

Eat This – Not That!

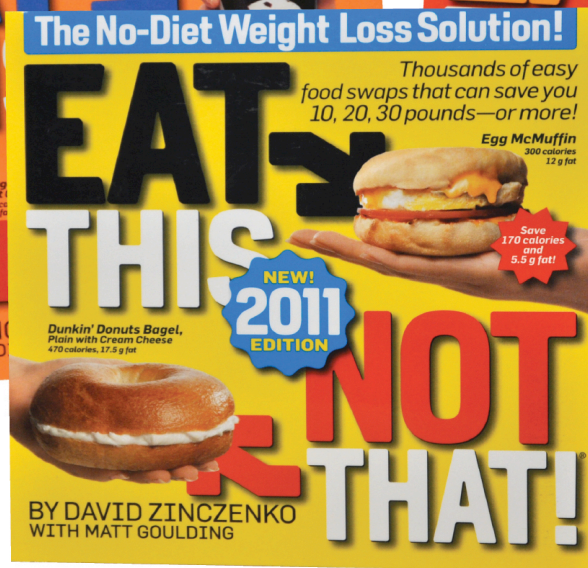
Ashley Harris -Fresh Food Fresh Perspective

Columbus City Nutrition Class

May 30, 2013



EAT THIS ↘ ↙ NOT THAT



\$3.99
theirs \$19.99

How to enjoy foods and cut calories

Dining Out

- Choose healthier menu options
- Avoid over-sized portions

At Home

- Make healthier grocery decisions
- Make lower-calorie substitutions



Making Healthy Choices

The “health halo”



- People tend to overindulge when they believe a food is “healthy”
 - Subjects ate 49% more (21% more calories) when consuming “low-fat” granola
 - High % of Subway diners went ahead with the extras (chips, cookies, sodas) because they believed meal to be healthier

- Underestimate calories of “healthy” foods
 - Average Subway diner thought consumed 495 calories (in reality 677 calories – 34% difference) vs.
 - McDonald’s diners fairly accurate with calorie estimates

Lies, lies, lies



- Difficult to know if truly making a “healthy” choice

- Food companies and restaurants use language to make things appear healthier
 - Mission Garden Spinach Herb Wraps – No Spinach! (2% “spinach powder” & food dyes Yellow #5 and Blue #1
 - Wendy’s Natural-Cut Fries – Full of preservatives, added sugars and hydrogenated oils!
 - Quaker 100% Natural Granola Oats, Honey & raisins – contains more sugar than a bowl of cocoa pebbles and as many calories as 8 chicken wings!

What's in a word?

- **Natural** –no regulation
- **Reduced** – Only has to contain 25% less of the nutrient (calories, fat, sodium, etc) than the original
- **Light** – Only has to contain 1 /3 less of the original

- **Weight Watchers, Lean Cuisine**
 - Have “larger portion” diet meals
- **Healthy Choice**
 - Some entrees high in calories & sodium

How do we know what we are eating?

□ READ LABELS!!

- Always pay attention to serving sizes & servings per container

□ Some states now require chain restaurants to post calorie counts next to menu items

- Can look up most chains nutritional info online

□ Buy & cook it yourself you should always know what you are getting



Nutrition Facts
Serving Size 1 oz. (28g/About 21 pieces)
Servings Per Container About 2

| Amount Per Serving | |
|-------------------------------|-----------------------|
| Calories 170 | Calories from Fat 110 |
| % Daily Value* | |
| Total Fat 11g | 17% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 250mg | 10% |
| Total Carbohydrate 14g | 5% |
| Dietary Fiber less than 1g | 2% |
| Sugars 0g | |
| Protein 2g | |



Eating Out vs. Home

Eating Out vs. Home



- 50% of meals consumed out of the home
 - 1 in 5 breakfasts are from McDonalds
- People consume 500 calories more on days they eat fast food than days they don't
- The average entrée at a sit-down restaurant contains 345 more calories than an entrée from a fast-food restaurant

Ingredients: Out vs. Home

BIG MAC BUN

Enriched flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup and/or sugar, yeast, soybean oil and/or canola oil, contains 2% or less of the following: salt, wheat gluten, calcium sulfate, calcium carbonate, ammonium sulfate, ammonium chloride, dough conditioners (may contain one or more of the following: sodium stearoyl lactylate, datem, ascorbic acid, azodicarbonamide, mono- and diglycerides, ethoxylated monoglycerides, monocalcium phosphate, enzymes, guar gum, calcium peroxide), sorbic acid, calcium propionate and/or sodium propionate (preservatives), soy lecithin, sesame seed.

PASTEURIZED PROCESS AMERICAN CHEESE

Milk, Cream, Water, Cheese Culture, Sodium Citrate, Contains 2% or Less of: Salt, Citric Acid, Sodium Phosphate, Sorbic Acid (Preservative), Lactic Acid, Acetic Acid, Enzymes, Sodium Pyrophosphate, Natural Flavor (Dairy Source), Color Added, Soy Lecithin (Added for Slice Separation).

