

### Week 2 Challenge: Control Your Portions

Eating the right amount of certain foods is important to maintaining good health. Controlling your portions may also help you lose weight. Big portions can cause weight gain and obesity. Obesity is harmful to your health and can increase your risk for diabetes, heart disease, high blood pressure and other chronic conditions.

Having a healthy weight is an important part of leading a healthy life. Losing excess weight can be very beneficial for people with diabetes and heart disease. Even a small amount of weight loss (5 to 10%) will help you feel better and can help to lower blood glucose levels, blood pressure and cholesterol levels.

If you control your portions, you can control your weight. This week's Challenge focuses on healthy portion sizes and healthy snacks. We'll also teach you easy ways to stop overeating, manage hunger, choose healthy snacks and read nutritional labels. You can even find tips on eating healthy on a budget.

Remember, this Challenge isn't intended to be a diet, but rather a way to manage your portions and make healthy food choices that can last a lifetime.

#### Use These Resources to Complete Your Action Items:

- *Rate Your Plate*
- *Sample Food Options to Rate Your Plate*
- *Eating a Colorful Plate*
- *Handy Portions*
- *Picture Your Portion*
- *I'm Hungry, Now What?*
- *Healthy Snacking*
- *I've Just Eaten and I'm Still Hungry! What should I do?*
- *Heart Healthy Shopping Tips*
- *Portion Size and Nutritional Labels*
- *Tips for Limiting Sodium*
- *Taking the Mystery Out of fats*
- *Seven Tips for Eating Healthy on a Budget*

### **Your Action Items This Week**

- Replace your dishes with smaller ones. Make sure your plates are 9 inches wide.
- Practice using the rate your plate system to eat your portioned meals.
- Plan the times when you will eat snacks.
- Plan the snacks you would like to eat for the week.
- Use the food diary in your workbook (page 9) and write in your meals and nutritional information to help you stay on track.
- If you are hungry after eating a meal, use a distraction technique.
  - When grocery shopping, do Heart Healthy Shopping.
  - Read nutrition labels.

**In your workbook, use the Week 2 Challenge Tracker to track your progress.**

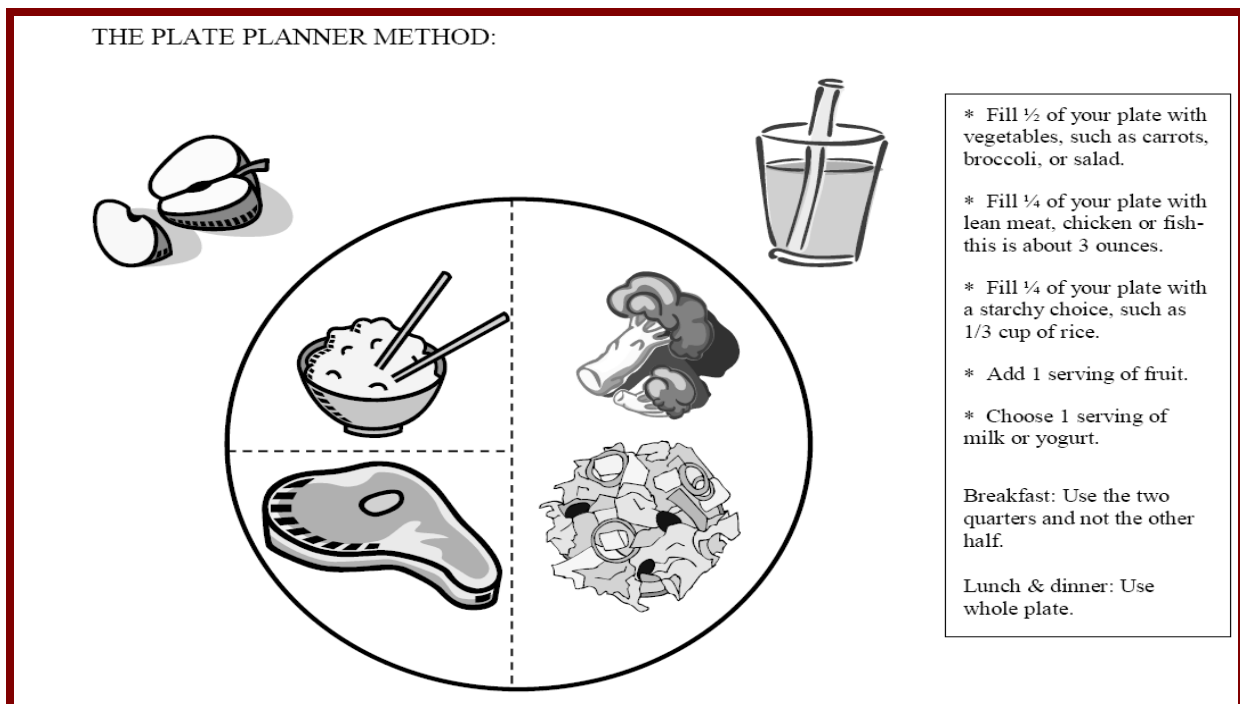
*Step up to the Challenge and say, "I Can!"*

