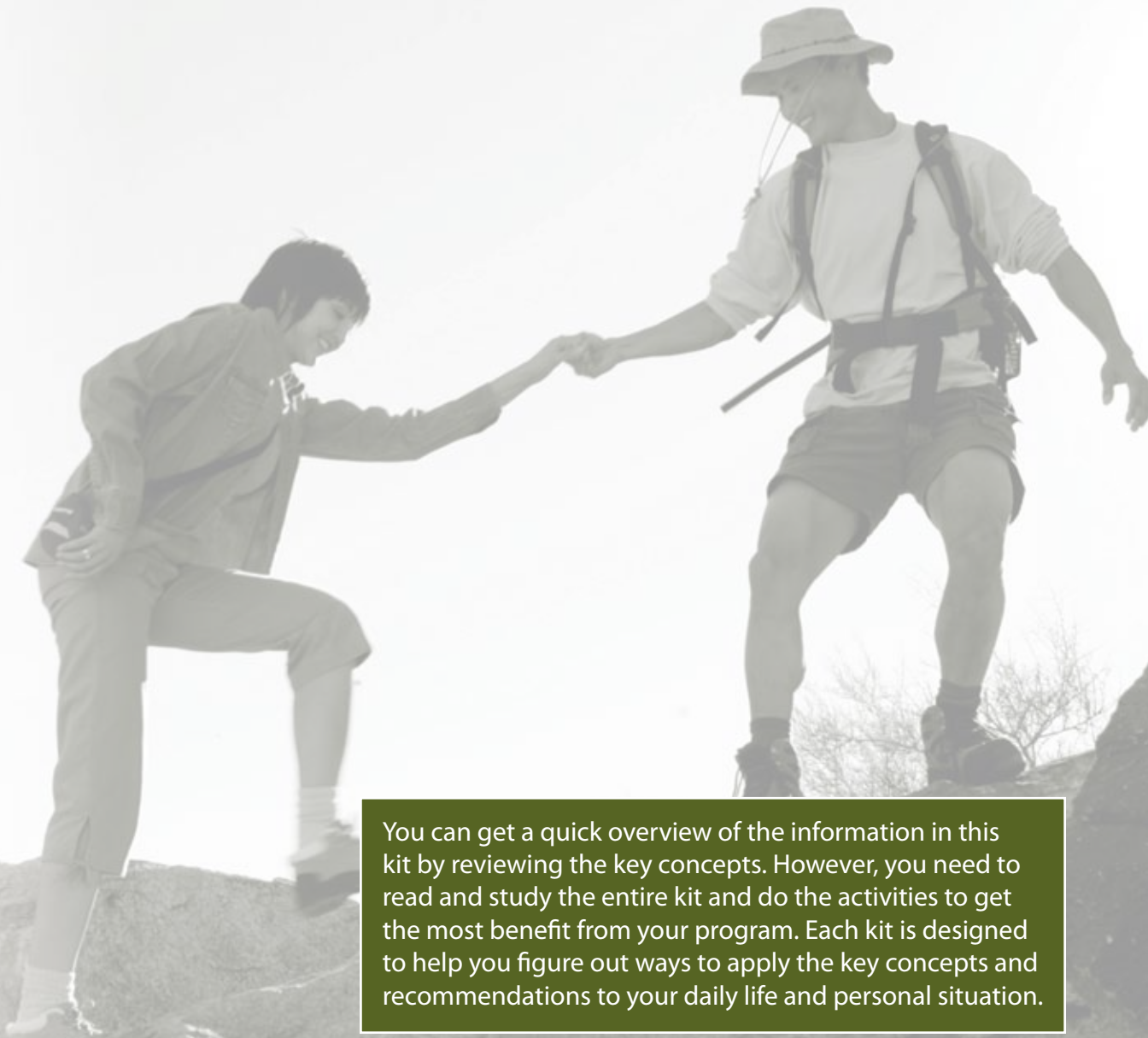


Choosing What to Eat



You can get a quick overview of the information in this kit by reviewing the key concepts. However, you need to read and study the entire kit and do the activities to get the most benefit from your program. Each kit is designed to help you figure out ways to apply the key concepts and recommendations to your daily life and personal situation.

