Eat This, Not That!

Swap out your regular foods with healthier alternatives.

When trying to eat healthier, it's often difficult to replace your old eating habits with healthier options, especially when you're unsure of what a good substitute would be. This tip sheet will help you get started.

Breakfast

- Choose a 100 percent whole-wheat English muffin or thin bagel over a deli size bagel and save yourself over 200 calories. Instead of cream cheese, which is low in protein and high in unhealthy fats, use a tablespoon of natural peanut butter, which is a good source of protein and healthy fats.
- Reach for eggs in the morning instead of cereal. A large egg is only 70 calories and packs in 7 grams of protein and can help keep your appetite in control and your blood sugar down. Plus, an egg is naturally portion controlled.
- Choose real fruit over fruit juice! You should eat your fruits, not drink them, as most juices contain a lot of added sugar or artificial sweeteners. Choose a whole orange over an eight ounce glass of orange juice and save yourself 12 grams of sugar and gain three more grams of fiber!

Lunch

- Replace salad dressings with olive oil to boost your intake of "good" fats and drizzle vinegar (any flavor you prefer) or use fresh lemons for a zesty citrus flavor.
- When crafting a sandwich, choose healthier condiments like mustard or hummus and skip the mayo, which is loaded with unhealthy fats. Opt for reduced-sodium deli meats.
- Instead of sugary soda, try flavored seltzer or add fruit to your water. Try berries, melons, orange slices or cucumber for a refreshing and tasty treat. Staying hydrated throughout the day boosts your metabolism and energy and keeps you mentally alert.

Snacks

- Instead of chips and dip, which are both high in fat and calories, portion out a plate of hummus and baby carrots (or any veggie you prefer). Remember to never eat from the bag or container. Always portion out your serving, so you know how much you are consuming.
- Instead of crackers, reach for apple or cucumber slices to avoid eating refined, processed white flour while still enjoying a satisfying crunch. Fruits and veggies are a great source of fiber, which help control your appetite and support healthy cholesterol levels.
- If you are craving chocolate, reach for one square of dark chocolate that is at least 60 percent cocoa. Chocolate with 50 percent or higher cocoa contains healthy antioxidants and is less sugary than typical chocolate in candy bars.
- Replace full-fat sour cream dips with low-fat Greek yogurt to cut the calories in half! This option also adds protein, which helps keep you full and supports your muscles, along with calcium that supports your bone health.

Dinner

- To cut carbs, instead of pasta noodles, try making veggie noodles out of squash or zucchini. Make the noodles by peeling a zucchini with a potato peeler. Sauté in a pan, add a marinara sauce (avoid alfredo sauce), and you have a healthy alternative to pasta.
- Instead of a hamburger and fries, prepare a healthier alternative with lean ground turkey patties. Replace the bun with an English muffin or bed of lettuce. Swap the french fries for baked sweet potato sticks. Leave off the cheese and save yourself another 100 calories.
- Try a cauliflower mash as a mashed potato alternative. Steam cauliflower until soft, then season and mash. You can also replace rice with cauliflower. Place raw cauliflower in a food processor and grind until it's the size of rice grains. Stir-fry in olive oil with colorful veggies and a lean protein, such as chicken breast, pork tenderloin or tofu.

Dessert

- Instead of ice cream, slice and freeze a ripe banana. Blend the frozen banana slices with a dash of milk to mimic a sweet soft serve!
- Try no-salt-added cottage cheese with fruit or apple slices with natural peanut butter. These options cut sugar and add more fiber, vitamins and minerals than cookies, cakes and candies.

Business Health Services℠
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Healthy Snacks for Every Craving

Satisfy Your Cravings with these Healthy Options

Indulge yourself - without the guilt!

It's mid-afternoon and that bag of chips or bar of chocolate (or both) are calling your name. Don't answer! Instead, look to healthier options to satisfy your appetite. Whether you're craving something salty, crunchy, sweet, or creamy, you can get your snack fix and stay on track with these healthy ideas:

Crunchy

- Apples
- Frozen grapes
- Rice cakes
- Light or plain popcorn; use coconut oil to pop in a covered pan
- 1 or 2 hard pretzels; the large Bavarian variety
- Baby carrots
- Vegetables and dip: carrots, celery, broccoli, or cauliflower with hummus, tabbouleh, vinaigrette, or other low-fat dressing
- Celery and peanut or almond butter
- Nuts: almonds, pistachios, cashews or peanuts; plain or dry roasted
- Kale chips
- Okra chips
- Trail mix: nuts, dried fruit, dark chocolate