BIG MAC PICKLE SLICES

Cucumbers, Water, Distilled Vinegar, Salt, Calcium Chloride, Alum, Potassium Sorbate (Preservative), Natural Flavors (Plant Source), Polysorbate 80, Extractives of Turmeric (Color). **MCDONALD'S GRILLED**

CHICKEN FILLET

Chicken breast fillet with rib meat, water, seasoning (rice starch, salt, sugar, yeast extract, canola oil, onion powder, maltodextrin, chicken skin, paprika, flavor, sunflower oil, chicken, garlic powder, chicken fat, spices), sodium phosphates.
Prepared with Liquid Margarine: Liquid soybean oil and hydrogenated cottonseed and soybean oils, water, partially hydrogenated soybean oil, salt, soy lecithin, mono- and diglycerides, sodium benzoate and potassium sorbate (preservatives), artificial flavor, citric acid, vitamin A palmitate, beta carotene (color).

PEPPERIDGE FARM BUNS 100% WHOLE WHEAT

Whole Wheat Flour, Water, Wheat Gluten, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or Less of Salt, Datem (Dough Conditioner), Monoglycerides, Nonfat Milk (Adds a Trivial Amount of Cholesterol), Wheat Protein Isolate, Calcium Propionate, (to Retard Spoilage) and Enzymes.

LAND O LAKES CHEDDAR CHEESE SLICE

Cultured Pasteurized Reduced Fat Milk, Salt, Enzymes, Annatto (color), Vitamin A Palmitate

DEL MONTE, WHOLE SWEET PICKLES

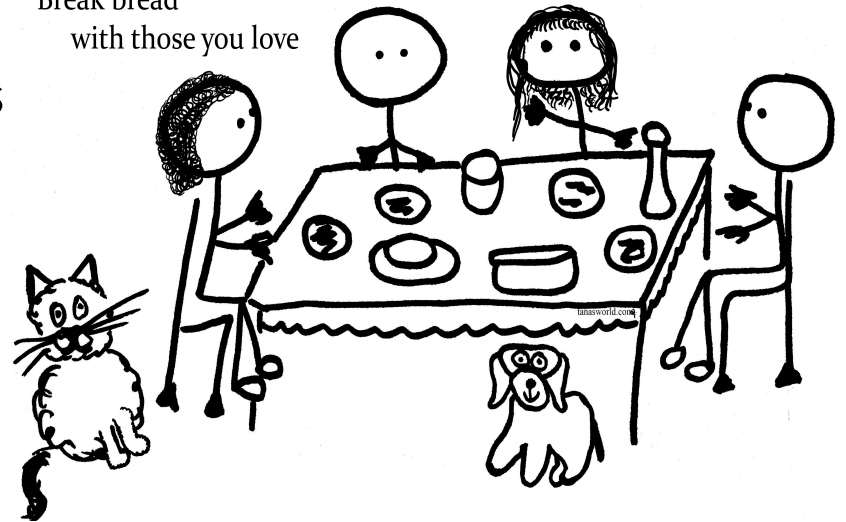
Selected Cucumbers, Water, Salt, Acetic Acid, Dill, Garlic, Pepper.

CHICKEN BREAST

Family Meals

- Children who have regular meals with parents
 - less obese
 - get better grades
 - have healthier relationships
 - stay out of more trouble
 - 42% less likely to drink
 - 50% less likely to smoke
 - 66% less likely to smoke marijuana

Break bread
with those you love





The Healthy Choice – Dining Out

Burgers

Steak 'n Shake Double Steakburger with Cheese

440 calories
25g fat (11g saturated, 1g trans)
590 mg sodium



**Save 233 calories, 18g
fat!**

Five Guys Little Cheeseburger with Lettuce, Tomato, Onions and Mayo

673 calories
43g fat (17g saturated)
772 mg sodium



A “better” burger



- Order junior size or regular
- Choose whole wheat bun if available
- Try a veggie patty
- Load up with low-calories condiments
 - ketchup, tomatoes, pickles, mustard
- Skip the high-calorie condiments
 - Cheese, mayo, “special sauce”
- Watch the sides!
 - Go for side salads, baked potato, fruits
 - Skip fries, sodas, chips, cookies

Pizza

Domino's Artisan Italian Sausage & Pepper Trio (2 slices)

320 calories

24g fat (5g saturated)

660 mg sodium



Save 220 calories, 12g fat!

Pizza Hut Italian Sausage & Red Onion Pan Pizza (2 slices)

540 calories

26g fat (9g saturated)

1,120 mg sodium



A “better” pizza

- Try a vegetarian option - load up on peppers, mushrooms, onions, and other veggies.
 - Avoid the added pepperoni, sausage, and meats
- Go for thin crust varieties versus thick and deep dish
- To further lower fat and calories ask for half the cheese or try a “cheese-less” pie
- Round out your plate & fill up your stomach with veggies or salad with low-cal dressing!

Sub

Subway Veggie Delight on 9-Grain bread with provolone cheese (12'')

356 calories

13g fat (5g saturated)

810 mg sodium



Save 830 calories, 47g fat!