Key Concepts

- No one food supplies all the nutrients you need for good health. Eating healthfully is a matter of variety, balance and moderation.
- The Better Health Food Pyramid has five food groups: Grains, Beans and Other Starchy Vegetables; Fruit; Non-starchy Vegetables; Meats, Cheese and Meat Substitutes; Milk and Yogurt.
- The tip of the pyramid – fats, oils, sweets and alcohol – is not a food group.
- In moderation, every food fits into a healthy meal plan. Don't think of foods as either "good" or "bad."
- To lose weight, you will need to avoid certain foods as much as possible for a while. After you have reached your healthier weight, it will be possible to eat some of your old favorites from time to time.
- Your food likes and dislikes will change as a result of Nationwide Better Health. You will learn to prefer and enjoy healthy foods.
- Learning to use a food diary is an important skill for healthy eating and weight management. You will be more aware of what and how much you eat. It will also help you make better food choices.
- The food diary is organized by food groups. For each group, see the specific recommendations of foods to choose and foods to decrease or avoid.
- Try to watch what you eat at every meal or nearly every meal. Choose mostly low-fat or fat-free foods and complex carbohydrates ("healthy" carbs) that are rich in fiber, vitamins and minerals. Limit foods from the tip of the pyramid.
- Eat foods from all five food groups every day. Try to eat a variety of foods from within each group.
- Don't go hungry. Choose a healthy snack if you get hungry.

Getting There



Eating healthfully isn't about depriving yourself. While some foods are healthier than others, every food can be part of a healthy eating plan. There are no foods that are completely off limits – it's all a question of how much and how often.



Learn About the Better Health Food Pyramid

Your individualized meal plan gives the number of servings from the five food groups that you should eat each day for breakfast, lunch, dinner and snacks. You can use the Better Health Food Pyramid to learn the foods in the five groups and the appropriate serving size of the different foods.

History of the Food Pyramid

We have used different food guide pyramids over the years to assist participants with meal planning, including the original U.S. Department of Agriculture (USDA) Food Guide Pyramid, the Diabetes Food Pyramid, the Vegetarian Food Guide Pyramid and the Mediterranean-Type Diet Food Pyramid. In 2005, the U.S. Department of Health and Human Services and USDA released *Dietary Guidelines for Americans 2005* and *My Pyramid Food Guidance System*, which can be found at <http://www.MyPyramid.gov>.

Our nutrition and weight management principles are consistent with the government’s recommendations. However, we believe these recommendations have several important limitations. For example, the *My Pyramid Food Guidance System* does not consider your current weight. It also doesn’t consider if you are attempting to lose weight, which could change your specific recommendations and make the values inaccurate for you.

We developed the Better Health Food Pyramid from the various food guide pyramids listed above. It is most similar to the Diabetes Food Pyramid, with a few enhancements. It includes information about the size of one serving for the different foods and beverages in each of the five food groups. It does not include guidelines on how many servings to eat from each food group. The number of servings to eat each day from the five food groups is outlined in your individualized meal plan provided in your personal action plan. You will learn more about serving sizes in the kit “Knowing How Much to Eat.”

See page three for a detailed look at the Better Health Food Pyramid.



REFERENCE

The Five Food Groups

The pyramid is divided into five food groups arranged on three levels:

Level 1 – Grains, Beans and Other Starchy Vegetables

Level 2 – Non-starchy Vegetables and Fruits

Level 3 – Milk and Yogurt and Meats, Cheese and Meat Substitutes

The Better Health Food Pyramid

The three food groups that form the first two levels of the pyramid are the foundation of a healthy diet. *Most of the foods you eat should come from these groups.* These foods can be good sources of complex carbohydrates for energy and important vitamins, minerals and fiber.

Level 1 – Grains, Beans and Starchy Vegetables

These foods are grouped together because one serving has about the same amount of carbohydrates or “carbs” (15 grams per serving).

