Great Plates for a Healthy Weight

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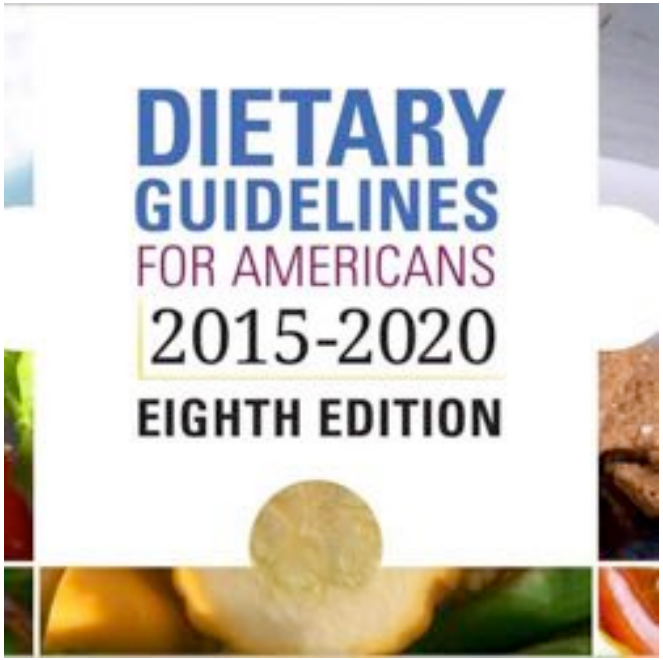
Benefits of Healthy Habits

- "**Follow a healthy eating pattern across the lifespan.** All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease." *-Dietary Guidelines for Americans 2015-2020*



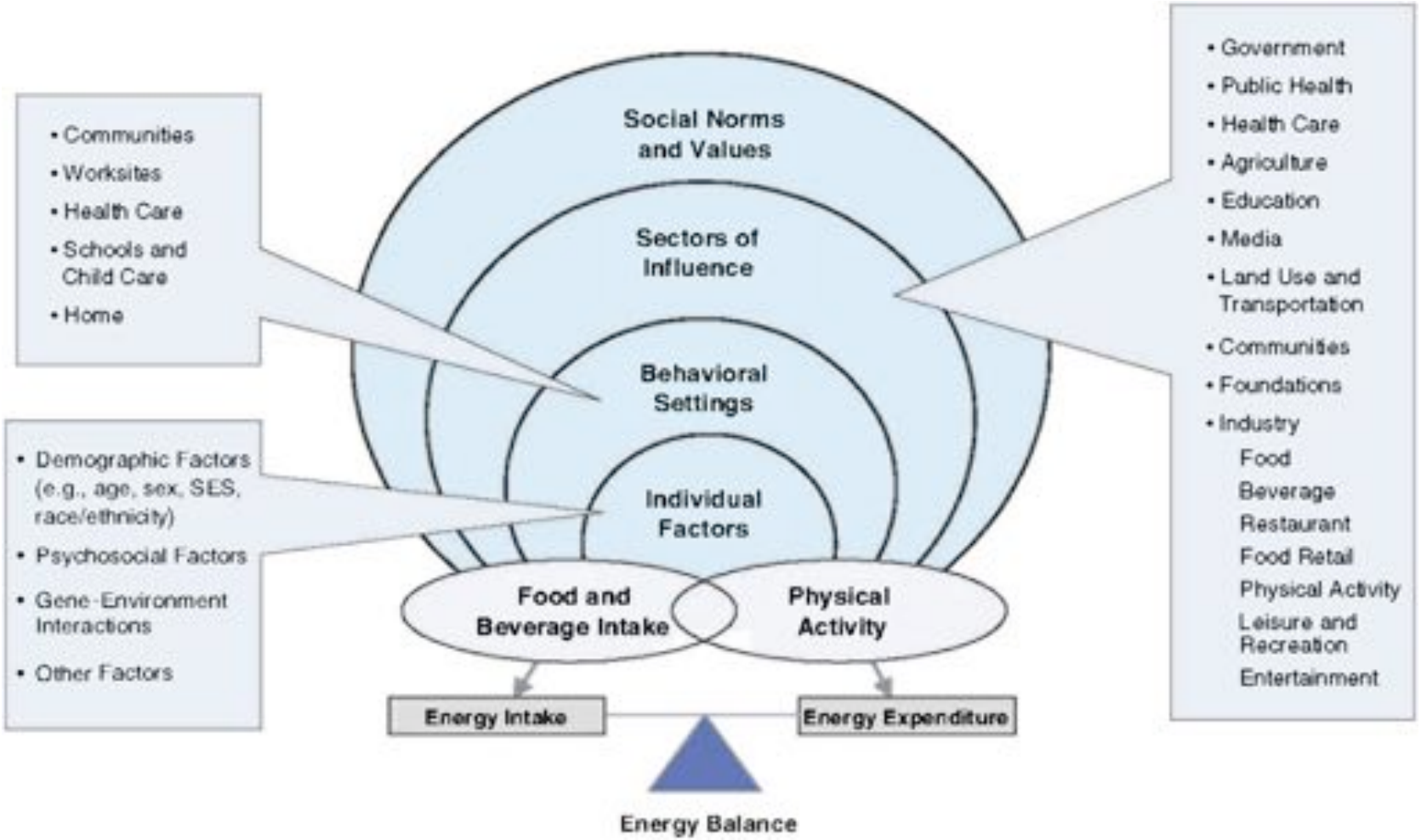
Benefits of Healthy Habits

- Improves sleep
- Boosts energy
- Self-confidence
- Meet new friends
- Controls weight
- Prevents/treats chronic diseases
    - Specifically obesity, heart disease, stroke, hypertension, high cholesterol, diabetes and certain cancers
- Improves longevity and quality of life

