

# Meal Planning **HELP**: Healthy Eating (Local Style)

Made possible by:

**Kōkua Kalihi Valley Comprehensive Family Services**

**&**

**the 'Ulu Network**



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# Lesson 1: Topics covered

- Overview of Diabetes
- Diabetes Goals
- Diabetes Self-management
- Problem Solving
- Goal Setting & Action Planning

# Action Plan

How did you do?

1. What?
2. How much
3. When?
4. How often

# Topics covered:

- Goals for meal planning
- Food label reading
- Approaches to healthy eating & meal planning
- Shopping Strategies
- Food and Nutrient groups
- Eating Out/Social events

Goal Setting & Action Planning

# Thoughts and Feelings about Eating

- What does the word “diet” mean to you?
- How do you feel about making changes in your eating habits?
- What do you want to learn today about healthy eating?
- What is your greatest concern about eating?
- What is the hardest part about healthy eating?
- What have you heard about the benefits of healthy eating?

# Reasons for Meal Planning

- Maintain:
  - Blood sugar
  - Cholesterol
  - Blood pressureas close to your target range as possible.
- Achieve or maintain healthy weight
- Prevent, delay, or treat diabetes-related complications
- Improve health through food choices
- Meet your individual nutritional needs.

# Goals for Meal Planning

- **Healthy Eating and Metabolism**
  - Eat every 4-5 hours
  - Skipping meals → slows down metabolism to save energy
    - Slower metabolism promotes storage of fat.
- **Skipping breakfast is an excellent way to GAIN weight.**

# Goals for Meal Planning

- **Healthy Eating and Blood Sugar Control**
  - Carbohydrate foods
    - Choose the right amounts
    - Choose healthier types
    - Space 'em out!

# Goals for Meal Planning

- **Healthy Eating and Blood Pressure Control**
  - Lower blood pressure → reduce salt intake!
    - Too much salt in the diet → body holds on to water → increase blood pressure → makes kidneys and heart work harder
  - Tips for cutting Salt intake:

# Goals for Meal Planning

- **Healthy Eating and Blood Cholesterol Control**
  - High cholesterol increases risk for heart disease.  
intake!
    - Choose healthy fats!
    - Avoid unhealthy fats!
- Tips for cutting the Fat and Cholesterol :

# Goals for Meal Planning

- **Healthy Eating and Weight Control**

- What's a healthy weight?

- 5-10% weight loss

- Healthy rate of weight loss: ½ pound to 1 pound a week

- Lose FAT weight NOT water weight.

- Apple or Pear? → lose a few inches off your waist

# Meal Planning Approaches

- The Exchange System
- Basic Carbohydrate Counting
- The plate method
- Pre-planned menus

