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Smart Choices!

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SAGEplus:

Smart Choices!



Cancer Control Section
Health Promotion and Chronic Disease Division
Minnesota Department of Health



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2007

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<http://www.health.state.mn.us/divs/hpcd/ccs/sageplus/sageplus.htm>

1-651-201-5600

This publication was supported by Grant/Cooperative Agreement Number U55/CCU522818 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of Centers for Disease Control and Prevention.

May 2007

Welcome to the SAGEplus Program!

SAGEplus is a year-long program designed to help you make choices to improve your health. The program offers an evaluation of your heart's health, heart health coaching, information, and tips about different ways to improve your health. SAGEplus also supports your progress by offering encouragement and rewards for participating.

The materials in this booklet focus on making healthy choices about how you eat. Your eating patterns are so much a part of you that they're hard to change. The good news is that even small changes can make a big difference.

Take a step toward better health! Think about your eating patterns – how and what you eat. Then think about ways you could improve those patterns. Choose just a few simple things you think you can do. Practice them every day until they replace your old habits and become part of who you are. By starting small, you'll find that you can succeed. YOU CAN make a difference in your health.



*"The future belongs to those who believe in their dreams."
Eleanor Roosevelt*

What's It All About?

This booklet provides information about heart health and how healthy eating can help reduce the risk of developing heart disease.

The lifestyle coaching session is an opportunity to explore how you feel about your heart health screening results and how your eating patterns contribute to those results. Your SAGE*plus* contact at the clinic will guide you through a process in which you decide whether you want to make changes in your eating patterns and, if so, what those changes might be.

This booklet provides information about ways to eat healthier. It also suggests ideas for healthy eating goals and tips for reaching those goals. Use it as a reference, or a way to get started.



"What lies behind us and what lies before us are small matters compared to what lies within us." *Ralph Waldo Emerson*

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Ready to Change?

Change... Just the word can make us uncomfortable. But change is constant. Usually, though, it's so slow that we don't notice it. Take our bodies, for example. Many of us don't feel as well as we used to – and can't do things we used to do. How did this happen? Wasn't it just yesterday that we were young and took our bodies and our health for granted? Wouldn't it be nice to turn back the clock, start all over, take better care of ourselves, and end up in a different place?

We can't turn back the clock, but maybe we can do a better job of taking care of ourselves now. How and what we eat plays a big role in how healthy we are and how good we feel. Think of ways you could eat better. For example, eating fewer sweets, or stopping for fast food less often. Then pick two or three steps you could take that seem easiest to you. For example, skip that candy bar midmorning; or scale back to a single burger instead of a double. You'll probably have reasons why you don't do these already. Work through that list of "why nots" one by one. Don't let them stop you! Ask yourself, "is this really a problem, or is it just an excuse?" Try to find ways around the real problems. Be creative. Be flexible.

"Even if you are on the right track, you will get run over if you just sit there." Will Rogers

After you settle on a few steps that you really think you can accomplish, make a commitment to yourself to try them. Give yourself enough time to really see if you can do them. Practice them every day. If you fail one day, don't give up. Try again the next day. It took a long time to develop your eating habits; it's going to take a while to change them. If you're having trouble, don't quit. Instead, try to figure out why you're having trouble, so you can find a work-around.

"Don't let yesterday use up too much of today." Cherokee proverb

After a few months, review your progress. You'll find that you CAN make changes. Congratulate yourself! You're on your way to a healthier you! It may take longer to actually notice the difference in how you feel, but now you know that you can make changes that WILL make a difference!

Once you've done one thing, don't let victory slip away. Use your new confidence to build on your success and add more changes. It's your body and your life. **You** can make the difference!

Changin'

People go through several stages before they're ready to change their behavior. As we talk about changing how you eat, ask yourself, "Which stage am I in?" Whatever stage you're in, let SAGE*plus* help you move through the list - toward better health.

— Haven't thought about changing

Your heart health is a picture of what's happening inside your body. Maybe some of your results were a surprise to you. We don't always pay attention to gradual changes that occur in our bodies over years. When you look at your profile, ask yourself, "Is this where I want to be? Is this where I should be?" Maybe it's time to start paying attention ...

— Thinking about changing

How were your screening results? Maybe your screening showed that some of your measures - for blood pressure, cholesterol, glucose, or body mass index -- aren't where they should be. You may have already noticed - in how you feel, how much energy you have, and your general outlook on life. How important is this to you? Your heart health isn't going to get better on its own. If you want something better for your heart, your health, and your life, it's up to you.

— Planning how to make a change

Hmm. You know you need to make some changes. But how? It can seem overwhelming, but don't panic. Take things one step at a time. Even small steps help you move down the road to better health. This booklet and the SAGE*plus* newsletters offer some ideas. If you don't have any ideas of your own just yet, take those ideas, play with them, and make them into something that will work for you.

"You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of." *Jim Rohn*

Taking steps to make a change

Practice your plan daily. Try to make it fit your day and your lifestyle as closely as possible. Look for support from friends -- even get them to join you. If you have a bad day, don't give up, just try again tomorrow.

*"One rain does not make a crop."
Creole proverb*

Have taken steps to change and plan to continue

How's it going? Is your planned change a comfortable part of your life now? These changes you've made are important - to you, your health, and your family. You can't just drop them and go back to those old, unhealthy patterns. Celebrate your successes and keep practicing those changes!



"Real Life isn't always going to be perfect or go our way, but the recurring acknowledgement of what IS working in our lives can help us not only to survive but surmount our difficulties." Sara Ban Breathnach

You Can Do It!

Let's start by taking a look at all the reasons you CAN do it.

First, think of all the things you've accomplished in life so far. You've gotten this far – an accomplishment itself! Along the way, have you done any of these?

- Raised a family
- Held down a job
- Attended school
- Helped out a friend or relative
- Fixed up your home
- Worked to improve your church, schools, or neighborhood

"The only limit to our realization of tomorrow will be our doubts of today."
Franklin D. Roosevelt

Now, think of all the things you do every single day.



- Care for others
- Offer encouragement
- Make meals
- Go to work
- Keep your home up

"It is our choices...that show what we truly are, far more than our abilities." *J. K. Rowling*

What things about you help you succeed in reaching goals and handling daily challenges? Check the items to see what you feel about yourself.

- | | | |
|--------------|---------------|----------------|
| ♥ Adaptable? | ♥ Dedicated? | ♥ Organized? |
| ♥ Ambitious? | ♥ Dependable? | ♥ Patient? |
| ♥ Brave? | ♥ Determined? | ♥ Responsible? |
| ♥ Calm? | ♥ Energetic? | ♥ Spiritual? |
| ♥ Capable? | ♥ Flexible? | ♥ Strong? |
| ♥ Caring? | ♥ Generous? | ♥ Thoughtful? |
| ♥ Cheerful? | ♥ Loving? | ♥ Tough? |
| ♥ Committed? | ♥ Open? | ♥ Truthful? |

Finally, think about who will support you in your effort to take charge of your health. Remember, support comes in many forms – from cheering you on and celebrating your successes, to listening to you when you’re feeling down, to getting out there and joining you as you work to improve your health. In the list below, circle the people to whom you can look for support as you start to make changes.

Spouse

Friends

Children

Sisters/Brothers

Parents

Other relatives

Neighbors

Members of your faith community

People with whom you work

When you start counting up what you’ve done so far in life, all the balls you keep in the air every day, your own strengths, and all the people who care about you, you’ll realize that you can do it!



“Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom.” *Marcel Proust*

Healthy Eating: Healthy Choices

In this section, we'll talk more about food choices for healthy eating.

Eating for Heart Health

Eating a healthy diet is one of the best ways to decrease your risk of developing cardiovascular disease. It's not as hard as you think! Remember, it's the overall choices you make that count.

Eating for heart health is eating less of the foods that can cause heart disease and more of the foods that protect against heart disease. Choosing foods that are low in bad fats (saturated fat and trans fat) and calories and choosing foods that are high in vitamins, minerals, and fiber is the first step in eating for heart health.

Many people wonder whether they'll be able to switch to a healthy way of eating. Here are some questions and answers about making the change.

Will I have to give up my favorite foods? – No!

- ✚ Eat regular meals and snacks, and try not to eat at other times.
- ✚ Eat smaller amounts at meals and snacks.
- ✚ Learn ways to prepare your favorite foods with less salt and fat.
- ✚ Try something new – it may become a new favorite.

"The tragedy of life doesn't lie in not reaching your goals. The tragedy lies in having no goal to reach. It isn't a calamity to die with dreams unfulfilled, but it is a calamity not to dream...." *Benjamin Elijah Mays*

Won't I always feel hungry? – No!

- 🍌 Choose foods such as whole grains, fruits, and veggies that will fill you up.
- 🍌 Eat more slowly.

