Suggested Program Guidelines—

1. **Record what you eat and how much you exercise.**
   
   An essential component of many weight loss interventions is keeping consistent food records. Tracking what you eat will allow you to realistically evaluate your diet and make informed decisions about what to change.

2. **Reduce caloric intake.**
   
   For many people, reducing caloric intake by 500 calories per day (or burning 500 calories through exercise) will result in 1 to 2 pounds of weight loss per week.

3. **Increase fruit and vegetable intake.**
   
   Fruits and vegetables are loaded with water and allow you to feel fuller longer. When you’re satisfied, you’re more likely to make better choices about what you eat.

4. **Work toward averaging 180 minutes of moderate activity a week.**
   
   Adequate physical activity (at least 30 minutes of moderate activity) is important for maintaining weight loss over time.

5. **Find ways to get more active in your everyday life.**
   
   Move more, lose more. It’s that simple. ‘Found’ exercise is a good way to make small changes that can be sustained ever time.
IT’S VERY IMPORTANT TO WRITE DOWN WHAT YOU EAT, HOW MUCH YOU EXERCISE, AND HOW MUCH YOU SLEEP

Research shows that keeping a food diary is very helpful for people who are trying to lose weight. Keeping a log of your eating, exercise, and sleep will help you reach and maintain a weight that is healthy for you.

Writing down what you eat helps you realize the kinds of food you eat now, understand what changes you might want to make to reach your goals, and get you ideas to help you make those changes.

The same is true for your activity and sleep logs—these will help you recognize when you are doing well and when you want to make changes, and help you to make and keep track of those changes.

Follow these instructions to complete your ‘Daily Food Log’:

- **Column 1** is for the amount of a particular food or drink you consumed.
  Example: 1 cup, 8 ounces, or 2 slices.

- **Column 2** is for a simple description of what you ate or drank.
  Example: Skim milk; boneless, skinless chicken breast; or whole wheat bread.

- **Column 3** is for recording the total amount of calories in a food or beverage listed in Column 2. Use your *Calorie King* book to find the number of calories for each food.
  Example: If you ate two large scrambled eggs, you would write 202 (calories) in Column 3.

- **Column 4** is for recording the number of servings of fruit or vegetables in the food item listed in Column 2.
  Example: If you ate 1 cup of green grapes you would write a 1 (for serving) in Column 4. 1 cup of grapes = 1 serving.

- **Column 5** is for recording the number of servings of low-fat dairy products in a food or beverage item listed in Column 2.
  Example: If you drank two 8 ounce glasses of milk at a meal you would write a 2 (for servings) in Column 5. 8 ounces of milk = 1 serving.

- **Column 6** is for recording the number of servings of high fiber servings in a food item you listed in Column 2.
  Example: If you ate 1 cup of oatmeal, you would write a 2 (for servings) in Column 6. ½ cup of oatmeal = 1 serving.

- **Column 7** is for recording the number of servings of fat or oils in a food item listed in Column 2.
  Example: If you ate 2 tablespoons of salad dressing with a salad you would write a 1 (for serving) in Column 7. 2 Tbl of dressing = 1 serving.

**Note:**
The box at the bottom of Column 3 is to record the total number of calories eaten that day. Please add all the calories you’ve eaten and put the total in this box.

The boxes at the bottom of Columns 4 through 7 are to record the number of total servings you ate that day of a particular food type. Add the servings for each column together and put the total in these boxes.
**Daily Activity Log:**

- **In Column 1** of the activity log, record the type of **moderate activity** you did that day.  
  Example: brisk walk, swimming, or cycling.

- **In Column 2**, record the number of **minutes** you spent doing that moderate activity.  
  Example: 45 minutes.

- Then add the number of minutes you spent exercising that day and put the total number in the box at the bottom of the section.

**Daily Sleep Log:**

- **In Column 1** of the sleep log, place a check mark next to the total number of **hours** you slept the previous night.  
  Example: If it is Tuesday, then place a check mark next to the number of hours you slept on Monday night.

- **In Column 2** of the sleep log, place a check mark next to the total amount of **time** you spent napping on that day.  
  Example: If it is Tuesday, place a check mark next to the number hours you napped on Tuesday.

---

**Instructions for Weekly Totals:**

On the **back page** of the food and fitness diary you will find space to provide **weekly totals** for Columns 3 through 6, amount of moderate physical activity, and hours slept.

- **Column 1** is for recording the date for each of the last seven days.
- **Column 2** is for recording the total calories you ate each day.
- **Column 3** is for recording the number of servings of fruits and vegetables you ate each day.
- **Column 4** is for recording the number of low-fat dairy servings you ate each day.
- **Column 5** is for recording the number of servings of high fiber foods you ate each day.
- **Column 6** is for recording the number of servings of fat or oils you ate each day.
- **Column 7** is for recording the minutes of moderate activity you got each day.
- **Column 8** is for recording the number of hours you slept each night.

**Weekly Totals:**

The spaces at the bottom of Columns 2 through 8 are to write in your weekly totals.  
Example: In Column 3 next to weekly totals, you would add up the number of servings of fruits and vegetable you ate for the past 7 days.

**Daily Averages:**

The space under the weekly totals for each column is to provide daily averages for Columns 2 through 8. To fill out this section, take the weekly total from each column and divide that number by 7 to get a daily average.

Example: If your weekly total for calories in Column 2 was 15,000, you would divide that number by 7 for a daily average of 2,142 calories.
Guide to Using the Nutrition Facts label—

• SERVING SIZE

All information on the label pertains to this amount of food. The serving size is listed in household amounts, the weight is in grams (g). On any package, the serving size listed is always the same for products of the same type.

• CALORIES

Calories are figured from the amount of fat, carbohydrate, and protein in the food.

• TOTAL FAT

A STRIDE guideline is to eat a healthy, low-fat diet. Total fat consists of three subtypes of fat:
1. Saturated fat
2. Monounsaturated fat
3. Polyunsaturated fat
Fat has more than twice the calories per gram of carbohydrate or protein. Consider the grams of fat on a product label when making product choices.

• CALORIES FROM FAT

This shows how many calories come from fat. To get percent calories from fat, divide this number by the total calories.

• % DAILY VALUE

The % Daily Value gives you a general idea of how a food’s nutrient contributions fit into a 2,000 calorie reference diet. The % Daily Value is based on the guidelines listed at the bottom of the label. In this example, the food provides 1% of the 65 grams of fat in a 2,000 calorie reference diet.

• CALORIES PER GRAM FOOTNOTE

These numbers are constants. Every gram of fat has 9 calories. A gram of carbohydrate or protein has 4 calories each.
Portion Control Primer—

If there’s one thing you have control over, all day every day, it’s the size of your food portions. Learning to eat less and buy less food results in healthy savings for your body and budget. To be sure you’re getting the portions you need, learn what common objects represent different servings of your favorite foods.

### Grains (6 ounces every day)

**1 OUNCE EQUIVALENTS:**
- 4” waffle or pancake; slice of bread = CD
- ½ cup cooked rice or pasta = baseball
- ½ bagel or small muffin = hockey puck
- 1 cup dry cereal = fist

### Meat & Beans (5½ ounces every day)

**1 OUNCE EQUIVALENTS:**
- 3 ounces of meat, fish or poultry = deck of cards
- 1 tablespoon peanut butter = ½ ping pong ball
- ¼ cup cooked beans = large egg
- 1 egg

### Vegetables (2½ cups every day)

**½ CUP EQUIVALENTS:**
- 1 cup raw leafy greens = baseball
- ½ cup cooked veggies = ½ tennis ball
- Small potato; ½ cup mashed potato = computer mouse
- 1 medium carrot

### Fruits (2 cups every day)

**½ CUP EQUIVALENTS:**
- 6” banana, ½ small apple
- ½ cup cut-up fruit = 7 cotton balls
- ½ cup grapes = light bulb
- ¼ cup dried fruit = large egg

### Dairy (3 cups every day)

**1 CUP EQUIVALENTS:**
- 1 cup milk = fist
- 1½ ounce of cheese = 6 stacked dice
- 1/3 cup shredded cheese = golf ball
- 1 cup yogurt = baseball

### Fats (Use sparingly)

- 1 tablespoon oil = top joint of thumb
Tale of Two Meals

Meal One *

- 1 whole boneless chicken breast (8-oz) 284 calories
- 1 cup of packaged rice pilaf 310 calories
- Small mixed salad (1 cup) 9 calories
- 2 Tbsp of lite-ranch dressing 80 calories
- 1 small dinner roll (with 1 tsp fat-free margarine) 84 calories
- 1 glass of 1% milk (12-oz) 153 calories

Meal Two

- 1 3-oz serving of salmon (baked) 150 calories
- 1 medium baked potato (with ½ Tbsp margarine) 190 calories
- 1 cup frozen mixed vegetables 27 calories
- 1 slice of sourdough bread (with ½ Tbsp margarine) 88 calories
- 1 8-oz glass of skim milk 91 calories

*Amount of Calories per Item

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Setting Your Plate—

ONE easy way to plan a balanced meal is shown here. Vegetables cover half of the plate for lunch and dinner. The remainder of the plate is divided between a starch/bread choice and a protein choice. One serving of fruit and one serving of milk are represented outside the plate.

<table>
<thead>
<tr>
<th>Vegetables / Salad</th>
<th>Starch / Bread</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup salad greens with tomato and cucumber</td>
<td>1 small dinner roll</td>
<td>3 oz boneless, skinless chicken</td>
</tr>
<tr>
<td>Steamed broccoli and cauliflower</td>
<td>1/3 cup brown rice or pasta</td>
<td>3 oz fish</td>
</tr>
<tr>
<td>Sautéed zucchini and red pepper (in 1 tsp olive oil)</td>
<td>1 6&quot; whole-wheat tortilla</td>
<td>1/2 cup tofu or tempeh</td>
</tr>
<tr>
<td>Sautéed spinach and mushrooms (in 1 tsp olive oil)</td>
<td>1/2 cup potatoes, corn, or peas</td>
<td>3 oz lean beef or pork</td>
</tr>
<tr>
<td>Carrots, celery, and cucumber sticks</td>
<td>Fruit</td>
<td>2-egg omelet</td>
</tr>
<tr>
<td></td>
<td>1 cup melon</td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>1 small fresh fruit</td>
<td>8 oz milk</td>
</tr>
<tr>
<td></td>
<td>1/2 banana</td>
<td>6–8 oz light yogurt</td>
</tr>
</tbody>
</table>
Energy Balance—

There are two sides to energy balance ~

CALORIES IN
(what you eat and drink)
AND
CALORIES OUT
(what your body needs for basic functions and daily activities).

**Calories In—**
If you take in more calories than your body needs for basic functions and daily activity, you will gain weight.

**Calories Out—**
If you use more calories than you take in, you will lose weight.

If you take in about the same amount of calories as you use, you will keep your weight about the same.

In theory, weight loss should be easy ~
Use more calories than you take in by eating less and moving more.

The reality of doing this is very different, especially in a culture that centers around food, serves large portions, and promotes sedentary activities.

This is why we recommend changes in your activity level AND your eating habits.
Determine How Many Calories You Need—

Resources & more information:

EACH PERSON’S CALORIE NEEDS are unique to that person and are based on a number of factors that include: age, gender, metabolism, genetics, activity level, and body size. The information below refers to a generally healthy person. It does not apply to a person with metabolic disorders, pregnancy, or other fragile medical conditions.

Age: Calorie needs peak at about age 25 and then begin to decline by about 2 percent every 10 years. As a body ages, muscle is replaced with fat, which burns fewer calories than muscle mass. Exercise, staying active, and doing strength building exercises will help to keep muscle mass intact.

Gender: Men generally have less body fat and more muscle mass than women of the same age and size. Muscle burns more calories than fat, resulting in slightly higher caloric needs for men.

Metabolism: The rate at which the body burns the calories needed to maintain vital functions is called metabolism, sometimes referred to as ‘Basal Metabolic Rate’ (BMR). Generally, the best predictor of metabolism is done in a lab with very specific equipment to measure how much oxygen the body uses within a set amount of time.

Body Size: Again, muscle mass burns more calories than fat. The proportion of muscle to fat in the body affects how many calories the body uses.

Activity Level: Any physical activity you do (beyond the vital functions of running your machine) requires more calories to keep the body running. The activity and the intensity of the activity also determines the amount of additional calories needed.

Part 1: Basic Energy Needs

Basic Energy Needs Calculation: The following formula will help estimate the amount of calories needed to maintain basic and vital functions. This may also be referred to as Resting Energy Expenditure (REE) or Basal Energy Expenditure (BEE). It is not recommended to consume calories less than one’s basic energy needs.

KEY:
**kg** = kilograms (pound ÷ 2.2),
**cm** = centimeters (inches x 2.54),
**age** = age (years)

- **Males:** 66.47 + 13.75 (weight in kg) + 5.00 (height in cm) – 6.76 (age)

Example: 50 year-old-male, 5’11” tall, 200 lbs.

- Weight from lbs to kg: 
  
  \[ \frac{200}{2.2} = 90.90 \]

- Height from inches to cm: 
  
  \[ 71 \times 2.54 = 180.34 \]

- 
  
  \[ 66.47 + (13.72 \times 90.90) + (5 \times 180.34) - (6.76 \times 50) = 1877.32 \text{ calories} \]

- **Females:** 655.1 + 9.65 (weight in kg) + 1.85 (height in cm) – 4.68 (age)

Example: 45 year-old-female, 5’8” tall, 170 lbs.

- Weight from lbs to kg: 
  
  \[ \frac{170}{2.2} = 77.27 \]

- Height from inches to cm: 
  
  \[ 68 \times 2.54 = 173 \]

- 
  
  \[ 655.1 + (9.65 \times 77.27) + (1.85 \times 173) - (4.6 \times 45) = 1532.3 \text{ calories} \]
Part 2: Total Energy Needs

Total Energy Needs: The total energy needs refers to the calories needed to stay at your current level while also supporting your basic energy needs plus any additional physical activity.

\[(\text{Basic Energy Needs} - \text{above}) \times (\text{activity factor} - \text{below}) = \text{Total Energy Needs}\]

Using the examples above:

- **50 year-old-male** who regularly plays golf 3 times per week:
  \[1877.32 \text{ (calories)} \times 1.375 = 2581 \text{ calories to maintain current weight}\]

- **45 year-old-female** who plays tennis 3 times per week:
  \[1532.3 \text{ (calories)} \times 1.55 = 2375 \text{ calories to maintain current weight}\]

<table>
<thead>
<tr>
<th>Level of Activity</th>
<th>Activity Factor</th>
<th>Sample Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sedentary (little or no exercise)</td>
<td>1.2</td>
<td>Watching television, reading</td>
</tr>
<tr>
<td>Lightly Active (light exercise/sports 1–3 days/week)</td>
<td>1.375</td>
<td>Office work (day consists of sleeping 8 hrs with 16 hrs of walking, standing and sitting) Other activities include: walking on level ground at 2.5–3 mph, laundry, golf, ping pong</td>
</tr>
<tr>
<td>Moderately Active (moderate exercise/sports 3–5 days/week)</td>
<td>1.55</td>
<td>Light manual labor Other activities include: walking 3.5–4 mph, carrying a load, cycling, tennis, dancing, weeding and hoeing</td>
</tr>
<tr>
<td>Very Active (hard exercise/sports 6–7 days a week)</td>
<td>1.725</td>
<td>Full-time athletes, agricultural laborers, active military personnel, hard laborers (mine and steel workers) Activities include: walking with a load uphill, team sports, climbing</td>
</tr>
<tr>
<td>Extremely Active (very hard exercise/sports &amp; physical job or double training)</td>
<td>1.9</td>
<td>Lumberjacks, construction workers, coal miners, some full-time athletes with daily strenuous training</td>
</tr>
<tr>
<td>Activity</td>
<td>140 lb.</td>
<td>160 lb.</td>
</tr>
<tr>
<td>---------------------------</td>
<td>---------</td>
<td>---------</td>
</tr>
<tr>
<td>Aerobics (traditional)</td>
<td>8.6</td>
<td>9.8</td>
</tr>
<tr>
<td>Basketball</td>
<td>8.8</td>
<td>10.0</td>
</tr>
<tr>
<td>Bowling</td>
<td>1.4</td>
<td>1.6</td>
</tr>
<tr>
<td>Cycling (10 mph)</td>
<td>6.4</td>
<td>7.3</td>
</tr>
<tr>
<td>Hiking</td>
<td>5.2</td>
<td>6.0</td>
</tr>
<tr>
<td>Jogging</td>
<td>10.8</td>
<td>12.4</td>
</tr>
<tr>
<td>Running</td>
<td>13.2</td>
<td>15.1</td>
</tr>
<tr>
<td>Roller Skating</td>
<td>6.9</td>
<td>7.9</td>
</tr>
<tr>
<td>Swimming</td>
<td>9.0</td>
<td>10.3</td>
</tr>
<tr>
<td>Tennis</td>
<td>6.9</td>
<td>7.9</td>
</tr>
<tr>
<td>Walking</td>
<td>7.6</td>
<td>8.7</td>
</tr>
<tr>
<td>Weight Training</td>
<td>7.6</td>
<td>8.7</td>
</tr>
</tbody>
</table>
How hard should I exercise?

