



CENTER FOR  
HEALTHY LIVING  
KAISER PERMANENTE.

# Healthy Balance

A Lifestyle Change Program






**Welcome to the Kaiser Permanente  
Healthy Balance program!**

# Welcome to Healthy Balance!

**i** Did you know that losing just 5 to 7% of your body weight is linked with major health benefits?

This program can help you make changes to your eating habits and activity level to help lower your risk for diabetes and other health conditions. You'll also learn how to better manage your stress and improve your sleep, which can help improve your health and weight. Your Healthy Balance team is excited to work with you on reaching your health goals!

 Weight loss may change your existing health conditions, and you may need changes in your medication(s). **Please tell your doctor that you are in this program.**

## Healthy Balance

This program has been modeled after the National Diabetes Prevention Program for preventing type 2 diabetes. The goal is to reduce your risk of developing diabetes by changing daily habits around healthy eating and getting active.

The Healthy Balance program is 12 months long:



The National Diabetes Prevention Program advises three goals:

- 1** 5 to 7% weight loss
- 2** Build up to 150 minutes of exercise every week
- 3** Document your progress along the way

\*You may attend additional sessions if there is space in your local workshop.

# Your 6-Month Goals

## Activity Goal

In the next 6 months, I will get at least 150 minutes of activity at a moderate pace each week.

## Weight Goal

I weigh \_\_\_\_\_ pounds.

In the next 6 months, I will:

- ✔ Lose at least (circle one) **5%** **6%** **7%** of my body weight
- ✔ Lose at least \_\_\_\_\_ pounds
- ✔ Reach \_\_\_\_\_ pounds

## Weight Loss by the Numbers

One goal of this program is to lose at least 5 to 7% of your starting weight in the next 6 months. For instance, if you weigh 200 pounds, your goal is to lose 10 to 14 pounds.

To see how many pounds you need to lose to reach your goal, use the calculator on your computer or smartphone.

1. Type in your weight.
2. Multiply it by 0.05 for 5%, 0.06 for 6%, or 0.07 for 7%.

Example:  $200 \times 0.05 = 10$  pounds



Visit the Healthy Balance website at [kp.org/healthybalance](http://kp.org/healthybalance) for more information and resources, such as recipes, exercise videos, food trackers, and success stories.

## How to Get Started



Review the Get Started section in this book. You will have a chance to ask questions at your first workshop.



Attend weekly to learn more about how you can live a healthy balance.



Once you have attended at least 9 workshops, you will get a call to schedule your first phone session with your wellness coach. Calls will continue monthly through your first year in the program. These calls are meant to improve your experience. They do not replace the workshops. You may participate in both at the same time.



### Special Note About Prediabetes

You may have joined Healthy Balance because you have prediabetes or are at high risk for prediabetes because you had diabetes during pregnancy. Having prediabetes means your blood sugar is higher than normal, but not high enough to be type 2 diabetes.

More than 1 in 3 American adults have prediabetes. If you have prediabetes, you are more likely to get:



**Diabetes**



**Heart disease**



**Stroke**

The good news is that losing weight and being active can cut your risk of type 2 diabetes in half.

# Type 2 Diabetes Basics

## Types of Diabetes



Prediabetes



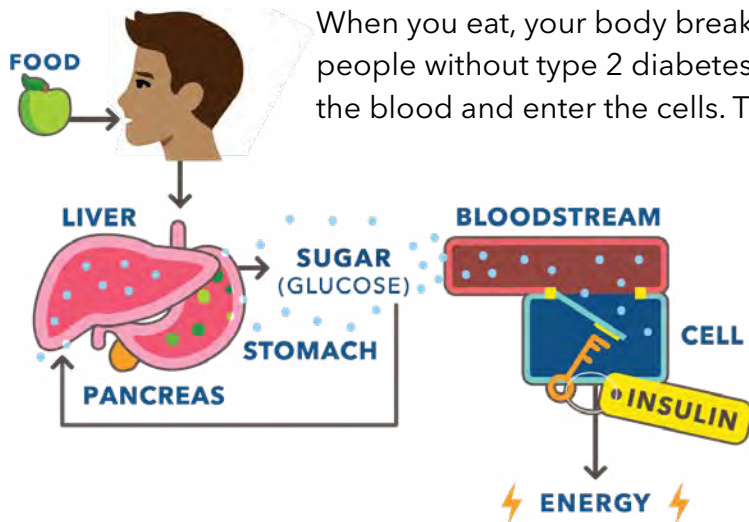
Type 1




Type 2



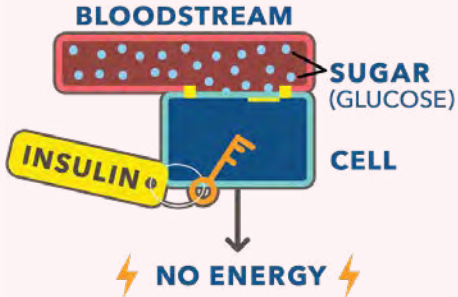
Gestational



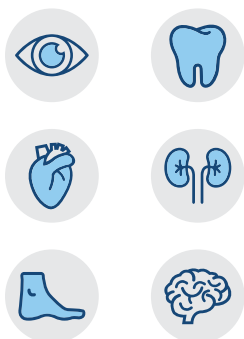


When you have type 2 diabetes, your body doesn't make enough insulin or use the insulin it makes well.

If sugar can't get into your cells, it stays in your blood and gets "sticky," which causes problems for your eyes, kidneys, nerves, and heart. Insulin resistance happens when the door is shut so insulin can't get in the bloodstream.



Lifestyle changes you will learn in this workshop can help prevent problems caused by type 2 diabetes:



- Eye problems
- Teeth and gum problems
- Heart attack and stroke
- Kidney problems
- Nerve damage
- Sexual dysfunction
- Poor circulation

Managing prediabetes with lifestyle changes is your chance to prevent type 2 diabetes. If you haven't had your blood sugar tested, ask your doctor.

# Workshop Topics

Before or after each workshop, read the sections listed under the headings in the Table of Contents for more ideas and support.



## Introduction to Healthy Balance

- The 3 Main Program Goals
- Learning About Prediabetes and Type 2 Diabetes
- Healthy Plate and Being Active Overview
- Creating a SMART Goal
- Committing to Your Journey



## Nourish Your Body

- Balancing Calories In Versus Calories Out
- Setting Strategies for Healthy Eating
- Creating Meals and Snacks
- Label Reading and Tracking Food
- Eating Away from Home with Success



## Daily Habits

- Healthy Habits for Stress and Sleep
- Understanding Eating Behaviors
- Changing Habits for Your Health
- Mindful Eating
- Heart-Healthy Habits
- Increasing Confidence and Motivation for Long-Term Success



## Joy in Movement

- Starting and Progressing Your Fitness Routine
- Getting Active with Strength and Flexibility
- Burning Calories with Cardio
- Opportunities to Be More Active

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## Notes

# 3 Ways to Boost Your Health



**DAILY  
HABITS**



**HEALTHY  
EATING**



**MOVING  
MORE**

**PICK  
ONE**



# Get Started

## Know Your “Why”



Understanding your own personal “why” – what drives you to do what you do – is an important part of your overall well-being.

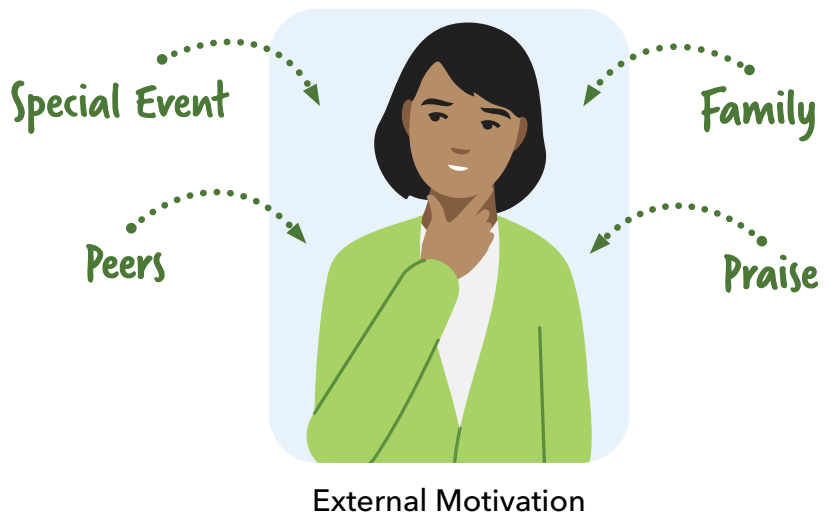
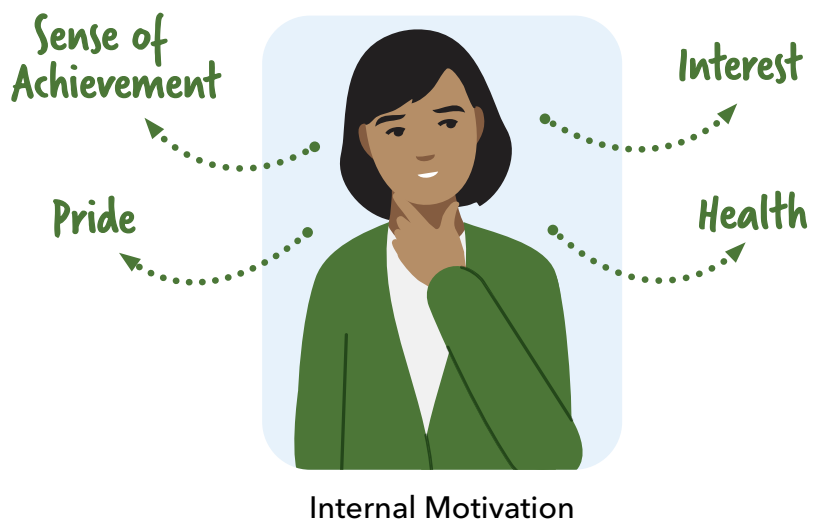
Being able to remind yourself of your “why” and what matters to you most in life can help you better handle daily stress, regulate emotions, and stay on track with healthy lifestyle changes over time.

### What matters to you?

Starting a new journey can be exciting! This exercise will help you get in touch with your “why” for deciding to lose weight and start healthier habits.

Take a moment to think about why you are here and what your goals are. Throughout the workshops, we will refer to this often, and we encourage you to keep doing so long after.

As you think about your “why,” think about whether you are being **internally** motivated or **externally** motivated. How can you move to a mostly internal motivation?



**My "Why"**

\_\_/\_\_/\_\_\_\_

Why do I want to lose weight?



**Today**

\_\_/\_\_/\_\_\_\_

What am I hoping to learn from this program?



**3 Months In**

\_\_/\_\_/\_\_\_\_

What is my vision for myself over the next 3 months?

What would I like to be different by then?



## Year from Now

\_\_/\_\_/\_\_

What is my vision for myself over the next year?

What do I want to have achieved?

What has changed about me and my relationship with food and others?

## Understanding Your “Why”

Do you relate to any of these values?

- Long Life
- Energy
- Self-Care
- Role Model
- Family
- Strength
- Prevention
- Balance
- Self-Esteem
- Health
- Lifestyle
- Community
- Confidence

What else?

What are your strengths, skills, tools, and resources?

# Track Your Progress

## TOOL/SKILL

### Tracking

Keeping track of your progress toward a goal, even if only for a few days a week, can help you:

#### Focus on clear goals.



Tracking puts your goals and action plans to work.

#### Get motivated.



Seeing your progress over time can be a great motivator.

#### Get back on track.



See how much (or little) your choices affect your goals in the bigger picture.

#### Identify patterns or habits.



Knowing your unhealthy habits/patterns makes them easier to break. Find more on breaking unhealthy habits on page 47.

#### See your progress.



Look at your progress over time and see how far you've come, no matter where you started!

### Make tracking work for you!

Some people like to use tracking every day to see their progress. If you find tracking every day overwhelming, try using it just when you need to get back on track.

There are many tools for tracking using tech, a tracking log, or even a simple journal.



#### Daily Lifestyle Log

Our simple tracking log is a tool you can use to help you stay on track, or even get back on track. See the next page for the log.



#### Tech tools

Don't like using pen and paper? Try an online log, smartphone app, or wearable tracking device (like a smartwatch)!



#### With smartphone apps, you can get:

- Congratulatory alerts for reaching milestones (like 10,000 steps)
- Reminders about your daily goals to help inspire you

# Daily Lifestyle Log

Today's Date: \_\_\_\_\_

## NUTRITION

Breakfast	Lunch	Dinner	Snack	Other
<b>Meal Plan</b> » Write down what you <b>plan</b> to eat and drink today.				
<b>Food and Drink Log</b> » Write down what you <b>actually</b> ate and drank today.				
<b>Water</b> » How much <b>water did you drink?</b> (Each box = 8 ounces.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>				

## ACTIVITY/MOVEMENT

Type	Amount/Time	Intensity
What type of physical <b>activity/movement did you do</b> today?		

## SLEEP

How much <b>sleep did you get</b> last night?	<b>Hours</b>

## MOOD AND EMOTIONS

How did you **feel throughout the day?** (Note any thoughts, feelings, triggers, or obstacles.)

## TODAY'S REFLECTION

Did you **stay on track with your action plan or goals** for the day/week? (Note any thoughts, feelings, triggers, or obstacles.)

# Make Weekly Goals



A long-term goal is something you want to accomplish but may take a while to achieve, such as losing weight or lowering your blood pressure. Usually, there are many tasks connected to reaching long-term goals. That's where action plans come in.

Set weekly plans that are realistic and that you are likely to achieve so you can experience success all along your journey. Focus on what you can and want to do and how to do it.

## TOOL/SKILL

### Action Planning

Action planning is one of the most important tools used to fulfill your "why" by helping you reach your goals.

An acronym to help you remember how to action plan is **SMART**:

- ✔ Specific
- ✔ Measurable
- ✔ Attainable
- ✔ Realistic
- ✔ Timely

**Specific**  
Describe your goal clearly.

» *I will walk with my dog 30 minutes a day, 5 days a week.*

**Measurable**  
How will you track the activity?

» *I will record how long I walk and the date of each walk on my log.*

**Attainable**  
Can you reach this goal?

» *Yes! I will increase the amount of time I walk each week until I reach 30 minutes a day.*

**Realistic**  
Is this goal realistic and is it rewarding or meaningful to me?

» *Yes! I will see many health benefits, and I will be able to spend more time with my dog.*

**Timely**  
By when will you achieve this goal?

» *I would like to reach my goal in 6 months.*

### My Overall SMART Goal

# Action Planning

## Make It Personal

Think about these questions to help create your action plan for the week. Write it down on your sticky note.



- 1 What do you want to do?**  
(specific action)
- 2 How much do you want to do?**  
(time, distance, amount)
- 3 When do you want to do it?**  
(time of day or which days of the week)
- 4 How often?**  
(number of days in the week; avoid saying "every day")
- 5 Why is this action important to you now?**  
(your personal "why")

Here are a few action plan examples if you need ideas:

### Nourish Your Body

This week I will eat at least 1 vegetable serving every night at dinner.

### Joy in Movement

I will do a neck and shoulder stretch video 3 times this week at my desk after my lunch break.

### Daily Habits

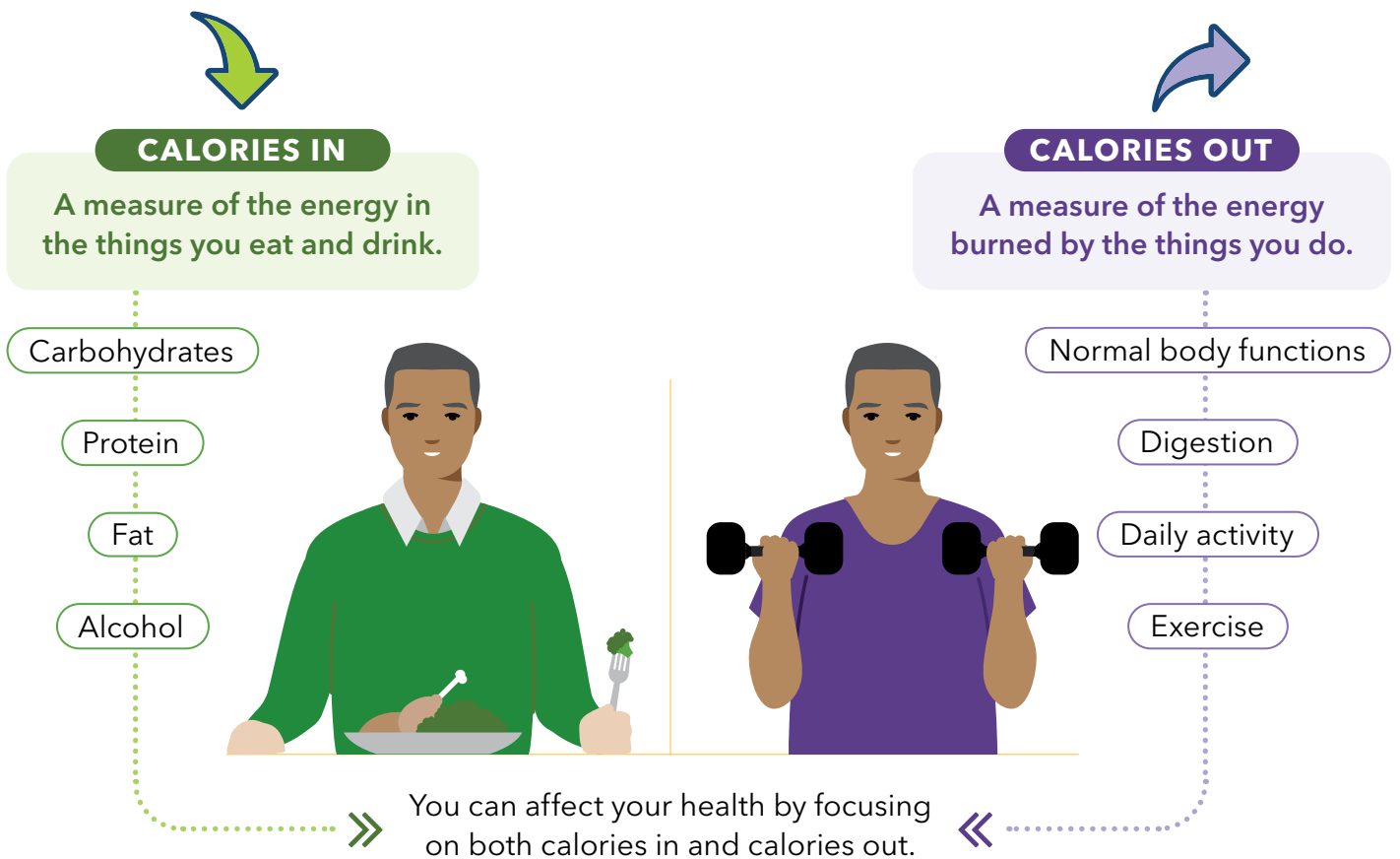
I will keep a consistent bedtime and wake time at least 5 days this week.



Put your action plan somewhere you can see it!

# Create the Right Balance

Living healthy means many things. Look at the calorie balance below and think about where you want to start.



## What will you do to make a difference?



Eat the right amount to meet your needs.



Start or build your fitness plan.



Do strength training regularly to increase lean muscle mass.



Make healthier food choices.



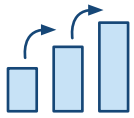
Increase daily activity.



Explore ways to make these behaviors habits.

# Make Healthy Choices

## Key Messages



**Start with small changes.** Aim for small changes that work for you, not perfection.



**Make water your drink of choice.** Whether it's sparkling, flat, infused with flavor, or plain, stay hydrated.



**Choose less sugar.** Aim for fewer sugary drinks (soda, juice, sports drinks) and processed foods (cookies, candy).



**Eat mostly whole, less-processed foods.** Choose minimally processed foods (fresh, frozen, or canned) and as close to natural as possible.



**Have fun with balance and variety.** Enjoy lots of healthy foods in the right amounts to fuel your body and activity level.

Healthy eating is influenced by more than just what you eat and drink. Sleep, stress, physical activity, and social health all play a role. You may need to focus on one of these areas first.



## Food Groups

**Foods don't always fit perfectly into one food group.** These types of food groups can change based on dietary preferences (for example, plant-based diets, cultural needs).

### Healthy Protein

» Aim for healthy proteins like beans, lentils, tofu/soy, fish, chicken/turkey, and low-fat dairy.



### Nonstarchy Vegetables

» Eat a variety of fresh, frozen, or canned vegetables.



### Whole Grains and Starchy Vegetables

» Aim to eat more whole grains (whole-wheat bread, oatmeal, brown rice, corn tortillas).



### Healthy Fats

» Aim for small amounts of healthy fats like avocados, olive oil, and nuts.



### Fruits

» Eat plenty of fruits of all colors.



