

## 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"/> _____

## Notes

## Nutrition 101: Keep it Simple

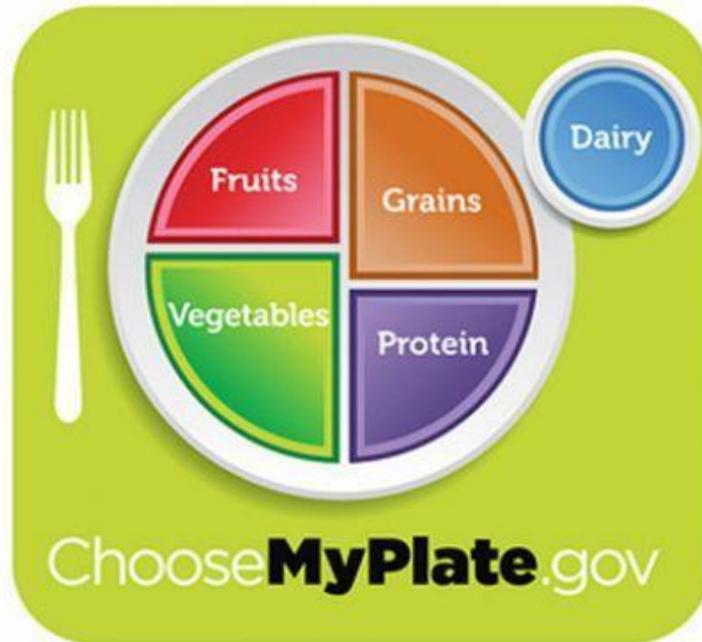
- Balance of nutrients
- Timing
- Natural vs. Processed
- Add more color!
- Moderation
- Yum Factor 😊

## Balance and Timing:

- Protein
- Healthy Carbohydrates
- Healthy Fats
- Fiber & Water
- Schedule meals and snacks often enough to avoid extreme hunger (1-2 on hunger scale)
- Include more than 1 nutrient with each meal/snack

## Fruits and Vegetables:

- Consuming fruits and vegetables can reduce an individual's risk of almost every health conditions.
- In their natural state fruits and vegetables have high water and fiber content which reduces calorie density.
- Studies show that the **volume of food is a better indicator of feeling full** than the calories within the food eaten
- Replacing fruits and vegetables for other high-fat and calorie dense foods will help with losing weight.
- This allows you to eat more food and lose weight.....REALLY!!
- Goal: consistently eat at least 5 servings per day (more vegetables than fruit)



## HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



**STAY ACTIVE!**

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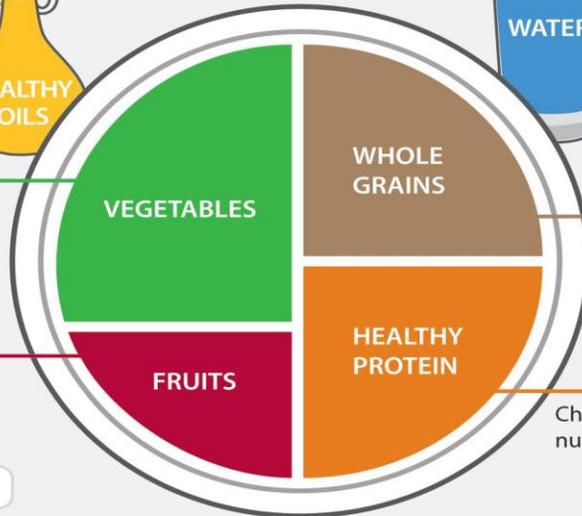
Harvard School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