Blimpie Special Vegetarian Sub (12'')

1,186 calories

60g fat (19g saturated)

3,532 mg sodium



A “better” sub

- Choose veggies or lean deli meats, such as turkey
 - Limit higher fat cold cuts, such as bologna
- Go easy on additions like oil, mayonnaise
 - Instead load up on lettuce and tomato as fillings
- Ask for less cheese or no cheese
- Request the salad dressing on the side so you can control the amount
- Choose a whole grain roll
- Ask for a small serving if available or split a sub with a friend

Salads

Panera Bread Asian Sesame Chicken Salad

255 calories

14g fat (2g saturated)

640 mg sodium



P.F. Chang's Chicken Chopped Salad

940 calories

68g fat (10g saturated)

2,225 mg sodium



Save 715 calories, 54g fat!

A “better” salad

- Avoid salads with eggs, bacon, ham, cheese, creamy pasta & potato salads, and croutons
- Realize most dressings are high in fat
 - Ask if low fat dressings are available; if not, substitute with lemon juice, vinegar, and pepper
- Always ask for dressings on the side
- Taste tip: dip fork in dressing for flavor instead of pouring over salads.

Breakfast Sandwich

McDonald's Egg McMuffin

300 calories

12g fat (5g saturated)

820 mg sodium



Hardee's Loaded Breakfast Burrito

780 calories

51g fat (20g saturated)

1,620 mg sodium



Save 480 calories, 39g fat!

A “better” breakfast

- Try egg whites
- Always choose whole grain bread if possible
- Skip the hash browns and juice
 - Get a side of fruit instead

- Better yet – keep easy to grab ‘n go breakfasts at home or the office!
 - Greek yogurt, hard boiled eggs, Protein/Nut bar

Dining out tips



- Don't go starving
- Fill up on the vegetables first, lean proteins second and then the carbs and “treats”
 - Vegetables ~1/3 calories of protein/carbs – try ordering double veg in place of starch
 - Protein will help you feel full faster and longer
- Avoid the free items (bread, chips, etc)
 - Can add hundreds of calories to your meal!
- Watch the booze!
 - Some mixed drinks have 500+ calories
 - Drinking lowers inhibitions = higher food intake

Pay attention to the description

Indicate high calorie, high fat

- ❑ creamed
- ❑ crispy
- ❑ fried
- ❑ breaded
- ❑ a la king
- ❑ carbonara
- ❑ tempura
- ❑ fritters
- ❑ Alfredo
- ❑ au gratin
- ❑ au buerre
- ❑ batter-dipped
- ❑ béarnaise, béchamel and hollandaise

Indicate lower calorie, lower fat

- ❑ baked
- ❑ broiled
- ❑ Grilled
- ❑ steamed

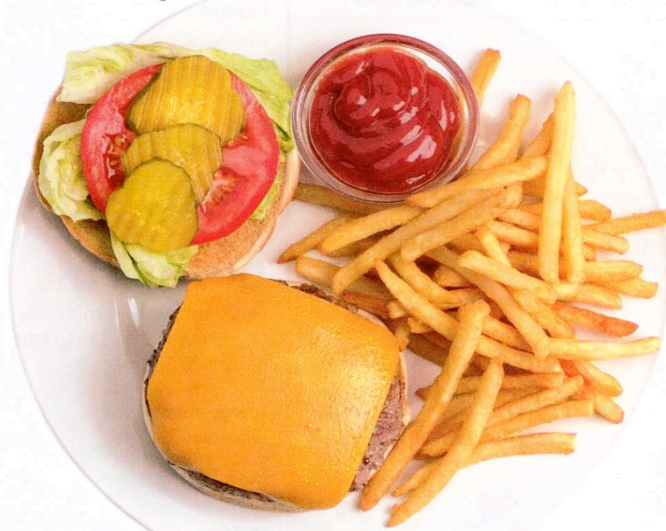
*these are still usually served with butter or sauce, ask for it plain or get it on the side and use in moderation



Avoiding Portion Distortion

Portion Distortion

What you're served



1/2 lb. cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat

What's one serving



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat

DID YOU KNOW?

- Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.
- 61 percent of Americans are overweight.

- Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.
- Every gram of carbohydrate or protein equals 4 calories.

- The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.
- With each decade as we age, we need 100 fewer calories per day.

- Every gram of fat equals 9 calories.
- 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. www.cphp.uic.edu

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■ Tip: Ask to have 1/2 your meal boxed up before it is brought to the table



The Healthy Choice – At Home

Where it all begins

- Good: Grocery
 - Shop perimeters = most nutrient dense, least processed
 - READ LABELS!!!
 - Always come with a list and a plan
- Better: Farmers Markets/CSA/You Pick
 - All over central Ohio, especially in summer
- Best: Home or Community Garden



<http://local-matters.org/fresh-connect> - complete listing of farmers markets, CSA, You Pick, Community Gardens

At the Grocery - Produce

- Hit it first and spend the most time in this section!
- Aim for a rainbow of fruits and vegetables
- Shop the weekly specials!
- To save time get pre-cut produce
 - More likely to eat it and less wasted food
- Choose fresh/frozen over canned
 - Watch for sauces/additives in frozen



At the Grocery – Grains

- Choose least processed/ingredients
- **Get whole grain!!**
 - Watch out for misleading labels!
 - “Made with whole grains”, “Whole Wheat Bread” “100% Wheat” = misleading
 - Look for whole _____ (grain) as first item on ingredient list
 - For cereals, aim for at least 4g fiber/serving and the lower the sugar the better
- Try other whole grains
 - Oats, brown/wild rice, quinoa, bulger, barley, etc.
 - Bulk bins = cheapest choice



Tortilla Wraps

Smart & Delicious Tortillas

80 calories
3g fat (0g saturated)
12g fiber



Mission Wraps Multi-Grain

210 calories
6g fat (1.5g saturated)
7g fiber



Save 130 calories, 3g fat!