# Which foods contain carbohydrate? (activity)

**Skim milk**

**Rice**

**Diet Cola**

**Baked chicken**

**Sugar-free pudding**

**Turkey sandwich**

**Cottage Cheese**

**Watermelon**

**Spaghetti**

**Mayonnaise**

**Cookies**

**Ice Cream**

**Scrambled eggs**

**Peas**

**Fat-free yogurt**

**Peanuts**

**Banana**

**Baked Potatoes**

**Corn**

**Tortilla chips**

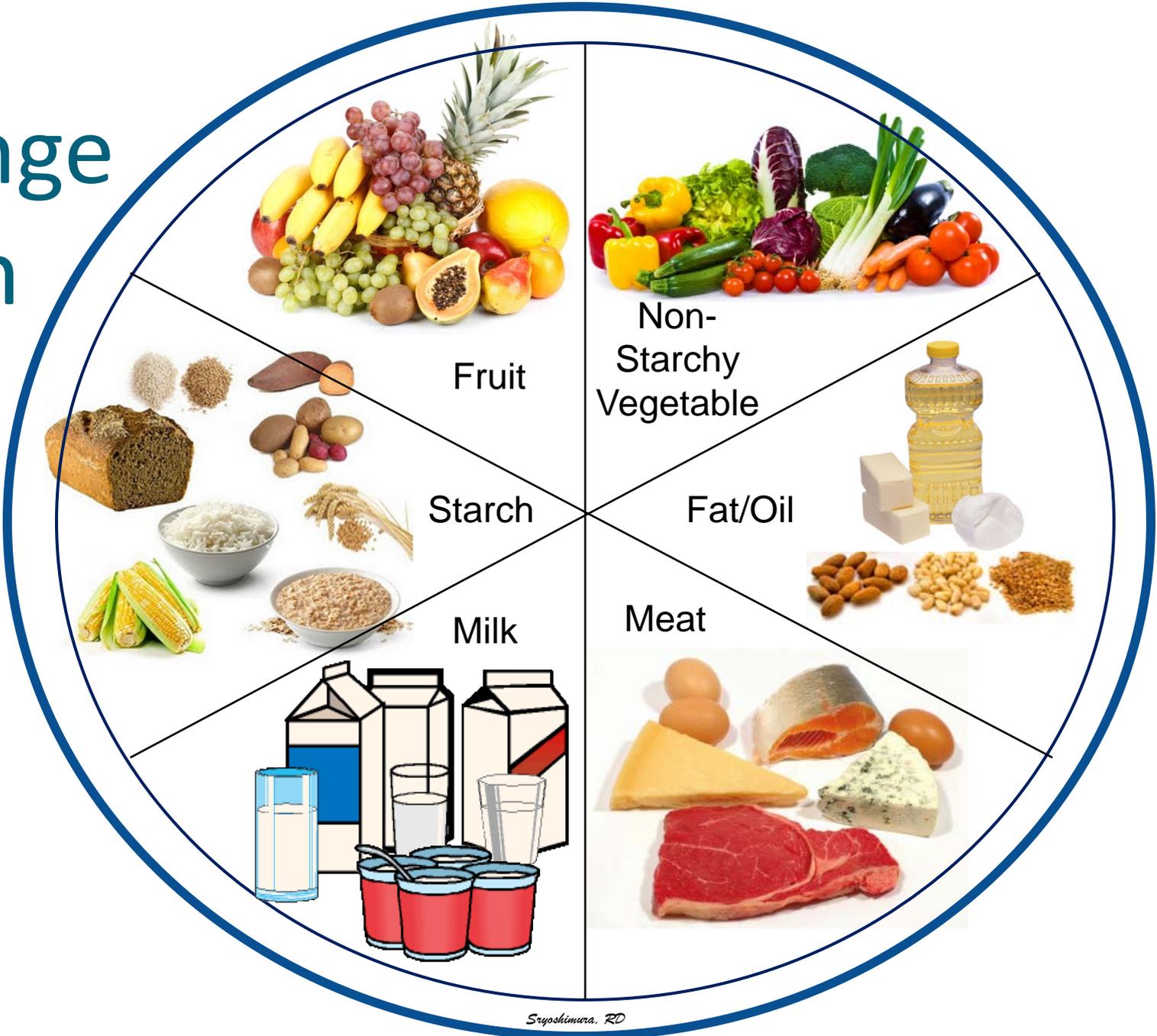
**Tuna fish**

**Pizza**

**Jelly beans**

**Pork Chops**

# The Exchange System



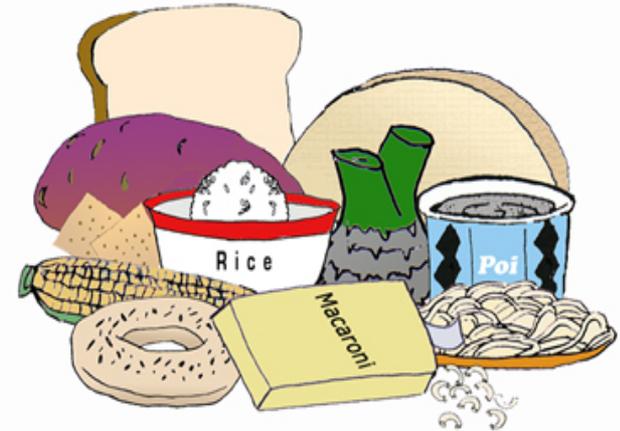
# Nutrients in Food Groups

| Food Group                              | Carbohydrate (grams) | Protein (grams) | Fat (grams) | Calories |
|---|----------------------|-----------------|-------------|----------|
| <b>CARBOHYDRATE</b>                     |                      |                 |             |          |
| Starch                                  | 15                   | 3               | 1           | 80       |
| Fruit                                   | 15                   | None            | None        | 60       |
| Milk (skim to whole)                    | 12                   | 8               | 0-8         | 90-150   |
| Other Carbohydrates (sweets & desserts) | Varies               | Varies          | Varies      | Varies   |
| <b>Nonstarchy Vegetables</b>            | 5                    | 2               | None        | 25       |
| <b>Meat</b> (very lean to high fat)     | None                 | 7               | 0-8         | 35-100   |
| <b>Fat</b> (healthy vs. unhealthy)      | None                 | None            | 5           | 45       |

# Carbohydrates

## **Grains/Starchy Veggies** (15 gram Carb)

- 1 slice Bread or small Roll
- 1/2 English Muffin
- 1/3 cup Rice, cooked
- 1/3 cup Pasta (macaroni, noodles, saimin)
- 1/2 cup Long Rice
- 1/2 cup Cereal, cooked (Oatmeal)
- 3/4 cup Cereal, unsweetened
- 1/2 cup Corn, cooked Beans, or Peas
- 1 cup cooked Pumpkin or Squash
- 1/2 cup Potato, Sweet Potato, Taro, Poi
- 1/4 cup Breadfruit
- 5 Whole Wheat Cracker
- 1 small (6") Tortilla



