

How to quickly navigate a grocery store

Objectives

- Pantry overview
- Aisle breakdown
- Nutrition labels
- Healthy lifestyle tips
- Resources



Pantry Comparison

Unhealthy Pantry

- Potato Chips
- Cookies
- High Sodium Foods
 - Soups
 - Spaghetti Sauce
 - Canned vegetables
- Processed peanut butter
- White rice, pasta, and

Healthy Pantry

- Whole grain, low salt crackers
- Whole wheat breads, pastas, and rice
- Natural peanut butter
- Nuts and seeds
- Olive oil
- No added salt vegetables and beans
- Sweet potatoes

Refrigerator comparison

Unhealthy Refrigerator

- Fruit juice, soda, sweet tea
- Butter, whole or 2% milk, heavy creams
- Full fat cheese, yogurt, and cottage cheese
- Frozen pizzas
- High sodium TV dinners
- Ice cream, high sugar/fat

Healthy Refrigerator

- Vegetables and Fruit (frozen or fresh)
- Low fat dairy
- Eggs or egg whites/substitutes
- Lean Meat
- Oil-based dressings
- No added sugar yogurt
- Hummus

Efficient Grocery Shopping



1. Eat before you go
2. Make a list and organize it
3. Look for deals/bulk items
4. Stock up on items you frequently use
5. Canned and frozen with possible
6. Large quantity meals
7. Get those deals!

Tips for every Aisle- Fruits/Veggies

Buy in-season produce
Canned is always an option
Frozen Veggies
Canned or frozen last longer



Tips for every Aisle- Proteins

Beans, lentils, and split peas

Value packs

Lean meat

Seafood

Eggs, eggs, eggs!



Tips for every Aisle- Grains



- Make half your grains whole
- Buy budget friendly options
- Choose hot or dry cereals
- Try new snack ideas

Tips for every Aisle- Dairy

Low-Fat or Fat free milk
Larger sizes of yogurt
Cheese- Low-fat or reduced fat
Check dates





NUTRITION FACTS LABEL

Serving Size and Servings per Container

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
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	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

Calories

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Total Fat

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
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Saturated Fat & Trans Fat

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
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%
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Monounsaturated & Polyunsaturated Fat

Nutrition Facts			
Serving Size	5 Crackers (16g)		
Servings Per Container	About 28		
Amount Per Serving			
Calories 80	Calories from Fat 40		
% Daily Value*			
Total Fat 4.5g	7%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 2g			
Cholesterol 0mg	0%		
Sodium 140mg	6%		
Total Carbohydrate 9g	3%		
Dietary Fiber less than 1g	1%		
Sugars 1g			
Protein 1g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 2%		
*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

Cholesterol

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
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	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

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Sodium

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
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	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

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Protein

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
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	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
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Total Carbohydrates, Dietary Fiber, Sugar, & Sugar Alcohols

Nutrition Facts

Serving Size 1 bar (39g)
Servings Per Container 12

Amount Per Serving

Calories 80 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 4.5g **22%**

Trans Fat 0g

Cholesterol 5mg **1%**

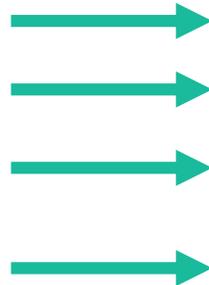
Sodium 30mg **1%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **7%**

Sugars 2g

Sugar Alcohol 3g



Quick Guide To Reading a Nutrition Facts Label

① **Start Here** →

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

② **Check Calories**

Amount Per Serving	
Calories 250	Calories from Fat 110

③ **Limit these Nutrients**

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

⑥ **Quick Guide to % DV**

④ **Get Enough of these Nutrients**

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

• 5% or less is Low
• 20% or more is High

⑤ **Footnote**

* 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



HEALTHY LIFESTYLE TIPS

IT STARTS IN THE KITCHEN!

- Don't buy it, can't eat it
- Make a grocery/shopping list
- Do not skip meals
- Do not keep a bowl of candy/junk food out
- Buy fruits and vegetables in season
- Eat a variety of foods
- Plan ahead

COOKING TIP TO MAKE IT QUICK!