### Flavorings

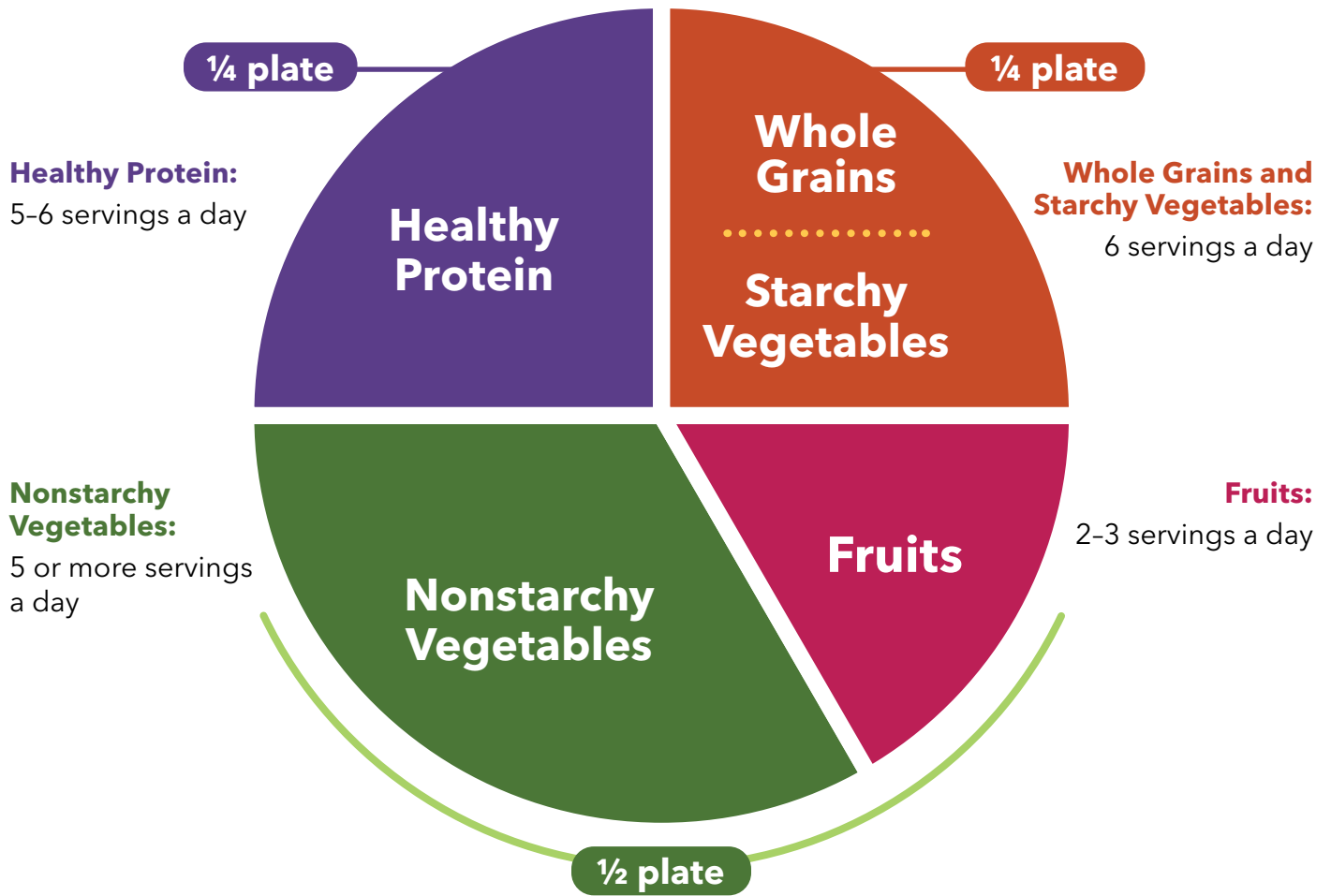
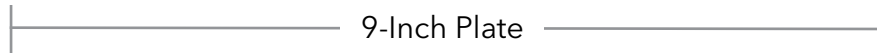
» Season foods with herbs, spices, and citrus.



**Alcohol:** If you drink alcohol, keep your intake low (no more than 1 or 2 drinks a day for most people). Stop drinking alcohol if you could be pregnant, are pregnant, or are trying to get pregnant. When breastfeeding, it's best to be alcohol-free.

# Make a Healthy Plate

## The Healthy Plate



### Water

Drink plenty of water throughout the day



### Healthy Fats

4-7 servings a day



### Flavorings

Instead of salt, use herbs, spices, fresh lemon

Write your favorite healthy food choices in each section.

**Healthy Protein**

**Whole Grains and Starchy Vegetables**

**Nonstarchy Vegetables**

**Fruits**

### Choosing Foods to Fill Your Healthy Plate

Fruits and vegetables get their colors from different nutrients. Aim to eat every color throughout the day and week to get them all.



#### Choose **More Often**

- ✓ Vegetables
- ✓ Fish
- ✓ Whole grains
- ✓ Legumes
- ✓ Fruits
- ✓ Nuts
- ✓ Low-fat dairy

#### Choose **Less Often**

- ✗ Red meats
- ✗ Sugar-sweetened foods and drinks
- ✗ Processed meats
- ✗ Salt
- ✗ Refined grains

# Make Goals to Move More

The goal of the National Diabetes Prevention Program is for participants to reach 150 minutes of moderate activity each week. If you are already very active, the American College of Sports Medicine (ACSM) recommends specific goals for activity. Think about where you are now and what your path toward these goals will be. Use this page to track your progress.



## PHYSICAL ACTIVITY

**Goal: 7,000 to 10,000 steps or 60 to 90 minutes of active movement a day. Cardio minutes count toward this total.** Page 75

My starting point:	3 months:	6 months:	12 months:
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My favorite activities:



## CARDIO

**Goal: Do exercise or activity that raises your heart rate at least 30 minutes a day, 5 days a week. (Can be broken up into 10 minutes at a time.)** Page 79

My starting point:	3 months:	6 months:	12 months:
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My favorite activities:



## STRENGTH

**Goal: At least 2 to 3 days a week** Page 76

My starting point:	3 months:	6 months:	12 months:
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My favorite activities:



## FLEXIBILITY

**Goal: At least 2 to 3 days a week** Page 78

My starting point:	3 months:	6 months:	12 months:
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My favorite activities:

Start slow and progress at your own speed. Don't forget to celebrate your success along the way! See page 59 for reward ideas.



**Note:** If you have a chronic condition, recommendations may vary. Talk with your doctor before starting an exercise routine.

# 6 Ways to Eat Healthy



**ENJOY MORE  
VEGETABLES**



**EAT WHOLE  
GRAINS**



**DRINK MORE  
WATER**

**PICK  
ONE**



**DISCOVER  
LEAN  
PROTEINS**



**HAVE  
HEALTHY  
FATS**



**CHOOSE  
LESS SUGAR**

# Nourish Your Body



Eating healthy is an essential part of improving health and losing weight.

This section offers ideas for making changes to your meals and snacks. These suggestions are for a healthy adult with the goal of losing weight and improving overall health. Talk with your doctor if you have a medical condition that may need special dietary considerations.

## Q&A

### ? What are the benefits of filling half my plate with vegetables?

Vegetables are filling, high-fiber, low-calorie foods that will help you lose weight. But getting healthy is about more than just losing weight. Your body needs the many vitamins, minerals, and fiber that come from eating a rainbow of fruits and vegetables every day.

### ? How do I get enough calcium?

You can get calcium by regularly including these foods in your meals and snacks: collard greens, edamame (soybeans), turnip greens, tahini, white and navy beans, kale, broccoli, bok choy, plant-based dairy alternatives (calcium-fortified soy, rice, or nut milk), tofu made with calcium, tempeh, and almond butter. Low-fat (1%) milk, yogurt, and cottage cheese are also excellent sources of calcium, vitamin D, and B vitamins.

### ? Can I drink alcohol?

Alcohol has calories, which can get in the way of your weight loss goals. It can also cause health problems. The recommendation is to drink less. Have no more than 2 drinks a day for men and 1 for women and anyone over 65. One drink is 5 ounces of wine, 12 ounces of beer, or 1½ ounces of liquor.

### ? Should I avoid all sugar?

Sugar occurs naturally in some foods, such as the sugar found in fruit. These sugars are a healthy part of a diet when you eat balanced meals. Added sugars are put into foods and drinks when they're processed or prepared. This includes artificial and natural sugars. Keep added sugars to 25 g a day or less. Try to have foods and drinks with added sugars or artificial sweeteners just once in a while.

### ? What is fiber, and why do I need more?

Fiber is a type of carbohydrate that the body can't digest. Fiber helps control the body's use of sugar, keeping hunger and blood sugar in check. A good tip for fiber is to try to reach 25 to 35 grams a day. Great sources are whole grains, whole fruits and vegetables, legumes, and nuts.

Fiber comes in two forms, both helpful for your health. Soluble fiber can help lower blood sugar levels and help lower cholesterol. Good sources are oatmeal, chia seeds, nuts, beans, lentils, apples, and blueberries. Insoluble fiber, sometimes called "roughage," can help prevent constipation. Good sources include wheat bran, quinoa, brown rice, legumes, almonds, walnuts, seeds, leafy greens like kale, and fruits you eat with the skins on, like pears and apples.

# Healthy Eating at Every Meal

## BREAKFAST



Egg with brown rice, spinach, tomatoes, and avocado



Yogurt parfait with quinoa, strawberries, and kiwi



Oatmeal with blueberries and almonds



Whole-grain toast with peanut butter and banana



Middle Eastern foul (chickpeas and fava beans) with pita bread, tomatoes, onions, and cucumbers



Shredded wheat with milk, a hard-boiled egg, and an orange



Vegetable omelet with English muffin



Tofu scramble with potatoes and vegetables

## OVERNIGHT OATS

Create a fast and delicious breakfast the night before! To make overnight oats, combine  $\frac{1}{2}$  cup rolled oats,  $\frac{1}{2}$  cup milk or milk alternative, and 1 teaspoon chia seeds. Cover and refrigerate overnight. Top with your favorite fruit and flavorings before eating.



Banana and  
chai spice

Mixed berries  
with lemon zest

Pineapple and  
toasted coconut

Dried cranberries  
and pistachios

Apple and  
cinnamon



LUNCH AND DINNER



Black-eyed peas with sweet potatoes and collard greens



Tofu bibimbap with egg, Korean purple rice, cooked and raw vegetables, and sesame seeds



Chicken breast with corn on the cob and mixed vegetables



Bun ga nuong (lemongrass chicken and rice noodles) with vegetables and lime



Vermicelli noodles, edamame, cabbage, carrots, onions, and bean sprouts with mint and chili lime sauce



Chicken tikka masala with whole-grain naan, cucumbers, onions, and tomatoes



Seafood sinigang soup with fish fillet, brown rice, tomatoes, onions, daikon radish, and spinach



Salmon fillet with brown rice and mixed vegetables



Roasted chicken sandwich with vegetables and low-fat cheese on whole-grain bread



Grilled chicken with Spanish brown rice and nopales with onions and tomatoes



Tempeh tacos with bell peppers, tomatoes, onions, cilantro, and avocado



Black beans with quinoa and grilled vegetables



Chicken and brown rice veggie bowl with Chinese cabbage, snap peas, bell peppers, and carrots



Fish tacos with cabbage slaw and pico de gallo



Turkey and vegetable meatballs on pasta with tomatoes and basil, and steamed vegetables



Turkey burger with vegetable skewers and grilled romaine



Turkey breast with mashed sweet potatoes, cranberry sauce, and colorful vegetables



Tofu and brown rice bowl with sliced vegetables, sesame seeds, and Thai basil



### How does the healthy plate work with a meal like soup?

Fill your cutting board with all your ingredients in the same way you would your healthy plate. You can do this with one or more servings. Then each serving will be a healthy one!



Vegetable soup with white beans, red potatoes, carrots, celery, yellow squash, zucchini, onions, and kale

## SALADS

Have a delicious salad as a main course. Making a healthy plate on top of a bed of greens can add variety to your meals.



Grilled chicken, quinoa, apricots, onions, and pecans on a bed of spring lettuce mix



Blackened fish, black beans, bell peppers, mango, avocado, jalapenos, and cilantro with mixed greens



Kidney beans, fat-free feta, corn, bell peppers, tomatoes, and avocado over spinach



Chicken, edamame, carrots, cilantro, and chopped peanuts mixed with green and red cabbage

# Create Your Own Healthy Plate

When you think about a healthy plate you would like, what do you see?

## BREAKFAST

**Healthy Protein**

My favorite:

**Whole Grains**

**Starchy Vegetables**

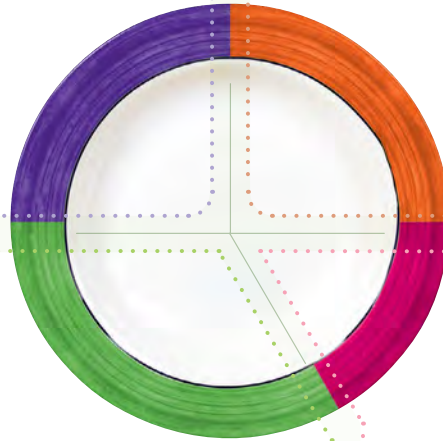
My favorite:

**Nonstarchy Vegetables**

My favorite:

**Fruits**

My favorite:



## LUNCH

**Healthy Protein**

My favorite:

**Whole Grains**

**Starchy Vegetables**

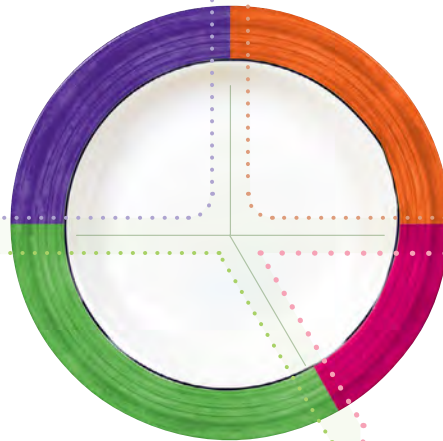
My favorite:

**Nonstarchy Vegetables**

My favorite:

**Fruits**

My favorite:



## DINNER

### Healthy Protein

My favorite:

### Whole Grains

### Starchy Vegetables

My favorite:

### Nonstarchy Vegetables

My favorite:

### Fruits

My favorite:



### Healthy Protein

*Other healthy proteins I like:*

### Whole Grains

### Starchy Vegetables

*Other healthy grains/starches I like:*

### Nonstarchy Vegetables

*Other vegetables I like:*

### Fruits

*Other fruits I like:*



### Enjoy your meals more:

- Choose foods in a variety of colors and textures.
- Sit and eat your meal at a table or in the lunchroom.

## Snacks



Cheese and whole-grain crackers



Hard-boiled egg and sugar snap peas



Baby carrots and hummus



Apple and peanut butter



Plain fat-free Greek yogurt and blueberries



Jicama, cucumber, and almonds



### Other healthy snacks:

- Celery and peanut butter
- Tomato, cucumber, and avocado
- Air-popped popcorn and low-fat string cheese
- Beets and low-fat feta cheese
- Pear and cashews
- Banana and walnuts
- Pineapple and low-fat cottage cheese
- Mango and pecans
- Figs and olives
- Grapes and pine nuts
- Cucumbers with beans and salsa
- Apple with low-fat cheese stick

# Healthy Desserts

How do you include sweets in your life?

Banana "ice cream"  
(see page 124)



Fresh fruit



Fruit ice pop  
(see page 126)



Frozen Greek yogurt drops  
(see page 123)



**Try something new!**  
Get in a dairy and fruit serving  
with a delicious treat.

Try a cup of coffee or tea for dessert.



# Healthy Food Fast

## How do you eat healthy when eating out?

- ✔ Find a fast-casual spot and build a bowl with beans or chicken and vegetables for healthier fast food.
- ✔ Choose healthy side options, like salad, vegetables, or fruit.
- ✔ Look up the nutrition information online before you go.
- ✔ Choose smaller portion sizes of items that are less healthy.
- ✔ Share larger servings with someone else.
- ✔ Request healthy swaps to menu items, like grilled chicken instead of beef.
- ✔ Ask for sauces and dressings on the side.
- ✔ Put part of large servings in a to-go container before you start eating.
- ✔ Use lemon juice, vinegar, salsa, or light or oil-based salad dressing.
- ✔ Drink water or unsweetened iced tea with your meal.

## Menu Words

### How do you decide which meal is healthy?

#### Choose **More Often**

- ✔ Baked
- ✔ Boiled
- ✔ Braised
- ✔ Broiled
- ✔ Grilled
- ✔ Fresh
- ✔ Poached
- ✔ Roasted
- ✔ Seared
- ✔ Steamed

#### Choose **Less Often**

- ✘ Aioli
- ✘ Alfredo
- ✘ Au gratin
- ✘ Battered
- ✘ Bisque
- ✘ Breaded
- ✘ Crispy
- ✘ Fried
- ✘ Hollandaise/  
Béarnaise
- ✘ Sautéed
- ✘ Smothered



Which skillet best fits your healthy eating needs?



Chicken, bell peppers, Spanish rice, refried beans, flour tortillas, cheese, sour cream, guacamole



Chicken, bell peppers, onions, Spanish rice, black beans, corn tortilla, avocado, pico de gallo



### Takeout Tips

- ✔ Making healthy choices from an online menu can be a challenge, especially when nutrition facts are not posted. Follow all the same tips for eating out on the next page.
- ✔ Instead of eating out of the containers, plate your food for the right portion size when servings are large.
- ✔ Save part of your meal for later.



## Restaurants and Social Occasions

The healthy plate method can be applied across all cultures, at all meals, and in many settings, including eating out and family-style cooking.

### Dining Out

**Do some homework.** Most restaurants post menus online, so review them in advance. Look for lean protein that isn't fried or breaded or for a vegetarian option. Choose foods that are grilled or broiled. These are usually low-fat cooking methods.

**Choose vegetables instead of starch.** Ask for a side of nonstarchy vegetables instead of fries, potatoes, or pasta.

**Share or take it to go.** Ask for a to-go container at the start of your meal or share a meal.

**Don't try to keep up with others.** Restaurant portions are huge! Don't worry about how much or how quickly others are eating. Listen to your stomach and stop eating at the first sign you're full.

**Practice mindful eating.** Before eating, take a few deep breaths and set a positive intention for the meal.

What other tips do you have?

### Eating At a Party

**Don't camp out at the food table.** If you stay near the food, you're destined to eat more. It's just human nature. Find somewhere else to stand and chat.

**Look before you eat.** Scan the whole table before putting anything on your plate so you don't fill up on the first food you see.

**Focus on lean protein and veggies.** Look for foods like shrimp with cocktail sauce, grilled chicken skewers, or roasted vegetables.

**Enjoy the company.** Focus on the guests and experience, not on the food.

**Bring a healthy dish!** This will make sure there's something healthy that you can enjoy.

What other tips do you have?

## Nutrition Labels

Eating a healthy plate reduces the need for reading labels. If you fill your plate with healthy choices, you should get the right amount of carbs and fiber that your body needs. Here are things you may still want to pay attention to when you shop.

<b>Nutrition Facts</b>	
23 servings per container	
<b>Serving size</b>	<b>1 slice (41g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>109</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 156mg	<b>6%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 0.9mg	5%
Potassium 69mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**INGREDIENTS:** ORGANIC SPROUTED WHEAT, FILTERED WATER, ORGANIC SPROUTED BARLEY, ORGANIC SPROUTED MILLET, ORGANIC MALTED BARLEY, ORGANIC SPROUTED LENTILS, ORGANIC SPROUTED SOYBEANS, ORGANIC SPROUTED SPELT, FRESH YEAST, ORGANIC WHEAT GLUTEN, SEA SALT.

All labels shown in this book represent fictional products.

### Look for:

#### Serving Size

All information is for 1 serving

#### Total Fat

5% or less is low fat

#### Saturated Fat

1g or less per 100 calories

#### Sodium

140mg per serving (2,300mg\* or less per day)

#### Fiber

3g or more per serving (25-35g per day)

#### Added Sugars

10g or less per meal (25g or less per day)

\*Your doctor may recommend a lower sodium level.



If you have diabetes and are on insulin, find out more about carbs, sugar, and label-reading at a diabetes workshop offered by your Kaiser Permanente Center for Healthy Living.

# Ingredients List

Use these lists to help guide you toward healthier choices.



## Look for these words:

- ✓ Brown rice
- ✓ Malted (grain)
- ✓ Oats, oatmeal, oat bran
- ✓ Sprouted (grain)
- ✓ Stoneground whole (grain)
- ✓ Wheat germ and bran
- ✓ Wheatberries
- ✓ Whole grain (quinoa, rye, millet, barley, farro, teff)
- ✓ Whole wheat



## Limit foods with these words:

- ✗ Added sugar:
  - Agave
  - Corn syrup
  - Dehydrated cane juice
  - Dextrose
  - Fructose
  - Fruit juice concentrate
  - High-fructose corn syrup
  - Honey
  - Lactose
  - Levulose
  - Maltose
  - Maple syrup
  - Molasses
  - Sucrose
  - Things listed as "sugars" (e.g., brown sugar, turbinado sugar)
- ✗ Degerminated
- ✗ Enriched flour
- ✗ Hydrogenated (oil)
- ✗ Partially hydrogenated (oil)
- ✗ Wheat flour
- ✗ White flour



## Quick tips for finding healthy choices:

- Foods without a label (fresh foods)
- Whole grains or vegetables and fruit are listed as the first ingredient
- Ingredients you can read and understand
- Fewer total ingredients

## Tips for Drinking Water



- ✔ Drink plenty of water each day.
- ✔ Try caffeine-free unsweetened tea.
- ✔ Keep a water bottle or cup at work for easy refills.
- ✔ Choose sparkling, calorie-free options.
- ✔ Infuse water overnight in the refrigerator by adding fruit, veggies, and herbs or extracts for flavor.