# Carbohydrates

## **Fruits** (15 gram Carb)

- 1 cup Melons (cantaloupe, honeydew, watermelon)
- 1/2 of 8 inch Banana
- 1 cup Berries (strawberry, raspberry, blueberry)
- 12 Cherries, fresh
- 1/2 cup Canned Fruit
- 1/2 cup Fruit Juice, unsweetened
- 1/2 small Papaya
- 1/2 cup Mango
- 2 small Tangerines
- 1 small Apple, Pear, Orange
- 2 Tablespoon Raisin
- 3 Prunes, dried
- 10 Lychee/Rambutan



## **Milk** (12 gram Carb)

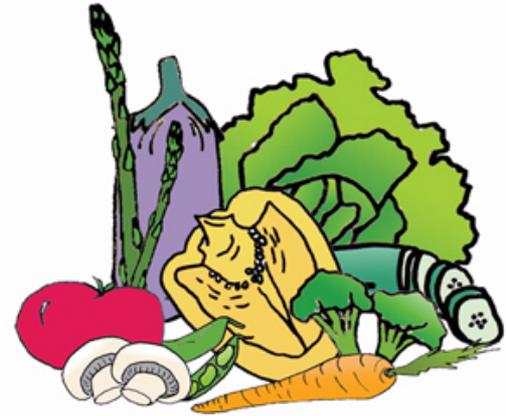
- 1 cup Skim or Lowfat
- 1 cup Sugar-free Lowfat Yogurt



## **Nonstarchy Veggies** ( 5 gram Carb)

In general, the serving size for nonstarchy vegetables is 1 cup raw or ½ cup cooked or juiced.

- Bamboo Shoot
- Bittermelon
- Broccoli
- Cabbages
- Carrots
- Celery
- Cucumber
- Daikon
- Eggplant
- Fern Shoots
- Green Papaya
- Green Salad (lettuce, field greens)
- Marungay Leaves
- Mushroom
- Onion
- Seaweed (Ogo, Limu)
- Spinach
- Taro Leaves (Luau Leaves)
- Tomatoes
- Watercress



## **FREE FOODS**

Foods with less than 20 calories per serving.

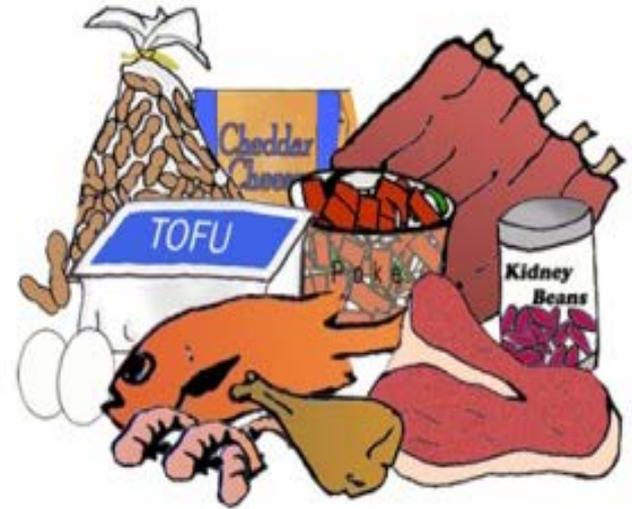
- Broth
- Coffee or Tea
- Sugarfree Gelatin
- Popsicles (Sugar Free)
- Herbs and Spices
- Soft Drinks (Diet or Sugarfree)
- Sugar Substitute
- Vinegar



## MEATS and PROTEIN

Choose 1-3 servings per meal. Example of one serving:

- 1 ounce lean Meat, Poultry or Fish
- 1 Egg
- 1 ounce Cheese
- 1/4 cup lowfat Cottage Cheese
- 1/2 cup Tofu
- 2 medium Sardines
- 2 Tablespoons Peanut Butter



## FATS

Choose 1-2 servings per meal. Example of one serving:

- 1 teaspoon Margarine, Oil, or Mayonnaise
- 1 Tablespoon Salad Dressing or Cream Cheese
- 1 strip Bacon
- 1/8 small Avocado
- 10 whole Peanuts



# Handy Guide to Portion Sizes

## Visual Tips For Portion Sizes

**3 ounces (oz)**

= Shaka  
or (palm of hand)