Creamy

- Smoothies: Mix chopped fruit with ice, milk/soy milk, yogurt and/or other fresh ingredients. Use honey instead of sugar for extra sweetness.
- Fruit "ice cream": Peel a banana, freeze, blend in a blender or food processor with nuts and/or berries and serve.
- Greek yogurt with strawberry puree
- Avocados
- Rice pudding
- Dips and spreads, like hummus or baba ghanouj on a whole wheat pita or whole wheat English muffin
- Mashed sweet potatoes
- Coconut milk
- Applesauce and granola
- Low-sodium tomato soup blended with low fat sour cream
- Oatmeal with fresh fruit

Sweet

- Fresh, whole fruit: peaches, melons, apples, berries
- Dried fruit: apricots, prunes, bananas, figs
- Plain yogurt or cottage cheese with fresh fruit
- Apples or pears with almond butter
- Frozen yogurt (freeze your own!)
- Sweet baked vegetables: yams, sweet potatoes, squashes (acorn, butternut, kabocha) cut into chunks; sprinkle with cinnamon and bake.
- Smoothies (see *Creamy* section for homemade instructions)
- Fruit "ice cream" (see *Creamy* section for homemade instructions)
- Graham cracker with peanut or almond butter
- 1 ounce of dark chocolate; 70% or more cacao
- Fat-free pudding cup topped with sliced almonds
- Red grapes drizzled with honey
- Sliced peaches drizzled with agave nectar

Salty

- Olives
- Dill pickles
- Hummus and pita chips
- 1 or 2 hard pretzels; the large Bavarian variety
- Kale chips
- Okra chips
- Air-popped popcorn, sprinkled with garlic powder
- Whole grain tortilla chips with salsa or guacamole
- Salted edamame
- Dry roasted nuts: almonds, cashews, pistachios or peanuts
- Sunflower seeds
- Roasted pumpkin seeds
- Rice crackers

Diet Sodas Without Aspartame

Diet Rite (Splenda)

Hansens (Splenda)

Zevia (Stevia)

Pepsi Splenda

Bai Bubbles (Stevia, Erythiol-sugar alcohol)

Virgil's Zero Stevia, Monk Fruit, Erythiol-sugar alcohol)

Diet Shasta (Sucralose)

RC Diet (sucralose)

High-fiber foods

By Mayo Clinic Staff

Source: http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948

Looking to add more fiber to your diet? Fiber — along with adequate fluid intake — moves quickly and relatively easily through your digestive tract and helps it function properly. A high-fiber diet may also help reduce the risk of obesity, heart disease and diabetes.

Here's a look at the fiber content of some common foods. Read nutrition labels to find out exactly how much fiber is in your favorite foods. Women should try to eat at least 21 to 25 grams of fiber a day, while men should aim for 30 to 38 grams a day.

Fruits	Serving size	Total fiber (grams)*
Raspberries	1 cup	8.0
Pear, with skin	1 medium	5.5
Apple, with skin	1 medium	4.4
Banana	1 medium	3.1
Orange	1 medium	3.1
Strawberries (halves)	1 cup	3.0
Figs, dried	2 medium	1.6
Raisins	1 ounce (60 raisins)	1.0

Grains, cereal and pasta	Serving size	Total fiber (grams)*
Spaghetti, whole-wheat, cooked	1 cup	6.3
Barley, pearled, cooked	1 cup	6.0
Bran flakes	3/4 cup	5.5
Oat bran muffin	1 medium	5.2
Oatmeal, instant, cooked	1 cup	4.0
Popcorn, air-popped	3 cups	3.6
Brown rice, cooked	1 cup	3.5
Bread, rye	1 slice	1.9
Bread, whole-wheat	1 slice	1.9

Legumes, nuts and seeds	Serving size	Total fiber (grams)*
Split peas, boiled	1 cup	16.3
Lentils, boiled	1 cup	15.6
Black beans, boiled	1 cup	15.0
Lima beans, boiled	1 cup	13.2
Baked beans, vegetarian, canned, cooked	1 cup	10.4
Almonds	1 ounce (23 nuts)	3.5
Pistachio nuts	1 ounce (49 nuts)	2.9
Pecans	1 ounce (19 halves)	2.7

Vegetables	Serving size	Total fiber (grams)*
Artichoke, boiled	1 medium	10.3
Green peas, boiled	1 cup	8.8
Broccoli, boiled	1 cup	5.1
Turnip greens, boiled	1 cup	5.0
Brussels sprouts, boiled	1 cup	4.1
Sweet corn, boiled	1 cup	3.6
Potato, with skin, baked	1 small	2.9
Tomato paste, canned	1/4 cup	2.7
Carrot, raw	1 medium	1.7

*Fiber content can vary among brands.

