

Healthy Eating

101



Healthy Eating Dietary Handout Created For



Gastroenterology Associates of Columbus
Columbus, Mississippi

Let's all EAT HEALTHY. BE HEALTHY. SAVE.

The Dietary Guidelines for Americans can help.

We're in the red.

117 MILLION U.S. adults have 1+ chronic diseases.¹



BILLIONS Spent in medical cost of diet-related chronic diseases.²

\$147B
Obesity

\$245B
Type 2 Diabetes

\$316B
Heart Disease

8 in 10 Americans think advice about what to eat is conflicting.³

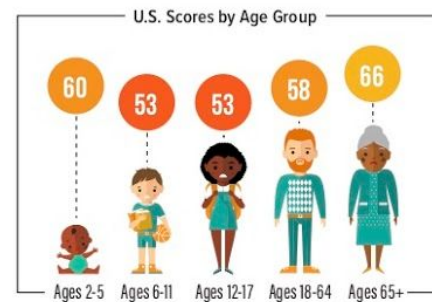


Healthy eating can help... but first, we need to do it.



The Healthy Eating Index Score

shows that Americans do not align their eating choices with the Dietary Guidelines. (on a scale from 0-100)



What's the return on our investment?

Each step closer to eating a diet that aligns with the **DIETARY GUIDELINES** reduces risk of:⁴



Heart Disease



Type 2 Diabetes



Cancer



If we invest **\$10/person** each year toward improving nutrition, increasing physical activity, and preventing tobacco use —

THAT COULD SAVE THE UNITED STATES \$16,000,000,000

annually within five years!⁵

That's a **5.6x return** for every **\$1 invested!**

3 reasons why the Dietary Guidelines matter.

PRACTICAL TOOL

“ [USDA and HHS] took the science and brought it into the real world of how we eat... the Academy encourages everyone to follow the Dietary Guidelines recommendations because as dietitians we stand by science-based recommendations and realize that healthy eating is one of the most powerful tools we have to reduce the onset of disease.

ACADEMY of NUTRITION & DIETETICS

DATA-DRIVEN

“ With confusing and often-conflicting information in the media, it is more important than ever that Americans have a clear source of science-based information about diet. We would like to see the 2020 Dietary Guidelines continue to provide Americans with science-based guidelines...

AMERICAN COLLEGE of CARDIOLOGY

FOR ALL AGES

“ Pediatricians routinely look to the Dietary Guidelines to provide advice to our patients... We look forward to the inclusion of science-based Dietary Guidelines for children birth to 24 months in the 2020 Dietary Guidelines for Americans... Early nutrition sets the course for preventing many diseases, even those that would occur in adulthood...

AMERICAN ACADEMY of PEDIATRICS

Released jointly by USDA and HHS every 5 years, the *Dietary Guidelines for Americans* is the cornerstone for Federal nutrition programs and a go-to resource for health professionals nationwide. For more information, go to www.DietaryGuidelines.gov.

Benefits of Healthy Eating?

Lose Weight!

Vegetables and fruits are lower in calories per cup so focusing on a diet rich in fresh, whole foods can help lower calorie intake resulting in weight loss.



Lower blood cholesterol and reduce risk of heart disease!

Promote proper bowel function!

Dietary fiber is crucial to a healthy diet and helps reduce blood cholesterol levels to reduce the risk of heart disease. It also is important for proper bowel function to reduce constipation and the risk of developing diverticulosis. Fiber also creates a fullness feeling to help you eat less calories.

Have healthy Skin, Teeth & an Immune System!

Vitamins A and C help promote healthy skin, oral health, and help keep your immune system functioning normal to prevent infections.

Maintain healthy blood pressure!

Vegetables such as sweet potatoes, white beans, tomatoes, beets, greens, and spinach are an important source of potassium which helps maintain a healthy blood pressure.¹



Current Recommendations

Current recommendations focus on all five food groups (fruits, vegetables, grains, protein, and dairy). The MyPlate graphic shows generally how much of each food you should consume relative to the others. However, it is important to know how many servings of each food group and your overall recommended calories. This is dependent on your age, sex, height, weight, and physical activity.



