

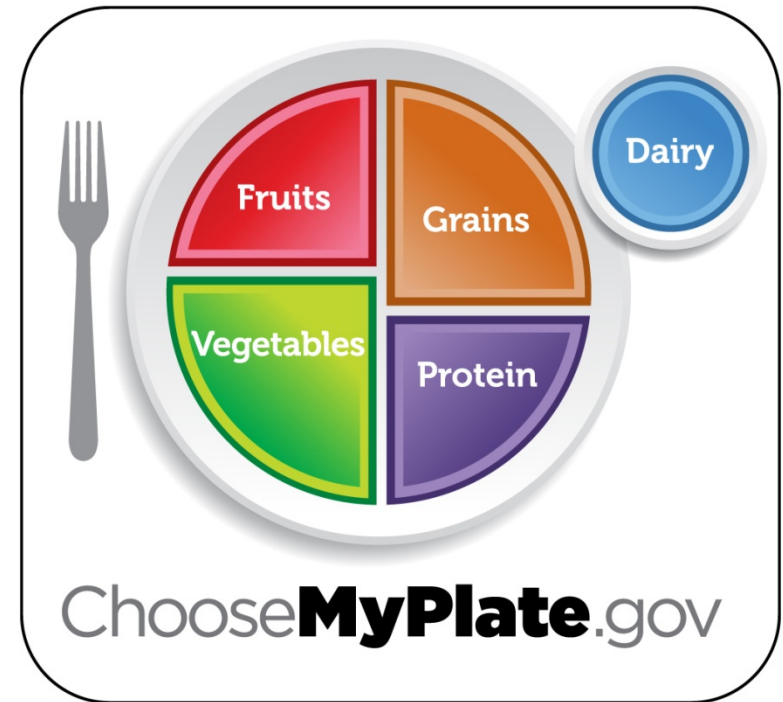
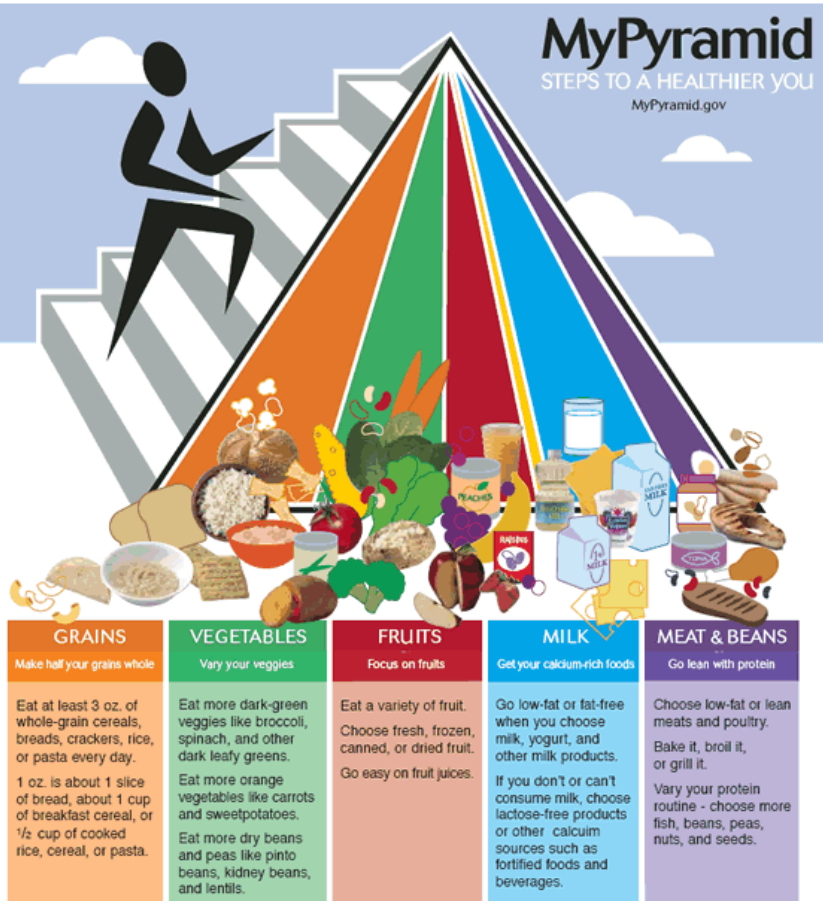


