



EAT WELL FOR LIFE: WEEK 1

IT'S A BALANCING ACT

CALORIES "IN" VS. CALORIES "OUT"

The secret to successful weight loss and maintenance, is based on the balance of calories you take-in from the food with calories that you burn-up through physical activity. If you consume more calories than you use, the result is weight gain. If calories "in" equal calories "out", the result is weight maintenance.

We all have individual calorie needs, based on our age, weight, activity level and gender. To maximize the value of your caloric intake, choose a variety of foods that are nutritionally packed with vitamins, minerals and fiber. Include grains, vegetables, fruits, calcium-rich foods, and protein. Limit fat, sugar and salt.

We burn calories through physical activity. *The Centers for Disease Control and Prevention* recommends that you be physically active, at a moderate intensity, for at least 30 minutes most days of the week. Moderate intense activities include: walking briskly, mowing the lawn, dancing, swimming or bicycling. You can increase the intensity and duration of your activity to achieve greater health benefits from physical activity. Work to achieve a balance that helps maximize your energy level and strength and maintain a healthy weight.

1 COMMIT TO A HEALTHY LIFESTYLE INSTEAD OF DIETING.

3

Wake up to a great breakfast every day without delay.

4

Feel the fullness with whole foods and fiber.

7

Be a mindful eater—take it slow and savor the flavor.

6

Just say "NO" to liquid calories and *trans* fat.

5

Make it colorful and fresh with a variety of fruits and vegetables.

MYPYRAMID

USDA's *MyPyramid* can help you determine your calorie needs and to learn more about food and energy balance. The different parts of the symbol are described here. Log on to www.mypyramid.gov for more details, meal planning tips and other health tools.

Activity

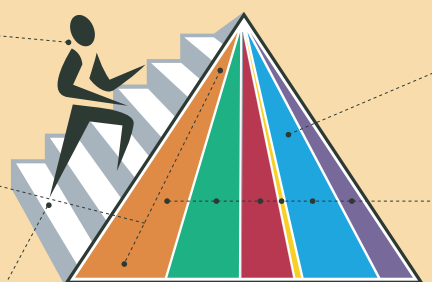
Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan: It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

USDA U.S. Department of Agriculture
Center for Nutrition Policy
and Promotion
April 2005 CNPP-16
USDA is an equal opportunity provider and employer.

GRAINS

VEGETABLES

FRUITS

OILS

MILK

MEAT & BEANS

Source: Retrieved November 2, 2009 from:
http://www.mypyramid.gov/downloads/MyPyramid_Anatomy.pdf

COMMIT TO A HEALTHY LIFESTYLE INSTEAD OF DIETING



A GOOD PLAN WORKS



PYRAMID PLANS

Food pyramids can be a great guide in planning healthful meals. By using a food pyramid as a base for menu planning, you can focus on consistent meal timing, include foods from a variety of food groups and assure balance between major nutrients.

There are a variety of food pyramid planning tools available. Menu planning tools and many reference materials are available online and are adaptable to help you meet your personal health goals.

The *Mediterranean Food Pyramid* was introduced due to the low incidences of heart disease and cancer among people from countries in this region. Nutrition experts from the *Harvard School of Public Health* created the *Healthy Eating Pyramid* based on scientific evidence about the links between diet and health.

“ We are indeed much more than we eat, but what we eat can nevertheless help us to be much more than what we are.”

-Adelle Davis

MEAL PLANNING TIPS

1. Set aside time to plan a menu for a week.
2. Plan for breakfast for one week at a time — it makes the morning routine easier.
3. Incorporate quick and easy meals and favorite recipes.
4. Keep it simple. Plan meals that require the use of only one recipe.
5. Use a food pyramid as your guide.
6. Start with evening meals and add foods you'll need for breakfast and lunches.
7. Add side dishes and snacks — such as salad and fruit — as needed.
8. Save menus and shopping lists and use them again in the future.
9. Keep certain staple food items on hand — in the pantry, refrigerator and freezer — for quick meal planning.

SHOPPING TIPS

1. Keep a plentiful pantry. An empty cupboard encourages you to pick up the phone for pizza delivery.
2. Always shop from a list. Keep an ongoing list that everyone can add to when the supply is low.
3. Avoid shopping on an empty stomach.
4. Spend the majority of your time in the produce section and shop the perimeter of the store.
5. Ensure a colorful shopping cart, and buy different colors of fruits and vegetables.
6. Purchase one new food item every time you shop to add variety to your diet.
8. Try one or two different vegetables as a side dish, salad or stir fry.
9. Try one new recipe a week — share recipes with friends.
10. Keep fresh herbs, spices, sauces and marinades on hand to use as flavor enhancers.
11. Shop for foods that have a variety of textures, colors and temperatures.
12. Select foods that have varying preparation time and cooking requirements.
13. Take advantage of sale items and seasonal produce and stock-up.