Grain products are any food made from wheat, rice, oats, cornmeal, barley or other cereal. Examples include bread, pasta, oatmeal, breakfast cereals, tortillas and grits. There are two major types of grains:

- Whole grains (such as whole-wheat flour, bulgur or cracked wheat, whole cornmeal and brown rice)
- Refined grains (such as white flour, de-germed cornmeal, white bread and white rice).

Whole grains are “healthy” carbs and should make up at least half of your daily grains. When choosing foods from this group, try to decrease or avoid foods made from refined grains. See the kit “Getting Started with Nutrition and Weight Management” for more information.

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Starchy vegetables are generally “healthy” carbs and include dried and canned peas and beans, potatoes, corn, yams and squash. One way to know if a vegetable is starchy is to mash it with a fork and see whether it’s juicy (contains large amounts of water). If there’s no juice, it’s starchy. For example, a potato produces no juice when it is mashed, but a tomato does produce juice so it’s considered a non-starchy vegetable. If you are not certain whether a specific vegetable is starchy or non-starchy, it is usually best to consider it a starchy vegetable. See the table on pages five and six for examples of common starchy and non-starchy vegetables.

Level 2 – Non-starchy Vegetables and Fruits

Fruits and vegetables are considered nutrition-rich foods. It’s recommended that you eat at least five to nine servings a day from these two food groups. Any fruit or 100 percent fruit juice counts as part of the fruit group. It is better to eat the whole fruit than drink fruit juice because the fruit contains more fiber than the juice. Fruits may be fresh, frozen, dried or canned. They may also be whole, cut-up or pureed.

Colorful non-starchy vegetables (dark green, orange, red and yellow) also contain essential vitamins, minerals and fiber with few calories. They provide fewer “carbs” than starchy vegetables – five grams versus 15 grams per serving. Eat them fresh and raw without added fat as much as possible.

Level 3 – Milk and Yogurt and Meats, Cheese and Meat Substitutes

These foods are good sources of protein, but they often contain unhealthy “saturated” fats. You need fewer servings from these groups, so make your selections carefully to manage your weight and prevent heart disease and cancer.

The Tip of the Pyramid

The tip of the pyramid is not a food group, but contains foods like fats, oils, sweets and alcohol.

Fats and Oils

When considering the fats you will eat, know the difference between saturated and trans fats (“unhealthy” fats) and unsaturated fats (“healthy” fats). Butter, lard, stick margarine (containing hydrogenated or partially hydrogenated oils or trans fats) and tropical oils (palm and coconut oils) contain saturated fats. Saturated fats occur naturally in meats and dairy products. Saturated and trans fats are also added in the preparation of some foods, such as chips, crackers, cakes, cookies and fried foods. All of these are “unhealthy” fats and should be limited as much as possible.

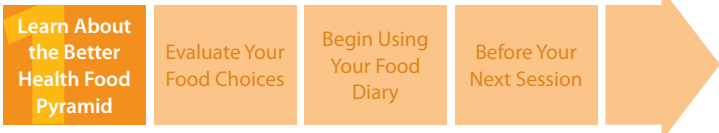
Monounsaturated and omega-3 polyunsaturated fats, or “healthy” fats, are also found in the tip of the pyramid. These fats are liquid at room temperature. Olive oil, canola oil, certain other vegetable oils and the oils found in cold water fish are examples of “healthy” fats. Although they are “healthy” fats, they are high in calories. You may need to limit the amounts of “healthy” fats you eat, especially if you are trying to manage your weight.

Sweets

Sweets are typically foods or beverages that contain mostly sugar and few other nutrients, such as table sugar, jelly, jam, honey, syrups, candies and sweetened drinks. Sugars may be added to prepared foods to add structure and flavor. These foods and beverages, which are high in sugar, should be eaten in moderation. Sugars can occur naturally in foods, such as fruit (fructose) and milk (lactose). Although fruit and milk contain sugar, it is typically not necessary to avoid these foods since they are rich sources of vitamins, minerals and other nutrients.

Alcohol

Alcohol has almost as many calories as fat. Drinking too much alcohol can lead to accidents and other health and personal problems. If you drink, do so in moderation. If you are trying to manage your weight, it may be best not to drink at all.