NUTRITION WELLNESS

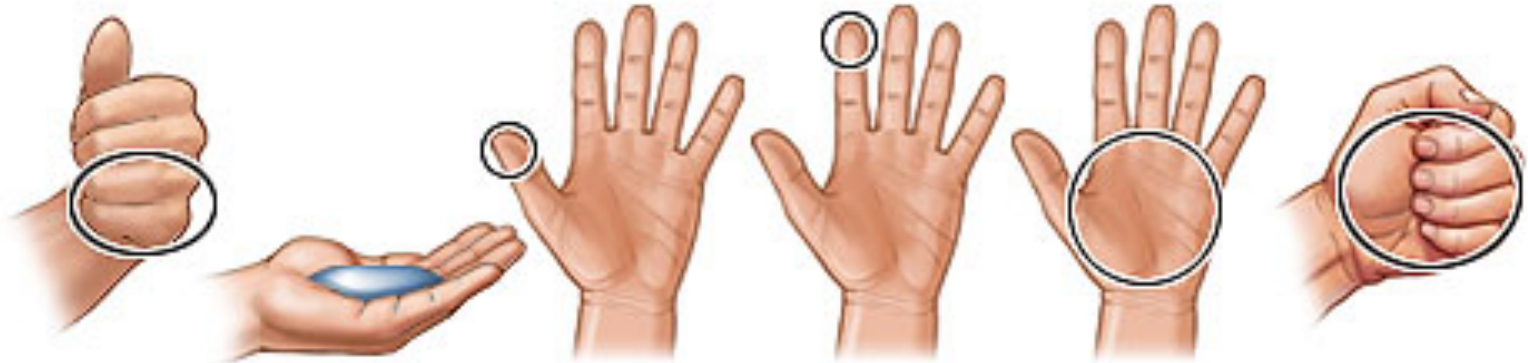
Emphasis on Balance & “Everything Fits”



The New MyPlate



Portion Sizes



$\frac{1}{2}$ cup

1 oz

1 Tbsp

1 tsp

3 oz

1 cup

Portion Sizes

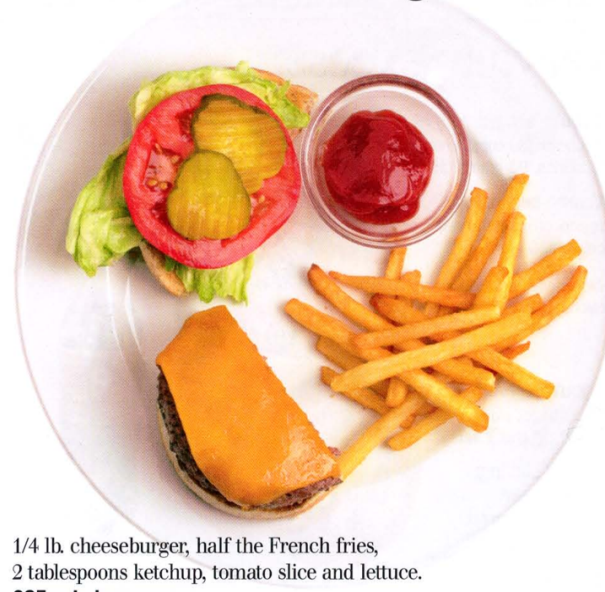
Portion Distortion

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 Neighborhood Initiative is the Lead Grant Administrative Unit for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. www.schp.usc.edu

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When It's Good to "Go All Out"



VS.

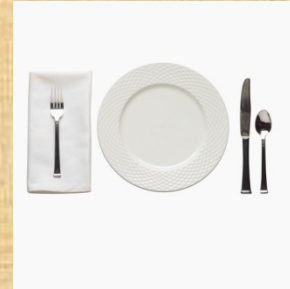


Tips on Beating the “Portion Distortion”

- Practice measuring food at home so that you have an idea of what a serving size looks like. You’ll also be able to “eyeball” measurements such as 1 Tbsp, ½ cup, etc.**
- Have the restaurant pack half the meal before they bring it out.**
- Use the “hand portion sizes” to give you an idea of how much food you’re eating.**

