PROJECT RICE

Reaching Immigrants Through Community Empowerment

# SESSION 2:
## HEALTHY EATING / NUTRITION

## Welcome back!

- Questions, comments, or concerns?
- Changes in diet or exercise?
- Challenges?

## Confidentiality and Group Agreement

- Please come to every class
- If you cannot make it to the class, please call me in advance at 212.463.9685
- Come on time
- Respect Confidentiality (what is said in the group stays in the group)
- Listen to and support each other
- Be respectful of your classmates' view points
- Step up, Step back (if you are usually quiet, speak up, if you usually tend to talk a lot, take a step back and let others speak)
- Turn off your cell phone or put it on vibrate
- Practice the goals we set for healthy eating and physical activity

## Our Sessions Will Help You:

- Lose weight through healthy eating

- Be more physically active

2 ½ hours (150 min) each week!

- Manage Stress

- Quit smoking if you smoke, and improve blood pressure and cholesterol

- Get connected to health care and the other services you need!

## Healthy Eating / Nutrition

At the end of today's session, you will be able to:

- Describe the importance of choosing more healthful foods
- Understand what a balanced meal is
- Identify more healthful foods by reading food labels
- Learn HOW to incorporate healthier eating into your daily routines and stick with it


## Why is healthy eating important?

## Eating and calories

When you eat food, you take in calories or energy.

- Calories in food come from **fat, carbohydrates (starches, sugar), protein, or alcohol.**
- Vitamins, minerals, and fiber do not add calories to food.
- "Empty calories" is a term used to describe foods which supply calories and no other nutrients.
  - Examples: sodas, cakes, white rice, and butter/margarine

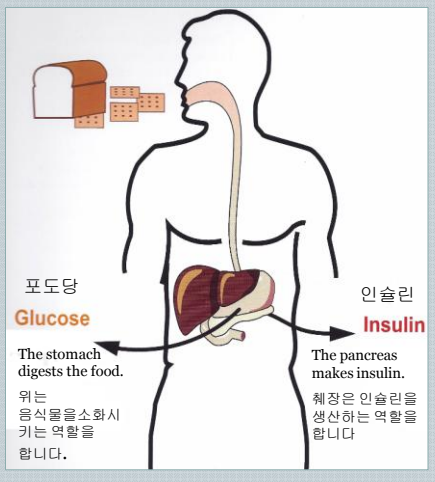
## Eating and calories

- The **number of calories in any food you eat depends on what's in that food.**
- Fat is the most concentrated in calories, with 9 calories per gram.
- Foods that are high in fat are high in calories. That's one reason why it's so important to eat less fat.
  - For example, most meats contain protein plus a lot of fat, which is where most of the calories in meats come from.

# How does food affect blood glucose?

## Review: Blood glucose (sugar)

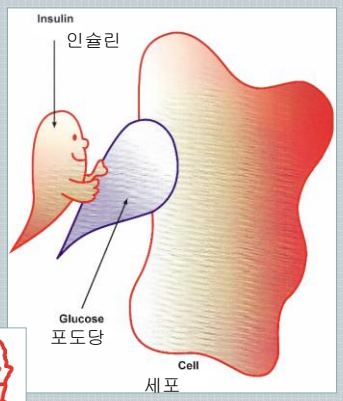
- In a healthy body, the food we eat goes to the stomach, where it is digested.
- The food is broken down into blood glucose (sugar).
- Glucose is the body's main source of energy.

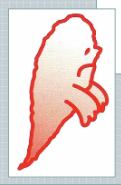


## Review: Insulin and Diabetes

- The blood takes the glucose to the cells of your body, where it is turned into the energy needed for daily life.
- Insulin helps glucose enter the cells.

- Diabetes happens when the body does not produce enough insulin, or when the cells cannot use the insulin well.
- As a result, glucose builds up in the blood.



## How foods affect blood glucose

- Eating and drinking too much sugar and carbohydrate foods means that your pancreas has to produce more insulin to remove the glucose from the blood.
- Overtime, this can lead to insulin resistance and increased glucose in the blood.

