



DIETS DON'T WORK:

***REAL* Food for Better Health**

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"This publication is the result of a collaboration with the American Academy of Family Physicians ("AAFP"). This publication would not have been possible without the participation of the AAFP. We thank them for their essential contributions to this work."



Congratulations on participating in the Connecticut Academy of Family Physicians *Diets Don't Work: Real Food for Better Health* Program

This program is designed for people who are interested in weight loss, who may be trying to change their relationship with food, or those who want to learn better ways to use the most powerful tool we have for health - **FOOD**.

You will participate in three in person sessions with your Family Physician. You will receive handouts to summarize each session, free or inexpensive resources for you to explore, and a homework assignment for the week.

During this program, you will work with your family physician to:

- **Establish your baseline; learn what your numbers mean and set reasonable goals.**
- **Learn the importance of eating healthy foods**
- **See how to implement these foods into your day-to-day life**
- **Learn Easy and affordable recipes**
- **Places to find affordable, healthy food options**
- **How these dietary changes affect your overall health**



What to Expect

Surveys

As a participant in ***Diets Don't Work***, you will be asked to complete three surveys: When you start the program, immediately upon completion, and a few weeks after completion

During Your Visits

First Visit:

Learn why food is so important and where you are with your healthy nutrition.

Second Visit:

Explore how you can make small changes that make a big difference.

Third Visit:

Prepare for the future with easy and healthy food prep skills.

Start From Where You Are

Session 1 – Week 0

1. Know your numbers

Our “numbers”– weight, blood pressure etc. – do not define us. We cannot measure the essence of a person in pounds or inches, but numbers do give us important information about our individual starting point. They help us track our progress while we figure out how to be healthier.

Your starting point is recorded on your numbers sheet and will be rechecked at the end of this 12-week journey.

2. Learn something new

Food matters and diets don't work. These are two really important concepts that we would like to stress over the next 6 weeks. Learn about how MUCH food matters.

Did you know that you can get plenty of protein from plants alone?

Eating fruits and vegetables does not have to be expensive. See our resources for your local area.

3. Resources

Myfitnesspal.com – a program that can be used as an app on your smartphone or on your computer. It is a fabulous tool that allows one to set a goal, record what you eat and how you move and keep track of your progress. Using just this tool, we have had many patients lose 20 to 100 lb and their family members and friends have benefited as well. Cost – FREE

Good and Cheap: Eat Well on \$4/Day by Leanne Brown – a great resource and our textbook for the sessions.

Recipe of the Week

Hummus

Good and Cheap pg 135

This tasty and healthy bean spread has gained in popularity over the past few years. Our version has all the benefits of a more traditional recipe, but with less olive oil. The combination of garbanzo beans (also called chickpeas), tahini, lemon juice, cumin and garlic is a show-stopper. This recipe is very versatile – use it as a sandwich spread or as a dip with raw vegetables or pita triangles. Keep a batch in your refrigerator all the time and you'll never be without a nutritious snack or lunch.

Garbanzos are an excellent source of fiber, which can help to improve cholesterol ratios. Their high fiber content also slows absorption and helps prevent spikes (and subsequent dips) in blood sugar following meals.



Basic Hummus

Serves 4

- 2 cups cooked chickpeas
- 1 tbsp tahini
- 1 tbsp lemon juice
- 1 clove garlic, finely chopped
- 1 tbsp olive oil, plus more for serving

If Making by Hand:

1. Warm the chickpeas for about 30 seconds in the microwave
2. Mash tahini, lemon juice, garlic, olive oil, salt, and pepper in a bowl
3. Slowly add 1/4 cup water a bit at a time, making as you add it, until the mixture is smooth, creamy, and light, about 5 minutes

If Using a Food Processor:

1. Add all ingredients to the processor along with 1/8 cup of water
2. Once the mixture is a smooth paste, taste it to check the consistency.
For a smoother and lighter hummus, add a bit more water. Taste it and adjust the seasoning. Add more oil and tahini if you want it richer

Know Your Numbers

Name:

Date:

Know your numbers. Numbers do not define us. No one is their weight or their blood pressure. They do, however, help us gauge how well we are doing keeping healthy, how our medications are working and what our progress might be. Fill in your numbers below and we will recheck them in 3 months.