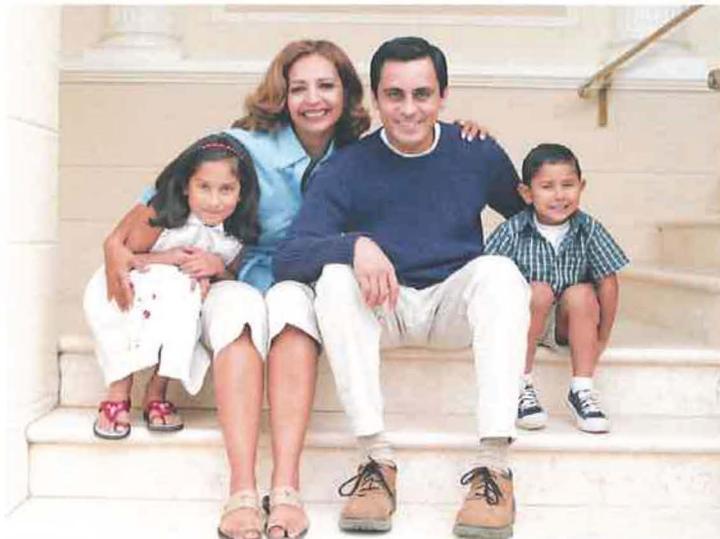
Won't it cost more money to eat healthy? – No!

- 🍌 By planning your meals and shopping with a list you can save money.
- 🍌 Eating fruits and vegetables is not more expensive than less healthy choices.

I've fixed things the same way for so long. I want to change, but where do I start? – With the SAGEplus Smart Choices!

- 🍌 Start by making one or two small changes.
- 🍌 Remember, it's OK to get off track now and then. Just try again.

Think about how good you'll feel when you eat healthy.



"Unshared joy is an unlighted candle." Spanish proverb

Making Smart Choices

A healthy diet begins by making smart choices from the different food groups. This section provides information on the food groups: grains; vegetables and fruits; dairy; meat, poultry, fish, nuts, seeds, and legumes. How much you eat from each group depends both on your age and how active you are.

In general, women over 40 years old should eat about 1,600 to 1,800 calories per day. You can use the information below to determine how many calories you should eat. First, select your activity level.

Activity Level	What it means
Sedentary	Less than 30 minutes of moderate physical activity a day in addition to usual activity of day to day life.
Moderate	30 to 59 minutes of moderate physical activity a day in addition to usual activity of day to day life.
Active	60 minutes or more of moderate physical activity a day in addition to usual activity of day to day life.

What is Moderate Physical Activity?

 Brisk walking (about 3 ½ miles per hour)
 Gardening/yard work
 Bicycling (less than 10 miles per hour)
 Dancing



Next, match your activity level to your age to determine how many calories you can eat each day. Remember that if you're trying to lose weight, you'll have to eat fewer calories.

Age in years	Activity Level and Number of Calories Per Day		
	Sedentary	Moderate	Active
40 -50	1,800	2,000	2,200
51 -and older	1,600	1,800	2,000

In this section, the "Recommended Servings" for the food groups (grains; vegetables and fruits; dairy; meat, poultry, fish, nuts, seeds, and legumes) are for someone who needs 1,600 calories per day.

Whole Grains

All types of grains are good sources of energy, various vitamins and minerals. And grains are naturally low in fat and have no cholesterol. Grains are also a good source of fiber. Fiber makes you feel full, which can help you eat less.

What Are Grains?

Grains are the seeds of plants. Grains may be whole or refined.



Whole grains contain valuable nutrients, such as vitamins and minerals and are a better source of fiber.

Refined grains have been processed and have lost fiber, vitamins and minerals. Therefore, refined grains do not provide as many of these nutrients as whole grains.

Examples of Whole Grains and Refined Grains

Whole Grains

-  Brown rice
-  Whole wheat bread, pasta, crackers
-  Wild rice
-  Oatmeal
-  Popcorn
-  Barley
-  Mullet
-  Bulgur (cracked wheat)

Refined Grains

-  Enriched macaroni and spaghetti
-  White bread
-  White rice
-  White flour
-  Corn flakes
-  Pretzels
-  Grits
-  Couscous

*"Everything that is done in the world is done by hope."
Martin Luther*

How To Find Whole Grains

- ✚ You cannot identify whole grains by color. Adding molasses to bread made from refined flour will color it brown; other foods, especially cereals, may be whole grain even if they are not brown.
- ✚ “Wheat flour” does not mean whole grain. “Wheat flour” is just another name for white flour.
- ✚ Read the ingredient list. Whole grain should be the first ingredient listed. The words “whole” or “whole grain” will appear before the grain’s name in the ingredient list.
- ✚ Here are two examples of Ingredient Lists:

GOOD SOURCE OF WHOLE GRAIN → INGREDIENTS: **WHOLE WHEAT FLOUR**, WATER, WHEAT FLOUR, HONEY, YEAST.

NOT AS GOOD OF A SOURCE OF WHOLE GRAIN → INGREDIENTS: WHEAT FLOUR, WATER, **WHOLE WHEAT FLOUR**, YEAST, HONEY.

In the first list, the “GOOD SOURCE,” “WHOLE WHEAT FLOUR” is the first ingredient listed. The further down the list it is, the less of it the product contains.

Recommended Servings Per Day

Women over 40 should eat 5-6 servings of grains per day. At least 3 of those servings should be whole grains.

One Serving Portions

- ✚ 1 cup of cereal flakes
- ✚ 1 pancake (about 4 ½ inches wide)
- ✚ ½ cup of cooked rice, pasta or potato
- ✚ 1 slice of bread
- ✚ 1 piece of cornbread
- ✚ ½ whole grain English muffin
- ✚ 2 cups fat-free popcorn
- ✚ 30 pretzel sticks
- ✚ ¼ bagel



Fruits and Vegetables

Eating a diet rich in fruits and vegetables may reduce your risk of stroke, other cardiovascular diseases, type 2 diabetes, and certain cancers, such as mouth, stomach, and colon-rectum cancer.



Most vegetables are low in fat and calories. They're also a good source of nutrients, including potassium, fiber, folate (folic acid), and vitamins A, E and C. Most fruits are low in fat, sodium, and calories. Fruits are also a good source of potassium, fiber, folate (folic acid), and vitamin C. Neither fruits nor vegetables contain any cholesterol.

What Counts as a Fruit or Vegetable

Any vegetable or 100% vegetable juice counts as a vegetable. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Any fruit or 100% fruit juice counts as a fruit. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Recommended Servings Per Day

Women over 40 should try to eat 3-4 servings of vegetables and 4 servings of fruit each day. This is the same as 3 ½ cups to 4 cups of fruits and vegetables.

One Serving Portions

- 🍴 1 cup leafy greens (lettuce, mixed greens, kale, spinach)
- 🍴 1 orange, apple or banana or other medium piece of fruit.
- 🍴 ½ cup fresh or cooked fruits or vegetables (melons, grapes, green beans, carrots)
- 🍴 1 tomato or 8 cherry tomatoes
- 🍴 ½ grapefruit
- 🍴 ½ cup grapes or berries
- 🍴 ¾ cup real fruit or vegetable juice
- 🍴 ¼ cup dried fruit (raisins, apricots, cranberries)

Dairy

Milk and most milk products are part of the dairy group. For example, the dairy food group includes cheese and yogurt. Food that is made from milk but doesn't keep the calcium is not considered part of the dairy group. Cream cheese, cream and butter are examples of milk products that aren't in the dairy group.

Milk and other dairy products provide protein, calcium, B vitamins, and other minerals such as zinc and magnesium. Vitamin D is added to most milk because it helps your body take in the calcium.

Recommended Servings Per Day

Women over 40 should try to eat 2-3 servings per day.

One Serving Portions

- ✚ 1 cup yogurt
- ✚ 1/3 cup shredded cheese
- ✚ 2 ounces processed cheese (American)
- ✚ 1 ½ ounces hard cheese (cheddar, mozzarella, Swiss or parmesan)
- ✚ 2 cups cottage cheese
- ✚ 1 ½ cups ice cream



Can't Drink Milk or Eat Dairy?

Try lactose-reduced or low-lactose foods within the milk group, such as cheese, yogurt, or lactase-treated milk. Or take the enzyme lactase before eating milk products if you are lactose intolerant. For extra calcium, try juices, cereals, breads, soy beverages, or rice beverages that have added calcium. Some stores offer lactose-free foods.

Choose Low-Fat Or Fat-Free Dairy Products

Whole-milk dairy products are high in fat, especially saturated fat, and calories. Fat-free and 1% milk products provide the same nutrition but without the extra fat and calories.

Meat, Poultry, Fish, Nuts, Seeds, and Legumes

These foods are a good source of protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium, but can also be high in saturated fat and cholesterol.

Recommended Servings

Women over 40 should try to eat 1-2 servings of meat, poultry, or fish per day. The recommendation for nuts, seeds, and legumes is 3-4 servings per week.

