PROJECT RICE

Reaching Immigrants Through Community Empowerment

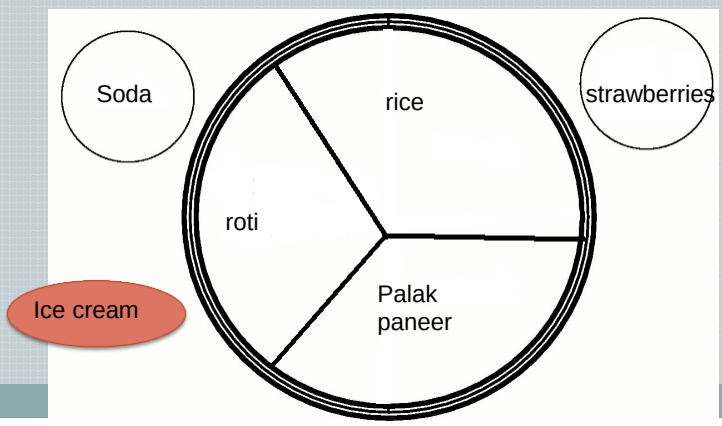
SESSION 2:
HEALTHY EATING / NUTRITION

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

What did you have for dinner last night?



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

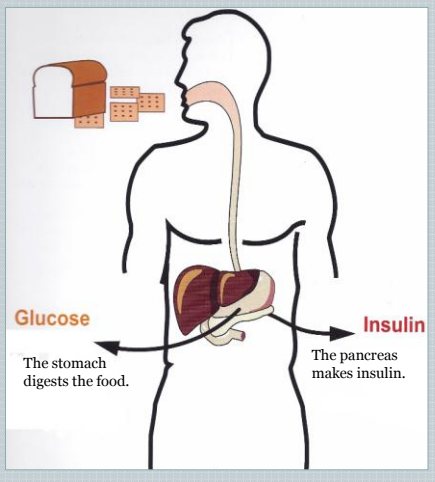
Eating and calories

- 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)

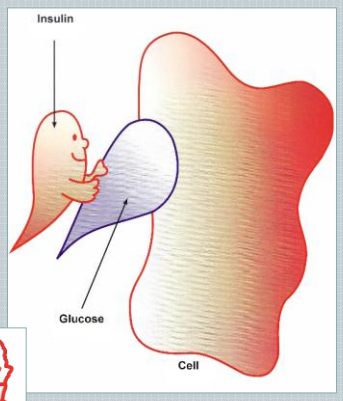
- In a healthy body, the food we eat goes to the stomach, where it is digested.
- The food is broken down into blood glucose (sugar).
- Glucose is the body's main source of energy.

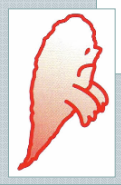


Review: Insulin and Diabetes

- 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, roti, rice, fruits, starchy vegetables like 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
  - Increase the amount of vegetables, fruits, and whole grains in your diet
  - Reduce the amount of fats, cholesterol, and salt in your diet
- Pay attention to your portion sizes
- Incorporate healthy eating into daily routines
- Know what's in your food
  - Learn to read food labels
- Plan ahead

Eat a Variety of Foods

What are the main food groups?

Food Groups

- Grains, Beans, and Starchy Vegetables
  - Rice, grains, roti, cereal
  - Dal, rajma, channa, chole
  - Starchy vegetables: potatoes, peas, pumpkin
- Vegetables
- Fruits
- Meat & Protein Foods
  - Meat, fish, shrimp/prawns
  - Protein foods: Paneer, eggs, tofu
- Milk & Yoghurt
  - Milk, chai, yoghurt, raita, chaas, ice cream, lassi
- *Fat, Oil, & Sweets*
  - *Not a food group, eat very little!*

Let's play a game!

Figure out what's in your favorite meal

Identify the food groups in Dal Makhni!