Weight: Height:

BMI (body mass index):
(Ideal BMI 20–24.9)

Waist Circumference:
(Women <37 in; Men <41 in)

Fasting blood glucose:
Level of sugar in your blood. Less than 100 is normal.

Blood pressure:
Ideal <120/80

Total cholesterol:
Ideal <200 if you do not have heart disease or diabetes

LDL:
Ideal <130 if you do not have heart disease or diabetes

Triglycerides:
Ideal <150
Most quickly influenced by the amount of carbohydrates that you ate recently. Also increased by weight, smoking and alcohol consumption.

HDL:
Ideal >46 – the higher the better.
“Good” cholesterol that protects you from heart disease and stroke. Increases with exercise.

Notes:

Food IS Medicine

Session 2- Week 2

1. Food is Medicine

Food is medicine. For centuries food and herbs were our only medicines, but our current medical system has not focused on this very important part of prevention. Good nutrition and movement can reverse heart disease, ease depression, reduce pain, clear skin and boost energy. Changes are not easy, but they are much easier to make if you know why you are making them.

2. Learn something new

Did you know that...

People with severe cardiac disease have **REVERSED** their disease with a vegetarian diet, yoga and stress reduction?

Lyon Heart Study – In 1992, this group in France showed a 70% reduction in death for people with after a first heart attack by following the Mediterranean Diet.

Sugar – all formulations – from white sugar, to artificial sweeteners to high fructose corn syrup – are extremely addictive and add to your cravings.

3. Resources

"The Sweet Danger of Sugar" by Harvard Health – Included in your packet.

Cost: FREE

4. Homework:

- Add a fruit or vegetable to every meal AND to every snack
- Read the article "The Sweet Danger of Sugar"

Notes:

Recipe of the Week

Smoothies for Breakfast

Good and Cheap pg 170

You don't need a fancy, high-powered blender to make smoothies for breakfast. Experiment with fruits, vegetables and good sources of protein and get your day started with one of the recipes

Berry Smoothie

Serves 2

1/2 cup yogurt, not Greek
1 cup frozen berries
milk or juice to thin as needed
1 tsp vanilla extract

Blend the yogurt, berries, a bit of milk, and vanilla until smooth, then adjust with more berries or milk to your taste



Melon Smoothie

Serves 2

1 cup chopped frozen melon
1/2 cup water or juice
1 tsp vanilla extract

When you buy a melon, dice and freeze whatever you don't eat. Pull it out a cup at a time and blend it with a bit of water or juice and vanilla to thin it out. It's like a slushy, but better!

Mango Lassi

Serves 2

1 mango, peeled, pitted, and diced
1 cup yogurt, not Greek
milk to thin as needed

Blend the mango and yogurt together. If it is too thick to drink with a straw, add some milk to thin it out. A ripe and juicy mango combined with yogurt is often all you need.

Food Preparation for Success

Session 3 - Week 6

1. Preparing for the future

Now you have some new knowledge and we need to be sure we have a few more tools to be sure we can put what was learned into action. Just like tackling a repair job at home, you want a full tool box so you have all of the resources that you need to be successful. Finding ways to prepare food that is easy, portable and healthy will help. We will also be rechecking your numbers this session.

2. Learn something new

Did you know...

You need to decrease your caloric intake by 500 calories per day to lose one pound per week?

The average cost for a cup of canned beans is about \$.60 and for dried beans cooked at home \$.26 per cup including the energy needed to cook them. You can freeze the leftovers!

An estimated 60–90% of all cases of cardiac disease is preventable by a healthy lifestyle? More than half of preventable heart disease and stroke deaths happen to people under age 65?

3. Resources

- Apple cutter

Great tool. Easy to use for pears and apples. Cut the fruit almost all the way through then bind with a rubber band to keep from browning throughout the day. Add 1 tbsp almond butter and you have a great snack.

COST: \$4 to over \$100 – we suggest the \$4 version!