- **Carbohydrate foods have the greatest effect on blood glucose levels.**
  - Sweets, bread, rice, noodles, fruits, starchy vegetables (corn, potatoes)

## Keep your blood glucose at a healthy level

- If you eat some big meals and some small meals, your blood glucose levels may fluctuate too much.
- Try to eat about the same amount of carbohydrate foods at about the same time each day.
- Skipping meals and snacks may lead to low blood glucose. Do not skip meals!

## Tips for Healthier Eating

- Eat a variety of foods
- Eat well-balanced meals
- Pay attention to your portion sizes
- Incorporate healthy eating into daily routines
- Know what's in your food
- Plan ahead

## Eat a Variety of Foods

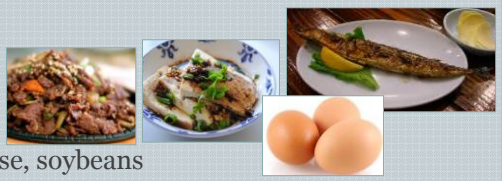
# What are the main food groups?

## 5 Food Groups

- **Grains, Beans, and Starchy Vegetables**
  - Rice, grains, noodles, cereal
  - Beans and lentils
  - Starchy vegetables: potatoes, peas, pumpkin

- **Vegetables**
- **Fruits**

- **Meat & Protein Foods**
  - Meat, fish
  - Protein foods: Eggs, tofu, cheese, soybeans



- **Milk & Yogurt**
  - Milk, yogurt, ice cream, yakult

## Fat, Oil, & Sweets

- Oil
- Butter
- Margarine
- Soda
- Sugar
- Candy
- Peanuts
- Salad dressing
- Mayonnaise

NOT a food group
High calorie foods– eat very little!










# Let's play a game!

## Figure out what's in your favorite meal

Identify the food groups in Bibimbap

## Figure out what's in your favorite meal

Bibimbap
Beef (Meat & Protein Foods)
Egg (Meat & Protein Foods)
Rice (Grains & Starches = Carbohydrates)
Bean sprout (Vegetable)
Spinach (Vegetable)
Carrot (Vegetable)
Fernbrake/ gosari (Vegetable)
Oil (Fat/Oil)

Soy sauce, gochujang (high in sodium, add less when making at home!)

*Note how the food groups are balanced in this dish and there is a good amount of vegetables. A healthy ratio is: ¼ protein, ¼ rice, and ½ vegetables!

## Figure out what's in your favorite meal

Identify the food groups in Jajangmyeon

## Figure out what's in your favorite meal

Jajangmyeon
Noodles (Grains/Beans/Starches = Carbohydrates)
Black bean paste (Grains/Beans/Starches = Carbohydrates)
Potato (Grains/Beans/Starches = Carbohydrates)
Pork (Meat & Protein Foods)
Small amounts of Onion, Cabbage, Cucumber, Zucchini (Vegetables)
Oil (Fat/Oil)

Other: Salt & Sugar (avoid or use less when making at home!)

*Note how this dish is primarily carbohydrates and there are not enough vegetables!

# Eat well-balanced meals & control portions

## PLATE METHOD

### Let's Plan Your Meal – Lunch/Dinner Plate

Start with a 9" plate

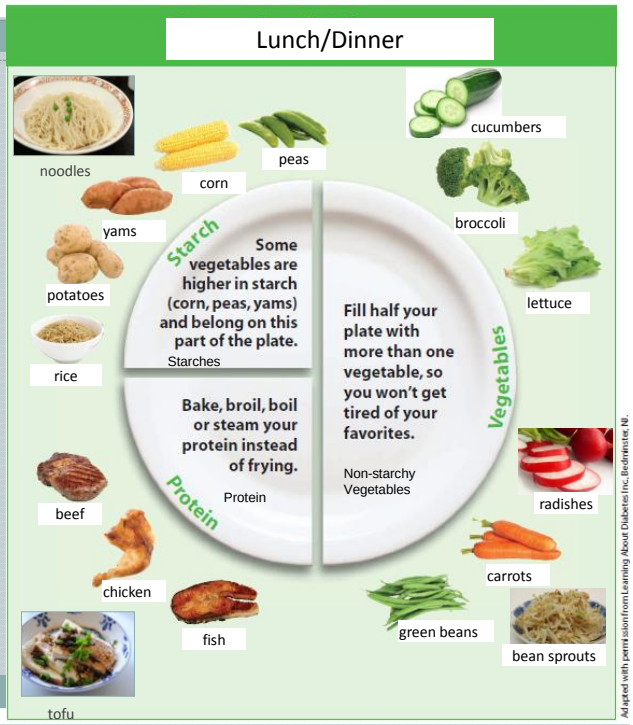
½ - non-starchy vegetables & salads

¼ - starchy foods (rice, noodles, potatoes, corn)

¼ - foods high in protein (meat, beans, tofu)

On the side, add a cup of milk OR yogurt (choose nonfat or low fat)

Dessert- small piece of fruit or ½ cup fruit salad




Adapted with permission from Learning About Diabetes Inc. Bedminster, NJ.