One Serving Portions

- ✚ 2 ½ ounces skinless chicken
- ✚ 1 ½ ounces lean beef
- ✚ 3 ounces fish
- ✚ 22 almonds
- ✚ 33 peanuts
- ✚ 14 walnut halves
- ✚ ½ cup cooked beans



Tips for Choosing

When choosing these foods, the trick is to avoid sources that are high in fat.

- ✚ Choose lean cuts of beef, pork, or skinless poultry.
- ✚ Eat seafood, especially fish that are high in omega 3 fatty acids.
- ✚ Substitute legumes for hamburger in casseroles. Rinse canned legumes before using to remove any sodium added during processing.

- ✚ Make bean soups. If you don't have enough time to make soup, buy canned soup that has beans in it.
- ✚ Eat nuts instead of cookies, chips, or other less healthy snacks.
- ✚ Substitute 1 ounce (about ¼ cup) of nuts for 1 ounce of meat at meals.

Beans

Why Are Beans Important?

Beans are a good source of carbohydrates, protein, and minerals, such as potassium and iron. Beans are low in fat, cholesterol free, and high in fiber. As an added benefit, beans are inexpensive.

Types of Beans

Many types of beans are available at supermarkets. Beans can be dry or canned. If you use canned beans, rinse them well to get rid of salt that was added during processing.

Some common types of beans

-  Kidney beans
-  Lima beans
-  Black beans

Less common types of beans

-  Garbanzo beans (chick peas)
-  Cannelloni beans
-  Great northern beans
-  Butter beans

How to Avoid Bloating

Some people don't want to eat more beans because of bloating or intestinal gas. Adding beans gradually to the diet can decrease this problem. The way you prepare them can also decrease this problem.

Follow these steps to decrease bloating and intestinal gas.

1. Add beans to the diet gradually.
2. Drink plenty of water, at least 8 glasses per day, to avoid constipation.
3. Prepare dry beans following this method:
 - a. Soak beans for 8-12 hours, changing the water every few hours;
 - b. Slow cook the beans to decrease the gas forming parts of the bean (the package will say how long to cook them);
 - c. Add a little baking soda to the beans while cooking to help break down the gas forming parts of the bean.

One serving is ½ cup of cooked beans.

Reading the Nutrition Facts Label

All processed foods have to carry a label that tells you basic nutritional information. Understanding food labels can help you choose a healthier diet.

Chicken Noodle Soup	
Nutrition Facts	
Serving Size 1/2 cup (120 ml) condensed soup	
Servings Per Container about 2.5	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	
Sodium 890gm	37%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 0%	Iron 2%
*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 2000 2500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg ^d 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Check the number of servings. Know how much is one serving and how many servings you'll be eating if you eat it all.

Check the number of calories; compare this to the total calories you should eat in a day.

Limit the amount of fat (especially trans-fat and saturated fat), cholesterol, and sodium. Try to find foods that are less than 5% of the Daily Value.

Make sure you get enough fiber, vitamins, calcium, and iron. Aim for 20% or more of the Daily Value for at least one of these.

This section sets out recommended daily consumption, based on a 2,000-calorie diet. Women over 40 should generally eat less than this; about 1,600 to 1,800 calories per day. For this diet, calories would look like this:

	Calories	1600	1800
Total Fat	Less than	50g	60g
Sat Fat	Less than	16g	18g
Cholesterol	Less than	240mg	270g
Sodium	Less than	1,900mg	2,150mg
Total Carbohydrate	Less than	240g	270g
Dietary Fiber	Less than	20g	22g

"What is important is not what happens to us, but how we respond to what happen to us." *Jean-Paul Sartre*

Aim for these % Daily Values (DV)

Bad for You

5% or less of

- ✚ Saturated fat
- ✚ Trans fat
- ✚ Cholesterol
- ✚ Sodium

Good for You

20% or more of

- ✚ Dietary fiber
- ✚ Vitamins
- ✚ Calcium
- ✚ Iron

“Remember, we all stumble, every one of us. That’s why it’s a comfort to go hand in hand.” *Emily Kimbrough*

Common Mistakes When Reading the Nutrition Facts Label

Reading the Nutrition Facts label can be confusing when you first start. Watch out for these common mistakes when reading the label.

- ✚ **Serving Size:** When eating packages of food it is important to read the label for serving size. Just because the package is small doesn’t mean it is one serving. If a package of cookies is 2 servings and you eat the whole package, you have to multiply the numbers by 2 to figure out how many calories, fat, sodium and other nutrients you’ve eaten.
- ✚ **Reduced Fat or Sodium:** “Reduced fat” or “reduced sodium” means that the food has at least 25% less fat or sodium than the regular version. It does not mean that the food is low in fat or sodium. For example, if a food originally had 800 mg of sodium, the reduced food would have 600 mg, which is still a high sodium food.
- ✚ **% Daily Value:** The % Daily Value (DV) is different than calories. For example, if the % DV for fat is 2%, it doesn’t mean that 2% of the calories are from fat. It means that you are using up 2% of all the fat you should eat for one day in one serving.

Using the Nutrition Facts Label to Make Heart Healthy Food Choices

The Nutrition Facts label can help you choose foods lower in saturated fat, trans fat, and cholesterol. To choose healthier foods, compare similar foods and choose the food with the lower combined saturated and trans fats and the lower amount of cholesterol. Below is an example* that compares spreads.

Butter

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 7g ←	35%
Trans Fat 0g ←	
Cholesterol 30mg	→ 10%

Margarine, stick

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g ←	10%
Trans Fat 3g ←	
Cholesterol 0mg	→ 0%

Margarine, tub

Nutrition Facts	
Serving Size 1 Tbsp (14g)	
Servings Per Container 32	
Amount Per Serving	
Calories 60	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g ←	5%
Trans Fat 0.5g ←	
Cholesterol 0mg	→ 0%

Saturated Fat: 7g
 + Trans Fat: 0g
 Total Amt.: 7g

Saturated Fat: 2g
 + Trans Fat: 3g
 Total Amt.: 5g

Saturated Fat: 1g
 + Trans Fat: 0.5g
 Total Amt.: 1.5g

Cholesterol: 10% DV Cholesterol: 0% DV Cholesterol: 0% DV

*Example from the Center for Food Safety and Applied Nutrition, FDA



“There are many things in life that will catch your eye, but only a few will catch your heart...pursue those.” *Michael Nolan*

Carbohydrates

What Are Carbohydrates?

Carbohydrates are one of the three main parts of food (protein and fat are the other main parts).

The body breaks carbohydrates down into sugars, which are the most important energy sources for the body.

Types of Carbohydrates

There are two main types of carbohydrates: simple and complex.

Simple carbohydrates are broken down into glucose and turned into energy very soon after they have been eaten. This gives the body a quick burst of energy, but this burst is followed by a sharp drop in glucose and energy level. This drop can leave you feeling tired.

Complex carbohydrates take longer to digest. The energy from complex carbohydrates is released at a slow and steady rate. The body doesn't experience the fast drop in glucose, so energy levels are fairly stable all day long.

So, which type of carbohydrates should you eat? Both types can be part of a healthy diet.

How To Choose

It is best to choose carbohydrates that will provide the most vitamins, minerals, and fiber, and don't have added sugar. Choose less often carbohydrates that are low in fiber, and are made with refined flours and added sugar.



Choose more often:

Fresh Fruits

- ✚ Bananas
- ✚ Blueberries
- ✚ Cantaloupe
- ✚ Oranges
- ✚ Peaches
- ✚ Plums
- ✚ Strawberries
- ✚ Watermelon

Whole (unrefined) Grains

- ✚ Barley
- ✚ Brown rice
- ✚ Bulgar
- ✚ Oats
- ✚ Whole wheat bread
- ✚ Whole wheat pasta
- ✚ High fiber ready to eat cereals

Vegetables (non-starchy)

- ✚ Broccoli
- ✚ Cabbage
- ✚ Cauliflower
- ✚ Carrots
- ✚ Green beans
- ✚ Leafy greens
- ✚ Peppers
- ✚ Summer squash
- ✚ Tomatoes

Vegetables (starchy)

- ✚ Cooked dry beans
- ✚ Corn
- ✚ Peas
- ✚ Sweet potatoes
- ✚ White potatoes
- ✚ Winter squash

Choose less often:

Refined Grains

- ✚ Bagels
- ✚ Biscuits
- ✚ Cake
- ✚ Pizza crust
- ✚ Sugar cereals
- ✚ White bread
- ✚ White flour
- ✚ White pasta
- ✚ White rice

Sweetened Foods

- ✚ Candy
- ✚ Cookies
- ✚ Juice drinks with added sugar
- ✚ Pastries
- ✚ Soda



Calories

Many people think that eating carbohydrates makes you gain weight. This is not true: it's not eating too many carbohydrates that make you gain weight; it's eating too many calories. In fact, if you choose your carbohydrates right, they're a much better choice than fats. For example,

1 gram carbohydrates = 4 calories compared to 1 gram of fat = 9 calories

In the right amounts, and without toppings such as butter, margarine, mayonnaise, and gravy, unrefined carbohydrates are very good for you.