To manage your weight, it’s best to exercise in the moderate range. Moderate means 4-7 on the scale below (shaded green area). When you exercise, think about how you feel. Keep it between breaking a sweat and breathing heavy, and you’ll have it made!

0. Deep, sweet sleep
1. I am at one with my sofa
2. Shuffling to the fridge for a snack
3. In no hurry but moving with a purpose
4. Loosening up, breaking a sweat
5. Feeling good, pushing it a little
6. I’m ... slightly ... breathless.
7. Cranking up, breathing heavy
8. Lungs suck wind! Me talk like Tarzan!
9. Can’t talk!
10. MEDIC!
1. Think about what you might change.
2. Consider the pros and cons of each possibility.
3. Decide what to change and choose your approach.
4. Set **SMART** short-term goals.
5. Try it out.
6. Evaluate your progress, and modify your goals as needed.
7. Reward yourself in non-food ways.

**My non-food rewards:**

- Go see a movie
- Call a friend
- 
- 
- 
- 
- 

### Practice Setting SMART Goals

<table>
<thead>
<tr>
<th>Specific</th>
<th>What will I do?</th>
<th>When? Where? How?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measurable</td>
<td>How will I know I have reached my goal?</td>
<td></td>
</tr>
<tr>
<td>Action-Oriented</td>
<td>What will I do? (Not “What will I avoid?”)</td>
<td></td>
</tr>
<tr>
<td>Realistic</td>
<td>Can I really do this? Can I do it at this point in time? Does something else have to happen first?</td>
<td></td>
</tr>
<tr>
<td>Timely</td>
<td>How soon, how often, and for how long?</td>
<td></td>
</tr>
</tbody>
</table>
### Practice Setting SMART Goals

<table>
<thead>
<tr>
<th><strong>Specific</strong></th>
<th>What will I do? When? Where? How?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example:</strong></td>
<td>I will complete my food and activity record six out of seven days this week.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Measurable</strong></th>
<th>How will I know I have reached my goal?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example:</strong></td>
<td>I will use the weekly summary page to monitor my progress.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Action-Oriented</strong></th>
<th>What will I do? (Not “What will I avoid?”)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example:</strong></td>
<td>I WILL complete the food record daily.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Realistic</strong></th>
<th>Can I really do this? Can I do it at this point in time? Does something else have to happen first?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example:</strong></td>
<td>I will need to keep my food records with me.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Timely</strong></th>
<th>How soon, how often, and for how long?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example:</strong></td>
<td>I will start today, complete the record daily, and share my progress with the group next week.</td>
</tr>
</tbody>
</table>
Light, Quick Breakfast Ideas—

- Whole-grain cereal with milk and fruit.
- Toast a whole-grain freezer waffle or pancake and top with fresh fruit.
- Microwave Shredded Wheat biscuits with fat-free milk and cinnamon for an instant hot breakfast. (Or use quick-cook oatmeal.)
- Pick up a low-fat whole-grain muffin and a half-pint of fat-free or low-fat milk on your way into work.

Yogurt
- Make a blender breakfast with milk, yogurt, and fruit—such as banana, peach, or strawberry.
- Mix nonfat or low-fat yogurt with fresh or dried fruit.
- Mix nonfat or low-fat vanilla yogurt with Grapenuts, sliced bananas, and cinnamon.

Try any of the following with whole-grain toast:
- Low-fat or fat-free cottage cheese, ricotta cheese, or plain yogurt mixed with vanilla extract. Add raisins or other dried fruit, peaches, blueberries, pears, pineapple, strawberries, bananas, frozen orange juice concentrate, applesauce, or grated apple. Sprinkle with nutmeg, ginger, or cinnamon.
- Scrambled egg substitute with mushrooms, green onion, sliced olives, and reduced-fat grated cheese.
- Top with sliced low-fat turkey, low-fat cheese, and melt in toaster oven.

- Whole-grain bagel topped with low-fat or fat-free ricotta cheese, cottage cheese, or cream cheese.
- Melt reduced-fat cheese over an English muffin in a toaster oven.
- Use leftover rice, or prepare oatmeal or other hot cereal with dates, raisins, peaches, or berries, and/or chopped nuts and cinnamon. Top with fat-free or low-fat milk.

Breakfast can give your day an energizing start and may help curb your late-evening appetite.
Lunch-Box Ideas—

HERE’S a handy guide for mix-and-match lunch ideas. Keep it in sight on your refrigerator door.

For a balanced lunch, choose at least one item from each category.

**Fruit**
- Apples
- Bananas
- Cherries
- Grapes
- Melon wedges or balls
- Orange wedges
- Peaches
- Pears
- Pineapple cubes
- Juice-packed or light canned fruits
- Dried fruits

**Meat / Fish / Low-Fat Proteins**
- Low-fat hummus
- Tempeh
- Meatless burger or sausage patty
- Baked or refried beans, or vegetarian chili
- Chicken or turkey (no skin)
- Low-fat chicken or tuna salad
- Canned fish (packed in water)
- Meat loaf (with lean ground beef or turkey)
- Lean stew (skim the fat)

**Vegetables**
- Broccoli
- Carrots
- Cauliflower
- Celery sticks
- Cherry tomatoes
- Green or red peppers
- Multi-vegetable salad
- Hot vegetable soup or juice

**Low-Fat Dairy Products**
- Buttermilk
- Nonfat or low-fat milk
- Nonfat or low-fat yogurt
- Low-fat or nonfat cheese
- Fat-free cream cheese (strawberry or herb/garlic)
- Low-fat cream soups
- Low-fat custards or puddings
- Milk substitutes

**Breads / Cereals / Grains**
**CHOOSE WHOLE-GRAIN OR ENRICHED PRODUCTS**
- Bagels or English muffins
- Low-fat biscuits
- Breads (whole wheat, pumpernickel, raisin)
- Whole-wheat or corn tortillas (wrapped around a sandwich filling)
- Hamburger or hot dog buns
- Matzo or melba toast
- Pita bread
- Rye or other whole-grain crackers
Physical Activity Pyramid—

Inactivity

Limit time

Strength & Stretching

2-3 days a week

Aerobic & Sports Activities

180 minutes a week

Lifestyle & Everyday Activities

Daily

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### Finding Time for Physical Activity—

<table>
<thead>
<tr>
<th>Time</th>
<th>Usual Daily Activities (Current)</th>
<th>Physical Activities I Could Do (Future)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>6:30 am Get ready for work Drive to work Sit at desk</td>
<td>Ride my bike to work or walk to the bus stop and take the bus</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Noon Visit with friends</td>
<td>Take a walk around the building</td>
</tr>
<tr>
<td><strong>Evening</strong></td>
<td>6:00 pm Drive home, then watch TV</td>
<td>Ride an exercise bike in front of the TV</td>
</tr>
</tbody>
</table>

#### Action Plan:

1. Based on the group discussion, and what you learned from this worksheet, what time of day might be the best time for you to add physical activity? **Example:** Mid-day

2. Which of the activities you’ve listed will you make sure to do? (CIRCLE YOUR CHOICE.) **Example:** Walk at lunchtime

3. What is your next step? **Example:** Ask my friend at work to walk with me at lunch
# Healthier Fats, Risky Fats

<table>
<thead>
<tr>
<th>Healthier fats</th>
<th>Risky fats</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type of fat</strong></td>
<td><strong>Source</strong></td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>Olive, canola, and peanut oils</td>
</tr>
<tr>
<td></td>
<td>Avocado</td>
</tr>
<tr>
<td></td>
<td>Nuts</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>Omega-3 fats</td>
</tr>
<tr>
<td></td>
<td>• Fish (Use twice per week. Albacore tuna, herring, lake trout, mackerel, salmon, and sardines are rich sources.)</td>
</tr>
<tr>
<td></td>
<td>• Flaxseed or linseed oils</td>
</tr>
<tr>
<td></td>
<td>• Walnuts</td>
</tr>
<tr>
<td></td>
<td>Corn, cottonseed, safflower, sesame, soybean, and sunflower oils</td>
</tr>
<tr>
<td>Some margarines</td>
<td>Choose a tub or spray variety with no trans fat and no more than 2 grams of saturated fat per tablespoon.</td>
</tr>
</tbody>
</table>
Use the Nutrition Facts Label to Eat Healthier—

Check the serving size and number of servings

- The Nutrition Facts Label information is based on ONE serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % DVs.
- When you compare calories and nutrients between brands, check to see if the serving size is the same.

Calories count, so pay attention to the amount

- This is where you’ll find the number of calories per serving and the calories from fat in each serving.
- Fat-free doesn’t mean calorie-free. Lower fat items may have as many calories as full-fat versions.
- If the label lists that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you’ve eaten 2 servings, or twice the number of calories and fat.

Look for foods that are rich in these nutrients

- Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.
- Some Americans don’t get enough vitamins A and C, potassium, calcium, and iron, so choose the brand with the higher % DV for these nutrients.
- Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.

The % Daily Value is a key to a balanced diet

- The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high. You can use the % DV to make dietary trade-offs with other foods throughout the day. The * is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.

Know your fats and reduce sodium for your health

- To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, trans fat and cholesterol.
- Trans fat doesn’t have a % DV, but consume as little as possible because it increases your risk of heart disease.
- The % DV for total fat includes all different kinds of fats.
- To help lower blood cholesterol, replace saturated and trans fats with monounsaturated and polyunsaturated fats found in fish, nuts, and liquid vegetable oils.
- Limit sodium to help reduce your risk of high blood pressure.

Reach for healthy, wholesome carbohydrates

- Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.
- Whole grain foods can’t always be identified by color or name, such as multi-grain or wheat. Look for the ‘whole’ grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats.
- There isn’t a % DV for sugar, but you can compare the sugar content in grams among products.
- Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

For protein, choose foods that are lower in fat

- Most Americans get plenty of protein, but not always from the healthiest sources.
- When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat, or fat free.
### Estimating Calories, Fats, & Sugars—

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Calories</th>
<th>Fats</th>
<th>Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 slice of Domino’s Thin Crust Pepperoni Pizza</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 McDonald’s Quarter Pounder with Cheese</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large order of McDonald’s French Fries</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 oz bottle of Coke</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starbucks Blueberry Lemon Scone</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ cup of regular Chocolate Ice Cream</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 oz Snickers Bar</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 oz bottle of Apple Juice</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- 5 grams fat = 1 teaspoon
- 1 gram fat = 9 calories
- 4 grams sugar = 1 teaspoon
- 1 gram sugar = 4 calories

### DIRECTIONS:

Estimate the **calories only** for each item on the worksheet—leave the fat and sugar column blank for now. Give your best guess and do not look up the answer in your calorie guide. We will complete the rest of the worksheet as a group.
Why Fiber is Important—

Including fiber in your diet is good for your health in lots of ways. A diet rich in high fiber foods can:

- Reduce the risk of heart disease and type 2 diabetes
- Lower the risk of several forms of cancer
- Improve cholesterol and blood pressure
- Help regulate your digestion
- Help you feel fuller, so you may eat less

What a ‘fiber’ is...

Fiber is the part of plant foods that our bodies can’t absorb or digest. It is found in fruits, vegetables, beans, peas, lentils, nuts, seeds, and whole grains. Fiber is also known as roughage or bulk. There are two kinds of dietary fiber: insoluble and soluble. It is important to eat plenty of both.

- **Insoluble fiber** comes from fruits, grains, and vegetables. It adds bulk and acts like a brush to clean out the colon. As it passes through the digestive tract, insoluble fiber remains mostly intact. This helps keep your bowel movements regular.

- **Soluble fiber** comes from fruit, some vegetables, oats, beans, peas, lentils, and barley. When mixed with liquid, it forms a gel, which helps control blood sugar and reduces cholesterol.

A ‘whole grain’ is...

A whole grain has all three of its original parts: the bran (fiber-rich outer layer), the germ (inner layer), and the endosperm (middle layer). Whole grains are rich in nutrients, including fiber. Whole wheat flour, oatmeal, rye, cornmeal, bulgur, barley, brown rice, and even popcorn are all whole grains.

A ‘refined grain’ is...

A refined grain has been milled, so only the middle layer (endosperm) is left. Milling removes much of the vitamins, iron, protein, and fiber. ‘White’ and ‘wheat’ flours are refined grains. ‘Enriched’ flour has had some of the nutrients added back, but not the fiber. White rice is also a refined grain.

How much fiber you need...

The American Heart Association recommends between 25 to 38 grams of fiber a day in a well-balanced diet. The average American eats only 15 grams of fiber a day.

Adding more fiber to your diet

1. Eat at least 5 servings of fruits and vegetables every day. Eat the skins and peels whenever you can, because they contain a lot of fiber.
2. Try more recipes with beans, peas, lentils, quinoa, bulgur, or brown rice.
3. Eat oatmeal, bran, or another whole grain cereal for breakfast.
4. Choose breads, cereals, tortillas, and crackers that list a whole grain as the first ingredient on the label.
5. Make at least half of your grain servings whole grains.
6. Add fiber to your diet slowly. If you add it too fast, you may feel bloated or have gas pains.
7. Unless your doctor has told you not to, drink 6 to 8 cups of water and other fluids a day to keep things moving smoothly through your intestines.
8. If you eat wheat bran to keep your bowels moving, start with 1 teaspoon per meal. Increase slowly to 2 to 4 tablespoons a day.
9. Buy unprocessed foods when you can. Food processing often removes fiber.

Read food labels

Look for the ‘dietary fiber’ content on food labels. Good sources of fiber have at least 10% of the ‘percent daily value’ for fiber. When looking for whole grain products, read the ingredient list. In the example below for whole wheat cereal, the first ingredient is ‘whole grain wheat.’

---

**Nutrition Facts**

- **Serving Size:** 1 cup (50g)
- **Servings Per Container:** About 13

  - **Calories:** 180
  - **Calories from Fat:** 20
  - **Total Fat 1g**
  - **Saturated Fat 0g**
  - **Trans Fat 0g**
  - **Cholesterol 0mg**
  - **Sodium 420mg**
  - **Total Carbohydrate 22g**
  - **Dietary Fiber 5g**
  - **Soluble Fiber 1g**

**INGREDIENTS:** Whole Grain Wheat, Sugar, Salt, Calcium Carbonate, Barley Malt Extract, Trisodium Phosphate, Freshness Preserved by BHT, Vitamins and Minerals: Iron and Zinc, and Nutrients: Vitamin A (Vitamin A Palmitate), Vitamin D3 (Cholecalciferol), Niacin, Thiamin, Riboflavin, Folic Acid, Vitamin C (Ascorbic Acid), Biotin, Zinc, Copper, Manganese.