REFERENCE



The Better Health Food Pyramid



*Note to our international participants: 1 oz. = 28g; 1 fl. oz. = 30 mL



2

Evaluate Your Food Choices

Do you believe there are “good” foods and “bad” foods?

Yes No

Do you believe your favorite foods are bad for you?

Yes No

If you answered “Yes” to either of these questions, you may need to change some of your beliefs about foods.

Every food you could possibly think of fits on the Better Health Food Pyramid somewhere. In moderation, every food fits into a healthful diet. While some foods are healthier than others, no foods are totally “good” or “bad,” so you don’t need to give up any food forever to eat healthy. Remember, good nutrition and weight management are about:

- Knowing *what* to eat on a regular basis
- Knowing *how much* to eat
- Developing an eating plan you can follow *most of the time*, which means:
 - Watching what you eat at *every* meal or *nearly every* meal
 - Choosing *mostly* foods low in fat and foods high in complex carbohydrates

If you follow this approach most of the time, then you can have a small splurge or special treat now and then as part of a healthy eating plan. It’s true. Eating healthfully is all about more of the best and less of the rest, not all of the best and none of the rest!

If weight loss is a major goal for you, you should try to avoid certain foods as often as possible for a while. After you reach your healthier weight, you will be able to eat some of your old favorites from time to time. You will probably not choose to eat as much of those foods as you would have in the past. You may not want those foods at all. Your food preferences may change. You may actually prefer and enjoy the healthy foods you choose to eat.

Your food choices are very important and can make a big difference. You can learn to control calories and fat (especially “unhealthy” fats) while enjoying a variety of foods, managing your weight and improving your health.

The table below offers some healthy alternatives for common food choices.

“Eating healthfully is all about more of the best and less of the rest, not all of the best and none of the rest!”

REFERENCE



Save Calories and Fat

Instead of	Choose	Calories Saved	Fat Grams Saved
1 croissant	1 whole-grain English muffin	160	14
8 oz. whole milk	8 oz. skim milk	60	8
3 oz. prime rib	3 oz. flank steak	135	21
3 oz. fried chicken	3 oz. grilled chicken	120	5
2 oz. sour cream	2 oz. non-fat yogurt	90	12
1 oz. potato chips	1 oz. whole-grain pretzels	43	8
2 tsp. mayonnaise	2 tsp. mustard	65	8
1 cup premium ice cream	1 cup frozen yogurt	100	20

Note to our international participants: 1 oz. = 28g; 1 fl. oz. = 30 mL; 1 calorie = 4.18 kJ



ACTIVITY



My “Most of the Time” Foods

Review the lists below and circle the foods you currently eat “most of the time” regardless of where they appear on the chart.

Within each food group there are healthier choices to make. To review, saturated fats and trans fats are “unhealthy” fats, and refined grains and foods with added sugar are “unhealthy” carbs. In contrast, monosaturated fats and omega-3 fats are “healthy” fats and fruits, vegetables and whole grains are “healthy” carbs. Be aware that high-fat, even if it is “healthy” fat, also often means high in calories.

Groups	Foods to Eat More Of	Foods to Cut Back On
Grains, Beans and Other Starchy Vegetables	Breads: whole-grain breads, English muffins, buns, bagels, tortillas, breadsticks, Melba toast	Breads: white/not whole-grain breads, any bread in which eggs, fat (especially saturated fat and trans fats) and/or butter are major ingredients; croissants; regular muffins; danish; doughnuts
	Cereals, granola: whole-grain, low-fat, low-sugar	Cereals, granola: high-fat, heavily sweetened with added sugar
	Crackers, pretzels: low-fat, whole-grain	Crackers: high-fat, not whole-grain
	Pasta: whole-grain; use tomato or marinara sauce	Pasta: refined (not whole-grain), high fat (lasagna, ravioli, tortellini) or with cream sauce or cheese
	Rice (brown rice is preferred): steamed; rice cakes	Rice: fried
	Pizza: whole-grain crust, no cheese or low-fat cheese	Regular pizza
	Popcorn: air-popped, light	Popcorn: buttered
	Homemade baked goods made with unsaturated oils (olive and canola oil are preferred), skim or 1% milk, egg whites or substitute, whole-grain flour (quick breads, biscuits, cornbread, bran muffins, pancakes, waffles)	Commercially baked pastries, muffins, biscuits, pancakes, waffles
	Starchy vegetables (potatoes, sweet potatoes and yams, winter and acorn squash, corn, lentils, peas, beans): fresh, frozen or canned, without added fat or sauce, low-sodium	High-fat, starchy vegetables: mayonnaise-based potato salad; French Fries; hash browns; potatoes au gratin; or prepared with butter, cheese or cream sauce; high-sodium (added salt)
Cooked dried beans, lentils, peas: without added fat	Canned beans with added fat	

