

What Makes A Balanced Plate?



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.


Check-In

and or

- What has been working well?
- Where are some learning opportunities?

Nutrition Note:

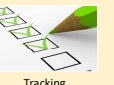
- Long term weight management is possible with **SUSTAINED** behavior change.



Balanced Plate:
Fiber + Protein



Daily Activity



Tracking



Support

Key Message

Healthy eating can be easy. Using the balanced plate as your guide, you can nourish your body by choosing proper portions of

- ✓ **Complex carbohydrates** to fuel your body
- ✓ **Lean protein** to maintain your body
- ✓ **Healthy fat** to support your body

Calories Are Fuel For The Body To Do “Work” !

Internal Work

External Work

Digestion

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 you use energy, you often feel warmer, such as after eating or while exercising.

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

Food Sources

Animal Sources	Plant Sources
Low-Fat Dairy	Fruits
	Vegetables
	Legumes
	Whole Grains And Cereals

Carbohydrate 45-65%

Pasta, Rice, Oatmeal, Bread, Tortilla, Fruits & Vegetables

Protein

Peas, Beans, Lentils, Yogurt, Milk, Skim Milk

Fat

FOOD FOR THOUGHT: Why does the body need carbohydrates?
Which carbohydrates do you enjoy?

Simple vs. Complex Carbohydrates

Simple

Complex

Simple	Complex
Candy	Barley
Desserts	Beans
Fruit juice	Buckwheat
Honey	Bulgur
Sugary drinks	Brown rice
Syrups	Fruit with skin and seeds
	Lentils
	Oatmeal
	Peas
	Quinoa
	Whole grain products
	Vegetables

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

What Makes A Balanced Plate?

Macronutrients: Protein

The Body's Building Blocks

- 4 kcal/g
- 10%-35% of Daily Intake of calories
- Average Person: 20% of Daily Intake

Food Sources

Animal Sources	Plant Sources
Meat	Legumes
Poultry	Soybean Products
Seafood	Tree Nuts, Seeds And Their Butters
Dairy	Starchy Vegetables
Eggs	Whole Grains
	Meat Alternatives

Protein 10-35%

Chicken, Tofu, Eggs, Salmon, Nuts, Yogurt, Skim Milk, Peas, Beans, Lentils

Carbohydrate

Fat

FOOD FOR THOUGHT: Why does the body need protein? Which protein do you enjoy?

Protein - Animal vs. Plant Sources

- A food is considered a complete protein when it contains all 9 essential amino acids.

Incomplete*

Legumes: beans, peas, lentils
Nuts
Seeds
Whole grains
Vegetables

*Eating a variety of these foods each day provides complete proteins.

Complete

Fish
Poultry
Eggs
Beef
Pork
Dairy
Quinoa
Whole sources of soy: tofu, edamame, tempeh, miso

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 food.

Macronutrients: Fats

The Body's Energy Resource

- 9 kcal/g
- 20%-35% of Daily Intake of calories
- Average Person: 30% of Daily Intake

Food Sources

Animal Sources	Plant Sources
Meat	Fruit/Vegetable Oils
Poultry	Nuts, Seeds, And Their Oils
Seafood	Legume And Their Oils
Dairy	
Eggs	

Protein

Carbohydrate

Fat 20-35%

Eggs, Salmon, Nuts, Cream, Butter, Coconut, coconut butter, Flaxseed, flaxseed oil, Olives, olive oil, Avocado

FOOD FOR THOUGHT: Why does the body need fats? Which fats do you enjoy?

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What Makes A Balanced Plate?

Macronutrients: Fats

Fats

Trans Fats

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

Saturated Fats

Unsaturated Fats

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Protein Power in Weight Management

Absorption Rate

Fastest

Slowest

Nutrient	Calories/gram
Alcohol	7
Carbohydrate	4
Protein	4
Fat	9

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?

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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.

1950's

Today

1 c.

8 oz.

9"

2 c.

12 oz.

12"

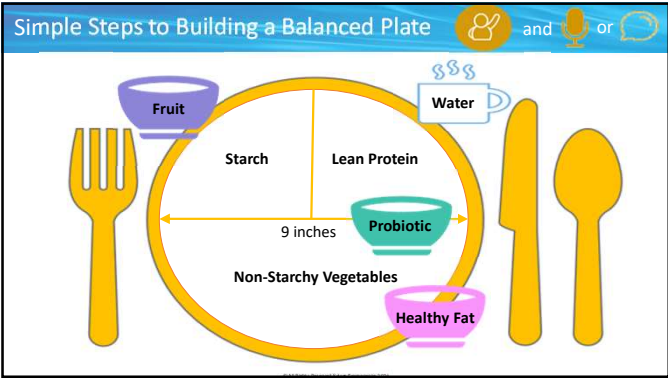
FOOD FOR THOUGHT: How has portion distortion affected your 'normal' eating pattern and weight?

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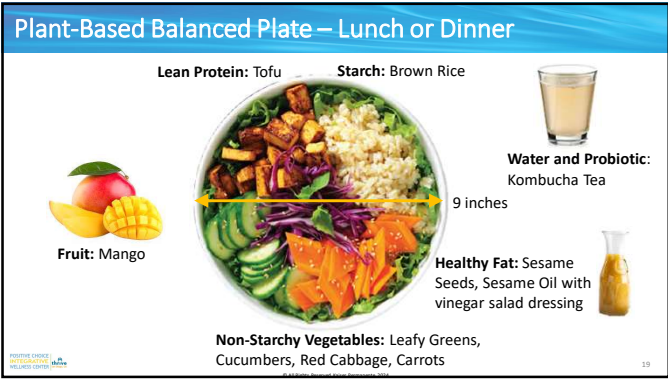
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What Makes A Balanced Plate?



Plant-Based Balanced Plate – Lunch or Dinner



Lean Protein: Tofu

Starch: Brown Rice

Water and Probiotic: Kombucha Tea




Healthy Fat: Sesame Seeds, Sesame Oil with vinegar salad dressing

Non-Starchy Vegetables: Leafy Greens, Cucumbers, Red Cabbage, Carrots

Fruit: Mango

9 inches

More Lunch or Dinner Ideas

<u>Deli Sandwich</u>	<u>Protein Bowls</u>	<u>Turkey and Veggie Meatballs on Pasta</u>
		
Lean Protein: Grilled Chicken, Swiss Cheese	Lean Protein: Shredded Roast Chicken	Lean Protein: Ground Turkey, Low-Fat Cheese
Non-Starchy Vegetables: Lettuce, Red Onions, Tomato, Pepperoncini	Non-Starchy Vegetables: Shredded Carrots, Red And Yellow Tomatoes, Green And Red Bell Peppers	Non-Starchy Vegetables: Asparagus, Summer Squash, Zucchini, Onions, Tomato
Starch: Whole-Wheat Bread	Starch: Black Beans, Corn	Starch: Whole-Wheat Pasta
Fruit: Apple	Healthy Fat: Avocado	Healthy Fat: Olive Oil


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What Makes A Balanced Plate?


What change would you like to work on this week?


• This week, I will _____

(Action Plan)

 Make a healthy food swap

 Plan healthy meals and snacks

 Practice the plate method

 Other

NUTRITION NOTE:

- Motivation is built by the frequency, not the size, of successful changes.



Next Week:

Getting The Most Out Of What You Eat