Figure out what's in your favorite meal

Dal Makhni

Lentils (Grains, Beans, and Starchy Vegetables/ Protein)
Ginger (Vegetables)
Garlic (Vegetables)
Chillies (Vegetables)
Onions (Vegetables)
Tomatoes (Vegetables)
Spices
Salt
Butter/Cream (Fat & Dairy)

Figure out what's in your favorite meal

Identify the food groups in Palak Paneer!

Figure out what's in your favorite meal

Palak Paneer

Palak (Vegetables)
Paneer (Protein & Dairy)
Tomatoes (Vegetables)
Onion (Vegetables)
Ginger (Vegetables)
Garlic (Vegetables)
Spices
Occasionally cream (Fat & Dairy)

Generally eaten with carbohydrates– rice or rotis!

Photo Courtesy: www.wikihow.com

Eat well-balanced meals & control portions

PLATE METHOD

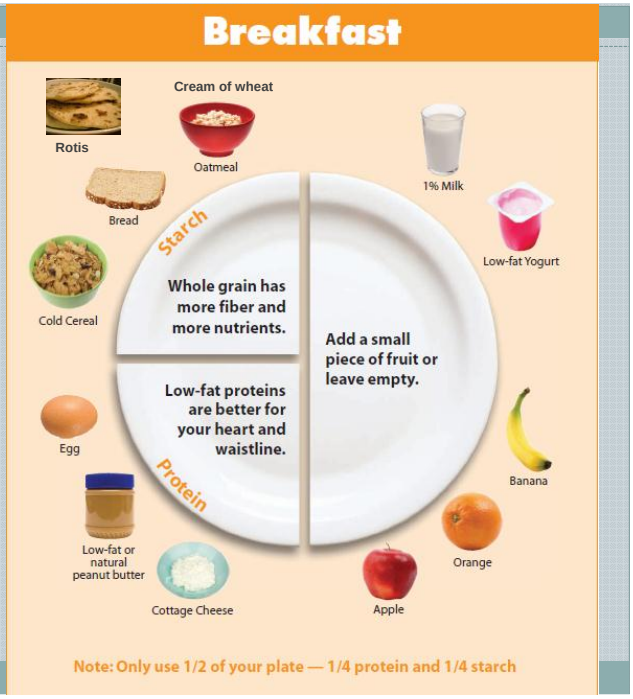
Let's Plan Your Meal - Breakfast

Only use half of your plate–

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

¼ starch (breads, cereals, grains)

Add a small piece of fruit.



Let's Plan Your Meal – Lunch/Dinner

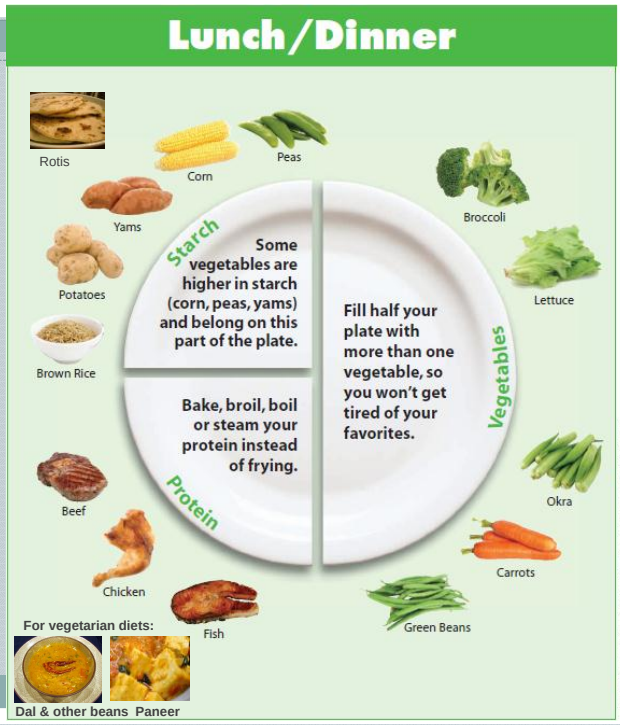
½ your plate should be vegetables & salads
- Don't include starchy vegetables like potatoes.