## Rate Your Plate

There are many ways to estimate the correct serving sizes of different food groups. The easiest way to ensure you are getting the right amount of each food group is by practicing the “Rate Your Plate” method.

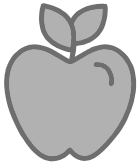
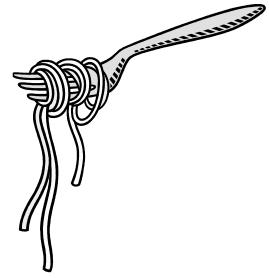
First, make sure you eat off of a plate rather than out of a food package or container. Start by using a plate that is 9 inches wide. By using smaller dishes, it will appear as though there is more food on the plate and may cut down on your overeating.

This Healthy Plate diagram (below) can be a guide for portioning your meals.



- **Fill about half of your plate** with non-starchy vegetables (spinach, lettuce, carrots, peppers, broccoli, tomatoes, cucumbers, and mushrooms). Eat different vegetables during the week to help you get a variety of nutrients. Vegetables help make you feel fuller and can cut the risk of getting heart disease.
- **Fill a quarter of your plate** with lean meat or a meat substitute (skinless chicken or turkey, fish, tofu, or eggs).

- **Fill the last quarter of your plate** with a starch (rice, pasta, bread, beans, or potatoes). Choose whole grains, like brown rice or wheat and rye bread. These have a lot of fiber and important nutrients like vitamin E.



- **Add a serving of fruit** like a medium sized fresh peach,  $\frac{1}{2}$  cup of fruit salad, or  $\frac{1}{2}$  cup of orange juice. Also, add a serving of low-fat dairy, (8-ounce glass of low or non-fat milk, 1 cup of low-fat yogurt) to each meal. Fruit adds fiber and dairy adds calcium.
- **For breakfast**, only use half of your plate. Eat a serving of fruit and low-fat dairy, and a quarter plate each of starchy foods and lean meats.

## Sample Food Options to Rate Your Plate

### **Non-Starchy Vegetable**

*Fill half your plate with these.*

- Artichoke
- Asparagus
- Baby corn
- Bamboo shoots
- Beans: green, Italian, wax
- Bean sprouts
- Beets
- Broccoli
- Brussels sprouts
- Cabbage: bok choy, Chinese, green
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Greens: collard, kale, mustard, turnip
- Eggplant
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Peppers
- Radishes
- Rutabaga
- Sauerkraut
- Soybean sprouts
- Spinach
- Sugar snap peas
- Summer squash
- Swiss chard
- Tomatoes
- Turnips
- Water chestnuts
- Zucchini

### **Lean Meat or Meat Substitute**

*Fill a quarter of your plate with these.*

- Beef (lean: select or choice, trimmed of fat: ground round, roast, round, sirloin, tenderloin)
- Chicken (without the skin)
- Ground turkey
- Eggs
- Fish (fresh or frozen: catfish, cod, flounder, haddock, halibut, orange roughy, salmon, tilapia, trout, tuna)
- Low-fat cheese
- Peanut butter (2 tablespoons)
- Pork (lean: Canadian bacon, chop, ham, tenderloin)
- Tofu
- Turkey (without the skin, avoid the dark meat)
- Turkey or tofu hot dogs