Tips on Beating the “Portion Distortion”

- **We eat with our eyes. Put food on a smaller plate to make the same amount of food look “heaping”.**



- **Use smaller spoons, glasses, bowls, etc. for the same reason.**
- **Slow down meals; set down silverware between bites.**

“Healthify” Favorite Foods

- Switch to low-fat mayo, dressings, and other condiments.**
- Experiment with different herb and spice blends that are salt-free to lower sodium intake.**
- Switch to whole grain when possible. The whole grain possibilities are endless!**
- Replace margarines and butter in cooking with heart-healthy vegetable oils.**
- Go for grilled, poached, broiled, baked and steamed over fried.**

Tips on Lowering Cholesterol



- ❑ **Minimize saturated fats:**
 - ❑ **Dairy products (aim for skim or low-fat dairy)**
 - ❑ **Meats: especially red (aim for chicken breasts and fish)**
 - ❑ **Look for palm kernel oil and coconut oil on food labels**
 - ❑ **Saturated fats raise LDL (bad cholesterol)**
- ❑ **Try to avoid trans-fats all together:**
 - ❑ **Look for “partially hydrogenated oil” on food labels**
 - ❑ **Trans-fats lower HDL (good) cholesterol and raise LDL (bad cholesterol).**

Tips on Lowering Cholesterol

- **Most of your fats should be monounsaturated and then polyunsaturated:**
 - ▣ **Monounsaturated: olives, peanuts, almonds, avocado. Lower LDL (bad) cholesterol without lowering HDL (good cholesterol)**
 - ▣ **Polyunsaturated: other vegetable oils like corn and safflower, tuna, salmon, walnuts. Lowers both LDL (bad) and HDL (good) cholesterol.**



Tips on Lowering Cholesterol

- **Consume foods with soluble fiber which helps lower LDL cholesterol in the blood. Eat foods such as:**
 - ▣ **Beans**
 - ▣ **Fruits such as berries, apples and pears**
 - ▣ **Whole-grains and oats**
 - ▣ **Nuts and seeds**



S.W.A.P: Start with a Plan

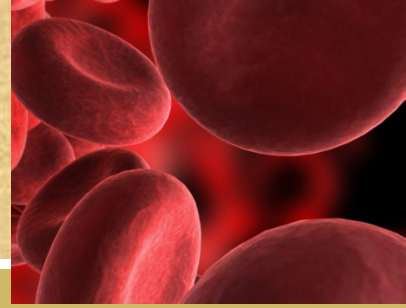
- **Swapping different forms of the same food means no deprivation, but a healthier diet overall. Try these swaps:**
 - ▣ **2% milk vs. whole milk.**
 - ▣ **2% or reduced-fat cheese, sour cream and other dairy for full-fat dairy.**
 - ▣ **Swapping 80/20 ground meat for 85/15, and then 90/10 if possible!**

Tips on Lowering Sodium



- ❑ **Lower sodium by rinsing canned goods before eating.**
- ❑ **Look at labels for lower sodium, no salt added or very low sodium.**
- ❑ **Choose frozen vegetables without added sauces and/or salt.**
- ❑ **Consume potassium-rich foods such as bananas, oranges and potatoes to regulate sodium and potassium balance.**

Managing Blood Sugar or Glucose



- ❑ **Routine doctor's appointments are very important in monitoring health and screening for health complications.**
- ❑ **Look for symptoms such as increased thirst, urination and fatigue. These could be signs that a person needs to visit a doctor for undiagnosed diabetes.**
- ❑ **If someone is experiencing a new diagnosis or uncontrolled diabetes, a one-on-one session with a dietitian can be helpful in developing a meal pattern specifically for that person.**

Managing Blood Sugar or Glucose

- **To keep blood glucose levels stable in general, it can help to pair protein with complex carbohydrates, such as:**
 - ▣ **Apple slices with peanut butter**
 - ▣ **Low-fat cottage cheese and whole grain crackers**
 - ▣ **Hard-boiled egg and a handful of berries**
- **Simple carbohydrates break down quickly into sugar which causes blood glucose, or sugar, levels to rise and then fall rapidly, often causing a tired feeling.**
- **Eating a balanced and healthy diet can help any person to feel better throughout the day.**



THANK YOU

Questions?