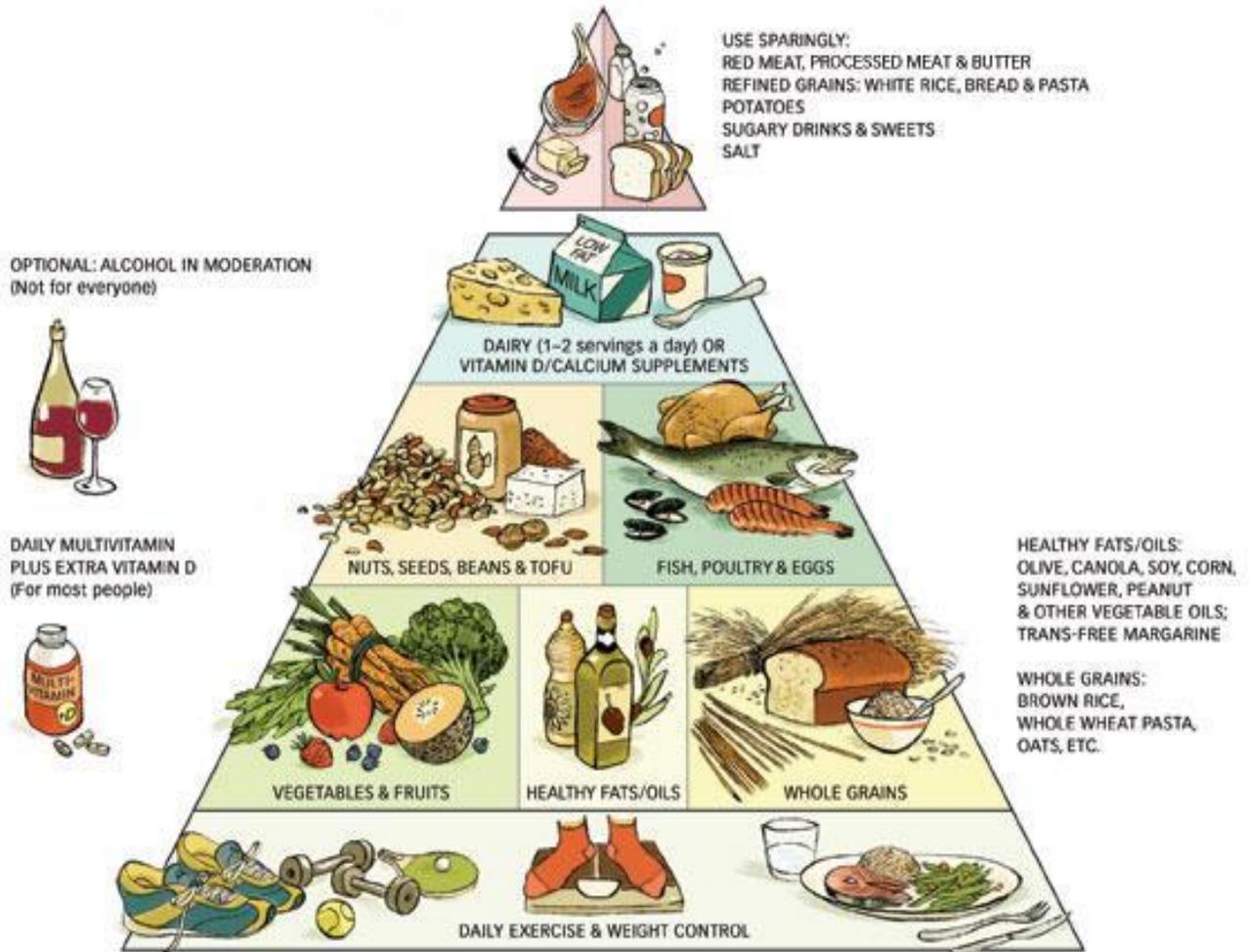


Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



# THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health

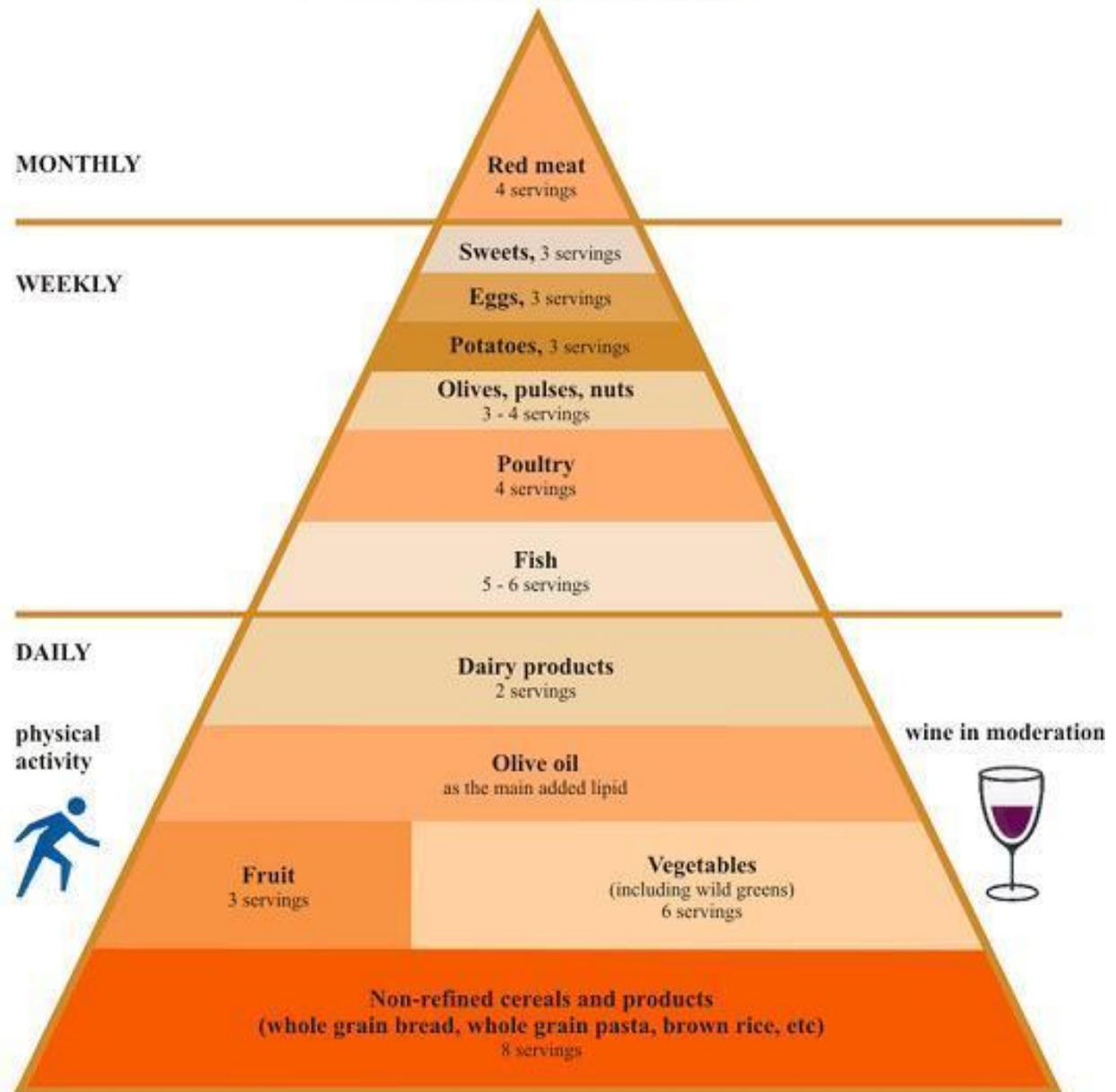


For more information about the Healthy Eating Pyramid:

[WWW.THE NUTRITION SOURCE .ORG](http://WWW.THE NUTRITION SOURCE .ORG)

*Eat, Drink, and Be Healthy*  
by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)  
Free Press/Simon & Schuster Inc.