## Starches

*Fill a quarter of your plate with these.*

- Barley
- Beans (black, garbanzo, kidney, lima, navy, pinto)
- Bread (whole grain such as wheat or rye)
- Bulgur wheat
- Cereal (bran, oats, shredded wheat)
- Corn
- Couscous
- Grits
- Oatmeal
- Pasta (new whole grain varieties)
- Peas
- Potato (baked, mashed)
- Quinoa
- Rice (long grain, brown, wild)
- Saltine crackers
- Squash (acorn, butternut)
- Yam or Sweet Potato

## Eating a Colorful Plate

Use this helpful guide as well to fill your plate! Natural foods with bright colors are often good for you. Get to know your food colors and why each one is healthy!

**RED** - Good for your heart, improves memory and fights cancer

- Apples
- Cherries
- Pink Grapefruit
- Strawberries
- Raspberries
- Watermelon
- Radishes
- Red Peppers
- Red Cabbage
- Tomatoes

**YELLOW/ORANGE** – Good for your eyes, heart, and immune system

- Apricots
- Cantaloupe
- Lemons
- Peaches
- Pineapple
- Corn
- Yellow Squash
- Oranges
- Mangoes
- Pumpkin
- Carrots
- Sweet Potatoes

**GREEN** – Good for your eyes, bones, teeth, and fights cancer

- Kiwi
- Grapes
- Honeydew
- Limes
- Broccoli
- Peas
- Green Peppers
- Spinach
- Zucchini
- Cucumbers
- Lettuce
- Asparagus
- Celery
- Dark Leafy Vegetables  
(mustard greens, kale, etc.)

**BLUE/PURPLE** – Good for your memory and decreases cancer risks

- Blackberries
- Blueberries
- Prunes
- Raisins
- Purple cabbage
- Eggplant
- Purple potatoes

**WHITE/TAN** – Good for your heart and decreases cancer risks

- Bananas
- Pears

- Cauliflower
- Mushrooms
- Onions

- Potatoes
- Garlic

## Tips for Limiting Sodium

Salt contains sodium, and too much salt can lead to too much sodium in the blood causing health problems. But, you do need some sodium because it plays an important role in helping to control fluid balance, blood pressure and thirst. So, it's just a matter of decreasing the amount, which is one of the easier changes you can make in your diet! Once you start a low-sodium diet, you will gradually become more sensitive to the taste of salt in foods.



Mainly, sodium is found in table salt and highly processed foods. One teaspoon of salt has more than 2 grams (2300 mg) of sodium – it's recommended that you don't take in anymore than this amount. Really, your body only needs about 500 milligrams (mg) of sodium each day.

### Use these tips to help limit your amount:

- The more processed a product, the more sodium it usually contains.
- When buying processed foods, look for “low sodium” on the label. If the label says “reduced sodium” it is lower in sodium than the original product, but is still higher in sodium than a “low sodium” product.
- Experiment with herbs and spices. A general rule is to use ½ teaspoon dried herbs per three cups of cooked vegetables or meat.
- An herb shaker can be made to add zip to foods at the table. Here is a suggested combination:
  - ½ teaspoon each of garlic powder, onion powder, paprika, white pepper, dry mustard and ¼ teaspoon thyme and ground celery seed.
- Sprinkle lemon juice or vinegar on vegetables after cooking.
- Stop adding salt to food at the table.
- A small amount of sugar added to vegetables during cooking enhances flavor.
- Salt substitutes should only be used with physician's approval.

