

## Homework

## Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

## Notes

## **SUMMARY: CARBOHYDRATES**

- CARBOHYDRATES ARE NECESSARY IN OUR DIETS FOR ENERGY
- CARBOHYDRATES PROVIDE 4 CALORIES PER GRAM
  
- RECOMMENDED AMOUNT OF FIBER TO AIM FOR IS 25 GRAMS PER DAY
- SOME SOURCES OF SOLUBLE FIBER: OATS, OAT BRAN, NUTS, CHIA SEEDS
- SOME SOURCES OF INSOLUBLE FIBER: WHOLE WHEAT, WHEAT BRAN, VEGETABLES, OTHER WHOLE GRAINS
- FIBER HELPS WITH KEEPING BLOOD SUGARS STEADY
- FIBER HELPS WITH CONSTIPATION
- FIBER HELPS PEOPLE FEEL “FULLER” WHEN EATING
- CUT BACK ON SIMPLE SUGARS. A GOOD RULE OF THUMB IS 150-200 CALORIES MAX PER DAY OF FOODS HIGHER IN SUGAR
- ONE 12 OZ CAN OF POP CAN HAVE AS MUCH AS 10 TSPS OF SUGAR!

# RATING THE CARBOHYDRATES

BREADS, CEREALS, RICE AND PASTA		
 BEST CHOICES	CHOOSE OCCASIONALLY	LIMIT THESE
100% Whole-wheat, rye or multigrain products: breads, rolls, crackers, cereal or pasta (3 grams fiber or more per serving) Barley, Bulgur, Brown Rice Corn tortillas Rolled oat/ multigrain cereal Popcorn, plain Pumpernickel bread Low carb bagel or tortilla Quinoa	Bagel Cornmeal/ Grits English muffin Flour tortillas French/ Italian Bread Graham crackers Hamburger/hot dog bun Macaroni/Noodles Pretzels White flour products: Bread, rolls, crackers, pasta White Rice	Biscuit Cake Cookies Cornbread Croissant Danish Doughnut Muffin Pancakes/ waffles Potato or corn chips Sweetened dry cereals

FRUITS		
 BEST CHOICES	CHOOSE OCCASIONALLY	LIMIT THESE
Apple Apricots Blueberries Cantaloupe Grapefruit Kiwi Mango Papaya Pineapple Grapes Orange Peach Pear Plum Raspberries Rhubarb Strawberries Watermelon Banana (half)	Canned fruit in its own juice Dried fruit Raisins Reduced sugar jam	Canned fruit in heavy syrup Fruit juice Frozen fruit juice bar Juice drinks Regular jam Maple syrup

DAIRY PRODUCTS		
 BEST CHOICES	CHOOSE OCCASIONALLY	LIMIT THESE
Skim or 1% milk Light yogurt (under 20 grams carb) No-sugar-added yogurt Non-fat plain (or Greek) yogurt	2% milk Frozen yogurt Low-fat or non-fat ice cream	Flavored yogurts Premium ice creams Whole milk

STARCHY VEGETABLES		
 BEST CHOICES	CHOOSE OCCASIONALLY	LIMIT THESE
Beans Lentils Winter squash Sweet potato with skin	Corn or potato chowder Baked potato with skin Peas Corn	Mashed potatoes French fries Corn chips Potato chips



# FIBER

## *The Body's Scrub Brush*

Fiber acts as an internal scrub brush for your body. Fiber comes from the structural part of plants and cannot be digested. There are both soluble and insoluble fibers in all fiber-containing foods. These fibers work differently, but both contribute to your health in the following areas of your body:

- Lower intestine: *insoluble fiber*, the type of fiber in whole grains, wheat bran and many vegetables, helps prevent hemorrhoids and other bowel problems.
- Blood sugar: *soluble fiber* can help control blood sugar in people with diabetes. This fiber is found in peas and beans (lentils, split peas, pinto beans, kidney beans, garbanzo beans and lima beans). It is also found in oats, barley, apples, oranges and carrots.
- Blood cholesterol: *soluble fiber*, may lower some people's blood cholesterol.
- Waistline: High fiber foods are also lower calorie foods. By eating a high fiber, it is possible to lose weight healthfully.

