

# What Makes A Balanced Plate?



**Welcome to Maintenance!**

Today's Topic: What Makes A Balanced Plate?

*During the session, please mute your audio unless you have a question.*

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**Group Check-In**  and  or 

- What has worked well for you since last week?

**Nutrition Note:**

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

 Balanced Plate: Fiber + Protein	 Daily Activity	 Tracking	 Support
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**Key Message**

Using the balanced plate as your guide, you can nourish your body by choosing proper portions of

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

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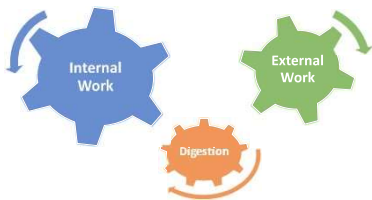
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# What Makes A Balanced Plate?

## Calories Are Fuel For The Body To Do "Work" !



**Nutrition Note:** A 'Calorie' (kilocalorie or 'kcal') is the amount of energy required to raise the temperature of 1 kilogram of water 1°C. When you use energy, you often feel warmer, such as after eating or while exercising.

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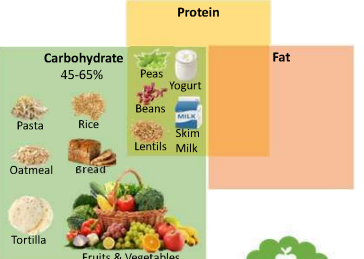
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## Macronutrients: Carbohydrates and Protein or Fat

- The Body's Main Source of Fuel**
- 4 kcal/g
  - 45%-65% of Daily Intake of calories
  - Average Person: 50% of Daily Intake

**Food Sources**

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



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

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## Simple vs. Complex Carbohydrates



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

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

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# What Makes A Balanced Plate?

## Macronutrients: Protein

and or

**The Body's Building Blocks**

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

**Food Sources**

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

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

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## Protein - Animal vs. Plant Sources

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

Incomplete*	Complete
Legumes: <i>beans, peas, lentils</i>	Fish
Nuts	Poultry
Seeds	Eggs
Whole grains	Beef
Vegetables	Pork
	Dairy
	Quinoa
	Whole sources of soy: <i>tofu, edamame, tempeh, miso</i>

**Nutrition Note:** If you choose to be a vegetarian or vegan, then it's even more important to consume a wide variety of plant-based food.

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

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## Macronutrients: Fats

and or

**The Body's Energy Resource**

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

**Food Sources**

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

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

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# What Makes A Balanced Plate?

### Macronutrients: Fats

**Fats**

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

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### Protein Power In Weight Management

**Protein Power:**

- Less hunger, feel full longer
- Preserve muscle
- Use more energy to digest protein
- Stores less body fat

**Special Considerations:**

- People who are physically active
- Adults ages 60 and older

**Recommendation:**

- Pair protein with fiber for every meal and snack
- Choose more seafood, dairy, soy, beans, peas, and lentils

**Nutrition Note:** Choosing a wide variety of wholesome, minimally processed plant sources of food is part of a healthy lifestyle.

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### Serving Size vs. Portion Size

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

**1950's**  
1 c., 8 oz., 9"

**Today**  
2 c., 12 oz., 12"

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

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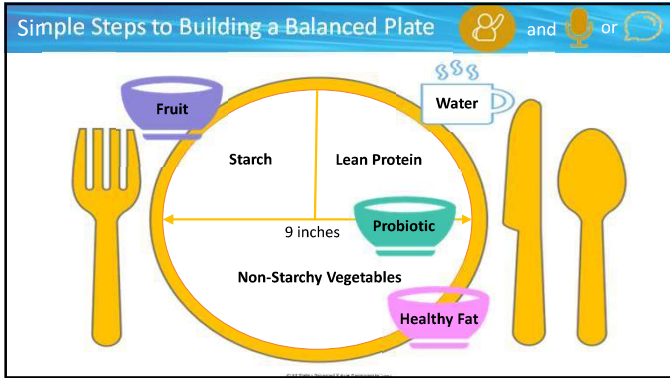
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# What Makes A Balanced Plate?