- Slow cooker

There are many brands available for all different price points. This tool saves lots of time and money. It is perfect for easy bean preparation – take 1 lb dried beans, place them in the cooker, cover with water plus about $\frac{1}{2}$ in above the beans, add salt and pepper, cook on low for 6–8 hours.

COST: \$20 to \$200 depending on the size and features.

NOTES:

Recipe of the Week

Dark and Spicy Chili

Good and Cheap pg 131

There is nothing like coming home from a busy day and having dinner waiting for you. This chili recipe can be made on top of the stove in about an hour and a half or prepped in the slow cooker in about 10 minutes (and be done by the time you are home from work)!

Dark and Spicy Chili

Serves 12

- 1 lb ground beef or turkey
- 1 lb Mexican chorizo (fresh, casings removed), or 1 lb more ground beef or turkey
- 2 medium sized onions, chopped
- 6 cloves garlic, finely chopped
- 2 carrots, chopped
- 6 cups cooked black beans
- 2 cans (28 oz each) diced or crushed tomatoes
- 2 tbsp ground cumin
- 2 tbsp dried oregano
- 2 tbsp ground coriander
- 1 tbsp ground cinnamon
- 2 tbsp cocoa powder
- 1 to 4 canned chipotle chilies in adobo, finely chopped



1. In a small bowl, combine the cumin, oregano, coriander, cinnamon, cocoa powder, and chilis, and stir well. If it's your first time making this chili, use one or two chipotles. You can always add more, but you can't take it away!
2. Place a large pot over medium heat and add the ground beef and chorizo. Cook the meat, breaking it up and stirring, until it is no longer pink. The fat from the meat should be enough to keep everything from sticking to the pot.
3. Add the spice mixture to the meat and stir until you can smell the spices, about 20 seconds. Add the onions, garlic, peppers, and carrots and stir. Place the lid on the pot and cook, stirring occasionally, until the onion is translucent, about 10 minutes.
4. Add the black beans, tomatoes, and 4 cups of water, then stir. Bring the mixture to a boil, then turn the heat to low and simmer for 1 1/2 hours with the lid askew to allow steam to escape. Taste and season with salt and pepper.
5. Serve in big bowls topped with scallions and cilantro, if using, or freeze small portions for later.