### HOW MUCH FIBER DO YOU NEED?

The American Dietetic Association and the National Cancer Institute recommend eating 20-35 grams of fiber per day. This range makes it possible for people of different sizes to find the amount that works best for them. If you decide to add more fiber to your diet, here are some important tips to keep in mind:

#### Phasing in Fiber:

- Gradually add fiber to your diet over several weeks. Your body will adjust more smoothly.
- Don't overdo it! A VERY high fiber diet, 50-60 grams per day, can rob your body of valuable vitamins and minerals.
- Drink more fluids as you add more fiber. Fiber holds water, so to get the best "cleansing" value from fiber, remember to drink plenty of fluids—at least eight cups or glasses per day.
- Choose whole-grain breads, cereals, crackers, etc. instead of white breads or refined cereals and crackers.
- Try adding 1 or 2 tablespoons of wheat bran to your breakfast and slowly increase to 1/3 to 1/2 cup per day.
- Give brown rice a try
- Enjoy whole fruits at mealtime or snacks instead of relying on fruit juices, which lack fiber.
- If you experience gas or bloating from eating dried beans, try this cooking method: when preparing dried beans, soak them in water, discard the soaking water and cook the beans in fresh water. The soaking water contains some of the carbohydrates that produce gas.
- At mealtime, include a cooked vegetable *and* a raw salad.



# FIBER IN FOODS

*Read the labels of packaged foods for fiber content.*

FOOD	SERVING SIZE	GRAMS OF FIBER
<b>FRUITS</b>		
Apple, with skin	1 medium	2.0 – 2.5
Banana	1 medium	1.8
Blueberries	½ cup	1.7
Grapefruit, white or pink	½	1.6
Kiwi	1	2.6
Orange	1 medium	3.1
Pear, with skin	1 medium	4.3
Pineapple, fresh or canned	½ cup	1.2
Prunes	3	1.8
<b>VEGETABLES</b>		
Asparagus, cooked from frozen	½ cup	1.6
Broccoli, cooked from frozen	½ cup	2.5
Corn, cooked from frozen	½ cup	3.4
Potato, baked, with skin	1 medium	3.6
Sweet potato, baked in skin	1 medium	3.4
Zucchini, cooked from fresh	½ cup	1.8
<b>VEGETABLES, RAW</b>		
Cabbage, shredded	1 cup	1.7
Carrots	1 medium	2.3
Cauliflower	½ cup	1.3
Cucumber, sliced	½ cup	0.5
Lettuce, romaine	1 cup	1.0
Mushrooms, sliced	½ cup	1.5
Spinach, as salad greens	1 cup	1.9
<b>LEGUMES, COOKED</b>		
Baked beans, canned	½ cup	7.0
Black beans	½ cup	7.7
Green peas, cooked from frozen	½ cup	3.6
Kidney beans	½ cup	7.3
Refried beans	½ cup	6.0
<b>BREADS, GRAINS, PASTA</b>		
Bagel	1	1.2
Bran muffin	1 medium	2.8
Corn muffin	1 medium	1.6
French bread	1 slice	0.8
Pumpnickel bread	1 slice	1.9
Rice, brown, cooked	½ cup	1.7
Rice, white, cooked	½ cup	0.0
Spaghetti, cooked	½ cup	1.6
White bread	1 slice	0.5
100% Whole wheat bread	1 slice	1.9
<b>SNACK FOODS</b>		
Graham crackers	2 crackers	0.6
Peanuts, dry roasted	¼ cup	2.9
Popcorn, air-popped	1 cup	0.9
Rye crackers, whole grain	2 crackers	2.2