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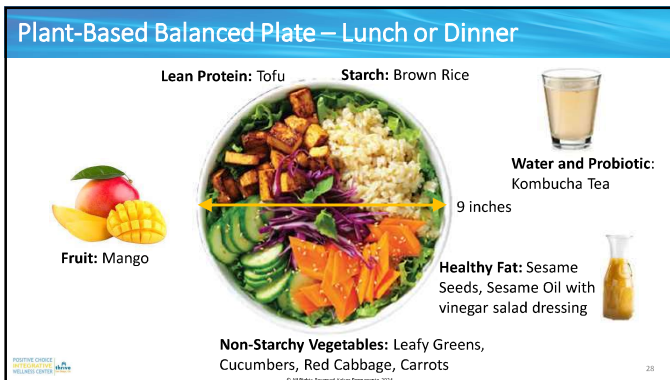
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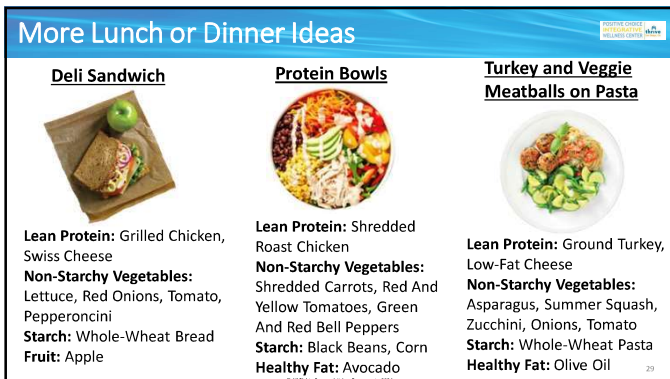
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# What Makes A Balanced Plate?

## Maintenance Bookshelf: Ideas For Meals And Snacks

Welcome to the Maintenance Program

**Resources**

**Nutrition Resources**

- Ideas For Meals And Snacks
- Meal Planning Resources
- Healthy Cooking Resources
- Mindful Eating Practices
- Vitamin and Mineral Guide

**Fitness Resources**

- Exercise Videos
- Fitness Packet
- SEGA Results

**Tracking Tools**

- Daily Behavior Record
- Daily Wellness Planner

**Further Education:**

- Positive Choice Podcasts

**Healthy Snack Pairing Ideas**

**More Lunch or Dinner Ideas**

- Thin-Crust Health Pizza
- Del Sandwich
- Kebabs

**Balanced Breakfast Pairing Ideas**

- Shovels a la Mexicana (Mexican Scrambled Eggs)**  
Fiber: Corn Tortilla, Tomatoes, Serrano Pepper, Onions  
Lean Protein: Pinto Beans, Egg
- Breakfast Burrito**  
Fiber: Whole Wheat Tortilla, Tomatoes, Red Onions, Serrano Pepper, Red Bell Pepper  
Lean Protein: Duck Beans, Egg, Low-Fat Cheese  
Healthy Fat: Avocado
- Egg Breakfast Muffins**  
Fiber: Whole Wheat Bread, Onions, Quinoa, Red Bell Peppers, Avocado  
Lean Protein: Eggs, Low-Fat Cheese

IDEAS FOR MEALS AND SNACKS

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## Keys to Long-Term Weight Management Success

- ✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- ✓ Daily activity, building up to 30-90 minutes most days
- ✓ Self-monitoring by tracking weight, food, and/or exercise
- ✓ Utilize support group programs for up to 3-4 years

**Before Weight Loss**      **After Weight Loss**

**Nutrition Note:**

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

IDEAS FOR MEALS AND SNACKS

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## Healthy Expectations and Self Compassion

A weight range of 10-15 pounds is more **sustainable** than a set number.

It **takes time** to learn to care for your new healthier body.

Remember the **80/20 rule**.

**Progress over perfection!**

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

IDEAS FOR MEALS AND SNACKS

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# What Makes A Balanced Plate?

What change would you like to work on this week?

• This week, I will \_\_\_\_\_  
(Action Plan)

- Make a healthy food swap
- Plan healthy meals and snacks
- Practice the plate method
- Other

**NUTRITION NOTE:**  
• Motivation is built by the frequency, not the size, of successful changes.



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Next Week:  
Getting The Most Out Of  
What You Eat



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