Make this switch every day for 1 year = 13 pounds lost!!!

The Great Cereal Spectrum

(from Eat This Not That)



BEST: Fiber One Original

GREAT: Kix, Cheerios, Grape-Nuts, Kashi GoLean, Shredded Wheat Original, Organic Smart Bran

GOOD: Life Cereal Original, Corn Flakes, Kashi Go Lean Crunch!, Wheaties, Kashi Autumn Wheat

FAIR: Quaker Natural Granola, Smart Start Strong Heart, Rice Krispies, Frosted Mini-Wheats, Raisin Bran

BAD: Honey Smacks; Lucky Charms; Froot Loops; Trix; Frosted Flakes with Fiber, Less Sugar; EnviroKidz Organic Koala Crisp

WORST: Golden Crisp



At the Grocery – Meat, Fish, Poultry

- Go with lean cuts of meat
 - i.e. round, top, sirloin, tenderloin
- Ground Turkey not always better!
 - Always look at fat % (aim for 90% lean or more for any ground meat)
- Go with skinless chicken/turkey
- Choose fish 2x/week
 - Salmon = great choice for heart health, high in O-3's
 - Typically wild better than farm
 - Buy frozen but watch sauces/additives



Beef vs. Turkey



- Ground Beef 80/20 = 284 calories 23g fat
Ground Beef 90/10 = 197 calories, 11g fat
- Ground Turkey 80/20 = 230 calories, 17g fat
Ground Turkey 90/10 = 160 calories, 9g fat
- Current red meat recommendations are to limit red meat consumption to less than 18oz/week

At the Grocery – Dairy



- Low-fat usually better
 - Some low-fat/fat-free higher in sugar, calories – read labels!!
- Full fat OK too – just use moderation
 - Serving size for cheese = 1 oz (size of your thumb or 2 dice)
- Choose your ice creams wisely
 - Double churned = $\frac{1}{2}$ the calories, tastes great
 - Some frozen yogurts equal to ice cream in calories, sugars



- Great Products:
 - Greek yogurt (Fage, Chobani) high in protein/calcium, lower in sugar/calories
 - Frozen Greek yogurt (Stoneyfield Oikos) – higher protein, low cal
 - Almond milk – high in calcium, lower in sugar/calories

Ice Cream

Edy's Slow Churned Rocky Road (1/2 cup)

120 calories

4g fat (2g saturated)

12g sugars



Save 240 calories, 20g fat!

Haagen-Dazs Chocolate Peanut Butter (1/2 cup)

360 calories

24g fat (11g saturated)

24g sugars





Lower Calorie Choices

Feel full with fewer calories!



1575 Kcal
High Energy Density



1575 Kcal
Low Energy Density

Volumetrics

- Barbara Rolls concept – choose less calorie dense foods so can eat more

100-Calorie Snacks : What a Difference Calorie Density Can Make

Each of these snacks supplies 100 calories. You can eat only 16 jelly beans (CD 4.0) or ¼ cup raisins (CD 3.1) because both have a high CD and almost no water. As CD goes down, you get a bigger portion—about a cup of grapes (CD 0.69), close to 2 cups of apple slices (CD 0.53), or almost 4 cups of cherry tomatoes (CD 0.18).



Credit: Courtesy of William Morrow, an imprint of HarperCollins Publications.

Veg out

- **Fruits & Vegetables** = 1/3 the calories of protein and starches
 - Considered free (0 points) on new Weight Watchers



- Plant foods contain **phytonutrients** = powerful cancer fighting and health promoting nutrients
 - Include fruits, vegetables, whole grains, nuts, seeds, beans, and legumes

Adding Veggies...

- Put frozen or fresh vegetables in anything you are cooking do decrease the caloric density
 - Soups, stews (frozen mixed veggies)
 - Sandwiches, wraps, pizzas (sliced peppers, onions, lettuce, tomato)
 - Pastas, Spaghettis (diced mushrooms, onions, peppers, or shredded/mashed zucchinis, red peppers, carrots in the sauce)
 - Eggs, omelets (peppers, onions, broccoli, any leftovers!)



For a 290-calorie soup

| TRADITIONAL | How we lowered the ED | VOLUMETRICS |
|----------------------------|---|-----------------------------------|
| Chicken and vegetable soup | <ul style="list-style-type: none"> ▶ Used lean, white chicken meat ▶ Decreased oil and pasta ▶ Increased the amount of veggies | Hearty Chicken and Vegetable Soup |

Source: The Volumetrics Eating Plan, Barbara Rolls

Tips to decrease calories



□ Go halvesies

- Find some of the highest-calorie ingredients and cut them in half. Is your cookie recipe super sweet? Cut the sugar by half. Does your favorite stir-fry call for a cup of cashews? Switch to half of a cup.

□ Make the switch to lean meats

- Whether you are making hamburger patties, meatloaf, sloppy joes, casseroles, meatballs or pasta sauce, you will be pleased with the low-calorie version of your favorite meals.

