

Take Charge! Live Well!

The Three "Ps" of Good Nutrition





What We'll Talk About:

- The need for healthy eating
- Nutrition information: what to eat?
- Healthy and budget-friendly grocery shopping
- Nutritious cooking tips and techniques
- Helpful resources



The Need

The Facts

- More than one-third of US adults are obese.
- Childhood obesity has more than doubled in children and tripled in adolescents in the past 30 years.
 - In 2010, more than one-third of children and adolescents were overweight or obese
- Overweight and obesity are associated with increased risk for Cardiovascular disease, Diabetes, bone and joint problems, sleep apnea, social and psychological problems such as stigmatization and poor self-esteem, and many types of cancer.
 - Children and adolescents who are obese are likely to be obese as adults

The Solution: Prevention!

The Importance of Family

Family involvement has shown to be very important in affecting children's health behaviors and lifestyle.

- Encouragement helps children live healthier
 - More prompts from parents to be physically active and eat healthier can encourage healthy behaviors in children
- Children learn from their parents
 - Young children often model their behaviors after their family and parental actions
 - Young children's eating habits are often influenced by parental food choices and offerings
 - Children participate in more physical activity when their parents are more physically active
 - It is much easier for a child to maintain a healthy weight



Check the Facts

Check the serving size & number of servings

Pay attention to the number of calories

Know your fats and reduce your sodium

% Daily Value is key to a balanced diet

Nutrition Facts

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

Amount Per Serving

Calories 250 **Calories from Fat** 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Potassium 700mg 20%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* 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

Shop for healthy, wholesome carbohydrates

For protein, look for lower fat

Get enough of these nutrients

Fuel For The Day

Simple Eating Guidelines To Help Them Feel and Work Their Best

- Eat Regular Meals
 - Low blood sugar shortens your attention span
 - The brain cannot store glucose like your muscles so when glucose drops, your ability to concentrate diminishes
 - Slows speed at which your brain processes information
- Incorporate Protein
 - Has more “staying power” to keep you satisfied longer
 - Makes you more alert and attentive
 - Mental performance improves after small, high protein meals
- Keep Iron Levels in Check
 - Iron deficiency is most common nutritional disorder in the world
 - Associated with sluggishness
 - Employees with iron deficiency demonstrated as high as 30% impairment in work capacity and performance
- Stay Hydrated
 - ↑ water intake by 1% can improve productivity by 20%
- Limit or Avoid Saturated Fats
 - Diet high in saturated fat hinders brain function

Healthy Snacking, In A Nutshell

Build a Healthy Snack

1. Make a list of fruits/vegetables that you and your family enjoy
2. Pair with another food group you enjoy
 - Food in second column should be:
 - a. High in protein and fiber
 - b. Contain healthy fats
 - c. Low in unhealthy fats, sugar and calories

FRUITS	FOOD FROM OTHER GOOD GROUPS
Blueberries	Greek yogurt
Apple	Nut butters
Grapes	String cheese
VEGETABLES	FOOD FROM OTHER FOOD GROUPS
Carrots	Hummus
Green peppers	Guacamole / salsa

Healthy Snacking In A Nutshell

Healthy Snack Ideas, for Home and On-The-Go

- Trail mix (nuts, toasted oats cereal and dried fruit)
- Low-fat cottage cheese with raw peppers and tomatoes
- Celery with peanut butter
- Banana with a handful of nuts
- Apple with one low-fat string cheese
- Raw vegetables with hummus
- Low-fat fruit and yogurt parfait
- Small bag of baked chips, pretzels, nuts or low-fat popcorn
- Slice of thin crust pizza topped with vegetables
- Small salad
- Low-fat chocolate milk



Snacks should be within 100-300 calorie range, depending on your activity level, time between meals, etc.