Source: USDA National Nutrient Database for Standard Reference, Release 27

STEP 1: Fill Half (1/2) of Your Plate with Non-Starchy Vegetables.

- Non-starchy vegetables are low in calories, ow in carbohydrate, and high in fiber. This means non-starchy vegetables can help you feel full and more satisfied with your meal, but not lead to weight gain and high blood sugar.
- Aim for 1 to 2 cups of any vegetable (EXCEPT starchy vegetables listed in Step 3).
- Vegetables can be raw or cooked.

STEP 2: Limit Protein to a Quarter (1/4) of Your Plate.

- Choose lean meat, poultry, or fish. Your portion should not be bigger than the palm of your hand. Try just the egg whites for lower cholesterol.
- Choose tofu, nuts, or seeds. Aim for about 2 tablespoons of nuts and seeds or 1/2 cup of tofu.

STEP 3: Limit Starch to a Quarter (1/4) of Your Plate.

- Starch is a source of carbohydrate. Carbohydrate turns into an important fuel, called glucose, and limiting the portion size of starch helps control body weight and blood sugar.
- Choose a bun, tortilla, bread, bagel, rice, grains, cereal, pasta, or a starchy vegetable.
  - If you choose bread, limit to 2 slices or 1/2 bagel.
  - If you choose a hamburger/hotdog bun, limit to 1 bun.
  - If you choose a tortilla, limit to 2 small tortillas or 1 large tortilla.
  - If you choose rice, grains, pasta, cereal, or a starchy vegetable, limit the portion to no more than 1 cup – this is about the size of a woman's fist. Starchy vegetables include beans, potatoes, corn, yams, peas, and winter squash.
- Choose most of your starches from whole grains, such as whole wheat bread or tortillas, brown rice, whole wheat pasta, whole grain and bran cereals, or beans.

STEP 4: If Desired, Add 1 Portion of Fruit or Milk to Your Meal.

- Fruit, milk, and yogurt are also sources of carbohydrate. To best control body weight and blood sugar, limit yourself to either fruit or milk at your meal. You may choose to save the fruit or milk as a snack.
- Because high carbohydrate liquids can quickly raise blood sugar, **avoid** drinking fruit juice.
- Examples of fruit portion sizes are:
  - 1 small apple, orange, peach, pear, banana, or nectarine (or half of a larger-size fruit)
  - 3/4 cup fresh pineapple chunks, blueberries, or blackberries
  - 17 grapes
  - 1 and 1/4 cups strawberries or watermelon
  - 1 cup cantaloupe, honeydew, or papaya
- Choose lowfat or nonfat dairy products for heart health and weight control.
- Examples of milk and yogurt portion sizes are:
  - 1 cup (8 ounces) of non-fat, 1%, or soy milk
  - 2/3 to 1 cup plain non-fat or aspartame-sweetened fruit yogurt

STEP 5: Limit Added Fats.

- Avoid adding fats to your foods like butter, margarine, shortening, mayonnaise, gravies, cream sauces, salad dressing, and sour cream. Instead, season foods with herbs and spices.
- Cook using lowfat methods such as baking, steaming, broiling, or grilling. Avoid frying foods.

Lean Protein Foods

Poultry: skinless chicken/turkey breast

Fish: (tuna/salmon)/seafood (shrimp/crab)

Meat: lean beef/pork tenderloin/ham/canadian bacon/veal

Legumes: beans/hummus/lentils

Quinoa

Nuts: almonds/walnuts/pecans

Dairy:
(nonfat/1% milk/cottage cheese/fat free sour cream/plain yogurt/string cheese)

Eggs

Peanut butter

Tofu

Soy beans (edamame)

Online Resources for Recipes, Meal Plans, and Nutrition

Websites

30 Days of Healthy Food
http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1620

DASH Diet Plan
dashdiet.org

Diabetes Meal Plans (interactive website)
www.diabetes.org

Mayo Clinic free e-newsletter: Recipes for Healthy Living
https://newslettersignup.mayoclinic.com/?fn=207

Nutrition, Kitchen Safety, and Meal Planning
http://www.familycaregiversonline.net/online-education/nutrition-kitchen-safety/#EasyMealPreparation

Recipes for Elderly People
http://www.sageminder.com/Caregiving/ElderlyNutrition/SeniorRecipes.aspx

Take Them a Meal.com
www.takethemameal.com
Allows caregivers to create a customized online sign-up sheet for taking meals to those in need. Also provides simple recipes and recipes that travel well.