## Notes

# 7 Ways to Increase Your Wellness



**SET GOALS**



**SLEEP WELL**



**SOCIALIZE**



**DO A HOBBY**

**PICK ONE**



**BE MINDFUL**



**USE AFFIRMATIONS**



**KEEP YOUR HEART HEALTHY**

# Daily Habits



Everyone has different strengths, needs, and challenges. This section helps you explore your habits and build your confidence. If you think you need more help or a different kind of help with this, speak with your doctor.

## Mindfulness

Mindfulness is about being aware of your environment, thoughts, and feelings in the present moment without judgment. Think about the habit loop. Through awareness of your patterns, you can take control over your actions. How do you practice mindfulness?

- Practice deep breathing or relaxation exercises throughout the day.
- Keep a brief daily journal.
- Take regular breaks from long tasks/activities.
- Get enough sleep.
- Keep to a schedule and say “no” when needed.
- Make to-do lists.
- Focus on the present.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### Mindful Eating

What are mindful eating behaviors?

- ✔ Keep a food log.
- ✔ Eat in designated spaces only (dining room table, work lunchroom).
- ✔ Eat without distractions like phones and TV.
- ✔ Eat slowly, putting down utensils between bites.
- ✔ Tune in to your hunger and fullness levels. It takes about 20 minutes for your body to realize that it’s full after eating.

# Create Healthy Habits

## TOOL/SKILL

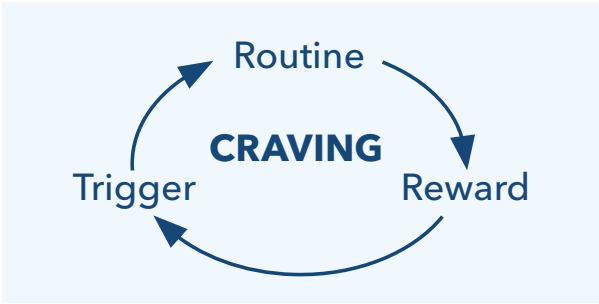
### The Habit Loop

Every habit is a behavior you do without plan or thought. It starts with a pattern called a habit loop, which is made up of three parts: a **trigger**, a **routine**, and a **reward**.

#### Three parts of a habit loop:



Recognizing the unhealthy habits in your routine allows you to break them and replace them with positive lifestyle changes.



**Here's an example:**

Alicia is settling down to watch her favorite show. This is the **trigger** that leads to a craving. The **routine, or habit**, is to grab a bag of chips to eat while she watches. The **reward, or benefit**, is the satisfaction of eating the chips. But when eating gets out of hand, it often also leads to feelings of guilt.

What are some different ways she could change her behavior and habits?

<div style="background-color: #004a7c; color: white; border-radius: 10px; padding: 5px; text-align: center; font-weight: bold;">Trigger/Routine</div>	➔	<div style="background-color: #e6f2ff; border-radius: 10px; padding: 5px; text-align: center; font-weight: bold;">Habit-Breaking Strategies</div>
<div style="background-color: #004a7c; color: white; border-radius: 10px; padding: 5px; text-align: center; font-weight: bold;">Trigger/Routine</div>	➔	<div style="background-color: #e6f2ff; border-radius: 10px; padding: 5px; text-align: center; font-weight: bold;">Habit-Breaking Strategies</div>
<div style="background-color: #004a7c; color: white; border-radius: 10px; padding: 5px; text-align: center; font-weight: bold;">Trigger/Routine</div>	➔	<div style="background-color: #e6f2ff; border-radius: 10px; padding: 5px; text-align: center; font-weight: bold;">Habit-Breaking Strategies</div>



Here are all the triggers and routines that can lead to giving in to a craving like Alicia's. Which habit-breaking strategies would work best for you?

### Trigger/Routine

Trip to the market



### Habit-Breaking Strategies

- Take a list.
- Shop when you're not hungry.
- Shop with another person.
- Ask your partner to do the shopping.

### Trigger/Routine

Walk down the snack aisle



### Habit-Breaking Strategies

- Shop from your list.
- Concentrate on where the fresh food is located.

### Trigger/Routine

Buy potato chips



### Habit-Breaking Strategies

- Shop from your list.
- Consider healthy snack options.

### Trigger/Routine

Put chips on the counter



### Habit-Breaking Strategies

- Store in opaque containers.
- Store in hard to reach places.

### Trigger/Routine

Urge to eat chips



### Habit-Breaking Strategies

- Check for physical hunger.
- Have healthy snacks available.
- Get busy.
- Focus on something you need to do.
- Drink water.

### Trigger/Routine

Take chips to the couch



### Habit-Breaking Strategies

- Snack only in the kitchen.
- Do one thing at a time – either eat or watch a show.

### Trigger/Routine

Eat the whole bag of chips



### Habit-Breaking Strategies

- Take a measured portion to eat.
- Eat slowly and deliberately.

### Trigger/Routine

Feel sick; feel like a failure



### Habit-Breaking Strategies

- Be kind to yourself. Support yourself.
- Avoid "shoulds" and "all-or-nothing" thinking.
- Acknowledge your mistake and learn from it.
- Don't wallow. Take action! Go for a walk, call a friend, plan something you will enjoy doing.
- This is a process. You will develop skills to handle this situation next time.

## Track Your Triggers

For a few days, track when and where you tend to overeat.

### Day 1

What's the trigger?

Time?

Activity?

Emotion?

Place?

People you're with?

### Day 2

What's the trigger?

Time?

Activity?

Emotion?

Place?

People you're with?

### Day 3

What's the trigger?

Time?

Activity?

Emotion?

Place?

People you're with?

By noticing your triggers, you can start to make changes. When you fill out your Daily Lifestyle Log (page 14), note any triggers in the Mood and Emotions section.

# Reframe Your Thoughts and Feelings



The body believes what the mind says. The messages you send to yourself can have a profound impact on your physical and emotional health. Learning to spot negative thinking traps and challenging those thoughts can have a major positive impact on your long-term health and success.

## TOOL/SKILL

### Thoughts-Feelings-Actions Triangle

This powerful tool helps you see how your thoughts, feelings, and actions are connected. By understanding this, you can learn to break the cycle of negative thoughts.

#### Scenario:

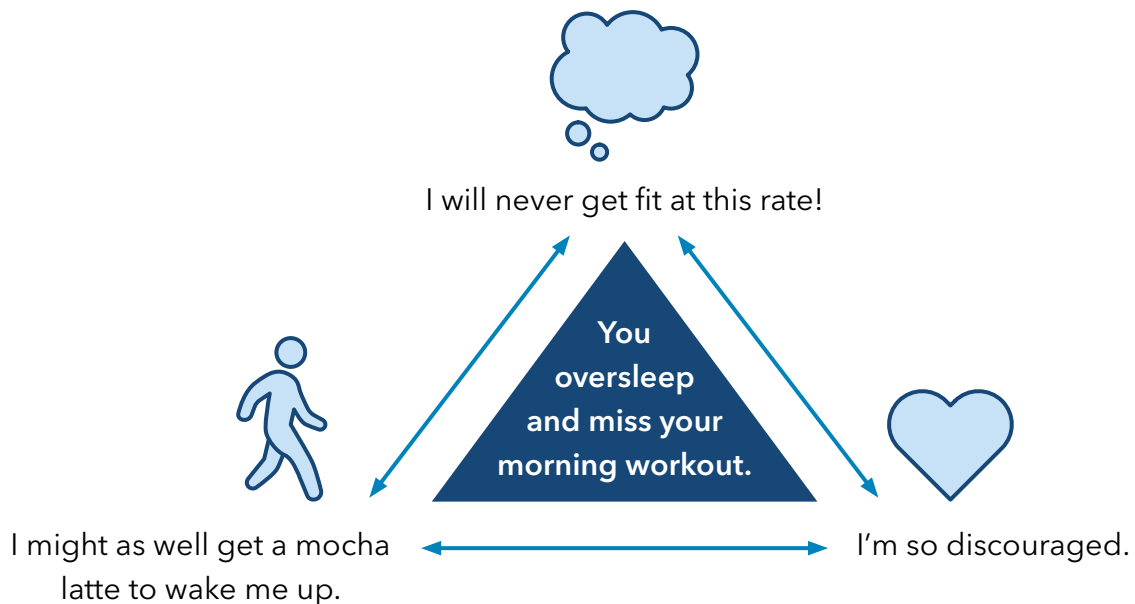
You oversleep and miss your morning workout.



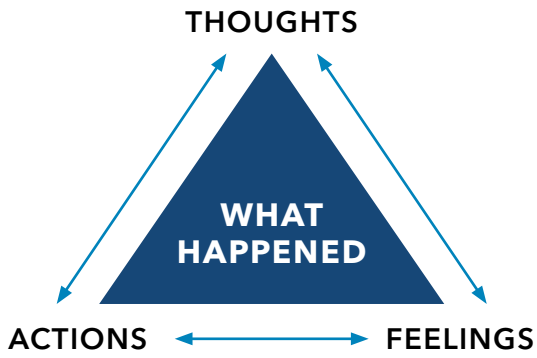
**Thought:** I will never get fit at this rate!

**Feeling:** I'm so discouraged.

**Action:** I might as well get a mocha latte to wake me up.



What could you do to turn this into a positive?



## Thoughts


What we think affects what we do and feel.


## Feelings


How we feel affects what we think and do.


## Actions


What we do affects how we think and feel.

 What happened?

 What were your thoughts?

 How did it make you feel?

 What did you do?

 What could you do to turn this into a positive?

# Increase Your Confidence



As you set out to learn something new, it's normal to have ups and downs in your progress. Sometimes the way you think and talk to yourself can get in the way of your confidence. Below are some common harmful ways of thinking that might be getting in your way of feeling confident.

## TOOL/SKILL

### Replace Harmful Thoughts with Helpful Thoughts

Here are some ways to replace harmful thoughts with helpful thoughts.

#### All or Nothing

You see only the extremes. You don't see anything in between.

✘ "I can't eat ice cream ever again."

» Instead, tell yourself:

- I can have ice cream once in a while.
- When I do have ice cream, I'll measure it. That way, I won't have too much.

✘ "Exercise is boring."

» Instead, tell yourself:

- I haven't found an activity that I enjoy yet.
- I'll keep trying new activities until I find one that I like.

Your own example

#### Making Excuses

You blame situations or other people for your mistakes.

✘ "It's too cold/hot outside to go for a walk."

» Instead, tell yourself:

- I will dress for the weather and walk anyway.
- I will work out indoors.

✘ "I can't meet my goals because my wife keeps making cookies."

» Instead, tell yourself:

- I can find a different snack.
- I will ask my wife to make something healthy instead.

Your own example

## Filtering

You ignore the good and focus on the bad.

✘ "No one else supports my healthy lifestyle."

» Instead, tell yourself:

- My friend supports me by joining me on my walks.
- I will ask for more support.

✘ "I haven't eaten healthy at all this week."

» Instead, tell yourself:

I ate in a healthy way 4 out of 7 days. I have a plan for how to stay on track in the future.

*Your own example*

## Self-Labeling

You call yourself something bad.

✘ "I'm such a weakling."

» Instead, tell yourself:

- I'm working every day to build my stamina.
- I'll be a little more active each week.

✘ "I'm the world's worst cook."

» Instead, tell yourself:

- My daughter liked the stir-fry I made last night.
- I'll keep learning more about cooking.

*Your own example*

## Minimizing

You minimize or play down your accomplishments.

✘ "I walked every day this week, but my friend is running marathons!"

» Instead, tell yourself:

I have been really consistent with my walking. I'll be able to do more if I keep at it!

✘ "My friend is so much stronger than I am."

» Instead, tell yourself:

I'd like to be stronger. I'll try using a resistance band.

*Your own example*

---

## Gloom and Doom Thinking

You assume the worst.

✘ "I just know I'm going to get hurt. Then I won't be able to work out."

» Instead, tell yourself:

- I'll take steps to work out safely.
- If I do get hurt, I'll find a different way to be active.

✘ "I just know I'm going to get type 2 diabetes because both of my parents had it."

» Instead, tell yourself:

- I know a lot more about how to prevent type 2 diabetes than my parents did.
- I'll do what I can to prevent type 2 diabetes.

*Your own example*

# Build Relationships That Support Your Journey to Health



In addition to your own negative thoughts, sometimes the people in your life can get in the way of your journey to health. Often, family, friends, and coworkers care about you and want you to be well. But they might not know how to support your efforts. It can be helpful to tell them how they can be supportive.

## Here are some ways to get others to support your healthy lifestyle:



Tell them why you are trying to lead a healthy lifestyle.



Invite family or friends to:

- » Be active with you
- » Plan and shop for healthy meals with you
- » Cook and eat healthy food with you
- » Take a cooking class with you
- » Join a softball team or walking club with you



Ask them nicely to support your efforts.

Supportive family member:

How they can best support you:

Supportive family member:

How they can best support you:

Supportive friend:

How they can best support you:

Supportive friend:

How they can best support you:

Supportive coworker:

How they can best support you:

Supportive coworker:

How they can best support you:

## TOOL/SKILL

### Affirmations

Affirmations are positive statements that help counter negative thoughts. With regular practice, they can even change your overall thoughts about yourself and the world around you.

#### Creating affirmations:

» State your affirmation in the present tense.

» Keep it simple, personal, and realistic for you.

» State it in a positive way (what you **are**, rather than what you **are not**).

» Repeat it often.

#### How do I start?



Write them on sticky notes and post them to your computer or refrigerator.



Say them aloud to yourself each day.



Type them into a notes app on your phone and read them often.

#### Affirmation examples:

I'm not perfect,  
but I am improving.

I love and care  
for my body.

I nourish my body  
with foods and  
behaviors that are  
healthy for me.

This takes time. It's  
a process and I can  
do it!

I am lovable  
and capable.

I am doing the best  
I can and that is  
good enough.

I can respect my need  
for support from  
others and ask for it  
as needed.

I accept myself  
as I am.

This is working!  
I can do it!

I am strong enough  
to face my challenges.

I do not have "flaws."  
Every bit of me is  
beautiful and makes  
me who I am.

Difficulties will come  
and go. I welcome  
challenges and grow  
from them.

I can appreciate  
where I am while  
wanting something  
different.

My affirmations:

# Do Something Nice for Yourself



Having a good experience after a behavior can help strengthen that behavior. As you learn to change your habits and live healthier, remember to reward yourself for your efforts and successes. This will help keep up your motivation and create long-term behavior change.

## Reward ideas:

- ✔ Go to a movie or concert.
- ✔ Go to the beach.
- ✔ Sign up for an online cooking class.
- ✔ Buy yourself some new workout clothes.
- ✔ Go to your local botanical gardens.
- ✔ Get a facial or a barbershop shave.
- ✔ Buy yourself flowers.
- ✔ Get a manicure/pedicure.
- ✔ Get a massage.

## Other ideas:

- ✔ \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- ✔ \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Stress

The stress response is the body's natural reaction to **perceived** danger. When faced with what the mind **thinks** is a threat, the body prepares for action. This is referred to as the **fight, flight, or freeze response**. Regular relaxation practice can reduce the effects of this response.

## How do you manage stress?

In addition to mindful behaviors and relaxations, fight off stress by doing things you enjoy! How do you make time for planned pleasant activities?


- Wake up 15 minutes early to do yoga or a stretching video.
- Ask your family members to help out with chores during the week or hire a monthly cleaning service to free up your weekends.
- Use part of your lunch break to take a walk with a coworker.
- Schedule some time on your calendar each week to use a mindfulness or relaxation app.
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_



### Is there a connection between stress and your health?

Chronic stress may be linked with:

- ✗ Muscle tension/pain
- ✗ Headaches/migraines
- ✗ Irritability
- ✗ Anxiety/panic attacks
- ✗ Hyperventilation (rapid breathing)
- ✗ High blood pressure
- ✗ Heart attack
- ✗ Stroke
- ✗ Higher cholesterol
- ✗ Increased blood sugar
- ✗ Heartburn or acid reflux
- ✗ Nausea or stomach pain/vomiting
- ✗ Diarrhea or constipation
- ✗ Ulcers
- ✗ Eating more or less
- ✗ Weight gain
- ✗ Hormone imbalances
- ✗ Exhaustion and fatigue
- ✗ Sleep problems
- ✗ Concentration issues

 For urgent mental health advice, call 24/7: **1-800-900-3277 (TTY 711).**

# Healthy Sleep Habits Checklist



## During the Day

- ✔ Keep a **regular schedule**. Regular times for meals, medications, chores, and other activities help keep the inner body clock running smoothly.
- ✔ **Exercise regularly**, but do it early in the day, at least 2 to 3 hours before bedtime.
- ✔ Schedule time during the day to **practice relaxation techniques**. Calming the body and mind during the day will help you to be calm at night. **Meditation** apps can also help.
- ✘ **Avoid taking naps**. If you must nap, keep it short – no longer than 20 minutes. Don't nap after 3 p.m.
- ✘ **Avoid caffeine** at least 6 to 8 hours before bed.



## Your Sleep Schedule

- ✔ Get up at the same time every morning. Yes, even on weekends and holidays!
- ✔ Set a consistent bedtime. Having a consistent sleep schedule can help improve sleep quality.
- ✔ If you're not asleep after 20 minutes, get out of bed. Find something else to do that will make you feel relaxed, like a puzzle or adult coloring book. Doing something creative uses both sides of the brain and tires you out faster. Once you feel sleepy, go back to bed.
- ✔ Aim for 7 to 8 hours of sleep every night.



## Your Sleep Environment

- ✔ Make your bed as comfortable as possible.
- ✔ Make your bedroom quiet, dark, and a little bit cool.
- ✔ **Wear loose pajamas**. The more comfortable you are, the better you'll sleep.
- ✘ **Limit electronics in the bedroom**. Blue light emitted from phones and tablets affects your sleep.
- ✘ **Don't read, write, eat, watch TV, talk on the phone, or play cards in bed**.



## Preparing for Sleep

- ✔ Follow rituals that help you relax before bed. This can take 10 to 60 minutes and include things like a warm bath or a few minutes of reading.
- ✔ Try to deal with thoughts that cause you to worry. Write in a worry journal or find a time during the day to get your worries out of your system. Your bed is a place to rest, not a place to worry.
- ✘ **Don't go to bed hungry**, but don't eat a big meal near bedtime, either.
- ✘ **Avoid alcohol** within 3 to 4 hours of your bedtime.
- ✘ Don't have a cigarette or any other source of nicotine **before bedtime**.

## Deep Breathing Exercise

One very simple stress management skill that you can practice anytime and anywhere is deep breathing (also called belly breathing). When you breathe deeply, it sends a message to your brain to calm down and relax.

- 1 » **Get comfortable**  
Sit comfortably in your chair, gently sitting up straight, head balanced, hands and legs uncrossed, and eyes closed or focused downward.
- 2 » **Slow, deep breathing**  
**Begin** by taking a slow, deep breath, breathing in fully through your nose and exhaling slowly through your mouth.
- 3 » **Breathe to a count**
  - As you practice making each breath longer and deeper, count your breaths in and out. Start by inhaling to a slow count of 3, then exhale to 3. Next inhale to a count of 4, and exhale to a count of 4.
  - Continue to increase each breath as high as you feel comfortable. Try to get to a count of 6.
- 4 » **Natural breathing**  
As you continue this exercise, switch to inhaling and exhaling through your nose, simply breathing naturally.
- 5 » **Focus on your breathing**  
For the next few moments, as much as possible, let other thoughts fade into the background and simply focus on your breathing. Listen to the sound of the air as it enters and exits your body. Feel your lungs and midsection expanding and contracting with each breath.
- 6 » **Relax your muscles**
  - As you continue to feel more relaxed, let all the muscles in your body relax. Feel your shoulders drop, release any tension from your hands, and feel your body get heavier as you relax into the chair.
  - Continue to breathe deeply.
- 7 » **Return to the present**  
As you prepare to end this practice of relaxation, picture yourself completing your tasks for the day, stretch your limbs, and open your eyes, fully alert and awake to the present moment.



## Body Scan

One simple skill that you can practice, especially at meal times or when you feel an urge to eat when you're not hungry, is called **body scanning**. It guides you to focus your attention on different parts of your body, from your head to your toes. It creates a mindful awareness of your physical sensations (including whether you are actually hungry) and helps relieve tension you may not have been aware you had.



- 1 » **Begin to relax**  
Sit comfortably in your chair, gently sitting up straight, head balanced, hands and legs uncrossed, and eyes closed or focused downward.
- 2 » **Breathe deeply**  
Take a few deep breaths in, exhaling slowly.
- 3 » **Initial body scan**  
Take note of any discomfort you may feel in your body. If needed, move in your chair or stretch your limbs to try to get more comfortable. Remember to keep breathing slow, deep breaths.
- 4 » **Full scan**
  - Bring your attention to your feet. Notice any tension or tightness you feel there. As you relax those muscles, imagine your feet getting heavier as they fall into the floor with gravity.
  - Next move to your lower legs, relaxing those muscles with each breath in and out.
  - Continue to move through each body part slowly as you relax further, moving into your upper legs, hips, lower back and stomach, upper back and chest, shoulders, arms, hands, and finally to your neck and face.
- 5 » **Final scan**  
Take another quick scan of your body, from the top of your head down to your feet. Identify any pain or discomfort that you still have. Note this so you can give attention to those body parts later.
- 6 » **Return to the present**  
Take another deep breath. Stretch your arms above you and when you are ready, open your eyes, fully alert and awake to the present moment.

