



## MODULE FOUR

# Eat Wisely



### How do I get started with changing my eating habits?

MOVE! is all about building healthy eating habits by making small sustainable changes over time. To start changing your eating habits, it is important to BE MINDFUL about your food choices. Here are some basic healthy eating tips to get you started. Consider some of these options when you write your weekly SMART goals.

### Good Nutrition = Results

**“not only learned how to eat, I learned how to live.”**

– Lee, lost 32 pounds

#### BE MINDFUL:

*Buy healthy foods to keep at home and work*

*Eat a nutritious breakfast everyday*

*Make a healthy plate*

*Involve others, eat at the table, take your time, and savor your food*

*Nourish your body; avoid skipping or delaying meals*

*Drink more water—drink a glass before each meal*

*Fix foods at home*

*Use a plate for snacks and portion control*

*Limit high-fat, high-calorie, and sugar-sweetened foods*

### In This Module You Will:

1. Learn how to create a healthy plate.
2. Recognize the items in each food group.
3. Identify common serving sizes.

# Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

*My weight today is \_\_\_\_\_ pounds.*

Reflect on how well you met your goals from the last module.

What successes did you have?

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What challenges did you encounter?

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What helped you address those challenges?

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## Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Better sleep       | <input type="checkbox"/> More energy        | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up    | <input type="checkbox"/> Less joint pain    | <input type="checkbox"/> Better blood pressure control  |
| <input type="checkbox"/> Improved memory    | <input type="checkbox"/> Better mood        | <input type="checkbox"/> Better blood sugar control     |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking   | <input type="checkbox"/> Other: _____                   |
| <input type="checkbox"/> Stress relief      | <input type="checkbox"/> Greater confidence | _____   |
| <input type="checkbox"/> More endurance     | <input type="checkbox"/> More organized     | _____   |

# Eat Healthy by Creating a Healthy Plate

Creating a healthy plate helps you reduce health risks by thinking about what goes on your plate or in your glass before you eat. Vegetables, whole grains, low-fat dairy products, fruits, and lean protein foods are all great choices. Eating from all food groups helps make sure you get all the nutrients you need. Before each meal ask yourself, "How healthy is my plate?" Use the guidelines in this section to help you measure your plate.

## My Healthy Plate

**50%**

Non-starchy  
Vegetables  
and Fruits

one-half plate • non-starchy vegetables & fruits

9" Plate

**Optional items  
include:**

a small amount  
of low-fat dairy  
and a drink  
with little or  
no calories.

**25%**

Starch or  
Starchy  
Vegetables

one-quarter plate • grains & starchy vegetables

9" Plate

one-quarter plate • lean meat / protein

**25%**

Protein

When building your plate, remember to choose foods that are:

- Low in calories, saturated fat, and sugar
- High in fiber and water
- High in vitamins, minerals, and protein

### Rate My Plate

Think about what you ate for dinner last night. Draw your meal, including the types of foods and the portion sizes, on the plate below. Consider how well your plate matched the recommended healthy plate.



How could you make your plate healthier next time?

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*Use the MOVE! Coach app to track your food.*



#### Teresa's Tips

*“Creating a healthy plate and managing your portion sizes can reduce risks of developing diseases such as obesity, heart disease, diabetes, and some types of cancer.”*



# My Healthy Plate Food Groups



## 50% Non-starchy Vegetables and Fruits

Non-starchy vegetables and fruits are low in calories and full of fiber, vitamins, minerals, and antioxidants. The extra fiber helps you feel full, controls hunger, and supports successful weight loss. If you have a sweet tooth or want a little treat, eating fruit is the healthiest way to indulge.

**Tip:** You can choose fresh, canned, or frozen fruits and vegetables. Choose fruits and vegetables with a variety of colors, especially dark green, red, and orange.