**CONSTATNS:** Contains Wheat Ingredients.
# Fiber Content of Foods—

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Serving Size</th>
<th>Dietary Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke hearts, cooked</td>
<td>1/2 cup</td>
<td>5g</td>
</tr>
<tr>
<td>Avocado</td>
<td>1/2 cup</td>
<td>6g</td>
</tr>
<tr>
<td>Bamboo Shoots</td>
<td>1/2 cup</td>
<td>1g</td>
</tr>
<tr>
<td>Beets</td>
<td>1/2 cup</td>
<td>2g</td>
</tr>
<tr>
<td>Broccoli, cooked</td>
<td>1/2 cup</td>
<td>3g</td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td>1/2 cup</td>
<td>3g</td>
</tr>
<tr>
<td>Cabbage, cooked</td>
<td>1/2 cup</td>
<td>1g</td>
</tr>
<tr>
<td>Carrots, raw</td>
<td>1 medium</td>
<td>2g</td>
</tr>
<tr>
<td>Cauliflower, cooked</td>
<td>1/2 cup</td>
<td>1g</td>
</tr>
<tr>
<td>Chinese Mustard Greens</td>
<td>1/2 cup</td>
<td>2g</td>
</tr>
<tr>
<td>Eggplant, cooked</td>
<td>1/2 cup</td>
<td>2g</td>
</tr>
<tr>
<td>Fennel, raw/sliced</td>
<td>1/2 cup</td>
<td>1g</td>
</tr>
<tr>
<td>Green Beans, cooked</td>
<td>1/2 cup</td>
<td>2g</td>
</tr>
<tr>
<td>Lettuce</td>
<td>1/2 cup</td>
<td>&lt;1g</td>
</tr>
<tr>
<td>Onions, chopped</td>
<td>1/2 cup</td>
<td>1g</td>
</tr>
<tr>
<td>Peas, cooked</td>
<td>1/2 cup</td>
<td>4g</td>
</tr>
<tr>
<td>Shiitake Mushrooms, cooked</td>
<td>1/2 cup</td>
<td>3g</td>
</tr>
<tr>
<td>Spinach, cooked</td>
<td>1/2 cup</td>
<td>4g</td>
</tr>
<tr>
<td>Swiss Chard, cooked</td>
<td>1/2 cup</td>
<td>2g</td>
</tr>
<tr>
<td>Tofu (firm)</td>
<td>1/2 cup</td>
<td>1g</td>
</tr>
<tr>
<td>Tomato, raw</td>
<td>1 medium</td>
<td>2g</td>
</tr>
<tr>
<td>Turnips, cooked</td>
<td>1/2 cup</td>
<td>2g</td>
</tr>
<tr>
<td>White Corn, raw</td>
<td>1/2 cup</td>
<td>2g</td>
</tr>
<tr>
<td>Zucchini, sliced</td>
<td>1/2 cup</td>
<td>&lt;1g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Serving Size</th>
<th>Dietary Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple, with peel</td>
<td>1 medium</td>
<td>3g</td>
</tr>
<tr>
<td>Apricots</td>
<td>1 medium</td>
<td>1g</td>
</tr>
<tr>
<td>Asian Pear</td>
<td>1 medium</td>
<td>4g</td>
</tr>
<tr>
<td>Banana</td>
<td>1 medium</td>
<td>3g</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>1/2 cup</td>
<td>1g</td>
</tr>
<tr>
<td>Cherries</td>
<td>10 medium</td>
<td>1g</td>
</tr>
<tr>
<td>Figs, raw</td>
<td>1 medium</td>
<td>1g</td>
</tr>
<tr>
<td>Honeydew</td>
<td>1/2 cup</td>
<td>2g</td>
</tr>
<tr>
<td>Mango</td>
<td>1 medium</td>
<td>4g</td>
</tr>
<tr>
<td>Nectarine</td>
<td>1 medium</td>
<td>2g</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>3g</td>
</tr>
<tr>
<td>Papaya</td>
<td>1/2 cup</td>
<td>1g</td>
</tr>
<tr>
<td>Peach, with skin</td>
<td>1 medium</td>
<td>2g</td>
</tr>
<tr>
<td>Pear, with skin</td>
<td>1 medium</td>
<td>5g</td>
</tr>
<tr>
<td>Prunes, dried</td>
<td>1/2 cup</td>
<td>6g</td>
</tr>
<tr>
<td>Raisins, dried</td>
<td>1/2 cup</td>
<td>3g</td>
</tr>
<tr>
<td>Raspberries, sliced</td>
<td>1/2 cup</td>
<td>4g</td>
</tr>
<tr>
<td>Strawberries, sliced</td>
<td>1/2 cup</td>
<td>2g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dry Beans &amp; Nuts</th>
<th>Serving Size</th>
<th>Dietary Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>1/4 cup</td>
<td>4g</td>
</tr>
<tr>
<td>Black Beans, cooked</td>
<td>1/2 cup</td>
<td>8g</td>
</tr>
<tr>
<td>Lentils, cooked</td>
<td>1/2 cup</td>
<td>8g</td>
</tr>
<tr>
<td>Lima Beans, cooked</td>
<td>1/2 cup</td>
<td>7g</td>
</tr>
<tr>
<td>Navy Beans, cooked</td>
<td>1/2 cup</td>
<td>10g</td>
</tr>
<tr>
<td>Peanuts</td>
<td>1/4 cup</td>
<td>3g</td>
</tr>
<tr>
<td>Peas, chopped</td>
<td>1/4 cup</td>
<td>3g</td>
</tr>
<tr>
<td>Pinto Beans, cooked</td>
<td>1/2 cup</td>
<td>8g</td>
</tr>
<tr>
<td>Pistachio</td>
<td>1/4 cup</td>
<td>3g</td>
</tr>
<tr>
<td>Soy Beans (Edamame)</td>
<td>1/2 cup</td>
<td>5g</td>
</tr>
<tr>
<td>White Beans, cooked</td>
<td>1/2 cup</td>
<td>6g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Serving Size</th>
<th>Dietary Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Bran (100%) cereal</td>
<td>1/2 cup</td>
<td>9g</td>
</tr>
<tr>
<td>Cheerios</td>
<td>1 cup</td>
<td>4g</td>
</tr>
<tr>
<td>Granola</td>
<td>1 cup</td>
<td>3g</td>
</tr>
<tr>
<td>Instant Oatmeal</td>
<td>1 cup</td>
<td>4g</td>
</tr>
<tr>
<td>Quaker Oatmeal Squares</td>
<td>1 cup</td>
<td>4g</td>
</tr>
<tr>
<td>Raisin Bran</td>
<td>1 cup</td>
<td>7g</td>
</tr>
<tr>
<td>Shredded Wheat</td>
<td>1 cup</td>
<td>6g</td>
</tr>
<tr>
<td>Wheaties</td>
<td>1 cup</td>
<td>3g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bread, Rice, &amp; Pasta</th>
<th>Serving Size</th>
<th>Dietary Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley, cooked</td>
<td>1 cup</td>
<td>6g</td>
</tr>
<tr>
<td>Brown Rice, cooked</td>
<td>1 cup</td>
<td>4g</td>
</tr>
<tr>
<td>Whole Wheat Tortilla</td>
<td>1 piece</td>
<td>2g</td>
</tr>
<tr>
<td>Macaroni, whole wheat cooked</td>
<td>1 cup</td>
<td>4g</td>
</tr>
<tr>
<td>Rice Noodles</td>
<td>1 cup</td>
<td>2g</td>
</tr>
<tr>
<td>Rye Bread</td>
<td>1 slice</td>
<td>2g</td>
</tr>
<tr>
<td>Wheat Bread</td>
<td>1 slice</td>
<td>3g</td>
</tr>
<tr>
<td>Wheat English Muffin</td>
<td>1 cup</td>
<td>3g</td>
</tr>
<tr>
<td>Wild Rice, cooked</td>
<td>1 cup</td>
<td>3g</td>
</tr>
</tbody>
</table>
EATING HEALTHFULLY ON A BUDGET

Presented by

Contributors:
Amanda Ryan, Amelia Hard, Ginny Sorensen, Jan Paris,
Liz Speak, Sheila Hanson, Tanya Bermudez, Tracey McDougall
1. Participant Workbook

2. Recipe Index

Breakfast
- Breakfast Scramble
- Oatmeal (Steel Cut or Rolled Oats)
- Whole Grain and Fruit Muffins
- Whole Grain Pancakes

Lunch & Dinner
- Herb Roasted Chicken & Potatoes
  - Chicken & Spinach Quesadillas
  - Pasta Salad with Chicken
- Quick Minestrone Soup
- Versatile Vegetable Sauté

Snacks & Desserts
- Apple Walnut Crisp
- One Pan Chocolate Cake
- Yogurt Parfait

3. Reference Materials

- Surveying Your Kitchen
- Ingredients to Keep On Hand
- Using Your Pantry Supplies
- Ingredient Substitutions
- Cooking Measurement Equivalents
- Portion Control Primer
- Shopping Tips Re-Cap
- Meal and Grocery Planner
- How to Cut Up a Whole Chicken
PRESENTED BY OREGON FOOD BANK

This course will help you learn how to take control of your belt and your budget with a series of tips to use in the kitchen and the grocery store. Follow along with this participant workbook as we demonstrate a day of meals from breakfast to dessert. When class is over, take a look at the back of the workbook for more recipes and some great reference pages that will help you on your quest to stay healthy and keep your food budget under control.

DID YOU KNOW?

According to the Centers for Disease Control:

- 63% of the U.S. adult population is overweight or obese. Nearly 300,000 deaths per year are linked to obesity.
- Diabetes is the seventh leading cause of death in the United States. Almost 24 million Americans have diabetes, including 5.7 million who don’t know they have the disease.

The Good News?

- We also know that healthy eating and regular physical activity will help lower your risk for chronic diseases like diabetes, as well as hypertension, heart disease and certain cancers. It will also help combat obesity and overweight.

The Best News?

- We’re here to:
  - Learn how to cook delicious meals that will help you prevent or combat chronic disease and obesity
  - Taste lots of recipes and see how to personalize them to your tastes
  - Discuss how to shop smart, stretch your food dollar and avoid the traps and pitfalls found in every grocery store

Because... WE ALL HAVE CHOICES!

All you need to avoid becoming a statistic or falling in the budget-busting traps at your local grocery store is information. We’re here to get you thinking about some easy changes you can make one or two at a time to begin transforming your lifestyle by eating more healthfully and saving money at the market.

Good luck! Let’s get started...
During this session we’ll talk about nutrition, budget shopping and food. We’ll be covering a lot of material today. As class continues, remember these three major goals we hope each of you accomplish:

1. Learn basic nutrition information
2. Learn tips and tricks to stretch your food dollar
3. Learn to create delicious meals and snacks

Activity: What is your starting line?

Please think back over the last 24 hours. What did you have to eat? Did you have any snacks? Did you cook or eat out?

Please list the foods you have eaten in the last 24 hours on the chart provided below.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
</table>

Now take a closer look at the lists you made. Based on what you already know about eating healthfully on a budget, do you see anything you would like to change about your food choices or how they affect your food budget?

Think of one change you might make to improve your food choice and another that would help your pocket book. List these two changes on the lines provided:

Apple

Dollar

We’ll check back to see if you think of other changes to make once we’ve learned more about basic nutrition, budget shopping and delicious food. Turn to the next page to get started learning about key nutrition messages that will help improve your health.
What’s In It For You?

- A breakfast high in protein, vegetables and grains will give you energy for the whole morning and keep you feeling fuller longer.
- There are lots of quick, inexpensive, energizing choices to get your day started right.

Breakfast Scramble

What’s In It?

- This recipe has about ½ cup of vegetables per serving. That’s right—vegetables for breakfast! It’s great to get started early on your veggie needs for the day!
- You’ll also get a healthy portion of protein you need for the day with eggs and beans, and a start on whole grains with a slice of whole wheat bread.

Remember This!

Versatility and Variety

- Stocking up on versatile ingredients like eggs will save you time and money. Think of other foods that may be used different ways for different meals throughout the day.
- Variety truly is the spice of life. Learn a few basic recipes like this one with easy variations. Your taste buds will never get bored, you’ll avoid wasting leftover ingredients, and you’ll get loads of vitamins and minerals.

Change It Up!

- Make it a burrito with a whole grain tortilla instead of using a slice of bread. With 1/3 of your daily grain needs plus veggies and protein, this is a nutrition-packed breakfast.
- Purchase dried herbs or spices in bulk for less than 25¢ to give this dish the ethnic flair.

QUICK FIX

Check out these Quick Breakfast Ideas

- Cereal and Milk
- Yogurt and Granola
- Leftovers
- Hardboiled Egg and Fruit
- Peanut Butter Toast*
- Apple Salad with Walnuts
- Apple and Cheese*
- Grilled Cheese and Fruit
- Microwave Scrambled Egg on an English Muffin

*Take it along when you’re on the go

I’ll try:

Apple

© 2013, KAISER PERMANENTE CENTER FOR HEALTH RESEARCH
Lunch / Dinner—

What’s In It For You?

■ Eating smaller meals throughout the day is a good way to keep your metabolism going while keeping you satisfied.
■ Choosing a variety of food groups and colorful foods means consuming a wider variety of vitamins and minerals to keep your body healthy.
■ Learning to prepare a few simple lunches and dinners will save big money if it means cutting back on fast food or prepared foods at the grocery store. Plus, it’s easier to choose foods that will make your body feel good and improve your health.

Start with:

**Herb Roasted Chicken and Potatoes**

Use extras to make:

**Chicken & Spinach Quesadilla**

**Pasta Salad with Chicken**

What’s In It?

■ All three of these recipes help you reach your daily goals for protein, grains and vegetables. The quesadilla also gets you one step closer to your dairy goal.

Remember This!

**Cook Once, Eat Twice**

■ Plan ahead when making meals. Leftovers are a quick and easy way to save you time and money. Freezing is a convenient way to make leftovers last if you don’t eat them right away.
■ Cook larger, less expensive cuts of meat, and use extras in the preparation of other meals. They make soups, salads, and sandwiches easy to throw together in a hurry.
■ When making rice or other grains, prepare a little more than you need. Mix them with beans or meat and veggies for burrito filling, toss them in soups or casseroles, and even look for dessert were they might come in handy.

Change It Up!

■ The easy way to change up our Herb Roasted Chicken was to create quesadillas and pasta salad with the extras, but these dishes are all great for personalization.
■ Use different protein sources. Canned beans, fish and meats are convenient staples to have on hand. They can be used in a variety of dishes.
■ Try different vegetables. What do you like? What do you have on hand? These are great recipes for using up bits and ends you have in your pantry, freezer or refrigerator.
■ We talked about dried herbs in our breakfast scramble. Here’s another place for inexpensive herbs and spices from the bulk section. Try these variations or create your own:
  • Italian: dried oregano and basil
  • Indian: curry powder or garam masala
  • Mexican: chili powder, dried oregano, and hot sauce

I’ll try:
Lunch / Dinner—

QUICK FIX

Check out these Quick Meal Ideas

To stay with the ‘Cook Once, Eat Twice’ theme, look at the list of quick meals you can make if you start the week by cutting up a bunch of fresh vegetables and cooking veggies and protein that’ll fit well into these quick meals.

- **Leftovers:** Try round two of yesterday’s lunch or dinner
- **Veggie Fajita:** Put reheated meat and veggies in a whole grain tortilla; top with salsa and lowfat plain yogurt
- **Pita or English Muffin Pizza:** Spread pita or muffin with a couple tablespoons of pizza sauce; top with lowfat mozzarella cheese and veggie extras from another meal; heat in the toaster oven or microwave and serve
- **Frittata or Scramble:** Combine veggies and a little cheese with beaten eggs in a pan for a scramble; try mini frittatas by cooking the mixture in muffin tins in the oven at 350°F until they puff up and start to brown
- **Chopped Salad:** Combine lettuce or spinach with a variety of fresh veggies, cold meat and dressing; try replacing meat with a few tablespoons of hummus and add some pita bread or whole grain crackers on the side
- **PB and Banana Sandwich with a glass of milk**
- **Remake Burrito:** Choose your own fillings; make a burrito bowl by skipping the tortilla and serving toppings over salad greens or rice

I’ll try:
**Snacks / Dessert—**

**What’s In It For You?**

- It’s sometimes a long wait between lunch and dinner. To keep your metabolism going and prevent your stomach from growling, learn to snack right.
- Choosing snacks that combine different food groups will get you closer to your goals for the day when mealtime rolls around.

**Yogurt Parfait**

**What’s In It?**

- This recipe has 1/2 your daily fruit requirement, 1/3 of your dairy and 1/6 of your grains.

**Remember This!**

**Don’t Forget Portion Control**

- Keep MyPyramid in mind at all meals and snacks. Use portion control to avoid eating an entire day’s worth of food before lunch.
- Make snacks and desserts at home instead of buying oversized convenience or fast food. Buy some smaller plates and cups so you’re not tempted to super size.
- Watching portion size is good for your pocketbook, too. If you eat less, you’ll spend less and stretch your food dollar even further.

**Change It Up!**

- Run out of granola? Whip your yogurt and fruit into a smoothie in the blender for another sweet treat.
- Try new fruits. In season they’ll taste better and cost less.
- Add some nuts and dried fruit to leftover granola to make your own homemade trail mix.

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**QUICK FIX**

**Check out these Snack / Dessert Ideas**

- Fruit Cup & String Cheese*
- Yogurt & Fruit Smoothie
- Hardboiled Egg and Fruit
- Handful of Trail Mix*
- Fruit & Peanut Butter*
- Crackers and Cheese*
- Fresh Veggies & Hummus*
- Apple Salad with Yogurt, Raisins & Walnuts
- Applesauce & Cottage Cheese

*Take it along when you’re on the go
During this course we talked about nutrition and budget shopping. Now it’s time to pull it all together and come up with a few ideas for you to apply in your own life to help improve the health of your body and your budget.