# Emotional Eating

Do you eat to feel better or relieve stress or anxiety? Many people do. Here are some tips to recognize emotional versus physical hunger, and tips to recognize and limit your emotional eating.

## Recognize Emotional Hunger Versus Physical Hunger

- Identifying emotional cues for eating can have a profound impact on your success with a weight loss plan.
- Simply pausing before eating and asking the question, "On a scale from 1 to 10, how hungry am I really?" is powerful.

## Hunger Scale



If you find yourself at a 3 or below, you are likely truly hungry.

If you feel satisfied, or even a little full (7 or above), you could be eating for reasons other than actual hunger.



Pausing and learning to identify your emotional cues for eating allows you to plan and avoid future temptation.



**Emotional hunger** means that you turn to food either to avoid an uncomfortable emotion or to heighten a pleasurable one. Usually, it means that you eat based on how you feel, rather than what your body really needs.



**Physical hunger** means that you eat when your body signals that you are actually hungry. Being able to recognize which signal you are feeling and then use coping skills to prevent emotional eating can help you reach your health goals long term.



## Physical Hunger

Tends to come on gradually and can be postponed

Can be satisfied with any number of foods

While eating, you enjoy and taste the food

Once full, you are likely to stop eating

Doesn't cause feelings of guilt and shame

Eating leads to feeling of satisfaction

← **How it starts** →

← **What sounds good** →

← **How it feels during** →

← **When it's satisfied** →

← **How it feels after** →



## Emotional Hunger

Feels sudden and urgent

Causes very specific cravings or eating something because it's available

While eating, you may enjoy the first bite, yet you often don't taste the food

You tend to eat more than you normally would

Can cause guilt and shame

What strategies could you use to tap into your emotional versus physical hunger?

Some examples might include a body scan, the hunger scale (1 to 10), or HALT. You may also try using a food log to track your emotional eating.

## TOOL/SKILL

### HALT Self-Check to Stop Emotional Eating

**HALT** is a handy acronym that reminds you to take a moment and ask yourself whether you are hungry, angry, lonely, or tired. It's a simple skill for self-awareness. Take a moment (HALT!) and ask yourself whether you're feeling hungry, angry, lonely, or tired. When these basic needs are not met, it's hard to think straight, make good decisions, and take care of yourself.

**H****Hungry**

Is it time to eat?

**A****Angry**

What is the cause of your anger?

**L****Lonely**

Have you reached out to anyone lately?

**T****Tired**

Are you getting enough rest?

Here are a few tips to try instead of emotional eating:

If you're ...

Depressed or lonely » Call someone who always makes you feel better, play with your pet, or look at a favorite photo or cherished memento.

Anxious » Expend your nervous energy by dancing to your favorite song, squeezing a stress ball, or taking a brisk walk.

Exhausted » Take a quick nap, treat yourself with a hot cup of tea, take a bath, light some scented candles, or wrap yourself in a warm blanket.

Bored » Read a good book, watch a comedy show, explore the outdoors, or turn to an activity you enjoy (gardening, playing an instrument, doing a puzzle, shooting hoops).

Hungry » Find a nutritious meal or snack and enjoy it in a mindful way!



Make an "instead of" list and keep it handy. List activities you can do instead of emotional eating. When an urge to eat for reasons other than hunger hits, pull out your list and try one of the activities.

# Heart-Healthy Habits

Because you may be at risk for type 2 diabetes, you are more likely to have problems with your heart or arteries. It's important to keep your heart healthy.

6 Ways to  
Keep Your  
Heart Healthy



Quit  
tobacco



Move  
more



Manage  
stress



Limit  
alcohol



Eat more fruits  
and vegetables



Take your  
medications

Pick one to start!



## Do These Things Each Day

- ✓ If you smoke, quit. You can sign up for a Freedom from Tobacco program or contact Wellness Coaching by Phone for support.
- ✓ Be active for at least 150 minutes a week at a moderate pace or more.
- ✓ Reach and stay at a healthy weight.
- ✓ Avoid sitting still for long periods of time. Take a 2-minute fitness break every 30 minutes.
- ✓ Manage stress.
- ✓ Limit alcohol.
- ✓ Choose to eat mostly fruits, vegetables, whole grains, beans, tofu, tempeh, and some seeds and nuts.



## Ask Your Doctor

- ❓ Do I need to take medication to keep my heart healthy? Many people take medications to help manage their blood pressure or lower their cholesterol.
- ❓ Do I need any tests to check my heart health?



## Tests for Heart Health

- ➕ Blood pressure test measures the force of blood against your artery walls.
- ➕ Cholesterol test checks cholesterol and measures fats in your blood.



If your doctor has told you that you have high blood pressure or high cholesterol, sign up for a Taking Care of Your Heart workshop to learn more. Visit [kp.org/centerforhealthyliving](http://kp.org/centerforhealthyliving) for information about all our programs.

## All About Fats

### Limit Unhealthy Fats

Unhealthy fats like saturated and trans fats can harm your heart.



#### Foods high in saturated fat:

- Chicken skin and turkey skin
- Chocolate
- Coconut and coconut oil
- Fatback and salt pork
- Gravy made with meat drippings
- High-fat dairy products, such as whole or 2% milk, cream, ice cream, and full-fat cheese
- High-fat meats, such as regular ground beef, bologna, hot dogs, sausage, bacon, and spareribs
- Lard
- Palm oil and palm kernel oil
- Butter and buttery or creamy sauces



#### Foods high in trans fat:

- Processed foods made with hydrogenated oil or partially hydrogenated oil, such as cookies, chips, and cakes
- Shortening
- Stick margarine



## Fats and Oils

Some kinds of fats can be better for your heart, but they are high in calories.

There are three types of healthy fats: **monounsaturated fat**, **omega-3 fatty acids**, and **polyunsaturated fat**.

### Foods high in monounsaturated fat:

- Avocados and avocado oil
- Canola oil
- Nut butters and nuts like almonds, cashews, and pecans
- Olives and extra-virgin olive oil
- Sesame seeds and oil

» Choose monounsaturated fats most often.

### Foods high in omega-3 fatty acids:

- Albacore tuna
- Herring
- Mackerel
- Rainbow trout
- Salmon
- Sardines
- Walnuts, chia seeds, flaxseed, and flaxseed oil

### Foods high in polyunsaturated fat:

- Corn oil
- Cottonseed oil
- Oil-based salad dressings
- Pumpkin and sunflower seeds
- Safflower oil
- Soft (tub) margarine
- Soybean oil
- Sunflower oil

» Choose polyunsaturated fats less often.



## Cook the Healthy Way

Here are some ways to avoid unhealthy fats and limit healthy fats when you cook. Write your own ideas in the boxes. Check off each idea you try.

### ✘ Frying or deep-frying in unhealthy fat

» Choose a healthier way to cook:

- Grill, roast, sauté, or stir-fry in a small amount of healthy fat or low-sodium stock.
- Simmer or poach in water or stock.
- Steam or microwave.
- Use nonstick cookware.

Other ideas:

- 
- 
- 

### ✘ Topping foods with fatty sauces

Try lemon juice, vinegar, salsa, herbs, spices, hot sauce, plain nonfat yogurt, tomato sauce, or low-fat salad dressing made with healthy oil. Look for items that are low in salt (sodium).

Other ideas:

- 
- 
- 

### ✘ Coating pans with unhealthy fat

» Choose a healthier way to cook:

Coat pans with a squirt of healthy cooking spray.

Other ideas:

- 
- 
- 

### ✘ Baking with butter and oil

» Choose a healthier way to cook:

Bake with blended veggies or fruit with no added sugar, nonfat plain yogurt, or veggie or fruit juice with no added sugar.

Other ideas:

- 
- 
- 

### ✘ Eating animal fat and skin

» Choose a healthier way to cook:

- Take the skin off chicken before you cook it.
- Trim the fat off meat before you cook it.

Other ideas:

- 
- 
-

# 6 Ways to Get More Active



**STEPS**



**FLEXIBILITY**



**MOVE MORE**

**PICK ONE**



**STRENGTH BUILDING**

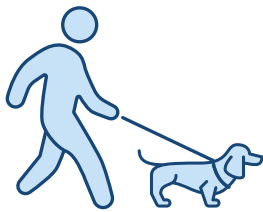


**CARDIO**



**BALANCE**

# Joy in Movement



It's important to get movement from both daily activities and a planned exercise routine. This section will help you get started and progress safely and with confidence. If you have any questions, including about recommendations and equipment, please ask your facilitator for more help or referrals.

The American College of Sports Medicine (ACSM) provides physical activity and exercise guidelines based on the most up-to-date evidence reviews. The recommendations in this section come from their most recent published position stands: [acsm.org/public-information/position-stands](https://www.acsm.org/public-information/position-stands)



**If you have a chronic health condition or have had past injuries or surgeries, you may have different needs. Talk to your doctor before you begin an exercise routine.**

## Q&A



**Is just being active during the day enough?**

Being active all day is important. However, you also need to have a fitness routine. Your body gets used to your regular daily movement. This movement helps you live a healthy lifestyle, but it does not usually give you a total body workout. A complete workout targets all your muscle groups and exercise needs.

If your days are already active, recognize this as a healthy habit you're doing for yourself. As your confidence grows, so will your ability to reach your total fitness goals.



**Can I just balance out the calories from junk food by exercising more?**

While exercise does burn calories, it's often not as many as you think. Over time, going overboard on calories from unhealthy foods will lead to weight gain, even if you exercise. Both a healthy way of eating and regular physical activity go hand in hand for a long, healthy life.



**If I work out, does it count toward my physical activity for the day?**

Yes, but make sure you don't reduce your regular daily physical activity because you worked out. Exercise is good for you, but it's a good idea to stay active the rest of the day. Sometimes when people exercise, they spend the rest of the day sitting. Get the full benefits of your exercise routine by staying active throughout the day.

## Key Fitness Terms

### Physical Fitness:

The level of energy and ease that a person can do regular daily tasks and enjoy recreational activities

### Sedentary:

Little movement throughout the day; examples of sedentary behaviors are watching TV, sitting at work, and driving

### Physical Activity:

Movement that is part of a normal day; an active day would include moving more than sitting (not sedentary)

### Exercise:

Planned physical activity done to improve health and fitness

### Major Muscle Groups:

The muscles grouped together in exercise, including the legs, chest, back, shoulders, arms, and core

### Warm Up:

5 to 10 minutes of light movement at the start of exercise to prepare the muscles and prevent injury (this is not stretching)

### Cool Down:

5 to 10 minutes of light movement at the end of exercise to bring the heart rate down and reduce muscle soreness (includes stretching)

### Intensity:

The level of energy used during exercise

### Perceived Effort:

How hard you feel you are working during exercise (see chart on the next page)



**I do cardio several times a week. Is this enough?**

Cardio is important and it's linked with many health benefits. However, there are also many benefits to strength training, flexibility, and daily movement that you will not get from cardio alone. Have a well-balanced fitness routine that includes all types of exercise. This may not mean that you need to exercise more. You may benefit from changing what you do during the time you already spend working out.



**If I lift weights, will I gain weight?**

Having lean muscle mass is good for your health. It's also important for helping maintain your strength and movement as you age. Unless you are working out at a high intensity for long periods of time, you won't gain enough muscle to see a weight gain on the scale. However, you will see health and weight benefits as you add strength training to your regular routine.



**Note:** Muscle soreness and slight fatigue lasting a few days may be normal after exercising, especially when starting and progressing. This will likely fade after a few weeks.



## How do I know how hard I'm working?

- Use the Perceived Effort chart to rate how hard you feel you are working during exercise. Generally, aim for an intensity of 4 to 6. This will feel different as you work out more. For example, a 7 for you right now may feel like a 4 as you get stronger.
- You can also use the talk/sing test: Don't work out so hard that you can't breathe or talk, but do work out hard enough that you can't sing.



For more details on intensity, see information about *target heart rate* on the ACSM website ([acsm.org](http://acsm.org)).

### PERCEIVED EFFORT

What activities might fit in these categories?

1

#### Very light activity

Anything other than sleeping



Very light:

2

#### Light activity

Easy to breathe and carry a conversation



Light:

3

4

#### Moderate activity

Breathing harder; can hold a short conversation



Moderate:

5

6

7

#### Vigorous activity

Breathing heavily; can speak a sentence



Vigorous:

8

9

#### Very hard activity

Can barely breathe or speak a single word



Very hard:

10

#### Maximum effort activity

Completely out of breath; unable to talk



Maximum effort:



General guide: Aim for an intensity around 4 to 6.



# Physical Activity (Daily Movements/Activities)

## ? What is it?

Physical activity is movement that is part of your normal day. Examples are walking to and from places, gardening, chores at home, or leisure bike riding.

## ! Why is it important?

- ✓ Increases energy levels
- ✓ Helps with weight loss and weight management
- ✓ Improves mood
- ✓ Decreases risk of heart disease and high blood pressure

## i Equipment to Consider

- ✓ Step counter (pedometer, wearable activity tracker, or smartphone app)
- ✓ Water bottle
- ✓ Appropriate clothes and shoes (see page 81)
- ✓ Sun protection (hat, sunscreen)

## ! Safety

- ✓ Practice good posture.
  - Think about your posture even while sitting on the couch or in the car (see page 80).
- ✓ Stay well hydrated throughout the day.
  - If it's hot, you may need to drink more than you normally do.
- ✓ Don't be a "weekend warrior."
  - Move at your own pace.

## Steps a Day

- Aim for 7,000 to 10,000 steps a day.
- If you don't have a step counter, aim for 60 to 90 minutes of moderate physical activity a day. You can count your minutes of cardio exercise toward this total.
- Be sure to break up long periods of sitting time with movement. Even neck and arm stretches can help.

## Starting small can give you big benefits!

Every 2,000-step increase is linked with modest decreases in blood pressure.

## Warming Up and Cooling Down

Start every exercise routine with 5 to 10 minutes of light cardio activity, like walking or a light jog. **Do not stretch before warming up your muscles.** Warming up first reduces the risk of injury. At the end of every workout, do 5 to 10 minutes of light cardio to bring your heart rate down. Follow this with stretches to help relax muscles.

# Resistance Exercise (Strength Training)

## ? What is it?

Resistance exercise enhances muscular fitness. It can be done using free weights, resistance bands, or weight machines.

## ! Why is it important?

- ✔ Improves blood sugar levels and insulin sensitivity
- ✔ Increases energy levels
- ✔ Improves mood
- ✔ Improves blood pressure
- ✔ Builds lean muscle mass
- ✔ Increases resting metabolic rate (helps your body function better)
- ✔ Increases bone mass and strengthens bones
- ✔ Can reduce pain and disability from osteoarthritis (joint disease)
- ✔ Makes everyday tasks easier, like putting away groceries or climbing the stairs

## i Equipment to Consider

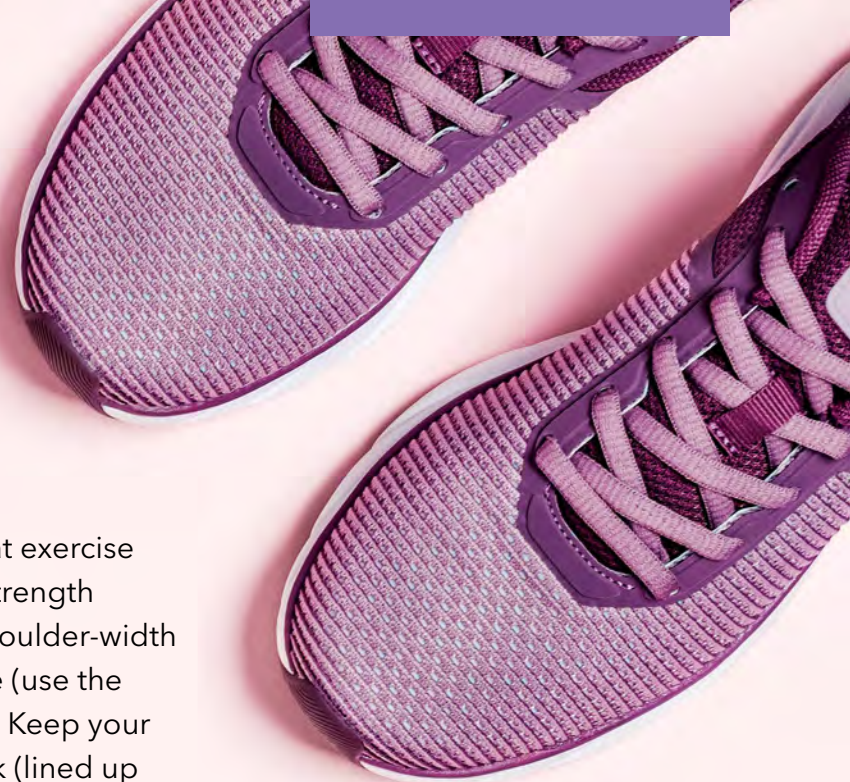

- ✔ Body weight
- ✔ Resistance bands or tubes
- ✔ Free weights
- ✔ Resistance machines
- ✔ Household items (cans of soup)
- ✔ Water bottle
- ✔ Towel
- ✔ Appropriate clothes and shoes (see page 81)

## ✔ ACSM Recommendations

Two to 3 days a week of exercises using each major muscle group. Wait at least 48 hours between working out the same muscle group.

## ! Safety




- ✔ Start easy. Use a light weight as you begin and then add more weight over time. Starting with weights that are too heavy can cause injuries.
- ✔ Focus on your breathing. Breathe slowly in through your nose and out through your mouth. Holding your breath can cause changes in blood pressure.
- ✔ Use slow, smooth, steady movements to prevent injury. Take 3 seconds to lift or push a weight into place, hold the position for 1 second, and take another 3 seconds to return to your starting position.
- ✔ Control the weights as you return to the starting position. Do not let them just drop back into place. Returning weight slowly continues to work the muscles and prevents injury.
- ✔ Check resistance bands/tubes for cracks or tears to make sure they don't snap or break during use. Keep a good grip on the bands and never stretch them in front of your face.
- ✔ If you feel lightheaded or sick, stop right away.
- ✔ Stay well hydrated before, during, and after exercise. If it's hot, you may need to drink more than you normally do.



## **i** Posture and Balance

It's important to have good form, no matter what exercise you're doing. This is especially important with strength training. When standing, your feet should be shoulder-width apart and knees slightly bent. Engage your core (use the muscles in your belly) and straighten your back. Keep your head up (eyes looking forward) and pulled back (lined up with your back and spine).

## Specific Exercise Recommendations

- ✔ The average adult should aim for a moderate-intensity workout. If you are older or just starting out, use very light to light intensity resistance until you build strength.
  - ✔ Include exercises that work all major muscle groups.
  - ✔ Do 8 to 12 reps of each exercise (this is 1 set). If you cannot complete 12 reps, then reduce the amount of weight.
  - ✔ Repeat each set 2 to 4 times (older adults and beginners should start with 1 set).
  - ✔ Wait 2 to 3 minutes between sets of each exercise.
- 
- 
- 

# Flexibility (Stretching)

## ? What is it?

Flexibility is stretching the muscles and tendons of the body.

## ! Why is it important?

- ✓ Improves joint range of motion
- ✓ Helps with stability and balance

## i Equipment to Consider

- ✓ Sturdy chair
- ✓ Exercise mat
- ✓ Towel or yoga straps
- ✓ Foam and stick rollers
- ✓ Appropriate clothes and shoes (see page 81)



## ✓ ACSM Recommendations

At least 2 to 3 days a week targeting each major muscle group (see the major muscle groups under Key Fitness Terms on page 73). This can be done after cardio or strength-training exercise routines. Hold each stretch to the point of tightness or slight discomfort for 10 to 30 seconds and repeat 2 to 4 times (for a total of 60 seconds for each stretch).

## ! Safety

- ✓ **Always warm up before stretching.** This may mean stretching after a workout or doing a light warm-up before stretching.
- ✓ **Focus on your breathing.** Breathe slowly in through your nose and out through your mouth. Holding your breath can cause changes in blood pressure.
- ✓ **Practice good posture and proper form,** even when stretching (see page 80).
- ✓ **Don't lock your joints.** Most stretches can be done without locking or pushing on your joints.
- ✓ **If you feel pain, stop right away.** Stretching should lead to tightness or slight discomfort, but never sharp or stabbing pain.
- ✓ **Use slow, steady movements** to move into and out of each stretch.
- ✓ **Don't bounce.** Hold each stretch in position without bouncing.
- ✓ **If you feel lightheaded or sick, stop right away.**

# Cardiovascular Exercise (Cardio, Aerobics, Endurance)

## ? What is it?

Cardiovascular exercises are exercises that raise your heart rate.