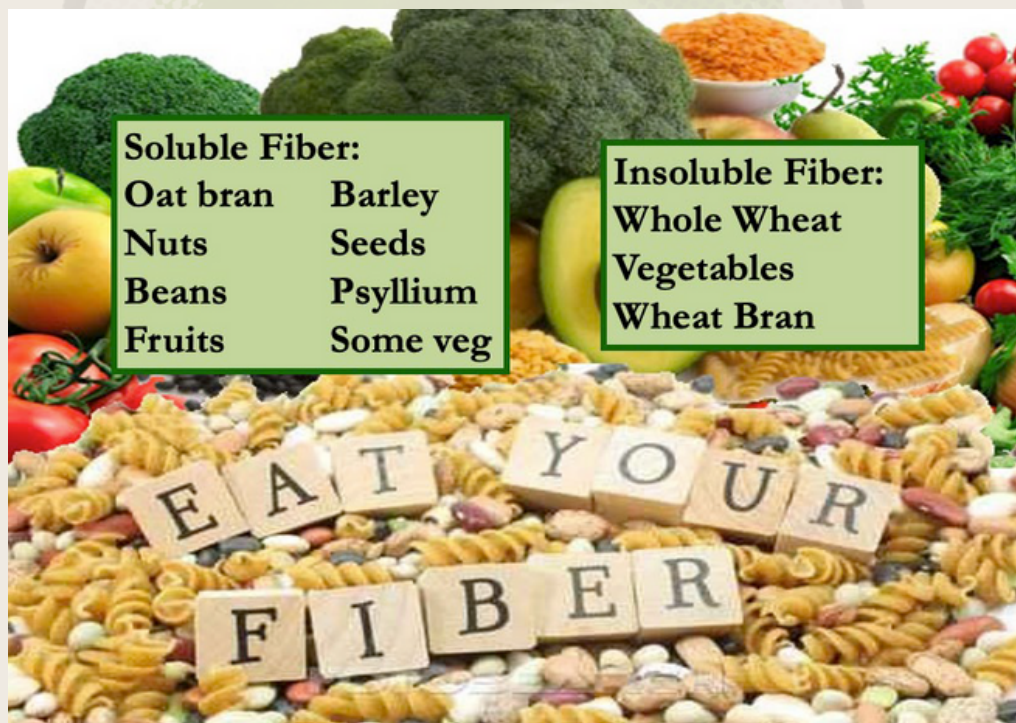
10 Fabulous Benefits of Fiber

Fiber has a ton of health benefits. It is low in calories, makes us feel full, contributes to heart health, and keeps our digestive tracts moving smoothly.

1. Supports weight loss
2. Helps to maintain a healthy weight
3. Lowers risk for diabetes
4. Lowers risk for heart disease
5. Lowers cholesterol
6. Supports good gut bacteria
7. Reduce risk of certain cancers
8. Longer life
9. More regular digestion/bowel habits
10. An all-natural detox

Fiber is found in whole grains, nuts, seeds, fruits, vegetables.

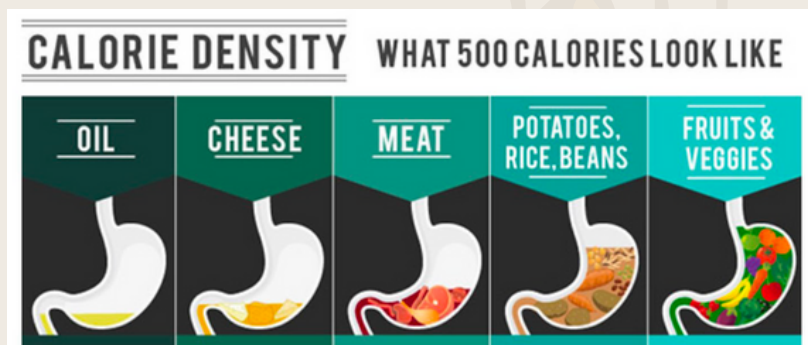
There are 2 kinds of fiber – **soluble**; that dissolves in water, and **insoluble**, that does not dissolve in water. Both are very important for health.



How Much Fiber Should We Get?

The Standard American Diet (SAD) provides 6–15g of fiber daily while the US Recommended Daily Amount (RAD) is 25g for women and 38g for men.

Food	Serving	Grams of Fiber
Pinto beans	1 c	15 g
Soy beans (edamame)	1 c	11 g
Acorn squash	1 c	9 g
Collard greens	1 c	6 g
Carrots	1 c	5 g
Quinoa	1 c	5 g
Corn	1 c	4 g
Oatmeal	1 c	4 g
Sunflower seeds	¼ c	4 g
Strawberries	1 c	3 g
Almonds	¼ c	3 g
Banana	1 medium	3 g
Broccoli	1 c	2.5 g
Cauliflower	1 c	2 g



EXAMPLE

If you usually have a cup of coffee with cream, an everything bagel and cream cheese for breakfast, here is your nutritional breakdown.



+



=

2g of fiber

Everything bagel:

Calories: 290
Fiber: 2 g
Fat: 3.5 g
Protein: 9 g
Total carbs: 53 g

Cream cheese (2 T):

Calories: 104
Fiber: 0 g
Fat: 10 g
Protein: 1 g
Total carbs: 2 g

Coffee with cream

Calories: 40
Fiber: 0 g
Fat: 1.5 g
Protein: 1 g
Total carbs: 2.5 g

What if you add an apple?



Adding an apple can add **AT LEAST** 5g of fiber (2x what you had before) and it's just beautiful!

How to Cook Dried Beans

This is a truly inexpensive way to make the base for any meal. Depending upon the size of the bean, cooking time can vary between a few minutes to up to 4 hours. This is a great task to perform when you are already in the kitchen. Instructions are also on page 165 of *Good and Cheap*.