The following three concepts will help you take control of your belt and your budget:

1. Versatility and Variety
   A variety of different colored fruits and veggies helps you get the vitamins and minerals needed to stay healthy.

   Make versatility your friend at the grocery store. Choose items like the eggs from the Breakfast Scramble that you can use lots of different ways.

2. Cook Once, Eat Twice
   Avoid last-minute trips to the corner store or fast food restaurant that offer few good-for-you choices by cooking a little extra.

   Besides avoiding extra fat, sugar and calories, you’ll be saving money by cooking your own meals.

3. Don’t Forget Portion Control
   Snacks are a great way to keep your metabolism running, but be sure to watch the portion size. If there’s one thing you can exercise all day every day, it’s portion control.

   Learning to eat less and buy less food results in a healthy savings for your body and budget.

Choose two things to begin your transition:

One to improve your food choice. One to help your pocket book. Please list your first two changes below.

Please use what you’ve learned today along with the bonus recipes and reference material to improve your health and your life.

Good luck. You can do it!
RECIPES
Breakfast Scramble—

What’s In It For You?
A breakfast high in protein, vegetables, and grains will give you energy for the whole morning and will keep you feeling fuller longer.

WHAT’S IN IT?
VEGETABLES — 3/8 cup per serving
PROTEIN (beans) —
1 1/2 ounce per serving
GRAINS — 1 ounce per serving

INGREDIENTS
1 tablespoon olive oil
1/2 fresh tomato, or
1 whole canned tomato
1/2 cup low-sodium black beans
1/2 bunch fresh spinach, leaves only
(1/2 cup frozen chopped spinach)
1 slice cheese, chopped
(1/4 cup grated cheese)
4 eggs
Pepper to taste
4 slices whole grain bread,
toasted if desired

Optional Ingredients
Mix-ins:
- 1/2 cup diced cooked meat: turkey sausage, leftover chicken, leftover roast, Canadian bacon, etc.
- 1/2 cup other diced cooked vegetables: onions, carrots, peppers, broccoli, etc.
- Fresh or dried herbs: parsley, basil, oregano, thyme, cilantro, etc.

Toppings:
- Sour cream, salsa, cilantro

DIRECTIONS
1. If using a fresh tomato, rinse it, cut it in half and chop one half (save the other half for another recipe). If using a canned tomato, drain it and chop it. If using fresh spinach, rinse it well and chop it.
2. Drain and rinse black beans. Place unused portion in container in refrigerator to use within 2 days or freeze.
3. Heat oil in non-stick skillet over medium heat. Add beans, spinach and tomatoes. (If you’re using any of the optional ingredients, add them now.) Cook until spinach wilts down, about 2 minutes.
4. Using a whisk or a fork, beat eggs until smooth. Add the chopped slice of cheese or the grated cheese. Pour eggs and cheese over vegetables, stirring to blend and break up the eggs. Continue cooking until eggs are cooked to the desired firmness, about 3 to 5 minutes.
5. Top with any of the optional topping ingredients and serve immediately, accompanied by whole grain bread or toast.

CHEF’S SECRETS
- Other ways to serve: wrap in warm whole wheat flour tortillas for a burrito; pile onto toasted whole-grain bread for an open-face breakfast sandwich.
- ‘Multi-grain’ doesn’t mean ‘whole grain’! Look for ‘whole wheat’ or ‘whole grain’ bread.
- Be sure to cook eggs to the point where they’re no longer runny.
- It’s usually cheaper to buy eggs in the 18 count carton instead of by the dozen.
- Egg substitute can be used in place of eggs, but it costs more.
- You can use fresh or frozen vegetables. All forms count, so look for bargains!

DID YOU KNOW...?
- Eggs are low-cost and good for you, with high quality protein, lots of vitamins and minerals, and only 75 calories. Although the yolks contain cholesterol, they’re not as bad for you as the foods that store cholesterol in your body, like the fat in meats. But if your doctor has told you to lower your cholesterol, try replacing eggs in most recipes with egg substitute or egg whites.
- Spinach is a nutritional powerhouse! It contains significant amounts of vitamins A and C, iron, magnesium, calcium, folate and fiber. Try to eat leafy greens like spinach at least once a week.
Oatmeal (Steel Cut or Rolled)—

**What’s In It For You?**

Oatmeal is perfect ‘comfort food’—so delicious and satisfying it makes you feel good all over! Its whole-grain nutrition fills you up, and you avoid the mid-morning ‘crash’ you get from breakfasts high in fat and sugar.

**INGREDIENTS**

**Steel Cut Oats**
- 3 cups water
- 3 tablespoons maple syrup
- 1 cup steel cut oats

**Rolled Oats**
- 2 cups water
- 2 tablespoons maple syrup
- 1 cup rolled oats
- 1 cup nonfat or 1% milk

**Optional Add-ins:**
- ½ cup any dried fruit—raisins, cranberries, blueberries, apricots, apples, etc.

**Optional Toppings:**
- Sliced fresh fruit—banana, berries, peaches, nectarines, plums, etc.

**WHAT’S IN IT?**
- GRAINS — ½ cup per serving
- DAIRY — ¼ cup per serving
- FRUIT — about ¼ cup per serving

**DIRECTIONS**

Cooking either steel cut or rolled oats:

1. Place water in non-stick sauce pan, add syrup and optional dried fruit. Bring to a boil.
2. To avoid lumps, stir briskly while adding oats. Reduce heat to low, cover and cook for 20 minutes.
3. Serving size is ½ cup. Serve with ¼ cup milk poured over and optional fresh fruit on top.
4. Put any leftover oatmeal in ½ cup portions in freezer. Microwave 3–5 minutes to reheat.

**CHEF’S SECRETS**

- The cheapest way to buy dried fruit is in the bulk section of the grocery store; you can buy only as much as you need, and you don’t pay extra for packaging.
- When purchasing maple syrup, make sure it’s pure maple syrup, not the fake processed kind! Read the label: it should list only ‘pure maple syrup.’ Processing adds high fructose corn syrup, which is a major cause of diabetes and other diseases.
- Try other hot cereals! A local company, Bob’s Red Mill, offers over a dozen different hot cereals, using tasty whole grains like brown rice, barley and millet in many delicious combinations. They’re available in many grocery stores in the cereal aisle.

**DID YOU KNOW...?**

- Eating whole grains is a great way to fight what’s called ‘metabolic syndrome,’ a combination of symptoms that can lead to diabetes, heart disease, and stroke. The symptoms include abdominal fat, high LDL (bad) cholesterol and low HDL (good) cholesterol, and inability to properly process the sugars you eat.
- Another benefit of eating whole grains is that the fiber keeps you regular and helps prevent colon cancer.
DIRECTIONS

1. **Preheat the oven to 400˚.** Coat 12 standard-size muffin cups with cooking spray. Spray even if using liners, as the paper will come off easier.

2. In a medium bowl whisk milk, yogurt, and eggs. Mix in sugar, oil, vanilla and one Option A ingredient. Stir in rolled oats until well covered. Let stand for 10 minutes.

3. In a large bowl, whisk whole wheat and all-purpose flours, baking powder, baking soda, cinnamon, and nutmeg. Add milk mixture; mix until dry ingredients are just moistened. Fold in the Option B ingredient. Divide the batter among the muffin cups, filling them almost full.

4. Bake until tops of muffins spring back, about 18–22 minutes. Let cool in the pan for 5 minutes, turn out onto a rack. Let cool.

5. Serving size is 1 muffin. Wrap the remaining muffins in plastic wrap and freeze in a ziplock bag. To thaw, remove plastic wrap and wrap in a paper towel. Microwave for 1–2 minutes on ‘Defrost’ setting.

CHEF’S SECRETS

- Instead of 1 cup of rolled oats, try 3/4 cup rolled oats plus 1/4 cup oat bran for extra fiber.
- Adding 1/2 cup of nuts will give the muffins protein.
- For more variety in your muffins, you can choose more than 1 ingredient from either Option A or Option B, just as long as you don’t add more than 1 cup from either list. For example, instead of 1 cup of applesauce, you can use 1/2 cup applesauce plus 1/2 cup mashed banana. From the Option B list, you could use 1/3 cup chopped apples, 1/3 cup raisins, and 1/3 cup grated carrot. Your choice!

DID YOU KNOW...?

Portion sizes have multiplied enormously in the past 20 years. A muffin used to weigh about 3 ounces, like the ones in this recipe; these days, when you buy a muffin at a coffee shop or supermarket bakery, it weighs 6½ ounces! And researchers have found that people tend to eat most or all of what they are served, rather than saving the leftovers. Watching portion size and stopping eating when you’re full are great ways to lose weight and start living healthier!
Chef Tracey McDougall, Portland OR — Makes 8 servings

Whole Grain Pancakes—

**WHAT’S IN IT?**

**GRAINS — 1/4 cup per serving**

**DAIRY — 1/4 cup per serving**

**FRUIT — 1/6 cup per serving**

**DIRECTIONS**

1. Whip milk and yogurt together. Add in oats and let stand for 15 minutes.
2. Mix flours, baking powder, baking soda and cinnamon in a large bowl.
3. Whisk the eggs, sugar, oil and vanilla in a medium bowl. Add the milk mixture. Add this mixture to the flour mixture and mix just until the flour is mixed in. Do not over mix.
4. To cook: Heat a non-stick skillet or griddle over medium heat and spray lightly with cooking spray. Spoon ¼ cup of batter into a circle in the pan. Cook for about 3 minutes until bubbles begin to form on top. Flip the pancake (it should be brown on the cooked side) and continue cooking for another 1–2 minutes until the other side is brown.
5. One serving is 2 pancakes. Top with fresh fruit and a tablespoon of maple syrup if you like.
6. You can wrap any leftover pancakes in plastic wrap and freeze them for up to 1 month. Reheat in a toaster (don’t thaw them first!).

**DID YOU KNOW...?**

• Add ¼ cup wheat bran or oat bran to the batter for extra fiber to help your digestion.
• Buttermilk can be substituted for the milk and yogurt mixture.
• In summer, top the pancakes with fresh fruit that’s in season: berries, peaches, nectarines, plums, etc. In winter, top with bananas or cooked sliced apples (put the apple slices in a small pan with a little sugar and water and cook just until they get soft.)

**INGREDIENTS**

- 1 cup low-fat milk
- 1 cup nonfat yogurt
- ½ cup rolled oats
- 1 cup whole wheat flour
- 1 cup unbleached all-purpose flour
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- 2 large eggs
- ¼ cup firmly packed brown sugar
- 1 tablespoon canola oil
- 2 teaspoons vanilla extract

Non-stick cooking spray
2 cups diced fresh fruit of your choice

Optional
- ½ cup maple syrup

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**WHAT’S IN IT FOR YOU?**

Starting your day with whole grains gives you brain power! These delicious pancakes will also help you feel energetic and satisfied all morning long.
What’s In It For You?
Learning how to cut up a chicken and roast it without the skin will save you money and keep excess fat out of your diet. You can enjoy the chicken the night you cook it, then use the leftovers in dozens of delicious ways!

**WHAT’S IN IT?**
- PROTEIN — 3 oz. per serving
- VEGETABLES — 3/4 cup per serving

**DIRECTIONS**
1. Preheat the oven to 375°.
2. Rinse and dry the lemon. Grate about 1 teaspoon of the zest (the yellow part of the skin) into a small bowl, then squeeze the juice of the lemon into the bowl. Remove any lemon seeds.
3. Mix in rosemary, thyme, olive oil and garlic.
4. Place potatoes, sweet potatoes and onions in a large baking dish, toss with 1/3 of the lemon-herb mixture, and add salt and pepper to taste.
5. Using a sturdy knife that won’t bend, cut the chicken in half and cut out the backbone. Remove and discard all the chicken skin as well as the wings. Rub the lemon-herb mixture over the chicken halves.
6. Lay the chicken on top of the vegetables and sprinkle with a little salt and pepper. Roast the chicken about 50–60 minutes, turning the vegetables and chicken every 15 minutes or so for even browning. Add a little water if the pan gets dry.
7. The chicken is done when the juices run clear if you prick the meat, and the meat has no pink color when you cut into it.

**CHEF’S SECRETS**
- Roasting a whole chicken is a great way to stretch your food dollar. When you compare price per pound, you’ll see that whole chicken is cheaper than cut-up chicken. It’s often on sale.
- Plan for leftovers: slice for sandwiches or salads, and also use in stir-frys or casseroles. Pick all the meat off the bones to use in soup.
- Make soup stock out of the bones: put them in a saucepan with a peeled quartered onion, a couple of peeled carrots cut in half, and a pinch of salt; bring to a boil, reduce the heat, and simmer for about 1 hour. Strain and chill in the refrigerator. Freeze in small containers if you don’t use the stock within 2 days.

**DID YOU KNOW...?**
Sweet potatoes are easy to make, delicious to eat and packed with vitamins and minerals that are good for your skin and vision. Cook sweet potatoes like you would white potatoes—bake, boil, roast, mash or poke them with a fork a few times and pop them in the microwave for a quick snack or side dish. Add a dash of brown sugar or maple syrup for a heart-healthy dessert option.

**INGREDIENTS**
- 1 large lemon
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 2 garlic cloves, peeled, minced by hand or crushed in a garlic press
- ¼ cup olive oil
- Salt & pepper to taste
- 1 roasting chicken (about 5 pounds)
- 1 pound potatoes, peeled, cut in 2-inch chunks
- 1 pound sweet potatoes, peeled, cut in 2-inch chunks
- 1 large onion, peeled, cut into ¼-inch slices

Chef Amanda Ryan, Portland OR
Makes 8 3-ounce servings, plus leftovers
**Chicken & Spinach Quesadillas**

**WHAT’S IN IT FOR YOU?**
- Quesadillas are a quick and easy way to use up leftovers. You can put almost anything in them, and they’re an especially tasty way to add more vegetables to your diet.

**CHEF’S SECRETS**
- Quesadillas can also be heated in the oven. Preheat oven to 350º.
- Try adding different vegetables: carrots, zucchini, broccoli, peppers, etc. Lettuce works great for the chicken. (Rinse and drain beans before use.)
- Try substituting canned beans for the chicken. (Rinse and drain beans before use.)
- Add onions to the salsa if you like spicy food.
- Serve with a salad alongside for a complete meal.

**DID YOU KNOW...?**
- Every time you choose whole grain products (like whole wheat tortillas) instead of ones made with refined grains, you’re reducing your chances of avoiding diabetes and cancer.
- Chicken skin is 30% pure saturated fat! Removing it saves you a lot of unhealthy calories.
- Serve with a salad alongside for a complete meal.

**INGREDIENTS**

**Salsa**
- 1 pound fresh tomatoes, skin removed, then chopped (or drained canned whole tomatoes)
- 2 cloves garlic, peeled, minced
- 2 tablespoons olive oil
- Salt and pepper to taste

**Quesadillas**
- 1½ pounds spinach, rinsed and chopped
- 1 large clove garlic, peeled, minced by hand or crushed in a garlic press
- 1½ tablespoons olive oil, plus more for browning the tortillas
- 1 cup coarsely grated cheddar cheese
- 6 flour tortillas (9-inch size) preferably whole wheat
- Salt and pepper to taste

**WHAT’S IN IT?**
- VEGETABLES — 2/3 cup per serving
- PROTEIN — 1-1/3 cup per serving
- GRAINS — 1 ounce per serving

**DIRECTIONS**
1. Combine the salsa ingredients in a bowl and set it aside.
2. In a skillet, heat 2 tablespoons oil frequently, add chopped spinach, and cook until just wilted.
3. Remove from the heat and season with salt and pepper.
4. Lay the tortillas out on your counter. Sprinkle 1 tablespoon of cheese on each one, then top each one with 1/6 of the cooled spinach and onions, then 1/6 of the chicken, and finally another tablespoon of cheese.
5. Fold each tortilla in half (this makes for easier flipping.)
6. Wash and dry your skillet, pour in a tablespoon of oil and heat it until it’s hot but not smoking. Add a folded tortilla. (If your pan is big enough, put in two at a time.)
7. Brown the bottom of the folded tortilla, and then flip it to brown the other side.
8. Cut each tortilla into wedges and serve with yogurt and salsa.