= Deck of Cards



**1 cup (8 fluid oz)**

= Clench Fist

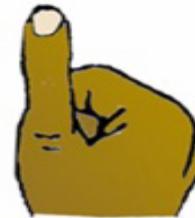


= Baseball



**1 Tablespoon  
1 Ounce**

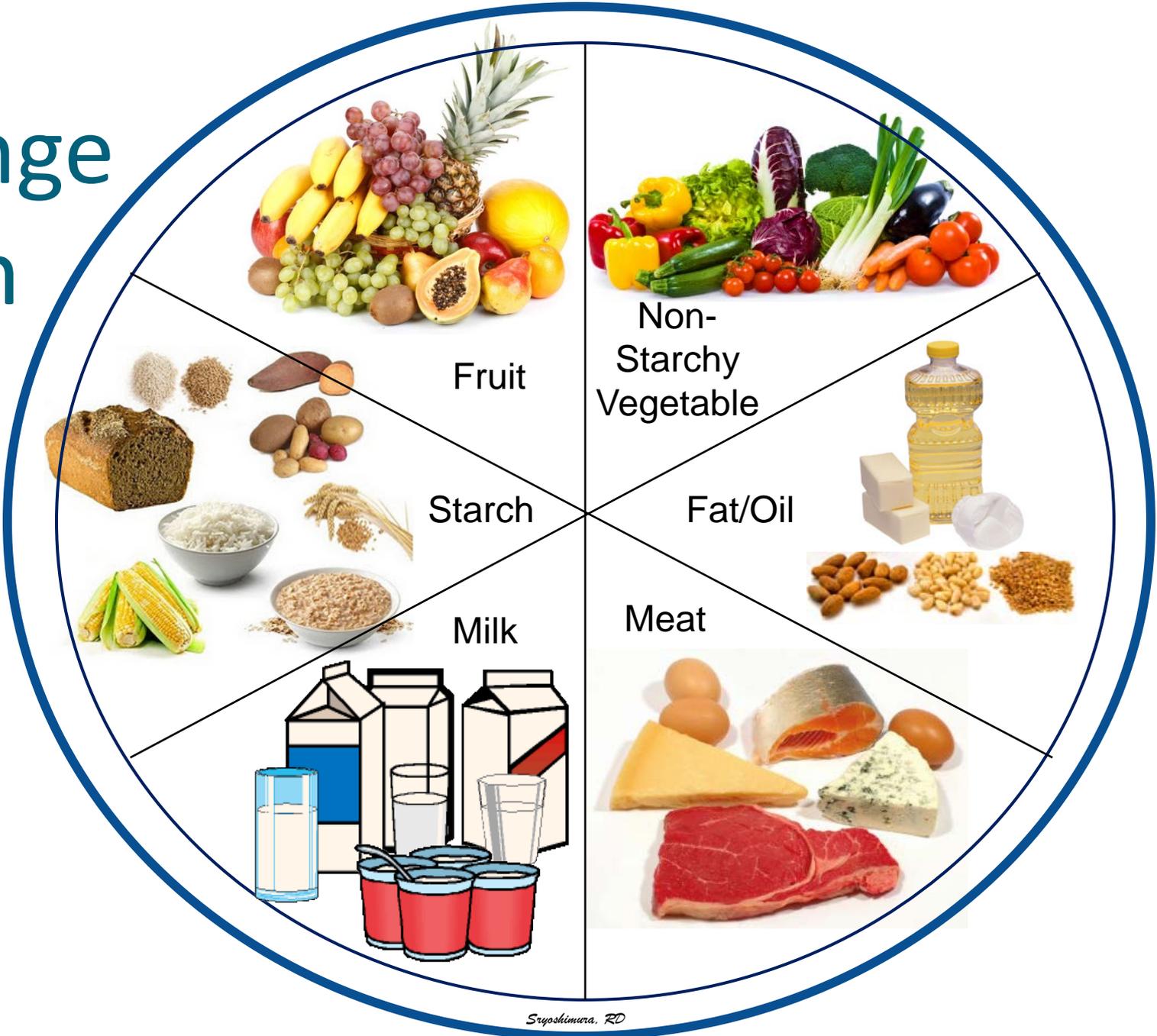
= Thumb



= 4 Dice



# The Exchange System



# ALCOHOL

Limit to 1 drink for women and 2 drinks or less per day for men.

Check with your healthcare provider if you can fit alcohol in your meal plan. Each of the following equals one drink:

• 12 oz Beer

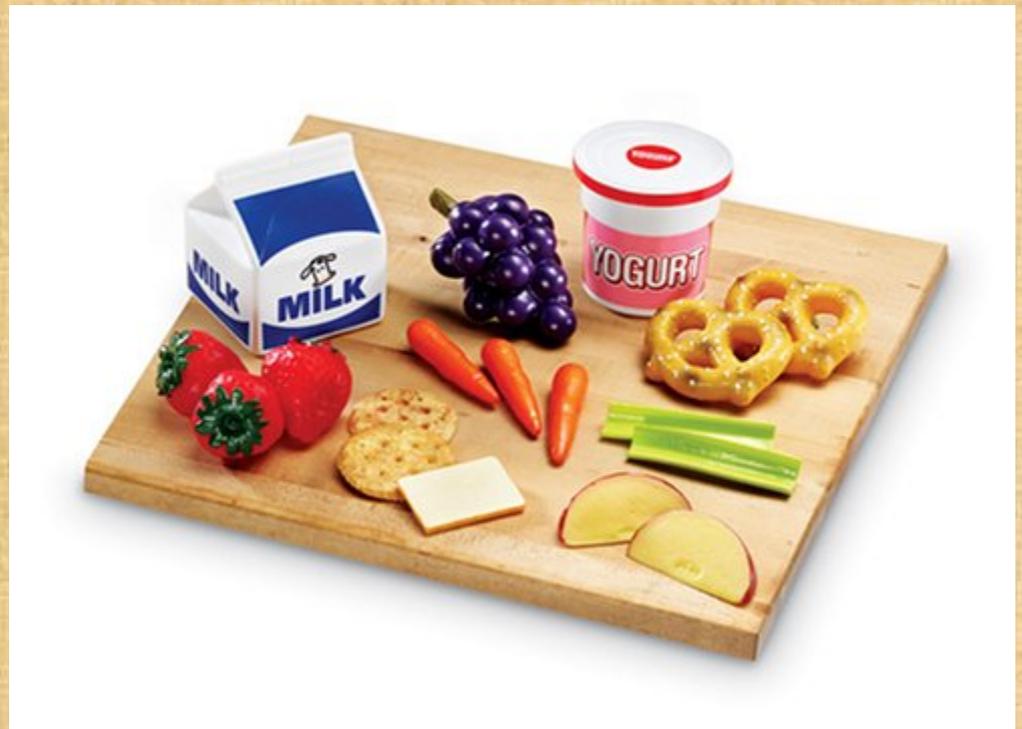
• 5 oz Wine

• 1.5 oz Liquor



# Snacks

- Choose high fiber
  - Bulky foods
  - Watery foods
- Low-fat versions
- Low-calorie versions