## ! Why is it important?

- ✓ Improves blood circulation
- ✓ Increases lung capacity
- ✓ Improves heart health
- ✓ Improves blood sugar levels and insulin sensitivity
- ✓ Increases energy levels
- ✓ Improves mood
- ✓ Burns fat and calories

## i Equipment to Consider

- ✓ Step counter (pedometer, wearable activity tracker, or smartphone app)
- ✓ Water bottle
- ✓ Sun protection (hat, sunscreen)
- ✓ Safety gear (bright-colored clothing, reflective gear, and lights if going out after dark)
- ✓ Appropriate clothes and shoes (see page 81)
- ✓ Towel



## ✓ ACSM Recommendations

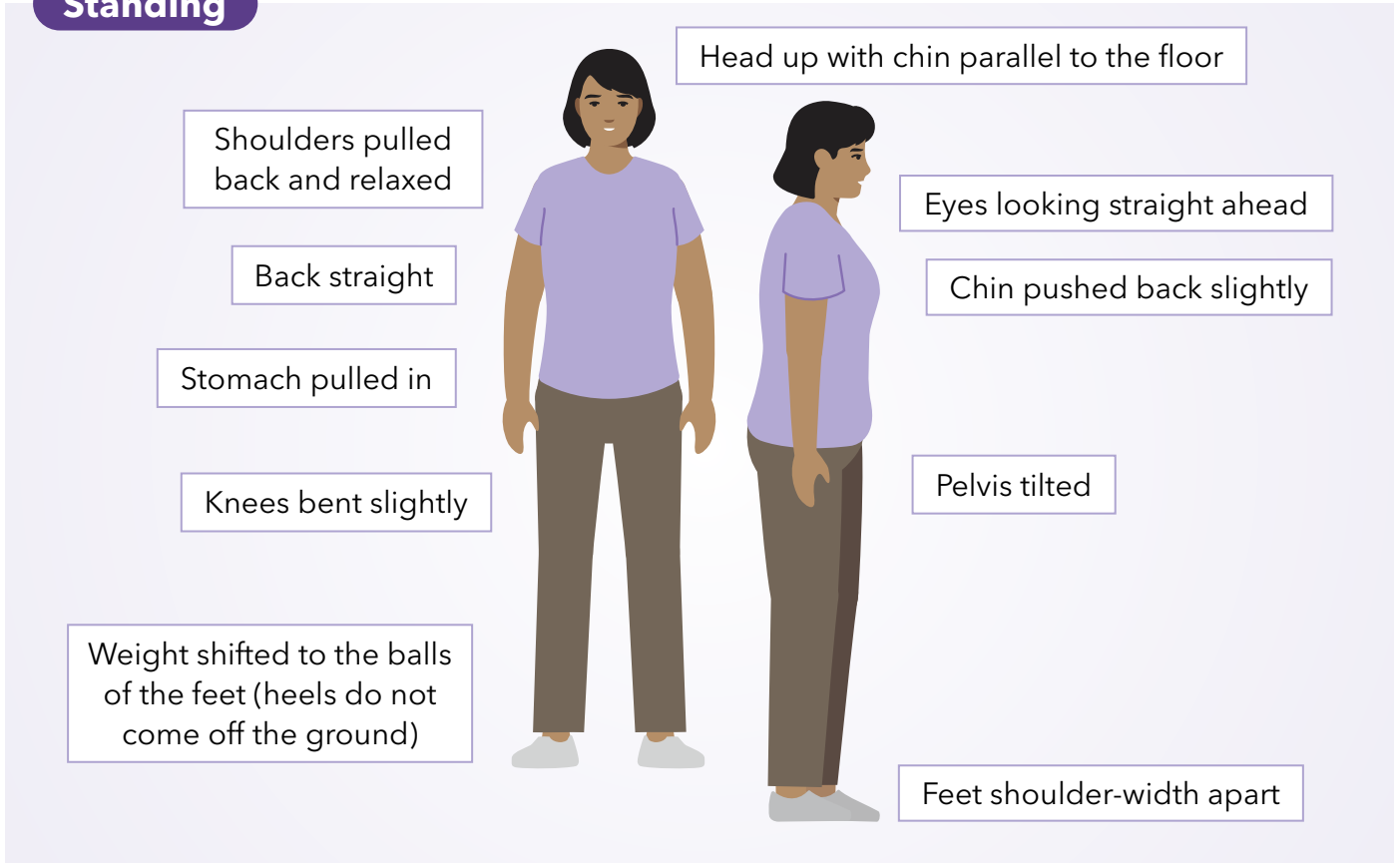
At least 30 minutes of moderate-intensity cardio exercise on 5 days a week or more. The 30 minutes may be broken up into 10-minute segments.

## ! Safety

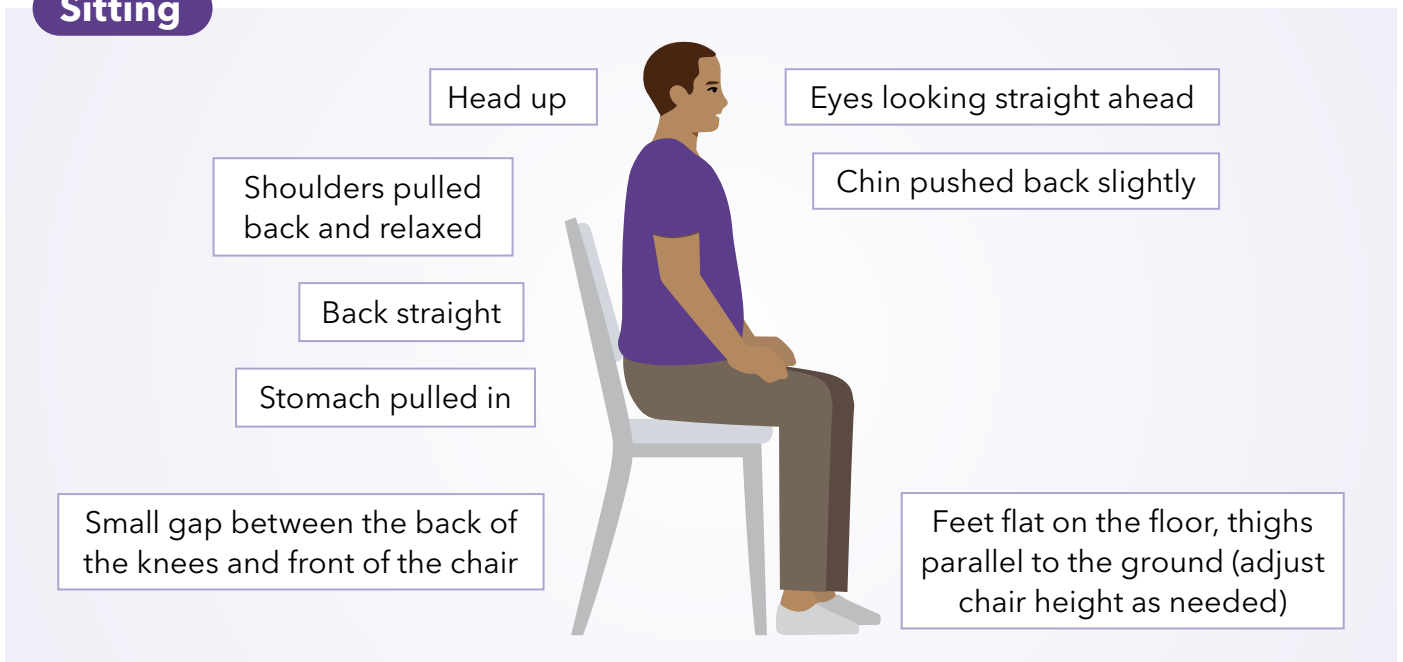
- ✓ **Focus on your breathing.** Breathe slowly in through your nose and out through your mouth. Holding your breath can cause changes in blood pressure.
- ✓ **Practice good posture and proper form.** All exercise requires proper form. This should be the first goal of starting an exercise. Do not move on until you have proper form. (See page 80.)
- ✓ **Don't lock your joints.**
- ✓ **If you feel pain, stop right away.** It's OK to feel tired during or sore after an active day, but pain may mean a problem. Talk with your doctor if you have pain during or after working out.
- ✓ **If you feel lightheaded or sick, stop right away.**
- ✓ **Stay well hydrated** before, during, and after exercise. If it's hot, you may need to drink more than you normally do.
- ✓ **Start and progress slowly and safely** for long-term success. Doing too much too fast may cause injury or soreness, and it may keep you from wanting to continue.

# Posture

## Standing



## Sitting



# Choose the Right Shoes and Clothes for Your Workouts

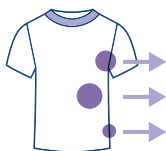
Having the right shoes and clothes is important for comfort and to prevent injury.

Wearing the wrong size or type of shoes can cause blisters and more serious injuries.

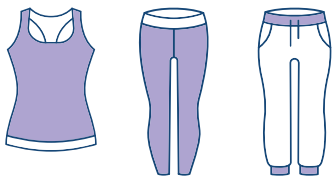
Don't just buy what's most stylish, expensive, or on sale. Get what's best for your own needs.

## Clothing

- ✔ Choose **fabrics that are sweat-wicking.**



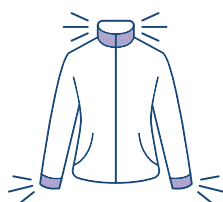
- ✔ Tops and pants should be **fitted but not tight.**



- ✔ **Undergarments are just as important** as the rest of your workout clothes. Look for the right fabric and fit. Buy new items to replace old ones as they stretch and lose their support.



- ✔ **Look for bright colors and reflective materials** if you work out on the street or after dark.



## Shoes

- ✔ **Know what you are going to do with your shoes.** Different activities need different shoes. For example, hiking shoes have extra traction, and shoes for field sports like soccer have cleats.
- ✔ **Ask to have your feet measured – both of them!** Shoe size can change over time.
- ✔ **Shop at an athletic shoe store.** Look for one that offers advanced fitting tools, like pressure mats and treadmills. They can help measure the best fit for your foot and step type.
- ✔ **Try your exercise socks on with the shoes you plan to buy.** Different thickness will affect the fit of the shoe. Try socks with sweat-wicking fabrics, which pull moisture away from the body.
- ✔ **Try on both shoes and walk around the store for a while.** They should feel comfortable (snug but not tight) and not need to be "broken in."
- ✔ **Buy special shoe inserts** if needed.

## Example Strength Training Exercises

Images and instructions in the following section are used with permission from the National Institute on Aging, National Institutes of Health, U.S. Department of Health and Human Services.

### Arm Curl

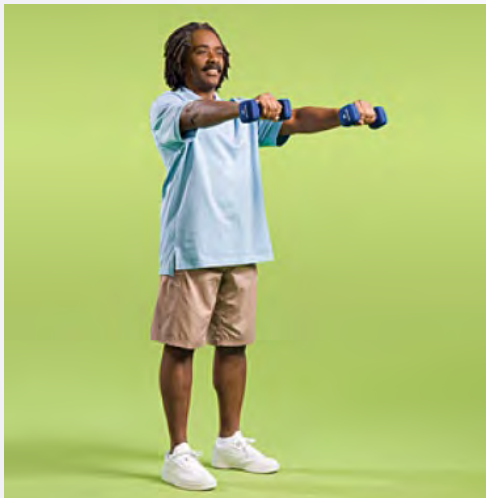


After a few weeks of doing this exercise for your upper arm muscles, lifting that gallon of milk will be much easier.

**What You Need:** Hand-held weights or household items (soup cans, bottles of water)

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

### Front Arm Raise

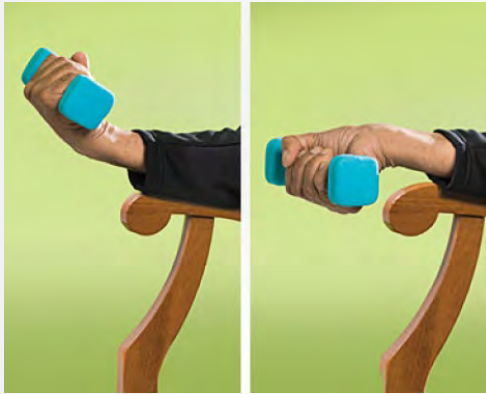


This exercise for your shoulders can help you put things up on a shelf or take them down more easily.

**What You Need:** Hand-held weights

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, with palms facing backward.
3. Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

## Wrist Curl



This exercise will strengthen your wrists. It also will help ensure good form and prevent injury when you do upper body strength exercises.

**What You Need:** Hand-held weights

1. Rest your forearm on the arm of a sturdy chair with your hand over the edge.
2. Hold weight with palm facing upward.
3. Slowly bend your wrist up and down.
4. Repeat 10-15 times.
5. Repeat with other hand 10-15 times.
6. Repeat 10-15 more times with each hand.

## Seated Row with Resistance Band

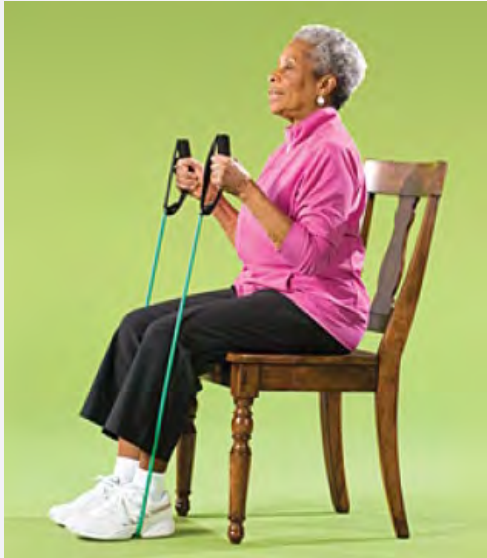


This exercise to strengthen upper back, shoulder, and neck muscles should make everyday activities such as raking and vacuuming easier.

**What You Need:** Resistance band and sturdy, armless chair

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward.
3. Relax your shoulders and extend your arms beside your legs. Breathe in slowly.
4. Breathe out slowly and pull both elbows back until your hands are at your hips.
5. Hold position for 1 second.
6. Breathe in as you slowly return your hands to the starting position.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.

## Arm Curl with Resistance Band



This variation of the arm curl uses a resistance band instead of weights.

**What You Need:** Resistance band and sturdy, armless chair

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward. Keep elbows at your sides. Breathe in slowly.
3. Keep wrists straight and slowly breathe out as you bend your elbows and bring your hands toward your shoulders.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

## Chair Dip



This pushing motion will strengthen your arm muscles even if you are not able to lift yourself up off the chair.

**What You Need:** Sturdy chair with armrests

1. Sit in a sturdy chair with armrests with your feet flat on the floor, shoulder-width apart.
2. Lean slightly forward; keep your back and shoulders straight.
3. Grasp arms of chair with your hands next to you. Breathe in slowly.
4. Breathe out and use your arms to push your body slowly off the chair.
5. Hold position for 1 second.
6. Breathe in as you slowly lower yourself back down.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.

## Wall Push-Up



These push-ups will strengthen your arms, shoulders, and chest. Try this exercise during a TV commercial break.

1. Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.
4. Hold the position for 1 second.
5. Breathe out and slowly push yourself back until your arms are straight.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

## Overhead Arm Raise



This exercise will strengthen your shoulders and arms. It should make swimming and other activities such as lifting and carrying grandchildren easier.

**What You Need:** Weighted objects or hand-held weights

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat 10-15 more times.

## Knee Curl



Walking and climbing stairs are easier when you do both the Knee Curl and Leg Straightening exercises.

### What You Need: Sturdy chair

1. Stand behind a sturdy chair, holding on for balance. Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your foot to the floor.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

## Toe Stand



This exercise will help make walking easier by strengthening your calves and ankles.

### What You Need: Sturdy chair

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly stand on tiptoes, as high as possible.
3. Hold position for 1 second.
4. Breathe in as you slowly lower heels to the floor.
5. Repeat 10-15 times.
6. Rest; then repeat 10-15 more times.

## Back Leg Raise



This exercise strengthens your buttocks and lower back.

**What You Need:** Sturdy chair

1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent. (You can also lift your leg to the side and follow the same steps.)
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

## Leg Straightening



This exercise strengthens your thighs and may reduce symptoms of arthritis of the knee.

**What You Need:** Sturdy chair

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and your toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front of you as straight as possible, but don't lock your knee.
3. Flex foot to point toes toward the ceiling. Hold position for 1 second.
4. Breathe in as you slowly lower your leg back down.
5. Repeat 10-15 times.
6. Repeat 10-15 times with other leg.
7. Repeat 10-15 more times with each leg.

## Chair Stand



This exercise, which strengthens your abdomen and thighs, will make it easier to get in and out of the car.

**What You Need:** Sturdy, armless chair

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.
4. Extend your arms so they are parallel to the floor and slowly stand up.
5. Breathe in as you slowly sit down.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

## Example Balance Exercises

### Stand on One Foot



You can do this exercise while waiting for the bus or standing in line at the grocery.

**What You Need:** Sturdy chair

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10-15 times.
4. Repeat 10-15 times with other leg.
5. Repeat 10-15 more times with each leg.

### Balance Walk



Good balance helps you walk safely and avoid tripping and falling over objects in your way.

1. Raise arms to sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Walk in a straight line with one foot in front of the other.
4. As you walk, lift your back leg. Pause for 1 second before stepping forward.
5. Repeat for 20 steps, alternating legs.

## Example Stretches

### Neck



This easy stretch can help relieve tension in your neck. Try to stretch after strength training and during any activity that makes you feel stiff, such as sitting at a desk.

1. You can do this stretch while standing or sitting in a sturdy chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Slowly turn your head to the right until you feel a slight stretch. Be careful not to tip or tilt your head forward or backward, but hold it in a comfortable position.
4. Hold the position for 10-30 seconds.
5. Turn your head to the left and hold the position for 10-30 seconds.
6. Repeat at least 3-5 times.

### Shoulder



This exercise to stretch your shoulder muscles will help improve your posture.

1. Stand back against a wall, feet shoulder-width apart and arms at shoulder height.
2. Bend your elbows so your fingertips point toward the ceiling and touch the wall behind you. Stop when you feel a stretch or slight discomfort, and stop immediately if you feel sharp pain.
3. Hold position for 10-30 seconds.
4. Let your arms slowly roll forward, remaining bent at the elbows, to point toward the floor and touch the wall again, if possible. Stop when you feel a stretch or slight discomfort.
5. Hold position for 10-30 seconds.
6. Alternate pointing above head, then toward hips.
7. Repeat at least 3-5 times.

## Shoulder and Upper Arm



This exercise to increase flexibility in your shoulders and upper arms will help make it easier to reach for your seatbelt.

### What You Need: Towel

1. Stand with feet shoulder-width apart.
2. Hold one end of a towel in your right hand.
3. Raise and bend your right arm to drape the towel down your back. Keep your right arm in this position and continue holding on to the towel.
4. Reach behind your lower back and grasp the towel with your left hand.
5. To stretch your right shoulder, pull the towel down with your left hand. Stop when you feel a stretch or slight discomfort in your right shoulder.
6. Repeat at least 3-5 times.
7. Reverse positions, and repeat at least 3-5 times.

## Chest



This exercise, which stretches the chest muscles, is also good for your posture.

### What You Need: Sturdy, armless chair

1. You can do this stretch while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold arms to your sides at shoulder height, with palms facing forward.
4. Slowly move your arms back, while squeezing your shoulder blades together. Stop when you feel a stretch or slight discomfort.
5. Hold the position for 10-30 seconds.
6. Repeat at least 3-5 times.

## Ankle



This exercise stretches your ankle muscles. You can stretch both ankles at once or one at a time.

**What You Need:** Sturdy, armless chair

1. Sit securely toward the edge of a sturdy, armless chair.
2. Stretch your legs out in front of you.
3. With your heels on the floor, bend your ankles to point toes toward you.
4. Hold the position for 10-30 seconds.
5. Bend ankles to point toes away from you and hold for 10-30 seconds.
6. Repeat at least 3-5 times.

## Upper Back



This exercise is good for your shoulders and upper-back muscles.

**What You Need:** Sturdy, armless chair

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Hold arms in front of you at shoulder height with palms facing outward.
3. Relax your shoulders, keep your upper body still, and reach forward with your hands. Stop when you feel a stretch or slight discomfort.
4. Hold position for 10-30 seconds.
5. Sit back up.
6. Repeat at least 3-5 times.

## Back



This exercise will help you do activities that require you to twist or turn to look behind you, such as backing out of a parking space or swinging a golf club.

### What You Need: Sturdy chair with armrests

1. Sit up toward the front of a sturdy chair with armrests. Stay as straight as possible. Keep your feet flat on the floor, shoulder-width apart.
2. Slowly twist to the left from your waist without moving your hips. Turn your head to the left. Lift your left hand and hold on to the left arm of the chair. Place your right hand on the outside of your left thigh. Twist farther, if possible.
3. Hold the position for 10–30 seconds.
4. Slowly return to face forward.
5. Repeat on the right side.
6. Repeat at least 3–5 more times.

## Thigh (Floor)



This exercise stretches your thigh muscles. If you have trouble getting down on the floor or back up again, try the Thigh (Standing) stretch.

1. Lie on your side with legs straight and knees together.
2. Rest your head on your arm.
3. Bend top knee and reach back and grab the top of your foot. If you can't reach your foot, loop a resistance band, belt, or towel over your foot and hold both ends.
4. Gently pull your leg until you feel a stretch in your thigh.
5. Hold position for 10–30 seconds.
6. Repeat at least 3–5 times.
7. Repeat at least 3–5 times with your other leg.

## Thigh (Standing)



Here's an exercise that stretches your thigh muscles.

**What You Need:** Sturdy chair

1. Stand behind a sturdy chair with your feet shoulder-width apart and your knees straight, but not locked.
2. Hold on to the chair for balance with your right hand.
3. Bend your left leg back and grab your foot in your left hand. Keep your knee pointed to the floor. If you can't grab your ankle, loop a resistance band, belt, or towel around your foot and hold both ends.
4. Gently pull your leg until you feel a stretch in your thigh.
5. Hold position for 10-30 seconds.
6. Repeat at least 3-5 times.
7. Repeat at least 3-5 times with your right leg.