COMMIT TO A HEALTHY LIFESTYLE **INSTEAD OF DIETING**



EATING THE MEDITERRANEAN WAY

UNDERSTANDING THE PRINCIPLES OF THE MEDITERRANEAN DIET PYRAMID:

- Emphasizes daily physical activity as a primary component of a health-promoting lifestyle.
- Recommends a high ratio of plant foods to animal foods.
- Includes moderate intake of whole grains, not refined.
- Recommends fruits and vegetables in abundance. Nine servings a day is considered optimal.
- Encourages nuts and legumes for their high quality protein, healthy fats and fiber.
- Advocates moderate intake of healthy plant oils like olive oil.
- Differentiates fish, poultry and eggs from red meat. Fish consumption is recommended for its healthy “essential fats.” Eggs are recognized as a good source of protein, and the yolks a source of disease-fighting phytochemicals.
- Discourages intake of red meat and refined carbohydrates and sweets, as the top of the pyramid indicates.
- Recognizes the health benefits of moderate alcohol intake, when appropriate, especially red wine.



HOW MANY SERVINGS?

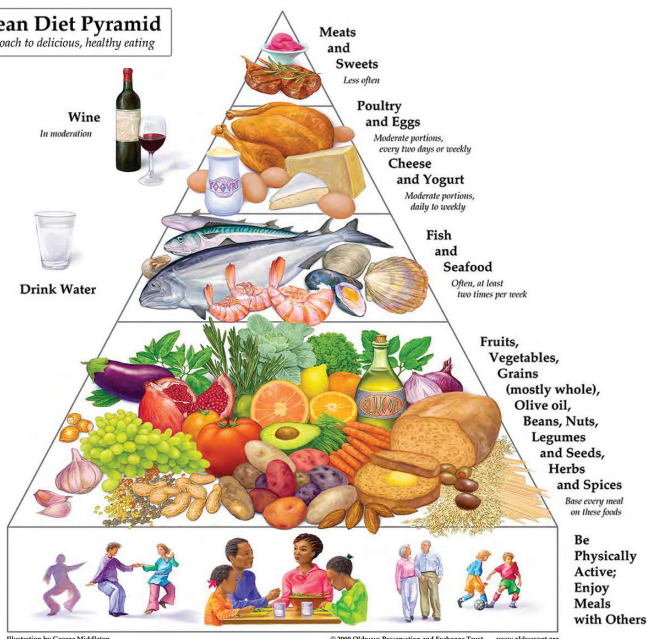
The following are suggested daily numbers of servings to aim for from each of the food groups in the *Mediterranean Food Pyramid*. Servings may need to be adjusted based on calorie requirements and weight loss goals.

FOOD GROUP	SERVINGS PER DAY
Whole Grains	5-12
Vegetables	3-7
Fruits	2-4
Legumes, Beans, Nuts, Seeds	1-3
Plant Oils	2-5
Fat-Free or Low-Fat Dairy	0-2
Fish & Poultry	Weekly
Eggs	0-4/Week
Sweets	Limit
Red Meat	Monthly

AND DON'T FORGET—

- Physical activity daily.
- Adequate water every day.

Mediterranean Diet Pyramid
A contemporary approach to delicious, healthy eating



Source: Retrieved November 2, 2009 from: http://www.oldwayspt.org/images/Updated_Med_Pyramid_4.8.09.pdf

COMMIT TO A HEALTHY LIFESTYLE **INSTEAD OF DIETING**



A FAD DIET VS. BUILDING A BETTER DIET

A FAD DIET...

- focuses on what **NOT** to eat
- is short-term and temporary
- focuses on food restriction
- emphasizes “good” foods and “bad” foods
- promotes deprivation
- relies on suppressing or ignoring hunger
- often eliminates entire food groups
- increases physical and psychological stress
- makes you adapt your lifestyle to the diet
- relies on willpower to lose weight
- endorses fast weight loss, even if it’s water or muscle
- takes the position that weight loss is easy and no effort is required
- is about failure
- can be socially isolating
- does not address habits and eating behaviors

BUILDING A BETTER DIET...