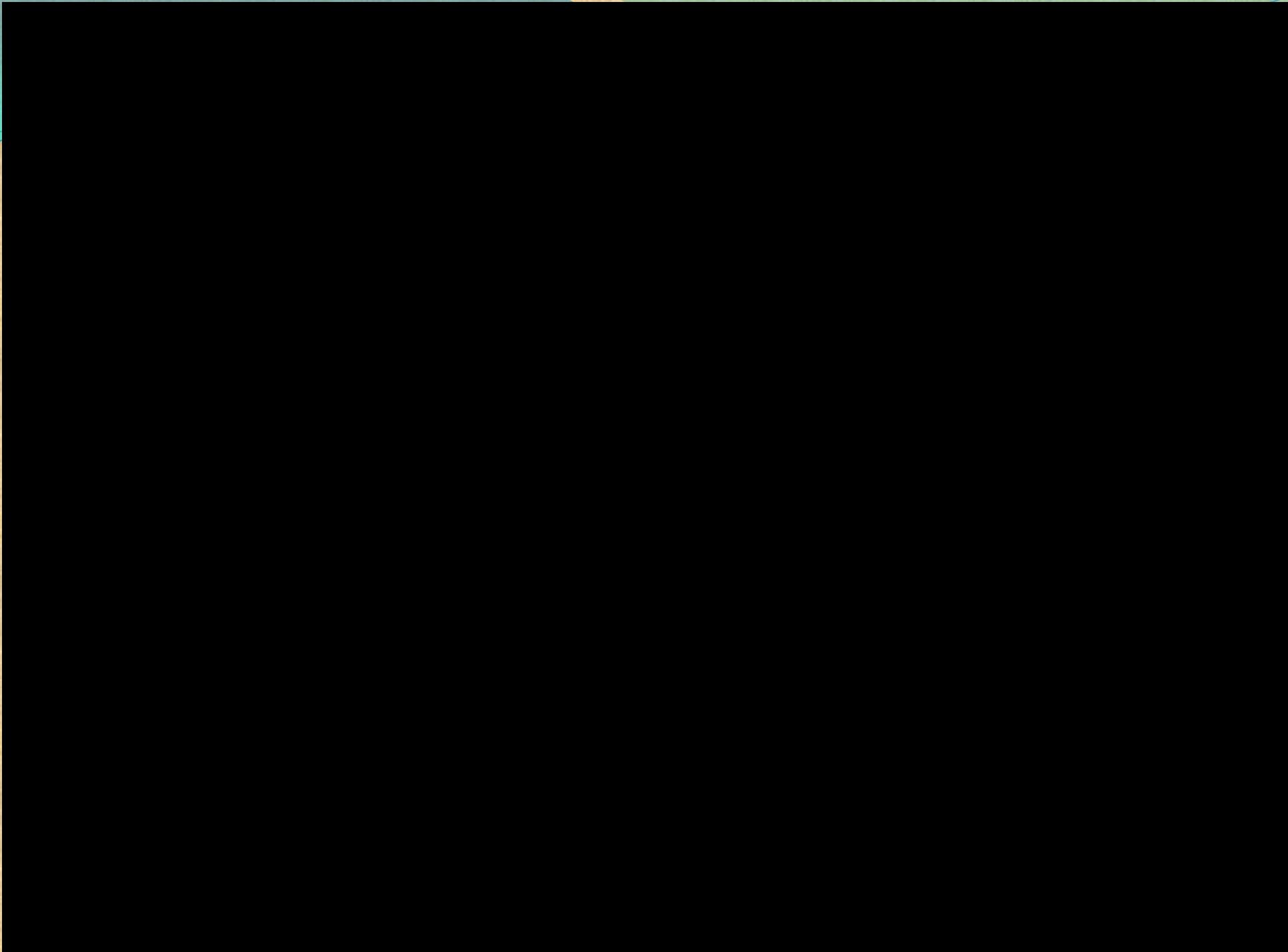
# Basic Carbohydrate Counting

- Starch
- Milk
- Fruit
- Sweets & desserts





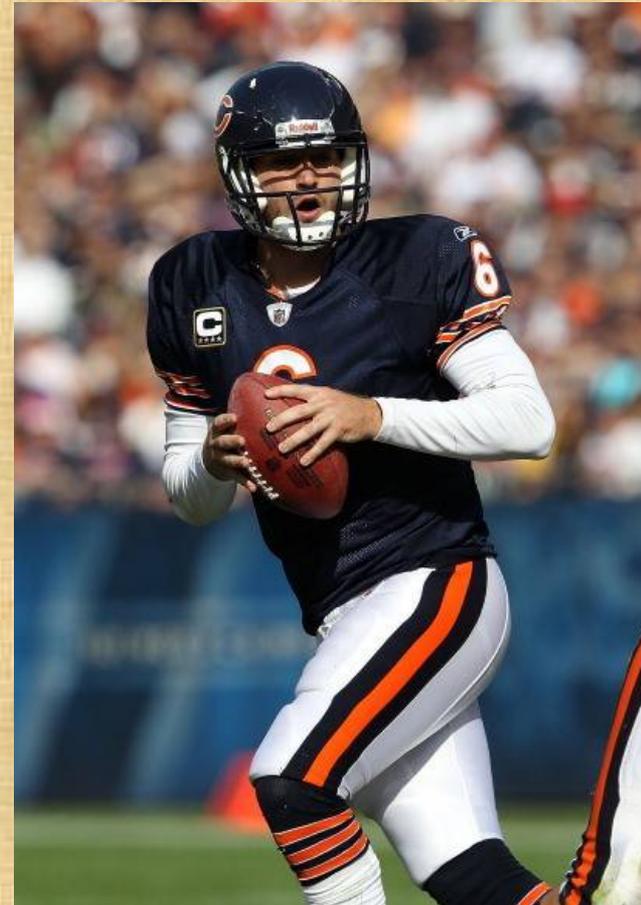
# **Food label and You (video next slide)**



# How much carbohydrates do you need?

- Not a “one size fits all” answer.
  - Based on many factors such as:
    - Age, Gender, Weight, Height, Activity level, the need to lose or gain weight.
    - Consult your dietitian to zero in on the amount of carbohydrates that’s right for you!

# Different bodies, Different Amounts



# 45-65% of calories should come from carbohydrates

- Smaller woman
  - 135 grams per day
    - 45 grams per meal (3 meals)
- Smaller man, larger woman
  - 180 grams per day
    - 60 grams per meal (3 meals)
- Larger man
  - 225 grams per day
    - 75 grams per meal (3 meals)

# Carbohydrate Counting

- Divide your total amount of carbohydrates into meals (and if desired, snacks).
- Eat consistent amounts of carbohydrates at meals.
- Pay attention to your meal times.

# Label Reading & Carbohydrate Counting



# Label Reading & Carbohydrate Counting

- Serving size
- Total calories (if need to lose weight)
- Total carbohydrates
  - Fiber – aim for 3 grams or more
- Total Fat
  - Saturated and Trans fats – limit!
- Sodium
  - Choose less than 800 mg per serving

| <b>Nutrition Facts</b>                               |                       |
|--|-----------------------|
| Serving Size 1 cup (228g)<br>Serving Per Container 2 |                       |
| Amount Per Serving                                   |                       |
| <b>Calories</b> 250                                  | Calories from Fat 110 |
| % Daily Value*                                       |                       |
| <b>Total Fat</b> 12g                                 | <b>18%</b>            |
| Saturated Fat 3g                                     | <b>15%</b>            |
| Trans Fat 1.5g                                       |                       |
| <b>Cholesterol</b> 30mg                              | <b>10%</b>            |
| <b>Sodium</b> 470mg                                  | <b>20%</b>            |
| <b>Total Carbohydrate</b> 31g                        | <b>10%</b>            |
| Dietary Fiber 0g                                     | <b>0%</b>             |
| Sugars 5g  |                       |
| <b>Protein</b> 5g                                    |                       |
| Vitamin A  | 4%                    |
| Vitamin C  | 2%                    |
| Calcium  | 20%                   |
| Iron   | 4%                    |