## Lower Back



This exercise stretches the muscles of your lower back.

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both arms and shoulders flat on the floor throughout the stretch.
2. Keeping knees bent and together, slowly lower both legs to one side as far as you comfortably can.
3. Hold position for 10-30 seconds.
4. Bring legs back up slowly and repeat toward other side.
5. Continue alternating sides for at least 3-5 times on each side.

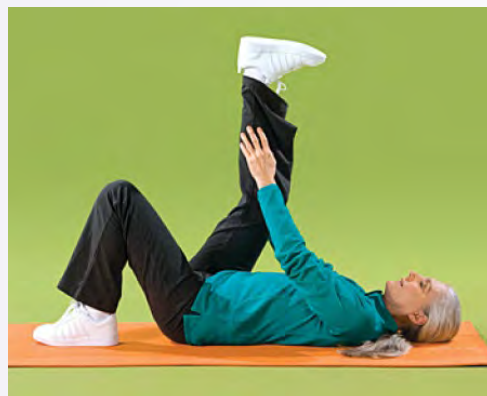
## Hip



This exercise will stretch your hip and inner thigh muscles.

1. Lie on your back with your legs together, knees bent, and feet flat on the floor. Try to keep both shoulders on the floor throughout the stretch.
2. Slowly lower one knee as far as you comfortably can. Keep your feet close together and try not to move the other leg.
3. Hold position for 10-30 seconds.
4. Bring knee back up slowly.
5. Repeat at least 3-5 times.
6. Repeat at least 3-5 times with your other leg.

## Back of Leg (Floor)



This exercise stretches the muscles in the back of your legs.

1. Lie on your back with left knee bent and left foot flat on the floor.
2. Raise right leg, keeping knee slightly bent.
3. Reach up and grasp right leg with both hands. Keep head and shoulders flat on the floor.
4. Gently pull right leg toward your body until you feel a stretch in the back of your leg.
5. Hold position for 10-30 seconds.
6. Repeat at least 3-5 times.
7. Repeat at least 3-5 times with left leg.

## Calf



Because many people have tight calf muscles, it's important to stretch them.

1. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart.
2. Put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Step forward with right leg and bend right knee. Keeping both feet flat on the floor, bend left knee slightly until you feel a stretch in your left calf muscle. It shouldn't feel uncomfortable. If you don't feel a stretch, bend your right knee until you do.
4. Hold position for 10-30 seconds, and then return to starting position.
5. Repeat with left leg.
6. Continue alternating legs for at least 3-5 times on each leg.

## Upper Body



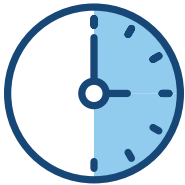
This exercise increases the flexibility of your arms, chest, and shoulders, and will help you reach items on the upper shelves of your closet or kitchen cabinet.

1. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Keeping your back straight, slowly walk your hands up the wall until your arms are above your head.
4. Hold your arms overhead for about 10-30 seconds.
5. Slowly walk your hands back down.
6. Repeat at least 3-5 times.

# Opportunities to Be More Active

## True or false?

Physical activity is only effective if you do it for more than 30 minutes at a time.



**✘ False.**

You don't need to do your daily physical activity all at once. You can take small steps, like parking a little farther away from the store. The most important thing is that you keep increasing your activity day to day and week to week.

We all have reasons why we don't exercise. Keep reading to find some common barriers and strategies to help you overcome them. Think about any barriers you have to exercising and be proactive in overcoming them. They may be internal or external factors.



*"I don't have time to exercise."*

- » Do three 10-minute bouts of exercise instead of one 30-minute bout.
- » Park your car farther away and walk.
- » Take the stairs.
- » Schedule time into your planner.
- » Take a walk break at work.
- » Walk, dance, stretch, or lift weights while watching TV.
- » Add physical activity into social events, such as a picnic that includes a hike.



*"I just don't like exercise."*

- » Think of exercise as play. Think back to when you were a child and do something you enjoy.



*"I'm too tired to exercise."*

- » Regular exercise actually increases energy.
- » Exercise improves sleep.
- » If you feel tired, start with just 5 minutes, and then see if you have the energy to do more.



*"I have a bad back, knee, etc."*

- » Do other forms of exercise, such as water aerobics, swimming, or chair dancing. You can buy a chair dancing DVD at your local Kaiser Permanente Healthy Living Store.



*"My neighborhood is not safe to walk or exercise outside."*

- » Walk in a mall or go up and down stairs.
- » Dance or walk briskly in your home.
- » Use a bike or treadmill at home.
- » Join a gym.



*"I don't have the money to join a gym."*

- » Walk in a mall or go up and down stairs.
- » Dance or walk briskly in your home.
- » Buy weights or use common household objects, such as cans, and do it at home.



### Resources for Exercise

- Exercise videos on
  - [kp.org/healthybalance](http://kp.org/healthybalance)
  - [positivechoice.org](http://positivechoice.org)
- Stay active and fit with a variety of reduced rates on studios, gyms, fitness gear, and online classes available for Kaiser Permanente members. Visit [kp.org/exercise](http://kp.org/exercise) to learn more.

## What is holding you back from exercise?

Make a list of your barriers and try to come up with some creative ways to combat them.

### Barrier 1

Solutions:

### Barrier 2

Solutions:

### Barrier 3

Solutions:

# 6 Ways to Track Your Progress



**MONITOR  
YOUR FITNESS**



**LOG YOUR  
FOOD**



**KEEP A  
JOURNAL**

**PICK  
ONE**



**CHECK IN**



**REWARD  
SUCCESS**



**SET GOALS**

# Logs



Keeping track of what you eat and drink, even if only for a few days a week, can help you recognize eating habits that you're not aware of.

Use the food logs in this book to plan your meals ahead of time and track as you go through your day. There are two different versions. Pick the one you like best and make copies so you can keep using it as needed.

These logs are also available online at [kp.org/healthybalance](http://kp.org/healthybalance).

## Healthy Eating Plans

### Track by Servings



#### Vegetables

5 or more servings a day

1 serving =

- ½ cup cooked
- 1 cup raw

#### Healthy Tips

- ✓ Add a tossed salad to your lunch and fill half your plate with vegetables at dinner to help you eat enough vegetables.
- ✓ Baby carrots and grape tomatoes make great snacks!

How many servings did you eat today? » Check 1 box per serving



#### Fruits

2-3 servings a day

1 serving =

- 1 small piece
- ½ cup cut up
- 2 tablespoons dried

#### Healthy Tips

- ✓ To eat your daily servings, have a piece of fruit at breakfast and add 1 or 2 more during the day for snacks.
- ✓ Try a different fruit every few days!

How many servings did you eat today? » Check 1 box per serving



#### Whole Grains/Starchy Vegetables

6 servings a day

1 serving =

- ⅓ cup cooked whole-grain pasta, cereal, or brown rice
- ½ cup potato

#### Healthy Tips

- ✓ Choose more whole wheat, oats, barley, brown rice, and quinoa.
- ✓ Choose cereals with less than 10 grams of sugar per serving.

How many servings did you eat today? » Check 1 box per serving



## Healthy Protein, Legumes/ Beans, Nuts

5-6 servings a day

1 serving =

- ½ cup beans or legumes
- ¼ cup nuts (note: high in calories)
- 1 ounce lean meat/fish
- 1 egg or 2 egg whites
- 1 ounce reduced-fat hard cheese
- ¼ cup tempeh
- ¼ cup 1% cottage cheese
- ½ cup tofu
- 6 ounces low-fat Greek yogurt

## Healthy Tips

- ✓ Include a serving of beans or nuts daily.
- ✓ Choose plant proteins more often: beans, peas, lentils, nuts, seeds, and soy products (tofu, tempeh, soy milk). Nuts and seeds are higher in calories than other plant proteins, so limit to 1 or 2 servings a day.
- ✓ Choose fish (preferably wild), shellfish, or skinless chicken or turkey.
- ✓ Use healthier cooking methods: broil, grill, steam, or sauté in a small amount of healthy oil (olive or canola).

How many servings did you eat today? » Check 1 box per serving



## Fats

4-7 servings a day

1 serving =

- 1 teaspoon oil
- 1½ teaspoons of nut butters (almond, peanut)
- ⅛ avocado (2 tablespoons)

## Healthy Tips

- ✓ Choose foods rich in healthy fats, such as fish, walnuts, olive oil, and flaxseeds.
- ✓ Limit saturated fats and avoid trans fats (partially hydrogenated), found in fatty meats, whole-fat milk, cream, butter, margarine, and processed baked and snack foods.

How many servings did you eat today? » Check 1 box per serving



## Water

8 servings a day

1 serving = 8 ounces

## Healthy Tips

See page 43 for tips.



**Don't like using pen and paper?** Try an online or smart-phone app or take pictures of your meals and compare them with the healthy plate.

How many servings did you have today?  
» Check 1 box per serving



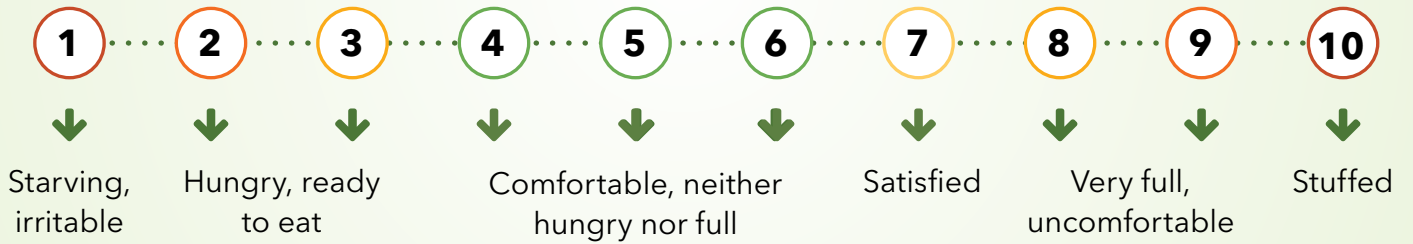
# Track by Healthy Plate

## Hunger Rating Scale

Simply pausing before eating and asking the question, "On a scale from 1 to 10, how hungry am I really?" is powerful.

If you find yourself at a 3 or below, you are likely truly hungry.

If you find yourself at a 7 or above, you could be eating for reasons other than actual hunger.



### BREAKFAST

Hunger Rating: \_\_\_

#### Healthy Protein

Write down what you ate:

#### Whole Grains

#### Starchy Vegetables

Write down what you ate:

#### Nonstarchy Vegetables

Write down what you ate:

#### Fruits

Write down what you ate:



**LUNCH**

Hunger Rating: \_\_\_

**Healthy Protein**

Write down what you ate:

**Whole Grains**

**Starchy Vegetables**

Write down what you ate:

**Nonstarchy Vegetables**

Write down what you ate:

**Fruits**

Write down what you ate:



**DINNER**

Hunger Rating: \_\_\_

**Healthy Protein**

Write down what you ate:

**Whole Grains**

**Starchy Vegetables**

Write down what you ate:

**Nonstarchy Vegetables**

Write down what you ate:

**Fruits**

Write down what you ate:



**Healthy Fats**

4-7 servings a day



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Snacks/Other**



\_\_\_\_\_

\_\_\_\_\_

**Water**

8 servings a day



# Fitness Plan

## Example Plan (Beginner)

Week of: 6/27	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Cardio</b>	Walk for 10 minutes at lunchtime		Walk for 10 minutes at lunchtime		Walk for 10 minutes at lunchtime		
<b>Resistance</b>		Choose 3 exercises from pages 82-96 8-10 reps, 3 sets				Use stretch bands for upper body for 5-10 minutes	Choose 3 exercises from pages 82-96 8-10 reps, 3 sets
<b>Flexibility</b>	Stretch for 5 minutes after walk		Stretch for 5 minutes after walk		Stretch for 5 minutes after walk		
<b>Rest Day</b>							

Example Plan (Intermediate)

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Week of:</b> 6/27							
<b>Cardio</b>	Walk for 15 minutes at lunchtime and after dinner	Walk for 15 minutes at lunchtime and after dinner	Walk for 15 minutes at lunchtime and after dinner	Walk for 15 minutes at lunchtime and after dinner	Walk for 15 minutes at lunchtime and after dinner		
<b>Resistance</b>		Use hand weights for 10 minutes while watching TV		Use hand weights for 10 minutes while watching TV		Take strength training class at the gym	
<b>Flexibility</b>	Stretch for 5 minutes after each walk		Stretch for 5 minutes after each walk		Stretch for 5 minutes after each walk		Do the flexibility video on kp.org/healthybalance
<b>Rest Day</b>							

Example Plan (Advanced)

Week of: 6/27	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Cardio</b>	Zumba class at the gym for 45 minutes in the evening	Brisk walk for 15 minutes at lunchtime and in the evening	Evening swim at the gym for 30 minutes	Brisk walk for 15 minutes at lunchtime and in the evening		Morning bike ride for 45 minutes	
<b>Resistance</b>		Lift weights at home after walk, targeting upper body muscles		Use resistance band at home after walk, targeting lower body muscles			
<b>Flexibility</b>	Stretch after Zumba	Stretch after lifting weights	Stretch after swimming	Stretch after lifting weights	Stretch after biking	Stretch after biking	
<b>Rest Day</b>					Get in 10,000 steps or 60 to 90 minutes of walking		Get in 10,000 steps or 60 to 90 minutes of walking

# Fitness Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
Week of:	Cardio	Resistance	Flexibility	Rest Day			



Notes

# 3 Ways to Cook Healthy Meals



**COOK WITH  
BROTH**



**BAKE, GRILL,  
AIR FRY, OR STEAM**



**LIMIT ADDED  
FATS**

**PICK  
ONE**

# Healthy Cooking Tips and Recipes

Cooking healthy recipes can be fun, exciting, and delicious! Included here are basic recipe ideas for cooking healthy plate staples. For more recipe ideas, visit [kp.org/recipes](https://kp.org/recipes).

## Basic Cooking Tips

- ✔ Always read the whole recipe before starting.
- ✔ Prep your ingredients before cooking.
- ✔ Use fresh, high-quality ingredients. The fewer ingredients there are in a recipe, the more important this is.
- ✔ When using fresh herbs and spices, use about 1½ times more than you would dried.
- ✔ Garlic's health benefits increase when exposed to air. Crush or chop garlic first and set aside as you prep the rest of the ingredients.
- ✔ To get a nice sear on tofu, poultry, and fish, pat dry with a paper towel before seasoning and cooking.
- ✔ Never overcrowd your pot, pan, or baking sheet.

## Cooking Tips to Use Less Oil (and Lower Calories)

- ✔ Sauté vegetables with a small amount of water or low-sodium vegetable broth instead of oil.
- ✔ Roast, bake, or air fry vegetables without oil.
- ✔ Replace oil in baked goods with bananas, apples, applesauce, prunes, dates, or tofu.
- ✔ Make oil-free salad dressing with vinegar or lemon juice and garlic, spices, and fresh herbs. You can also blend a small amount of hummus with vinegar or lemon juice and mustard.

# How to Cook Vegetables

Thoroughly wash vegetables before cooking. To help vegetables cook evenly:

- ✔ Always chop into even slices.
- ✔ Start by cooking the hardest vegetables first. Add in vegetables that take less time to cook later.



## Stovetop method 1

Cover the bottom of a pan with water or low-sodium broth. Heat until bubbling. Add chopped garlic or other spices, if desired. Heat over medium heat. Add vegetables and cover. Cook about 6 to 8 minutes or until tender. Stir occasionally to prevent sticking or burning.



## Stovetop method 2

Steam vegetables in a steamer basket over boiling water. Add lemon, herbs, and spices to water, if desired (this will add mild flavoring to the vegetables).



## Oven-roasted

Place cut vegetables in a bowl or bag. Toss with a small amount of oil, adding a little at a time and mixing to evenly coat without adding too much oil. Season as desired. For crispy roasted vegetables, preheat a baking sheet. Add vegetables cut-side down. Bake at 400 to 500°F and rotate halfway through. Vegetables should be golden brown when done. (Times vary depending on the vegetable.) Transfer from the baking sheet to a serving platter immediately to stop vegetables from cooking.



## Grill

Place cut vegetables in a bowl or bag. Toss with a small amount of oil, adding a little at a time and mixing to evenly coat without adding too much oil. Season as desired. Place directly on a hot grill, turning halfway through. Cook thicker vegetables with the lid down to help cook through. You can wrap vegetables in foil to prevent the outside from burning if thick (like corn on the cob) or to prevent losing pieces if small (like a pepper and onion mix).

## Suggested seasonings

**Artichokes:** Bay leaf, parsley, oregano, thyme, lemon, garlic

**Asparagus:** Garlic, lemon, onion, chives, sesame seeds, tarragon

**Broccoli:** Caraway, oregano, red pepper

**Cabbage:** Caraway, celery seed, mint, tarragon

**Carrots:** Basil, bay leaf, ginger, mint, oregano, thyme, cinnamon

**Cauliflower:** Marjoram, nutmeg, chives

**Corn:** Cumin, curry powder, paprika

**Cucumber:** Dill, mint

**Green beans:** Basil, cloves, marjoram, savory, garlic

**Potatoes:** Basil, caraway, chives, dill, marjoram, parsley, paprika

**Salad greens:** Basil, chives, marjoram, mint, tarragon, thyme

**Spinach:** Dill, nutmeg, tarragon, garlic

**Squash:** Curry powder, ginger, nutmeg, rosemary, sage, basil, oregano

**Tomatoes:** Basil, bay leaf, cloves, dill, marjoram, nutmeg, oregano

# How to Cook Dry Grains

Boil dry grains in water or low-sodium broth. Grains expand as they cook, so you will end up with more than you started with.

**i** **Note:** Serving sizes are always given for cooked grains. However, labels will give you nutritional information for the dried product (see the pasta label on page 129).

## Barley, hulled

Dry amount: 1 cup

- » Add 3 cups of broth or water
- » Bring to a boil, then simmer for 45-60 minutes

Cooked amount: 3½ cups

## Bulgur

Dry amount: 1 cup

- » Add 2 cups of broth or water
- » Bring to a boil, then simmer for 10-12 minutes

Cooked amount: 3 cups

## Cornmeal (polenta)

Dry amount: 1 cup

- » Add 4 cups of broth or water
- » Bring to a boil, then simmer for 25-30 minutes

Cooked amount: 2½ cups

## Farro

Dry amount: 1 cup

- » Add 2½ cups of broth or water
- » Bring to a boil, then simmer for 25-40 minutes

Cooked amount: 3 cups

## Pasta, whole-wheat

Dry amount: 1 cup

- » Add 6 cups or more of broth or water
- » Bring to a boil, simmer for 8-12 minutes, then drain

Cooked amount: Varies

## Quinoa

Dry amount: 1 cup

- » Add 2 cups of broth or water
- » Bring to a boil, then simmer for 12-15 minutes

Cooked amount: 3 cups

## Rice, brown

Dry amount: 1 cup

- » Add 2½ cups of broth or water
- » Bring to a boil, then simmer for 25-45 minutes (varies)

Cooked amount: 3 cups

## Spelt or wheat berries

Dry amount: 1 cup

- » Add 4 cups of broth or water
- » Soak overnight
- » Bring to a boil, then simmer for 45-60 minutes

Cooked amount: 2½-3 cups

## Teff

Dry amount: 1 cup

- » Add 3 cups of broth or water
- » Bring to a boil, then simmer for 20 minutes

Cooked amount: 2½ cups

## Wild rice

Dry amount: 1 cup

- » Add 3 cups of broth or water
- » Bring to a boil, then simmer for 45-55 minutes

Cooked amount: 3½ cups

## A great source of fiber

Barley



Farro



Oats

Quinoa



Wild rice



**Never had some of these whole grains? Try one next time you see it on a restaurant menu.**

# How to Cook Dry Beans

- » Measure out the amount you want to cook. One cup will expand to 2½ to 3 cups when cooked.
- » Remove any stones and damaged beans.
- » Place beans in a colander or strainer and rinse well under cold water.
- » Most beans need several hours of soaking. For every 1 cup of dry beans, add 3 cups of cold water and let sit. Toss water when done (beans will have released enzymes into the water that may cause gas).
- » Place soaked beans in a heavy pot. For every cup of soaked beans, add 3 cups of water.
- » Bring to a boil and reduce heat to medium-low.
- » Simmer for 10 minutes. Skim off any foam.
- » Cover beans and simmer on low.
- » Beans should be covered by water throughout cooking time. Add a small amount if needed during cooking.
- » For more flavor, add seasonings during simmering or at the end of cooking.



## Seasoning ideas

Diced tomatoes, onion, chili powder, cumin, garlic, cilantro, parsley, rosemary, sage, savory, and thyme. Add salt at the end, as it may make the beans tough.

