables</li> <li>• ½ cup cooked vegetables</li> <li>• ½ cup vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables with butter or margarine, cream, or cheese sauces</li> <li>• Fried vegetables</li> </ul>
<b>Fruits</b>	<p>½ <b>cup serving</b> equals —</p> <ul style="list-style-type: none"> <li>• 1 small fresh fruit (2.5" diameter)</li> <li>• ½ cup canned fruit or 100% fruit juice</li> <li>• ¼ cup dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Fruits in pastry (example: fruit pies)</li> <li>• Coconuts</li> <li>• Dried fruit</li> <li>• Juices or drinks sweetened with sugar</li> <li>• Fruit canned in syrup</li> <li>• Large amounts of any fruit juice</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• 1 cup skim or 1% milk</li> <li>• 1 cup low-fat soy milk or lactose-free milk</li> <li>• 8 fluid ounce low-fat or nonfat yogurt</li> <li>• 1½ ounce low-fat or nonfat cheese (less than 2 grams fat per ounce)</li> </ul>	<ul style="list-style-type: none"> <li>• 2% or whole milk</li> <li>• Regular cheese (more than 2 grams fat per ounce)</li> <li>• Yogurt with sugar</li> </ul>
<b>Proteins</b>	<ul style="list-style-type: none"> <li>• 1 ounce cooked lean meat, poultry (without skin), or fish</li> <li>• ½ cup tuna canned in water</li> <li>• ¼ cup cooked dry beans, lentils, or peas</li> <li>• 1 egg or ¼ cup egg substitute</li> <li>• 1 Tablespoon peanut butter</li> <li>• ½ ounce nuts or seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon, sausage, hot dogs, hamburgers, luncheon meats, most red meats (except lean, trimmed cuts)</li> <li>• Chicken or turkey with skin</li> <li>• Tuna canned in oil</li> <li>• Beans cooked in lard or salt pork</li> </ul>



## MyPlate: Low-Fat and Low-Calorie Choices

The food groups of MyPlate are listed below. Write down your ideas for low-fat food choices in each of these food groups.

### Grains

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### Vegetables

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<hr/>	<hr/>
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### Fruit

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<hr/>	<hr/>
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### Dairy

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### Protein

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## Rate Your Plate

In the table below, each row lists a different food group and each column represents 1 ounce or 1 cup (the number at the top is used to show how many servings those ounces or cups are adding up to).

1. Pick one day from last week's *Food and Activity Tracker*. Fill in that day's date in the chart below.
2. Check one box for every ½ ounce or ½ cup of each food group that you ate. The shaded boxes indicate the lowest number of ounces or cups suggested per day.
3. Record what you ate for the selected day. Start with breakfast and move through the day. Don't worry about being exact. We are just trying to get the general idea about healthy eating.

Date:												
	1 oz./cup		2 oz./cups		3 oz./cups		4 oz./cups		5 oz./cups		6 oz./cups	
Grains												
Vegetables												
Fruit												
Dairy												
Proteins												



## **Eating As MyPlate Suggests**

Write in the foods you would eat in one day for each of the food groups.

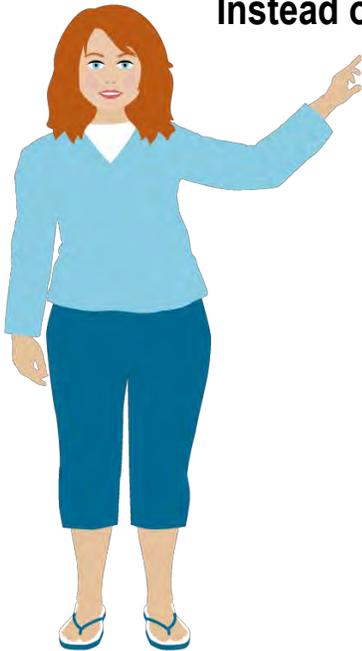
	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
<b>Grains</b>				
<b>Vegetables</b>				
<b>Fruit</b>				
<b>Dairy</b>				
<b>Proteins</b>				



## My Food Substitutions

Here are some choices we could make instead of high-fat or high-calorie foods:

### Instead of high-fat foods —



#### Pick low-fat foods

- ✓ Choose fresh fruit and vegetables for snacks.
- ✓ Serve vegetarian dinners several times a week.
- ✓ Eat fruit for dessert.

#### Use low-fat versions of foods

- ✓ Use low-fat or fat-free margarine, mayonnaise, cheese, cream cheese, salad dressing, frozen yogurt, sour cream
- ✓ Use skim or 1% milk

#### Use low-fat flavorings

To flavor these foods	Use these low-fat flavorings
Vegetables, potatoes	Low-fat margarine (small amount), nonfat sour cream, nonfat 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 with low-fat protein, chopped vegetables, white sauce made with skim or 1% milk



### **My Food Substitutions** (continued)

#### **Instead of high-fat foods —**

##### **Find ways to lower the fat in the meats you eat**

- ✓ Buy lean cuts (round, loin, sirloin, leg).
- ✓ Trim all the fat you can see.
- ✓ Remove the skin from chicken and turkey. This can be done before or after cooking.
- ✓ Choose white meat poultry.
- ✓ Drain-off fat after cooking meat, and blot the meat with a paper towel. Put ground beef in a colander after cooking and rinse it with hot water.
- ✓ Flavor meats with low-fat flavorings, such as BBQ sauce, hot sauce, catsup, lemon juice, or Worcestershire sauce.

##### **Avoid frying foods. Cook in healthier ways:**

- ✓ Poach or boil eggs or egg whites, or scramble them with vegetable cooking spray.
- ✓ Use two egg whites instead of a whole egg.
- ✓ Microwave, steam, or boil vegetables in a small amount of water.
- ✓ Cook meats without adding fat (see ideas above).
- ✓ Bake, roast, broil, barbecue, or grill instead of frying.
- ✓ Stir-fry: Heat pan to high heat. Add no more than 1 teaspoon oil or use vegetable cooking spray or fat-free broth. Add thinly sliced meat. Stir until cooked well.



## To-Do Next Week

During the next week, I will –

- Keep track of my weight and what I eat using my *Food and Activity Tracker*.
  
- Fill out the *Rate Your Plate* form on 3 days.
  
- Answer these questions before the next session.

Did you make any changes during the week to match the MyPlate guidelines with what you ate? If yes, what were they?

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

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- Practice Rating Your Plate

Use the extra forms on the pages that follow to compare what you ate with the choices of MyPlate.



## Extra Rate-Your-Plate Forms

Date:												
	1 oz./cup		2 oz./cups		3 oz./cups		4 oz./cups		5 oz./cups		6 oz./cups	
Grains												
Vegetables												
Fruit												
Dairy												
Proteins												

Date:												
	1 oz./cup		2 oz./cups		3 oz./cups		4 oz./cups		5 oz./cups		6 oz./cups	
Grains												
Vegetables												
Fruit												
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