Factors Influencing Weight Gain

- *“More calories consumed than calories burned.”*
- However, it is actually much more complex than that.

- On an individual level,
  - Food and beverage intake
  - Physical activity
  - Demographic factors
  - Psychosocial factors
  - Gene-environment interactions

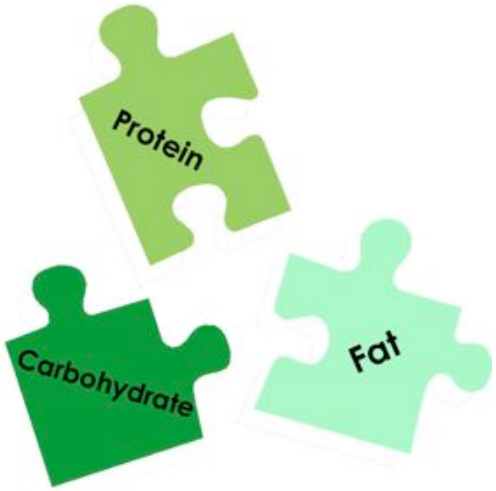

• Communities
• Worksites
• Health Care
• Schools and Child Care
• Home
• Demographic Factors (e.g., age, sex, SES, race/ethnicity)
• Psychosocial Factors
• Gene-Environment Interactions
• Other Factors
Social Norms and Values
Sectors of Influence
Behavioral Settings
Individual Factors
Food and Beverage Intake
Physical Activity
Energy Intake
Energy Expenditure
Energy Balance
• Government
• Public Health
• Health Care
• Agriculture
• Education
• Media
• Land Use and Transportation
• Communities
• Foundations
• Industry
Food
Beverage
Restaurant
Food Retail
Physical Activity
Leisure and Recreation
Entertainment

Where Do Calories Come from?

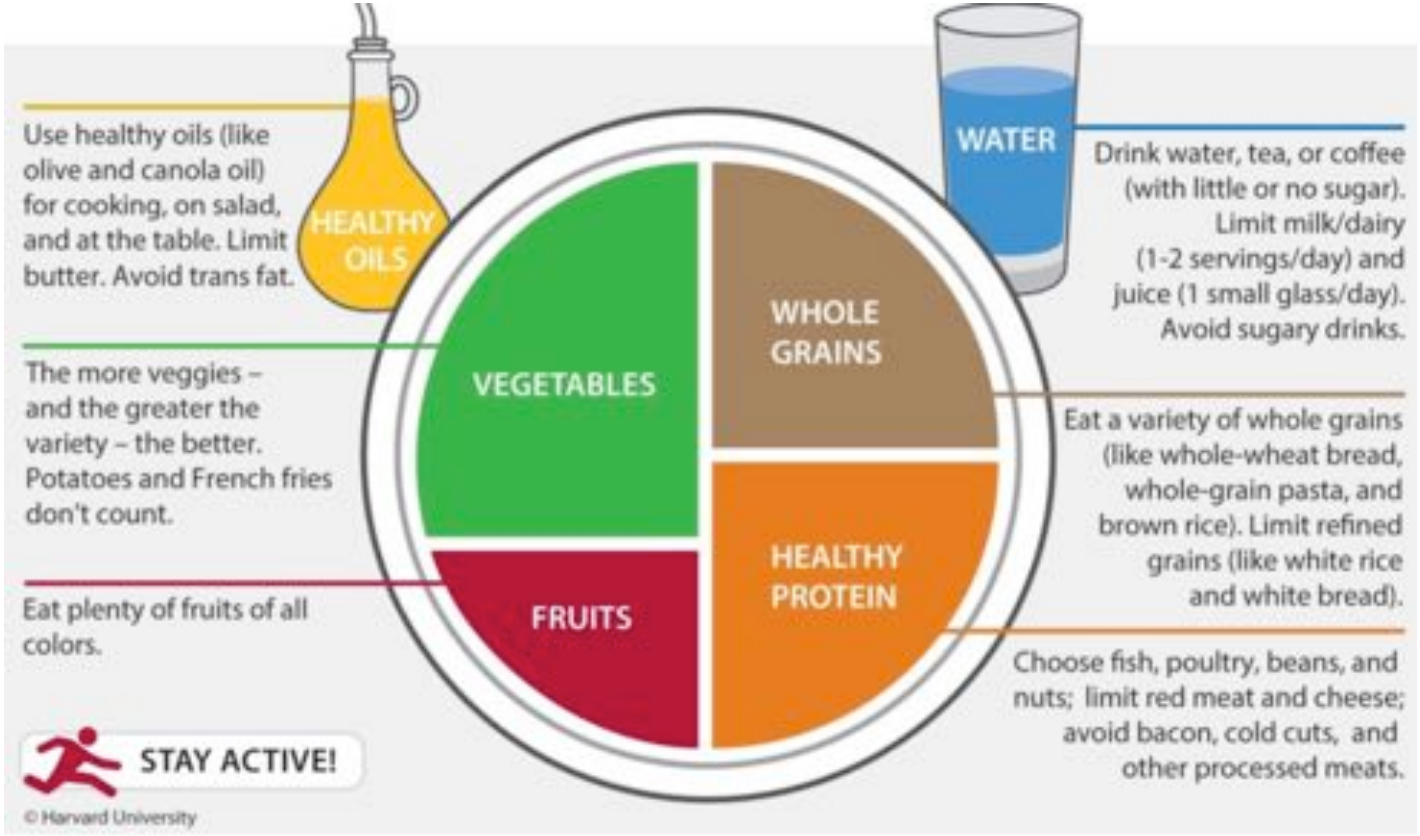
Macronutrients constitute the bulk of the diet and supply energy and many essential nutrients.