# MEDITERRANEAN DIET

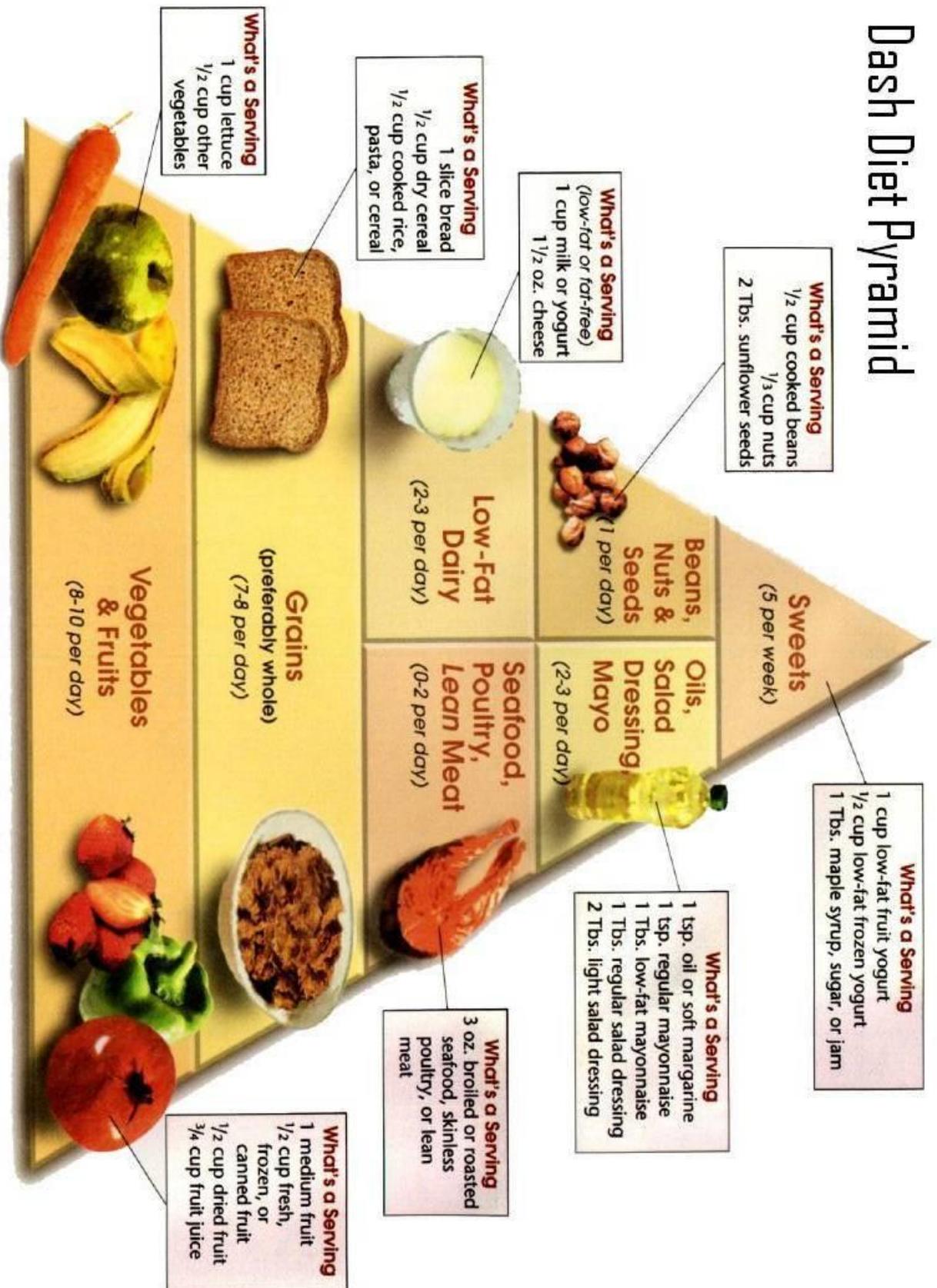


Also remember to:

- drink plenty of water
- avoid salt and replace it by herbs (e.g oreganon, basil, thyme, etc)

Source: Supreme Scientific Health Council, Hellenic Ministry of Health

# Dash Diet Pyramid



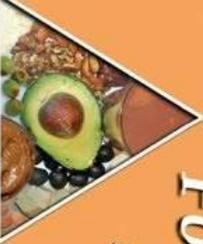
Note: Choose lower-salt foods from all categories.

# Plant-Based Dietitian's Food Guide Pyramid<sup>®</sup>

By: *Julianne Hever, M.S., R.D., C.P.T.*  
[www.PlantBasedDietitian.com](http://www.PlantBasedDietitian.com)

## *High-fat whole foods*

such as: avocados, nuts, olives;  
whole food-sweetened treats; dairy  
substitutes such as oat, almond, rice, and soy  
Use Sparingly.



## *Leafy, Green Vegetables*

such as collards, spinach, and kale  
Eat at least 2-3 servings  
(1 cup raw or 1/2 cup cooked) per day.