¼ - starchy foods (rice, roti, or potatoes)
- Starchy foods are high in carbohydrates & can raise your blood sugar levels.

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

On the side, add a cup of milk, yogurt, OR lassi (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.

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

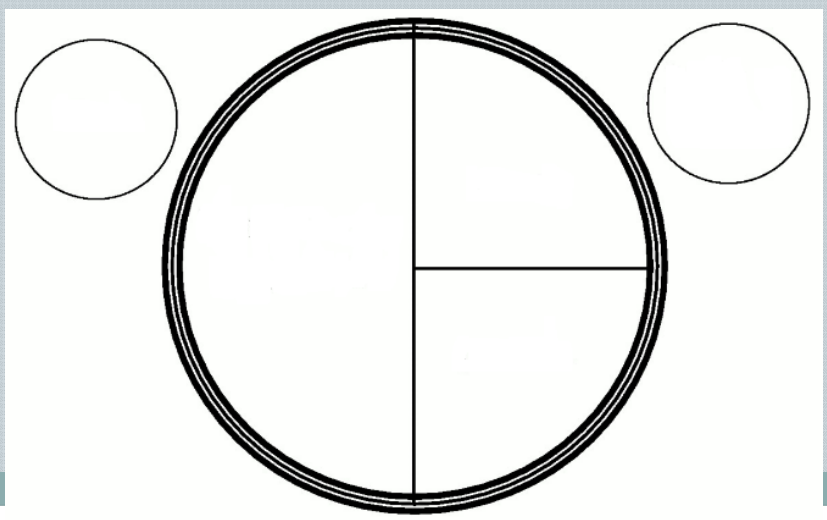
This much	Is same as
	3 ounces Same as 1 serving of meat, like chicken, turkey, or fish
	1 cup Measures 1 serving of fresh vegetables, salads, milk
	½ cup Use to measure 1 serving of fruit or fruit juice, potatoes, corn, rice or noodles

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

Pay attention to your portion sizes

- Make sure to serve yourself the right portion of foods from each food group on your plate (Use the Plate Method!)
- In a buffet-style setting, stick to one plate! Or, if you're still hungry, go back for some salad or vegetables.
- Drink plenty of water with meals (instead of juice or soda) to help fill you up.
- Measure out your rice, cereals and other foods. You don't need to do this forever, but being aware of how much you're eating can help you pinpoint "problem areas."

Let's make a plate!



Incorporating healthy eating into your daily routine

Grains, Beans, & Starchy Vegetables

Eat some at each meal.
Whole grains– whole wheat roti, chapatti, and brown rice, are better because they have more vitamins, minerals, and fiber, and help keep a steady blood glucose level.

A serving can be:

- 1 cup cooked rice per meal
- 1 cup cooked rice with barley per meal
- 1 small roti or chapatti
- ½ cup cooked beans
- 1 small potato (3 oz.)
- 1 cup of squash/pumpkin
- ½ cup of sweet potato
- 1/3 cup noodles
- 1 slice of bread
- ¾ cup dry cereal (unsweetened)
- 2 oz. rice cakes

Tips for eating grains, beans, & starches

Choose:
Whole wheat rotis, chapattis, or phulkas
- Don't have rotis and rice in the same meal. Have either 1/3 cup of rice OR 1 roti/chapatti per meal.