- **Carbohydrates**: 4 calories per gram
- **Protein**: 4 calories per gram
- **Fat**: 9 calories per gram
- **Water** also considered a macronutrient but does not contain calories

Most foods contain two or all three macronutrients.



Harvard Healthy Eating Plate



Fruits and Vegetables

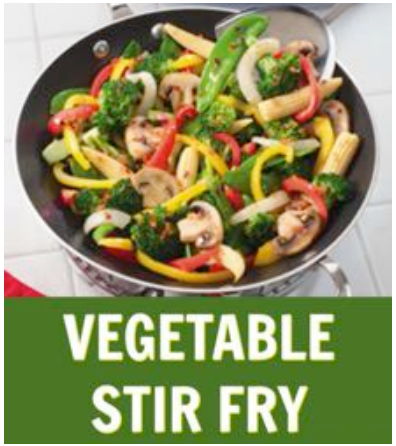
Make most of your meal vegetables and fruit - ½ your plate.

- Aim for color and variety
- The more veggies - and the greater the variety - the better.
  - Potatoes and French fries don’t count.
- Eat plenty of fruits of all colors

Fruits and Vegetables

Tips to eat more fruit and vegetables each day

- Keep fruit where you can see it.
- Explore the produce aisle and choose something new.
- Skip the potatoes
- Make it a meal.



Whole Grains

Go for whole grains - ¼ of your plate

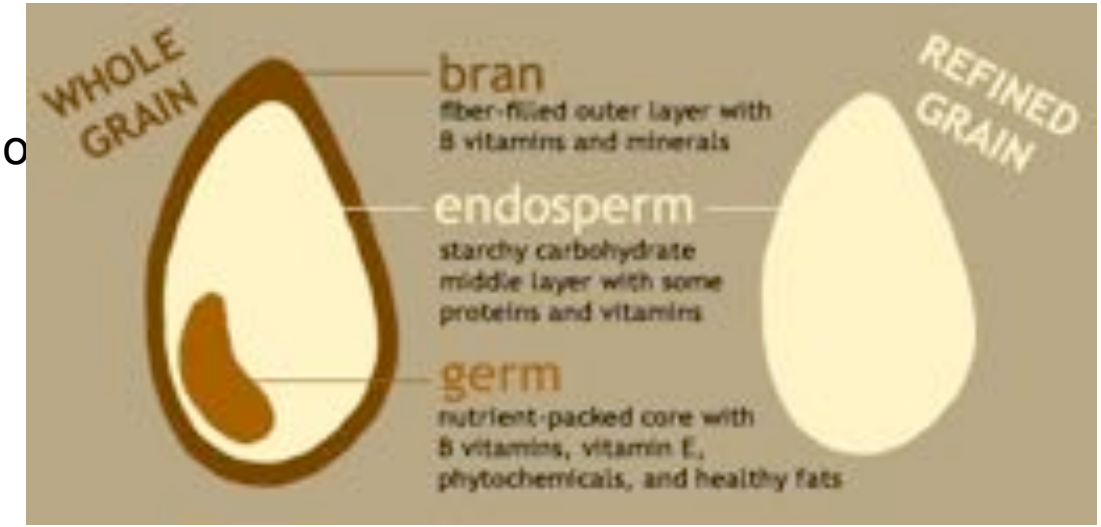
- Eat a variety of whole and intact grains - whole-wheat, barely, quinoa, oats and brown rice, and foods made with them such as whole wheat pasta.
- Limit refined grains (like white rice and white bread).
- Whole grains offer a “complete package” of health benefits, unlike refined grains, which are stripped of valuable nutrients in the refining process.