## Whole Grain Alternatives

Grain	Description/Nutrients	Flavors and Tips	Preparation & Serving Suggestions	Where to Find
Quinoa	An ancient Incan staple. Excellent source of B vitamins, copper, iron and magnesium. It provides a more complete protein than many other grains.	Mild flavor and chewy texture. It can be found in a variety of colors	Use in soups, stews or casseroles in place of rice Boil and eat as a cereal Rinse quinoa before cooking to remove bitter natural coating. To prepare: 1 cup quinoa in 2 cups water for 20 minutes	New Seasons Whole Foods Fred Meyer Healthfood bulk section
Amaranth	A high-protein grain that's a good source of fiber and Vitamin E	Pleasant, peppery flavor	Amaranth flour is higher in fat than wheat, resulting in moister bread; replace no more than ¼ of the flour in bread recipes. Boil and eat as a cereal or use in soups or granolas To prepare: cook 1 cup amaranth in 3 cups water for half hour	New Seasons Whole Foods Fred Meyer Healthfood bulk section
Kasha (buckwheat groats)	Roasted seed of the buckwheat plant. Excellent source of magnesium and a good source of copper and fiber. Rich in Lysine an amino acid	Hearty, nutty flavor and chewy texture. Kasha comes in whole, coarse, medium & fine consistencies.	Great when served as a hot cereal. Works well as a hearty salad with vegetables makes a lovely flavored pilaf: prepare with caramelized onions and mushrooms Kasha flour makes flavorful pancakes You can replace up to half the wheat flour in recipes with kasha flour but in breads only replace 1/5 of flour To Prepare: simmer 1 cup kasha in 2 cups water for 15 minutes (medium and fine grades cook more quickly)	New Seasons Whole Foods Fred Meyer Healthfood bulk section
Spelt	A cousin of wheat, but higher in fiber and B vitamins	Available as berries or flour.	Use whole spelt berries as you would rice and barley in hearty soups, grain salads or pilafs Use spelt flour in breads, it will make bread heavier so experiment with adding a little more yeast or look for commercial mixes.	New Seasons Whole Foods Fred Meyer Healthfood bulk section

Teff	Ethiopian staple, less refined than common grains. Rich in protein and calcium	Sweet, nutty flavor and comes in different colors from creamy white to reddish brown	Serve as a hot breakfast cereal with cinnamon, sliced fruit and brown sugar To Prepare: cook 1 cup teff in 3 cups water for 15-20 minutes to add flavor roast teff with cornmeal for 5 minutes before boiling.	New Seasons Whole Foods Fred Meyer Healthfood bulk section
Barley	Barley is a great source of dietary fiber, contains both soluble and insoluble fiber. Barley contains niacin (Vitamin B3), thiamine (Vitamin B1), selenium, iron, magnesium, zinc, phosphorus and copper.	Chewy, mild flavored grain.	<b>To cook pearl barley:</b> In medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup pearl barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Makes about 3 to 3-1/2 cups. <b>To cook whole grain barley kernels:</b> In medium saucepan with lid, bring 3 cups water to a boil. Add 1 cup whole grain barley kernels and return to boil. Reduce heat to low, cover and cook about 50 to 55 minutes. Makes about 3 cups. Note: Because whole grain barley retains most of the outer bran layer, the kernels tend to absorb less liquid during the cooking process. It may be necessary to pour off any remaining liquid after 50 to 55 minutes of cooking time. Compared to pearl barley, whole grain barley tends to be chewier in texture and produces a more robust flavor. <b>Using barley flour:</b> Barley flour adds a subtle nutty flavor and fiber to baked goods. While barley flour contains gluten, the protein that makes baked goods rise, the type of gluten in barley does not promote adequate rising on its own. So it's best to use barley flour in combination with wheat flour. substitute about 1/4 of the total flour used in yeast breads. For most quick breads/muffins substitute about 1/2 of the total amount of flour used.	New Seasons Whole Foods Fred Meyer Healthfood bulk section
Triticale	A cross between wheat and rye. Excellent source of fiber, B vitamins and magnesium plus a good source of iron	Berries are a grey-brown and oval shaped, similar to wheat berries but with a subtle rye flavor.	Use Triticale flakes like rolled oats to make a hot breakfast cereal, they cook in 15 minutes. To prepare: cook 1 cup berries in 4 cups water for 1 hour.	In several Bob's Red Mill cereals and bread mixes