### Non-starchy Vegetables

- |           |              |
|-----------|--------------|
| Asparagus | Cucumbers    |
| Broccoli  | Leafy greens |
| Cabbage   | Green beans  |
| Tomatoes  | Mushrooms    |
| Carrots   | Peppers      |
| Onions    | Celery       |

### Fruits

- |          |              |
|----------|--------------|
| Bananas  | Blueberries  |
| Apples   | Grapefruit   |
| Apricots | Melons       |
| Oranges  | Strawberries |
| Pears    | Grapes       |
| Kiwi     | Dates        |

### Foods to Limit

- Limit dried fruits to ¼-cup serving
- Fruit with added sugars or syrup
- Vegetables with added salt, butter, or cream sauces
- Fruit juice with added sugars
- Overcooking or boiling vegetables removes vitamins
- Canned vegetables with added salt



## 25% Whole Grains and Starchy Vegetables

Whole grains and starchy vegetables are great sources of fiber, antioxidants, minerals, and B-vitamins. Each day, at least half of the grains we eat should be whole grains. Whole grain means it is the “complete” grain. Refined grains have been milled and are usually “white” grains. Milling not only removes most of the fiber, but also removes up to 25% of the grain’s protein and many essential nutrients.

**Tip:** Check the ingredient list and look for the first or second ingredient to include the words “whole” or “whole grain.”

### Whole Grains and Starchy Vegetables

- 100% whole grain cereal
- 100% whole wheat bread
- 100% corn tortillas
- 100% whole wheat pasta
- Brown rice
- Black beans
- Green Peas
- Popcorn
- Lentils
- Yams
- Oatmeal
- Potatoes
- Pumpkin
- Squash
- Corn



### Foods to Limit

- Frosted corn flakes, degerminated cornmeal
- Refined grains or “white” grains (white bread, white rice)
- Tortilla chips, potato chips
- “Enriched” wheat or semolina pasta
- Crackers made with “enriched” wheat flour
- Vegetables with added salt, butter, or cream sauces
- “Enriched” flour
- Popcorn with added salt or butter





## 25% Lean Protein

Protein is necessary to build and maintain healthy muscle mass while supporting tendons, ligaments, and other tissues. We need protein to keep our bodies in good working order, repair body cells, and protect us from bacteria and viruses. Vary your protein choices by including seafood, beans, and nuts.



### Lean Protein

#### Eggs

Fish and seafood (salmon, trout, herring, shrimp)

Lean meats (lean ground beef, top loin steak, round eye roast, poultry, pork loin). Choose beef cuts labeled "choice" or "select."

Natural or raw nuts or nuts in the shell

### Foods to Limit

- Fatty meat (bacon, bologna)
- Nuts with added oils from roasting
- Breaded meat and poultry
- Poultry skin



### Smart Alex

**"All foods can fit. Research has shown that people who do not forbid themselves from having certain foods tend to have better weight-loss outcomes. People who don't deny themselves specific foods or food groups experience less internal pressure to diet because they have a broader understanding of how their food intake impacts their overall energy balance."**

**Healthy Dairy Options**

Dairy products are loaded with essential vitamins and minerals, including carbohydrates, protein, calcium, and vitamins A, D, and B12. Three servings of dairy per day can improve bone health and may reduce the risk of osteoporosis. Dairy intake is associated with a reduced risk of cardiovascular disease and Type 2 diabetes and with lower blood pressure in adults.

**Healthy Dairy**

Skim or low-fat milk

Low-fat cheese

Unsweetened low-fat soy or almond milk

Plain nonfat or low-fat yogurt

**Foods to Limit**

- Whole milk
- High-fat cheese
- Yogurt high in fat or with added sugars



**Additional Foods to Limit**

**Foods with Added Sugar**

|                       |            |          |
|-----------------------|------------|----------|
| Processed snack foods | Corn syrup | Molasses |
| Cookies               | Ice cream  | Sugar    |
| Candy                 | Honey      |          |

**Fatty Foods**

|  |                 |
|--|-----------------|
| Deep-fried foods (French fries, fried chicken)   | Full-fat cheese |
| Fatty meat (bacon, bologna, regular ground beef) | Whole milk      |
| Creamy salad dressings                           | Shortening      |
|  | Butter          |
|  | Lard            |





# Watch Out for Liquid Calories



Many beverages contain sugar, fat, and alcohol, which can be major sources of calories. For weight control, it is better to get your calories from food rather than drinking them.