## *Legumes*

(beans, peas, lentils and seeds)  
Consume 2-3 servings  
(1/2 cup cooked legumes or 1 Tbsp seeds)  
every day.



## *Whole grains*

such as brown rice, barley, quinoa,  
oats, amaranth, whole wheat, whole  
grain pasta, and sprouted grains.  
6-11 servings (1/2 cup cooked or  
1 slice whole grain bread) daily.



## *Vegetables*

(all types,  
including starchy)  
Eat as much and as many  
different colors as possible  
each day.

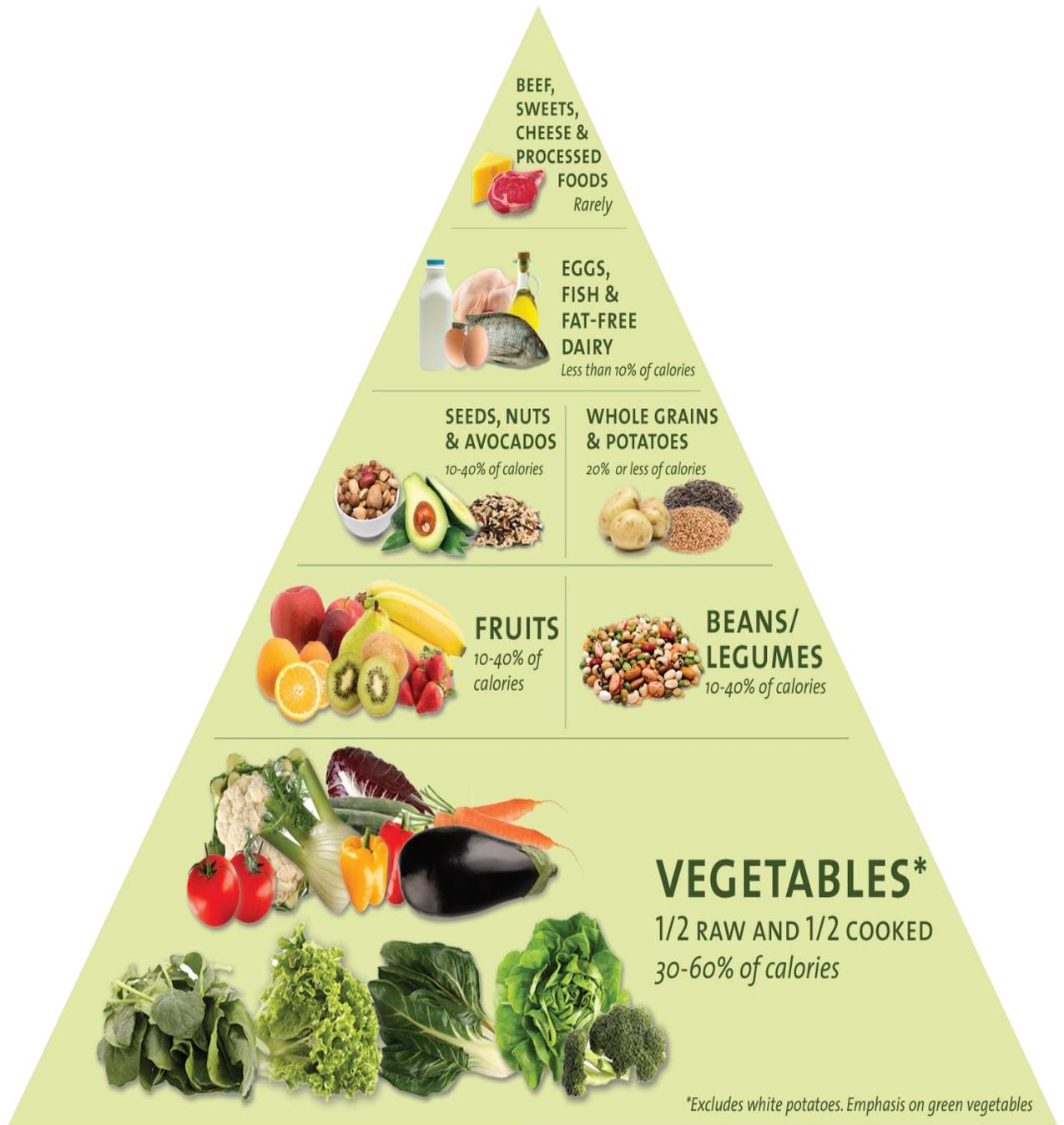


## *Fruit* (all types)

Consume 2-4 servings  
(1 piece or 1/2 cup)  
everyday.