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Pasta Salad with Chicken—

**DIRECTIONS**

1. Fill a 2-quart saucepan 3/4 full of water, bring it to a boil, and add 1 tablespoon kosher salt.
2. Drop in the pasta all at once, stir a few times, bring back to a boil, and cook until the pasta is tender all the way through but still a little chewy (Italians call this ‘al dente’).
3. Immediately drain the pasta into a colander and rinse it in cold water to stop the cooking. Set aside to drain.
4. Prepare the rest of the ingredients according to the ingredient list.
5. In a large bowl, combine the pasta with the remaining ingredients.
6. Season to taste with salt, pepper, and optional herbs, vinegar or lemon juice.

**CHEF’S SECRETS**

- Instead of chicken or other meat, try canned tuna or canned beans, like garbanzos or black beans. Rinse the beans in water and let them drain before adding them.
- Get creative with your grains! Instead of using pasta, make this salad with bulgur wheat, barley, or couscous. You can find these in the bulk section of your grocery store, along with cooking information.
- For extra flavor and nutrition, add some leafy greens like raw spinach or sautéed kale.

**WHAT’S IN IT?**

- VEGETABLES — 1/2 cup per serving
- PROTEIN — 1 ounce per serving
- GRAINS — 1 ounce per serving

**INGREDIENTS**

- 2 cups (8 oz.) dried pasta of any shape you prefer, except spaghetti
- Kosher salt
- 1 bunch green onions, sliced (both white and green parts)
- 2 medium-to-large tomatoes, chopped (or 1 pint cherry tomatoes, halved)
- 2 cloves garlic, peeled and minced
- about 1/4 cup olive oil
- 1 cup cooked chicken (or other cooked meat), chopped
- 1 cup other vegetables of your choice, raw or cooked
- Salt and pepper to taste
- Optional mix-ins:
  - 2–3 tablespoons fresh chopped herbs of your choice, like basil or parsley
  - A little vinegar or lemon juice

**CHEF'S SECRETS**

- Instead of chicken or other meat, try canned tuna or canned beans, like garbanzos or black beans. Rinse the beans in water and let them drain before adding them.
- Get creative with your grains! Instead of using pasta, make this salad with bulgur wheat, barley, or couscous. You can find these in the bulk section of your grocery store, along with cooking information.
- For extra flavor and nutrition, add some leafy greens like raw spinach or sautéed kale.

**DID YOU KNOW...?**

- Adding more garlic and onions to your diet is an easy way to improve your health! Clinical studies have shown that they decrease bad cholesterol, prevent clot formation, and lower blood pressure. And onions can also help lower your blood sugar.
- Seasoning your food with a little salt while you’re cooking it—like adding salt to the water you cook pasta in—improves its flavor and keeps you from adding too much salt at the table. The reason the average American consumes almost twice the recommended limit of 1 teaspoon of salt per day is because about 75% of that salt comes from processed foods. So to cut down on salt, cut out processed foods and fast foods, and cook fresh foods at home!
Quick Minestrone Soup

What’s In It For You?
Half your daily requirement of vegetables and almost half your daily requirement of protein in a recipe that’s delicious, satisfying, low in calories and takes only 30 minutes to make, start to finish. What’s not to love?

What’s In It?
VEGETABLES — 1-1/4 cup per serving
PROTEIN — 2 ounces per serving
GRAINS — 1 ounce per serving

DIRECTIONS
1. Rinse the kale or collard greens and remove the thick stems in the center of the leaves. Stack up the leaves and cut them crosswise into 1/2-inch strips.
2. Remove the outer couple of leaves of the cabbage and cut out the solid core. Chop the cabbage leaves coarsely and slice the core in thin slices.
3. In a large heavy pot (4–6 quart size), put the olive oil, onion, carrot, and garlic, and cook over medium heat, stirring frequently, until the onion is soft. Add the kale or collard greens and cook, stirring, until the greens are soft.
4. Add the cabbage, green beans, tomatoes with their juice, pasta, and broth. Bring to a simmer and cook, uncovered, stirring occasionally, until the vegetables and pasta are tender, about 10–15 minutes.
5. Add the broccoli or cauliflower, the peas, and the cannellini beans, and cook for another 5 minutes. Add some water to thin out the soup if you like. Taste to see if you want to add any salt, pepper or hot pepper.
6. Serve hot or cold or at room temperature, with optional grated cheese on top.

CHEF’S SECRETS
• If you use frozen vegetables, take out only as much as you need, then reseal the packages and put them back in the freezer to use for other meals.
• Substitute other beans for the cannellini. Or instead of beans, add cut up leftover chicken, beef, or pork.
• For a full, balanced meal, serve whole wheat bread on the side and some fresh fruit for dessert.
• This recipe makes a lot of soup! Try freezing single servings in empty, clean yogurt containers.

DID YOU KNOW...?
• Olive oil is the healthiest oil. It lowers bad cholesterol and builds up good cholesterol. Extra-virgin olive oil has the most benefits.
• Having soup as your main course for dinner a couple of times a week is a great way to lose weight.

INGREDIENTS
1 bunch kale or collard greens
1/2 head cabbage
1/4 cup olive oil
1 small onion, peeled and coarsely chopped
1 medium carrot, peeled and sliced crosswise into rounds
4 garlic cloves, peeled, minced by hand or crushed in a garlic press
1 cup fresh or frozen green beans
1 can (14 1/2 oz.) diced tomatoes in juice
1 cup ditalini pasta or small elbow macaroni
1 quart (32 oz.) reduced-sodium chicken broth
1 cup coarsely chopped fresh or frozen broccoli (or cauliflower)
1 cup frozen green peas
1 can (about 15 oz.) cannellini beans, rinsed and drained
Salt and pepper to taste
Optional addition:
• hot red pepper to taste

Optional topping:
• grated parmesan or romano cheese
Versatile Vegetable Sauté—

What’s In It For You?
In just 15 minutes, you can cook up your choice of vegetables for a Chinese stir-fry, an Italian pasta sauce, an Indian curry, a Mexican filling for flour tortilla wraps, or just a great vegetable side dish.

CHEF’S SECRETS

Adding fish or chicken takes only 5 minutes more!

Chef Amelia Hard, Portland OR — Makes 4–6 servings depending on number of ingredients used and how it’s served (main course or side dish)

INGREDIENTS
Your choice of leafy greens (choose 1–2): 1 bunch kale, collards, chard or spinach
Your choice of other vegetables (choose 4 or more):
- 1 small green or red bell pepper (remove the stem, seeds, and ribs, cut in thin slices)
- 1 carrot, peeled and thinly sliced
- 1 small yam or sweet potato, peeled and cut into small cubes
- 1 cup chopped green cabbage or napa cabbage or bok choy
- 1 cup cherry tomatoes, halved
- 1 cup green beans
- 1 cup chopped broccoli or cauliflower
- 1 small onion, peeled and chopped
- 2 garlic cloves, peeled, minced by hand or crushed in a garlic press
- 2 tablespoons canola oil
- Salt and pepper to taste

Other seasonings (see ‘Chef’s Secrets’)

Optional:
- ½ cup per person raw or cooked chicken or fish, cut into cubes (if it’s raw, salt it lightly)
- ½ cup per person cooked rice or pasta (if recipe is your main course)

WHAT’S IN IT?

VEGETABLES — 1-1/2 cup per serving
PROTEIN (chicken or fish) — 4 ounces per serving

DIRECTIONS

1. Rinse the greens well. If you’re using kale, collards, or chard, cut out the thick center ribs in the leaves (you don’t need to do this with spinach). Stack up the leaves and cut them crosswise into 1/2-inch strips.

2. Prepare the other vegetables you’ll be using, and set them close to the stove.

3. Put the canola oil in a large skillet or saucepan. If you’re using optional raw chicken or raw fish, stir it over medium heat until cooked through, then put it in a bowl.

4. In the pan, add the onion, garlic (and bell pepper and carrot, if you’re using them), sprinkle with a little salt, and stir over high heat for 5 minutes. (Add a little more oil if the vegetables look too dry.)

5. If you’re using yam or sweet potato, cabbage or bok choy, or tomatoes, add now and cook 5 minutes. (Add a little more oil if the vegetables look too dry.)

6. If you’re using broccoli, cauliflower, or green beans, add now and cook until they become barely tender.

7. If you’re using spinach, add it last and cook until wilted.

8. Add other seasonings (see ‘Chef’s Secrets’), optional cooked chicken or fish, and more salt and pepper to taste. Add a little water if needed to make more sauce.

9. Cool any leftovers in an open bowl in the refrigerator; when chilled, they can be put in ziplock bags and frozen.

Did You Know...?

Leafy greens are the healthiest vegetables you can eat! They’re a great source of vitamins A and C, calcium, potassium, iron, fiber, and other nutrients that help reduce the risk of some cancers. They’re also inexpensive, low in calories, and help keep you regular. Wow!
Apple Walnut Crisp—

What’s In It For You?
Fruit desserts made with whole grains and not too much sugar are a great way to get some of the 2 cups of fruit you need each day. And who doesn’t love crisps?

What's in it?

| GRAINS — 1 cup per serving | FRUIT — 1/4 cup per serving |

Chef Amelia Hard, Portland OR — Makes 9 servings

INGREDIENTS

For the Topping:
- ½ cup unbleached all-purpose flour
- ¼ cup whole wheat flour
- 1 cup rolled oats
- ½ cup packed light brown sugar
- ½ cup walnuts, chopped
- ½ teaspoon cinnamon
- Pinch of salt
- ½ stick unsalted butter, melted

For the Filling:
- 4 pounds apples
- ¼ cup packed light brown sugar
- 1 tablespoon all-purpose flour
- ½ teaspoon cinnamon

DIRECTIONS

1. Put oven rack in middle position and preheat oven to 375°. Spray a 9-inch square baking dish with nonstick spray.
2. Make the topping: Stir together the two flours, oats, brown sugar, walnuts, cinnamon, and salt in a bowl, then pour in the melted butter and stir until the mixture forms small clumps. Set aside.
3. Peel the apples, cut into quarters, cut out the cores, and slice each quarter into thin slices. Put in a large bowl and toss with brown sugar, flour, and cinnamon.
4. Spread the apples evenly in the baking dish, then crumble the topping over the apples.
5. Bake until the topping is golden and the apples are tender, about 45 minutes. Serve warm.

CHEF’S SECRETS

- When peaches and nectarines are in season and inexpensive, you can use them instead of apples. To peel peaches, dip them into boiling water for about 30 seconds, rinse them in cold water, and slip the skins off. You don’t need to peel nectarines.
- When you serve the crisp, you can top it with some low-fat vanilla yogurt if you like.

DID YOU KNOW...?

- The old saying “An apple a day keeps the doctor away” is being confirmed by modern research. Apples can lower bad (LDL) cholesterol, help prevent respiratory diseases like asthma, help improve bone density to prevent osteo- porosis, and aid digestion. Lots of health in a delicious package!
- Walnuts are also nutrition superstars! Recent studies have shown that eating just a small handful of walnuts a day can improve your cholesterol levels and help keep your arteries healthy so you don’t develop heart disease.
What’s In It For You?

Quick fixin’ with simple ingredients and easy clean-up.
This should be an occasional treat and... TREAT it is!

WHAT’S IN IT?
SUGAR & FAT — per serving, the maximum amount of sugar and about 1/2 the fat you should have in 1 day

DIRECTIONS

• Preheat oven:
  350 degrees for a metal pan
  325 degrees for a glass pan
• Line an 8-inch square pan with foil or grease pan with small amount of canola oil.
1. In baking pan place flour, cocoa, salt, sugar and baking soda. Stir to mix thoroughly.
2. Make three holes with the handle of a wooden spoon.
   In first hole, pour vanilla.
   In second hole, pour vinegar.
   In third hole, pour oil.
3. Pour water over all and blend with fork until smooth. Do not over mix.
4. Bake 25-30 minutes or until knife inserted in center comes out clean.

CHEF’S SECRETS

• Make this recipe only as an occasional treat!
• Serve some fresh fruit on the side to enhance the nutritional value of this dessert.
• This is a great opportunity to practice portion control: cut the cake into 9 pieces and serve only 1 portion per person. Have it as dessert, not as a snack!

DID YOU KNOW...?

• Calories count! On a day when you treat yourself to this cake, remember to remove calories somewhere else.
• Plain unsweetened Hershey’s cocoa is a good choice and available in most supermarkets. ‘Dutch process’ cocoa is not as good a choice because the process damages the healthy antioxidants in the cocoa.

Chef Sheila Hanson, Portland OR — Makes 9 servings

INGREDIENTS

| 1 1/2 cups unbleached all-purpose flour | 1 teaspoon vanilla |
| 3 tablespoons cocoa                  | 1 tablespoon cider vinegar |
| 1/2 teaspoon salt                    | 6 tablespoons canola oil  |
| 1 cup sugar                          | 1 cup cold water        |
| 1 1/2 teaspoons baking soda          |                         |
What’s In It For You?
Satisfy your sweet snack craving, while getting lots of calcium, protein, vitamins, minerals, antioxidants, and fiber. And it’s low in calories, too. Hard to beat!

WHAT’S IN IT?
GRAINS — 1/4 cup per serving
FRUIT — 1 cup per serving
DAIRY — 1 cup per serving

DIRECTIONS
1. Rinse and cut leafy tops off of strawberries.
2. Slice strawberries ¼ inch thick — should yield about 1 cup sliced.
3. Layer ½ cup yogurt in each of two parfait cups or bowls, followed by ¼ cup sliced strawberries, and 2 tablespoons granola.
4. Repeat layers one more time, ending with a layer of granola.
5. Top with slivered almonds if desired.

CHEF’S SECRETS
• Substitute any whole-grain cereal you like for the granola.
• Substitute any diced or sliced fresh or frozen fruit for the strawberries.
• To lower the cost of this recipe, take advantage of delicious in-season fruits. In the winter, look for sales on bags of frozen berries, peaches, and other fruits. Just take out a cup or so, and refreeze the remainder. One bag will go far.
• Mix up plain nonfat yogurt with fruit in a blender for a delicious smoothie. Use different combination of fruits for variety. By using plain unflavored yogurt, you’ll avoid added sugar.

CHEF’S SECRETS
• Substitute any whole-grain cereal you like for the granola.
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• To lower the cost of this recipe, take advantage of delicious in-season fruits. In the winter, look for sales on bags of frozen berries, peaches, and other fruits. Just take out a cup or so, and refreeze the remainder. One bag will go far.
• Mix up plain nonfat yogurt with fruit in a blender for a delicious smoothie. Use different combination of fruits for variety. By using plain unflavored yogurt, you’ll avoid added sugar.

INGREDIENTS
2 cups strawberries
2 cups nonfat vanilla yogurt
½ cup low-fat granola
Optional:
1 tablespoon slivered almonds

DID YOU KNOW...?
• Yogurt is a probiotic food, meaning that it contains living bacteria that can help promote digestive health.
• People who are moderately lactose-intolerant may be able to enjoy yogurt.
• Some nonfat yogurt may have artificial ingredients added to it for texture or to extend shelf life. Read the labels and avoid products that have ingredients with names too long to pronounce!
• Adding a sprinkling of nuts to various recipes gives you not only extra protein but also healthy fat that helps boost your ‘good cholesterol’ (HDL) and lower your ‘bad cholesterol’ (LDL). Just don’t overdo the nuts, since they have a lot of calories!
REFERENCE MATERIALS
Surveying Your Kitchen—

**BEFORE** you start planning your menus, take stock of your kitchen.

**Are You Ready to Prepare the Recipes You Selected?**

- Do you have an adequate cooking area to prepare a meal?
- Do you have a stove and an oven? How about a microwave?
- What size are your refrigerator and freezer?
- Do you have room in your cupboards to store pantry staples?
- What cooking equipment and tools do you have? What could you use if you don’t have what the recipe calls for?

**Try These Substitutions for Common Kitchen Tools:**

- Measuring Spoons: Spoon or Soup Spoon
- Measuring Cup: Marked Jar
- Rolling Pin: Smooth Bottle or Glass
- Potato Masher: Two Forks
- Mixing Bowls: Deep Kettle or Pan
- Cutting Boards: Plate; Heavy Brown Paper Bag
- Biscuit Cutter: Glass, Lid, Rim of Jar or Can
- Cookie Sheet: Bottom of Cake Pan
- Roasting Pan: Any Oven-safe Skillet
- Cooling Rack: Oven Rack
- Soup Ladle: Cup with Handle
- Wire Whisk: Two Forks or Jar with Tight Lid
- Tea Kettle: Saucepan
- Pot Holder: Dry Towel

If you are missing any tools from your kitchen that would make cooking easier or more enjoyable, keep your eye out at yard sales, thrift stores, and discount retailers. Chances are you’ll find a good deal if you’re patient!
WITH a little planning, it’s easy to make meals with what’s on hand. Try to stock up on staples when you see they’re on sale and you have the money in your food budget. Stocking your pantry will give you flexibility in the kitchen and help you save money in the long run.