### Adzuki beans

- » Soak: 4 hours
- Stovetop:  
45-60 minutes
- Pressure Cooker:  
15-20 minutes

### Black beans

- » Soak: 4 hours
- Stovetop:  
45-60 minutes
- Pressure Cooker:  
15-20 minutes

### Black-eyed peas

- » Soak: No
- Stovetop:  
60 minutes
- Pressure Cooker:  
10-11 minutes

### Garbanzo beans (chickpeas)

- » Soak: 6-8 hours
- Stovetop:  
1½-2 hours
- Pressure Cooker:  
20 minutes

### Lentils

- » Soak: No
- Stovetop:  
45-60 minutes
- Pressure Cooker:  
Not recommended

### Green split peas

- » Soak: No
- Stovetop:  
35-45 minutes
- Pressure Cooker:  
Not recommended

### Kidney beans, dark red

- » Soak: 6-8 hours
- Stovetop:  
1½-2 hours
- Pressure Cooker:  
20-25 minutes

### Navy beans

- » Soak: 6-8 hours
- Stovetop:  
1½-2 hours
- Pressure Cooker:  
20 minutes

### Pinto beans

- » Soak: 6-8 hours
- Stovetop:  
1½-2 hours
- Pressure Cooker:  
20 minutes

Make beans your protein or starch choice

Black beans



Black-eyed peas

Navy beans



Garbanzo beans

Kidney beans



**Don't want to use the stovetop?**  
Look online for slow cooker recipes.

## How to Cook Chicken

The healthiest ways to cook chicken are to bake, poach, steam, grill, or broil. Tips to help you get started:

- ✔ Remove the skin before preparing.
- ✔ Always thaw and marinate in the refrigerator, not at room temperature.
- ✔ Put a chicken breast into a resealable plastic bag. Use a meat pounder or rolling pin to pound the chicken until it is an even thickness all around. This will help it cook more evenly.
- ✔ Always pat chicken dry before seasoning. This will help it sear well.
- ✔ To keep juices in and prevent the meat from drying out, sear first at a high temperature and then lower the heat to cook through.
- ✔ Only turn pieces once, midway through cooking.
- ✔ Cooking times depend on the thickness of the chicken and whether it has bones. Always check that meat is cooked all the way through with a cooking thermometer (165°F) or by cutting into its thickest part to make sure there is no pink inside.





## How to Cook Fish

Use your favorite spices to crust your fish.

Some ideas:

- Freshly ground pepper and herbs
- Lemon or lime zest
- Parsley, dill, chives, and lemon zest
- Mustard, lemon zest, and finely chopped pistachio
- Chili powder

**Suggested fish choices** include salmon, cod, tilapia, and trout. **Limit** halibut, king mackerel, orange roughy, swordfish, and bluefin tuna because they may have high levels of mercury.

### Directions

Cover the fish with seasonings. Heat 2 teaspoons or less of oil in a nonstick skillet over high heat. Add fish and cook on one side. Turn fish over and cook until done. Most fish will cook in 4 to 6 minutes on the first side and slightly less on the second side. Remove from heat and serve.

Times vary depending on thickness. To get a nice crust, do not move the fish as it cooks (other than to flip it).



## How to Cook Eggs

Limit egg yolks to 2 to 4 a week. You can add extra egg whites to each whole egg.

### Hard boiled

Put eggs in a pot in a single layer. Cover with cold water at least 1 inch above eggs. Cover pot and heat to boiling. Immediately remove from heat. Let stand covered 15 minutes, and then drain water. Immediately place eggs in cold water and peel when cooled.

### Scrambled

Cook in a nonstick pan on very low heat with a small amount of milk. Oil and butter are not needed. If you do use oil, reduce the amount by putting oil on a paper towel and wiping the pan with it. Create more volume and nutrition by adding in your favorite chopped vegetables.

### Poached

Make sure to use really fresh eggs. Bring a pot of water to a simmer and add a small amount of vinegar. Crack each egg individually into a small cup. With a spoon, create a gentle whirlpool in the water and slowly pour the egg (white first) into the center of the whirlpool. Cook for 3 minutes. Remove with a slotted spoon and allow to drain on a paper towel.



## How to Cook Tofu

Drain excess water from tofu before cooking. Wrap tofu in a dish towel or paper towel. Put it on a plate with a heavy pan on top to press it down and squeeze out water for 5 to 10 minutes.

Tofu has a very mild taste and will take on the flavors of whatever it's cooked with. After cooking, add more flavor by tossing pieces in a low-sodium soy-, citrus-, or vinegar-based marinade or seasonings.

Tofu has different firmness options. Use the right tofu for your method of cooking.

- Soft: raw, pureed, boiled
- Medium: stir-fried, baked
- Firm and extra firm: baked, boiled, stir-fried

## Ideas for cooking tofu

- ✔ Crumble firm tofu and cook like scrambled eggs. Don't forget to add vegetables!
- ✔ Slice extra-firm tofu into ½-inch strips and place in a heated nonstick pan until crispy on both sides (no oil needed). Add to a sandwich or salad, or use as the protein in any main dish.
- ✔ Cube medium tofu and add to your favorite soup or stew.
- ✔ Puree soft tofu to make a dairy-free ice cream.

## How to Cook Tempeh

Tempeh is a fermented soy product with a slightly nutty flavor. It is a great source of protein. Much like tofu, it will take on the flavor of whatever it is cooked with.

### How to cut it

- Slice into ¼-inch-thick strips for baking and barbecuing.
- Chop into bite-size pieces for soups and salads.
- Shred or chop finely for tacos.
- Use thin slices for burgers, sandwiches, or paninis.
- Crumble, grate, or cube it for spaghetti sauce, sloppy joes, “chicken” salad, stews, chilis, or curry.

### How to season it

#### Marinade

1. Mix marinade (try vinegar, garlic, ginger, citrus juice, herbs, and spices).
2. Place the tempeh pieces in a container and cover with the marinade.
3. Cover and marinate for 20 minutes or overnight in the refrigerator.
4. Cook as desired.

#### Dry Seasoning

Coat tempeh pieces in fresh or dried herbs and spices before cooking. Try coriander, cilantro, thyme, oregano, paprika, black pepper, cayenne, turmeric, blackening spice, or Cajun-style seasoning.

### How to cook it

#### Bake

Preheat the oven to 350°F. Place pieces in a single layer on a lightly greased baking sheet. Bake for 15 to 20 minutes or until the edges are golden brown.

#### Sauté

Heat a drizzle of oil in a skillet over medium-high heat. When the oil is hot, lay the tempeh pieces in the oil. Cook evenly until golden brown and crispy, flipping or turning as needed (about every 3 minutes).

#### Grill

Heat strips on the barbecue or a hot griddle until golden brown.



# Healthy Desserts

## Frozen Greek Yogurt Drops

Servings: 2

### Ingredients

- 1 cup nonfat plain Greek yogurt
- ½ cup frozen berries, mashed

### Directions

1. Stir yogurt and berries together. (Tip: Put mixture in a ziplock bag for easy pouring.)
2. Line a baking sheet with parchment paper (needs to be small enough to fit in the freezer).
3. Place ½-teaspoon drops of mixture on baking sheet. Place far enough apart that they are not touching. Freeze until solid (at least 3 hours).
4. Once frozen, store drops in a plastic container in freezer.

### Nutrition information (per serving)

- Calories: 85
- Total fat: 0.1 g
- Saturated fat: 0 g
- Cholesterol: 3 mg
- Sodium: 90 mg
- Total carbohydrate: 14.8 g
- Dietary fiber: 2.8 g
- Sugars: 11.5 g
- Protein: 6.3 g



## Banana "Ice Cream"

Servings: 1



### Ingredients

1 large ripe banana

For best results, use soft, ripe bananas. See the end of the recipe for other flavor ideas (nutrition information will change with ingredients that are not "free").

### Directions

1. Peel and slice banana into small, even pieces. Place in an airtight container or bag. Freeze for at least 2 hours or overnight.
2. Remove from freezer and blend for 3 to 5 minutes (a food processor tends to work better than a blender). Occasionally scrape down the sides of the food processor as you blend. The banana will take on different consistencies as it blends. You will know it's done when it turns smooth and creamy.
3. Stir or blend in any flavors desired.
4. Transfer to an airtight container or bag. Freeze until solid. (You can eat it after blending but it will be very soft.)

### Nutrition information (per serving)

- Calories: 121
- Total fat: 0.5 g
- Saturated fat: 0 g
- Cholesterol: 0 mg
- Sodium: 1 mg
- Total carbohydrate: 31.1 g
- Dietary fiber: 3.5 g
- Sugars: 16.6 g
- Protein: 1.5 g

Eat it plain or try some of these flavor ideas (ingredients per 1 banana):

- 1 teaspoon vanilla extract
- ½ tablespoon nut butter
- 1 tablespoon chocolate chips
- 1 tablespoon chopped nuts
- ½ tablespoon cocoa powder
- ½ teaspoon cinnamon, cardamom, or ginger
- 2 tablespoons shaved coconut
- Orange, lemon, or lime zest
- 1¼ cups fresh strawberries (blend some berries into the bananas and chop and stir in the rest)
- Lime juice with 2 crumbled graham crackers
- 1 teaspoon toasted almonds, 1 teaspoon coconut, 1 teaspoon chocolate chips
- ¼ teaspoon mint extract and 1 tablespoon chocolate chips
- 1 tablespoon nut butter and 1 tablespoon cocoa powder



## Fruit Ice Pops

Servings: ~6

### Ingredients

- Fruit of choice (about 2 cups, depending on fruit)
- Juice (about ¼ cup)
- Citrus juice (lemon, lime, or orange)

### Directions

1. Puree fruit.
2. Add juice (and banana or yogurt, if desired).
3. Pour into ice cube trays, ice pop molds, or paper cups.
4. Freeze for at least 4 to 6 hours.

### Nutrition information (per serving)

- Calories: 42
- Total fat: 0 g
- Saturated fat: 0 g
- Cholesterol: 0 mg
- Sodium: 8 mg
- Total carbohydrate: 11.2 g
- Dietary fiber: 0.5 g
- Sugars: 9.8 g
- Protein: 0.1 g

### Suggested combinations

- Watermelon with lime juice
- Mango with orange juice
- Pears, peaches, or berries with apple juice and lemon juice



Give your pops a creamy texture by adding pureed banana or a small amount of nonfat Greek yogurt.



# Appendix



**NUTRITION  
LABELS**



**FOOD  
CHOICES**



**CALORIE  
AND FOOD  
EXCHANGE  
LISTS**



**PLANT-BASED  
DIETS**

# Nutrition Labels

Can you tell the difference?



Look for:

### Serving Size

All information is for 1 serving

### Total Fat

5% or less is low fat

### Saturated Fat

1g or less per 100 calories

### Sodium

140mg per serving  
(2,300mg\* or less per day)

### Fiber

3g or more per serving  
(25-35g per day)

### Added Sugars

10g or less per meal (25g or less per day)

\*Your doctor may recommend a lower sodium level.

## Whole-Grain Bread

Nutrition Facts	
20 servings per container	
<b>Serving size</b>	<b>1 slice (34g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>3%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin A	0%
Vitamin C	2%
Calcium	7%
Iron	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC SPROUTED WHEAT, FILTERED WATER, ORGANIC SPROUTED BARLEY, ORGANIC SPROUTED MILLET, ORGANIC MALTED BARLEY, ORGANIC SPROUTED LENTILS, ORGANIC SPROUTED SOYBEANS, ORGANIC SPROUTED SPELT, FRESH YEAST, ORGANIC WHEAT GLUTEN, SEA SALT.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

## Multi-Grain Bread

Nutrition Facts	
20 servings per container	
<b>Serving size</b>	<b>1 slice (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.2g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 0.8g	<b>3%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2.7g	
Vitamin A	0%
Vitamin C	2%
Calcium	7%
Iron	8%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, SUGAR, YEAST, SALT, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, CALCIUM SULFATE, DATEM, MONOGLYCERIDES, SOY LECITHIN.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

What's the difference between whole-grain and multi-grain bread?

What's the difference between one pasta sauce and another?

Pasta

Nutrition Facts	
7 servings per container	
<b>Serving size</b>	<b>2oz (56g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 7g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	3%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE-GRAIN DURUM WHEAT FLOUR, SEMOLINA (WHEAT), DURUM WHEAT FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

Marinara Sauce (Canned)

Nutrition Facts	
5 servings per container	
<b>Serving size</b>	<b>1/2 cup (125g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 8g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 2g	
Vitamin A	15%
Vitamin C	0%
Calcium	4%
Iron	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: TOMATOES, TOMATO PASTE, ONIONS, OLIVE OIL, SUNFLOWER OIL, SUGAR, SALT, GARLIC, BLACK PEPPER, BASIL, PARSLEY, OREGANO, NATURAL FLAVOR, CITRIC ACID.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

Alfredo Sauce (Canned)

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1/4 cup (60g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 390mg	<b>16%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin A	4%
Vitamin C	0%
Calcium	4%
Iron	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, CREAM (MILK), BUTTER (CREAM, SALT), PARMESAN CHEESE, SOYBEAN OIL, MODIFIED CORN STARCH, SHERRY WINE, ROMANO CHEESE, PART SKIM MILK, SALT, ENZYMES, DISODIUM PHOSPHATE, GARLIC POWDER, SPICES, NATURAL FLAVOR.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

Which sauce fits your needs best? | Why?

## What makes up these treats?

### Light Bagged Popcorn

<b>Nutrition Facts</b>	
4.4 servings per container	
<b>Serving size 3¼ cups (28g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D	0%
Calcium	0%
Iron	2%
Potassium	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: POPCORN, SUNFLOWER OIL, SALT.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

### Cheese Tortilla Chips

<b>Nutrition Facts</b>	
3 servings per container	
<b>Serving size 1oz (28 grams about 15 chips)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>16%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars less than 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin A	0%
Vitamin C	10%
Calcium	0%
Iron	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CORN, CORN OIL, MALTODEXTRIN, SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, ONION POWDER, CORN FLOUR, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR (INCLUDING YELLOW 6, YELLOW 5, AND RED 40), LACTIC ACID, SUGAR, GARLIC POWDER, DISODIUM GUANYLATE.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

### Cookies

<b>Nutrition Facts</b>	
9 servings per container	
<b>Serving size 2 cookies (30g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 1g	<b>2%</b>
Total Sugars 9g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 1g	
Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, FOLIC ACID), SUGAR, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, DEXTROSE, COCOA BUTTER, SOY LECITHIN), PARTIALLY HYDROGENATED SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, SALT, NATURAL AND ARTIFICIAL FLAVOR.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

Which treat fits your needs best?

Why?

## How different can one yogurt be from another?

### Plain Nonfat Greek Yogurt

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (225g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	
Vitamin A	0%
Vitamin C	0%
Calcium	30%
Iron	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

### Less-Sugar Greek Yogurt

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>5.3 oz</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber <1g	<b>2%</b>
Total Sugars 9g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 12g	<b>24%</b>
Vitamin D	0%
Calcium	10%
Iron	0%
Potassium	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CULTURED LOW-FAT MILK, WATER, CANE SUGAR, STRAWBERRY PUREE, NATURAL FLAVORS, FRUIT PECTIN, LOCUST BEAN GUM, LEMON JUICE CONCENTRATE, FRUIT AND VEGETABLE JUICE CONCENTRATE (FOR COLOR), GUAR GUM.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

### Strawberry Yogurt

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>1 container (170g)(6oz)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 26g	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein</b> 6g	
Vitamin A	15%
Vitamin C	0%
Calcium	30%
Iron	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CULTURED PASTEURIZED GRADE A LOW-FAT MILK, SUGAR, STRAWBERRIES, MODIFIED CORN STARCH, KOSHER GELATIN, CITRIC ACID, TRICALCIUM PHOSPHATE, COLORED WITH CARMINE, NATURAL FLAVOR, VITAMIN A, VITAMIN D.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

Which yogurt fits your needs best?

Why?

**Why might you choose steel cut oats over instant oatmeal?**

Steel Cut Oats

<b>Nutrition Facts</b>	
15 servings per container	
<b>Serving size</b>	<b>1/4 cup (40g) uncooked</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 4g	<b>15%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: STEEL CUT OATS.

Maple Brown Sugar

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 packet (31g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>1%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 261mg	<b>11%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 2g	<b>10%</b>
Total Sugars 13g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	11%
Iron	22%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHOLE-GRAIN ROLLED OATS, SUGAR, NATURAL AND ARTIFICIAL FLAVORS, SALT, GUAR GUM, CARAMEL COLOR, CINNAMON, CALCIUM CARBONATE, IRON (COATED WITH HYDROGENATED SOYBEAN OIL), FOLIC ACID.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

Which cereal fits your needs best? | Why?

What's the difference between corn and flour tortillas?

Tortillas: 6-Inch Corn

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>2 tortillas (51g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: GROUND CORN, WATER, LIME.

Tortillas: 6-Inch Flour

<b>Nutrition Facts</b>	
24 servings per container	
<b>Serving size</b>	<b>1 tortilla (51g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>11%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 0.7g	<b>3%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	8%
Iron	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED BLEACHED FLOUR (FLOUR, NIACIN, REDUCED IRON, RIBOFLAVIN, FOLIC ACID), WATER, SHORTENING (INTERESTERIFIED SOYBEAN OIL AND HYDROGENATED SOYBEAN OIL), SALT, BAKING SODA.



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_



Serving Size: \_\_\_\_\_

Total Fat: \_\_\_\_\_

Saturated Fat: \_\_\_\_\_

Sodium: \_\_\_\_\_

Fiber: \_\_\_\_\_

Added Sugars: \_\_\_\_\_

Which tortillas fit your needs best? | Why?

# Food Choices

Use these lists to help you make healthier choices for your meals and snacks.

## Vegetables (Nonstarchy)

5 or more servings a day

1 serving equals:

- ½ cup cooked
- 1 cup raw

### Choose More Often

- ✓ A colorful variety
- ✓ Fresh or frozen (without salt or sauces added)
- ✓ For lettuce, choose dark and leafy greens

### Choose Less Often

- ✗ Vegetable juice
- ✗ Canned vegetables
- ✗ Vegetables with butter, cheese, or cream sauces
- ✗ Breaded or fried vegetables
- ✗ Salads with sweet or creamy dressings

## Fruits

2-3 servings a day

1 serving equals:

- 1 small piece of whole fruit
- ½ cup diced fruit
- 2 tablespoons dried fruit
- ½ cup (4 ounces) juice

### Choose More Often

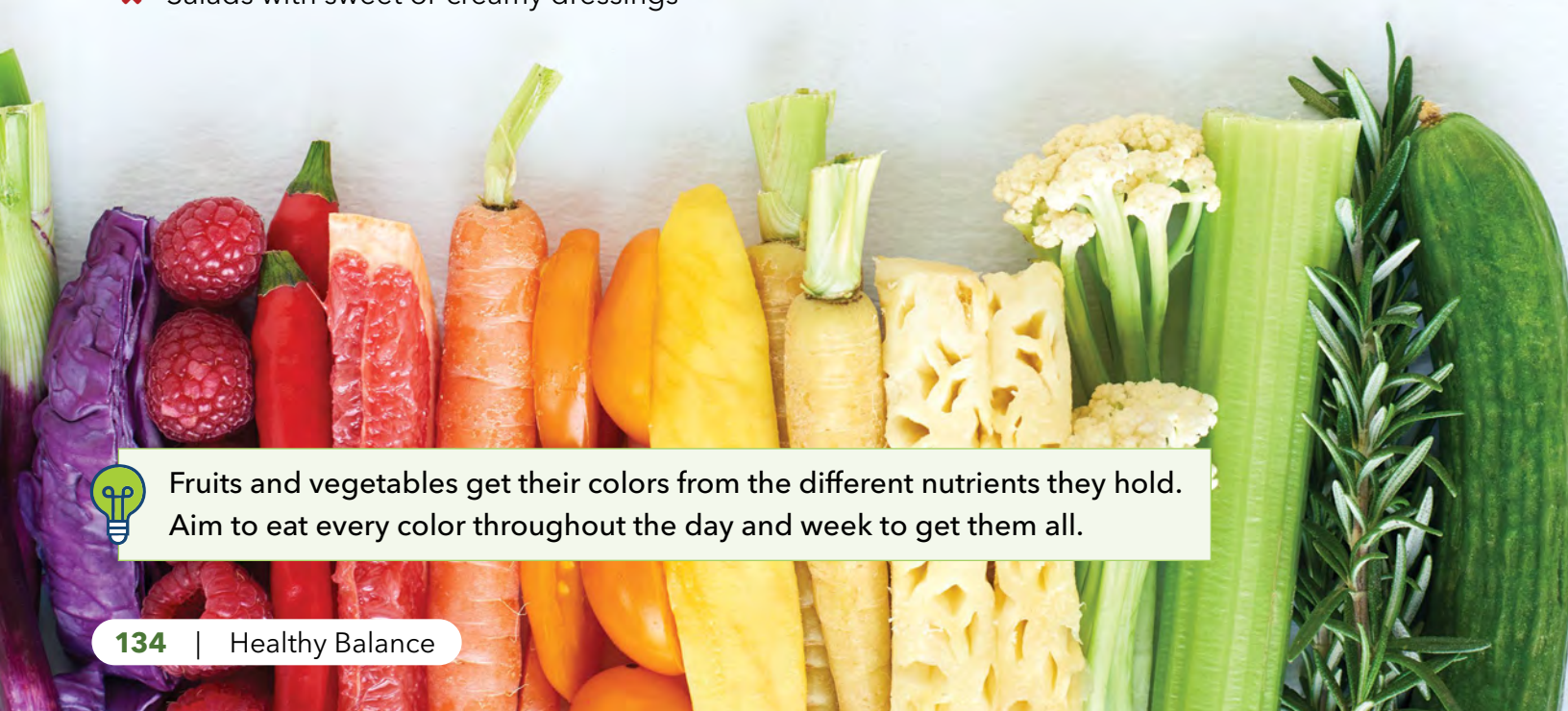
- ✓ A colorful variety
- ✓ Fresh, frozen, or canned (in their own juice or water, without sugar added)

### Choose Less Often

- ✗ Fruit juice
- ✗ Dried fruit with sugar added
- ✗ Fruit juice smoothies
- ✗ Canned fruit in syrup
- ✗ Fruit salads with sugar added



Fruits and vegetables get their colors from the different nutrients they hold. Aim to eat every color throughout the day and week to get them all.