1. Consider presoaking overnight. This is not entirely necessary but will speed the cooking time. Cover the beans with water and an additional 2 inches and just leave covered overnight.
2. Drain and rinse the (presoaked or not) beans, place in a pot and cover with fresh water. Add any extras you would like:
 - Bay leaf
 - Favorite herbs
 - Onion
 - Garlic
 - Spices, chilies
 - Ginger
3. Bring to a boil over medium heat then turn down to a simmer. Put a lid part way on the pot to let the steam escape and prevent boiling over.
4. Check on the beans about every 30 minutes or so. Add more water, if necessary, to keep them covered. Check for tenderness. Remember, this could take up to 4 hours for larger beans.
5. Once the beans are tender, drain them and refrigerate until you are ready to use them.

*You can cook beans longer in a slow cooker or speed up the time with a pressure cooker

Bean	Approximate Cooking Time (hours)
Black	1 ½-2
Black-eyes peas	½ -1
Chickpeas (Garbanzos)	½ -1
Great northern	¾-1
Jacob's cattle	1-2
Kidney	1-2
Lentils	1
Lima (Butter beans)	1-1 ½
Navy	1 ½ - 2
Pinto	1-2

Washing and Preparing Greens

1. Prewashed greens do not need to be washed again. Look for the label that says "Ready to eat", "Triple washed", "No washing necessary".
2. For greens that need to be washed – first wash your hands.
3. Get rid of any torn or bruised leaves.
4. Soak and swish the greens in a bowl full of water and allow several minutes to let the dirt/sand settle to the bottom.
5. Scoop the greens out of the water to prevent picking up the dirt from the bottom, dump the dirty water and rinse and swish the greens again in cold water. Fresh greens typically require 2-3 washes to get all of the dirt out.
6. Place in a colander or salad spinner to drain the water.
7. Lay out some paper towels, place the greens on the towels and roll up.
8. Place in a storage bag or container.
9. Store for up to 1-2 weeks.



Movement Matters

Bonus Session- 4

1. Movement matters

Our bodies were miraculously designed to move. We can run, jump, lift and haul and years ago our very survival depended upon our ability to do so. Today, we could get up, walk down one flight of stairs and about 20 steps to the car and spend an entire day without ever having to really work our muscles. We are now paying for reduced movement with overweight, arthritis, cancer and depression and need to find a way to walk and move like our ancestors did.

2. Learn something new

Did you know...

20 minutes of movement is as effective as 20 mg of Prozac for mild to moderate depression?

The Journal of the American Medical Association published a study with 4554 women with diabetes in pregnancy. Those who increased their movement by 2.5 hours per week had a 47% lower risk of progressing on to diabetes after their pregnancy. For each 1.7 hours of movement, they enjoyed a 9% lower risk of developing diabetes. These results persisted even with an elevated BMI or less healthy diet score.

Movement improves arthritis pain in the knee and the hip even without weight loss.

3. Resources

- RunKeeper – a free app that syncs with MyFitnessPal and keeps track of your exercise via GPS. Great for walking, biking, jogging when you are outside.

COST: FREE

- Fitness trackers – There are 1000s of these devices that can track your steps, stairs and sometimes your sleep. A moderately active person will walk at least 5 miles per day which is 10,000 steps. You may be surprised at how little or how much you already move when you measure. Using a tracking device may just spark your competitive nature and get you moving!

COST: \$25-\$500

- Try a walking meeting. Meeting someone for lunch? Need to come up with some new ideas for a project at work? Movement also helps us clear our minds as well as our joints. Try walking during a brain-storming session and then regrouping to jot down the details. You may be surprised at how productive this type of meeting can be.

4. Homework

Measure a 1 mile loop around your house/work/place of exercise and commit to walking it daily. Combine your mindfulness practice with your movement. Walk without music or talking and notice something new with each step in your neighborhood or place of work

NOTES:

Recipe of the Week

Peanut Butter & Jelly Granola Bars

Good and Cheap pg 6-7

We all have days when we are running out of the house and we do not make the time to eat well. Preparing for those days with a pre-made breakfast or snack can help you avoid grabbing something that is not-so-healthy for you. These bars are not as firm as the ones that you will find in the store, but when individually wrapped can still be thrown in your purse or pocket to eat on the go when you need to. Add an apple, pear or banana...not a bad way to start the day.