Think About What You Might Have On Hand from the Five Food Groups:

**Fruit**
- Apples
- Bananas
- Oranges
- Canned fruit in juice or light syrup
- 100% fruit juice
- Dried fruit

**Protein**
- Dry beans and peas
- Canned beans
- Canned chili
- Peanut butter
- Canned tuna
- Canned meat
- Frozen meat, fish, chicken or turkey (keep frozen)
- Eggs (refrigerate)
- Nuts

**Vegetables**
- Potatoes (keep cool)
- Sweet potatoes (keep cool)
- Carrots (refrigerate)
- Turnips (refrigerate)
- Cabbage (refrigerate)
- Onions
- Canned vegetables
- Frozen vegetables
- Vegetable juice
- Vegetable soups
- Spaghetti sauce

**Extras**
- Baking powder
- Canola or olive oil
- Sugar
- Salt and pepper
- Spices
- Canned soup

**Grains**
- Pasta
- Granola
- Cereal
- Crackers
- Rice cakes
- Cereal bars
- Tortillas (refrigerate)
- Cornmeal
- Grits
- Flour
- Oats
- Noodle soups
- Pancake mix
- Bread
- Bagels

**Calcium-Rich Foods**
- Dry milk
- Canned milk
- Cheese (refrigerate)
- Juice with calcium
- Canned salmon with bones
- Yogurt (refrigerate)
- Canned or frozen spinach
- Canned pudding
- Instant breakfast drink

*Choose whole grains when possible.*
If you have a well-stocked pantry, use the tips below to expand your options in the kitchen.

<table>
<thead>
<tr>
<th>What you’ve got:</th>
<th>Consider this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried herbs and spices</td>
<td>Purchase these in small amounts from the bulk food section of your grocery store. A tablespoon of dried basil may cost as little as 10¢. A tablespoon of a denser spice like cumin will be around 25¢. Stock up on small quantities you can use and afford.</td>
</tr>
<tr>
<td>Condiments: mustard, ketchup, salsa or jelly</td>
<td>Buy condiments when they’re on sale in quantities you can use by the expiration date. Sometimes a few tablespoons of salsa from your cupboard is all a drab meal needs to be delicious.</td>
</tr>
<tr>
<td>Canned vegetables, fruits, soups, and sauces</td>
<td>Purchase on sale and chose low-sodium options. Avoid high-fat, high-sugar choices. Use these items in combination with other pantry items plus fresh ingredients to make quick, delicious lunches and dinners.</td>
</tr>
<tr>
<td>Frozen vegetables</td>
<td>Don’t overlook these gems. They are nearly as nutritious as fresh vegetables and a quick way to boost your vegetable intake for a reasonable price.</td>
</tr>
<tr>
<td>Baking ingredients: flour, sugar, baking soda, cornstarch, salt, etc.</td>
<td>These items are good to keep on hand once you’ve gotten a little baking experience. Buy different kinds of flour from the bulk section in small amounts to try out.</td>
</tr>
<tr>
<td>Canned tuna and other protein-rich foods like canned beans</td>
<td>Need a quick idea for adding protein to a soup, salad, or sandwich? Tuna packed in water and low-sodium canned beans are the answer.</td>
</tr>
<tr>
<td>Grains and beans: rice, pasta, dried beans, lentils, whole grains</td>
<td>These items store well and offer endless possibilities for main courses, side dishes, and salads. Buy them from the bulk bins and stock up when they’re on sale. Some grains can be cooked ahead and frozen for later use.</td>
</tr>
<tr>
<td>Nonfat dry milk</td>
<td>Have it on hand for times when you just need a little and you know it will be difficult to use a quart or half gallon before it spoils.</td>
</tr>
<tr>
<td>Cooking oil</td>
<td>Important for many recipes. Canola oil and olive oil are heart-healthy choices, much better than other vegetable oils. Avoid lard, solid shortening, and leftover grease.</td>
</tr>
</tbody>
</table>
### Ingredient Substitutions

<table>
<thead>
<tr>
<th>If you don’t have this:</th>
<th>Try this:</th>
</tr>
</thead>
</table>
| Buttermilk, 1 cup       | • 1 cup milk plus 1 tablespoon lemon juice; wait 5 minutes  
                         | • 4 1/2 teaspoons white vinegar plus milk to make 1 cup  
                         | • 1/2 cup plain yogurt plus 1/2 cup milk  
                         | • 1 cup plain yogurt |
| Sour cream, 1 cup       | • In baked goods: 1 cup yogurt (texture may be different)  
                         | • When heat is used: 1 cup yogurt, but use a low heat and cook just to heat through  
                         | • Do not allow to simmer or boil |
| Half and half, 1 cup    | • 7/8 cup milk, plus 3 tablespoons melted butter |
| Whipping cream, 1 cup   | • 1/4 cup milk, plus 1/3 cup melted butter |
| Whole milk, 1 cup       | • 1/2 cup evaporated milk plus 1/2 cup water  
                         | • 1 cup nonfat milk plus 2 teaspoons melted butter |
| Margarine or Butter, 1 cup | • 7/8 cup canola or other oil (changes texture of baked goods) |
| Granulated sugar, 1 cup | • 1 1/3 cup brown sugar OR 1 1/2 cups powdered sugar |
| Honey or molasses, 1 cup | • 3/4 cup sugar plus 1/4 cup liquid |
| Brown sugar, 1 cup packed | • 1 cup granulated sugar, plus 2 to 3 tablespoons molasses |
| Cake flour, 1 cup sifted | • 1 cup minus 2 tablespoons sifted all-purpose flour |
| Whole wheat flour, 1 cup | • 1 cup plus 2 tablespoons all-purpose flour |
| Cornstarch              | • For thickening: 2 tablespoons flour |
| Baking powder, 1 teaspoon | • 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar |
| Unsweetened chocolate, 1 ounce square | • 3 tablespoons unsweetened cocoa plus 1 tablespoon butter  
                        | • 1-2/3 ounces semisweet chocolate and reduce granulated sugar in recipe by 2 teaspoons |
| Semisweet chocolate, 1 ounce | • Generous 1/2 ounce unsweetened chocolate plus 1 tablespoon granulated sugar |
| Garlic, one clove       | • 1/4 teaspoon garlic powder |
| Fresh herbs, 1 tablespoon | • 1 teaspoon dried herbs |
| Chopped onions, 1/4 cup  | • 1 tablespoon dried minced onion  
                         | • 1 teaspoon onion powder |
| Tomato paste, 1 tablespoon | • 2-3 tablespoons tomato puree or tomato sauce, and reduce liquid in recipe by 2–3 tablespoons  
                        | • Boil tomato puree or sauce until reduced to 1 tablespoon |
| Wine, 1/2 cup           | • In desserts: 1/2 cup fruit juice  
                         | • In cooking: 1/2 cup broth |
CAN’T find the measuring cup or spoon you need? Trying to cut a recipe in half or double it? Check out this table showing helpful measuring equivalents for teaspoons, tablespoons, cups, pints, fluid ounces, and more.

<table>
<thead>
<tr>
<th>This = This</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon (Tbsp) = 3 teaspoons (tsp)</td>
</tr>
<tr>
<td>1/16 cup = 1 tablespoon</td>
</tr>
<tr>
<td>1/8 cup = 2 tablespoons</td>
</tr>
<tr>
<td>1/6 cup = 2 tablespoons + 2 teaspoons</td>
</tr>
<tr>
<td>1/4 cup = 4 tablespoons</td>
</tr>
<tr>
<td>1/3 cup = 5 tablespoons + 1 teaspoon</td>
</tr>
<tr>
<td>3/8 cup = 6 tablespoons</td>
</tr>
<tr>
<td>1/2 cup = 8 tablespoons</td>
</tr>
<tr>
<td>2/3 cup = 10 tablespoons + 2 teaspoons</td>
</tr>
<tr>
<td>3/4 cup = 12 tablespoons</td>
</tr>
<tr>
<td>1 cup = 48 teaspoons</td>
</tr>
<tr>
<td>1 cup = 16 tablespoons</td>
</tr>
<tr>
<td>8 fluid ounces (fl oz) = 1 cup</td>
</tr>
<tr>
<td>1 pint (pt) = 2 cups</td>
</tr>
<tr>
<td>1 quart (qt) = 2 pints</td>
</tr>
<tr>
<td>4 cups = 1 quart</td>
</tr>
<tr>
<td>1 gallon (gal) = 4 quarts</td>
</tr>
<tr>
<td>16 ounces (oz) = 1 pound (lb)</td>
</tr>
<tr>
<td>1 milliliter (ml) = 1 cubic centimeter (cc)</td>
</tr>
<tr>
<td>1 inch (in) = 2.54 centimeters (cm)</td>
</tr>
</tbody>
</table>

Other Tips for Measuring:

• If you don’t have measuring spoons, the kind of teaspoon that you use at the table holds about as much as a 1-teaspoon measure, and a soup spoon holds about as much as a 1-tablespoon measure.

• Before you measure flour, be sure to ‘fluff’ it with a fork, otherwise you get extra flour in your recipe because the flour has packed down.

• In the United States, ‘liquid’ measurement is used not only for liquids like water and milk but also for ingredients like flour, sugar, shortening, butter, and spices. ‘Dry’ measurement is used mainly for fresh produce, like berries by the pint or quart, and is slightly less.
If there’s one thing you have control over, all day every day, it’s the size of your food portions. Learning to eat less and buy less food results in healthy savings for your body and budget. To be sure you’re getting the portions you need, learn what common objects represent different servings of your favorite foods.

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Servings per Day</th>
<th>1 Ounce Equivalents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grains</strong> (6 ounces every day)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Ounce Equivalents:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 4” waffle or pancake; slice of bread = CD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• ½ cup cooked rice or pasta = baseball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• ½ bagel or small muffin = hockey puck</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 cup dry cereal = fist</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Meat &amp; Beans</strong> (5½ ounces every day)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Ounce Equivalents:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 3 ounces of meat, fish or poultry = deck of cards</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 tablespoon peanut butter = ½ ping pong ball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• ¼ cup cooked beans = large egg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 egg</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vegetables</strong> (2½ cups every day)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ Cup Equivalents:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 cup raw leafy greens = baseball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• ½ cup cooked veggies = ½ tennis ball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Small potato; ½ cup mashed potato = computer mouse</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 medium carrot</td>
<td></td>
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<tr>
<td><strong>Fruits</strong> (2 cups every day)</td>
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<tr>
<td>½ Cup Equivalents:</td>
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<td></td>
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<tr>
<td>• 6” banana, ½ small apple</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• ½ cup cut-up fruit = 7 cotton balls</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• ½ cup grapes = light bulb</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• ¼ cup dried fruit = large egg</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dairy</strong> (3 cups every day)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Cup Equivalents:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 cup milk = fist</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1½ ounce of cheese = 6 stacked dice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1/3 cup shredded cheese = golf ball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 cup yogurt = baseball</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fats</strong> (Use sparingly)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• 1 tablespoon oil = top joint of thumb</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Shopping Tips Re-Cap—

Buy Foods in Season
- Produce that’s in season will be less expensive and taste fresher.
- Find deals at local farmers markets and you’ll support local business as well. You can often use food stamps for produce and plant starts.

Choose Foods with Multiple Uses
- Spinach vs. lettuce; plain vs. flavored yogurt; oatmeal vs. breadcrumbs.

Choose Food That Will Keep Well
- Cabbage, onions, sweet potatoes, squash, apples, oranges.
- Non-perishable pantry staples; frozen fruits and vegetables.

Shop the Perimeter of the Store
- Stick to fresh foods like meat, dairy, bread and produce.
- It’s okay to visit center aisles for some dry goods, some canned and frozen foods and low-sugar cereals.

Use Unit Pricing to Find the Best Deal
- Usually the store brand is the best, but double check to be sure.
- Bigger packages are often a better deal, but not always.

Use Coupons for Things You Would Buy Anyway
- Avoid purchasing unnecessary items and highly processed convenience foods.

Use Bulk Bins
- Less packaging usually means cheaper and often means healthier.
- Since you can buy small amounts, it’s easy to get creative and try new grains, spices and beans.

Plan, Plan, Plan
- Make a meal plan and shopping list before you go to the store.
- Stick to your list to save time and money.

Don’t Believe What TV Food Ads Tell You
- Seek out reliable nutrition information from your healthcare provider or websites like www.mypyramid.gov.
- Form your own opinions; don’t rely on food manufacturers to tell you what to eat.

Meal & Grocery Planner Instructions—

- Once a week, look at local store ads online or at the store to see what is on special.
- Use the ads to save money on your weekly menu selections.
- Write your meal choices on the Meal and Grocery Planner you’ll find on the next page. Make extra copies to use each week.
- Use the bottom of the planner as the beginning of your shopping list for the next week.
- Add any staple items you have used up like flour, grains or dried beans, and other things like shampoo and soap as well.
- Prioritize your shopping list according to your needs and your wallet. Purchase necessities first before adding extras.
- Wait to purchase pantry staples until they are on special or you have a coupon.
- Keep an eye out for coupons for the items on your list. Don’t add items you wouldn’t normally buy to your list just because you have a coupon, especially if the coupon is for processed ‘convenience’ foods.
- Post the planner on the refrigerator as your daily reminder of what you have planned to eat.
**Meal & Grocery Planner**

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
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<td></td>
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<tr>
<td>Wednesday</td>
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<td></td>
<td></td>
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<td>Thursday</td>
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<td>Friday</td>
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<tr>
<td>Saturday</td>
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<td></td>
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<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Next Week’s Shopping List:** List the staples you used up. What’s on sale? Do you have any coupons?

---

You’re doing a good job! Remember, good food is great medicine!
How To Cut Up A Whole Chicken

1. Get ready to cut
   - Have a bag or bowl ready for chicken parts.
   - Put the chicken on a cutting board, breast side up.

2. Cut off the wing
   - Pull the wing away from the body.
   - Cut the top down through the joint.

3. Cut the skin between the leg and the body
   - Cut skin (not meat) to see where the leg connects to the body.
   - Put down the knife.

4. Break the hip joint
   - Hold a leg in each hand and lift the chicken.
   - Bend the leg backward until the joint pops.

5. Cut off the leg and thigh
   - Lay the chicken on its side.
   - Cut the leg and thigh away from the body.

6. Separate the leg and thigh
   - Bend the leg to find the joint.
   - Cut through the joint.
   - Repeat steps 2–6 on the other side.

7. Cut between the breasts
   - Make a shallow cut along the breastbone.
   - Use your fingers to loosen the meat from the bone.

8. Cut breast away from the ribs
   - Guide the knife along the ribcage.
   - Make small cuts with the knife tip, pulling the meat away from the bone.

9. Cut off the breast
   - Cut the breast away from the body.
   - Repeat steps 7–9 on the other side.

10. Clean-up
    - Remove the skin and any excess fat.
    - Use the bones for soup or stock.
    - Sanitize the knife and cutting board.
    - Wash your hands.

Courtesy of Share Our Strength’s Operation Frontline
www.operationfrontline.org
How I Feel About My Progress Today—

Today’s date: _____________________

**TAKE some time to think** about your personal progress from the first session until today. On a scale of 0 to 10, circle the number that best represents how you feel about your progress today.

<table>
<thead>
<tr>
<th>TOTALLY DISSATISFIED</th>
<th>TOTALLY SATISFIED</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Increasing my physical activity</td>
<td></td>
</tr>
<tr>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>• Keeping regular records of food, physical activity, &amp; sleep</td>
<td></td>
</tr>
<tr>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>• Eating more fruits and vegetables</td>
<td></td>
</tr>
<tr>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>• Eating smaller portions of food</td>
<td></td>
</tr>
<tr>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>• Keeping a positive attitude</td>
<td></td>
</tr>
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<td>0 1 2 3 4 5 6 7 8 9 10</td>
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<tr>
<td>• My weight loss so far</td>
<td></td>
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<tr>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
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</tbody>
</table>
What’s in That Drink?

ANSWER: Extra calories!

Many of us drink juice, soda, and other sweetened beverages with and between meals. Be careful though! These extra calories accumulate throughout the day.