Fruits

2 cups

1 cup from the Fruit Group counts as:

- 1 cup raw, frozen, or cooked/canned fruit; or
- 1/2 cup dried fruit; or
- 1 cup 100% fruit juice



Vegetables

2 1/2 cups

1 cup from the Vegetable Group counts as:

- 1 cup raw or cooked/canned vegetables; or
- 2 cups leafy salad greens; or
- 1 cup 100% vegetable juice



Grains

6 ounces

1 ounce from the Grains Group counts as:

- 1 slice bread; or
- 1 ounce ready-to-eat cereal; or
- 1/2 cup cooked rice, pasta, or cereal



Protein

5 1/2 ounces

1 ounce from the Protein Foods Group counts as:

- 1 ounce cooked/canned lean meats, poultry, or seafood; or
- 1 egg; or
- 1 Tbsp peanut butter; or
- 1/4 cup cooked beans or peas; or
- 1/2 ounce nuts or seeds



Dairy

3 cups

1 cup from the Dairy Group counts as:

- 1 cup milk; or
- 1 cup yogurt; or
- 1 cup fortified soy beverage; or
- 1 1/2 ounces natural cheese or 2 ounces processed cheese

Visit <https://www.choosemyplate.gov/MyPlatePlan>
to find what your MyPlate Plan looks like!

Here is an example for a 2,000 calorie diet:

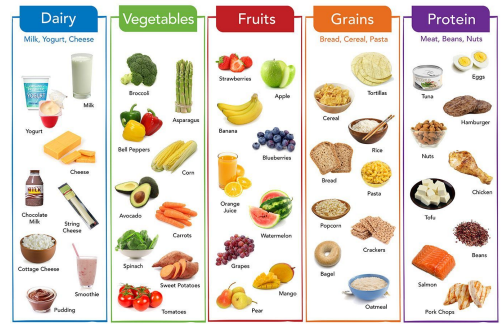
Tips

Variety: It is important to choose foods from all five food groups to get all necessary nutrients

Amount: Determine the right amount of calories based on your age, sex, height, weight, and physical activity

Small Changes: Having several small changes to your eating habits can have big results! Here are some ideas:

- Try to eat whole fruits and a variety of vegetables
- Make half of your grains whole grains
- Eat low-fat or fat-free dairy
- Vary your protein sources
- Carry a water bottle so you can stay hydrated³



Nutrition Labels

Understanding how to read nutrition labels can help you make more informed choices about what foods are healthy. For each product it is important to look at:

- Serving Size & number of servings per package
 - It is important to look at the serving size and the amount you are consuming. If the serving size is half of a package but you consume the whole package the calories and other nutrients listed on the label.
- Calories
 - This is a measure of the energy you get from food. Generally speaking foods around 40 calories are low, 100 are moderate, and 400 or more is high. General recommendations are for 2,000 calories per day but this is dependent on individual factors.
- Limit fat, cholesterol, and sodium
 - Eating too much of these nutrients can increase your risk for chronic diseases.
- Get enough dietary fiber, vitamins
 - Many Americans don't get enough of these nutrients but they are important for health and preventing certain health conditions.
- Daily Value and % DV
 - These numbers are based on 2,000 or 2,500 calorie diets and provide an idea of the amount of nutrients in that food compared to the recommended amount for the whole day.

Nutrition Facts		
Serving Size 2/3 cup (55g)		
Servings Per Container About 8		
Amount Per Serving		
Calories 230	Calories from Fat 40	
	% Daily Value*	
Total Fat 8g		12%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 37g		12%
Dietary Fiber 4g		16%
Sugars 1g		
Protein 3g		
Vitamin A		10%
Vitamin C		8%
Calcium		20%
Iron		45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Remember to look at all sections on the nutrition label in order to make healthy choices!²

Apps

MyFitnessPal

Allows you to track foods to log calories, specific food goals, and macronutrients! It can also synch with smart watches and other fitness devices.

Cost: Free

Lose It!

You can set a custom weight loss plan that will tell you a daily calorie budget and goal to aim for. It also has image recognition and remembers your popular meals.

Cost: Free

FatSecret

Has a food diary component for the past and the future in addition to image recognition software to make it even easier to keep track!

Cost: Free

MyPlate Calorie Tracker

Helps you identify which foods you are eating that contain the most calories and then create personalized daily goals. Can also set meal reminders!

Cost: Free

Blogs

Skinnytaste, Gina Homolka

Gina has fantastic recipes to make classic dishes healthier (like the zucchini noodles recipe at the end of this packet)!

Fed and Fit, Cassie Joy Garcia

Cassie has great recipes and articles to eat a healthy diet with real food! She also has a podcast “Fed+Fit”!

Lexi’s Clean Kitchen

Lexi has great recipes and a cookbook that focus on adapting classic favorite foods into healthier options!

Remember, transitioning to a healthy lifestyle takes time and patience!

Focus on small victories at first such as drinking more water and less sweet tea or soda or swapping out brown rice for white rice. Before you know it these small victories will add up, and you’ll be on your way to a healthier lifestyle with lots of benefits!

References:

1. Why is it important to eat vegetables? U.S. Food & Drug Administration. <https://www.choosemyplate.gov/vegetables-nutrients-health>. Accessed August 16, 2018.
2. How to Understand and Use the Nutrition Facts Label. U.S. Food & Drug Administration. <https://www.fda.gov/Food/LabelingNutrition/ucm274593.htm>. Accessed August 14, 2018.
3. What is MyPlate? U.S. Food & Drug Administration. <https://www.choosemyplate.gov/MyPlate>. Accessed August 18, 2018.

