Emerald Health and Wellness Week 2: Healthy Diet Habits

**Objectives for today**

* *MyPlate* and food groups
* Easy and healthy eating tips
* Nutrition labels
* Facts about fat
* Track what you eat
* Personal challenge
* Check your knowledge

**What is MyPlate?**

* The new food pyramid
* Breaks food into 5 groups:
  + Fruits
  + Vegetables
  + Grains
  + Proteins
  + Dairy

**Fruits and Vegetables**

* Half of your plate should contain fruits and vegetables
* Help reduce the risk of heart disease, stroke, and some cancers
* No cholesterol, low in fat and calories

**Grains**

* Whole vs. refined grains
* At least half of all grains should be whole grains
* Whole grains help manage weight, lower cholesterol levels, and provide the body with essential nutrients

**Protein**

* Keep choices lean and varied
* Products include meat, seafood, beans, and eggs
* Provide calories and essential nutrients
* Major building block for bones and muscles

**Dairy**

* Choose low-fat or fat-free products
* Helps build and maintain bone mass
* Can reduce the risk of diabetes

**Easy and Healthy Tips**

* Keep fruits and vegetables pre cut in a bowl in your fridge
* Frozen vegetables easy to cook and taste fresh
* Make simple switches from refined grains to whole grains
* Buy lean protein
* Purchase low-fat or fat-free dairy products

**Exactly how much of each group should you have?**

* Portions of each food group vary on your age, gender, and physical activity
  + Fruits: 1.5 cups to 2 cups a day
  + Vegetables: 2.5 cups to 3 cups a day
  + Grains: 3 ounces to 4 ounces a day
  + Proteins: 5 ounces to 6.5 ounces a day
  + Dairy: 3 cups a day
* For more specific information, visit choosemyplate.gov/food-groups/

**The Nutrition Label**

* 4 step process:
  1. Look at the serving size and servings per container
  2. Look at how many calories are per serving
  3. Look at the percent daily value of each item
     + Limit the ones in yellow
     + Get enough of the ones in green
  4. Look at the footnote for amount in grams of each item

**Facts about Fat**

* Total fat made up of
  + Saturated fat
  + Trans fat
  + Monounsaturated fat
  + Polyunsaturated fat
* Saturated fat and Trans fat
  + No nutritional value
  + Increase cholesterol
* Replace saturated and trans fats with unsaturated fats
  + Lower cholesterol
* Fat free and diet foods
  + May have no fat or significantly less fat
  + Low or no fat does not mean the amount of calories change
  + Need no fat and low calories to lose weight

**Track what you eat**

* Amount of calories you need to consume each day depend on:
  + Height
  + Weight
  + How much you exercise
  + If you want to lose or gain weight
* Many people gain weight because they consume more calories than they burn in a day

**How to track what you eat**

* Best ways to track what you consume:
  + Write what you eat in a journal
  + Profile on [choosemyplate](https://www.choosemyplate.gov/SuperTracker/myplan.aspx)
  + Apps for your smart phone
  + Daily Burn Tracker
  + Calorie Counter and Diet Tracker
* Nutrition facts
  + Nutritional label
  + [Foodapedia](https://www.choosemyplate.gov/SuperTracker/foodapedia.aspx) on choosemyplate
  + Fooducate app for your smart phone

**Personal challenge of the week**

* Start a food journal!
  + Keep food groups in mind
  + Know what kind of foods to stay away from
  + Write down everything you eat
* By the end of the week, see if you notice a difference in what you are eating

**Check your knowledge**

* How do you know how many calories you should consume in one day?
  1. Only your activity level determines it
  2. Only your age determines it
  3. Everyone should consume 2000 calories a day
  4. Depends on the persons height, weight, and activity level
* Which type of fat is the best for you?

1. Monounsaturated fat and Polyunsaturated fat
2. Total fat
3. Saturated fats
4. Trans fats

**Check your knowledge: Answers**

* How do you know how many calories you should consume in one day?
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  3. Everyone should consume 2000 calories a day
  4. **Depends on the persons height, weight, and activity level**
* Which type of fat is the best for you?
  1. **Monounsaturated fat and Polyunsaturated fat**
  2. Total fat
  3. Saturated fats
  4. Trans fats

**In Review...**

* Make sure you consume the appropriate amounts of each food group each day
  + Use the easy and healthy tips to help!
* Pay attention to the nutrition label on everything you eat!
  + If an item doesn’t have a label, look it up using one of the resources
* Track what you eat!
* If you ever want more detail on any of these topics, visit:
  + [choosemyplate.gov](http://www.choosemyplate.gov/)
  + [nutrition.gov](http://www.nutrition.gov/nal_display/index.php?info_center=11&tax_level=1)