□ Remove the skin from your poultry

- Also, choose the leaner cuts of poultry like breasts instead of legs and thighs.

□ Broil, grill or bake instead of fry

□ Pump up the spices

Healthier cooking substitutions

| Ingredient | Substitution |
|---|---|
| 1 whole egg | 2 egg whites or commercial substitution product |
| sour cream | low fat plain Greek yogurt or low fat sour cream |
| milk | skim milk; low fat soy or rice milk |
| Buttermilk | fat free buttermilk or 1 tbsp. lemon with 1 cup of milk |
| heavy cream (not for whipping) | 1:1 ratio of flour whisked into non-fat milk |
| whipped cream | chilled evaporated skim milk or low fat whipped cream |
| butter or vegetable oil (for baking) | 1/2 cup apple sauce plus 2 tbsp. canola oil for every cup of oil/butter |
| butter or vegetable oil (for browning) | olive oil or canola oil ,non-stick spray |
| cream of mushroom | low-fat cream of mushroom |

Don't Forget the Drinks!



Questions??



THANK YOU!!

50 Easy Ways to Cut 100 Calories

Beverages

- 1. Split a 20 oz. bottle of regular soda with a friend. *Save 120 calories!*
- 2. Drink 1 cup of diet soda instead of 1 cup of regular soda. *Save 97 calories!*
- 3. Swap a 12-oz. glass of whole milk for skim milk. *Save 96 calories!*
- 4. Drink two 12-oz. light beers this weekend instead of two regular beers. *Save 100 calories!*
- 5. Instead of 1 cup of prepared lemonade, try 1 cup of a sugar free variety. *Save 103 calories!*
- 6. Eat a medium orange instead of drinking 12 oz. of fresh orange juice. *Save 106 calories!*
- 7. Prepare your coffee with 4 oz. of fat-free half and half instead of regular half and half. *Save 88 calories!*
- 8. Enjoy 5 oz. of chocolate milk instead of 5 oz. of a chocolate milkshake *Save 110 calories!*

Breakfast

- 9. Spread your whole grain waffles with 2 tablespoons of maple syrup instead of 1 tablespoon of margarine or butter. *Save 110 calories!*
- 10. Top your whole grain bagel with 1.5 oz of fat-free cream cheese in lieu of regular. *Save 108 calories!*
- 11. Try 1 oz. of maple turkey bacon instead of maple (pork) bacon. *Save 118 calories!*
- 12. Ditch the glazed donut and eat a bagel instead. *Save 93 calories!*
- 13. Eat 3/4 cup oatmeal instead of a 1-1/2 cups of oatmeal. *Save 97 calories!*
- 14. Substitute 3 oz. of turkey sausage for a serving of pork sausage. *Save 120 calories!*
- 15. Grab a small bagel instead of a medium bagel. *Save 99 calories!*

Snacks and Sides

- 16. Dip 1 cup celery into your favorite salsa or hummus instead of 1 oz. of tortilla chips. *Save 125 calories!*
- 17. Eat an entire medium apple instead of a small (5 oz.) candy apple. *Save 118 calories!*
- 18. Snack on 1 oz. of baked potato chips instead of regular chips. *Save 90 calories!*
- 19. Better yet, eat 2 oz. pretzels instead of the same size portion of potato chips. *Save 94 calories!*
- 20. Bake 2 oz of oven fries in lieu of 2 oz. of fast food fries. *Save 88 calories!*
- 21. Forgo a 6-oz portion of potato chips and nosh on 6 oz. of tortilla chips instead. *Save 96 calories!*
- 22. Say no to 1 oz of deep-fried onion rings and instead enjoy 1 oz. of grilled onions with your meal. *Save 92 calories!*
- 23. Try 1.5 oz. of fresh grapes instead of 1.5 oz. of raisins. *Save 98 calories!*
- 24. Enjoy a healthy 8-oz. baked potato instead of 8 oz. of French fries. *Save 104 calories!*
- 25. Choose 3 oz. of mozzarella cheese for your sandwich instead of Swiss cheese. *Save 108 calories!*
- 26. Swap 1 cup of canned pineapple in heavy syrup for crushed pineapple in water. *Save 119 calories!*

Lunch and Dinner

- 27. Cut a 6 oz. steak in half and take the other portion home for another meal. *Save 111 calories!*
- 28. Order a skinless chicken breast instead of chicken with skin. *Save 102 calories!*
- 29. Substitute a fat-free beef hot dog for a regular beef hot dog. *Save 104 calories!*
- 30. Build a sandwich with 1.5 oz. of deli turkey breast instead of an equivalent of hard salami. *Save 119 calories!*
- 31. Instead of 6 oz. of crispy fried chicken with skin, eat 6 oz. baked chicken with skin. *Save 102 calories!*
- 32. Choose a slice of thin crust pizza over thick crust pizza. *Save 106 calories!*
- 33. Add vegetable toppings to your pizza order and say no to pepperoni. *Save 100 calories!*

- 34. Forget broccoli cheddar soup. A 7-oz portion of vegetable soup is better. *Save 119 calories!*
- 35. Enjoy 12 oz of steamed rice (choose brown rice when possible) as an alternative to fried rice. *Save 96 calories!*
- 36. Unwrap your 13-inch tortilla wrap and make a sandwich on a 3-oz. whole grain bagel instead. *Save 96 calories!*
- 37. Eat only half of your hamburger or sandwich bun. *Save 100 calories!*