## Water is the best beverage choice

- It's recommended you drink 8-12 cups of water per day.
- It's an essential nutrient and has zero calories.
- It's the best thirst-quencher. Always keep a water bottle with you.
- It helps you stay satisfied and feel full.

## The next best options

- Try low-fat (1%), fat-free (skim) milk or calcium-fortified dairy alternative (soy milk, almond milk, etc.). Limit to 3 cups per day to meet your dairy serving recommendations.
- Try unsweetened tea or coffee.

## If water or milk doesn't satisfy you?

- Put some fizz in your cup by drinking carbonated water.
- Add flavor to your water with lemon, lime, watermelon, or cucumber slices.
- Enjoy the beverage of your choice, but just cut back. Remember to check the serving size and number of servings on the can or bottle. Select smaller cans or cups instead of large options.



### Smart Alex

**“Heat, physical activity, and diet can increase your need for water. Watch out for signs of dehydration; they include headaches, loss of energy, constipation, dry lips and tongue, dry skin, muscle or joint soreness, muscle cramps, light headedness, nausea, vomiting, elevated body temperature, water retention problems, hoarse voice, restlessness, and low-volume and/or dark-colored urine. Be sure to drink up!”**

## Beverage Swap

List your top three favorite sugary, high-calorie beverages. What exchanges can you make to reduce your beverage calorie intake?

Sugary/High-Calorie Drinks:

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Exchanges:

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## Size It Up!

Identifying the correct serving size is important for portion control. A portion is the amount of food you choose to eat. A serving is a standard amount of food. It helps you estimate about how much to eat. You can use everyday items or even your hand to estimate a serving size.

|                            |                     |                                       |
|----------------------------|---------------------|---------------------------------------|
| <p><b>1 teaspoon</b></p>   | <p><b>¼ cup</b></p> | <p><b>3 ounces of meat</b></p>        |
| <p><b>1 tablespoon</b></p> | <p><b>½ cup</b></p> | <p><b>1 medium baked potato</b></p>   |
| <p><b>1 ounce</b></p>      | <p><b>1 cup</b></p> | <p><b>1 medium piece of fruit</b></p> |

**“When I compared the recommended serving sizes to the portion sizes that people typically eat, I was shocked. I’d been eating more than twice the serving size without even realizing it!”**

– Michael, lost 62 pounds



### Smart Alex

“Understanding satiety or feeling full—the process of feeling full after eating—is complex. A full stomach is only part of the process. Digestive hormones secreted by the gut also signal the brain when the stomach is being filled by food or water. It can take up to 20 minutes for this feedback system to tell your brain how full you are. It is important to eat slowly and savor your meal so that your brain knows when you are satisfied, making it less likely that you will eat until you’re stuffed.”

# Building a Healthy Plate Based on Your Caloric Target

The tables below provide general guidelines for food-group breakdowns based on the target calorie range you identified in Module 3. If you want to know more about a dietary plan that is more specific to your age, physical conditions, or dietary restrictions, please talk to your MOVE! team for a more personalized plan.

*Look back to Module 3 to find your daily target calorie range. Review how many servings of each food group you should eat per day to meet that target calorie range.*