"Not what we SAY about our blessings, but HOW WE USE them, is the true measure of our thanks giving." W.T. Parker

Protein

Protein is in muscle, bone, skin, hair, and nearly every other body tissue. It's used to make hemoglobin, build heart muscle, and keeps the immune system functioning.

"Shared joy is a double joy; shared sorrow is half a sorrow." *Swedish Proverb*

Sources of Protein

Because protein comes from a variety of sources, it's easy to get enough protein in a balanced diet. Most people eat more protein than they need.

Some sources of protein are high in fat and cholesterol, so it's wise to know which protein sources are better for you and which you should try to limit.

Meat: While meat is a good source of protein, it can also be high in fat and cholesterol.

Fish: In addition to protein, some types of fish contain omega 3 fatty acids, a type of fat that helps decrease the risk of cardiovascular disease. Cold-water fish such as salmon, tuna, and mackerel have the most omega 3 fatty acids.

Dairy: Milk and other dairy products provide protein, as well as calcium, B vitamins, and minerals such as zinc and magnesium. Most milk has added Vitamin D. However, whole-milk dairy products are high in saturated fat, and calories. Fat-free and 1% milk products provide the same nutrition without the extra fat and calories.



Legumes: Legumes (beans, lentils, and peas) are a good source of protein. Because they're also low-fat and have no cholesterol, they can be a healthy substitute for meat. They're also high in fiber.

Nuts: In addition to being a good source of protein, nuts are also a good source of vitamin E, potassium, and fiber. Nuts are high in calories so don't add them to your usual snacks and meals; substitute them for other foods.

Fats

Fat is one of the three main parts of food (the other main parts are carbohydrates and protein). Some fats are better for you than others. There are four main types of fat.

- ✚ Monounsaturated
- ✚ Polyunsaturated
- ✚ Saturated
- ✚ Trans



Monounsaturated Fat

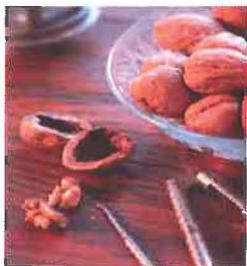
Can decrease the total and LDL (bad) cholesterol levels in your blood.

- ✚ Is usually liquid at room temperature, but may start to turn solid in the refrigerator.
- ✚ Is found in olive, peanut, and canola oils (avocados and most nuts also have high amounts of monounsaturated fat).
- ✚ Can help decrease your risk of heart disease.

Polyunsaturated Fat

- ✚ Can decrease the total and LDL (bad) cholesterol levels in your blood.
- ✚ Can help decrease your risk of heart disease.
- ✚ Can also decrease HDL (good) cholesterol.
- ✚ Is usually liquid at room temperature and in the refrigerator.
- ✚ Is found in vegetable oils, such as safflower, corn, sunflower, soy and cottonseed oils.

Omega - 3 Fatty Acids - a type of polyunsaturated fat



Omega - 3 Fatty Acids

- ✚ Can help decrease your risk of heart disease.
- ✚ Can increase the HDL (good) cholesterol and decrease triglycerides.
- ✚ Are found in fish, (most abundant in cold-water fish such as salmon, tuna, and mackerel), flaxseed, tofu, canola oil, walnuts and walnut oil.

Monounsaturated and polyunsaturated fats are better for your health than saturated and trans fat. Therefore, when choosing fat try to substitute monounsaturated and polyunsaturated fats for saturated and trans fat.

Saturated Fat

- ✚ Can increase your total and LDL (bad) cholesterol.
- ✚ Is usually solid or waxy at room temperature.
- ✚ Is most often found in animal products such as red meat, poultry, butter and whole milk.
- ✚ Is also found in other foods such as coconut, palm and other tropical oils.
- ✚ Can increase your risk of heart disease.



Trans Fat

- ✚ Can increase your total cholesterol and decrease your HDL (good) cholesterol.
- ✚ Comes from adding hydrogen to vegetable oil through a process called hydrogenation (this makes the fat more solid and less likely to turn rancid). Is a common ingredient in commercial baked goods such as crackers, cookies, and cakes.
- ✚ Is in fried foods such as doughnuts and french fries (shortenings and some margarines also are high in trans fat).
- ✚ Is found in any food with the words "*partially hydrogenated vegetable oil*" in the label.
- ✚ Can increase your risk of heart disease.

TRY TO AVOID TRANS FAT ALTOGETHER.

Reading the Nutrition Facts label is the best way to figure out the amount of fat in a serving. See page 16 for how to read the Nutrition Facts label.

"Thoughts lead on to purposes; purposes go forth in action; actions form habits; habits decide character; and character fixes our destiny."

Unknown

Fiber

Fiber is a substance found only in fruits, vegetables, and grains. Fiber is the part of plant foods that the body can't digest or absorb. It's also called bulk or roughage. There are two types of fiber: insoluble and soluble.

Insoluble Fiber

- ✚ Doesn't dissolve in water.
- ✚ Isn't digested by the body.
- ✚ Increases the movement of food through the digestive system and increases stool bulk.
- ✚ Good sources include the following: whole wheat foods, nuts, green beans, cauliflower, fruit and root vegetable skins, lettuce, tomatoes, and flaxseed.



Soluble Fiber

- ✚ Dissolves in water.
- ✚ Absorbs water, forming a gel-like material, which traps food, sugars, cholesterol and fats in the stomach and carries them through the digestive tract.
- ✚ Good sources include the following: oats, peas, beans, apples, citrus fruits, strawberries, blueberries, carrots, and barley.



How Much Fiber Should You Eat In A Day?

Aim for 25 grams of fiber a day.

"I love people. I love my family, my children ... but inside myself is a place where I live all alone and that's where you renew your springs that never dry up." *Pearl S. Buck*

Eating 25 grams of fiber a day could look something like this:

Breakfast	1 cup of oatmeal	4 grams
	1 banana	3 grams
Lunch	1 slice of whole-wheat bread	2 grams
	Tomato slice (½ cup)	1 gram
	½ cup raw carrots	2 grams
	1 large apple	4 grams
Snack	28 peanuts	2 grams
Dinner	1 cup whole wheat spaghetti	6 grams
	½ cup tomato sauce	1 gram
Total fiber		25 grams

A gram is a small measure of weight. Nutrition labels will tell you about fiber in processed foods. Fruits, vegetables, and unprocessed grains are usually high in fiber.

Reading the Nutrition Facts label on the food you buy is the best way to figure out the amount of fiber in a serving. See page 16 for how to read the Nutrition Facts label.



Calcium

Calcium builds and maintains strong bones and teeth, helps blood clot, and keeps your heart beating at a regular rhythm. So it's very important to get enough calcium.

Sources of Calcium

Calcium can be found in both dairy products and non-dairy products.

Dairy Sources

-  Yogurt
-  Cheese (many varieties including Romano, Swiss, Mozzarella, Cheddar, Feta and Ricotta)
-  Cottage cheese
-  Milk
-  Buttermilk

Non-Dairy Sources

-  Fortified cereals
-  Tofu
-  Soybeans
-  Canned salmon or sardines
-  Spinach
-  Turnip greens
-  White beans
-  Kale
-  Bok-choy (Chinese cabbage)
-  Clams
-  Rainbow trout

How Much Calcium Should I Eat In A Day?

Try to include 1,000 mg of calcium in your diet each day.

Eating 1,000 mg a day could look something like this:

Breakfast	fortified cereal	300 mg
	½ cup fat-free milk	153 mg
Snack	1 cup low-fat yogurt	415 mg
Dinner	½ cup tofu	253 mg
Total mg of calcium		1,121 mg

"Mg" stands for "milligram," and is a very small measure of weight. Read the Nutrition label to find out how much calcium is in food.

How Many Mg Of Calcium Are In Different Foods?

8 ounces (1 cup) fat-free milk	306 mg
8 ounces (1 cup) low-fat yogurt	415 mg
1 ½ ounces (approximately ¼ cup) cheddar cheese	307 mg
1 ounce (approximately 1/8 cup) fortified cereal	236 - 1043 mg
4 ounces (½ cup) tofu	253 mg
4 ounces (½ cup) spinach	146 mg
4 ounces (½ cup) canned white beans	96 mg



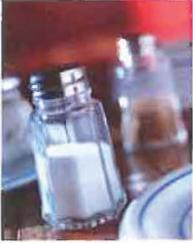
"If you have made mistakes, even serious ones, there is always another chance for you. What we call failure is not the falling down, but the staying down."