Condiments and Sauces

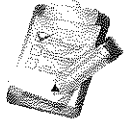
- 38. Dip your salad in a side of ranch dressing (2 tsp.) instead of pouring 2 Tbsp of dressing on the salad. *Save 97 calories!*
- 39. Skip the 5 oz. of Alfredo sauce and eat a whopping 7 oz. of marinara sauce. *Save 129 calories!*
- 40. Add flavor to vegetables with 3 oz. of hot sauce—not 1 oz of bleu cheese dressing. *Save 117 calories!*
- 41. Top your salad with 1.5 oz. reduced-fat Italian dressing instead of regular. *Save 96 calories!*
- 42. Try either cheese *or* croutons on your salad—not both *Save 72-116 calories!*
- 43. Instead of 3 oz. of regular sour cream, use a fat-free variety. *Save 120 calories!*
- 44. Use 2 Tbsp reduced-fat light mayonnaise instead of regular mayonnaise. *Save 102 calories!*

Sweets and Desserts

- 45. Serve ice cream in a dish instead of a waffle cone. *Save 121 calories!*
- 46. Try a healthier peanut granola bar instead of a peanut candy bar. *Save 94 calories!*
- 47. Finish dinner with 1 cup of low-fat frozen yogurt instead of regular ice cream. *Save 121 calories!*
- 48. Substitute 5 oz. of apple pie, with 5 oz. of baked apple crisp. *Save 85 calories!*
- 49. Instead of 4 oz. of regular chocolate pudding, enjoy a sugar-free portion. *Save 92 calories!*
- 50. Leave that 1/2 cup of strawberry ice cream in the freezer. Enjoy 1/2 cup of fresh strawberries topped with 2 Tbsp of fat-free whipped cream as an alternative. *Save 102 calories!*

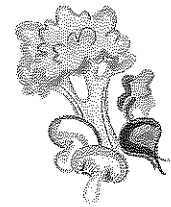
How to Navigate the Supermarket

The supermarket can be overwhelming with so many aisles and different kinds of foods. But, finding the healthiest foods in the supermarket doesn't have to be difficult. With a few simple tips, you'll be on your way to finding the best foods for you!



Before you get to the supermarket, you can already be on your way to choosing healthy foods. Making a list at home and sticking to it can save you time and money once you get to the store.

Once you arrive at the supermarket, start shopping on the perimeter of the store. The four outside aisles will have all of your dairy, fresh produce, meats and breads. By shopping the perimeter of the store first, you can stock your carriage with lots of healthy, tasty fruits and vegetables, low fat or non-fat milk, cheese, and yogurt, whole grain breads, and lean cuts of meat, poultry and fish.



After you have shopped the perimeter of the store, use your list to navigate the rest of the aisles. Keep in mind that the foods that are usually the most expensive will be at eye level. Look above and below center shelves on the aisles to find great, healthy foods.

Choosing the Healthiest Foods

The Nutrition Facts Label will be your best guide to choose the healthiest packaged foods.

2. Checking the **Calories** next will tell you the number of calories in the serving size listed above.

4. Look at the **Fiber** content of the food you are choosing. Aim for 25-35 grams of fiber per day. Any food with more than 5 grams of fiber per serving is a good choice for fiber.

| Nutrition Facts | |
|---|---------------------------|
| Serving Size 1/2 cup (57g) | |
| Servings Per Container 15 | |
| Amount Per Serving | |
| Calories 230 | Calories from Fat 100 |
| Total Fat 11g | 17% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 95mg | 4% |
| Total Carbohydrate 32g | 11% |
| Dietary Fiber 3g | 12% |
| Sugars 18g | |
| Protein 5g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 4% | Iron 10% |
| <small>*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs:</small> | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated 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 |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

1. Look at **Serving Size** and **Servings Per Container**. This will tell you what the nutrition facts are based on for one serving. If you choose to eat more than the serving size listed, you will be taking in more calories, fat and nutrients.

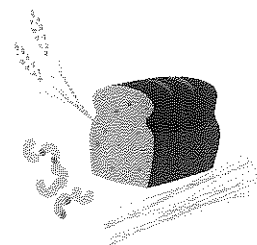
3. Check the **Saturated Fat** and **Trans Fat** content of the food. Look for foods that have 0 grams Trans Fat, and choose foods lowest in Saturated Fat.

Checking the Ingredients List

Looking at the Ingredient List of a packaged food can also help you decide on the healthiest choices in the supermarket.

Whole Grains

When choosing breads, cereals, rice and pasta, look for whole grain versions. Some packages may say "Multigrain" or "Made with Whole Grains" but by reading the ingredient list, you can tell for certain if the food is whole grain. Look for the word "whole" as the first word in the ingredient list. True whole grain products list as the main ingredient Whole Wheat, Whole Oats, Whole Rye, or some other whole grain. Try to make more of your grains every day whole grains!