### **A Low-Sodium Day**

#### **Breakfast**

1 banana  
4 oz. milk  
¾ cup shredded wheat  
4 oz. orange juice

#### **Lunch**

Turkey sandwich made with:  
Baked, shredded turkey  
Low-sodium cheese  
Lettuce and tomato  
Low-sodium dressing  
Low-sodium vegetable soup  
1 fresh orange  
8 ounces water

#### **Dinner**

Spaghetti (cooked in unsalted water)  
Low-sodium spaghetti sauce  
2-3 ounces lean hamburger  
1 ounce mozzarella cheese  
Cooked peas with dill seasoning  
Canned peaches  
8 ounces lemonade

## Amount of Sodium in Common Foods

Food	Serving Size	Amount of Sodium (mg)
Ready to Eat Cereal	1 cup	100 to 360
Bread	1 slice	110 to 175
Fresh or frozen vegetables cooked without salt	½ cup	1 to 70
Canned or frozen vegetables with sauce	½ cup	140 to 460
Fresh, frozen, or canned fruit	½ cup	0 to 5
Milk	1 cup	120
Processed Cheeses	1 and ½ oz.	600
Peanuts, salted	1/3 cup	120
Canned tuna (in water )	3 oz.	250 to 350
Egg	1 egg, raw	60 to 80
Table salt	1 teaspoon	2,326
Burger King French Fries	Medium large	640 to 880
Burger King Whopper	1 Sandwich	1,020

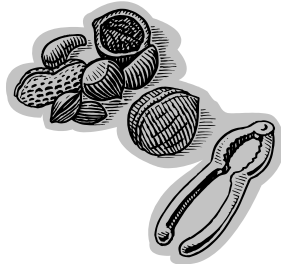
Refer to the “Handy Portions” on page 23 for ways to properly measure your food.

## Taking the Mystery Out of Fats

Saturated fats, trans fats, polyunsaturated fats....what do all of these mean?? Fats should make up 25 to 35% of your total calorie intake.

### What are the fats to limit?

- Saturated fats: These consist of foods from animals, dairy, coconut, palm, palm kernel oils, and cocoa butter.
- Hydrogenated fats: These are in margarine and shortening.
- Tran-fatty acids: These consist of margarine, shortening, partially hydrogenated cooking oils (CRISCO).

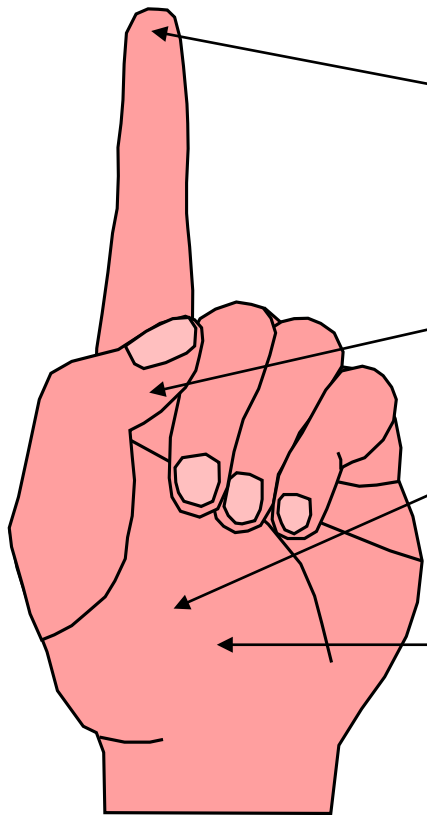


### What fats can you enjoy?

- Polyunsaturated and Monosaturated fats: These consist of fish, nuts, seeds, oils from plants (safflower, olive, corn, soybean, canola, sunflower), and avocados.

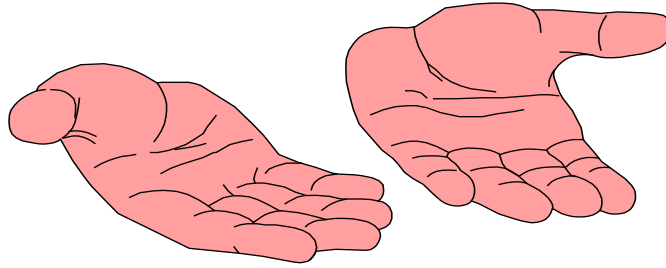
## Handy Portions

Another easy way to control your portions is using the “Handy Tool.” You can use your hands – something you have with you at all times – to help decide the correct portion size.