Peanut Butter and Jelly Granola Bars Makes 12 Bars

Butter or vegetable oil, for the pan
3 cups rolled oats, or 2 cups rolled oats and 1 cup Rice Krispies
1/2 cup peanut butter
1/2 jelly or jam
1/4 cup hot water
1/4 tsp salt

ADDITIONS:

1/2 cup chopped nuts
1/2 cup shredded coconut
1/2 cup dried fruit
1/2 honey (instead of jelly)



1. Preheat the oven to 350 degrees
2. Grease an 8x11 in. baking pan. If you have a different sized pan, that's okay, it will just change the thickness of the bars
3. Pour oats into large bowl
4. Place small saucepan over low heat and add the peanut butter, half of the jelly, the water, the salt, and any other additions. Stir until smooth, about 2 minutes.
5. Pour the mixture into the oats and mix until all the oats are coated and you have a sticky mass. Dump the mixture into the buttered baking pan and press into an even layer. Spread the remaining jelly over the top.
6. Pop the baking dish into the oven for 25 minutes. The bars are done when the edges are toasty and brown.
7. Leave the bars in the pan until they cool completely, about an hour, then slice into 12 bars.

Mindfulness is the Difference

Bonus Session- 5

1. Mindfulness is the Difference

Mindfulness is a practice rooted in the Buddhist tradition that involves bringing all your awareness to the present moment. Often, in our everyday lives we let our attention slip away from the process in which we are currently engaged which causes us to miss the most important thing – where we are right now. The assumption is that when we act with full awareness, our actions are more likely to achieve what we intend, and that when we feel with full awareness, we are more likely to feel fulfilled. We do not hope to change years of unhealthy habits without a clear understanding of why we do what we do and being in the moment can improve our understanding. We cannot create a culture of health without our minds engaged in the process.

2. Learn Something New

Did you know...

It takes about 20 minutes for our minds and our bodies to recognize the sensation of fullness.

Our environment is engineered to make us eat – we drink less with taller, thinner glasses and eat less with smaller plates.

4-7-8 Breath. A powerful tool that uses our breath to bring us back to the moment. Also called the relaxation breath, this practice takes just 60 seconds.

3. Resources

Guided imagery programs can be found on YouTube, the Calm app or Insight Timer.

Cost: FREE

Breath work handouts are included in your packet

5. Homework – Mindful Eating Exercises to Try

Summarized from www.health.harvard.edu

- Set your kitchen timer to 20 minutes, and take that time to eat a normal-sized meal.
- Try eating with your non-dominant hand; if you're a righty, hold your fork in your left hand when lifting food to your mouth.
- Use chopsticks if you don't normally use them.
- Eat silently for five minutes, thinking about what it took to produce that meal, from the sun's rays to the farmer to the grocer to the cook.
- Take small bites and chew well.
- Before opening the fridge or cabinet, take a breath and ask yourself, "Am I really hungry?" Do something else, like reading or going on a short walk.

Notes:

Recipe of the Week

Big Batch Ideas

Good and Cheap pgs 127 & 132

Making large amounts of food when you have the time and freezing it for later use is a great way to save money, stay on top of your healthy eating and enjoy something made from scratch. In *Good and Cheap* there are lots of options from Best Tomato Sauce to Spicy Pulled Pork.

Best Tomato Sauce

Makes 7 cups



2 tbsp olive oil
6 cloves garlic, finely chopped
1 tsp chili flakes
2 cans (28 oz each) tomatoes, crushed or diced
zest of 1 lemon (optional)
salt and pepper to taste

1. Add Olive oil to a saucepan over medium heat
2. Saute the garlic until it smells great and becomes translucent, 1 minute. Add the chili flakes and cook for 30 seconds.
3. Add the cans of tomatoes, mix, and cook until warmed through
4. Add the lemon zest, if using, then salt and pepper to taste. Because canned tomatoes are often already salted, you may not need to add any.