Whole Grains

Whole grain kernels contain 3 parts

- Bran
- Germ
- Endosperm

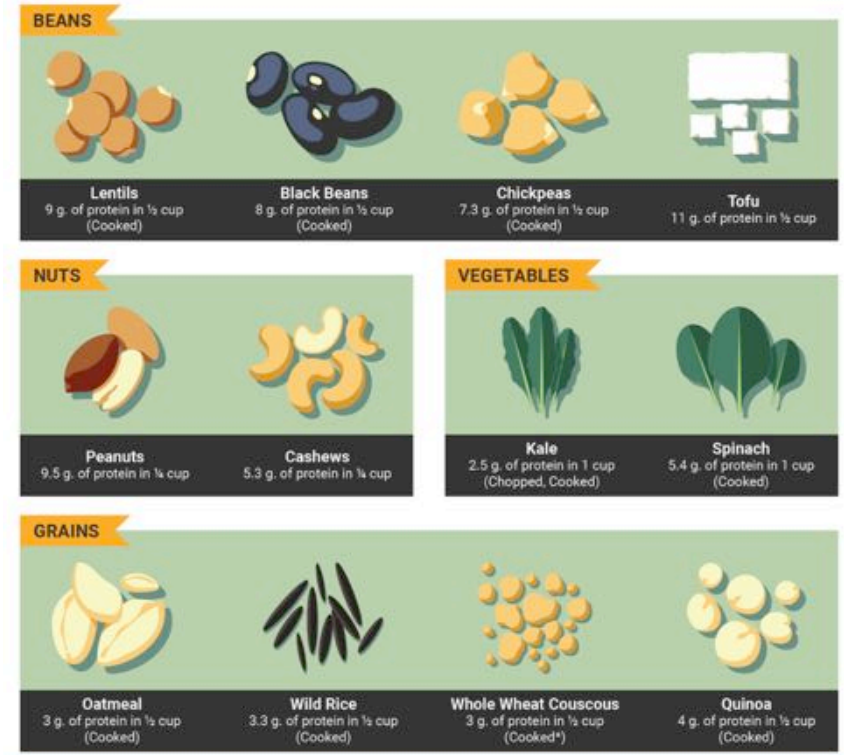
Each part contains health-promo
nutrients.



Protein

Protein power - ¼ of your plate.

- Fish, chicken, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate.
- Limit red meat, and avoid processed meats such as bacon and sausage.
- Focus on the “protein package”



Fats and Oils

Healthy plant oils - in moderation

- Choose healthy vegetables oils like olive, canola, soy, corn, sunflower and peanut

- Avoid partially hydrogenated oils, which contain unhealthy trans fats.

- Omega - 3 fats are an important type of polyunsaturated fat
    - Fish, vegetable oils, nuts (especially walnuts), flaxseeds, and leafy vegetables

Beverages

Focus on water

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

STOP.
RETHINK YOUR DRINK.
GO ON GREEN.

Meal Ideas - Breakfast

- *The key is to focus on getting in a source of whole grains, lean protein and healthy fats*
- Oats
  - Oatmeal
  - Overnight oats
  - Oatmeal bake
  - Oatmeal cups/muffins
- Whole grain cereal with skim/low-fat milk
- Yogurt or cottage cheese topped with fresh fruit and nuts
- Berry and yogurt smoothie
- Whole wheat toast
  - Topped with nut butter, ½ banana and a sprinkle of chia/hemp seeds
  - Topped with avocado slices & an egg

Meal Ideas - Breakfast

- Eggs
  - Scrambled/Hard boiled/Omelets
  - Egg muffins
  - Frittatas
  - Egg casserole
- Egg/bean/tofu scramble with roasted potatoes
- Whole grain pancakes/waffles/french toast topped with yogurt, fresh fruit and/or nut butter instead of syrup
  - PB&J waffle sandwich
- Breakfast burrito/wrap




Meal Ideas - Lunch/Dinner

- *The key is to focus on getting in a source of lean protein, no*
  starchy vegetables and whole grains
- *Cook in bulk and eat leftovers from dinner for lunch*
- Salads
- Sandwiches (i.e. PB&J/tuna/chicken/egg salad or turkey san
  on whole wheat bread with a piece of fresh fruit)
- Soups (i.e. chicken noodle, vegetable, lentil, black bean)
- Chilis (i.e. three bean, ground turkey, lean ground beef,
  white chicken)
- Baked, broiled or grilled salmon or chicken with non-starchy veget
  and quinoa or brown rice
- Chicken or fish and vegetable kabobs with a side of couscous

Meal Ideas - Lunch/Dinner

- Fish, ground turkey, lean beef or black beans tacos, quesadillas, fajitas or lettuce wraps
- Ground chicken, turkey or veggie burgers on whole wheat bun
- Whole wheat pasta with loaded with non-starchy veggies and turkey meatballs
- Stuffed peppers/zucchini boats
- Cauliflower chicken “fried rice”
- Make your own pizza, pizza muffins