Healthy Eating RECIPE

Whole Wheat Buttermilk Biscuits



Ready in **20 minutes**

Serves **6-8**

Ingredients

- 2 ½ cups whole wheat flour (plus more for rolling out biscuits)
- 1 cup buttermilk
- 1 tsp salt
- 1 tbsp baking powder
- ½ cup coconut oil

Preparation

1. Heat Oven to 450 degrees.
2. Combine whole wheat flour, salt, and baking powder. Once well mixed add buttermilk and coconut oil. Use a pastry cutter to mix until incorporated.
3. Take spoonfuls of dough and drop into a bowl of extra flour. Pat biscuits into small rounds and place onto an ungreased cookie sheet. Place biscuits close together.
4. Bake for 12-15 minutes.

Tips

Serve with a small amount of real butter!

Recipe from Wholesome Mommy

Healthy Eating RECIPE

Creole Shrimp and Cauliflower Grits



Ready in **30 minutes**

Serves **8**

Ingredients

For the Grits:

- 1 package cauliflower florets, about 4 cups
- 1 tbsp olive oil
- ½ cup chicken broth
- ½ cup almond meal
- ¼ tsp salt
- ¼ tsp pepper

For the Shrimp:

- 1 large lemon
- 3 tbsp olive oil
- 1 large onion, minced
- 4 cloves garlic, minced
- 2 pounds large shrimp, peeled and deveined
- 1 tsp Creole seasoning
- ¼ cup chopped parsley

Preparation

1. To prepare grits, process cauliflower in food processor until texture resembles grits.
2. Heat 1 tbsp oil in a small saucepan over medium heat. Add cauliflower to pan; cook 4 minutes, stirring often. Stir in chicken broth, almond meal, salt, and pepper. Cook 12 minutes or until liquid is evaporated, stirring frequently.
3. To prepare shrimp, grate rind from lemon; set aside. Cut lemon in half; squeeze juice into a small bowl.
4. Heat 3 tbsp oil in a large nonstick skillet over medium heat. Add onion and garlic. Cook 8 minutes, stirring frequently. Add shrimp, seasoning, lemon rind, and lemon juice.
5. Saute 4 minutes or just until shrimp turns pink. Remove from heat and stir in parsley.
6. Serve shrimp mixture over cauliflower grits.

Tips

Enjoy!

Recipe from SkinnyMs.

Healthy Eating RECIPE

Slow Cooker Pulled Pork



Ready in **20 minutes**

Serves **6-8**

Ingredients

- 2 lbs pork shoulder roast or pork butt

For the Meat Rub:

- 2 tsp paprika
- 2 tsp chili powder
- 2 tsp cumin
- 2 tsp garlic powder
- 2 tsp onion powder
- ½ tsp oregano
- ¼ tsp cayenne pepper
- ½ tsp salt
- ½ tsp pepper

For the BBQ Sauce:

- 15 ounce can diced tomatoes
- 8 ounce can tomato paste
- ¼ cup chicken broth
- 3 garlic cloves, crushed
- 2 tbsp apple cider vinegar
- 1 tsp olive oil
- 1 tbsp honey
- ½ cup pineapple juice
- 1 tbsp Dijon mustard
- ¼ tsp cayenne

- 2 tbsp paprika
- ¼ tsp red pepper flakes
- ½ tsp salt
- ½ tsp black pepper
- 1 tsp fish sauce
- 1 tsp hot sauce

Preparation

1. In a large saucepan over medium heat, combine all sauce ingredients and mix well. Bring to a boil and then reduce heat to low. Simmer uncovered, mixing occasionally for 30 minutes. Taste and adjust seasoning as desired.
2. While sauce is simmering, combine meat rub ingredients in a small mixing bowl. Pat meat dry and slice into 3 pieces. Generously rub meat with spice mix, make sure all areas are well covered.
3. Heat a medium skillet over medium heat and add 1 tbsp olive oil. Once oil is hot, sear meat for 3-4 minutes on each side, or until brown. Place the meat in the crock pot.
4. Once the BBQ sauce is ready, remove from heat and cool for 5 minutes. Pour into blender and blend until smooth.
5. Pour blended BBQ sauce over meat in slow cooker, make sure all meat is covered.
6. Cover and cook on low heat for 8 hours.
7. Remove meat, let cool for a few minutes. Then shred using two forks into bite-sized pieces.

Tips

Serve one lettuce wraps for a healthier bun alternative!