USDA Choose MyPlate
http://www.choosemyplate.gov/older-adults

What's Cooking? USDA Mixing Bowl (recipes, cookbooks, and menus)
http://www.choosemyplate.gov/recipes-cookbooks-and-menus

Academy of Nutrition + Dietetics
www.eatright.org

APPS

Grocery IQ
www.groceryiq.com
Creates personalized shopping lists that can be managed both online and on smartphones.

MealBoard – Meal and Grocery Planner (app for iPhone, iPad, and iPod Touch)

Review of Seven Online Meal and Menu Planning Tools (Apps)
http://www.thekitchn.com/5-online-meal-and-menu-planning-tools-169221

Meal Suppliers/ Food delivery

Name	Web Site	Coupon/Discount	Phone
Blue Apron	www.blueapron.com		646-891-4349
Home Chef	www.homechef.com	First order is 30.00 discount: SFTREAT	
Earthly Delights	info@earthlydelights.com	10% weekly orders	925-598-9889
Marthas Senior Gourmet	www.Marthas Senior Gourmet.com		510-201-0150

Special diet meals customized

Meals On Wheels-Livermore 925-421-4657

Mom's Meals www.MomsMealsNC.com 888-860-9424

Munchery.com

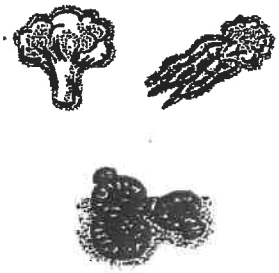
Schwan's 8000-245-8302 promo code THIRTY

Grubhub (internet ordering) www.grubhub.com $10.00 off first order

list of restaurants who deliver

Plate Method
For Healthy Meal Planning

Non Starchy Vegetables



Artichokes
Asparagus
Green beans
Beets
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Cucumber
Eggplant
Greens
Kohlrabi
Leeks
Lettuce
Mushrooms
Okra
Onions
Peppers
Spinach
Summer Squash
Tomato

Protein

Lean Meat
Poultry
Fish
Tofu
Eggs
Nuts
Seeds
Lowfat Cheese
Soy Meat Substitutes

Starch

Bread
Tortilla
Bun
Bagel
Rice
Pasta
Cereal
Grains
Potatoes
Corn
Yams
Peas
Winter Squash
Beans