Snack Ideas

- *Key is to choose snacks that contain at least 2 food groups*
- Small piece of fruit with 1 oz. unsalted nuts, 1 Tbsp. nut butter or 1 oz. of low-fat cheese or string cheese
- Fresh vegetables with hummus, guacamole, or Greek yogurt ranch dip
- English muffin mini pizzas
- Roasted chickpeas/edamame
- Yogurt parfait
- 1 oz. low-fat cheese with whole grain crackers
- Homemade trail mix (nuts, seeds, whole grain cereal, dried fruit)
- Granola bars - Kashi, Kind, Lara, RxBar Kids
- Protein energy bites
- Air-popped popcorn

Label Reading

The New and Improved Nutrition Facts Label – Key Changes

U.S. FOOD & DRUG ADMINISTRATION

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings

The number of "servings per container" and the "Serving Size" declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. Calories

"Calories" is now larger and bolder.

3. Fats

"Calories from Fat" has been removed because research shows the type of fat consumed is more important than the amount.

4. Added Sugars

"Added Sugars" in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Current Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

New Label

Nutrition Facts

1 8 servings per container
Serving size **2/3 cup (55g)**

2 **Amount per serving**
Calories **230**

	% Daily Value*
3 **Total Fat** 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
4 Includes 10g Added Sugars	**20%**
Protein 3g	
5 Vitamin D 2mcg	10%
Calcium 260mg	15%
Iron 8mg	45%
Potassium 235mg	6%

6 * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Transitioning to the New Label

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. However, the new label is already starting to appear on products nationwide.

Would you buy this product?

Would you buy this product?

Nutrition Facts & Ingredients

Nutrition Facts

About 2.5 Servings Per Container

Serving size 1/2 Cup (120mL) Condensed Soup

Amount per serving

Calories 60

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 15mg	5%
Sodium 890mg	39%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	

Nutrition Facts

About 2.5 Servings Per Container

Serving size 1/2 Cup (120mL) Condensed Soup

Amount per serving

Calories 60

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 15mg	5%
Sodium 660mg	29%
Total Carbohydrate 9g	3%
Dietary Fiber <1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	

1650 mg sodium in container

Which Product Do You Think Is Healthier?!
Candy Bar vs. Granola Bar

Snickers Candy Bar

Clif Bar Chocolate Chip Granola Bar

Label Reading
Candy Bar vs. Granola Bar

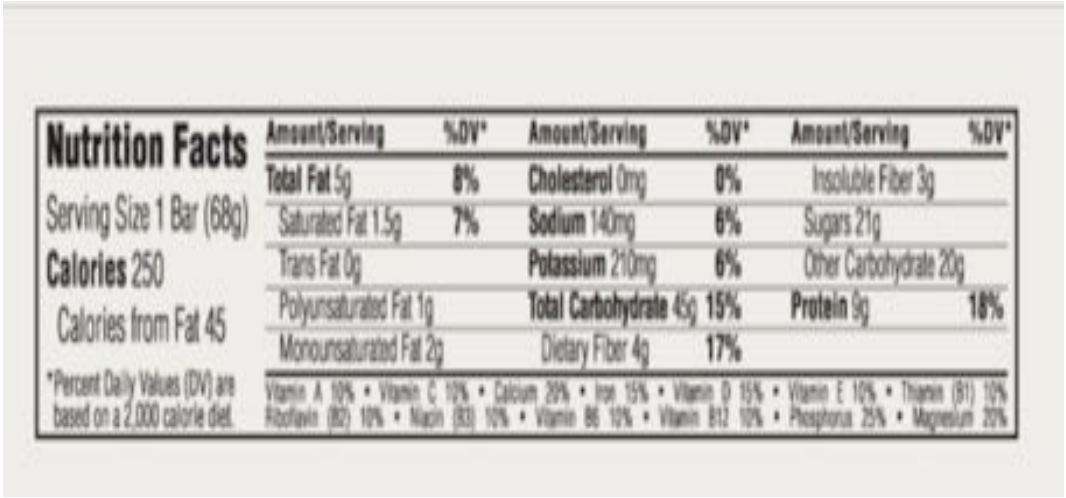
NUTRITIONAL INFORMATION

Serving Size 1 bar (47 g)

Servings Per Container: 2

Calories 220

Amount/Serving	% Daily Value
Total Fat 10 g	13%
Saturated Fat 4 g	20%
Trans Fat 0g	
Cholesterol < 5 mg	0%
Sodium 110 mg	5%
Total Carbohydrate 29 g	11%
Dietary Fiber 1 g	4%
Total Sugars 24 g	
Includes 23 g	Added Sugars 46%
Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 40 mg	4%
Iron 0 mg	0%
Potassium 140 mg	2%



Nutrition Facts

Serving Size 1 Bar (68g)

Calories 250

Calories from Fat 45

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 5g	8%	**Cholesterol** 0mg	0%	Insoluble Fiber 3g	
Saturated Fat 1.5g	7%	**Sodium** 140mg	6%	Sugars 21g	
Trans Fat 0g		**Potassium** 210mg	6%	Other Carbohydrate 20g	
Polyunsaturated Fat 1g		**Total Carbohydrate** 45g	15%	**Protein** 9g	18%
Monounsaturated Fat 2g		Dietary Fiber 4g	17%		