## Let's Plan Your Meal – Breakfast Plate

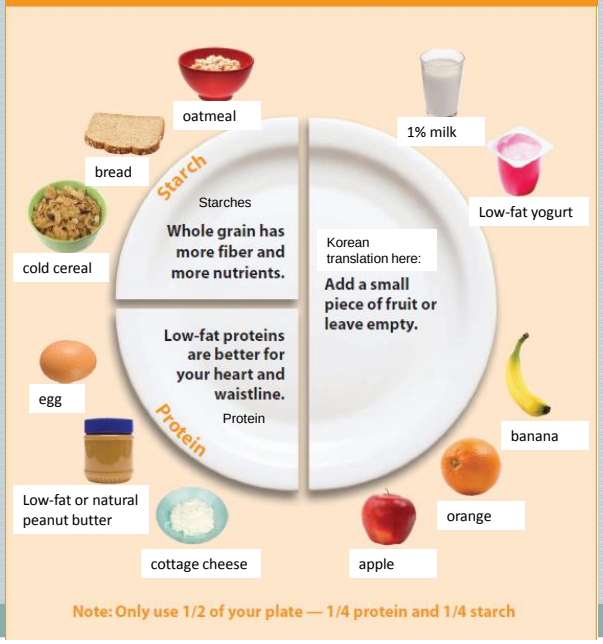
Only use half of your plate–

¼ protein (egg, peanut butter, cottage cheese, low-fat yogurt, low-fat milk)

¼ starch (breads, cereals, grains, rice)

Add a small piece of fruit.

"American" Breakfast




## Control Portion Size

- A 'serving' is the amount of a particular food that is recommended for you to have at each meal or snack.
- Think of a 'portion' as the amount of a specific food that you choose to eat for dinner or a snack or at any other time. A portion can be bigger or smaller than the recommended food serving.

# Estimating Serving Size

| This much | Is same as |
|---|---|
|  | 3 ounces<br>Same as 1 serving of meat, like chicken, turkey, or fish |
|  | 1 cup<br>Measures 1 serving of fresh vegetables, salads, milk |
|  | ½ cup<br>Use to measure 1 serving of fruit or fruit juice, potatoes, |

| This much | Is same as |
|---|---|
|  | 1 ounce<br>Same as 1 serving of snack food or one slice of cheese |
|  | 1 tablespoon<br>1 serving of salad dressing, cream cheese |
|  | 1 teaspoon<br>1 serving of margarine or butter, oil, mayonnaise |

# Pay attention to your portion sizes

- Keep a food record to keep track of what you're eating and how much. This will help you realize where extra calories are sneaking in.
- Measure out your rice, cereals and other foods. Being aware of how much you're eating can help you pinpoint "problem areas."
- Serve food on a plate rather than buffet style.
- Serve yourself the right portion of foods from each food group.
- Drink plenty of water with meals (instead of juice or soda) to help fill you up.

# Let's make a plate!

## 10 Minute Activity

# Physical Activity Exercise

# Serving sizes
# &
# Incorporating healthy eating into your daily routine

## Grains, Beans, & Starchy Vegetables

Eat some at each meal.
Whole grains (brown rice, whole wheat-breads and whole-wheat noodles) are better because they have more vitamins, minerals, and fiber and help keep a steady blood glucose level.

A serving can be:

- 1/3 cup cooked rice
- 1/3 cup cooked rice with barley
- ½ cup cooked beans
- 1/2 cup of sweet potato
- 1/3 cup noodles
- 1 slice of bread
- ¾ cup dry cereal (unsweetened)
- 1 small potato (3 oz.)