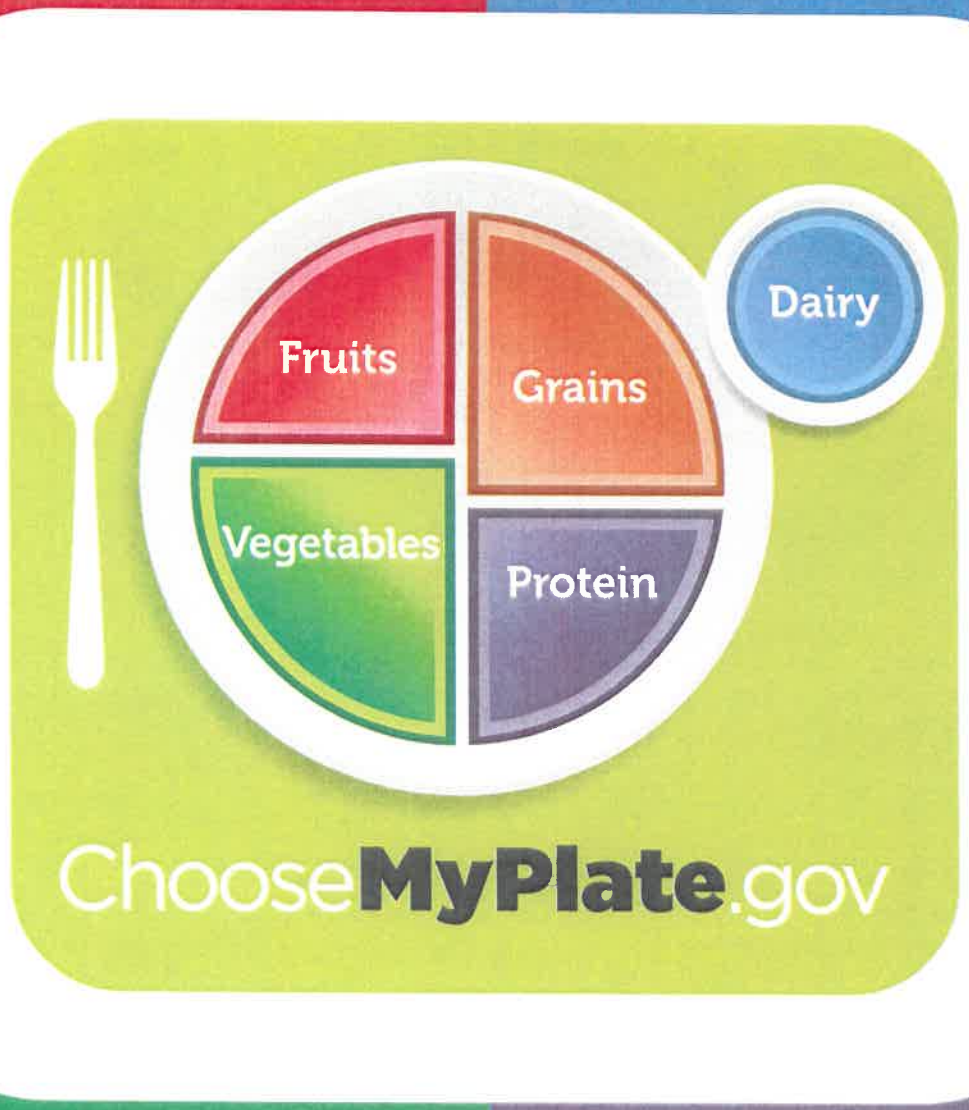
Fruit
1 portion, if desired

OR

Milk
1 portion milk or yogurt, if desired

Make half your plate fruits and vegetables

- » Choose fresh, frozen, canned, or dried fruits and vegetables.
- » Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- » Use fruit as snacks, salads, or desserts.
- » Keep raw, cut-up vegetables handy for quick snacks.
- » Choose whole or cut-up fruits more often than fruit juice.



Switch to skim or 1% milk

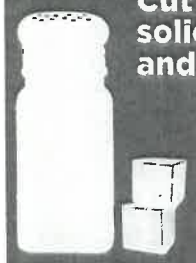
- » They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Make at least half your grains whole

- » Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- » Check the ingredients list on food packages to find whole-grain foods.

Vary your protein food choices

- » Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry, and eggs.
- » Keep meat and poultry portions small and lean.
- » Try grilling, broiling, poaching, or roasting. These methods do not add extra fat.



Cut back on foods high in solid fats, added sugars, and salt

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy.
- Eat fewer foods that are high in solid fats.

Eat the right amount of calories for you

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.

Get your personal daily calorie limit at **www.ChooseMyPlate.gov** and keep that number in mind when deciding what to eat.

Be physically active your way

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.

MyPlate was created by the U.S. Department of Agriculture, Center for Nutrition Policy and Promotion.

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Build a Healthy Plate

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to **www.ChooseMyPlate.gov** to find your calorie level. Being physically active also helps you balance calories.

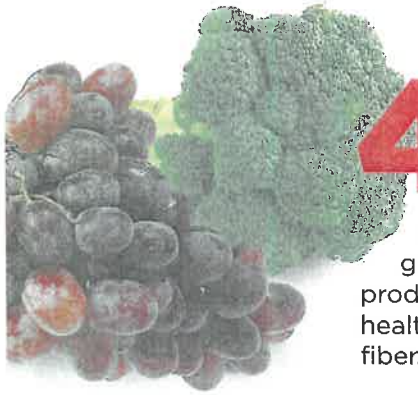
2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

TIPS TO A 10 GREAT PLATE



4 foods to eat more often

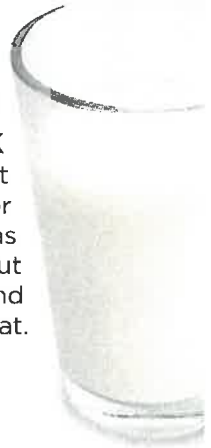
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health — including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product — such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

