Welcome to Maintenance!

Today's Topic:
It Starts With The Cart

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

Minute of Mindfulness

Check-In

• How are you?
• How do you practice self-care?
• How are your purchases driven by the way you are feeling?
It Starts With The Cart

Today's Agenda

- Review strategies to put a healthy balanced plate on the table.
- Share successful grocery shopping and pantry staple ideas.
- Explore grocery store layout and its impact on consumer's food selections.
- Review Nutrition Facts Labels and Ingredients List.
- Learn tips to select healthy options at the grocery store.

What's Your Plan?

- Meal Plan
  - Start with just one day
  - Mix things up
  - Revise menus and leftovers

- Shop Wisely
  - Stick to your list
  - Frozen fruits and vegetables
  - Prechopped/prewashed vegetables

- Meal Prep
  - Batch cook
  - One-dish meals
  - Freeze extras

- Eat Mindfully
  - Where am I hungry?
  - Balanced Plate
  - Remember 80/20 rule

Tip #1: Don’t Shop When You are Hungry

FOOD FOR THOUGHT: How does shopping when you are hungry affect your behavior?
Healthy Snack Pairing Ideas

Healthy Snack Pairing = Fiber + Lean Protein OR Healthy Fat

Fiber:
- Whole Grain
- Fruit
- Vegetables

Lean Protein:
- Dairy or Dairy-Alternative
- Eggs
- Legumes or seeds

Healthy Fat (Optional):
- Nuts or seeds
- Avocado

Nutrition Tip:
- To best manage weight, don’t forget to be mindful of portion sizes!
- Consider portioning snacks ahead of time.

Healthy Snack Pairing Ideas

Fiber:
- 5 Whole-wheat Crackers
- 1 Mozzarella String Cheese

Lean Protein:
- 1 Small Apple
- 3 Tbsp Of Hummus

Fiber:
- 1 Cup Baby Carrots
- 1 Reduced Fat Cheese

Lean Protein:
- 1/2 Cup Of Low-Fat Cottage Cheese

Fiber:
- 1 Small Orange

Lean Protein With Healthy Fat:
- 1 Tbsp Peanut Butter
- 9 Pistachios

Fiber:
- 1 Small Apple

Maintenance Bookshelf: Balanced Plate and Snack Ideas

- Healthy Snack Pairing Ideas
- Balanced Plate
- Healthy Cooking Recipes

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It Starts With The Cart

Tip #2: Healthy Staple Ideas

- Vegetables:
  - Baby carrots
  - Bag of salad
  - Bell peppers
  - Broccoli
  - Canned tomatoes
  - Fresh seasonal vegetables
  - Frozen vegetables
  - Mushrooms
  - Sweet potatoes

- Whole Grains:
  - Air-popped plain popcorn
  - Brown rice
  - Whole wheat pasta
  - Quinoa

- Lean Protein:
  - Eggs
  - Canned beans
  - Canned fish or fish packets
  - Frozen edamame
  - Nonfat plain Greek yogurt
  - Nuts/butters
  - Single-serving hummus
  - String cheese

- Probiotic:
  - Miso
  - Sauerkraut

- Others/Seasonings?
  - Herbs and spices
  - Low sodium broth
  - Salsa
  - Other?

- Fruit:
  - Apple
  - Banana
  - Frozen berries
  - Orange

- Nutrition Note: Be sure to read the Nutrition Facts Label to be mindful of the amount of salt, sugar, or fat hidden in processed foods.

Tip #3: Create an Effective Shopping List

What are my staple items?
- Nonfat Plain Greek yogurt
- 100% Whole Wheat bread
- Eggs
- Bag of Spinach
- Apples

What ingredients do I need for my recipes this week?
- Canned Black Beans
- Salmon
- Canned Tomatoes
- Frozen Broccoli

- Nutrition Note: Don’t forget to take the grocery list with you to the store.

How to Navigate the Grocery Store

- Alcohol and Wine
- Fresh Fruits and Vegetables
- Center Aisles
- Meat, Poultry, Seafood
- Dairy and Eggs
- Fresh Breads and Bakery
- Deli

- Center Aisles
  - Shop here for items such as frozen fruits and vegetables, high fiber cereal and pastas, natural nuts, canned/dried beans, and nuts and seeds

- Grocery may vary by state.
Shop the Perimeter

- Typically, this is where fresh, whole foods are located
- Staples are located along the back wall

Produce

- Select a rainbow of colors. Variety is key!