Your HEALTHY Plate

fruits

Enjoy them fresh, frozen, canned or dried. For dried fruits, choose a smaller amount. Limit juice to one small glass of 100 percent juice per day.

vegetables

Enjoy a variety, especially those that are red, orange and dark green. Beans, peas and 100 percent vegetable juice count, too.*



healthy oils

Olive oil and canola oil are healthy choices for cooking and salads. Limit butter, and avoid trans fat.



water

Drink plenty of water. Limit juice, milk and milk products. Avoid sugary drinks and adding sugar to drinks.

whole grains

Eat a variety of whole grains like oatmeal, brown rice, whole-wheat bread, whole-grain cereals and whole-grain pasta. Limit refined grains like white bread and white rice.

healthy protein

Fish, poultry, beans, peas, nuts and seeds are the best choices.* Avoid cold cuts, bacon and other processed meats.

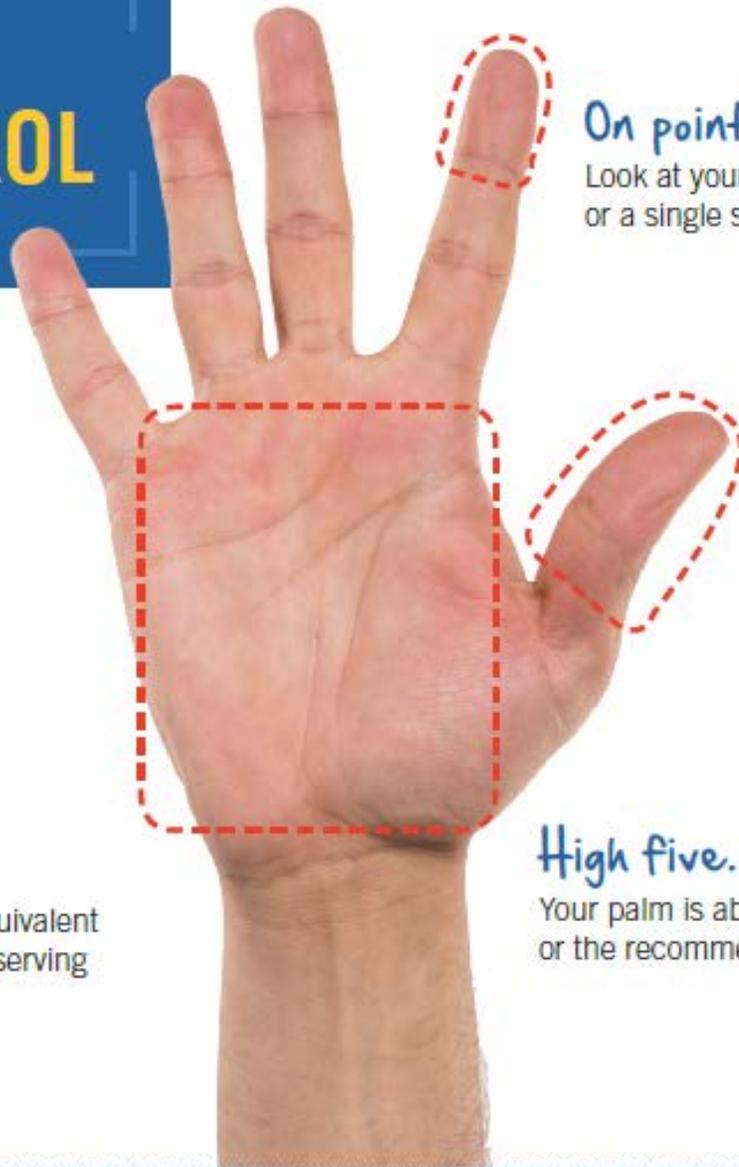
**Since beans and peas are part of the protein group and the vegetable group, they should only be counted in one group.*

Hand Guide to PORTION CONTROL



Fist bump.

Your clenched fist is roughly 1 cup. That's equivalent to a single serving of vegetables or a double serving of ice cream or cooked pasta.



High five.

Your palm is about the size of 3 ounces, or the recommended serving size of meat.

On point.

Look at your fingertip. That's about 1 teaspoon, or a single serving of margarine.

Thumbs up.

Your thumb is about 1 tablespoon. Double that and it's the amount of a single serving of peanut butter.

AMOUNTS ARE BASED ON A 2,000-CALORIE DAILY DIET.