To save time, cook a meal using a crockpot!

REVAMP YOUR GROCERY LIST!

PROTEINS

- Chicken Breast
- Whole Chicken
- Eggs
- Lean ground Turkey & Beef
- Loin cuts of Pork & Beef
- Fish
- Shellfish
- Canned Tuna & Salmon
- Tofu & Tempeh
- No added sugar Greek & regular Yogurt
- Low fat Cottage Cheese

PRODUCE

- Spinach
- Broccoli
- Asparagus
- Kale
- Brussel Sprouts
- Bell Peppers
- Green Beans
- Zucchini/Squash
- Winter squash
- Carrots
- Onions
- Mushrooms
- Apples
- Kiwi
- Strawberries
- Blueberries
- Bananas
- Fresh herbs

FATS

- Natural Nut Butters
- Avocado
- Extra Virgin Olive Oil: Cold Pressed
- Small amounts of organic coconut oil
- Almonds
- Walnuts
- Pistachios
- Flaxseed whole or ground
- Chia Seeds
- Hummus (also a good source of protein, higher in Carbs)

GRAINS & STARCHES

- Steel Cut Oats
- Sweet Potato/Yams
- Brown & Wild Rice
- Quinoa
- Beans
- Lentils
- Ezekiel Bread



Resources

TELEPHONIC HEALTH COACHING

RESOURCES FOR ACHIEVING GOALS

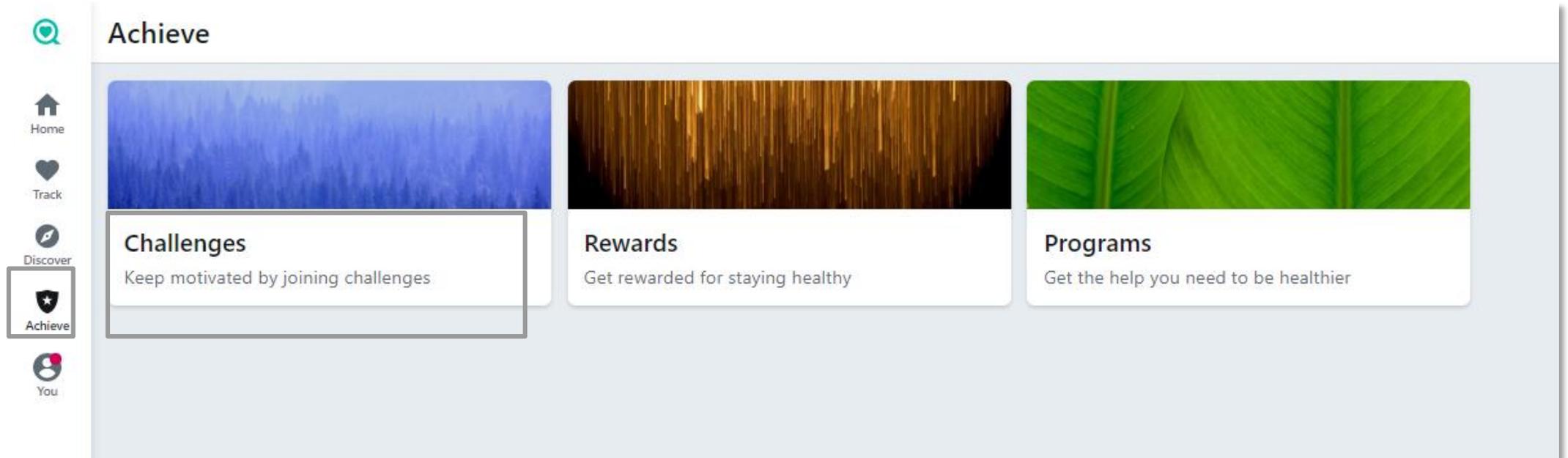
What is it?

- Working with a health coach provides personalized support to help 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.