Lentils, chick peas, kidney beans
- High in fiber and good sources of magnesium and potassium
- High in protein- ½ cup can provide as much protein as 1 oz. of meat without the saturated fat
- Cooked dry beans are best, but if you use canned beans, be sure to drain and rinse them to get rid of as much sodium as possible

If you eat cereal, choose cereal that is low in sugar and use fat-free (skim) or low-fat (1%) milk

Avoid:
Naan made of white flour
White rice dishes, such as biryani
Fried and high-fat starches like pakoras, samosas, pooris, papad, bhujia, sev, chivda, pastries
- For a small snack, try low-fat products like pretzels, fat-free popcorn, baked chips, or baked potatoes (with the skin)

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

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 water
- Flavor with chopped onion or garlic, herbs and spices, or a little vinegar, lemon or lime juice
- Use canola oil, olive oil, or soft margarines (liquid or tub types) to cook your vegetables instead of ghee or shortening
- Use less oil and salt

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.

If you do drink juice:

- Choose fruit juices without added sugar or sweeteners.
- Drink fruit juice in small amounts (one serving is ½ cup) because it rapidly increases blood glucose.

Tips for eating Meats and Protein foods

- Have non-meat protein sources, like tofu, beans, low-fat cheese/paneer or eggs.
- If you eat meat, choose low-fat meat, like fish or poultry.
- Buy cuts of meat that have only a little fat on them. Trim off extra fat.
- 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: grill, roast, stew, or tandoor.
- Avoid fatty fried foods, such as fried or deep-fried meats or paneer.

A serving can be:

- 2-3 ounces cooked lean lamb, goat, chicken, turkey, beef, veal, pork, or fish
- 2-3 ounces low-fat cheese or paneer
- 2-3 eggs (3 eggs per week limit)
  NOTE: 2 egg whites = 1 whole egg, so you can have 4-6 egg whites per week
- 1 – ½ cup tofu (bean curd)
- 2-3 tablespoons of peanut butter

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 in your chai, lassis, and chaas.
- 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)
- 1 cup of soy milk

Tips for Vegetarian Meals

- Eat plenty of vegetables (1/2 your meal).
- Have other protein sources (1/4 of your meal), like lentils (dal), beans, tofu, low-fat cheese/paneer, or eggs

However, watch your starches! (1/4 of your meal)

- Don't have rotis and rice in the same meal. Have either 1 cup of rice OR 1 roti/chapatti per meal
- Lentils (dal) and beans are starches, but they are also good sources of fiber and protein. Have more dal and less rice/roti in your meal.
- If you eat foods like kadhi or dahi baray that has both dal and yogurt, avoid the extra yogurt/lassi for that meal.

Limit your fats

- All dals should be cooked with little oil and moderate spices. Avoid using ghee, malai, or any other fat.
- Choose low-fat or nonfat paneer and cheeses.
- Limit yourself to 3 eggs per week to control cholesterol.

Fat, Oil, & Sweets

Avoid fats and sweets. (Eat smaller amounts or eat them less often.)
They have lots of calories and are not healthy.

A serving can be:

- 1 tsp. oil, ghee, butter, margarine, or mayonnaise
- 1 tbsp. salad dressing
- 10 peanuts
- ½ cup ice cream
- 1 oz. potato chips










Healthy ways to eat sweets and desserts

- It's okay to have sweets once in a while.
- Have small portions of your favorite sweets only sometimes (on holidays or special occasions).
- When eating at restaurants, share desserts, or order small or child-size servings.
- Divide homemade desserts into small servings. Wrap each one and freeze extras.

How to be healthy about fats

Avoid saturated fats and trans fats.

They:

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

- Saturated fats are found in meat and animal products
  - meats, butter, milk, cheese, paneer
- 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 pooris, samosas, and pakoras
- Do not use ghee on rotis/naan
- Replace saturated fats with monounsaturated fats

How to be healthy about fats

- Monounsaturated fats: These are natural fats which lowers "bad" cholesterol and can raise levels of "good" cholesterol.
  - Found in canola oil, olive oil, peanut oil, nuts and avocados. Have these instead of trans fats and use in moderation.