Meal Planning and Preparing with Children

- Allow children to help with meal planning, shopping, and meal-prep
 - Build their own
 - Safe cooking assistance
 - Pushing microwave buttons, stirring, sprinkling, etc.
 - Contests
 - Feature a favorite
 - Everyone gets a job
 - Name a food
- Exposure, not pressure, may work better at getting children to eat healthy foods
 - Pressuring children to eat healthy can lead to negative eating environment
 - Offer a variety of foods to children at a young age and continue to expose to foods even if they do not like them at first
 - Reduce, but *don't eliminate*, favorite foods from meals
- Limit the drive-thru



QUIZ

How long do leftovers keep in the refrigerator?

A: One to two days

B: Three to four days

C: One to two weeks

Budget-Friendly Grocery Shopping

Plan your trip

- Make a list
 - Keep a running list at home
 - Have a week's worth of meals in mind.
 - Reduce waste
 - Organize your shopping list into sections according to the layout of the store.
 - Plan around specials, sales, or coupons
- Don't shop when you are hungry or stressed
- Give yourself time

Produce

- Buy frozen vegetables and fruit in bags
- Pre-washed and pre-cut?
- Buy fruits and vegetables that are grown locally, in season, or that are frozen
- Stop by your local Farmer's Market
- Consider organic vs. non-organic
- Buy produce that keeps longer in the refrigerator

Budget-Friendly Grocery Shopping, continued

Protein

- Look for the unit price
- Look for foods sold in single servings.
- Talk to the butchers
- Aim for one meatless meal / week



Pantry

- Look high and low on the racks for better deals
- Consider less expensive store brands
- Stock up when on sale
- Shop from bulk bins
- Freeze when able
- Buy small loaves of bread

Pantry Staples

Freezer / Fridge

- Vegetables and fruits
- 100% vegetable and fruit juices
- Reduced-fat milk and yogurt (without added sugar)
- Reduced-fat cheeses: Cheddar, mozzarella, Swiss, Monterey Jack, cottage, Parmesan
- Reduced-fat sour cream and cream cheese
- Whole-wheat and corn tortillas
- Eggs
- Minced garlic
- Sauces: Worcestershire, soy, teriyaki, and chili
- Ketchup and mustards
- Salad dressings with olive oil or reduced-fat
- Frozen vegetables, fruits, and 100% juices
- Frozen chopped onions and chopped green pepper
- Breads: Whole-grain breads, dinner rolls, English muffins, bagels
- Meats: Chicken breast, ground turkey breast, extra-lean hamburger
- Fish: Red snapper, salmon, cod, flounder, sole

Cupboards

- Beans: Black, pinto, kidney, chickpeas, lentils, refried
- Rice: Brown, long-grain, rice mixes
- Pasta: Whole-wheat spaghetti, fettuccini, penne, bowtie, ramen noodles
- Other grains: Couscous, orzo, cornmeal, whole-wheat crackers, breadsticks, bread crumbs
- Onions
- Canned tomatoes: Diced, whole, seasoned, sun-dried, sauce, salsa
- Canned vegetables: Mixed vegetables, green beans, mushrooms
- Canned and dried fruits: Applesauce, cranberries
- Sauces: Pasta, pizza, tomato
- Soups: Canned soups, broth, and bouillon and dried soup mixes
- Meats: Canned tuna, salmon, minced clams
- Peanut butter
- Evaporated milk
- Vinegars: Cider, red and white wine, balsamic
- Your favorite herbs and spices
- Oils: Olive, canola, peanut, and non-fat cooking spray

Cook Once for the Week

**Chop! Marinate! Wash! Boil! Grind! Dice! Shred! Halve! Pound!
Roast! Rise! Drain! Slice! Zest! Juice! Toast!**

- Plan your meals one week at a time
- Pick one day to shop and one to cook
 - If cooking in bulk, freeze more for later
- Prepare your proteins
- Chop your produce
- Think about sauces, spices, or toppings
- Immediately portion into smaller containers and refrigerate
- Assemble. Reheat. Add fresh components (salad, cheese, etc.) and toppings