MONTHLY CHALLENGES

RESOURCES FOR ACHIEVING GOALS



- Reward available through the *Take Charge! Live Well!* program
- Participants must track their activities for at least 21 days of the month-long challenge to earn the reward
- Participants must enroll in the challenge to earn the reward
- Back tracking is allowed for 7 days during the challenge. Once the challenge ends, back tracking will not count toward active participation

MONTHLY CHALLENGES

RESOURCES FOR ACHIEVING GOALS

Challenges

Home
Track
Discover
Achieve
You

Challenges ^

Active

Upcoming

Past

Enrolled Available ←

Active Autumn Steps Ch...

Steps Challenge
7285 participants • In Progress

Challenges

Home
Track
Discover
Achieve
You

Challenges ^

Active

Upcoming

Past

Active Autumn Steps Challenge

Steps Challenge
7285 participants

Ends in 10 days

Nov 1, 2019 Start Date Nov 30, 2019 End Date

START TRACKING

Description

Instead of taking a smokebreak, try a walk! Walk to your health this autumn and enjoy the crisp air, cooling temps, and beautiful colors of the season. This month, walk 147,000 steps -- that's 7,000 steps a day for 21 days-- to jump start your health journey!

History

Step Count

Date	Step Count
Nov 15	
Nov 17	
Nov 19	
Nov 21	

Nov 15, 2019 - Nov 21, 2019

Leaderboard
Last updated: 11/21/19 at 10:12 AM

[View full leaderboard](#)

Progress

Goals

1

45111 / 147000

Steps

Leaderboard Position
5738

Today's Steps
0

50 Points

GO TO REWARDS

REWARDS

Enrolled employees and spouses may earn up to \$350 each by taking steps to improve their health.

Level 1: Assess Your Health, Earn up to \$150 per person	Point Value
Complete the RealAge® Test (starting July 15)	50 Points
Complete a Biometric Screening: <ul style="list-style-type: none">• Complete a biometric screening at an on-site screening event held at a State facility, or• Submit the Physician Form, which is to be completed by your physician	100 Points
Level 2: Take Action, Earn up to \$200 per person Points can be earned by completing up to four total actions within the same activity or by combining actions with multiple activities.	Point Value
Health Coaching Calls	Earn 50 points for each completed health coaching call, up to four calls
Well-Being Challenges	Earn 50 points for each completed challenge, up to four challenges *Must meet Active Participation requirement

MORE DETAILS: REWARDS, CONTINUED

- All reward-eligible activities must be complete by June 30, 2020.
- Rewards earned by the State employee and his or her spouse, if applicable, will be reflected on the State employee's paycheck after the completed activity has been processed.
- Taxes: Rewards earned by the State employee and his or her spouse, if applicable, are taxable. Taxes are based on the amount of the reward. The taxes for rewards earned by either the employee or spouse will be deducted from the State employee's paycheck. The paycheck will reflect the amount of the rewards minus the taxes.
- Incentive rewards will be displayed on the employee's paycheck in the 'hours and earnings' section. The incentive rewards will read 'TCLW rewards 20'.

The Ohio Employee Assistance Program



Mission

To assist employees and their dependents in resolving personal and work-related problems by providing quality services, support and solutions that enhance the emotional, behavioral health and overall productivity of employees in a confidential and professional manner.

Information & Assistance:

1-800-221-6327 (6EAP)

or 614-644-8545 (Franklin County only)

ohio.gov/eap

OEAP@das.ohio.gov

Optum Behavioral Solutions:

1-800-852-1091

Additional Resources

- American Heart Association
 - www.heart.org
- Ohio Employee Assistance Program
 - www.ohio.gov/eap
 - Monthly newsletters
 - 1-800-221-6327
- Optum Behavioral Health
 - 877-229-3440
 - www.liveandworkwell.com
- Johns Hopkins School of Medicine
 - <http://www.hopkinsmedicine.org/health/awareness/stress.html>
- Harvard Health Publications
 - <http://www.helpguide.org/articles/stress/stress-management.htm>
- National Heart, Lung, and Blood Institute
 - <https://www.nhlbi.nih.gov/>





📍 sharecare

Thank You!

das.ohio.gov/wellness |

1-866-556-2288