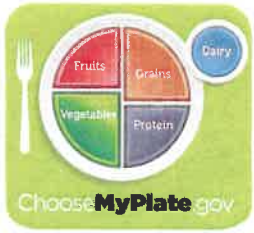
9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

www.ChooseMyPlate.gov



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RE think YOUR Drink

38
teaspoons *of* sugar
Fountain Drink
44 oz

4
teaspoons *of* sugar
Juice Drink
6 oz

13
teaspoons *of* sugar
Energy Drink
16 oz

8
teaspoons *of* sugar
Sports Drink
20 oz

12
teaspoons *of* sugar
Orange Soda
12 oz

California WIC Program, California Department of Public Health. 1-800-852-5778
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NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 37g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 12g	
Includes 10g Added Sugars	**20%**
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

New: added sugars

Change in nutrients required

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

FDA

AICR Guide to Vitamins

Vitamin (Adult RDA)	Best Sources	Functions	Deficiency Symptoms
A Retinol, Carotene (800-1000 mcg)	Liver, eggs, dark green & deep orange fruits & vegetables, dairy products	Growth & repair of body tissues (resist infection), bone & tooth formation, visual purple production (necessary for night vision)	Night blindness, drying of the eyes, dry, rough skin, impaired bone growth
B-1 Thiamin (1.0-1.5 mg)	Wheat germ, liver, pork, whole grains & enriched grains, dried beans	Carbohydrate metabolism, appetite maintenance, nerve function, growth & muscle tone	Mental confusion, muscle weakness, edema, fatigue, loss of appetitie
B-2 Riboflavin (1.2-1.7 mg)	Dairy products, green leafy vegetables, whole grains & enriched grains	Necessary for fat, carbohydrate, & protein metabolism, cell respiration, formation of antibodies & red blood cells	Sensitivity of eyes to light, cracks in corners of mouth, dermatitis around nose & lips
B-6 Pyridoxine (1.6-2.0 mg)	Fish, poultry, lean meats, whole grains	Necessary for fat, carbohydrate & protein metabolism, formation of antibodies	Dermatitis, anemia, nausea, smooth tongue
B-12 Cobalamin (2.0 mg)	Organ meats, lean meat, fish & poultry, eggs, dairy products	Carbohydrate, fat, & protein metabolism, maintains healthy nervous system, blood cell formation	Pernicious anemia, numbness & tingling in fingers & toes
Biotin (No RDA)	Egg yolks, organ meats, dark green vegetables, also made by microorganisms in the intestinal tract	Carbohydrate, fat, & protein metabolism, formation of fatty acids, helps utilize B vitamins	Not seen under normal circumstances; pale, dry, scaly skin, depression, poor appetite
Folic Acid (180-200 mcg)	Green leafy vegetables, organ meats, dried beans	Red blood cell formation, protein metabolism, growth & cell division	Anemia, diarrhea, smooth tongue, poor growth
Niacin (13-19 mg)	Meat, poultry, fish, nuts, whole grains & enriched grains, dried beans	Fat, carbohydrate, & protein metabolism, health of skin, tongue & digestive system, blood circulation	General fatigue, digestive disorders, irritability, loss of appetite, skin disorders
Pantothenic Acid (No RDA)	Lean meats, whole grains, legumes	Converts nutrients into energy, formation of some fats, vitamin utilization	Not seen under normal circumstances; vomiting, severe abdominal cramps, fatigue, tingling hands & feet
C Ascorbic Acid (60 mg)	Citrus fruits, melon, berries, vegetables	Helps heal wounds, strengthens blood vessels, collagen maintenance, resistance to infection	Bleeding gums, slow healing wounds, bruising, aching joints, nosebleeds, anemia
D Calciferol (5 mcg)	Egg yolks, organ meats, fortified milk, also made in skin exposed to sunlight	Calcium & phosphorus metabolism (bone & teeth formation)	Poor bone growth, rickets, osteomalacia, muscle twitching
E Tocopherol	Vegetable oils & margarine, wheat germ, nuts, dark green [illegible]	Maintains cell membranes, protects vitamin A & essential fatty [illegible]	Not seen in humans except after prolonged impairment of

Health Apps

Android:

Fooducate

Headspace

Home Workout by Lea Fitness

Lifesun

My Fitness Pal

Fit Bit

Mu Sugr

My Therapy

Tick Tick

Yoga Daily Fitness

Samsumg Health

Google Fit

Personal MD app

I Phone:

My Fitness Pal

Headspace

Lose It

Instant Heart Rate

Pacer

WebMD

Cardio

Waterlogged

Blood Pressure Companion

Health Tips