# Tips for eating grains, beans, & starches

Choose:

- Whole-grains such as brown rice and barley
  - Half of your starch foods should be whole-grains
- Beans
  - High in fiber and good sources of magnesium and potassium
  - High in protein- ½ cup provides as much protein as an ounce of meat without the saturated fat

Avoid:

- Instant noodles like ramen, which are high in fat and salt
- Fried and high-fat starches like tortilla chips and potato chips, French fries, pastries, or biscuits
  - Instead, if you want a small snack, try low-fat products like popcorn, baked chips, or baked potatoes

# Vegetables & Fruits

Vegetables provide vitamins, minerals and fiber and have very few calories.

A serving of vegetables can be:

- 1 cup raw vegetables
- ½ cup cooked vegetables
- ½ cup kimchi

Fruit gives you energy, vitamins, minerals, and fiber.
Fruit also contains sugar.

A serving of fruit can be:

- 1 small fresh fruit
- ½ banana
- 1 cup melon
- ½ cup fruit juice

## Healthy ways to eat your Vegetables

- Choose dark-green and deep-yellow vegetables, such as spinach and peppers
- Eat more green salad, and use no or low-fat salad dressing
- Steam vegetables using only water or low-fat broth
- Flavor with chopped onion or garlic, herbs and spices, or a little vinegar, lemon or lime juice
- Use less oil, salt, and soy sauce

## Tips for Eating Fruits

- Eat pieces of fresh fruit rather than drinking fruit juice. Pieces of fruit contain fiber and are more filling.
- Avoid canned or jarred fruit with added sugar or syrup.
- Choose fruit juices without added sugar or sweeteners.
- Drink small amounts (one serving is ½ cup) because juice rapidly increases blood glucose.

# Tips for eating Meats and Protein foods

- Choose low-fat meat, like fish or poultry.
- Choose other protein sources, like tofu, low-fat cheese or eggs.
- Trim off extra fat from meat, and take the skin off chicken, duck, and turkey.
- Use vinegar, lemon juice, herbs or spices to flavor the food. Avoid salt!
- Cook in low-fat ways: broil, grill, stir-fry, roast, steam or stew.
- Avoid fatty meats like samgyupsal.
- Avoid fatty fried foods, such as fried dumplings, tangsuyuk, and fried chicken.

# Tips for eating Meats and Protein foods

A serving can be:

- 2-3 ounces cooked lean beef, veal, pork, lamb, chicken, turkey, or fish
- 1/2 - 3/4 cup tofu (bean curd)
- 2- 3 egg (3 eggs per week limit)
- 1/2 cup - 3/4 cup canned tuna (packed in water)
- 2-3 tablespoons of peanut butter
- 2-3 ounces low-fat cheese

## Tips for eating Milk & Yogurt

- Eat a little every day for calcium (good for strong bones)!
- To help control your cholesterol, choose nonfat (skim) or low-fat (1%) versions of milk and yogurt, or have soy milk.

A serving can be:

- 1 cup of nonfat or low-fat milk
- 1 cup of nonfat or low-fat yogurt (unsweetened)
- 200 ml of soy milk

## Healthy ways to eat sweets and desserts

- It's okay to have sweets once in a while.
- Have small portions of your favorite sweets <u>only sometimes</u> (on holidays or special occasions).
- When eating at restaurants, share desserts, or order small or child-size servings.
- Don't keep candy dishes out.


## How to be healthy about fats

Avoid saturated fats and trans fats, which:

- Increase LDL (bad cholesterol)
- Decrease HDL (good cholesterol)
- May cause heart disease

- Saturated fats are found in meat and animal products.
- Trans fats (partially hydrogenated fats) are mainly found in fast food, snack foods, baked foods, and fried foods.
- Reduce oil used in cooking and avoid deep-fried foods such as tempura
- Skim the fat off the top of soups and stews before eating

## How to be healthy about fats

Replace saturated fats with unsaturated fats.

Monounsaturated fats:

- Lower "bad" cholesterol and can raise levels of "good" cholesterol
- Found in canola oil, olive oil, peanut oil, nuts and avocados.
- Eat in moderation.

Polyunsaturated fats:

- Lower "bad" cholesterol and promote brain health
- Omega-3 found in fatty fish like salmon, mackerel, sardines
- Omega-6 found in seed oils

# Cholesterol

High levels of bad cholesterol (LDL) and not enough good cholesterol (HDL) can clog your arteries and put you at risk for heart disease.