Mary Pickford

Sodium / Salt

What is Sodium?

Sodium is a mineral that is necessary for good health. One of the most common types of sodium is sodium chloride or salt.



What Does Sodium Do?

The body needs some sodium to work properly as listed below.

- 🍷 Helps maintain the right balance of fluids in the body.
- 🍷 Helps transmit nerve impulses.
- 🍷 Helps muscles contract and relax.

Sodium and High Blood Pressure

The kidneys regulate the amount of sodium kept in the body. When sodium levels are low the kidneys keep sodium. When the level is high, the kidneys get rid of sodium in the urine. Some people retain sodium more easily than others which can lead to fluid retention and increased blood pressure. For these people, extra sodium in the diet can increase the risk of high blood pressure which can lead to CVD.

How Much Sodium In A day?

The recommendation is no more than 2,400 mg of sodium (1 teaspoon of salt) a day.



What Does it Mean?

Some food products state that they are "sodium free" or "low sodium". What does that mean?

- 🍷 Sodium Free is < 5 mg sodium per serving.
- 🍷 Very Low Sodium is < 35 mg sodium per serving.
- 🍷 Low Sodium is < 140 mg per serving.
- 🍷 Reduced Sodium is 25% less sodium than the regular product.
- 🍷 Unsalted means NO salt added during processing to a food normally salted.

Eating Healthy Every Day

In this section, think about simple ways to keep eating healthy every day - whether you're eating out or eating in; eating alone, or with friends.

Eating Healthy, Eating Out

Whether you're eating out as a special event or just to refuel when on the run, you can make healthy choices.

The Whole Meal Deal - Do You Need It?

How hungry are you? What will it take to feel full? Do you need a whole meal? Could you follow these guidelines?

- ✚ Order an appetizer instead of an entrée.
- ✚ Get a half-order.
- ✚ Split a meal with a friend.
- ✚ Take half your meal home to eat tomorrow (divide your meal in half as soon as it arrives and this way you know when to stop).

What to eat? Better choices....

If you aren't craving something special, keep in mind what you know about healthier choices when you order.

- ✚ How your food is prepared can make a big difference in how much fat you're eating. To limit fat intake:

Choose

Baking
Grilling
Poaching
Roasting
Steaming

Avoid

Basting
Breading
Creaming
Deep frying
Frying



- How your food is prepared can also make a big difference in how much salt you're eating. If you're trying to limit sodium, watch out for foods that are smoked, pickled, or served in cocktail sauce or teriyaki sauce.
- Watch what you put on that sandwich! Sandwich add-ons can be high in salt and in calories.

Choose

Mustard
Tomatoes
Dill pickles
Onions



Avoid

Mayonnaise or oil
Cheese
Tartar sauce



- If you're eating Italian, choose or avoid the following items.

Choose

Red sauce (Marinara)
Wine-based sauce (Marsala)
Pasta Primavera

Avoid

White or cream sauces
Pasta stuffed with cheese or meat
Tartar sauce

- Go easy on the salad dressing – or choose oil and vinegar or low-fat options. Salad dressing adds fat and sugar.
- When it's cold, try a clear soup. Soup is filling and, without a cream base, adds nutrition without many calories.
- Trim fat off steaks, ribs, pork chops, or other meat.
- Remove the skin before eating chicken.
- Don't order a beverage; just have water. It can save you calories and money.
- Split a dessert or have a small chocolate or mint, or just skip dessert.
- Don't be shy! Leave food on your plate. Eating food you don't need isn't going to help you or anyone else.

"Character is simply habit long continued." *Plutarch*

Food on the Go - Refuel with food fast, not "fast food."

- ✚ When you're on the go and need food fast, "fast food" is not your only option.
 - ◆ Individual apples, oranges, and bananas are available in grocery stores and most convenience stores. They're better for you than "fast food," cheaper, and can even be faster! Bananas and oranges even come with their own wrappers!
 - ◆ Individual yogurt servings are another healthy option.
 - ◆ If you do hit the super market to refuel, don't buy an entire bag or box of something if you know you'll eat the whole thing before you get home. Think ahead. If you know you're going to be out and about, bring healthier foods from home. Fresh veggies or fruit with low-fat whole-grain crackers and low-fat cheese can provide energy without the extra fat.



- ✚ Don't super-size it. If you don't need all that extra food, it's not a bargain; it's a drain on your future health.
- ✚ Choose salads (with low-fat dressing) or grilled foods.
- ✚ Order your burger plain. That way you can control what's added, and how much.
- ✚ Limit your use of high-fat, high-calorie toppings, like regular mayonnaise, salad dressings, bacon, and cheese.

And, as always -

- ✚ Cut down on fats, such as butter.
- ✚ Cut back on sweets.
- ✚ Take it easy on salt.
- ✚ **STOP EATING when you're full.**



Planning Healthy Meals

A little planning before grocery shopping can help you stay focused on buying foods that are heart healthy. Planning can also help you have food ready for the times when you are tired or don't have time to cook.

Preparing to Shop

- Before going to the grocery store, make a list of 3-4 meals to make during the week.
- Use the food guide pyramid to help plan meals.
- Plan easy meals. Make meals that use a crock pot or one-pot meals such as stew, soup and casseroles.
- Make a shopping list. Make sure the ingredients for each meal you've planned are on your shopping list or already stocked in your kitchen.
- Eat a healthy meal or snack before shopping. Impulse buys are often high-calorie and high-fat.

Shopping

- Stick to the shopping list.
- Take time to read the Nutrition Facts label to help choose the foods that is lowest in saturated fat, trans fat, cholesterol, sodium and calories.



Cook In Advance

- Prepare foods in advance. For example, make a large batch of spaghetti sauce. Eat some fresh and then freeze enough for individual meals for future use.
- Use a crock pot. Prepare as much of the recipe the night before and keep the food in the crock pot in the refrigerator overnight.
- Cook two or three meals on your day off. Freeze them for the days you work and are too tired to cook.
- If you work, pack your lunch the night before.

Convenience Foods

When planning meals, consider a convenience food for the day you will not have as much time to cook. For example, plan one meal a week around a frozen main course. When shopping, read the Nutrition Facts label to choose the healthiest convenience food possible. Choose a food that is low in fat and sodium. Then add a vegetable and salad as sides.

Sample Menu and Shopping List

The following is an example of 2 days of meal planning and the shopping list. If you have a stocked kitchen, you may not need to shop for all of the ingredients.

Day	Breakfast	Lunch	Dinner
Day 1	Cereal with 1% milk Juice Grapefruit	Turkey sandwich with tomato and lettuce Carrots Apple Water	Baked chicken Green salad with cucumber and tomato Corn Bread Milk
Day 2	Oatmeal with 1% milk Grapefruit	Turkey wrap with cream cheese Banana Carrots Water	Vegetable soup with added kidney beans Corn bread Milk

Produce

grapefruit
carrots
apples
bananas
romaine lettuce
tomato
cucumber

Dairy

1 gallon 1% milk
low fat cream cheese

Meat

turkey
chicken breast

Grains

whole wheat bread
tortilla
oats

Canned

veggie soup
kidney beans

"If the family were a fruit, it would be an orange, a circle of sections, held together but separable - each segment distinct." Letty Cottin Pogrebin

Stock the Kitchen

If the kitchen is stocked, it's easier to make healthy foods. The following table lists some examples of foods to keep stocked in your kitchen. Individual lists will vary depending on what kinds of food you cook.

Dry	Baking/Cooking	Canned	Herbs and Spices (dry)
Beans (black and kidney)	Baking powder	Beans (black and kidney)	Basil
Cereals (whole-grain)	Baking soda	Fruit in 100% juice	Bay leaf
Cornmeal	Bouillon cubes (chicken and vegetable)	Stock or Broth- (chicken and vegetable, low sodium, fat-free)	Chili powder
Crackers (whole grain)	Cooking spray (canola oil)	Tomato paste-no added salt	Cinnamon
Nuts (walnuts, peanuts)	Cornstarch	Tomato sauce-no added salt	Garlic powder
Oatmeal	Flour	Tomatoes, diced or whole-no added salt	Ginger (ground)
Pasta (whole-grain)	Ketchup		Mustard (dry)
Rice (brown and white)	Margarine		Onion powder
Seeds (sesame, sunflower)	Mustard (yellow, Dijon)		Parsley
	Oil (canola, olive)		Pepper
	Peanut butter (or other butters like almond)		Salt
	Raisins		
	Soy sauce (low-sodium)		
	Sugar (brown and white)		
	Vinegar (cider, red wine)		

Healthy Eating While Saving Money

You can eat a healthy diet without spending too much money. All it takes is a little planning to make the most out of your food budget.



Before Going to the Store

Plan your meals for the week and make a shopping list based on the meals planned. See page 32, Planning Healthy Meals.