## Whole Grains and Starchy Vegetables

6 servings a day

1 serving equals:

- 1/3 cup cooked grains, rice, or pasta
- 1 slice bread
- 1/2 English muffin or pita
- 1/4 large bagel
- 1/2 cup potato (baked, roasted, mashed) or 1/4 large baked potato
- 1/2 cup corn or green peas
- 1 cup winter squash
- 1/2 cup beans, peas, or lentils (can count as starch or protein)



Look for 3 or more grams of fiber per serving.

### Choose More Often

- ✓ Fresh, frozen, or canned starchy vegetables: cassava, corn, green peas, hominy, plantain, potato, pumpkin puree, sweet potato, winter squash, yam (without salt or sauces added)
- ✓ Whole grains, like brown rice, barley, and quinoa (see page 114 for a list of other healthy options)
- ✓ Whole-grain breads
- ✓ Whole-grain cereals (oats, puffed, shredded wheat)
- ✓ Corn tortillas
- ✓ Whole-grain crackers (low fat)
- ✓ Beans, peas, and lentils – cook dry beans or choose low-sodium canned beans (if canned, drain and rinse) (see page 116 for ideas)

### Choose Less Often

- ✗ Vegetables with butter, cheese, or cream sauces
- ✗ Breaded or fried vegetables
- ✗ White bread and white rice
- ✗ Egg noodles
- ✗ Instant cooked cereals and granola-type cereals
- ✗ Flour tortillas
- ✗ Ready-made meals and meal starters
- ✗ Crackers and chips
- ✗ Croutons
- ✗ Pastries and baked goods



## Healthy Protein

5–6 servings a day

1 serving equals:

- 1 ounce cooked lean meat, poultry, or fish
- 1 whole egg, 2 egg whites, or ¼ cup egg substitute
- 1 tablespoon nut butter (also high in healthy fat)
- ⅓ cup hummus
- ½ cup tofu
- 1 cup edamame in pod or ½ cup shelled
- 6 ounces low-fat Greek yogurt
- ½ cup beans, peas, or lentils (can count as starch or protein)

## Choose More Often

- ✔ Fish (fresh or frozen, made without added fat)
- ✔ Low-sodium canned tuna, salmon, or sardines (water packed)
- ✔ Tofu or soybean products (with less than 3 grams fat, without salt added)
- ✔ Beans, peas, and lentils – cook dry beans or choose low-sodium canned beans (if canned, drain and rinse) (see page 116 for ideas)
- ✔ Chicken or turkey (fresh or frozen, whole or ground, unsalted, without skin)
- ✔ Nut butters (ingredients list only nuts and salt)
- ✔ Egg whites

## Choose Less Often

- ✘ Red meats (limit to 2–3 servings a month; prime rib, spareribs, ground beef, pork, lamb, chicharrones, cracklings)
- ✘ Canned, salted, smoked, and processed meats, including processed veggie “meats” (deli meats, bologna, salami, sausage, hot dogs, corned beef, bacon, ham, chorizo, jerky)
- ✘ Canned, salted, and smoked fish
- ✘ Duck, goose
- ✘ Cheese (look for 3 grams of fat or less per ounce)
- ✘ Breaded and fried proteins
- ✘ Canned and salted beans, peas, and lentils
- ✘ Processed nut butters with added sugar and fat

## Fats

4-7 servings a day

(includes ingredients used in cooking)

Fats are **very calorie dense** and have small serving sizes

### Choose More Often

- ✓ Nuts (2 tablespoons: walnuts, almonds, cashews, peanuts, pecans, pistachios)
- ✓ Nut butters (1½ teaspoons)
- ✓ Seeds (1 tablespoon: sunflower, pumpkin, flax, sesame, chia)
- ✓ Avocado (2 tablespoons)
- ✓ Olives (8-10 total)
- ✓ Oils (1 teaspoon: olive, canola, flaxseed, peanut, corn, avocado, walnut, grape seed, soybean, sunflower)
- ✓ Trans-fat-free margarine or vegetable oil spread (1 tablespoon)

### Choose Less Often

- ✗ Butter (1 teaspoon)
- ✗ Coconut (2 tablespoons fresh, shredded)
- ✗ Cream (1 tablespoon)
- ✗ Cream cheese (1 tablespoon)
- ✗ Lard (1 teaspoon)
- ✗ Oils (1 teaspoon: coconut, palm, palm kernel)
- ✗ Shortening (1 teaspoon)
- ✗ Sour cream (2 tablespoons)

## Milk, Yogurt, and Dairy Alternatives

2-3 servings a day

1 serving equals:

- 1 cup (8 ounces) milk or dairy alternative
- 6 ounces yogurt

### Choose More Often

- ✓ Nonfat (skim) milk
- ✓ Low-fat (1%) milk
- ✓ Plain or Greek yogurt (less than 3 grams fat and 100 calories or less per 6-ounce serving)
- ✓ Unsweetened, calcium-fortified soy, rice, and nut (almond, cashew) milk

### Choose Less Often

- ✗ 2% or whole milk
- ✗ Sweetened milk (for example, chocolate)
- ✗ Yogurt with more than 3 grams fat and more than 100 calories per 6-ounce serving
- ✗ Sweetened yogurt
- ✗ Sweetened soy and nut milk



## Free Foods

- ✔ Broth (low sodium)
- ✔ Flavoring extracts
- ✔ Herbs and spices
- ✔ Hot pepper sauce
- ✔ Lemon juice
- ✔ Mustard (1 tablespoon)
- ✔ Vinegar
- ✔ Worcestershire sauce
- ✔ Carbonated water
- ✔ Unsweetened tea
- ✔ Coffee (with no cream or sugar added)



My notes:

# Calorie Recommendations

The healthy plate method can help people who are trying to lose weight have positive long-term results. If you prefer to know general calorie recommendations, use the guide below. You can find more specific calorie and food group information for your age and activity level at [myplate.gov/myplate-plan](https://myplate.gov/myplate-plan).

---

## Females 5'5" or taller

✔ 1,500 -1,800 calories a day

## Females 5'4" or shorter

✔ 1,200 -1,500 calories a day

## Males 5'10" or taller

✔ 2,000 -2,300 calories a day

## Males 5'7" to 5'9"

✔ 1,800 -2,000 calories a day

## Males 5'6" or shorter

✔ 1,500 -1,800 calories a day



## Food Exchange Lists

Some people like to count calories even though they use the healthy plate method. The food exchange lists below give sample serving sizes and average calorie and carbohydrate amounts for each group of foods to help you figure out your daily calories.

### Vegetables

Vegetables contain about 25 calories and 5 grams of carbohydrate. 1 serving equals:



- 
- |       |  |
|-------|--|
| ½ cup | Cooked vegetables (carrots, broccoli, zucchini, cabbage, etc.) |
| 1 cup | Raw vegetables, salad greens                                   |

### Fruits

Fruits contain 15 grams of carbohydrate and 60 calories. 1 serving equals:



- 
- |          |                                  |
|----------|----------------------------------|
| 1 small  | Apple, banana, orange, nectarine |
| 1 medium | Fresh peach                      |



- |       |  |
|-------|--|
| 1     | Kiwi   |
| ½     | Grapefruit, mango  |
| 1 cup | Fresh berries (strawberries, raspberries, or blueberries), fresh melon cubes |

### Fat-Free and Very-Low-Fat Milk

Fat-free and very-low-fat milks contain about 90 calories per serving. Check labels for plant-based milks such as almond, soy, or oat milk, as calories and nutrition vary. 1 serving equals:



- 
- |       |                                 |
|-------|---------------------------------|
| 1 cup | Milk, fat-free or 1% fat        |
| ¾ cup | Yogurt, plain nonfat or low-fat |

## Very Lean Protein

Very lean protein choices have 35 calories and 1 gram of fat per serving. 1 serving equals:



1 ounce Turkey breast or chicken breast, skin removed; fish fillet; canned tuna in water; shellfish

¾ cup Cottage cheese, nonfat or low-fat

2 Egg whites

¼ cup Egg substitute

1 ounce Fat-free cheese

½ cup Beans, cooked (black, kidney, chickpeas, lentils): count as 1 starch/bread and 1 very lean protein



## Lean Protein

Lean protein choices have about 55 calories and 2-3 grams of fat per serving. 1 serving equals:



1 ounce Chicken or turkey – dark meat, skin removed; salmon, swordfish, herring; lean beef (flank steak, London broil, tenderloin, roast beef)<sup>1</sup>; pork, tenderloin or fresh ham<sup>1</sup>; low-fat cheese (with 3 g or less fat per ounce); low-fat lunch meats (with 3 g or less fat per ounce)



¼ cup 4.5% cottage cheese

## Medium-Fat Proteins

Medium-fat proteins have 75 calories and 5 grams of fat per serving. 1 serving equals:



1 ounce Beef (any prime cut), corned beef, ground beef<sup>2</sup>; pork chop; mozzarella cheese

1 Whole egg (medium)

¼ cup Ricotta cheese

3 ounces Firm tofu (heart-healthy choice)



<sup>1</sup> Limit to 1-2 times a week. <sup>2</sup> Choose less often.

## Whole Grains/Starches

Whole grains and starches contain 15 grams of carbohydrate and 80 calories per serving.

1 serving equals:



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1 slice	Bread (whole wheat, rye, white, pumpernickel)
2 slices	Reduced-calorie or "lite" bread
2 small	Corn tortillas
¼ (1 ounce)	Bagel (varies)
½	English muffin, hamburger bun
¾ cup	Cold cereal (30 to 45 grams)
⅓ cup	Rice, brown or white (cooked); barley or quinoa (cooked)
½ cup	Pasta or bulgur (cooked); corn; sweet potato; green peas
3 ounces	Baked sweet or white potato
3 cups	Popcorn, hot air popped or microwave (80% light)



## Fats

Fats contain 45 calories and 5 grams of fat per serving. 1 serving equals:



---

1 teaspoon	Oil (olive, canola, vegetable, corn, etc.); stick margarine; butter; mayonnaise
⅛	Avocado
7	Almonds (or 1 tablespoon chopped)
8 large	Black olives
1 tablespoon	Reduced-fat margarine or mayonnaise; salad dressing; cream cheese
2 tablespoons	Lite cream cheese



## Notes

## Special Notes for Plant-Based Diets

### General Tips

- If you are trying to lose weight, remember that some foods have more calories. Be mindful of portion size when you eat nuts, seeds, and avocado. Limit oils.
- Choose unprocessed whole foods instead of processed foods most of the time.
- Choose beans more often than vegetarian patties or links.
- Choose whole grains (oats, barley, quinoa, or brown rice) more often than processed grains (bread or pasta).

### Plant-Based Meal Ideas

Talk with your dietitian or doctor if you have diabetes and want to try a plant-based diet. Even if you aren't ready to go completely meatless, try one of these tasty meal ideas featuring recipes from Kaiser Permanente contributors. Find these and many more healthy recipes at [kp.org/recipes](https://kp.org/recipes).

#### Breakfast ideas

- 1 slice of vegan pumpkin quick bread (see page 145) with a glass of plant-based milk substitute and a small handful of almonds
- Tofu kale scramble (see page 146) with a small whole-wheat tortilla or 1 cup of berries

#### Lunch ideas

- Quinoa salad with broccoli and tomatoes
- Vegan "tuna" salad with 2 slices of whole-grain bread

#### Dinner ideas

- White bean soup with sage and a mixed green salad with vinaigrette dressing
- Black bean tostadas with shredded cabbage and pico de gallo (see page 147)
- Butternut squash and chickpea coconut curry with ½ cup brown rice

#### Snack ideas

- 1 ounce of roasted almonds with 6 ounces of plant-based yogurt
- ⅓ cup hummus with carrots and peppers
- Small apple with 1 tablespoon almond butter



## Plant-Based Recipes

### Vegan Pumpkin Quick Bread

Servings: 6

#### Ingredients

- 1 cup whole-wheat flour
- $\frac{3}{4}$  cup spelt flour
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon nutmeg
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{2}$  teaspoon allspice
- $\frac{1}{4}$  teaspoon cloves
- 1 cup pumpkin purée
- $\frac{1}{2}$  cup unsweetened applesauce
- 2 tablespoons ground flaxseed mixed in 6 tablespoons warm water (Let stand 2 minutes and mix again)
- 3 tablespoons maple syrup

#### Directions

1. Preheat oven to 350°F.
2. Spray a square (8x8 or 9x9) glass baking dish with cooking spray.
3. In a large bowl, mix together the dry ingredients.
4. In a small bowl, whisk together pumpkin, applesauce, flaxseed mixture, and maple syrup.
5. Combine dry and wet ingredients and mix until blended.
6. Pour into the baking dish and bake for 30 minutes.
7. To make muffins instead of a loaf, reduce baking time to 20 minutes.

#### Nutrition information (per serving)

- Calories: 190
- Total fat: 2 g
- Saturated fat: 0 g
- Cholesterol: 0 g
- Sodium: 450 mg
- Total carbohydrate: 39 g
- Dietary fiber: 7 g
- Sugars: 9 g
- Protein: 6 g



## Tofu Kale Scramble

Servings: 5

### Ingredients

- 16-ounce block extra-firm tofu, sliced and very well-drained or pressed\*
- 1 teaspoon turmeric
- 2 teaspoons liquid aminos or shoyu (or low-sodium soy sauce)
- 2 teaspoons chili flakes
- 1 teaspoon cumin
- 1 to 2 teaspoons olive oil
- 6 cloves garlic, chopped
- 1 bunch kale/4 cups tightly packed torn kale leaves, washed, de-stemmed, and chopped
- 1 bell pepper, chopped
- ½ red onion, chopped
- Pepper to taste
- Optional: Salt

\*To press tofu: Slice tofu into long strips. Use paper towels or a dishcloth and weave it between the slices. Stack them on the counter and place something with a bit of weight on top (like a dish) and set aside for a few minutes.

### Directions

1. In a small bowl, combine turmeric, liquid aminos, chili flakes, and cumin. Set aside.
2. When the tofu is drained, heat olive oil in a skillet over medium heat. Add the garlic and brown for 2 minutes.
3. Crumble tofu slices into the pan with your hands or a spatula. Sprinkle the turmeric mixture over the tofu and stir so that each piece of tofu is seasoned.
4. Add the kale, pepper, and onions, and cook until the kale is tender, about 10 minutes. Taste and add more turmeric, cumin, and chili flakes as desired.

### Nutrition information (per serving)

- Calories: 170
- Total fat: 8 g
- Saturated fat: 1 g
- Cholesterol: 0 mg
- Sodium: 190 mg
- Total carbohydrate: 10 g
- Dietary fiber: 3 g
- Sugars: 3 g
- Added sugar: 0 g
- Protein: 16 g



**Note:** Nutrition information does not include added salt.

## Black Bean Tostadas

Servings: 4 to 8

### Ingredients

- Tostadas
  - 8 8-inch tortillas
- Salsa
  - 1 15-ounce can diced tomatoes (unless real tomatoes are in season)
  - 2 ¼-inch slices red or white onion
  - ½ cup cilantro, coarsely chopped
  - 1 large jalapeño, minced
  - Juice of 1 lime
  - 1 Hass avocado, diced
  - Salt and freshly ground pepper, to taste
- Beans
  - 1 tablespoon canola, safflower, or grape-seed oil
  - 1 poblano pepper, chopped
  - 2 teaspoons cumin seeds, toasted in a skillet and ground in a mortar and pestle or spice grinder
  - 2 15-ounce cans black beans (reduced salt or no salt added)
  - Large pinch of cayenne
  - Salt and freshly ground pepper, to taste
- Garnish
  - Thin shreds of lettuce or cabbage
  - Grated cheese of choice (optional)

### Directions

1. Preheat the oven to 400°F. Arrange the tortillas in a single layer on baking sheets. Bake until crispy, about 10 minutes. Turn on your oven light and watch to make sure they don't burn.
2. Drain the tomatoes. Soak the onion slices in water for about 5 minutes, dry on a paper towel, and then dice. To a mixing bowl, add the tomatoes, chopped cilantro, minced jalapeño, lime juice, onion, and avocado. Salt and pepper to taste. Let sit at least 30 minutes for the flavor to develop.
3. Heat the oil in a large skillet. Sauté the poblano until the skin is soft. Add the cumin. When it sizzles, add the beans with their liquid. Bring to a gentle boil. Stir and smash as they cook. Add some cayenne, salt, and pepper to taste. Continue to cook and smash until most of the liquid is gone and you have "spreadable" black beans.
4. Plate the crispy tostadas. Top with black beans, salsa, lettuce, and cheese.

### Nutrition information (per serving)

For 8 servings using corn tortillas topped with ¼ cup shredded lettuce and 2 tablespoons of grated cheese.

- Calories: 264
- Total fat: 11 g
- Saturated fat: 4 g
- Cholesterol: 15 mg
- Sodium: 174 mg
- Total carbohydrate: 33 g
- Dietary fiber: 10 g
- Sugars: 1 g
- Protein: 12 g

## Nutrients to Consider for Plant-Based Diets



**If you have questions about any of these nutrients, especially about whether you should take a supplement, talk with your doctor or registered dietitian. Before you buy supplements, talk with your doctor.**

### Protein

Protein builds and repairs muscles, bones, skin, and the immune system. You also need it to make hormones and enzymes. Proteins are made up of amino acids. Your body can make some amino acids. The ones your body cannot make are called essential.

You can easily meet your protein needs each day from plant foods such as beans, peas, lentils, nuts, seeds, soy products, whole grains, and vegetables. Quinoa, a grain-like seed, is a good source of protein and all the essential amino acids.

Adults need about 0.36 grams of protein per pound of body weight a day. Multiply your weight by 0.36 to find out how much protein you need. For example, if you weigh 180 pounds:  $180 \times 0.36 =$  about 65 grams of protein a day.

### B12

Your body needs vitamin B12 to make red blood cells and for nerve function. If you don't get enough B12, you can develop anemia or nerve damage. Most B12 comes from animal foods. B12 is found in some fortified foods, such as cereal, rice or hemp milk, plant-based meat products, and nutritional yeast. Read labels to make sure B12 has been added.

Because it may not be easy to get enough B12 from fortified foods, it may be best to take a supplement. As you get older, your body is less able to absorb B12. Your doctor may suggest a supplement or shot to help prevent a deficiency.

### Iron

Iron is a mineral in the blood that carries oxygen. Getting enough iron is important for everyone, especially women of child-bearing age. Iron-rich plant foods include whole-grain breads and cereals, dried beans and peas, dark green leafy vegetables, dried fruits, nuts, and seeds. Some foods, such as breakfast cereals, are fortified with iron.

The type of iron found in plant foods is not absorbed as easily as the iron in animal products. However, eating iron-rich foods along with vitamin C can help your body better use the iron. Some foods with vitamin C are oranges, mangos, kiwis, strawberries, red peppers, tomatoes, broccoli, and bok choy. Eat several servings of iron-rich foods a day. Some people may need to take a supplement.

### Calcium

Calcium helps build bones and teeth. It's also important for the function of the heart, muscles, and nerves. Good sources are Chinese cabbage, bok choy, kale, calcium-set tofu, and broccoli. Many foods are fortified with calcium, such as soy and almond milk/yogurt and cereal. Eat several servings of foods high in calcium each day. You can also take a supplement.

## Zinc

Zinc is important for the immune system, wound healing, and blood sugar control. Good sources are whole grains, tofu, tempeh, beans, peas, lentils, nuts, seeds, and cereals fortified with zinc.

Compounds in plant foods keep zinc from being absorbed. This can be improved by soaking beans, grains, and seeds in water for several hours before cooking. Eating sprouted grains and beans, and choosing leavened grains (such as bread) instead of crackers also helps. Eat several servings of foods high in zinc. You can also take a supplement.

## Vitamin D

Vitamin D is needed for strong bones and for muscles, nerves, and the immune system to work properly. Very few foods have vitamin D. We get most of our vitamin D when the skin is exposed to the sun, but many people do not make enough this way. Some foods, such as soy and almond milk and cereal have added vitamin D. You may need to take a supplement.

## Omega-3 Fatty Acids

Omega-3 fatty acids, such as EPA and DHA, may lower the risk of heart disease and help the immune system and brain. Good sources include ground flaxseeds and flaxseed oil, walnuts, chia seeds, and canola oil. For some people, taking a micro-algae supplement may be helpful.



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## Notes: 7 Ways to Increase Your Wellness

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## Notes: 6 Ways to Get More Active

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## Notes: 3 Ways to Cook Healthy Meals

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A collection of green items including a sneaker, a towel, apples, dumbbells, and a water bottle.

HEALTHY BALANCE

# GETTING HEALTHY CAN BE FUN & EASY