Here is how it works:

The tip of your finger is <b>ONE teaspoon</b>
Your thumb is <b>ONE tablespoon</b>
The palm of your hand is the right <b>serving size for protein</b> (fish, meat, and chicken or dried beans).
<b>The palm can be used</b> to measure out your protein such as meat or meat substitute or one serving of starchy food such as mashed potatoes, corn or noodles.
<b>The whole hand is two servings</b> of meat or starch food. One handful also represents about 1 cup of cooked or raw chopped vegetables.



Both hands together, filled with as much as you can hold is the perfect size serving for vegetables.

**The fist** can measure a portion ( $\frac{1}{2}$  cup) of dry cereal, rice, or pasta. It can also represent one serving size of fruit.



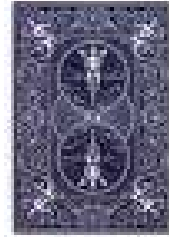
Try using your “Handy” Portion Control Tool the next time you cook dinner or eat at a restaurant. You’ll probably notice that you were overdoing your portions by as much as double what they should be!

## Picture Your Portion

The final way to estimate the correct portion size is to compare portions to certain everyday items.

### Meat:

- 3 ounces of meat  
(looks like the size of a deck of cards)



### Fruit:

- 1 medium size of fresh fruit  
(looks like the size of a tennis ball)



### Starchy Carbohydrate:

- 1 whole grain roll  
(looks like the size of a can of tuna)



## I'm Hungry, Now What?

Unfortunately, eating three big meals a day may leave you hungry in between meals. If you eat lunch around noon, you may go six hours before you eat dinner. Not eating for that long often leads to overeating at the next meal.



- In order to prevent hunger pangs, eat a filler food and plan your snacks ahead of time. Eating a snack will help you feel full and will prevent you from eating a second or third portion at your next meal.
- Make sure your snacks are low in calories. Even though junk food may satisfy some of your cravings, it is usually not filling and will not satisfy your appetite. Healthier food will make you feel full and keep you from feeling hungry.

## Healthy Snacking

Most studies suggest eating a small meal or snack every 2-4 hours to stop cravings and overeating. Remember to pick healthy options when snacking:

- Avoid desserts and junk foods high in calories, fats, and sugar. These will not fill you up and will add unnecessary calories to your diet.
- Avoid thin liquids high in calories, such as chocolate milk or juices. Stick to thicker drinks to trick your brain into feeling as if you have eaten more. Try fresh fruit smoothies or a thick V-8 vegetable juice. If you would like a thin liquid as a snack, drink flavored tea with a sugar substitute. Many teas, like green and white teas, also contain antioxidants. Antioxidants help fight off and prevent some diseases.
- Foods full of air make your stomach feel fuller. Look for low-calorie options like light air popped popcorn.
- Choose foods that make your body feel full and are high in fiber and protein rather than calories and fats, such as:
  - Whole Grains
  - Fruits and Vegetables
  - Low-Fat Dairy
  - Lean Meats
  - Nuts/Seeds



## I've just eaten a meal and I'm still hungry! What should I do?

- Make yourself a salad with lots of mushrooms, leafy greens, carrots, and other non-starchy vegetables. Replace a high calorie dressing with fresh lemon or lime, balsamic vinegar, or a low calorie salsa or pico-de-gallo.
- Use a distraction technique to keep your mind off your hunger and deal with some of the emotional or mental connections you may have with food and hunger.
  - Go for a brisk walk or short run
  - Listen to music or a book on tape
  - Check your email
  - Read a book or magazine
  - Call a friend
  - Take a bath or brush your teeth
  - Watch T.V.
  - Do yoga or meditate



## Heart Healthy Shopping Tips



Use this guide to shop for a variety of heart healthy foods. And, don't forget about the Farmers' Markets in Adams & York counties! Check out our Resource section for a listing (page 122).