- ✚ Clip and use coupons for foods on your shopping list. Don't clip a coupon just because it is a good deal if it is not on your list.
- ✚ Check the ads for foods on sale.
- ✚ Eat a healthy meal or snack before you go shopping. Impulse buys are often high in fat and calories.

*"Light tomorrow with today."
Elizabeth Barrett Browning*

Choosing a Store

- ✚ Shop at a supermarket if you can. A supermarket will offer better choices and prices than a convenience store.
- ✚ If possible, shop at the store that has the lowest prices on the foods you need. It may be a different store each week.

At the Store

- ✚ Stick with the shopping list. You will spend more and buy things you don't need if you don't have a list.
- ✚ Buy fresh vegetables in season. For example, corn on the cob in the summer and squash in the fall.
- ✚ Buy fresh fruits that are in season. For example, apples and pears in the fall and berries in the summer.
- ✚ If you can't buy fresh, buy plain frozen vegetables. You can take out what you will eat for each meal so you won't waste food.
- ✚ Buy store brands or generic brands. They can be cheaper than name brands, even with a coupon.



- Buy frozen juice (100% juice). It is less expensive than bottled or canned juice and less packaging waste.
- Convenience foods can cost more. Boneless chicken breasts and precut vegetables cost more than bone-in chicken breasts and vegetables you have to cut.
- Shop alone if possible. Friends or family members may try to get you to buy items not on the shopping list.
- Review your receipt. Make sure that the items on sale were rung up correctly.



Other Ways to Eat Healthy and Save Money

- Don't eat at restaurants. Bring your lunch or dinner to work.
- Keep healthy snacks on hand. You are less likely to buy from a vending machine and eat a less healthy snack.

Healthy Choices Don't Cost More

A high grocery bill isn't because of fruits and vegetables. The following is a comparison of what some different foods cost from one grocery -source.

Food	Servings	Cost*	Cost per Serving
Bag of potatoes	15	\$2.89	.19
Bananas	8	\$1.89	.23
Baby carrots	6	\$2.99	.49

Food	Servings*	Cost*	Cost per Serving
Potato chips	12	\$3.19	.26
Oreo's	15	\$3.49	.23
Chips Ahoy	14	\$3.59	.25
Hostess Mini Muffins	8	\$3.89	.48

*From Simon Delivers 10/25/2006

Eating Solo

Whether shopping, menu planning, or having a meal, eating healthy can be harder when you're by yourself. Many foods are only sold in amounts for two or more. Even if single serving sizes are available, foods sold in bulk or in "family packs" are cheaper. Recipes are rarely sized to serve one – usually recipes serve 4, or even 6. And making and sitting down for a meal can just seem like too much bother when it's just you. Still, you owe it to yourself to try to be healthy. Here are some ideas.

Shopping

- ◆ Focus on fresh foods that you can buy by the piece.
- ◆ Buy frozen vegetables in bags that can be re-sealed.
- ◆ Experiment with foods like beans and rice that come dried. You can cook as much or as little as you want and the rest won't spoil.
- ◆ Buy family packs of meat and separate individual servings into bags to freeze.

Planning your menu

Planning a weekly menu can be economical.



- ◆ Find several recipes that share some of the same ingredients. That way, even if you don't need all of something for one recipe, you may be able to use it up in another recipe within a few days.
- ◆ Use the weekly sale flyer to plan your meals. Weekly specials can help you save – even more than coupons.
- ◆ Make a shopping list; you're less likely to make impulse purchases.
- ◆ A weekly menu can ensure that you use up what you buy.

Example: have a grilled pork chop one night, and have pork stir fry the next.

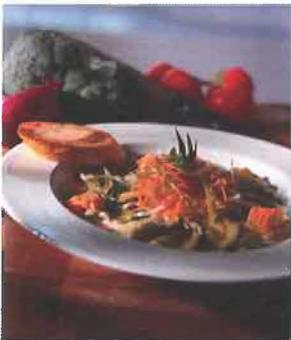
Cooking

- ◆ Prepare recipes in bulk and freeze individual portions for quick meals when you don't have time to cook. Spaghetti sauce, chili, and soups all freeze well. Cook dried beans or peas and freeze for later use.
- ◆ Most recipes serve at least four. Choose recipes that are easy to divide and cut them down.
- ◆ Experiment with making soup from scratch. It's a good way to use up left-over meat and vegetables that are past their prime. If you concentrate on clear broths and vegetables, it's going to be good for you and is nearly guaranteed to be low in calories. Another benefit: it freezes well.
- ◆ Nothing is wrong with leftovers. If you do cook a batch too large for one meal, plan to have leftovers once - or twice.

Tips for Cutting Recipes in Half

- ◆ To halve three eggs, use two and decrease the liquid by two to three tablespoons.
- ◆ Taste test when adding seasonings. You may need more half to get the right flavor.
- ◆ Half recipes of dishes such as cakes and casseroles may bake faster. Start checking ten minutes early.

Schedule a mealtime



- ◆ Don't just snack, or pick up something to eat each time you pass through the kitchen. Fix a meal, sit down, and eat. You'll be more satisfied, you'll probably eat healthier, and you may eat less in the end.
- ◆ Even on those days when you don't have time to cook, be sure to have a meal. Pull out one of those individual servings you prepared ahead and froze just for times like this. Or use up those leftovers.

"Fall seven times. Stand up eight." *Japanese proverb*

Dieting?

Most of us have been on a diet some time in our lives. We work hard at it for weeks. Even months. We feel deprived. We look forward to the day when we can "go off" the diet. We watch the scale anxiously. Finally, the day arrives! We've reached our goal! No more dieting! We're back to our "normal" eating patterns.

Life - or at least eating - is good again. But slowly, our weight creeps back up. What's wrong? It's not too hard to figure out if we stop to think. Our "normal" eating patterns are what got us into trouble in the first place. They may be "normal" for us, but they're not healthy. Unless we change something, we'll bounce on and off diets and our weight will see-saw up and down. Maybe it's time to try something new.

Dieting is about what you can eat and what you can't eat. For most people, it doesn't work long-term. So, instead of focusing on food, shift your focus to yourself. Try to change how you think about food and how you eat. Here are some simple steps to get started. They may not be easy for everyone at first but, if you practice them daily, they'll become second nature.

- ◆ Figure out why you eat.
- ◆ Eat only when you're hungry.
- ◆ Stop eating when you're full.
- ◆ Be aware that you're eating.
- ◆ Be aware of how much you're eating.
- ◆ Know about the food you eat.
- ◆ Enjoy the food you eat.



"Worrying is like a rocking chair: it gives you something to do, but it doesn't get you anywhere." - Unknown

Figure out why you eat.

- ◆ Being hungry is only one reason people eat. We may eat because we're depressed, angry, upset, or under stress. Or we may eat because we're bored, or to avoid doing something we don't want to do.
- ◆ Try to figure out why you eat. If you understand what emotions or situations cause you to eat, you can try to avoid those situations, or you could find an activity to substitute for eating when those emotions arise.

Eat only when you're hungry.

- ◆ Don't eat because you're upset.
- ◆ Don't eat just because everyone else is eating.
- ◆ If you're not hungry, don't feel you need to sit down to a full meal just because it's meal time.



Stop eating when you're full.

- ◆ Don't eat something just because it's in front of you.
- ◆ Don't continue to eat just because everyone else is still eating.
- ◆ And remember: you don't have to finish everything on your plate.

Be aware that you're eating.

- ◆ Don't eat while you do other things – e.g., reading, watching TV.
- ◆ Eat slowly; really taste your food.
- ◆ Eat foods that satisfy you.

Be aware of how much you're eating.

- ◆ Know what a portion is – if you're not sure, read the food label.
- ◆ Measure out one portion (or less, if you're not that hungry).
- ◆ Don't have seconds.
- ◆ Don't eat out of the container. Eating out of the container makes it easy to lose track of how much you've eaten and to eat too much.

“Do not fear the winds of adversity. Remember: A kite rises against the wind rather than with it.” *Unknown*

Know about the food you eat.

- ◆ Not all foods are the same. Some provide nutrients you need; others are high in fat or in sugar, but don't provide much that your body needs. Knowing about foods will enable you to make good choices about what you eat and how much you eat. Try to cut back on foods that are high in fat or high in sugar.

Enjoy the food you eat

- ◆ Don't eat foods JUST because they're low calorie.
- ◆ Don't try to completely give up foods you like – just have smaller servings and eat them less often.
- ◆ Don't feel guilty about eating something that's not "good" for you. Take a smaller serving, chew slowly, and enjoy it. Aim to be satisfied.



"Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch your habits, for they become character.
Watch your character, for it becomes your destiny."

Unknown

Feeling Good About Yourself

Many people eat as a way to avoid things. One of the main things people try to avoid by eating is feeling. Eating to drown your emotions works for a while. But it doesn't solve anything. And it causes you to gain weight, which can lead to serious health problems and lower self esteem. Then there are more bad feelings to avoid and more reasons to eat. Wouldn't it be good to stop this cycle?