*Drink plenty of pure water and some tea everyday.  
Exercise at least 1 hour everyday.*



## Mostly Plant Based Pyramid

# Ideas for Increasing Vegetables

## Breakfast

- Add pepper, onion, spinach, broccoli or mushrooms into an omelet
- Make a green smoothie with spinach or kale (add handful of greens to your favorite smoothie recipe – or try 1 cup almond milk with ½ frozen banana and few of your favorite frozen berries with 1/2 cup kale or spinach and ¼ avocado – blend well & enjoy!)
- English muffin with reduced fat cream cheese or hummus, slices of avocado, sprouts or spinach and tomato.

## Lunch, Dinner & Snacks

- Top a pizza with mushrooms, peppers, onions, spinach, broccoli, artichokes and/or pineapple
- Put a slice of avocado, tomato, romaine lettuce or spinach, tomato, onions, sprouts, mushrooms, or fresh red pepper to your usual sandwich
- Add mushrooms, peppers, onions, zucchini and/or diced carrots to spaghetti sauce (blend if want smooth sauce)
- Place a few slices of tomato and spinach on a grilled cheese sandwich – or go gourmet and add thinly sliced grilled asparagus to grilled cheese.
- Add some extra mixed vegetables or greens (fresh or frozen) to soup or casseroles
- Add celery, onions or carrots to meatloaf or mixed into burgers
- Add layers of diced spinach, thinly sliced mushrooms, shredded carrot, shredded zucchini or thinly sliced eggplant to lasagna
- Try spaghetti squash instead of pasta with your favorite marinara or pesto
- For Mexican dishes, add beans, peppers, onions, zucchini, broccoli, cabbage, lettuce, tomato, cilantro, or fresh salsa.
- Grill kebabs/skewers with your favorite meat or tofu + onions, peppers, mushrooms, pineapple and serve over spinach salad
- Combine baby spinach, pecans, diced red onion, sliced strawberries, blueberries, blackberries, pear slices, and grilled chicken or tempeh strips. Serve with a light raspberry-pecan dressing.
- Use favorite salsa as salad dressing or topping for baked potato
- Slice a sweet potato, toss with a little olive oil, season as you wish, and bake (bake until crisp for chips or bake in chunks and add to green salad)
- Add broccoli, mushrooms or diced pepper to macaroni and cheese

- Blend cooked cauliflower into mashed potatoes (or make mashed cauliflower instead of potatoes)
- Top several celery sticks with 1 Tablespoon nut butter and a few raisins.
- Make a veggie tray and add a dip to set out at dinner; try sliced cucumbers, green beans, grape tomatoes, carrot sticks, celery sticks, sliced red pepper
- The 7-minute potato: Poke a bunch of holes in a sweet potato with a fork. Place it in the microwave on high for 6-7 minutes, turning the potato once halfway through cooking. Cut it open, and top with some cinnamon and low-fat yogurt. Use caution when opening—these potatoes sometimes are really hot!
- Roast vegetables (make enough for entire week and keep in refrigerator for healthy addition to any meal). Slice brussel sprouts, cauliflower, broccoli, onions, carrots, turnips, parsnips and sweet potatoes (any combination you can imagine) rub them with a little olive oil and spices, and place them on a baking sheet. Bake at 400° F for 30-40 minutes, depending on thickness.
- Blend spinach or roasted red peppers into hummus dip.
- Make easy stirfry with broccoli slaw, red peppers and low sodium soy sauce; top with protein of your choice and few cashews.
- Try some kale chips as snack or appetizer or crumble and sprinkle on salad (lightly toss kale leaves with olive oil and seasoning, spread in single layer on baking sheet and bake at 400 degrees until crisp.)

ADD YOUR FAVORITE: \_\_\_\_\_