### Vegetables and Fruits

- Fresh, frozen, dried, and canned fruit in its own juices
- 100% fruit juices
- Fresh and frozen vegetables, low-sodium canned vegetables



\*tip – include vegetables and fruits with dark and bright colors to increase intake of B vitamins and antioxidants (refer to page 18)

### Dairy Products



- Fat-free or 1% milk and milk products
- Fat-free or low-fat yogurt
- Low-fat cheeses
- Low-fat soymilk
- Fat-free half-and-half and fat-free non-dairy creamer

### Meat, Poultry, Fish, Meat Substitutes, and Nuts

- Lean cuts of meat with fat trimmed before cooking
  - Fish – fresh or frozen fish (especially light tuna, salmon, mackerel, and herring). Eat fish 2 times each week.
  - Poultry – skinless, white meat
  - Pork – tenderloin, top loin, sirloin, lean loin chops
  - Veal – all fresh or frozen veal
  - Lamb – leg, arm, loin
  - Beef – lean ground beef, tenderloin, top round, sirloin, flank steak, rump roast
- Meat Substitutes – dry, frozen, or no salt added canned legumes, soybeans, tofu.

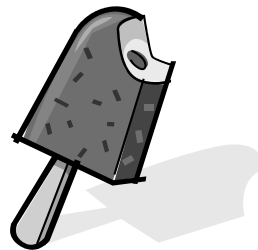


- Eggs – egg whites or egg substitute
- Unsalted Nuts – almonds, walnuts, cashews, pistachios, peanuts

\*tip – use leftover meat and poultry for your sandwich meat instead of high fat deli meats

### **Sweets and Snacks (avoid too many sweets)**

- Fat-free or low-fat, frozen desserts (such as sherbet, sorbet, Italian ice, frozen fruit juice bars, fudge pops, frozen yogurt)
- Angel food cake, fig bars, vanilla wafers, gingersnaps, and animal crackers
- Hard candies and gum candies
- Plain popcorn and unsalted pretzels
- Low-fat, unsalted crackers, Melba toast
- Pudding made with fat-free or 1% milk



### **Breads, Grains, Pasta, Rice, and Cereals**

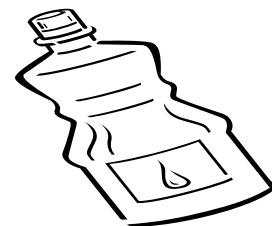
- Whole grain products (such as whole wheat bread, whole grain cereals and whole wheat pasta)
- Brown or wild rice
- Barley, bulgar, wheat germ, corn bran and bran
- Rye and flax bread



\*tip – servings which contain greater than 2g fiber are high fiber food choices

### **Fats and Oils (limit the use of fats and oils)**

- Unsaturated vegetable oils (canola and olive oil are preferred)
- Trans fat-free soft tub margarine and sterol based spreads
- Fat-free or low-fat salad dressings
- Fat-free or low-fat mayonnaise
- Flaxseed oil (high in omega-3 fatty acids which are good for your heart health)
- Cooking sprays



## Portion Size and Nutritional Labels

The important thing about changing your diet and controlling your portions is making sure you can read and understand nutritional labels. Many foods contain hidden calories, fat, sugar, and “bad” carbohydrates. You can avoid and replace these with healthier options. On the label, look for these basics to understand what you are actually buying:

Sample label for Macaroni & Cheese

**Start Here** →

**Check Calories** →

**Limit These** {

**Get Enough of these Nutrients** {

**Footnote** {

**Nutrition Facts**

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

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**Amount Per Serving**

**Calories 250**      **Calories from Fat 110**

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**% Daily Value\***

<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	

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Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Quick Guide to % DV**

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- 5% or less is Low
- 20% or more is High

- Serving Size:** The most important part of the nutritional label is the serving size. Use the serving size listed on the label to control your portions. All the information listed is based on this serving size. For example if the serving size is 1 cup and it lists 140 calories, you will be consuming 280 calories if you eat two serving sizes. This is the first item listed on the label. Usually it lists the serving size and the number of servings that are in the package you are buying.
- Calories:** Calories are the amount of energy you get from one serving. In general, the average person should eat around 2,000 calories a day.

