Welcome to Maintenance!
Today’s Topic: What Makes A Balanced Plate?

By default, you have been placed on mute. If the audio feature is turned on, then please mute your audio unless you have a question.

Minute of Mindfulness

Check-In
- How are you?
- What action did you take to adjust your calories in and/or calories out?
- How did you feel about the food you choose to eat this week? Did you feel satisfied?
What Makes A Balanced Plate?

Today’s Agenda

- Explore the nutrient composition of food with an emphasis on energy providing nutrients.
- Discuss how the right types of nutrients keeps your body healthy.
- Discuss how the right amount of nutrients can help you maintain a healthy weight.
- Compare serving sizes and portion sizes for mindful intake.
- Learn to combine macronutrients to maintain balance, health, satiety, and weight.

Mindfulness Nutrition Thoughts Exercise Goals

FOOD FOR THOUGHT: Only 3 of the 6 necessary nutrients provide energy, or calories, can you guess which 3?

Macronutrients

Every ‘Body’ Needs 6 Main Nutrients Daily:

- Carbohydrates
- Fat
- Protein
- Vitamins
- Minerals
- Water

Calories are fuel for the body to do “work”!

Nutrition Note: A ‘Calorie’ (kilocalorie or ‘kcal’) is the amount of energy required to raise the temperature of 1 kilogram of water 1°C. When we use energy, we often feel warmer, such as after eating or while exercising.
What Makes A Balanced Plate?

Macronutrients: Carbohydrates

The Body’s Main Source of Fuel
- 4 kcal/g
- 45%-65% of Daily Intake of calories
- Average Person: 50% of Daily Intake
- 2 Main Types:
  - Simple
  - Complex

Food Sources:
- Fruits and Vegetables
- Grains and Cereals
- Legumes
- Low-Fat Dairy

Simple vs. Complex Carbohydrates

Simple Complex
Candy
Desserts
Fruit juice
Honey
Table sugar
Products with added sugar:
Baked Goods, Cereals, Protein
Bars, Seaweed, Soups
Yogurts
Table sugar
Products with added sugar:
Baked Goods, Cereals, Protein
Bars, Seaweed, Soups
Yogurts
Barley
Beans: Adzuki, Black, Red,
Black-Eyed Peas, Garbanzo,
Kidney, Navy, Pinto
Buckwheat
Bulgur
Brown rice
Oatmeal
Oats, dried:
Split Peas
Quinoa
Whole grain products
Vegetables:
Coriander, Green Peas, Potatoes,
Butternut and Winter squash

FOOD FOR THOUGHT: How can including more complex carbohydrates help with weight management?

Macronutrients: Fats

The Body’s Energy Resource
- 9 kcal/g
- 20%-35% of Daily Intake of calories
- Average Person: 30% of Daily Intake
- 2 Main Types:
  - Unsaturated
  - Saturated

Food Sources:
- Vegetable oils such as corn oil, olive oil, soybean oil, peanut oil, etc.
- Nuts, seeds, and their oils
- Dairy and eggs
- Meat, poultry, seafood

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What Makes A Balanced Plate?

Macronutrients: Fats

- Fats
  - Trans Fats
  - Saturated Fats
  - Unsaturated Fats

Nutrition Note: FDA required food manufacturers to remove trans fat from the food supply since 1/1/2021.

- Trans Fats
  - Saturated Fats
  - Unsaturated Fats

- Nutrition Note: FDA required food manufacturers to remove trans fat from the food supply since 1/1/2021.

Can we Talk?...

about cholesterol.

Nutrition Note: If you want to lower your cholesterol intake, then consider limiting intake of animal sources of food, and consume more plant sources of food instead.

Macronutrients: Protein

The Body's Most Functional Macronutrient

- 4 kcal/g
- 10%-35% of Daily Intake of calories
- Average Person: 20% of Daily Intake
- 2 Main Types:
  - Complete
  - Incomplete

Food Sources:

- Legumes
- Tree Nuts, Seeds, and Their Butters
- Starchy Vegetables
- Whole Grains
- Meat, Poultry, and Seafood
- Dairy and Eggs
What Makes A Balanced Plate?