Spicy Pulled Pork

10 Servings

1/3 cup brown sugar	1 tsp ground coriander
2 tbsp ground coffee	1 tsp ground cloves
2 tbsp kosher salt	1 tsp garlic powder
4 tsp smoked paprika	1 tsp black pepper
3 tsp sweet paprika	1 pork shoulder (about 5 lbs)
2 tsp ground cumin	



1. Make a dry rub by mixing all of the ingredients except the pork in a small bowl
2. Apply the rub liberally to the pork shoulder, pressing it gently into the meat until you've covered every side. Set any leftover rub aside for later.
3. Place the pork shoulder in a large pot with a tight-fitting lid. Leave in the fridge for 2 hours or overnight to let the flavors seep in.
4. Preheat oven to 200 degrees Fahrenheit
5. Pour enough water into the pot to cover the bottom. Put the lid on and place in oven for 10 to 12 hours. Internal temperature should reach 200 degrees Fahrenheit.
6. Remove meat from the juices and gently tear meat apart with two forks or your hands. Discard any large fat pieces. If the meat is hard to tear apart, it may need to cook longer.

New and Good for You

Bonus Session- 6

1. Variety is the Spice of Life

Part of making a change that will stick is finding a way to enjoy the challenge not just looking forward to the end goal. Discovering new foods that you enjoy or new ways to move that feels good to you can be part of sustaining the changes you have begun in the past few weeks. Today is all about trying new things to broaden your experience and mix it up a bit. Today you will be sampling a few of our favorite foods.

2. Learn Something New

Did you know...

The average American eats just 6-12 grams of fiber daily when women should be getting 26 grams and men 38 grams?

An excellent study in the British Medical Journal showed that eating healthy costs about \$1.50 more per day or \$550 more per year...but it did not factor in decreased health care costs?

Share your favorite food prep trick with the group.

3. Resources

The Great American Detox Diet by Alex Jamieson.

Excellent information, great recipes and ingredients that are easy to find make this book one of our favorites.

COST: Paperback from \$5-20

4. Homework

Eat a fruit, vegetable or grain that you have never tried before.

Try one new recipe.

Notes:

Recipe of the Week

Kale Caesar Salad

Good and Cheap pg 31

Kale is one of the most nutrient dense foods around. It provides lots of Vitamin K and almost the full recommended daily allowances for Vitamins A and C. This salad can be prepared 1-2 days ahead of time. Toss on some leftover beans or canned tuna for a bit more protein.

Kale Caesar Salad

Serves 2, or 4 as a side

1 raw egg yolk, from a high-quality fresh egg
2 tsp lemon juice
2 tsp Dijon mustard
3 tbsp olive oil
salt and pepper, to taste
1 large bunch of kale
Croutons, about 2 cups
Freshly grated Romano cheese

Additions:

1 clove garlic, grated
1 anchovy fillet, chopped



1. Drop the egg yolk into a large mixing bowl. Add the lemon juice, mustard, and garlic and anchovy, if using. Whisk briskly until the dressing is light and frothy. Slowly add the olive oil, whisking the whole time. Once everything is incorporated, add the salt and pepper, then adjust to your taste.

2. Remove the large stem from the center of the kale leaves. (Lacinato kale, sometimes called Tuscan or dinosaur kale, has the easiest stems to remove.) Chop the leaves in half lengthwise, then cut into thin ribbons. This method disguises the kale's tough texture.

3. Toss the kale in the bowl to coat it with dressing. Set it aside for 10 minutes or leave it in the fridge for up to 4 hours. The kale will become tender as it marinates.

4. Before serving, toss in the croutons and Romano cheese, to your taste

Hacks for Eating Healthy

1. Optical illusions

- One of the most important things about whether someone gains or loses weight is portion size.
- Serving sizes in restaurants are often servings for 4 or more people. We get use to these large servings and think they are normal.
- Weighing and measuring a few times per year for a few days helps “reset” our estimates that are often wrong.

