FOOD

How to change the way you eat for better health

Weight

- Calories
  - Calories in – Calories out = +/- Weight
  - 1 lb = 3,500 calories
  - Big Mac, Med Fries and Med Coke = 1,070
  - Chili's Boneless Buffalo Chicken Salad = 1,040

- Genes

- Physical activity

- Sleep

Calories In – Calories Out

- Weight

- Height

- Age

- Baseline activity

- Online calculators
  - MyFitnessPal.com
  - CalorieKing.com

- Kolb: 2,200 cal/day

- Metabolism

- Baseline activity

- Additional activity (30 min)
  - Walking 4 mph: 200 cal
  - Running 6 mph: 444 cal
  - Weight Lifting: 133 cal
  - Stacking wood: 222 cal

Weight +/-

Food Intake: 2,500 calories
Baseline Burn: - 2,200 calories
30 min Walk: - 200 calories
                          +100 calories
                      x 35   days
+ 3,500 cal ~ 1 lb/mon

- 24 oz soda (2 cans)
- Large bagel
- 1 cup chocolate ice cream
- Med. McDonald's French Fries
- Tall Starbucks Mocha Latte

Weight +/-

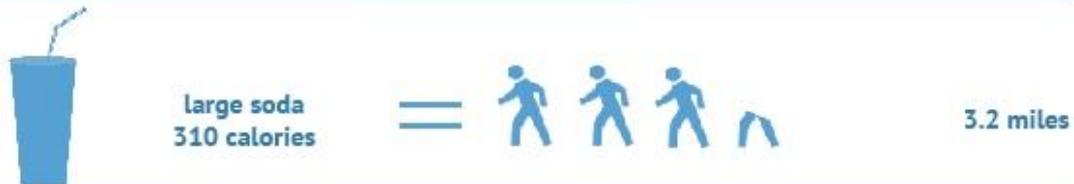Food Intake: 1,700 calories
Baseline Burn: - 2,200 calories
                        -    500 calories
                           x 7   days
                        - 3,500 cal or 1 lb per week

- Breakfast: 1 c. Yogurt, Blueberries, 1/3 c. Homemade Granola, Coffee with ½-n-½ = 350 cal

- Lunch: 5 c. Salad w/Black Beans and Corn = 500 cal

- Dinner: African Peanut Stew with Brown Rice and Veggies = 550 cal

- Snack: Orange, Apple, 2 T. Nuts, Dark Choc 3 Dove Sq = 300 cal

Weight +/-

Food Intake: 1,700 calories
Baseline Burn: - 2,200 calories
30 min Walk (4 mph)   - 200 calories
                                  - 700 calories
                                   x 7   days
                         - 4,900 cal or 1.4 lb per wk

EAT THIS — WALK THAT

double cheeseburger 540 calories	= 🚶🚶🚶🚶🚶🚶	5.6 miles
large french fry 500 calories	= 🚶🚶🚶🚶🚶	5.2 miles
large soda 310 calories	= 🚶🚶🚶	3.2 miles
caesar salad with dressing 300 calories	= 🚶🚶🚶	3.1 miles
yogurt parfait with fruit	= 🚶🚶	1.7 miles

"Eat food, not too much, mostly plants"
Michael Pollan

1. Majority of calories from a variety of unprocessed food
    - Fruits, Veggies, Meat, Fish, Eggs, Brown Rice
2. Lightly processed food less often
    - Pasta, Oil, Flour
3. Heavily processed food even less often
    - Bread, Chips, Cookies, Cereals, Packaged Meals
4. Eat home cooked meals prepared according to #1
5. Use butter and oil in cooking as needed in moderation
6. Follow #1 at restaurants
7. Treat beverages with calories like alcohol
8. Eat with people you care about

Source: Carroll, Aaron E. NYTimes, April 20, 2015.

HEALTHY EATING PLATE

HEALTHY OILS

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.

WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

VEGETABLES

WHOLE GRAINS

FRUITS

HEALTHY PROTEIN

STAY ACTIVE!

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The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
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Grain Bowl

Five Cup Salad – Southwest Style

- Black Beans (1/2 cup)

- Corn (1/2 cup)

- Red Pepper

- Green Onion

Five Cup Salad – Southwest Style

- Red Cabbage

- Cucumbers

Five Cup Salad – Southwest Style

- Feta Cheese (1 oz, domino)

- Tomatoes

- Pickled Red Onion

- Peanut Dukkah

- Cilantro

Five Cup Salad – Southwest Style

- Arugula

- Avocado (1/4)

- Lime juice

- 400 - 500 calories

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Michael Pollan

- Veg - Unlimited
  - GREENS
    - Spinach
    - Kale
    - Arugula
  - Carrots
  - Cucumber
  - Peppers, etc

- Veg - Limited
  - Beets
  - Sweet potatoes
  - Potatoes
  - Fruit
    - Dried or Fresh

- Grains
  - Brown rice
  - Quinoa
  - Farro
  - Wheat berries

- Proteins
  - Beans
  - Eggs
  - Tofu
  - Meat/Poultry

- Fats
  - Olive oil
  - Avocado
  - Strong cheese

- Flavor, Flavor, Flavor
  - Spices
  - Vinegars
  - Shrubs
  - Citrus
  - Nuts
  - Pickles
  - Bottles sauces

Tips and Tricks

- One thing at a time
  - Portion control
  - Decrease liquid calories
  - Increase veggies
  - Increase exercise
  - Chew your food

- Make goals
  - Short and long-term
  - Specific
  - Establish rewards

- Support
  - Join a group
    - Virtual or Local
  - Family and Friends

- NOT A DIET
  - Lifestyle change

- Reflect on progress
  - Tweak the plan