- Cholesterol is found in meats and animal products (cheese, eggs, ice cream, milk)
  - Liver, eggs, pork belly (samgyupsal), and shellfish high in cholesterol.

- Foods that come from plants do not contain cholesterol.
  - Vegetables, Fruits
  - Beans, Tofu
  - Rice, Grains and Cereals

# Salt and Blood Pressure

- You should limit salt intake to about ½ teaspoon a day, including salt that is in prepared foods, pickled foods (kimchi) or sauces (soy sauce).
- If you have hypertension, reducing your salt intake may reduce your blood pressure.

## Watch your salt intake!

Avoid high sodium foods:

- Salty snacks (crackers, popcorn, chips)
- Processed or frozen food (ham, bacon, pizza)
- Canned foods (soup, canned fish, canned meat)
- Instant foods (ramen, jjapagetti, instant soup)
- Preserved foods (kimchi, banchan, pickled cucumbers, salted fish)
- Seasonings (salt, ketchup, salad dressing, soy sauce, dashida, MSG)

Use less salt/soy sauce in cooking.

Don't add any at the dinner table!

## Eating out

- Ask for water with lemon, unsweetened tea, tonic water, or other drinks without added sugar.
- Start your meal with a salad full of vegetables to help control hunger and feel satisfied. (Use no or very little low-fat dressing!)
- Look for healthy choices. Order vegetable dishes or choose chicken and seafood instead of high-fat beef.
- Order streamed, grilled, or broiled dishes instead of fried or sauteéd foods.
- Don't ask for second bowl of rice. (Limit yourself to 1/3 cup of rice per meal!)

## Eating in social situations

- If you are going to a party or special event, eat a small healthy snack at home before you go. That will keep you from eating too much at the party.
- Bring a box of fruits or a fruit salad instead of cake or pastries.
- Look at all the food available before filling your plate. Choose your favorites and skip your least favorite. Include vegetables and fruits to keep your plate balanced.
- Eat until you are satisfied, not stuffed.
- Eat small portions of rich foods. If you will be having dessert, cut back on carbohydrates during dinner.
- Be careful with beverages– alcohol, sodas, and juices are full of calories and sugar.
- Plan time to exercise before or after.

# Know what's in your food! How to read a food label

## 1. 1 Serving Size for 1 person

1 1 Serving

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

- All of the nutrition facts found on the label are based on one serving of the product, not the whole container.
- In the sample label, one serving equals one cup. If you ate the whole package, you would eat two cups, so you would have twice the calories and other nutrients.

| Example | | | | | |
|---|---|---|---|---|---|
| | Single Serving | %DV | | Double Serving | %DV |
| Serving Size | 1 cup (228g) | | | 2 cups (456g) | |
| Calories | 250 | | | 500 | |

## 2. Calories and Calories from Fat

**Amount Per Serving**

**Calories** 250 Calories from Fat 110

- There are 250 calories in one serving of this product.
- Almost half of these calories come from fat

# 3. The Nutrients: How much?
# (1) Fat, Sugar, Salt, Carbohydrates

| | % Daily Value* |
|---|---|
| **Total Fat** 12g | 18% |
| Saturated Fat 3g | 15% |
| *Trans* Fat 3g | |
| **Cholesterol** 30mg | 10% |
| **Sodium** 470mg | 20% |
| **Total Carbohydrate** 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| **Protein** 5g | |

The % Daily Values (%DVs) are based on recommended servings for a 2,000 calorie diet, so this is not accurate if you have different calorie needs.

- **Nutrients provided by one serving**

  **Fat: 12g, Cholesterol: 30mg, Salt: 470mg, Carbohydrate: 31g, Sugar: 5g**

# Understanding carbohydrates on a food label

- Look at the total carbohydrates on the food label.
- The total carbohydrate includes starch, fiber, and sugar.
- Fiber doesn't increase blood sugar levels, but sugar and starches do.
- In order to determine the amount of sugar and starches in foods, subtract the grams of fiber from the total carbohydrate.

| | % Daily Value* |
|---|---|
| **Total Fat** 12g | 18% |
| Saturated Fat 3g | 15% |
| *Trans* Fat 3g | |
| **Cholesterol** 30mg | 10% |
| **Sodium** 470mg | 20% |
| **Total Carbohydrate** 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| **Protein** 5g | |

How much starch is in this food?
How much fiber?