Healthy Grocery Shopping

Shop the Outside Aisles

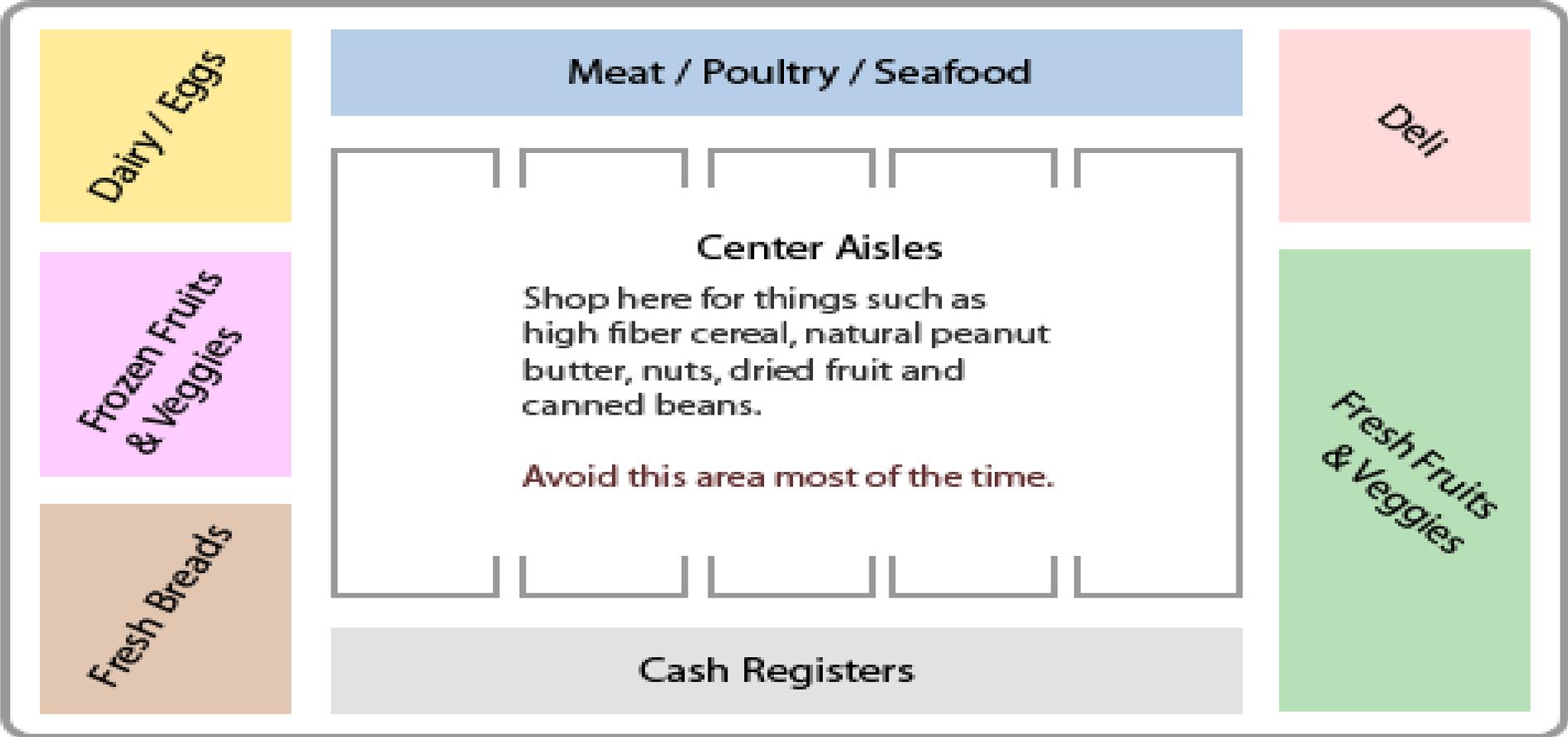


Image courtesy of InShape Indiana

Tips for a Healthy Home Kitchen

Try This	Limit That	Notes
Cuts of red meat and pork labeled “loin” and “round” – trim the fat	High-marbled red meats	Limit your red meat intake for optimal heart health
Lean / light cuts of poultry (breasts)	Fattier, dark meat (legs and thighs)	Remember to remove the skin
“Choice” or “select” grades of beef	“Prime” cuts of beef	Remember to trim the fat off the edges before cooking.
Egg whites	Egg yolks	
Low / no-fat versions of milk, yogurt, and cheese	Full-fat dairy options	
Reduced / low / no-fat salad dressings	Full-fat, creamy dressings	Healthy salad dressings make for great marinades and dips!
Liquid vegetable oils / nonfat cooking sprays		
Canola, corn, olive, safflower, sesame, soybean, and sunflower oils (lowest in saturated and trans fats, and cholesterol.)	Coconut, palm, palm kernel oils (high in saturated fat)	Use sparingly: 120 calories / tablespoon!