# Weigh and Measure

- To eat the accurate of carbohydrate you need, you need to weigh and measure your food (especially initially)



# Label Reading & Carbohydrate Counting

**15 grams of Carbohydrate is 1 carbohydrate choice or 1 carbohydrate count.**

**Carbohydrate count equals**

**Total carbohydrate**

**15 grams**

# Tips for counting carbohydrate servings

| <b>Grams of Carbohydrate</b> | <b>Count as</b>           |
|------------------------------|---------------------------|
| 5 grams                      | Do not count              |
| 12-20 grams                  | 1 carbohydrate serving    |
| 21-25 grams                  | 1 ½ carbohydrate servings |
| 26-35 grams                  | 2 carbohydrate servings   |

# Meal Planning Approaches

- Plate Method



# Meal Planning Approaches

- **Pre-planned Menus**

| 1500<br>Calories | Starch | Meat | Vegetable | Fruit | Fat | Milk |
|------------------|--------|------|-----------|-------|-----|------|
| Breakfast        | 2      | 2    | -         | 1     | 1   | 1    |
| snack            | 1      | -    | 1         | -     | -   | -    |
| Lunch            | 2      | 1    | -         | 1     | 1   | -    |
| snack            | -      | -    | 1         | 1     | -   | -    |
| Dinner           | 3      | 2    | 1         | -     | 1   | 1    |

# Shopping Strategies

# Money-saving shopping tips

The logo for MidWeek, featuring the word "MidWeek" in a bold, red, serif font. The "M" and "W" are significantly larger than the other letters. The logo is set against a white rectangular background.

1. Check weekly sale ads and coupons. . .
  - Call 235-5881 to get Midweek Magazine
2. Compare prices from at least 2 stores.
3. Circle sale items you like & need.
4. Shop only once or twice a week. You'll spend more money if you shop more often
5. Buy Generic brands—products are the same

# Money-saving shopping tips



6. Make a shopping list
7. Check recipes to see what you need.
8. Check pantries/refrigerator to see what you have or need.
  - Buy only items you really need unless something you use often is on sale.
9. Write items you need to buy including the price.
10. Bring your list to the store.

# Shopping Strategies

11. Make a meal plan

12. Shop when you're NOT hungry

13. Buy items on sale

- Check sale ads first
- Stock up when you can
- Wholesale outlets



# Shopping Strategies cont. . .

## 14. Stick with a list

- Shop with your list
- Resist extras
- Beware of foods in every aisle that are waiting to undermine your healthful shopping trip.
- Limit use of chips, cookies and other snack foods.



# Shopping Strategies cont. . .

## 15. Know the store layout

- Go to the areas where the needed items are located
- Try to list items in the order you find them as you walk through the store.

**Example:** group fruits & vegetables at the top of your list under the heading "produce" if that's where you begin shopping. Place the frozen foods last on your list under "frozen foods" if that's your last stop in the store.

# Shopping Strategies cont. . .

## 16. Compare prices

- Shop where there's unit pricing to help you choose from various brands & sizes.
- Compare prices of various forms of the same foods, such as canned, frozen & fresh orange juice.
- Beware of crushed or damaged frozen food packages. The contents may have been thawed and refrozen.
- Pass up displays at check-out stations.
  - They're often items you buy on impulse rather than need.

# Shopping Strategies cont. . .

## 17. Eat at home

- Pack lunches for work to avoid quick purchases
- Carry snacks with you



## 18. When children go along. . .

- Shop when they are well-rested
- Feed them before going to the market
- Let them choose one item each at the beginning

# Shopping Strategies cont. . .

## 19. Keep food safe



- Shop the pyramid way (pick up meats, dairy, & frozen items last)
- Keep dairy & frozen goods cool
- If traveling far or anticipate traffic. . . bring a cooler
- Store foods promptly