2. Recommended serving sizes

- Meat – 3 oz about the size of a deck of cards or bar of soap
- Fish and poultry – 3 oz about the size of a check book
- Fruits and veggies – a medium apple (the size of a tennis ball) is 1 serving, one cup chopped raw vegetables or fruit or one cup of lettuce
- Beans – ½ cup cooked
- Cheese – 1 oz – about the size of 4 dice
- Potato – 1 medium about the size of a computer mouse
- Pasta – 1 cup – about the size of a tennis ball

3. The size of your plate matters

- The size of plates, cups and bowls have all increased over the last few decades.
- An example of how our eyes can fool is below. **Which of the black circles is bigger?**

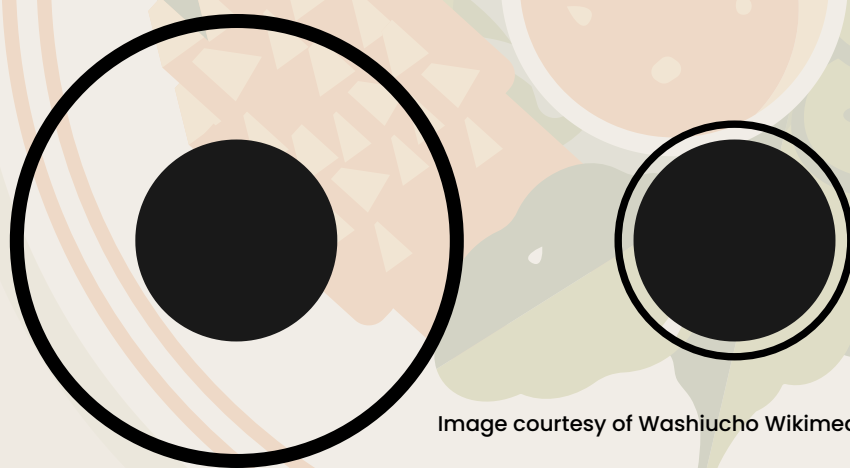


Image courtesy of Washiucho Wikimedia Commons

The answer is ... they are exactly the same size. It's an optical illusion.

- If you have a plate or bowl twice the size of another, you are likely to eat twice as much.

4. Cook at home

- Not many people eat at home every meal, every day, but eating at home and preparing and bringing own food helps us stick to our plan and eat well.
- Eat breakfast – not feeling ravenous mid-morning and making sure you fuel your body for the day ahead is critical. Adding protein can help you through the morning without snacking.
- Bring your lunch – it is enormously helpful to control what you eat for at least 2 meals daily – breakfast and lunch – then you can loosen up a little on dinner.

Reading Labels

Why is this important?

Labels can be confusing and food manufacturers work very hard to get us to eat and buy more of their products. With a little bit of information, we can cut through the marketing and make sure we are eating well and purchasing thoughtfully for us and our families.

Labels tell us a ton of information about what we are eating or buying. Using them wisely can help us stick to your plan of healthy eating.

How do I begin?

1. Start with the servings per container

- How many in the package?
- How big are they?

This tells us how much the manufacturer suggests – NOT how much we should eat. It helps to measure a “serving” occasionally to be sure we know what we are getting. Our estimating – measuring with our eyes – is extremely inaccurate we should use measuring cups and spoons to reset our estimations.

2. Next, look at the calories

Calories are not bad or good but it takes eliminating 3500 calories per week – about 500 calories daily – to lose 1 lb. It's not the most important part of the label, but it does give us tons of information. Is it worth it? Do I love this food enough? Consider eliminating calories by choosing a no calorie drink.

3. Next, look at the %Daily Value

This measurement tells us what is good and not-so-good in the food. Look for high fiber (>20%), iron, Vitamin D, potassium and calcium – these help with good nutrition.

Try to minimize saturated fat, sodium and sugars.

4. Look at the sugar

Sugar is added to lots of foods that one would not expect – peanut butter, ketchup, lots of other condiments, baked goods. The amount of sugar (in grams) on the label can be divided by 4 to get the number of teaspoons of sugar in the product. It's amazing to see how much is added just to get a product to taste good.

CALCULATION;

Grams of Sugar / 4 = Teaspoons of sugar

68 Grams of Sugar / 4 = 17
Teaspoons of Sugar

Nutrition Facts	
Serving Size 20 fl. oz. (591ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 250	
	% Daily Value*
Total Fat 0 g	0%
Sodium 55 mg	2%
Total Carbohydrate 68 g	23%
Sugars 69 g	
Protein 0 g	0%
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

A WHOLE FOOD, PLANT-BASED PLATE