Vitamin A 10% • Vitamin C 10% • Calcium 20% • Iron 15% • Vitamin D 15% • Vitamin E 10% • Thiamin (B1) 10% Riboflavin (B2) 10% • Niacin (B3) 10% • Vitamin B6 10% • Vitamin B12 10% • Phosphorus 25% • Magnesium 20%

Label Reading
Candy Bar vs. Granola Bar

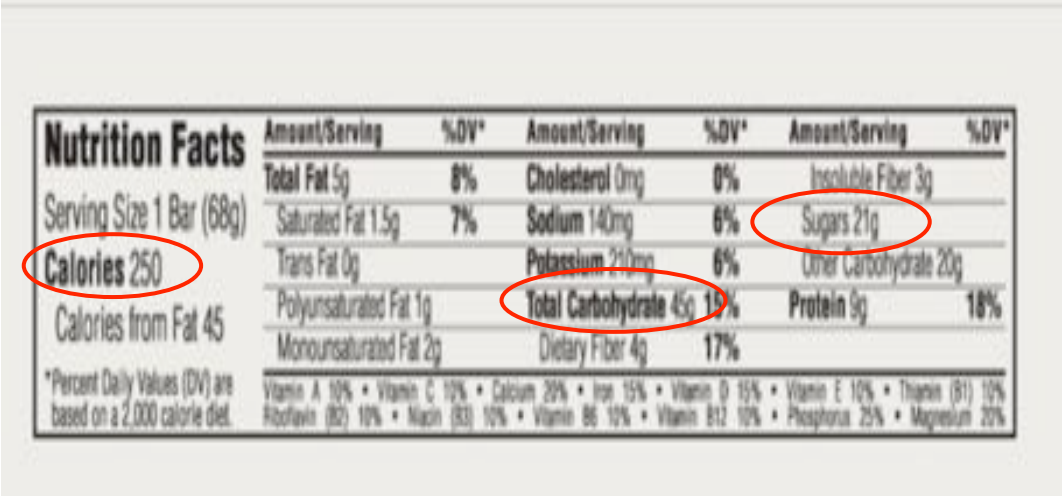
NUTRITIONAL INFORMATION

Serving Size 1 bar (47 g)

Servings Per Container: 2

Calories 220

Amount/Serving	% Daily Value
Total Fat 10 g	13%
Saturated Fat 4 g	20%
Trans Fat 0g	
Cholesterol < 5 mg	0%
Sodium 110 mg	5%
Total Carbohydrate 29 g	11%
Dietary Fiber 1 g	4%
Total Sugars 24 g	
Includes 23 g	Added Sugars 46%
Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 40 mg	4%
Iron 0 mg	0%
Potassium 140 mg	2%



Nutrition Facts

Serving Size 1 Bar (68g)

Calories 250

Calories from Fat 45

Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 5g	8%	**Cholesterol** 0mg	0%	Insoluble Fiber 3g	
Saturated Fat 1.5g	7%	**Sodium** 140mg	6%	Sugars 21g	
Trans Fat 0g		**Potassium** 210mg	6%	Other Carbohydrate 20g	
Polyunsaturated Fat 1g		**Total Carbohydrate** 45g	15%	**Protein** 9g	18%
Monounsaturated Fat 2g		Dietary Fiber 4g	17%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 10% • Vitamin C 10% • Calcium 20% • Iron 15% • Vitamin D 15% • Vitamin E 10% • Thiamin (B1) 10%
Riboflavin (B2) 10% • Niacin (B3) 10% • Vitamin B6 10% • Vitamin B12 10% • Phosphorus 25% • Magnesium 20%

Label Reading
Yogurt Comparison

Very Berry Crisp

AMOUNT PER SERVING	
Calories	180
Total Fat	4g / 6%
Saturated Fat	2g / 10%
Trans Fat	0g
Cholesterol	10mg / 4%
Protein	7g
Sodium	130mg / 5%
Sugars	22g
Total Carbohydrate	31g / 10%
Dietary Fiber	0g / 0%
Vitamin A	15%
Calcium	20%
Vitamin C	0%
Iron	2%
Vitamin D	15%

INGREDIENTS:

Lowfat Yogurt (Pasteurized Grade a Reduced Fat Milk, Sugar, Modified Corn Starch, Kosher Gelatin, Natural Flavor, Fruit and Vegetable Juice (for Color), Potassium Sorbate Added to Maintain Freshness, Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus), Vitamin a Acetate, Vitamin D3), Sugar, Rolled Oats, Wheat Flour, Butter (Cream, Salt), Crisp Rice (Milled Rice, Sugar, Salt, Corn Syrup, Barley Malt), Canola Oil, Whole Oat Flour, Coconut Oil, Molasses, Tapioca Syrup, Cinnamon, Salt, Honey, Eggs, Caramel Color, Natural Flavor, Soy Lecithin.