Let's start with two simple concepts. First, find things to feel good about. Sometimes these things may be very small – but they're still worth appreciating. Second, if something is bothering you, face it head on. Do what you can and, knowing that, be satisfied that you've done your best. Then let it go.

This may take some work. Over years of practice, many of your behaviors become automatic – we don't even think about them. This section offers some things to think about, to get your feelings and how you react to them back on track.



"Happiness cannot come from without. It must come from within. It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other fellow and then for ourselves."
Helen Keller

Stressed?

Worries. Big, little, short-term, long-term, easy to solve or impossible, we've all got them. And they all add up to – **STRESS!** It's easy to say that we should reduce our stress – it's a lot harder to do it. But – and here's your first tip – don't give up! Let's start by seeing what we can do about it. You'll never succeed if you don't try. And taking a "can do" attitude will empower you and give you confidence that you can make a difference.



What stresses you out? Worries about money, your job, your family, health, and relationships are pretty common. They're also pretty big – and pretty overwhelming. So let's break those worries down into more manageable chunks.

"No matter how dark things seem to be or actually are, raise your sights and see the possibilities -- they're always there." *Norman Vincent Peale*

Next, let's examine those smaller concerns. We're going to divide them into two piles: those that you can do something about, and those you can't. Think about each concern carefully. Can you do something about it? Be creative, but be easy

Basic Stress Management Tips

1. Adopt a "can do" attitude.
2. Break concerns into smaller pieces.
3. Divide your concerns into those you can do something about, and those you can't.
4. Recognize that you do have choices.
5. If you can change something for the better, do it!
6. Accept what you can't change.

on yourself. Don't be unrealistic about what you can do. You don't have to have the perfect solution, or even a complete solution. Just something that will help make the situation better. Sometimes it won't be a simple solution, but a plan to put into action over time.

Once you've thought of a step or steps you could take to reduce a particular worry, ask yourself: is it worth it, or will the solution cause more stress than the problem? Many solutions are workable. Some aren't. Don't take on more than you can handle. Even if you come up with a solution that you decide isn't worth it, realize that you had a choice and you made a decision. You are not powerless. You can make decisions that help direct your life. Finally, when you've found a step you can take, take it! You'll reduce your worries and gain confidence in the process.



Here's an example. Your father is living alone. Recently, he fell and bruised himself badly. You're concerned about him falling and breaking something. You'd like him to move in with you or move to a rest home, but he values his independence and refuses to go. What can you do?

You can't :

- make him young and agile again
- force him to move

You can:

- set up a plan to phone him at a regular time every day
- go through his house and make sure that there are no obvious things he can trip over, for example, throw rugs
- encourage him to learn to use and carry a cell phone
- install handrails in the bathroom and near any steps

Some situations can't be changed, no matter how much you'd like to change them or how hard you try. If you can't change something, try to accept it. Accepting it doesn't mean you have to like it. Acknowledge that you don't like it and try to work around it.

"All problems become smaller if you don't dodge them, but confront them. Touch a thistle timidly, and it pricks you; grasp it boldly, and its spines crumble." *William S. Halsey*

Simple Changes

Changes don't have to be big to make a difference. Even small steps, practiced regularly, can add up to noticeable differences. Here are three basic ideas to get started.

"Determine to live life with flair and laughter." *Maya Angelou*

Eat less

- ◆ Take smaller servings. Make sure that you are really eating only one serving portion or less. Or just try to reduce your serving size.
- ◆ Don't take seconds.
- ◆ Skip dessert.
- ◆ Drink a glass of water before sitting down to eat a meal.

Be aware

- ◆ Eat slowly. Chew your food thoroughly before you swallow.
- ◆ Taste your food.
- ◆ Realize when you're full and stop eating, even if it means not cleaning your plate.
- ◆ Don't eat while you're doing something else, like watching TV.
- ◆ Learn about the food you're eating. Is it good for you? Bad for you? Is it high in fat? High in sugar?

Eat better

- ◆ Eat more fruits and vegetables.
- ◆ Reduce the amount of fat you eat.
- ◆ Substitute foods that are lower in fat for foods with higher fat content.
- ◆ Increase whole grains in your diet.
- ◆ Balance your plate with 2/3 vegetables, fruits, whole grains and beans, and 1/3 or less animal protein.



It's hard to measure what we don't eat, but eating less, especially foods that add fat and sugar but few nutrients to our diets, is one of two essential steps toward better health. (The other is being more active.) Here are some examples of the difference that small changes can make over a year. Remember, these only work if you don't eat more of something else. Weight loss is rounded to the nearest half pound.

(Calories and pounds are approximate and will vary by the type or brand of food and the serving size.)

If you normally ...	Instead, try ...	Over a year, you'll reduce your	
		calories by	weight by
Leave the skin on when you eat chicken once a week	Removing the skin	2964	1 pound
Have a weekly lunch using a can of tuna packed in oil	Choosing tuna packed in water	4264	1½ pounds
Have a hamburger at home once a week	Replacing the hamburger with a turkey burger	6500	2 pounds
Eat a whole slice of apple pie for dessert once a week	1/2 slice	9022	3 pounds
Snack on a small bag of chips at work once a week	Bringing carrots or apple slices from home	13,494	3 pounds
Spread 1 tablespoon of mayonnaise on your sandwich three times a week	Skipping the mayonnaise	15,444	5 pounds
Add 1 tsp of butter to vegetables three times a week	Spraying vegetables with I can't believe it's not butter	15,912	5 pounds
Have bread with dinner every day	Including bread with dinner just twice a week	22,880	7 pounds
Make a quick lunch of double cheese burger with all the fixings twice a week	Ordering a plain burger with pickles	35,360	11 pounds
Drink a glass of whole milk three times a day	Switching to 1% milk	52,416	16 pounds

Caloric content from website <http://www.caloriescount.org/calculator.html>.

Setting Goals

We've been talking about change. You may be thinking "But why should I change? Change is hard, and haven't I been doing ok so far?"

Yes, change can be hard and whether you want to change anything is up to you. If you think you're doing ok, you may not want to change. On the other hand, if you find yourself wishing you could do the things you used to, or if you often have so little energy that you're just grateful to make it through each day, or if you have specific concerns about your health, you may want to take a look at what you can do about it.

"Everyone who is successful must have dreamed of something." *Maricopa proverb*

During the SAGEplus Lifestyle Intervention coaching session, your SAGEplus contact will review the results of your heart health screening with you. Together, you and your SAGEplus contact will discuss behaviors that affect your heart health and whether you might be willing to work on adopting healthier behaviors. If you decide that you want to have better heart health and are willing to take action now to improve your heart health your SAGEplus contact will work with you to help you identify and choose specific goals. At the end of the coaching session, you will be asked to sign a statement that you will work toward the goals you have chosen.

Tips for Choosing Goals

- ✚ Make small changes one at a time.
- ✚ If you have a large goal, break it down into manageable steps.
- ✚ Identify barriers to reaching your goals and ways to decrease them.
- ✚ Think of previous attempts at reaching the goal and what worked and what didn't.
- ✚ Identify people who can support you in reaching your goals.

"Life is the sum of your choices." *Albert Camus*

Setting Goals

The SMART method can help you set goals that you can reach. Make sure your goals are:

- S – Specific** Setting specific goals will help you focus on what you want to accomplish.
- M – Measurable** Setting a measurable goal will help you know when you have accomplished it.
- A – Attainable** Setting an attainable goal means that you will be able to reach it. If it's important to you, you'll figure out ways to accomplish it.
- R – Realistic** Setting a realistic goal means that it can be done. It is something that you are willing and able to work towards.
- T – Timely** Setting a timely goal means that there is an end point. If there is no end point, you won't feel the need to get started.

Below are examples of goals using the SMART method.

SMART Goals	A Good Goal	A Better Goal
S – Specific	I will eat more fruits and vegetables.	I will eat one fruit with breakfast, lunch and dinner starting in November.
M – Measurable	I will try to eat more beans.	I will add beans to a salad twice a week starting in December.
A – Attainable	I will drink less pop.	I will drink a glass of water with lunch and dinner instead of a can of pop starting in January.

SMART Goals	A Good Goal	A Better Goal
R – Realistic	I will stop eating sweets.	I will eat dessert 2 times a week instead of with every meal starting in February.
T – Timely	I will eat bread that is better for me.	I will buy whole grain bread for my sandwiches and toast starting in March.

The SAGEplus program is here to support you as you work towards your goals. If you have questions, or encounter a problem, call (651) 201-5600, and ask to speak with someone in the SAGEplus program. Or you can call your SAGEplus contact.