Just 12 ounces of soda (1 can) has 150 calories! Surprised? A 20-ounce bottle of sweetened iced tea has 250 calories. Water, on the other hand, has ZERO calories!

How many calories are in your favorite drink?

Fruit Juices:
100-130 Calories / 8 oz. cup
- Juices often have small amounts of vitamins and minerals (but whole fruit has much more!).
- The majority of fruit juice lacks fiber and phytochemicals (other nutrients found to have healthful effects on the body) found in whole fruit.
- The American Academy of Pediatrics says no juice is needed. (It is important to eat fruit, though.)

Soda:
100 Calories / 8 oz. cup
- 100% of calories comes from refined sugar.
- Some contain phosphoric acid, which inhibits calcium absorption and erodes tooth enamel.
- Soda has little nutritional value and often replaces more nutritionally dense beverages such as milk.
- ‘Supersize’ your favorite soda, and you’ll end up with 400 empty calories!

Other Sweetened Drinks:
100 Calories / 8 oz. cup
- This includes sweetened iced tea, lemonade, fruit punch, non-carbonated fruit favored beverages.
- 100% of calories comes from refined sugar.
- These sweetened beverages often have little nutritional value and, like soda, frequently replace milk and other nutritious beverages.

Here are Some Calorie-Free Drink Options:
- Water
- Seltzer
- Flavored seltzer
- Home-brewed unsweetened iced tea
Five Steps to Solving a Problem—

**STEP 1. Identify the problem. Be specific.**
Describe the problem in detail. Who is involved? What happens that bothers you? Where does it happen? When does it happen? Why does it happen (that is, a known cause or reasons for the problem)?

**Identify.**
The specific problem I’m trying to solve is:
**EXAMPLE:** I can’t seem to track my foods on the weekends.

**STEP 2. Brainstorm.**
List as many solutions as possible. Do not evaluate or criticize them yet, even if they seem silly or ridiculous at first.

**Brainstorm.**
The possible solutions I thought of are:
**EXAMPLE:**
1. carry my food record with me,
2. put reminders on the refrigerator.

**STEP 3. Evaluate each possible solution.**
How well do you think this solution would work if you actually tried it? Think about the positive and negative results of each possible solution. Can you mix and match solutions to make them work better for you?

**Evaluate the solutions.**
The positive and negative results I considered are:
**EXAMPLE:** Putting the food record on the refrigerator won’t help me when I’m dining out.

**STEP 4. Commit to a plan.**
Choose one or two solutions to try out. How long will you ‘test’ this plan before you evaluate how well it is working? How will you encourage yourself to follow through with your plan? Is there anyone you can ask for support?

**Make a plan.**
The solution(s) I decided to try is/are:
**EXAMPLE:** This weekend I will be sure to carry my food record with me.

**STEP 5. Evaluate the results.**
At the end of the ‘test’ period, ask yourself how well your plan has worked. Are you satisfied with the results? If so, congratulations. Keep up the good work! If not, reassure yourself that you won’t always come up with the best solution the first time around. Go back to Step 1 and try again.

**Evaluate your results.**
How well did it work? Next steps:
**EXAMPLE:** This worked, but I need more practice to remember.
Planning Ahead for Meals—

1. Planning Ahead

☐ Think ahead about what you eat
☐ Write down menus for breakfast, lunch, and dinner.
☐ Write down and take a shopping list to the grocery store.
☐ Write out meal plans for a week at a time.
☐ Anticipate your schedule and how that affects food choices.
☐ Plan meals around regular and special events.
☐ Plan time for physical activity.

2. Purchasing Your Food

☐ Decide where to buy your food (grocery store, restaurants, fast foods, convenience stores, supermarkets, farmers markets, specialty stores).
☐ Make decisions about what to buy, how much to buy, and how often to buy it.
☐ Consider the influence of your mood or current state of fatigue.
☐ Buy when you’re NOT hungry.
☐ Purchase foods so healthy choices are available in the house.
☐ Help do the shopping (plan with the primary shopper; prepare family for different foods in the home).
☐ Read labels and make comparisons.
☐ Choose restaurants and ask questions about the menu.

3. Ideas for grocery shopping

☐ Write or help write a grocery list and stick to it.
☐ Plan or help plan meals one week at a time.
☐ Help with the shopping (if you currently don’t do the shopping).
☐ Make a special trip to your local store just to read labels and find products that will work for you.
☐ Make a list of the brand names for future reference.
☐ Avoid shopping when you’re hungry, or chew gum if you are hungry.
☐ Ask the grocery shopper to buy (or NOT buy) certain foods.
☐ Save money by comparing brands, planning meals around weekly specials, and bringing along coupons.
☐ Avoid going down particular aisles of the grocery store.

4. Preparing your food

☐ Look for recipes that don’t call for excess fat.
☐ Change ‘old favorite’ recipes to be lower in calories and fat.
☐ Use more fruit and vegetables to replace higher calorie foods.
☐ Avoid frying or fried food.
☐ Use lower-fat products.
☐ Cut off visible fat from meats and skins from chicken.
☐ Make only enough for one meal (to avoid overeating) OR dish up your plate, put away leftovers first, then eat.

5. My ideas

☐

☐

☐

☐

☐
# Tips for Recipe Modification

<table>
<thead>
<tr>
<th>When recipe calls for:</th>
<th>Instead use:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole milk</td>
<td>Low-fat or fat-free milk</td>
</tr>
<tr>
<td>Cream</td>
<td>Evaporated fat-free milk</td>
</tr>
<tr>
<td></td>
<td>Fat-free half and half</td>
</tr>
<tr>
<td>Creamed soups</td>
<td>½ can soup and ½ can fat-free milk</td>
</tr>
<tr>
<td></td>
<td>Low-fat varieties of creamed soups</td>
</tr>
<tr>
<td>Sour cream</td>
<td>Fat-free plain yogurt for sour cream in heated or cooked food</td>
</tr>
<tr>
<td></td>
<td>Fat-free sour cream for baked potatoes or plain fat-free yogurt with chopped green onions or chives as toppers</td>
</tr>
<tr>
<td>High-fat cheese</td>
<td>Low-fat or fat-free cheese</td>
</tr>
<tr>
<td></td>
<td>Half the cheese called for</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>Half the amount</td>
</tr>
<tr>
<td></td>
<td>Fat-free yogurt or ½ light mayonnaise and ½ fat-free yogurt</td>
</tr>
<tr>
<td></td>
<td>Low-fat mayonnaise or fat-free mayonnaise</td>
</tr>
<tr>
<td>Oil, butter, or lard</td>
<td>Vegetable margarine or a vegetable oil (Canola, olive, or peanut oil)</td>
</tr>
<tr>
<td></td>
<td>In baking, use half the oil called for, or use applesauce or other pureed fruit or low-fat or fat-free yogurt for oil.</td>
</tr>
<tr>
<td></td>
<td>When steaming vegetables, use water or broth</td>
</tr>
<tr>
<td></td>
<td>Microwave vegetables without adding oil</td>
</tr>
<tr>
<td>Thicken with flour and butter</td>
<td>Cornstarch and fat-free dry milk</td>
</tr>
<tr>
<td>Whole eggs</td>
<td>Egg substitute</td>
</tr>
<tr>
<td></td>
<td>2 egg whites for 1 egg</td>
</tr>
<tr>
<td>Sugar</td>
<td>Use half or less amount</td>
</tr>
<tr>
<td></td>
<td>Fruit juice concentrate</td>
</tr>
<tr>
<td></td>
<td>Pureed fruits or dried fruit as sweetener</td>
</tr>
</tbody>
</table>
**FAMILIES and friends** are often a source of great support in weight loss efforts. Unfortunately, they can also make things difficult. We’ll be discussing ways of communicating your need for help later, but first complete the following worksheet to better understand what they’re doing right and what areas need improvement.

<table>
<thead>
<tr>
<th>Ways my support system helps me</th>
<th>Ways my support system gets in the way</th>
<th>Ways I can get the help I need</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take over responsibilities so I can come to sessions</td>
<td>Continue to bring home food I am avoiding</td>
<td>Let them know I’d like their help. Ask them to help me in a specific way. For example: Ask them to bring home food that would better support my weight loss efforts. Suggest options that might work for everyone.</td>
</tr>
</tbody>
</table>
EXAMPLE SITUATION:

• Cindy goes to a baby shower for a friend where there is a lot of delicious food. She feels pressure to eat as much as everyone else. Cindy ends up eating way more than she planned or wanted to.
  
  This is: Cindy’s behavior

• When Cindy leaves the shower, she begins to think:
  “I ate way too much.”
  “I am a total failure.” “I’ll never lose weight.”
  “Why even bother trying?”
  These are: Cindy’s thoughts

• As Cindy reflects on these thoughts, she begins to feel guilty, sad, and frustrated. By the time she gets home she is down in the dumps.
  These are: Cindy’s feelings

WHAT started out as ‘eating more than intended at a social event’ (the behavior) quickly turned into negative thoughts about herself, then led to feeling bad.

• After overeating at the shower, how could Cindy have changed her thoughts so she didn’t end up feeling so miserable?

• Even if Cindy did overeat at the shower, how could she have changed her thoughts so she didn’t end up feeling so miserable?

• Even if Cindy still feels down when she gets home, what are some behavioral things she can do to feel better?
Helpful Questions for Evaluating My Prescriber—

- Does my prescriber treat me with dignity and respect?
- Do I feel that my prescriber has hope for me to have the kind of life I want to have?
- Does my prescriber talk to me like I’m an important part of my treatment team?
- Do I trust the prescriber to safeguard my confidentiality?
- Does my prescriber give me the information I need so that I can make an informed choice about my treatment?
- Does my prescriber respect my decisions when I say no?
- Does my prescriber help me problem solve when I’m having difficulty staying safe?
- Do I feel okay asking my prescriber questions if I don’t understand something about my medication / treatment?

Preparing for an Encounter With My Provider—

- Write down questions
- Practice with someone you trust
- Practice in front of a mirror
- Plan for anxiety and how to manage it
- Self-test
- Think of medications in the context of OTHER coping skills, too

Good Questions to Ask Your Prescribing Provider About Your Medications—

- How are medications helping / not helping
- Specific side effects (sex life, weight gain)
- Diagnoses and how medications relate
- Interactions among medications
- Recent symptoms—both physical and mental

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Helpful Tips for Restful Sleep—

■ Keep a regular sleep schedule.
■ Go to bed at the same time every night and get up at the same time every morning.
  • Keeping a consistent sleep schedule teaches your body to be sleepy at bedtime and awake in the morning.
■ Avoid sleeping in for more than one hour on the weekends.
■ Limit stimulating activities close to bedtime.
  • When you do stimulating things at night, it’s hard for your mind and body to calm down and prepare for sleep.
  • Avoid caffeine, stimulating television shows, stimulating video games, stimulating books, or anything else that might wind you up physically, mentally, or emotionally.
■ Get regular exercise—it helps in getting good, consistent sleep.
■ Don’t exercise too late in the evening.
  • Some people find this will ‘wind them up.’
■ Use your bed and bedroom only for sleep or intimacy.
■ View and treat your room as a restful place free from stress.
  • For example, don’t use your bedroom as a place to pay your bills or argue with your partner.
■ Keep your room as dark as possible at night and at a cool temperature.
■ If you can’t fall asleep within 15 minutes, get out of bed and try leaving your room to do a relaxing activity until you feel sleepy.
■ If you wake up during the night and are unable to get back to sleep within a reasonable period of time, try getting up and doing a relaxing activity in low light.
■ Move your alarm clock away from your bed.
  • Don’t check the clock during the night.
  • Clock watching can lead to worry and anxiety, and make it harder to fall asleep or fall back asleep.
How I Feel About My Progress Today—

Today’s date: _____________________

**TAKE some time to think** about your personal progress from the first session until today. On a scale of 0 to 10, circle the number that best represents how you feel about your progress today.

<table>
<thead>
<tr>
<th>TOTALLY DISSATISFIED</th>
<th>TOTALLY SATISFIED</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>• Increasing my physical activity</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>• Keeping regular records of food, physical activity, &amp; sleep</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>• Eating more fruits and vegetables</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>• Eating smaller portions of food</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>• Keeping a positive attitude</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td>• My weight loss so far</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
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How to Challenge Negative Thoughts—

• Simply identifying cognitive distortions can make them more unlikely to occur, since this exercise often helps you realize the distortions are unrealistic.
• Identify errors in your thinking and attempt to replace the thought with a more realistic statement.
• Think of evidence both supporting and challenging the negative thought.
• When in doubt, ask other people you trust.
• Test the thought to determine if it is true.
• Think in shades of gray—what are the good points and what are the bad points?

Encourage yourself to think of alternative explanations despite feeling convinced you are correct.
Admit there may be some truth to the negative thoughts you’re having. Admit you are human like everyone else. What can you learn from this situation? Accept that you have weak points as well as strong points.

Negative Mood Spiral—

1. GOOD MOOD
2. Goes to the mall with friends and ate too much at the food court
3. Feels uncomfortably full
4. Tries on clothes that feel too tight
5. Thinks, “I’m fat”
6. Feels sad
7. Thinks, “I might as well give up trying to look good.”
8. Avoids exercise
9. Stops caring about eating healthy and exercising
10. Feels worse
11. Has a hard time doing much of anything
12. Depressed/discouraged

Positive Mood Spiral—

1. Depressed/discouraged
2. Goes to the mall with a friend
3. Wears baggy clothes to hide her body
4. Buys a nice shirt that flatters her figure
5. Thinks, “This color really brings out my eyes and this cut looks good on me.”
6. Feels more confident
7. Decides to stop comparing herself to other girls all the time
8. Stops buying magazines with photos of skinny celebrities
9. Tries to cut back on body checking in mirrors
10. Thinks, “Maybe I can be happy with my body.”
11. Realizes accepting her body doesn’t mean giving up on doing things to look her best
12. Exercises because she realizes she feels better afterward
13. Feels a lot better accepting her body shape and weight
14. GOOD MOOD
Healthy Snacking—

- **Crunchy Snacks**
  - Baked potato chips
  - Baked tortilla chips with salsa
  - Cracker with reduced-fat cheese
  - Dry cereal (Chex, Shredded Wheat, Cheerios) mixed with \( \frac{1}{4} \) cup fruit
  - Matzo crackers with reduced-fat cheese
  - Melba rounds with reduced-fat cheese
  - Crisp apple, cut into wedges (or other crisp fruit)
  - Carrots and other crisp, raw veggies

- **Chewy Snacks**
  - Small bagel with Alpine Lace cheese
  - Fruit roll-ups
  - Raisins
  - String cheese sticks

- **Sweet Snacks**
  - Fresh or canned fruit
  - Applesauce with cinnamon
  - Yogurt, fruit-flavored
  - Graham crackers with applesauce
  - Jell-o with fruit
  - Canned fruit in its own juices
  - Fresh fruits
  - Vanilla wafers with banana slices
  - Fresh fruit with fat-free caramel dip
  - Dried fruit

- **Chocolate Snacks**
  - Low-fat chocolate pudding
  - Chocolate pudding pop
  - Chocolate flavored low-fat yogurt
  - Fudgesicle, regular
  - Pear halves, juice packed, with fat-free chocolate syrup
  - Creamy or frozen snacks
  - Frozen fruit salad topped with low-fat/reduced calorie whipped cream
  - Fruit flavored frozen bar
  - Italian ice
  - Go-gurt
  - Fruit Popsicle
  - Sherbet
  - Sorbet

- **Thirst-Quenching Snacks**
  - Fat-free or low-fat milk
  - Apple cider
  - Iced tea
  - Fruit shake
  - Fruit-flavored iced tea
  - Fruit and vegetable juice
  - Low-calorie juice drinks
  - Lemonade

- **Warm Snacks**
  - Low-calorie hot chocolate
  - Tea or herbal tea
  - Hot apple cider


Tips for Conscious Eating—

- **Check your hunger**
  - Before you eat, ask yourself if you want this food in your body.
  - Pay attention to your cravings and desires.
  - Are you aware of your physical hunger? How hungry are you?