Budget Friendly Tip: Shop the seasons

Dairy and Eggs

- Dairy:
  - Aim for fat free (0%) or low fat (1%) dairy or dairy products
- Cheese:
  - Choose low fat options, be mindful of salt content
- Yogurt:
  - Try plain, non/low fat Greek yogurt for more protein, limit added sugar
- Eggs:
  - Limit to 1 egg a day

Budget Friendly Tip: Check the sell by/expiration dates.
### Dairy vs. Plant-Based Milk

<table>
<thead>
<tr>
<th></th>
<th>Skim or 1% Milk</th>
<th>Plant-Based Milk</th>
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<tbody>
<tr>
<td>Calories</td>
<td>80-110</td>
<td>40-140</td>
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<tr>
<td>Fat</td>
<td>0-1g saturated</td>
<td>2-4g unsaturated</td>
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<tr>
<td>Protein</td>
<td>8g</td>
<td>Soy: 7g Other: 0-1g</td>
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<tr>
<td>Natural Sugar</td>
<td>12g</td>
<td>0-2g</td>
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<tr>
<td>Added Sugar</td>
<td>0g</td>
<td>0-20g</td>
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<tr>
<td>Calcium</td>
<td>300mg (100% DV)</td>
<td>Fortified 10-45% DV</td>
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<tr>
<td>Vitamin D</td>
<td>Fortified with 25% DV</td>
<td>Usually fortified with 25-30% DV</td>
</tr>
<tr>
<td>Vitamin B-12</td>
<td>20% DV naturally</td>
<td>Usually not fortified</td>
</tr>
</tbody>
</table>

### Meat, Seafood, Plant-Based Protein

- Choose more fish, poultry, and lean meats
- Try plant sources of protein such as tofu, beans, lentils, etc

**Budget Friendly Tip:** Buy family-sized or value pack, and freeze what you don’t use. Consider plant-based protein.

### The Aisles, Endcap Displays, and Checkout Aisle

- Designed to tempt you and your kids!
- Processed food is often less nutrient dense.
- Take the time to compare processed items.
Whole Grains: Pasta, Cereal, Bread, etc.

Nutrition Facts
Serving Size 2 oz (56g)
Servings Per Container 4

Ingredients: Semolina (wheat), Durum Wheat Flour.

Vitamins/minerals: Vitamin B3 (niacin), Iron (Iron Sulfate), Vitamin B1 (thiamine Mononitrate), Vitamin B2 (riboflavin), Folic Acid

Budget Friendly Tip: Look high and low.

Ingredients:
Semolina (wheat), Durum Wheat Flour.

Ingredients:
Whole Grain Durum Wheat Flour.

What is a Whole Grain?

Nutrition Note: Look for the word “whole” on the package, and make sure whole grains appear among the first items in the ingredient list.

Canned Items: Beans, Tomato, Stocks, etc.

Nutrition Facts
3.5 servings per container
Serving size 1/2 cup


Nutrition Facts
3.5 servings per container
Serving size 1/2 cup


Budget Friendly Tip: Consider store brands.
**Frozen Goods: Vegetables, Fruit, Edamame, etc.**

**Ingredients:**
- Broccoli, Carrots, Cauliflower, Water, Whey, Modified Corn Starch, Natural Flavors, Salt, Soybean Oil, Palm Oil, Cheddar Cheese (milk, Cultures, Salt, Enzymes), Mozzarella Cheese (milk, Modified Cellulose, Lactic Acid, Salt), Whey Powder, Modified Cellulose, Sodium Alginate, Annatto Extract (color), Paprika Extract (color).

**Nutrition Facts**
- Serving Size: 1 lb
- Servings Per Container: 12
- Calories: 210
- Total Fat: 9g
- Saturated Fat: 3g
- Cholesterol: 15mg
- Sodium: 1050mg
- Total Carbohydrate: 26g
- Dietary Fiber: 0g
- Sugars: 3g
- Protein: 19g

**Budget Friendly Tip:** Compare unit pricing.

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**Condiments, Seasonings, Oil & Spreads**

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**Meal Kits and/or Meal Delivery Services**

- **What to look for and/or consider**
  - Servings
  - Frequency of the deliveries
  - Meals/Menu planning
  - Multiple food groups
  - Fresh, unprocessed ingredients
  - Wide meal selection options
  - Prep time needed
  - Specialty diets
  - Cost

**Food for Thought:** How does the final plate compare to the balanced plate?
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

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...