Smart & Healthy Food Preparation

Alternatives to Frying

- Stir-frying
- Roasting
- Grilling and broiling
- Baking
- Poaching
- Sautéing
- Steaming



Helpful Resources

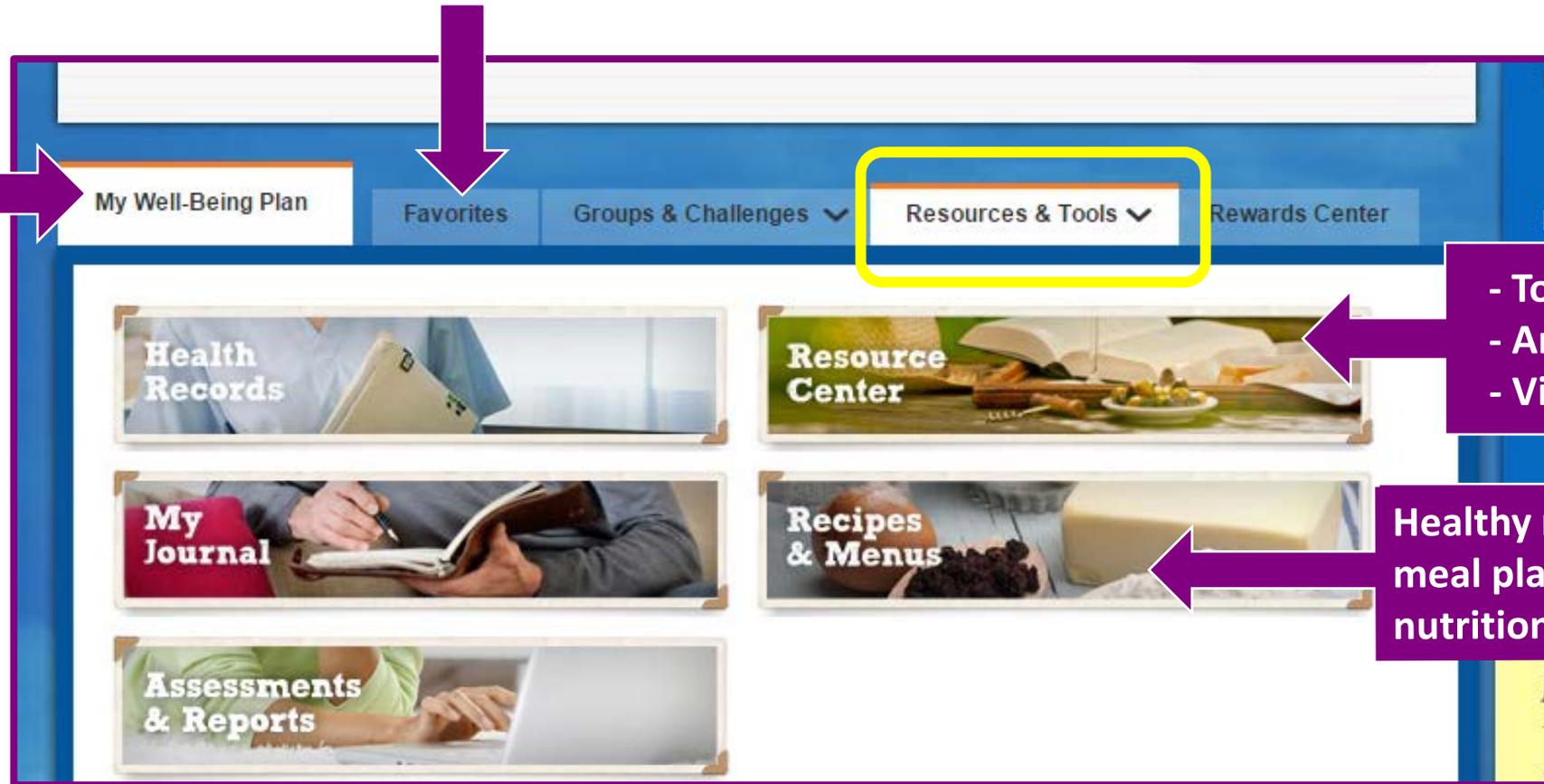
Online, phone, and more



Online Resources: Well-Being Connect

Visit ohio.gov/tclw and select "Well-Being Connect"

- Trackers
- Action Items
- Journal



- Tools
- Articles
- Videos

Healthy recipes and meal plans, including nutrition information

Check out these resources to help you reach your nutrition goals:

- "10 Ways to Cut Your Grocery Bill While Eating Healthier" article
- Healthy Eating focus area in the Resource Center
- "Recipes & Menus" section
- Trackers for food, exercise, weight and more

Online Resources: Well-Being Connect

Well-Being Connect Mobile



Get the latest version from the App Store or Google Play. Then, open it on your device to sync your account.

Suggested Trackers:

- Food Log
- Servings

HEALTHWAYS Hello Fntestdhce! Messages My Account Help Español Log Out Search Go

Make sure your Well-Being Plan is up to date.

New information we have about you may suggest new focus areas for you to try based on your current needs. Consider updating your Well-Being Plan by selecting "Manage Focus Areas".

Manage Focus Areas

My Well-Being Plan Favorites Groups & Challenges Resources & Tools Rewards Center

Manage Focus Areas

Primary Focus Area
Stress Management Taking Act

My Inspiration Edit

Who inspires you? What do you want to accomplish? What will motivate you to keep making progress on your Well-Being Plan?

Add Your Inspirations

Rewards Earned

0 Points

Rewards Center

Other Goals & Trackers Add More Goals & Trackers

Exercise Goal: You have not set a goal for yourself