**Protein - Animal vs. Plant Sources**

- A food is considered a complete protein when it contains all nine essential amino acids.

<table>
<thead>
<tr>
<th>Incomplete*</th>
<th>Complete</th>
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<tbody>
<tr>
<td>Legumes:</td>
<td>Fish</td>
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<tr>
<td>(beans, peas, lentils)</td>
<td>Poultry</td>
</tr>
<tr>
<td>Nuts</td>
<td>Eggs</td>
</tr>
<tr>
<td>Seeds</td>
<td>Beef</td>
</tr>
<tr>
<td>Whole grains</td>
<td>Pork</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Dairy</td>
</tr>
<tr>
<td>Whole sources of soy (tofu, edamame, tempeh, miso)</td>
<td>Quinoa</td>
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**Nutrition Note:** If you choose to be a vegetarian or vegan, then it's even more important to consume a wide variety of plant-based foods.

**FOOD FOR THOUGHT:** How long are you satisfied for after just eating vegetables? How about protein and vegetables? What if you add a healthy fat?

**Protein Power in Weight Management**

“I'd like to thank carbs and fat...”

**FOOD FOR THOUGHT:** How long are you satisfied for after just eating vegetables? How about protein and vegetables? What if you add a healthy fat?

**Serving Size vs. Portion Size**

**Nutrition Note:** Portion Distortion is the increasing food serving sizes that have become normal portion sizes. Look at how ‘dinner’ plate size has changed.

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<th>1950's</th>
<th>Today</th>
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<tbody>
<tr>
<td>1 C</td>
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<td>8 oz</td>
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<td>9”</td>
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**FOOD FOR THOUGHT:** How has portion distortion affected your ‘normal’ eating pattern and weight?
What Makes A Balanced Plate?

Simple Steps to Building a Balanced Plate

- **Starch**: Brown Rice
- **Non-Starchy Vegetables**: Leafy Greens, Cucumbers, Red Cabbage, Carrots
- **Lean Protein**: Tofu
- **Healthy Fat**: Sesame Seeds, Sesame Oil with vinegar salad dressing
- **Water and Probiotic**: Kombucha Tea
- **Fruit**: Mango

Plant-Based Balanced Plate – Lunch or Dinner

- **Lean Protein**: Tofu
- **Starch**: Brown Rice
- **Water and Probiotic**: Kombucha Tea
- **Fruit**: Mango
- **Non-Starchy Vegetables**: Leafy Greens, Cucumbers, Red Cabbage, Carrots

More Lunch or Dinner Ideas

- **Deli Sandwich**
  - **Lean Protein**: Grilled Chicken, Swiss Cheese
  - **Non-Starchy Vegetables**: Lettuce, Red Onions, Tomato, Pepperoncini
  - **Starch**: Whole-Wheat Bread
  - **Fruit**: Apple

- **Bibimbap**
  - **Lean Protein**: Tofu, Egg
  - **Non-Starchy Vegetables**: Mushrooms, Spinach, Bean Sprouts, Carrots, Zucchini
  - **Starch**: Wild Rice
  - **Healthy Fat**: Olive Oil
  - **Probiotic**: Kimchi

- **Turkey and Veggie Meatballs on Pasta**
  - **Lean Protein**: Ground Turkey, Low-Fat Cheese
  - **Non-Starchy Vegetables**: Asparagus, Summer Squash, Zucchini, Onions, Tomato
  - **Starch**: Whole-Wheat Pasta
  - **Healthy Fat**: Olive Oil
Keys to Long-Term Weight Loss Success

- Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- Daily activity, building up to 1 hour a day
- Self-monitoring by tracking weight, food, and/or exercise
What Makes A Balanced Plate?

Healthy Expectations and Self Compassion

- A weight range of 10-15 pounds is more sustainable than a set number.
- It takes time to learn to care for your new smaller body.
- Remember the 80/20 rule.
- Progress over perfection!

FOOD FOR THOUGHT: How do you support and encourage yourself?

What change would you like to work on this week?

- This week, I will_________ (Action Plan)_________.

Nutrition Note:
- Make your goals Specific, Measurable, Action-oriented, Realistic and Time-limited.

Next Week: Getting The Most Out Of What You Eat