KD GRADE A

Label Reading
Yogurt Comparison

22 g sugar / 4 g per tsp =
5.5 tsp sugar in 1 container

AMOUNT PER SERVING

Calories	180
Total Fat	4g / 6%
Saturated Fat	2g / 10%
Trans Fat	0g
Cholesterol	10mg / 4%
Protein	7g
Sodium	130mg / 5%
Sugars	22g
Total Carbohydrate	31g / 10%
Dietary Fiber	0g / 0%
Vitamin A	15%
Calcium	20%
Vitamin C	0%
Iron	2%
Vitamin D	15%

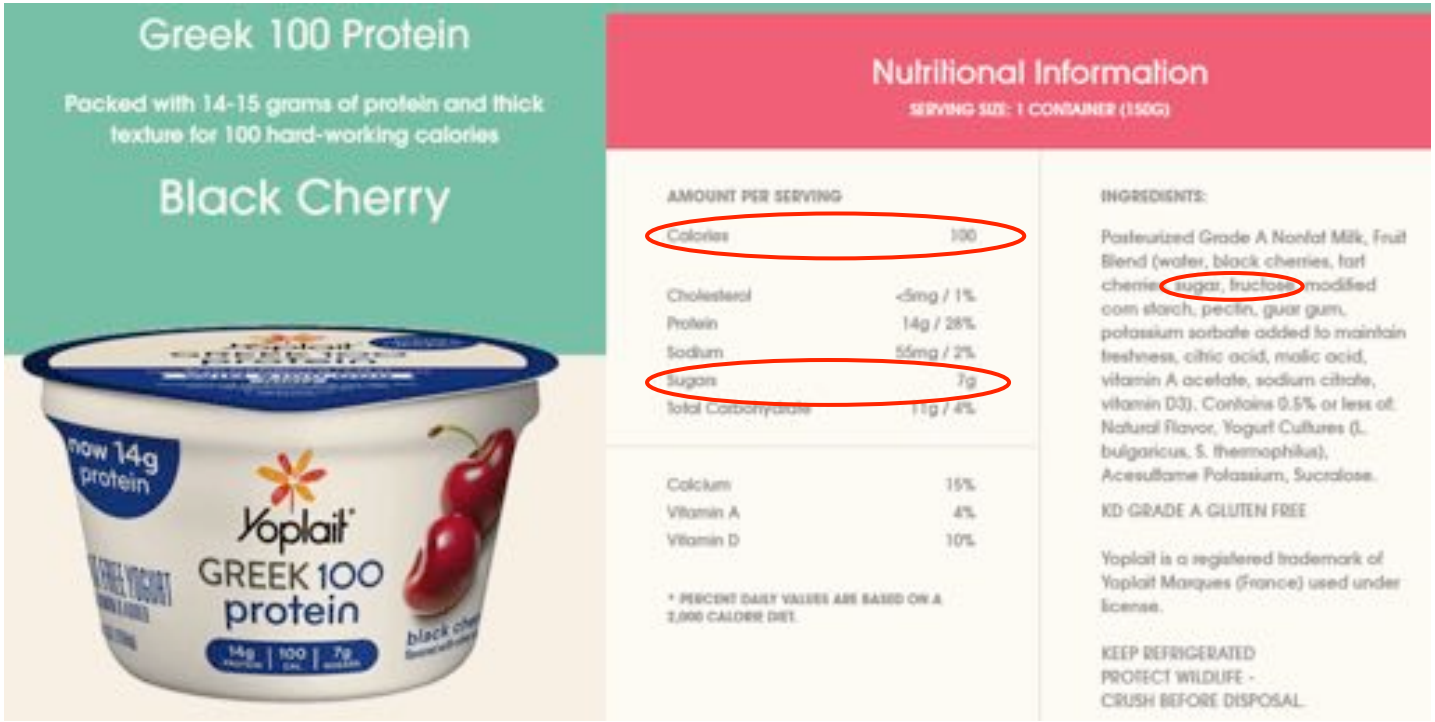
INGREDIENTS:

Lowfat Yogurt (Pasteurized Grade a Reduced Fat Milk, Sugar, Modified Corn Starch, Kosher Gelatin, Natural Flavor, Fruit and Vegetable Juice for Color), Potassium Sorbate Added to Maintain Freshness, Yogurt Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus), Vitamin a Acetate, Vitamin D3. Sugar, Rolled Oats, Wheat Flour, Butter (Cream, Salt), Crisp Rice (Milled Rice, Sugar, Salt, Corn Syrup, Barley Malt), Canola Oil, Whole Oat Flour, Coconut Oil, Molasses, Tapioca Syrup, Cinnamon, Salt, Honey, Eggs, Caramel Color, Natural Flavor, Soy Lecithin.

KD GRADE A

Yoplait is a registered trademark of Yoplait Marques (France) used under license.