- focuses on what **TO** eat
- is long-term and permanent
- focuses on food selection
- emphasizes balancing all foods
- promotes choice
- relies on honoring hunger and satiety cues
- incorporates variety and moderation
- is manageable, gradual and sustainable
- adapts to and enhances your personal lifestyle
- relies on a plan and supportive environment
- endorses gradual progress, loss of body fat and improvement of body composition
- takes time and effort, but the rewards of better health are worth the investment
- is about success
- encourages social support
- addresses changing habits and behaviors



COMMIT TO A HEALTHY LIFESTYLE **INSTEAD OF DIETING**



BUILDING A BETTER DIET: STEP 1

Use this tool to help you keep track of weekly key points, develop weekly goals and create a specific action plan for building a better diet to eat well for life.

KEY POINTS FOR WEEK 1:

1. Eating well for life is mostly about what TO DO rather than what not to do.
2. A healthy lifestyle focuses on eating to live... not living to eat.
3. A healthy lifestyle requires some basic knowledge about calories "in" and calories "out."
4. The real "secret" of successful weight management is **BALANCE**, not extremes.
5. There are several sound nutrition pyramids that you can use. Find one that fits your lifestyle and use it. Lifestyle change doesn't just happen by chance – it requires a good plan.

GOALS FOR WEEK 1:

1. Use the lifestyle changes that you need to improve (as identified on the "Are You Eating Well for Life?" introduction survey from last week) to establish your weekly goals.
2. Make healthy food choices and smart substitutions.
3. Visit **www.MyPyramid.gov** to determine your calorie needs and further assess your food and energy balance.
4. Start the Food Journal at the end of this newsletter to create an awareness of your eating habits.
5. _____
6. _____

MY ACTION PLAN TO ACHIEVE THESE GOALS:



ACCOMPLISHMENTS & CHALLENGES:

My accomplishments this week:

The challenges I faced this week:

How I overcame these challenges or plan to overcome them:

How I celebrated my success!

COMMIT TO A HEALTHY LIFESTYLE **INSTEAD OF DIETING****WEEK 1 RECIPE: BAKED COD WITH SUMMER SQUASH**

Fish fillets sauteed in a little olive oil, then baked, are far lower in fat than fried fish. Meaty cod fillets baked with vegetables and tomato sauce make a substantial main dish. Serve the fish with brown rice or pasta.

1/4 cup plain dried bread crumbs

1/4 cup grated Parmesan cheese

1/2 teaspoon rosemary, crumbled

2 tablespoons olive oil

1 medium onion, finely chopped

3 cloves garlic, minced

1 red bell pepper, diced

2 medium yellow squash (6 ounces each), halved lengthwise and cut crosswise into 1/4-inch-thick slices

1 teaspoon salt

1/2 teaspoon black pepper

1-1/2 cups canned tomatoes, chopped with their juice

4 skinless, boneless cod fillets (6 ounces each)

1. Preheat oven to 400°F. In a small bowl, stir together bread crumbs, Parmesan cheese, rosemary, and 1 tablespoon of olive oil; set aside.
2. In a large ovenproof no-stick skillet, heat remaining 1 tablespoon olive oil over medium heat. Add onion and garlic and stir-fry seven minutes or until onion is tender.
3. Stir in bell pepper, yellow squash, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Cook, stirring occasionally, five minutes or until bell pepper is crisp-tender. Stir in tomatoes and 1/4 teaspoon of salt. Bring to a boil and cook seven minutes or until lightly thickened.
4. Place cod on top of vegetables and sprinkle with remaining 1/4 teaspoon each salt and pepper. Top with bread crumb mixture. Bake, uncovered, 20 minutes or until cod is cooked through and bread crumbs are lightly browned. Makes 4 servings.

**Nutritional Facts per Serving:**

256 calories, 10g total fat, 2.4g saturated fat, 5.8g monounsaturated fat, 1.1g polyunsaturated fat, 3.9g dietary fiber, 25g protein, 18g carbohydrate, 50mg cholesterol, 956mg sodium.

Good Source of:

lycopene, selenium, vitamin B6, vitamin C

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To reap the heart-healthy benefits of Omega-3 fatty acids in fish, how you cook the fish, the type of fish and the amount of fish you consume all impact its heart health benefits. It's best to bake, broil or poach instead of frying it. The American Heart Association recommends eating at least two servings of fatty fish rich in Omega-3 fatty acids like DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) a week to protect against heart disease. Salmon, sardines, tuna, halibut and mackerel are among the fish that are richest in Omega-3s.

Source: American Heart Association's (AHA) Scientific Sessions 2009.

DATE:										
MY GOAL FOR TODAY:										
BREAKFAST										
LUNCH										
DINNER										
SNACKS										
WATER 1 2 3 4 5 6 7 8 9 10										