

# SESSION 3: Eat Well to Manage Your Weight



## Session Focus

Eating well can help you manage your weight.

### This session we will talk about:

- How to eat well
- How to build a healthy meal
- The items in each food group

### You will also make a new action plan!

## Key points to remember:

### Choose items that are:

- Low in calories, fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein

### Limit items that are:

- High in calories, fat, and sugar
- Low in fiber and water
- Low in vitamins, minerals, and protein

**One easy way to do this is aim to have at least five servings of fruit and vegetables daily!**

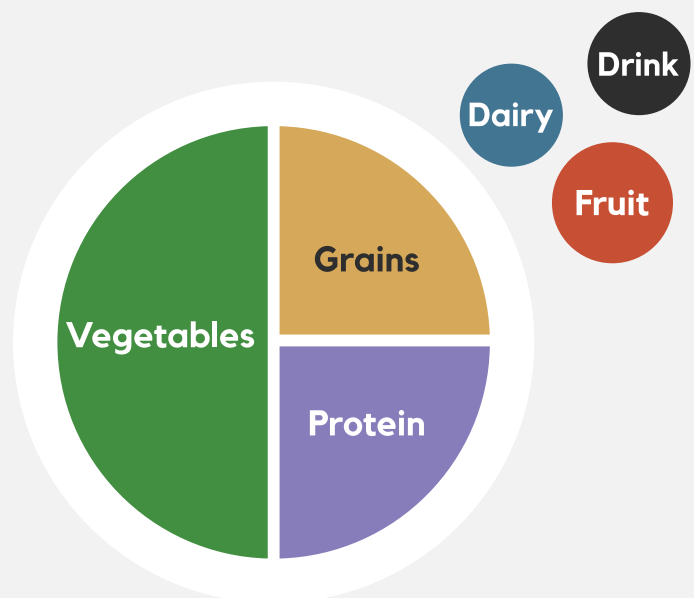
## A Healthy Meal

### You'll want to make:

- Half of your plate non-starchy veggies (such as broccoli, lettuce, peppers)
- A quarter of your plate grains and starchy foods (such as potatoes, oatmeal)
- Another quarter of your plate protein foods (such as chicken, lean meat, fish)

### You can also have:

- A small amount of dairy (1 cup skim milk)
- A small amount of fruit (one apple, half a banana, ½ cup berries)
- A drink that has low or no calories (water, sparkling water, coffee without sugar)



## Make Your Plate

Write the number of the correct food group on each line. Then create a healthy meal by listing items that you like. You can use "Foods to Choose" on the following pages for ideas.

### Food Groups

1. Non-starchy veggies
2. Grains and starchy foods
3. Protein foods
4. Dairy foods
5. Fruit
6. Drink



## Foods to Choose

### Non-starchy veggies:

- Asparagus
- Broccoli
- Cabbage
- Carrots
- Celery
- Cucumbers
- Leafy greens
- Mushrooms
- Onions
- Peppers
- Tomatoes
- Your favorites:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Protein foods:

- Eggs (but limit yolks)
- Fish and seafood (catfish, cod, shrimp)
- Lean meat (lean ground beef, chicken and turkey without skin, pork loin)
- Nuts (limit because high in fat)
- Your favorites:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Grains and starchy foods:

- 100% corn tortillas
- 100% whole grain cereal
- 100% whole wheat bread
- Black beans
- Brown rice
- Corn
- Green peas
- Lentils
- Oatmeal
- Popcorn
- Potatoes
- Pumpkin
- Yams
- Your favorites:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Dairy foods:

- Low-fat cheese
- Plain low-fat soy or almond milk
- Plain nonfat or low-fat yogurt
- Skim or low-fat milk
- Your favorites:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Sources: CDC, ADA

## Foods to Choose

### Fruit:

- Apples
- Apricots
- Blueberries
- Dates
- Grapefruit
- Grapes
- Oranges
- Strawberries
- Your favorites:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Drinks:

- Coffee without sugar
- Sparkling water
- Tea without sugar
- Water
- Your favorites:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Foods to Limit

### Fatty foods:

- Butter
- Creamy salad dressing
- Deep fried foods (French fries)
- Fatty meat (bacon, bologna, regular ground beef)
- Full-fat cheese
- Lard
- Shortening
- Whole milk
- Other examples:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Sweet foods:

- Candy
- Cookies
- Corn syrup
- Honey
- Ice cream
- Molasses
- Processed snack foods
- Sugar
- Other examples:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Helpful websites:

- <https://www.myplate.gov/>
- <https://www.myplate.gov/myplate-plan>

Sources: CDC, ADA

It can be challenging to shop, cook, and eat well. Here are some common challenges and ways to cope with them. Write your own ideas in the column that says "Other Ways to Cope." Check off each idea you try.

CHALLENGE	SOLUTIONS	OTHER WAYS TO COPE
Shopping this way costs too much	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use coupons</li> <li><input type="checkbox"/> Buy in bulk</li> <li><input type="checkbox"/> Buy things on sale</li> <li><input type="checkbox"/> Grow your own veggies and fruit</li> <li><input type="checkbox"/> Buy frozen veggies and fruit</li> <li><input type="checkbox"/> Buy veggies and fruit in season</li> </ul>	
Shopping and cooking this way takes up too much time	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask family to help with shopping and cooking</li> <li><input type="checkbox"/> Shop on the weekend</li> <li><input type="checkbox"/> Shop in bulk</li> <li><input type="checkbox"/> Use a list to make sure you get everything you need</li> <li><input type="checkbox"/> Buy healthy convenience items like pre-washed salad</li> <li><input type="checkbox"/> Look for recipes for fast, healthy meals</li> <li><input type="checkbox"/> Do some prep work before work in the morning</li> </ul>	
I don't like the way this food tastes	<ul style="list-style-type: none"> <li><input type="checkbox"/> Choose good quality items</li> <li><input type="checkbox"/> Choose items with a variety of flavors, textures, scents and colors</li> <li><input type="checkbox"/> Cook veggies like green beans and broccoli lightly so they stay crisp and colorful</li> <li><input type="checkbox"/> Use herbs, spices, low-fat salad dressing, lemon juice, vinegar, hot sauce, and salsa to add flavor</li> <li><input type="checkbox"/> Grill or roast veggies and meat to bring out the flavors</li> </ul>	
It's boring/hard to shop, cook and eat this way	<ul style="list-style-type: none"> <li><input type="checkbox"/> Shop, cook, and eat with family and friends</li> <li><input type="checkbox"/> Learn new cooking methods and recipes from books, articles, and videos or take a healthy cooking class</li> <li><input type="checkbox"/> Try new ingredients</li> </ul>	