## 3. The Nutrients: How much? (2) Vitamins, Minerals, etc.

| | % Daily Value* |
|---|---|
| Dietary Fiber 0g | 0% |
| Vitamin A | 4% |
| Vitamin C | 2% |
| Calcium | 20% |
| Iron | 4% |

- The % Daily Value is the percent of recommended vitamins and minerals that are in one serving of this product.
- You always need the recommended amount of vitamins and minerals, even if you limit the intake of fat, salt, or cholesterol.

## Percent Daily Values

* 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 |

- These are the recommended daily amounts for each nutrient.
- These are based on a 2,000 calorie diet.

## Reading Korean Food Labels

- How much is one serving size of this product?
- How many calories are in one serving?
- How many carbohydrate servings are in this product?


# Let's practice reading food labels!

# Reading food labels

- These are nutrition facts labels for milk. What is the serving size?
- How much of your daily recommended value of saturated fat does Whole Milk have? How about Nonfat Milk?

**Nonfat Milk**

**Nutrition Facts**
Serving Size 1 cup (245g)
Servings Per Container

| Amount Per Serving | |
|---|---|
| **Calories** 80 | Calories from Fat 0 |
| | **% Daily Value*** |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 5mg | 2% |
| **Sodium** 105mg | 4% |
| **Total Carbohydrate** 12g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 12g | |
| **Protein** 8g | |

Vitamin A 10% • Vitamin C 0%
Calcium 30% • Iron 0%

* 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 |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**Reduced fat (2%) Milk**

**Nutrition Facts**
Serving Size 1 cup (244g)
Servings Per Container

| Amount Per Serving | |
|---|---|
| **Calories** 120 | Calories from Fat 45 |
| | **% Daily Value*** |
| **Total Fat** 5g | 8% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| **Cholesterol** 20mg | 7% |
| **Sodium** 100mg | 4% |
| **Total Carbohydrate** 11g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 11g | |
| **Protein** 8g | |

Vitamin A 10% • Vitamin C 0%
Calcium 30% • Iron 0%

* 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 |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

**Whole Milk**

Serving Size: 1 cup (244g)

| Amount Per Serving | |
|---|---|
| **Calories** 146 | Calories from Fat 71 |
| | **% Daily Value*** |
| **Total Fat** 7.93 g | **12%** |
| Saturated Fat 4.55 g | **23%** |
| Trans Fat | |
| **Cholesterol** 24.4 mg | **8%** |
| **Sodium** 97.6 mg | **4%** |
| **Potassium** 348.92 mg | **10%** |
| **Total Carbohydrate** 11.03 g | **4%** |
| Dietary Fiber 0 g | **0%** |
| Sugars 12.83 g | |
| Sugar Alcohols | |
| **Protein** 7.86 g | |
| **Vitamin A** 248.88 IU | 5% |
| **Vitamin C** 0 mg | 0% |
| **Calcium** 275.72 mg | 28% |
| **Iron** 0.07 mg | 0% |

# Reading food labels

**Nutrition Facts**
Serving Size 1/2 cup (51.0 g)

| Amount Per Serving | |
|---|---|
| **Calories** 237 | Calories from Fat 82 |
| | **% Daily Value*** |
| **Total Fat** 9.1g | **14%** |
| Saturated Fat 3.6g | **18%** |
| Polyunsaturated Fat 1.2g | |
| Monounsaturated Fat 3.5g | |
| **Cholesterol** 1mg | **0%** |
| **Sodium** 26mg | **1%** |
| **Total Carbohydrates** 33.5g | **11%** |
| Dietary Fiber 4.2g | **17%** |
| Sugars 11.5g | |
| **Protein** 5.3g | |

Vitamin A 0% • Vitamin C 2%
Calcium 6% • Iron 7%

**Nutritional Units** 5
* Based on a 2000 calorie diet

- This is a nutrition label for ice cream. What is the serving size?
- If you eat one cup of this ice cream, how many calories you are getting?
- How many grams of starches and sugars are in one cup?