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My "Most of the Time" Foods (continued)

Groups	Foods to Eat More Of	Foods to Cut Back On
Non-Starchy Vegetables	Non-starchy vegetables (tomatoes, summer and zucchini squash, spinach, turnip greens, lettuce, cabbage, other leafy greens, broccoli, cauliflower, Brussels sprouts, peppers [green, red and yellow], celery, carrots, green beans): fresh, frozen or canned, without added fat or sauces	Non-starchy vegetables: mayonnaise-based coleslaw, fried onion rings, other fried vegetables, vegetables prepared with butter, cheese or cream sauce
	Vegetable soup: low-fat and low-sodium	Soup: creamy soup or soup high in fat or sodium
Fruit	Fruits: fresh, frozen, canned or dried, without added sugar or syrup	Fried fruit or fruit served with butter or cream sauce
	Fruit juice: fresh, frozen or canned	Coconut, coconut juice
Milk and Yogurt	Milk: skim/non-fat; ½% or 1% fat; buttermilk	Whole milk or 2% (low-fat) condensed milk
	Yogurt: non-fat; ½% or 1% fat	Whole or 2% (low-fat) milk, regular yogurt
	Frozen dairy dessert: ice milk; non-fat frozen yogurt	Regular ice cream
	Low-fat coffee creamer, low-fat or non-fat sour cream	Cream, half and half, whipping cream, non-dairy creamer, whipped topping, sour cream
Meats, Cheeses and Meat Substitutes	Fish, shellfish	Fried fish, fried shellfish, fish or shellfish canned in oil
	Chicken or turkey: light meat, no skin	Fried chicken, chicken or turkey that has dark meat or skin
	Lean cuts of beef: well trimmed of fat before cooking, eye of round, tip round, top round	Fried beef, fatty cuts, beef brisket, ribeye, T-bone, regular ground beef, chuck roast
	Veal or lamb: lean cuts, well trimmed before cooking	Fried veal or lamb, lamb chops not trimmed of fat
	Pork tenderloin (well-trimmed), Canadian bacon (grilled), lean boneless ham	Pork chops or ribs, pork shoulder, picnic roast, bacon
	Processed meat prepared from lean meat: lean ham, lean frankfurters, lean meat with soy protein	Regular luncheon meat: bologna, salami, sausage, frankfurters, wieners
	Nuts, sesame seeds, sunflower seeds, natural peanut butter	Regular peanut butter (with trans fat)
	Egg whites, egg substitutes (with no cholesterol)	Egg yolks, eggs fried in butter or margarine or prepared with butter, margarine or milk (2% fat or more)
Non-fat or low-fat cheese, non-fat or low-fat cottage cheese	Regular cheese (American, blue, Cheddar, Colby, Edam, Monterey Jack, whole-milk Mozzarella, Parmesan, Swiss); cream cheese; Neufchatel cheese	

3

Begin Using Your Food Diary

Learning to use a food diary like the one located at the back of your workbook is an important skill for healthy eating. It will help you in two ways:

- You will be more aware of *what* and *how much* you eat.
- You will be able to make *better food choices*.

People who use a food diary regularly to record what they eat are more successful in losing weight and keeping it off for good. They find diaries particularly helpful when starting a lifestyle management program.

The food diary is simple to use. Write your name on the front cover of your food diary and carry it with you at all times.

How to Use the Food Diary

Notice the food diary is organized by food groups. Most of your food servings should come from the vegetable, fruit and grains and beans groups.