THIS WEEK: STARTING ON: 7/03/2014 NO GOAL SET

Track OVERALL SUCCESS

Visit ohio.gov/tclw and select "Well-Being Connect"

Health Coaching

What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

To get started, call 1-866-556-2288
and select Option 2



Learn More

- USDHSS Heart Healthy Shopping List:
 - https://health.gov/dietaryguidelines/dga2005/healthieryou/html/shopping_list.html
- USDA Thrifty Food Plan:
 - <http://www.cnpp.usda.gov/USDAFoodPlansCostofFood>
- Environmental Work Group Dirty Dozen:
 - https://www.ewg.org/foodnews/dirty_dozen_list.php
- Centers for Disease Control and Prevention
 - cdc.gov
- American Dietetic Association
 - eatright.org
- Choose My Plate
 - choosemyplate.gov



PIZZA ROLL-UP

Makes: 1 serving | Active Time: 15 minutes | Total Time: 15 minutes



This easy pizza-inspired roll-up is a kid-pleaser.

INGREDIENTS

- 1 8-inch whole-wheat flour tortilla
- 2 tablespoons prepared pizza sauce
- 12 leaves baby spinach
- 3 tablespoons shredded part-skim mozzarella

PREPARATION

- 1 Place tortilla on a plate and spread pizza sauce over it. Top with an even layer of spinach and sprinkle cheese on top.
- 2 Microwave on high until the cheese is just melted, about 45 seconds. Carefully roll the tortilla up.
- 3 Let cool for 10 minutes before slicing into pieces, if desired.

NUTRITION

Per serving: 217 Calories;
7 g Fat; 2 g Sat; 1 g Mono;
14 mg Cholesterol; 26 g
Carbohydrates; 10 g Protein;
3 g Fiber; 427 mg Sodium;
18 mg Potassium

Exchanges: 1 1/2 starch,
1 vegetable, 1 medium-fat meat,
2 Carbohydrate Serving



TIP

Make-ahead tip: Cover and refrigerate the pizza roll-up for up to 1 day.



THANK YOU!

ohio.gov/tclw

1-866-556-2288

