Food Choices: Taking a Closer Look at What You are Eating

April 2006
TN on the Move at Vanderbilt
Outline

- Understanding Energy Balance
- What Counts as a Serving
- Reading Nutrition Labels
- Tricks to Shopping Healthy
- Tips from Meal Plans
- Questions/Answers
Understanding Energy Balance

Energy Balance - the relationship between the number of calories taken in (via food and beverages) and the number of calories used by the body to function

Maintain Weight: energy in = energy out
Gain Weight: energy in > energy out
Lose Weight: energy in < energy out
What Counts as a Serving?
What counts as a serving?

• 1 small-sized piece of fresh fruit
• ½ cup cut-up fresh fruit or canned fruit or frozen fruit
• ¾ cup (6 fluid ounces) 100% fruit juice
• ¼ cup dried fruit (e.g. raisins, dried apricots, prunes)
What counts as a serving?

• 1 cup raw, leafy vegetables (e.g. lettuce, spinach) or salad

• 1/2 cup cooked, canned, or frozen vegetables

• 3/4 cup (6 fluid ounces) 100% vegetable juice
What counts as a serving?

• 1 cup (8 fluid ounces) low fat or fat free milk
• 1 cup yogurt
• 1 ½ oz natural cheese; 2 oz processed cheese
• 1 egg, 1/3 cup nuts, ½ cup dried beans (cooked)
• 2 Tbsp peanut butter
• 2 - 3 ounces cooked meat, poultry, or fish
What counts as a serving?

- 1 slice of bread
- 1 oz ready to eat cereal
- ½ cup cooked cereal
- ½ cup cooked rice or pasta
What counts as a serving?

• 1 small-sized piece of fresh fruit: tennis ball
  - Tennis Ball
• 1 cup
  - Size of a baseball
• ½ cup
  - Palm of a woman’s hand
• ¼ cup
  - 2 regular ice cubes
• 1 ounce (e.g., cheese)
  - 4 dice, Tube of lipstick
Reading Nutrition Labels
Reading Nutrition Labels

Where to start? Serving size

What’s the priority?
  • Limit calories
  • Limit saturated fat, trans fat
  • Limit sodium, cholesterol, total fat
  • Consider protein (satiety)
  • Get enough fiber and nutrients
  • Limit sugar or total carbohydrate
Reading Nutrition Labels

Use your sample label to record what’s important to you.
# What’s a Better Choice

<table>
<thead>
<tr>
<th></th>
<th>Lay’s Classic Potato Chips</th>
<th>Baked Lay’s Potato Chips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size</td>
<td>1 oz (20 chips)</td>
<td>1 oz (11 chips)</td>
</tr>
<tr>
<td>Calories</td>
<td>158</td>
<td>114</td>
</tr>
<tr>
<td>Total fat</td>
<td>10 g</td>
<td>1.5 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>3 g</td>
<td>0g</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>1 g</td>
<td>2 g</td>
</tr>
<tr>
<td>Calcium</td>
<td>0 mg</td>
<td>40 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>443 mg</td>
<td>252 mg</td>
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</tbody>
</table>
### What’s a Better Choice

<table>
<thead>
<tr>
<th></th>
<th>Pepperidge Farm Milano Cookies</th>
<th>Pepperidge Farm Sugar-free Milanos</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong></td>
<td>3 cookies</td>
<td>3 cookies</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>180</td>
<td>170</td>
</tr>
<tr>
<td><strong>Total fat</strong></td>
<td>10 g</td>
<td>9 g</td>
</tr>
<tr>
<td><strong>Saturated fat</strong></td>
<td>3.5 g</td>
<td>3.5 g</td>
</tr>
<tr>
<td><strong>Total Carbohydrates</strong></td>
<td>21 g</td>
<td>21 g</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td>11 g</td>
<td>0 g</td>
</tr>
</tbody>
</table>
## What’s a Better Choice

<table>
<thead>
<tr>
<th></th>
<th>Dannon Fruit on the Bottom, Strawberry Yogurt</th>
<th>Kroger Lite Strawberry Yogurt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size</td>
<td>6 oz</td>
<td>6 oz</td>
</tr>
<tr>
<td>Calories</td>
<td>150</td>
<td>80</td>
</tr>
<tr>
<td>Total fat</td>
<td>1.5 g</td>
<td>0 g</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>1 g</td>
<td>0 g</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>30 g</td>
<td>12 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>26 g</td>
<td>9 g</td>
</tr>
<tr>
<td>Protein</td>
<td>6 g</td>
<td>7 g</td>
</tr>
</tbody>
</table>
Tricks to Shopping Healthy
Tricks to Shopping Healthy

Plan your meals ahead of time
  • Days you’ll have time to cook vs. days you’ll be pressed for time
    • Consider healthy additions to frozen entrees, pizza, fast food, etc.

Check your list
  • Envision the Food Guide Pyramid to get a variety of foods

Shop the perimeter
  • Fresh fruits and vegetables, fresh meat, breads, eggs, dairy products
Tricks to Shopping Healthy

Frozen
  • Great for convenience
  • Compare labels of meals and entrees

Bread, cereal, rice, pasta
  • Opt for whole-grain products
Tricks to Shopping Healthy

Legumes, lentils, nuts
- Choose dried or canned – provide fiber, folate, and protein

Canned foods
- Great for convenience
- Be cautious of sodium content and fruits canned in heavy syrup
Tips from Meal Plans
Tips from Meal Plans

• Choose grilled versus fried foods
  • Limit snacks to ~ 150 calories per snack (caution w/ serving sizes)

• Choose whole wheat bread/whole grain products

• Decrease starchy foods with meals; incorporate non-starchy vegetables and/or fruit serving instead

• Include lean protein with each meal
Tips from Meal Plans

• Choose lower calorie options when eating out (e.g., Egg McMuffin vs. Sausage Egg Mc Muffin)

• Choose low fat dressing (or fat free) versus regular dressings (same for mayonnaise)

• Limit fruit juice intake to 4 oz/day

• Increase Water Intake

• Choose calorie free/low calorie beverages
Questions & Answers

Next Class...May 23rd
Speaker: Joyce Rouse
TOMV, Middle TN Coordinator