- **Remove distractions before eating**
  - Sit down
  - Turn off the TV
  - Refrain from reading the newspaper
  - Avoid doing any work

- **Have an attitude of gratitude**
  - Be thankful for your meal. Consider:
    - The person who prepared the meal
    - The plants or animals that have provided the food
    - The farmers who raised the food
    - The sun and rain that have helped the plants grow

- **Make eating a pleasurable experience**
  - Present the meal in a pleasing, attractive way
  - Set the table with silverware, linens, and perhaps a bouquet of flowers
  - Use your senses to bring awareness and attentiveness to the meal
  - Notice the colors, shapes, sizes, aromas, textures, flavors, etc

- **Eat slowly**
  - Thoroughly chew and swallow your food
  - Put down your silverware before taking the next bite
  - Savor and appreciate the food
  - Give your brain time to receive the message that you are full

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**Section 1:** Think about the snacks (or other foods not eaten at meals) you have eaten in the last week. In the food column write down the foods you ate. Then answer the questions in the remaining columns.

<table>
<thead>
<tr>
<th>FOOD(S)</th>
<th>Why did I eat this food? Was I hungry? Upset? Stressed? Did I eat this food out of habit?</th>
<th>Did I eat too much? Yes / No</th>
<th>Did I eat too fast? Yes / No</th>
<th>Where was I? What was I doing?</th>
</tr>
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**Section 2:** When do I eat when I am not really hungry?

- Where am I?
- What else am I doing?
- What does food do for me?
- What changes can I make to modify this situation?
- What do I need to control myself?

**Section 3:** Preparing for Action (Action Plan)

- How can I become more conscious of my eating habit?
- How can I use the Food & Fitness Record to track my feelings?
- What cue will I use to signal myself that it is time to stop eating?
- How can I get the most pleasure out of my food?
- What new habits will I work on this week to help me do this?
- Write down your action plans:
DINING OUT can be a challenge to low-calorie eating. Super-sized portions, fried foods, rich sauces, added condiments, and too few fresh fruits and vegetables create a nearly impossible environment for success. But here is some good news: With a little trial and error, planning ahead, and sorting through your favorite menus online, you can enjoy restaurant dining while still meeting your dietary goals.

Tips for Specific Types of Restaurants

ITALIAN RESTAURANTS often feature low-fat dishes, but be aware of portion size. Pasta dishes are a good choice provided that the pasta is not stuffed with a heavy cheese or cream sauce (e.g., fettuccine alfredo). Look for sauces made with tomatoes and other vegetables. Many Italian eateries serve a variety of salads with reduced- or low-fat salad dressing.

ASIAN RESTAURANTS (including Chinese, Japanese, Thai, and Vietnamese) offer dishes with steamed vegetables and small portions of meat. Steamed rice, steamed noodle dishes, and vegetarian dishes make good choices. Substitute steamed rice for fried rice to save calories and fat. Look for Asian restaurants that advertise low-fat meals. Ask to have your dish prepared with little or no oil. Try fresh salad rolls instead of deep-fried egg rolls.

MEXICAN RESTAURANTS may offer lean cuts of meat, vegetarian dishes, and limited lard when requested. Fill up on low-calorie options like extra tomato, onion, or lettuce. Season your dish with fat-free salsa while avoiding the extra cheese, guacamole, and excess chips. Take half your dinner home or share a meal with a friend to keep portion sizes closer to your goals.

FAST FOOD can be high in fat, cholesterol, and calories. Most fast food restaurants offer salads with low-fat and reduced-fat salad dressings. Many fast-food restaurants now offer low-fat milk, baked potatoes, lean meat, grilled chicken sandwiches, and whole grain bread products. Stick to the regular size—avoid ‘super-sizing’. Make wise selections, and you can eat fast and healthy.

PIZZA RESTAURANTS can make a low-fat option. Order a low-fat pizza by specifying no oil, a tomato-based sauce, lots of vegetables and half or no cheese. Most pizza restaurants serve salads or provide a salad bar. Keep total intake under control by eating plenty of salad (use dressing lightly or stick to vinegar or lemon juice alone) and then limit yourself to a moderate serving of pizza (one to two slices).

DELI SANDWICHES can be very low in fat if made without mayonnaise or cheese. Using fat-free mayonnaise and low-fat cheese on your sandwich helps reduce the total grams of fat. Extra vegetables added to the sandwich add flavor and crunch and help eliminate the need for high-fat extras. Choose lean meats (turkey, chicken breast, or roast beef). Avoid ordering tuna or egg-salad because they may contain as much as 20–30 grams of fat per sandwich.
Tips for Healthy Eating when Dining Out

• Ask how dishes are prepared. Choose foods that are steamed, broiled, baked, roasted, poached, garden fresh, or cooked in their own juices. These phrases suggest low-fat preparation.

• Feel free to ask for substitutes. Order a green salad, or baked potato, in place of French fries. Order fruit or sherbet instead of ice cream.

• For a smaller appetite, order lowfat appetizers instead of a meal, split an entree with a friend, or get a bag to take half your meal home.

• Avoid or limit how often you order fried chicken, fried fish, hot dogs, sausages, and untrimmed steaks or chops.

• Choose foods with tomato sauces, lemon juice, or broth-based sauces. Avoid entrees prepared with heavy sauces and gravies.

• Ask that the butter that comes with bread be removed from the table.

• Ask to have sauces, gravies, butter, and salad dressings served on the side. For salads, dip your fork in the dressing before each bite.

• At salad bars, limit the amounts of dressing, ham, croutons, pasta salads, potato salads, and cheese that you select. Choose lettuce, tomatoes, mushrooms, carrots, green peppers, onions, and cucumbers. Use low-calorie or low-fat salad dressing.

• To reduce fat calories on sandwiches, omit mayonnaise; instead, add mustard, tomatoes, mushrooms, lettuce, and/or onions for extra flavor.

• Some healthy breakfast choices include high fiber hot or cold cereal (such as oatmeal or All-Bran) with low-fat milk, whole wheat English muffin or bagel with nonfat cream cheese, whole grain toast with preserves (limit butter), and fresh fruit or juice. Avoid pancakes or waffles, French toast, fried potatoes, bacon or sausage, and biscuits, croissants, or sweet rolls.

• When choosing beverages try club soda or tonic water with a twist of lime. Fruit juices, low-fat milk, and seltzers are also excellent beverage choices. Order small size fruit juices to avoid high-sugar intake.

• Ask to have your table cleared as soon as you have finished your meal; that way you can avoid post-meal nibbling.
Benefits of Exercise—

- Helps weight management efforts
- Burns calories (walking burns about 6 calories per minute for a 170-pound person)
- Reduces body fat
- Resting caloric expenditure increases as muscle mass increases and body fat decreases
- Increases energy level
- Helps to prevent heart disease
- Helps to regulate blood sugar and to prevent diabetes
- Improves levels of cholesterol and fats in the blood
- Helps maintain bone density and prevent osteoporosis
- Improves fitness and ‘quality of life’
- Improves endurance, posture, and agility
- Improves muscle strength and flexibility and helps prevent falls
- Improves mood, helps to reduce stress levels, and helps to prevent depression
- Helps regulate sleeping habits and induce sound sleep
- May lower blood pressure
- May reduce need for blood pressure medication

MOST PEOPLE CAN AND SHOULD EXERCISE.

Exercise can usually be done with little risk or expense; the biggest risk is not starting!

Here are some guidelines to help you safely establish your exercise routine.

After learning to exercise safely you may wonder why you waited so long to start!

Get Started

Start slowly in moderation. Simply walk a little further than you normally do and progress to walking further and faster as the weeks and months pass.

Listen to Your Body

- You should always be able to catch your breath and speak comfortably while exercising
- You should sense effort, maybe some discomfort, but never pain
- Learn to use Perceived Level of Exertion to gauge your intensity
- Always remember to warm up (start slowly) and cool down (stop gradually)

Know Who Can Help

When in doubt, ask questions.
Check with your health care provider if you have concerns about exercising or if you have any conditions that would limit your physical activity.
How I Feel About My Progress Today—

Today’s date: _____________________

TAKE some time to think about your personal progress from the first session until today. On a scale of 0 to 10, circle the number that best represents how you feel about your progress today.

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<td></td>
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<tr>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
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<tr>
<td>• Keeping a positive attitude</td>
<td></td>
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<tr>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
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<tr>
<td>• My weight loss so far</td>
<td></td>
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<tr>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
</tbody>
</table>
Five Steps to Solving a Problem—

**STEP 1. Identify the problem.**
*Be specific.*

Describe the problem in detail. Who is involved? What happens that bothers you? Where does it happen? When does it happen? Why does it happen (that is, a known cause or reasons for the problem)?

**STEP 2. Brainstorm.**

List as many solutions as possible. Do not evaluate or criticize them yet, even if they seem silly or ridiculous at first.

**STEP 3. Evaluate each possible solution.**

How well do you think this solution would work if you actually tried it? Think about the positive and negative results of each possible solution. Can you mix and match solutions to make them work better for you?

**STEP 4. Commit to a plan.**

Choose one or two solutions to try out. How long will you “test” this plan before you evaluate how well it is working? How will you encourage yourself to follow through with your plan? Is there anyone you can ask for support?

**STEP 5. Evaluate the results.**

At the end of the ‘test’ period, ask yourself how well your plan has worked. Are you satisfied with the results? If so, congratulations. Keep up the good work! If not, reassure yourself that you won’t always come up with the best solution the first time around. Go back to Step 1 and try again.

---

Identify.
*The specific problem I’m trying to solve is:*

**EXAMPLE:** I can’t seem to track my foods on the weekends.

Brainstorm.
*The possible solutions I thought of are:*

**EXAMPLE:**

1. carry my food record with me,
2. put reminders on the refrigerator.

Evaluate the solutions.
*The positive and negative results I considered are:*

**EXAMPLE:** Putting the food record on the refrigerator won’t help me when I’m dining out.

Make a plan.
*The solution(s) I decided to try is/are:*

**EXAMPLE:** This weekend I will be sure to carry my food record with me.

Evaluate your results.
*How well did it work? Next steps:*

**EXAMPLE:** This worked, but I need more practice to remember.
CREATING A CIRCLE OF FAMILY AND FRIENDS who are interested in your progress can help you continue to reach your goals.

- Write the names of people who want to help you succeed. Think about people who have been helpful to you in the past, are helpful to you now, or could be helpful to you in the future.
- Identify possible supports from work (or school), family, friends, neighbors, and other areas of your life.
- Talk and meet with people in your support network often. Plan for support!
- Share your long-term goals and ask your supporters to help you keep moving in the right direction.
- Share your short-term goals and the progress you make each week.
- Listen to supporters and ask them for ideas about overcoming barriers.
- Accept your support network’s encouragement. You will be building a warmer world around you!

MY SUPPORT NETWORK

FAMILY:

 FRIENDS:

 WORK:

 OTHER SUPPORT PEOPLE IN MY LIFE:
Identifying My High-Risk Situations—

1. In the first column, list old behaviors, habits or triggers that you think might creep back into your lifestyle.

2. In the second column, list strategies you have used in the past to deal with these triggers, habits, or behaviors.

3. Circle one or two habits you are most concerned about resurfacing in the future.

4. In the last column, write down new strategies you will use to manage these behaviors.

<table>
<thead>
<tr>
<th>High-risk behavior or trigger</th>
<th>How I’ve responded in the past</th>
<th>How I plan to respond in the future</th>
</tr>
</thead>
<tbody>
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My Personal Rules & Boundaries for Lifelong Success—

EXAMPLES:

1. I will eat fried food less than once a week.

2. When I want ice cream, I will go to an ice cream store and ask for one scoop in a cup.

3. When I eat out with someone and we want a dessert, we can only get one to share.

4. 

5. 

6. 

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PAUL IS INVITED to watch a sporting event on TV at a friend’s home with a large group of people who were asked to bring ‘sporting snacks’ for the party. Paul is nervous about potentially overeating. Discuss some options for Paul.

1. What are some strategies Paul could use to avoid overeating in this situation?

2. What are some possible things he could say if someone asks why he isn’t eating or is not eating as much as everyone else?

BILL HAS DINNER after service in the fellowship hall. He has been trying to lose weight and has made great progress. He hasn’t attended a church dinner in a few weeks and is worried he may overeat.

1. What are some strategies Bill could use to avoid overeating in this situation?

2. What are some possible things he could say if someone asks why he isn’t eating or is not eating as much as everyone else?
Planning Ahead—

**MY PLAN FOR MAINTAINING PHYSICAL HEALTH DURING CHANGES IN MENTAL HEALTH STATUS**

**WHAT** are my triggers that I might be entering an episode of mental illness?

**ARE** my plans realistic? Are they reasonable?

**WHAT** if I don’t notice these triggers? Who can I rely on and trust to inform me that I might be entering an episode of mental illness?

**WHAT** barriers might get in the way of these plans?

**WHAT** should I do when I notice these triggers or they are brought to my attention?

**WHAT** can I do to overcome these barriers?

**WHAT** can I commit to doing to help maintain healthy eating habits when I have a change in my mental health status?

**WHO** can I rely on for support?

**WHAT** can I commit to doing to help maintain my current level of physical activity when I have a change in my mental health status?

**WHERE** should I keep this plan so I have it when I need it?
How I’ve Done—

YOU HAVE ALREADY MADE MANY CHANGES.

Take time now to assess the progress you have made so far.

This is not a test. There are no right answers.

This is for your information only. Keep your completed assessment handy and refer back to it. Your answers will change over time.

INSTRUCTIONS:

1. Read each statement carefully.
2. Mark the answer that best matches how you feel about each statement (Yes, Mostly Yes, Not Sure, Mostly No, No).
3. After you finish, look back at the Yes and Mostly Yes answers. Congratulate yourself for the progress you’ve already made.

<table>
<thead>
<tr>
<th>Lose 10 pounds or more</th>
<th>YES</th>
<th>MOSTLY</th>
<th>NOT SURE</th>
<th>MOSTLY</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m making progress toward my weight loss goal.</td>
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<td>My weight loss progress is associated with my physical activity.</td>
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<tr>
<td>I feel more control of my weight now than before I began STRIDE.</td>
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</table>

<table>
<thead>
<tr>
<th>Eat fewer calories</th>
<th>YES</th>
<th>MOSTLY</th>
<th>NOT SURE</th>
<th>MOSTLY</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m eating smaller portions.</td>
<td></td>
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<tr>
<td>I’m choosing low-calorie, low-fat foods more often.</td>
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<tr>
<td>I’m eating more fruits and vegetables.</td>
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</table>

<table>
<thead>
<tr>
<th>Follow a healthy low-fat diet rich in fruits and vegetables</th>
<th>YES</th>
<th>MOSTLY</th>
<th>NOT SURE</th>
<th>MOSTLY</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>I notice when I don’t get a chance to eat fruits and vegetables.</td>
<td></td>
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<tr>
<td>I look for ways to incorporate fruits and vegetables into my daily eating pattern.</td>
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<tr>
<td>When I’m feeling hungry, I choose fruits or vegetables for snacks.</td>
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<td>I’m eating lower-fat dairy foods than what I used to eat.</td>
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<tr>
<td>I check the fat content of the foods I eat before I decide to eat them.</td>
<td></td>
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<tr>
<td>I eat fewer fried and fatty foods now.</td>
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<tr>
<td>I use low-fat cooking methods to reduce the amount of fat I eat.</td>
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<table>
<thead>
<tr>
<th>Be physically active</th>
<th>YES</th>
<th>MOSTLY</th>
<th>NOT SURE</th>
<th>MOSTLY</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am more physically active now.</td>
<td></td>
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<tr>
<td>I feel better when I am physically active and plan to continue (or increase) my current pattern of activity.</td>
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<tr>
<td>I look for ways to add physical activity to my daily and weekly routine.</td>
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<tr>
<td>I miss physical activity when I don’t fit it in.</td>
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</table>

<table>
<thead>
<tr>
<th>Keep records of what you eat and your physical activity</th>
<th>YES</th>
<th>MOSTLY</th>
<th>NOT SURE</th>
<th>MOSTLY</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>I keep a food record each week and use it to help me choose foods wisely and monitor my eating patterns.</td>
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<tr>
<td>I make weekly plans and track my own progress.</td>
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<tr>
<td>I feel more in control of my own progress now.</td>
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</table>

<table>
<thead>
<tr>
<th>Social support and motivation</th>
<th>YES</th>
<th>MOSTLY</th>
<th>NOT SURE</th>
<th>MOSTLY</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am comfortable talking about my successes and problems in my STRIDE group and use the support of the group to help me stay on track.</td>
<td></td>
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<tr>
<td>I have built a social support group outside of my STRIDE group. They help me stay on track and reach my goal.</td>
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<tr>
<td>I see the connection between coming to each group session and staying on track.</td>
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<td>I find the groups helpful for helping me make progress.</td>
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<tr>
<td>I attend the group sessions.</td>
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