# Shopping Strategies cont. . .

## 20. Read Nutrition Labels

- Serving size
- Calories
- Total fat
- Sodium
- Carbohydrates
- Fiber

| <b>Nutrition Facts</b>  |           |                             |                           |
|---|-----------|-----------------------------|---------------------------|
| Serving Size 1/2 cup (114g)   |           |                             |                           |
| Servings Per Container 4  |           |                             |                           |
| <b>Amount Per Serving</b>   |           |                             |                           |
| <b>Calories 90</b>  |           | <b>Calories from Fat 30</b> |                           |
| <hr/>   |           |                             |                           |
|   |           |                             | <b>% Daily Values*</b>    |
| <b>Total Fat</b> 3g   |           |                             | <b>5%</b>                 |
| <b>Saturated Fat</b> 0g   |           |                             | <b>0%</b>                 |
| <b>Cholesterol</b> 0mg  |           |                             | <b>0%</b>                 |
| <b>Sodium</b> 300mg   |           |                             | <b>13%</b>                |
| <b>Total Carbohydrate</b> 13g   |           |                             | <b>4%</b>                 |
| <b>Dietary Fiber</b> 3g   |           |                             | <b>12%</b>                |
| <b>Sugars</b> 3g  |           |                             |                           |
| <b>Protein</b> 3g   |           |                             |                           |
| <hr/>   |           |                             |                           |
| <b>Vitamin A</b> 60%  | •         | <b>Vitamin C</b> 60%        |                           |
| <b>Calcium</b> 4%   | •         | (20)                        | 4%                        |
| * Percent Daily Values are based on a diet of other people's misdeeds.  |           |                             |                           |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |           |                             |                           |
|   |           | <b>Calories</b>             | <b>2,000</b> <b>2,500</b> |
| <b>Total Fat</b>  | Less than | 65g                         | 80g                       |
| <b>Sat Fat</b>  | Less than | 20g                         | 25g                       |
| <b>Cholesterol</b>  | Less than | 300mg                       | 300mg                     |
| <b>Sodium</b>   | Less than | 2,400mg                     | 2,400mg                   |
| <b>Total Carbohydrate</b>   |           | 300g                        | 375g                      |
| <b>Fiber</b>  |           | 25g                         | 30g                       |
| <hr/>   |           |                             |                           |
| Calories per gram:  |           |                             |                           |
| <b>Fat</b> 9  | •         | <b>Carbohydrate</b> 4       | • <b>Protein</b> 4        |

# Sweeteners

- Artificial sweeteners can give you sweetness that tastes as good as sugar, without sugar's effect on your weight.



# Sugar Substitutes

1. **Saccharin (Sweet 'n Low)**



2. **Aspartame (NutraSweet, Equal)**



3. **Acesulfame potassium (acesulfame-K) (Sweet One)**



4. **Sucralose (Splenda)**



5. **Stevia (Truvia)**



# **Eating away from home**

# Eating out: Potlucks

- Many party foods are high in sugar & fat.
- Bring a healthy dish to share
- Eat slowly
- It's ok to say “no thank you”



# Eating out: Fastfoods

- Go for the kids meal!
- Ask for ice water or diet soda
- Do not supersize!



# Eating out: Restaurants

- Know how to read the menu
- Asked for sauces, dressings on the side
- Split a dish or dessert
- Buffet – practice the plate method
- Skip the bread & chips before main meal

| Words on the Menu                          | What they usually mean   |
|--|--|
| Alfredo                                    | Covered in white cream sauce                                       |
| Au gratin                                  | Cooked with breadcrumbs and cheese                                 |
| Batter-dipped, deep-fried, breaded, crispy | Breaded and fried  |
| Creamy; in cream sauce                     | Contains or covered in some type of high-fat sauce                 |
| Deluxe, jumbo, giant                       | Oversized serving, which means more calories, fat, carbs, and salt |
| Scalloped                                  | Baked in sauce with breadcrumbs and sometimes cheese               |

# Your Guide To Eating Out: Healthy Choices

- Appetizers
- Eggs
- Salads
- Breads
- Potatoes & Substitutes
- Fats
- Vegetables
- Meat, Poultry, Fish
- Desserts
- Beverages



# Eating out: Guidelines for altered meal times

- Bring a snack so you will not overeat when it's time to eat.
- If the meal is delayed:
  - 1 hour –eat a piece of fruit or bread from the upcoming meal; subtract from 1 carbohydrate from the meal later OR do extra exercise 1 hour after the meal.
  - 2-3 hours—eat the evening snack at dinnertime and dinner at snack time.
- If the meal is early:
  - 1 hour – follow regular eating pattern
  - 2-3 hours—save one carbohydrate from meal and eat as snack at your regular meal time.

# Action Plan Activity

1. Something YOU want to do
2. Achievable
3. Action-specific
4. Make a specific plan
  1. What?
  2. How much
  3. When?
  4. How often
5. Confidence level of 7 or more. On a scale of 0-10 (0 = not at all; 10 = very)
  1. How convinced are you that it's important to make this change?
  2. How confident are you that you can make this change?



**Mahalo!**  
**See you next week/month**

**Set up for Nutrition Moment**