Added Sugars

While many foods naturally contain sugar, such as fruit, there are many foods where sugar is added to make it sweeter. It may not always be obvious which foods have added sugars, so reading the Ingredient List can help you identify these foods. Words such as Sugar, High Fructose Corn Syrup, Molasses, Dextrose, Syrup, Honey, Fructose, and Malt Syrup mean that sugar has been added to the food. Try and choose foods with little or no added sugars for best health.

Partially Hydrogenated Vegetable Oil

Although food companies are making strides to improve their products, some products (ie: crackers, cookies, pastries) still contain "partially hydrogenated vegetable oil," which are Trans Fats. Try to avoid these products.

Ingredient List Length

As a general rule, choosing foods with a short ingredient list have the least added ingredients. However, this does not necessarily mean these are the healthiest foods. When choosing frozen fruits and vegetables, choose those without added sugar, fat or salt.

With these tips, you're ready to head the supermarket and find the healthiest foods!



BETTER FAST FOOD CHOICES

Here's a guide for when you need a quick meal. Limit the foods in the left column and choose from foods in the right column. Here are some other tips to be aware of:

- Kids meal are not equivalent to low calorie or low sat/trans fats
- Crispy chicken is deep-fried and not as healthy as grilled chicken
- Croissants and biscuits are high in saturated and trans fat
- Try to limit saturated + trans fat to 12-15 grams per day
- Limit the amount of dressing used on salads and choose flavors low in saturated fats.

[C: total calories per serving S: grams of saturated fat T: grams of trans fat]

| | The "Worst" Choices | C | S | T | The "Better" Choices | C | S | T |
|---|--|---|-----|-----|--|---|-----|------------|
| McDonalds | Biscuit | 240 | 2.5 | 5 | English Muffin | 170 | 1 | 0 |
| | Sausage McMuffin with Egg | 450 | 10 | 0.5 | Egg Muffin | 300 | 4.5 | 0 |
| | Bacon, Egg & Cheese Biscuit | 440 | 8 | 5 | Fruit 'n Yogurt Parfait | 160 | 1 | 0 |
| | Hash brown | 140 | 1.5 | 2 | Apple Dippers with LF Caramel Dip | 100 | 0 | 0 |
| | Big Breakfast | 730 | 14 | 7 | Regular Hamburger | 260 | 3.5 | 0.5 |
| | Hotcake and Sausage | 770 | 9 | 4 | Asian Salad with Grilled Chicken | 290 | 1 | 0 |
| | Quarter Pounder with cheese | 510 | 12 | 1.5 | Caesar Salad with Grilled Chicken | 220 | 3 | 0 |
| | Big Mac | 560 | 10 | 1.5 | ** Avoid salad with crispy chicken | | | 1.5 |
| | Premium Grilled Chicken | 590 | 8 | 0 | Premium Grilled Chicken | 420 | 2 | 0 |
| | Club Sandwich | | | | Classic Sandwich | | | |
| | French Fries (Large) | 570 | 6 | 8 | Fruit & Walnut Salad | 310 | 2 | 0 |
| | McNugget (10) | 420 | 5 | 2.5 | Vanilla Reduced Fat Ice Cream Cone | 150 | 2 | 0 |
| | Chicken Select Premium Breast Strips | 380 | 3.5 | 2.5 | Strawberry Sundae | 280 | 3.5 | 0 |
| | McFlurry with M&M | 620 | 12 | 1 | Oatmeal Raisin Cookie | 140 | 1 | 1 |
| | Triple Thick Shake (32oz) | 1160 | 16 | 2 | | | | |
| | Baked Apple Pie | 250 | 3 | 4.5 | | | | |
| | McDonald Mighty Kids Meal | Chicken McNuggets(6)+ French fries(s)+ soda or juice | 650 | 6 | 5 | Chicken McNuggets(6)+ Apple Dippers with Dip+1% White Milk | 440 | 3.5 |
| Double Cheeseburger+ French fries(s) + soda or juice | | 850 | 14 | 5 | Hamburger+Apple Dippers+ Apple juice | 430 | 7 | 1 |
| Burger King | Croissan'wich w/sausage, egg, cheese | 470 | 11 | 2.5 | | | | |
| | French Toast Kid's Meal | 670 | 6 | 4.5 | | | | |
| | Whopper | 670 | 11 | 1.5 | Hamburger | 290 | 4.5 | 0 |
| | Bacon Double Cheeseburger | 540 | 15 | 1.5 | BK Veggie Burger | 420 | 2.5 | 0 |
| | Angus Bacon & Cheese | 710 | 14 | 1.5 | Whopper Jr. | 370 | 6 | 0.5 |
| | Original Chicken Sandwich | 660 | 8 | 2.5 | Tender grill Chicken Salad | 220 | 3 | 0 |
| | Chicken Tenders (8pc) | 340 | 5 | 3 | Tender grill Chicken Sandwich w/ mayo | 510 | 3.5 | 0.5 |
| | BK Fish Filet Sandwich | 630 | 6 | 2.5 | (X Tender crisp has 780cal, 8sat, 4 trans) | | | |
| | Fries (med) | 360 | 4.5 | 4.5 | | | | |
| | Onion Rings (med) | 320 | 4 | 3.5 | | | | |
| | Hash browns(small) | 230 | 4 | 5 | | | | |
| | Milkshake (large) | 820 | 19 | 1 | | | | |
| | Hershey's Sundae Pie | 300 | 10 | 1.5 | | | | |
| | Dutch Apple Pie | 300 | 3 | 3 | | | | |