Over the next few weeks, your health coach will teach you how to use your food diary in different ways. For now, you will use it to help you decide:

- Foods to choose and foods to decrease or avoid
- The best food choices if you are hungry and need to eat between meals

Later, you will learn the precise number of servings from each food group you should eat each day and a daily fat gram goal. You may also learn how to count grams of carbs.

As you review each section of the food diary, see the serving size for that group. In other kits, you will learn more about serving sizes and how to read food labels to get information about what's in the food you eat.

For each group, see the specific recommendations of foods to choose and foods to decrease or avoid. This information is important. Study it carefully.

Fats, oils, sweets and alcohol are not a food group. Use them sparingly, especially if you are trying to manage your weight. If you add fats or oils, choose "healthy" fats, such as olive oil or canola oil.

Try not to add sweets to your foods or meals. You will get some fats, oils and sugars because they occur naturally in foods in the five food groups.

Have no more than two alcoholic drinks a day (women should have no more than one drink a day). Or, better yet, don't drink at all.



TIPS

Getting Started

During the first week, **do not** record in your food diary, just get to know how it's organized.

Use the diary to:

- Learn the foods in the five food groups. Also, learn which are the "Foods to Choose" and the "Foods to Decrease or Avoid" in each group.
- Choose foods from all five food groups every day, selecting mostly whole grains, fruits and vegetables.
- Eat a variety of foods from within each group.
- Commit to trying new foods and choosing snacks from the "Foods to Choose" lists.
- Use fats, oils, sweets and alcohol sparingly.

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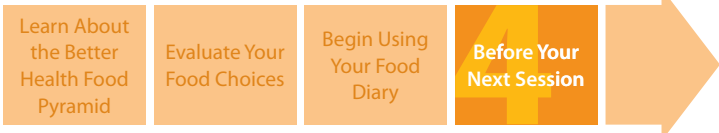


Healthier Foods to Try

Moderation is critical to weight management and good health.

As you begin to develop your eating plan, think of healthy foods you currently choose and unhealthy foods that you can replace with healthier options. Use the previous tables and your food diary for ideas. Also include other foods you eat “most of the time.” Commit to trying at least one or two new, healthier foods each week.

	Healthier Foods I Eat Most of the Time (Foods to Choose)	Less Healthy or Unhealthy Foods I Eat Most of the Time (Food to Decrease or Avoid)	New Healthier Foods I Would Like To Try
Grains, Beans and Other Starchy Vegetables	_____ _____ _____	_____ _____ _____	_____ _____ _____
Non-Starchy Vegetables	_____ _____ _____	_____ _____ _____	_____ _____ _____
Fruit	_____ _____ _____	_____ _____ _____	_____ _____ _____
Milk and Yogurt	_____ _____ _____	_____ _____ _____	_____ _____ _____
Meats, Cheese and Meat Substitutes	_____ _____ _____	_____ _____ _____	_____ _____ _____



4

Before Your Next Session

In the time between your sessions with your health coach, do the following:

- Be sure to read and complete this educational kit.
- Use this kit to record your work.
- Have this kit with you for your next session.

REVIEW



Check Yourself

Complete the following statements to be sure you understand the key concepts in this kit.

1. No one food supplies all the _____ you need for good health.
2. Eating healthfully is a matter of _____, balance and moderation.
3. The food pyramid has _____ food groups.
4. The tip of the pyramid contains fats, oils, sweets, and _____.
5. In moderation, _____ food fits into a healthy meal plan.
6. Learning to use a food _____ is an important skill for healthy eating and weight management.
7. Choose mostly low-fat or _____ - _____ foods.
8. Choose _____ carbohydrates that are rich in _____, vitamins and minerals.
9. Fats, oils, and sugars are found _____ the pyramid.
10. _____ foods from the tip of the pyramid.
11. If you get _____, choose a healthy snack.

Answers: 1) nutrients; 2) variety; 3) five; 4) alcohol; 5) every; 6) dairy; 7) fat-free; 8) complex, fiber; 9) throughout; 10) limit; 11) hungry

Write any questions for your health coach here.