However, many people such as women and older adults should consume less than 2,000 calories daily. To help you count your calories, use an online calculator, such as [www.my-calorie-counter.com](http://www.my-calorie-counter.com), or use the food diary provided in your workbook (page 9).

- **Other Nutrients:** It is very important to get enough fiber, calcium, iron, and vitamin A and C. These help overall health and bone structure. Diets rich in these nutrients help reduce the effects of heart disease. On the other hand, you want to limit cholesterol, sodium, fat, saturated fat, and trans fat. All these nutrients can lead to weight gain and increase the effects and risks of many conditions including heart disease, diabetes, and certain cancers.
- **Footnote:** The footnote at the bottom of the nutritional label shows suggested daily values for diets that are 2,000 and 2,500 calories. If your daily calories are less than these numbers, your daily values should be less as well.

**There are three main nutrients in food: carbohydrates, fat and protein.**

**Carbohydrate** (kar-boh-HY-drate): There are three main types of carbohydrates: starches, sugars and fiber.

**Starches:** Starches are also known as complex carbohydrates. Foods high in starch include starchy vegetables like peas, corn, lima beans and potatoes; dried beans and lentils; and, grains like oats, barley and rice.

**Sugar:** Sugars are another type of carbohydrate. This includes table sugar, also called sucrose and sugar found naturally in fruit (fructose) and milk (lactose.)

**Fiber:** Fiber comes only from plants and includes fruits, vegetables, whole grains, nuts and legumes.



**Fat:** Fat is one of the three main nutrients in food. Foods that provide fat are butter, margarine, salad dressing, oil, nuts, meat, poultry, fish and some dairy products. Fat is also excess calories that are stored as body fat, providing the body with a reserve supply of energy and other functions.



**Protein** (PRO-teen): This is also one of the three main nutrients in food. Foods that provide protein include meat, poultry, fish, cheese, milk, dairy products, eggs, and dried beans. Proteins are also used in the body for cell structure, hormones such as insulin, and other functions.

## Seven Tips for Eating Healthy on a Budget

A healthy diet can help you to keep your medical costs down, but how do you justify the added expense of healthy foods.

### 1. Buy Reduced Produce

It's no secret that fruits and vegetables are good for you, but the price of fresh produce isn't nearly as good for your budget. To stretch your shopping dollars, look for a reduced rack at the grocery store. You can often pick up super ripe produce for a fraction of the regular price.

### 2. Go frozen

Frozen vegetables are usually fresher and cheaper than anything that can be found in the produce and canned sections of the store. Check the frozen food aisles, and you'll find big bags of veggies at bargain prices – sometimes as little as \$1 a bag.

### 3. Shop locally

Your local produce stand or farmer's market can be a great source for healthy bargains. For the best deals, shop often and look for reduced produce or end-of-the-day specials. Remember, we have a list of our local markets in the Resource section (page 122).

### 4. Grow Your Own

Slash your produce prices even further by growing your own healthy eats. Start a plot in your backyard or a container garden on your patio, and enjoy homegrown fruits and vegetables all season long. Like fresh herbs? Grow your favorites in small pots by the kitchen window, and take a snip whenever you need it.

### 5. Substitute Oil

Slash the fat grams in your cakes, muffins and other baked items by replacing the oil in recipes with an equal amount of no-sugar-added apple sauce. It won't change the taste of your recipe, but it will change the healthfulness of it.

### 6. Substitute Eggs

Reduce your cholesterol consumption by substituting the eggs in baked goods with a tablespoon of soy flour. You can pick up a bag for as little as \$2-3, and it will last you for quite a long time.

### 7. Skip the Salt

Sodium lurks in lots of foods, and your body does not need a lot of it. Limit your consumption by purchasing no-salt-added or low-sodium versions of canned foods. This switch won't cost you a dime.

Courtesy of