| | The "Worst" Choices | C | S | T | The "Better" Choices | C | S | T |
|-----------------------|---|------|-----|-----|--|-----|-----|-----|
| Wendys | Classic Greek Pita | 440 | 8 | 0 | Fresh Stuffed Pitas | 400 | 4 | 0 |
| | Chili & Cheese | 630 | 9 | 0 | Mandarin Chicken Salad | 550 | 3 | 0 |
| | Chicken BLT salad | 690 | 13 | 0 | Caesar Chicken Salad | 370 | 5 | 0 |
| | Southwest Taco salad | 705 | 17 | 1 | Ultimate Chicken Grill Sandwich | 360 | 1.5 | 0 |
| | Big Bacon Classic | 580 | 12 | 1.5 | Roasted turkey& basil pesto Frescata | 420 | 3 | 0 |
| | Frescata Italiana | 510 | 9 | 0 | * great side selections except French | | | |
| | Home style chicken strips (3 ea) | 410 | 3.5 | 3 | fries (side salad, orange cup, LF | | | |
| | Fries (med) 440 cal, 3.5 sat, 5 trans | 440 | 3.5 | 5 | strawberry yogurt, baked potato, chili) | | | |
| Taco Bell | Big Bell Value Menu & Original Chalupas, Burritos Averaging | 400 | 7 | 2.5 | Any "15 Fresco Styles under 10 Grams of fat" | | | |
| | Fiesta Taco Salad | 860 | 14 | 5 | Chicken or Steak Fajita Wrap | 460 | 6 | 0 |
| KFC | Rice w/gravy Bowl | 770 | 8 | 4 | Tender Roast Filet Meal | 360 | 2 | 0.5 |
| | Crispy Twister | 670 | 7 | 3 | Oven-roasted Twister | 520 | 4 | 0 |
| | Chicken Pot Pie | 770 | 15 | 14 | BBQ Flavored Chicken Sandwich | 300 | 1 | 0.5 |
| | Crispy BLT Salad | 350 | 4.5 | 3 | Roasted Caesar Salad | 200 | 4.5 | 0.5 |
| | Apple Pie | 270 | 2 | 2.5 | Pecan Pie | 370 | 2.5 | 0 |
| Dunkin' Donuts | Biscuit | 120 | 3.5 | 8 | Egg & cheese on English Muffin | 240 | 4.5 | 0 |
| | Croissant | 170 | 4.5 | 7 | Reduced Fat Blueberry Muffin | 400 | 2 | 0 |
| | Sausage,Egg,Cheese croissant sandwich | 690 | 17 | 7 | Blueberry Crumb Donut | 240 | 3 | 0.5 |
| | Glazed Cake Donut | 350 | 5 | 4 | Coffee Roll | 270 | 3 | 0 |
| | Powdered Cake Munchkin (4) | 270 | 3.5 | 4 | Sugar Raised Munchkin (7) | 220 | 2.5 | 0.5 |
| | Plain Cake Stick | 420 | 7 | 5 | 16oz Coffee Coolata w/ skim milk | 170 | 0 | 0 |
| | 16 oz Coffee Coolata w/ cream | 410 | 14 | 0 | Iced Coffee with milk and sugar(16oz) | 80 | 0.5 | 0 |
| | Vanilla Bean Coolata | 440 | 15 | 1 | Avocado & Turkey Sandwich | 500 | 3 | 0 |
| | Pastrami Supreme Sandwich | 760 | 42 | 17 | | | | |
| Au Bon Pan | Cinnamon scone | 430 | 14 | 0 | Oatmeal | 150 | 0.5 | 0 |
| | Almond Croissant | 570 | 15 | 0 | * Yogurt blueberry with granola | 140 | 2 | 0 |
| | Raspberry Crumb Cake | 770 | 16 | 0 | French Onion Soup (med) | 120 | 2 | 0 |
| | Apple Strudel Danish | 410 | 7 | 5 | Chocolate Chip Cookie | 260 | 5 | 0 |
| | Chicken Caesar Salad | 530 | 10 | 0 | Tuna Garden Salad | 400 | 3.5 | 0 |
| | Chicken Vegetable Stew (med) | 290 | 5 | 2.5 | Chicken Noodle Soup (med) | 140 | 0.5 | 0 |
| | Turkey Melt | 1030 | 17 | 0 | Mediterranean Chicken Wrap | 570 | 2.5 | 0 |
| Subway | Meatball Marinara | 560 | 11 | 1 | *Any Sub w/ " 6 Grams of Fat or Less" | | | |
| | Chicken & Bacon Ranch Sandwich | 540 | 10 | 0.5 | Oven Roasted Chicken Breast | 330 | 1.5 | 0 |
| | Spicy Italian | 480 | 9 | 0 | Subway Club | 320 | 2 | 0 |
| | Pastrami sub | 579 | 9 | 0 | Roast Beef | 290 | 2 | 0 |
| | Absolute Angus Steak | 420 | 8 | 0 | Honey Mustard Ham | 290 | 2 | 0 |
| | Italian BMT | 450 | 8 | 0 | Sweet Onion Chicken Teriyaki | 370 | 1.5 | 0 |