“Expect to have hope rekindled. Expect your prayers to be answered in wondrous ways. The dry seasons in life do not last. The spring rains will come again.” *Sara Ban Breathnach*

Goals and Tips for Healthy Eating Every Day

(✓) Check the area in which you would like to make a change and write the goal in the space provided.

Whole Grains

My Goal: _____



Tips to add whole grains

- Choose whole grain cereals for breakfast.
- Replace white rice with brown rice in side dishes or recipes such as stuffed green peppers. Or use half brown and half white rice.
- Substitute whole wheat or oat flour for up to half of the flour in pancakes, waffles, muffins or other flour-based recipes.
- Try whole wheat pastas in recipes that call for macaroni, spaghetti or lasagna noodles.
- Use rolled oats or crushed bran cereal in recipes instead of dry bread crumbs.
- Make sandwiches with whole grain bread or buns.
- Try wild rice, brown rice or barley in soups, casseroles or salads.

"Our lives teach us who we are." *Salman Rushdie*



Fruits and Vegetables

My Goal: _____



"When eating a fruit, think of the person who planted the tree." *Vietnamese saying*

Tips to increase fruits and vegetables

- ✚ Buy fresh fruits and vegetables that are in season. They cost less and taste best.
- ✚ Add raisins or banana slices to your whole grain cereal at breakfast.
- ✚ Add blueberries to your pancakes.
- ✚ Try dried fruit for a snack.
- ✚ Put more vegetables and less meat in stir frys.
- ✚ Have a green salad with your evening meal. Add mandarin oranges, grapes or apple slices.
- ✚ Grill vegetable kabobs. Use cherry tomatoes, peppers, mushrooms and onions.
- ✚ Have a veggie pizza. Add peppers, onions and mushrooms as toppings.
- ✚ Add tomato, lettuce or cucumber to a sandwich.
- ✚ Add a cup of chopped vegetables, such as broccoli, carrots, or beans, to a broth-based soup.
- ✚ Substitute 1 cup of chopped vegetables, such as tomatoes, squash, or peppers, for 1 cup of rice or pasta in a casserole.
- ✚ Try vegetable sticks (carrots, celery, peppers) with low-fat dip for a snack.

"Worrying is like a rocking chair, it gives you something to do, but it doesn't get you anywhere." *Unknown*

Calcium and Dairy

My Goal: _____

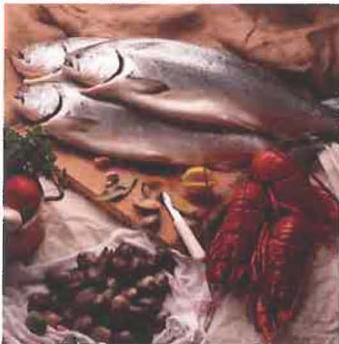


Tips for getting enough calcium and dairy

-  Have a bowl of whole grain cereal with milk for breakfast.
-  Drink a glass of low-fat milk with each meal.
-  Add a piece of cheese to a sandwich.
-  Add some yogurt to a fruit salad.
-  Use milk to make hot cereals such as oatmeal.
-  Top casseroles or soups with shredded cheese.
-  Make fruit-yogurt smoothies in the blender.

“When you were born, you cried and the world rejoiced. Live your life so that when you die, the world cries and you rejoice.” *Cherokee proverb*

Remember to always choose low-fat dairy products.



Meat, poultry, fish, and nuts

My Goal: _____

Tips for meat, poultry, fish and nuts

- ✚ Choose lean cuts of beef.
- ✚ Remove the skin from poultry.
- ✚ Eat seafood, especially fish that are high in omega 3 fatty acids, such as tuna, herring, and salmon.
- ✚ Eat nuts instead of cookies, chips or other less healthy snacks.
- ✚ Substitute 1 ounce (about ¼ cup) of nuts for 1 ounce of meat at meals.
- ✚ Add walnuts to a green salad.
- ✚ Use egg whites or egg substitute in place of whole eggs.

Beans

My Goal: _____



Tips for adding beans

- ✚ Substitute legumes, such as beans or lentils, for hamburger in casseroles. Rinse canned legumes before using to remove any sodium added during processing.
- ✚ Make bean soups. If you don't have enough time to make soup, buy canned soup that has beans in it.
- ✚ Substitute kidney beans for part of the meat in chili.
- ✚ Make bean and vegetable tortillas. Sauté black beans, peppers and onions and wrap in a whole grain tortilla.
- ✚ Try black beans as a side dish. Flavor them with garlic, salsa or cheese.
- ✚ Try hummus on pita bread or whole grain crackers.
- ✚ Add garbanzo beans or kidney beans to a green salad.
- ✚ Add black beans to store bought salsa.

Fiber

My Goal: _____



Tips for adding fiber to your diet

-  Choose cereals with 5 or more grams of fiber per serving.
-  Try a bowl of oatmeal for breakfast.
-  Add strawberries or raspberries to your cereal.
-  Add kidney beans to canned soups or to pasta salad.
-  Try to have fruit with each meal.
-  Add tomato or lettuce to a sandwich.
-  Have almonds, peanuts or low-fat popcorn for a snack.
-  Try baby carrots for a snack.
-  Substitute whole-wheat or oat flour for up to half of the flour in pancakes, waffles, muffins or other flour-based recipes.
-  Add 1 tablespoon of ground flaxseed to a smoothie, soup, or casserole.

Fat

My Goal: _____



"Character, not circumstance, makes the person." Booker T. Washington

Tips to reduce fat when eating out

- ✚ To avoid overeating, don't skip a meal on the day you are going to eat out; just eat a smaller meal or have a healthy snack shortly before you are going out.
- ✚ If possible, call the restaurant ahead of time and ask if they offer healthy choices on the menu.
- ✚ Ask the server if they will
 - ◆ Leave butter, gravy or sauces off a dish;
 - ◆ Serve salad dressing on the side;
 - ◆ Accommodate special requests such as smaller portion sizes or substitutions;
 - ◆ Split the meal between you and your dinner companion.
- ✚ Select foods that are steamed, baked, roasted or lightly sautéed or stir-fried.
- ✚ Choose vegetables and whole grains as sides instead of higher-fat sides such as french-fries.
- ✚ Wait until after you have finished eating the main course to decide if you're hungry enough to order dessert. If you choose to order dessert, split it with your dinner companion.
- ✚ Limit the appetizers, bread, and drinks you have before the meal arrives. These can be high in fat and calories.
- ✚ Don't eat everything on your plate. Eat half and bring the rest home.



Tips to reduce fat when cooking

- ✚ Bake, broil, roast, steam or poach food instead of frying.
- ✚ Trim the fat from meat or poultry before cooking.
- ✚ Skin is high in fat. Don't eat the skin from poultry.
- ✚ Substitute low-fat or no-fat cream cheese, sour cream or low-fat cheeses for the higher-fat products.
- ✚ Use non-stick cookware so you don't have to add any fat for browning foods.
- ✚ Use vegetable oil spray (canola oil) or a small amount of liquid oil (olive) instead of butter or shortening in your pan when cooking.
- ✚ Keep fat-free seasonings such as dried herbs and spices, garlic, onions and flavored vinegars on hand.

- ✚ Use two egg whites or $\frac{1}{4}$ cup egg substitute instead of one whole egg.
- ✚ Use 1 cup of applesauce instead of 1 cup of butter, margarine or oil in baked goods such as muffins or sweet breads.

Use skim or 1% or evaporated milk instead of whole milk or cream.

Sodium or Salt

My Goal: _____



Tips to decrease sodium and salt

- ✚ If a recipe calls for salt, use half the amount.
- ✚ Use other spices and herbs to add flavor.
- ✚ Taste food before adding salt to it.
- ✚ Don't use shakers that mix salt and spice.
- ✚ Read the Nutrition Facts label to choose low-sodium foods.
- ✚ Look for prepared foods that are low in sodium.
- ✚ Make your own frozen dinners. Cook larger amounts of food and freeze the extra for meals later.
- ✚ Choose fresh or plain frozen vegetables. These are lower in sodium than canned.

Foods with < 140 mg per serving are considered low sodium. Aim for less.



Wrap up

We hope you've gained something from your time with SAGE*plus*. For those of you who have made some big changes in your life and are already enjoying the results, CONGRATULATIONS! You did it! You go girl!

For those of you who aren't quite there yet, but are working toward your goals, GOOD JOB! Keep it up! You know you can do it! If you haven't yet decided that you want to work to improve your heart health, know that you can do it! Your health is up to you.



"Ideals are like stars; you will not succeed in touching them with your hands. But like the seafaring man on the desert of waters, you choose them as your guides, and following them you will reach your destiny." *Carl Schurz*

Acknowledgements

Thanks to the following sources:

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"You can kiss your family and friends good-bye and put miles between you, but at the same time you carry them with you in your heart, your mind, your stomach, because you do not just live in a world but a world lives in you."

Frederick Buechner

Sageplus Screening Program

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Printed on recycled paper.

May 2007