Label Reading
Yogurt Comparison



Savings:

80 calories

15 g sugar

20 g carbohydrates

7 g more of protein

Label Reading
Sugar Sweetened Beverages

Nutrition Facts
Serving Size 16.9 fl oz (500 mL)
Servings Per Container 1

Amount Per Serving	
Calories 120	
	% Daily Value*
Total Fat 0g	**0%**
Sodium 230mg	**10%**
Potassium 65mg	**2%**
Total Carbohydrate 30g	**10%**
Sugars 29g	
Protein 0g	

~7 tsp. sugar

PEPSI REAL SUGAR

NUTRITION FACTS
Serving Size 12 fl oz (355 mL)
Servings Per Container 1

Amount Per Serving	
Calories 150	
	% Daily Value *
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 40g	13%
Sugars 40g	
Protein 0g	

Not a significant source of other nutrients.
*Percent Daily Values are based on a 2,000 calorie diet.

10 tsp. sugar

Label Reading
Juice vs. Fruit

CALORIES	AMOUNT PER SERVING	%DV
120	Total Fat 0 g	0%
	Sodium 30 mg	1%
SERVING SIZE	Total Carbohydrates 29 g	10%
8 fl. oz.	Sugar 28 g	
	Protein 0 g	
	Vitamin C	120%
	Iron	6%
	Potassium 290 mg	6%

INGREDIENTS

WATER, APPLE JUICE CONCENTRATE, ASCORBIC ACID

Savings:

8 g carbohydrates

13 g sugar

~4 g more fiber

Apple

Amount Per 1 small (2-3/4" dia) (149 g)

Calories 78

			% Daily Value*
Total Fat 0.3 g			0%
Saturated fat 0 g			0%
Polyunsaturated fat 0.1 g			
Monounsaturated fat 0 g			
Cholesterol 0 mg			0%
Sodium 1 mg			0%
Potassium 159 mg			4%
Total Carbohydrate 21 g			7%
Dietary fiber 3.6 g			14%
Sugar 15 g			
Protein 0.4 g			0%
Vitamin A	1%	Vitamin C	11%
Calcium	0%	Iron	1%
Vitamin D	0%	Vitamin B-6	5%
Cobalamin	0%	Magnesium	1%

Cooking Tips

- One of the best ways to maintain a healthy diet is by at home more and eating out less. Try cooking family.
- Cook in large batches. Refrigerate/freeze leftovers for use at a later time
- Bake, broil, roast, stew or grill foods instead of frying them. You can always use an air fryer to crisp up foods.
- Trim any visible fat from meats before cooking. Remove skin from poultry. Opt for white meat over dark meat.
- Replace salt with herbs and spices and other salt-free seasonings, lemon, limes, garlic, onions
- Use small amounts of oil instead of butter in recipes and sautees
- Use skim or low-fat milk when making cream sauces or soups
- Substitute Greek yogurt or cottage cheese for sour cream and mayonnaise in dips and dressings

Healthy Swaps

Healthy Swaps

Food Shopping Tips

- Check store ads/websites/apps for sales
- Plan meals and snacks in advance for the week
- Make a food shopping list and try to stick to it
- Shop the perimeter of the store
- Buy fresh produce that is in season
- Try canned or frozen fruits and vegetables
  - Look for fruit canned in 100% fruit juice or water and vegetables with no salt added
- Other low cost items
  - Dried or canned beans, peas, and lentils, eggs, unsalted nuts/nut butters, canned salmon/ tuna/chicken, whole grains (quinoa, brown rice, oats, barley)
- Buy store or generic brands or sale items
- Use grocery store club cards/coupons/apps to save $
- Convenience costs more so try to prepare your own meals and snacks

Physical Activity Guidelines

- Appropriate levels of physical activity contribute to the development of:
  - Healthy musculoskeletal tissues (bones, muscles, joints)
  - Healthy cardiovascular system (heart and lungs)
  - Coordination and movement control
  - Maintenance of healthy body weight
  - Psychological benefits
  - Social development
- Recommendation for youth: 60 minutes (or more) daily
- Any type and amount of activity is better than none at all
- Encourage youth to participate in activities that are appropriate for their age and ability, that they enjoy, and that offer variety

Physical Activity Guidelines

Type of Physical Activity	Examples of Activities for Youth
Moderate-intensity aerobic	• Active recreation (hiking, skateboarding, rollerblading) • Bike riding • Brisk walking • Dancing
Vigorous-intensity aerobic	• Active games involving running and chasing (tag) • Martial arts • Running • Sports (soccer, swimming, tennis)
Muscle-strengthening	• Games like tug-of-war • Resistance exercises using body weight or resistance bands • Push-ups/sit-ups • Swinging on playground equipment/bars
Bone-strengthening	• Games like hopscotch, skipping, jumping rope • Sports (basketball, volleyball)

Key Takeaways

- The whole diet is greater than the sum of its parts (individual foods)
- Focus on fruits and vegetables first - aim for ½ of your plate
- Opt for whole grains - ¼ of your plate
- Select lean sources of protein (eggs, fish, seafood, poultry, beans, nuts, seeds) - ¼ of your plate
- Make water your beverage of choice
- Get into the habit of reading food labels
- Preparation is half the battle - plan meals and snacks in advance
- Cook more at home - meal prep for the week
- Move more - engage in physical activity that you enjoy

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