Recipe from Lexi's Clean Kitchen

Healthy Eating RECIPE

Oven Fried Chicken



Ready in **2 hours**

Serves **4**

Ingredients

- ¼ cup low-fat buttermilk
- 2 chicken breasts, skinned
- 2 chicken drumsticks, skinned
- 2 chicken thighs, skinned
- ½ cup all-purpose flour
- 1 tsp salt
- ½ tsp ground red pepper
- ¼ tsp white pepper
- ¼ tsp ground cumin
- Cooking spray

Preparation

1. Combine buttermilk with chicken breasts, thighs, and drumsticks in a ziploc plastic bag. Seal and marinate in refrigerator for 1 hour, turning occasionally.
2. Preheat oven to 450 degrees.
3. Combine flour, salt, peppers, and cumin in a second ziploc bag.
4. Remove chicken from first bag and add one piece at a time to flour mixture. Shake bag to coat. Remove chicken from bag and shake to remove excess flour.
5. Lightly coat chicken pieces with cooking spray. Then return to flour mixture, shaking to coat. Remove from bag and again shake off excess flour.
6. Place chicken on a parchment paper lined baking sheet. Lightly coat chicken with cooking spray
7. Bake for 35 minutes or until done, turning after 20 minutes.

Tips

Enjoy with tossed greens or steamed vegetables!

Recipe from MyRecipes.com

Peach Cobbler



Ready in **1 hour 25 minutes**

Serves **12**

Ingredients

- ⅓ cup sugar
- 2 tbsp cornstarch
- ½ tsp ground cinnamon
- 10 cups sliced pitted peaches either fresh or frozen and thawed
- ½ cup water
- 1 ¼ cups whole wheat flour
- 2 tbsp sugar
- ¾ tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- ¼ cup butter
- ½ cup buttermilk

Preparation

1. Preheat oven to 400 degrees
2. In a large bowl stir together ⅓ cup sugar, cornstarch, and cinnamon. Add peaches and toss until mixed. Stir in water.
3. Spread mixture into a 3 quart rectangular baking dish and set aside.
4. In a medium bowl, stir together whole-wheat flour, 2 tbsp sugar, baking powder, baking soda, and salt.
5. Cut in butter using a pastry cutter until mixture resembles coarse crumbs.
6. Make a well in the center of the crumb mixture and add buttermilk. Use a fork to stir until just moistened. Knead mixture into a ball.
7. On a lightly floured surface, roll dough to ½ inch thickness. Use 2 or 2 ½ inch cookie cutters to cut out 12 shapes for the top. Arrange on the top of the fruit mixture.
8. Bake for 25 to 30 minutes or until shapes are lightly browned and fruit mixture is bubbly in the center. Cool for 30 minutes. Serve warm.

Tips

Serve with frozen yogurt for a healthier topping!

Recipe from EatingWell.com

Healthy Eating RECIPE

Zoodles and Crockpot Meatballs



Ready in **6-7 hours**

Serves **12**

Ingredients

For the Meatballs:

- 1.3 pounds ground turkey 93% lean
- ¼ cup whole wheat breadcrumbs
- ¼ cup Parmesan cheese, grated
- ¼ cup parsley, finely chopped
- 1 egg
- 1 large clove garlic, crushed
- 1 tsp salt and pepper

For the Sauce:

- 1 tsp olive oil
- 4 cloves garlic, smashed
- 28 ounce can crushed tomatoes
- 1 bay leaf
- Salt and pepper to taste
- ¼ cup chopped basil or parsley

For the Zoodles:

- 1 tbsp olive oil
- ¼ cup red onion, diced
- 3 cloves garlic, minced
- 3 zucchinis, cut into long strips with a mandolin or spiralizer
- Salt and pepper to taste

Preparation

For the Meatballs & Sauce:

1. In a large bowl combine ground turkey, breadcrumbs, eggs, parsley, garlic, and cheese.
2. Using clean hands mix all ingredients and form into small meatballs, about ⅓ cup each.
3. In a small saute pan heat olive oil over medium heat. Add garlic and saute until golden.
4. Pour crushed tomatoes into a crockpot with bay leaf. Add garlic and oil.
5. Drop meatballs into the sauce, cover, and cook on low for 4-6 hours.
6. When done, top with chopped basil or parsley.

For the Zoodles:

1. Heat a large nonstick skillet over medium heat. When hot add the oil, onions, and garlic. Cook until fragrant, about 1-2 minutes.
2. Increase heat to medium-high and add the zucchini pieces. Season with salt and pepper to taste and cook about 1 minute. Mix zucchini with onions and garlic then cook another 1 to 1 ½ minutes or until vegetables are cooked through but still firm.
3. Remove from heat and divide into 3 bowls.
4. Top with meatballs, sauce, and some grated cheese.

Tips

Serve with tossed greens and a small serving of French bread for a healthier spaghetti dinner!

Recipe from Skinnytaste