- Polyunsaturated fats: These are natural fats which reduce bad cholesterol and promote brain health. The 2 types are Omega-3 and Omega-6 fatty acids.
  - Omega-3 common in fatty fish like salmon and trout, and 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, paneer, eggs, ice cream, milk)

- Liver, eggs, and shellfish are high in cholesterol.

Eat these less often.

Foods that comes from plants do not contain cholesterol.

- Vegetables, Fruits
- Beans, Tofu
- Rice, Grains and Cereals

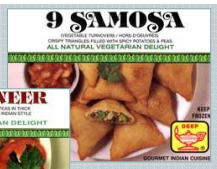
Salt and Blood Pressure

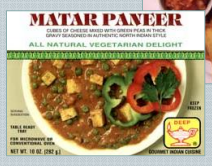
- For some of us, dietary salt can increase blood pressure.
- You should limit salt intake to about ½ teaspoon a day, including salt that is in prepared foods, pickled foods and chutneys or sauces.
- If you have hypertension (high blood pressure), reducing your salt intake may reduce your blood pressure.
- Most of the sodium that we eat comes from packaged foods, processed foods, and restaurant and fast foods.

Watch your salt intake!

Avoid high sodium foods:

- Salty snacks (sev, chivda, chips)
- Processed or fast food
- Frozen meals
- Preserved and canned foods (pickled foods, chutneys)
- Seasonings (salt, ketchup, salad dressing)





Use less salt in cooking.

Don't add any at the dinner table!

10 Minute Stretch

Physical Activity Exercise

Eating out

- Ask for water with lemon, unsweetened tea, tonic water, or other drinks without added sugar. If you drink coffee, chai or lattes, ask for nonfat milk.
- Start your meal with a salad full of vegetables to help control hunger and feel satisfied. (Use no or very little low-fat dressing!)
- Avoid "all-you-can-eat" buffet and order an item from the menu.
- Order foods prepared in tikka, tandoori, or kabob style, or steamed, grilled, or broiled instead of fried or sauteéd.
- Choose chicken and seafood instead of high fat beef, lamb, and paneer.
- Choose vegetable dishes, such as chana or bhindi masala, eggplant bharta, gobi matar
- Choose low-fat yogurt sauces instead of creamy sauces such as makhani, korma, curry, or coconut milk sauces
- Avoid naan made of white flour and white rice dishes, such as biryani.
- Avoid deep-fried and high-fat starches like pakoras, samosas, and pooris.

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.
- 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, juices, and chai are full of calories and sugar.
- Bring a box of fruits or a fruit salad instead of sweets or pastries.
- Plan time to exercise before or after.
- Involve your family and friends, and talk to them about your goals. Ask them to motivate you.

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.
  - 5% DV or less is low, 20% DV or more is high
- 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 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?

Summary: How to read food labels

- Check the Serving Size and number of Servings Per Container
- Amount per serving- The nutrient amounts are for one serving (which is usually less than the entire package!) So, if you eat more or less than one serving, you need to add or subtract nutrient amounts.
  - For example if you eat the entire package of chips, and it has 3 servings for package, than you are eating 3 servings. So you need to multiply the amount of total fat, saturated fat, trans fat, cholesterol, sodium and all the other values by THREE!
- Limit these Nutrients: saturated fats, trans fats, cholesterol, sodium, total carbohydrate, and sugar
- Get enough of these: potassium, fiber, vitamins A and C, calcium, iron
- Use the Percent Daily Value (% DV) column when possible:
  - 5% DV or less is low, 20% DV or more is high

Let's practice reading food labels!

Reading food labels

- This is a nutrition label from Haldiram's Bhujia. How many servings is in one package?
- If you eat one entire package, how much carbohydrate will you have?

Understanding food labels

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

- Nutrition facts are based on 10 g Bhujia.
- There are 40 servings in each package.

X 40

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

- Think about your diet. Would you like to create a goal related to improving your nutrition and eating behaviors?
- Work up to 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."