**Nutrition Facts**
Serving Size 2 oz(56g/About 1/2 Package)
Servings Per Container About 2

| Amount per Serving | |
|---|---|
| **Calories** 240 | Calories from fat 70 |
| | % Daily Value* |
| **Total Fat** 8g | 12% |
| Saturated Fat 4g | 20% |
| **Cholesterol** 0mg | 0% |
| **Sodium** 1050mg | 44% |
| **Total Carbohydrate** 36g | 12% |
| Dietary Fiber 1g | 4% |
| Sugars 2g | |
| **Protein** 5g | |

| | | | |
|---|---|---|---|
| Vitamin A | 2% | Vitamin C | 6% |
| Calcium | 2% | Iron | 4% |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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 |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

## Reading food labels

- This is a nutrition label from Ramen. How many servings is in package?
- How much sodium is in one serving? What percent of your daily recommended value is that?
- If you eat one entire package, how much carbohydrate will you have?

## Understanding food labels

**Fat free or Nonfat**

It contains less than 0.5g of fat per one serving.

## Understanding food labels

**Low fat**

It contains less than 3g of fat per serving.

(Note how high in sugar it is– 39 g per serving!)


## Understanding food labels

**Reduced fat**

Reduced fat contains 25% less fat than the same regular brand per serving.


# Understanding food labels

**Salt free or No salt**

- It has less than 5mg of sodium in each serving.

**Low salt**

- It has less than 140mg of sodium in each serving.

NOTE: Low sodium products often use potassium chloride in place of sodium chloride. Low sodium products containing potassium chloride are not a healthful option for everyone.

It's better to avoid or eat less of foods that are salty!

# Understanding food labels

**Sugar free**

- It has less than 0.5g of sugar in each serving.

NOTE: Sugar alcohols (artificial sweeteners) are used in sugar-free foods and have less of an effect on blood sugar, but can still raise blood sugar levels. If the food doesn't list sugar alcohols on the label, you can look for it in the ingredient list. Look for ingredients that end in "ol" like maltitol or sorbitol

**Nutrition Facts**

Serving Size 1 snack (106g)
Servings Per Container 6

**Calories** 60
Calories from Fat 10

| Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value* |
|---|---|---|---|
| **Total Fat** 1g | 2% | **Total Carbohydrate** 13g | 4% |
| Saturated Fat 1g | 5% | Dietary Fiber 0g | 0% |
| Trans Fat 0g | | Sugars 0g | |
| **Cholesterol** 0mg | 0% | Sugar Alcohol 7g | |
| **Sodium** 200mg | 8% | **Protein** 1g | |

Vitamin A 0% • Vitamin C 0% • Calcium 10% • Iron 0%

# Understanding food labels

Even if a product is in a small package, like ramen, it may have more than 1 serving

- Nutrition facts are based on ½ package of ramen
- There are two servings in each package of ramen.

X 2



New York Times "Foods With Benefits, or So They Say"- May 15, 2011.

## Understanding health claims

Many foods claim to lower your cholesterol, help you lose weight, support your immune system, or decrease your chance of heart disease.

Before loading up your cart, be sure to read the nutrition labels and pay attention to the calorie, sugar, sodium (salt), and fat content in these foods.

Some packaged foods that claim to be healthy are in fact no healthier than many ordinary brands!

Don't be fooled by marketing that exaggerates health claims– read the nutrition labels!

## Barriers to healthy eating

# When/why may it be difficult to eat healthy?

# Plan ahead!

I don't have time…

I don't know what's a healthy snack…

What about on holidays and special occasions?

It's rude to refuse food when it's offered…

I eat out a lot…

I don't / my family doesn't like the taste…

I'm not good at making changes…

## Goals for the next few weeks

- Select one healthy food goal to do (and stick to it!)
- At least 60 minutes of physical activity (such as brisk walking) per week (10 minute intervals is ok)
- Keep track of all your physical activities/exercise each week

## Goal Setting and Follow-Up Phone Calls

- I will call you again next week to check in and see how you are doing.
- I will work with you to help you meet your food and exercise goals.

# Next Session: Get Moving!

In the next session, we will talk about being more active and making physical activity part of your daily routine.

I will provide you with the details for the date and time for the next class.

## See you in 3 weeks!


"Sometimes it's good to change your walking routine. Try walking around the block instead of wandering around the kitchen."