| Daily Calorie Intake                    | 1,000                                 | 1,200           | 1,400           | 1,600         | 1,800         | 2,000          |
|---|---------------------------------------|-----------------|-----------------|---------------|---------------|----------------|
| <b>Food Group</b>                       | <b>Amount of Food from Each Group</b> |                 |                 |               |               |                |
| <b>Fruits (cups/day)</b>                | 1 cup                                 | 1 cup           | 1 ½ cups        | 1 ½ cups      | 1 ½ cups      | 2 cups         |
| <b>Vegetables (cups/day)</b>            | 1 cup                                 | 1 ½ cups        | 1 ½ cups        | 1 ½ cups      | 1 ½ cups      | 2 cups         |
| Non-starchy veg (cups/week)             | 5                                     | 7               | 7               | 9             | 11            | 11             |
| Beans and peas (cups/week)              | ½                                     | ½               | ½               | 1             | 1 ½           | 1 ½            |
| Starchy veg (cups/week)                 | 2                                     | 3 ½             | 3 ½             | 4             | 5             | 5              |
| <b>Grains (ounces/day)</b>              | <b>3 oz.</b>                          | <b>4 oz.</b>    | <b>5 oz.</b>    | <b>6 oz.</b>  | <b>6 oz.</b>  | <b>6 oz.</b>   |
| Whole grains (ounces/day)               | 1 ½                                   | 2               | 2 ½             | 3             | 3             | 3              |
| Refined grains (ounces/day)             | 1 ½                                   | 2               | 2 ½             | 3             | 3             | 3              |
| <b>Protein Foods (ounces/day)</b>       | <b>2 oz.</b>                          | <b>3 oz.</b>    | <b>4 oz.</b>    | <b>5 oz.</b>  | <b>5 oz.</b>  | <b>5 ½ oz.</b> |
| Meats, poultry, eggs (ounces/week)      | 10                                    | 14              | 19              | 23            | 23            | 26             |
| Seafood (ounces/week)                   | 3                                     | 4               | 6               | 8             | 8             | 8              |
| Nuts, seeds, soy products (ounces/week) | 2                                     | 2               | 3               | 4             | 4             | 5              |
| <b>Dairy (cups/day)</b>                 | <b>2 cups</b>                         | <b>2 ½ cups</b> | <b>2 ½ cups</b> | <b>3 cups</b> | <b>3 cups</b> | <b>3 cups</b>  |
| <b>Oils (grams/day)</b>                 | <b>15 g</b>                           | <b>17 g</b>     | <b>17 g</b>     | <b>22 g</b>   | <b>24 g</b>   | <b>27 g</b>    |

Note: Available at [www.cnpp.usda.gov/USDAFoodPatterns](http://www.cnpp.usda.gov/USDAFoodPatterns)



Now that you have reviewed the daily recommended serving sizes for your target calorie range, let's see how you can turn it into an example healthy meal plan (see also Module 8 – Meal Planning, Shopping, and Cooking). Notice how each meal plan varies based on eating styles and preferences. For example, Meal Plan B—light eating throughout the day with a large dinner, Meal Plan C—consistent eating throughout the day.

| <b>Meal Plan A</b><br>(based on a 1,400-calorie plan) |          |
|---|----------|
| <b>Breakfast</b>                                      |          |
| Grains  | 2 ounces |
| Fruits  | ½ cup    |
| Dairy   | ½ cup    |
| <b>Morning Snack</b>                                  |          |
| Grains  | 1 ounce  |
| Fruit   | ½ cup    |
| <b>Lunch</b>  |          |
| Grains  | 1 ounce  |
| Vegetables  | ½ cup    |
| Fruits  | ½ cup    |
| Dairy   | ½ cup    |
| Protein   | 1 ounce  |
| <b>Afternoon Snack</b>                                |          |
| Vegetables  | ½ cup    |
| Dairy   | ½ cup    |
| <b>Dinner</b>   |          |
| Grains  | 1 ounce  |
| Vegetables  | ½ cup    |
| Dairy   | 1 cup    |
| Protein   | 3 ounces |

| <b>Meal Plan B</b><br>(based on a 1,400-calorie plan) |          |
|---|----------|
| <b>Breakfast</b>                                      |          |
| Grains  | 1 ounce  |
| Dairy   | ½ cup    |
| Protein   | 1 ounce  |
| <b>Morning Snack</b>                                  |          |
| Fruits  | 1 cup    |
| Dairy   | ½ cup    |
| <b>Lunch</b>  |          |
| Grains  | 1 ounce  |
| Vegetables  | ½ cup    |
| Dairy   | ½ cup    |
| Protein   | 1 ounce  |
| <b>Afternoon Snack</b>                                |          |
| Grains  | 1 ounce  |
| Vegetables  | ½ cup    |
| <b>Dinner</b>   |          |
| Grains  | 2 ounces |
| Vegetables  | ½ cup    |
| Fruits  | ½ cup    |
| Dairy   | 1 cup    |
| Protein   | 2 ounces |

| <b>Meal Plan C</b><br>(based on a 1,400-calorie plan) |            |
|---|------------|
| <b>Breakfast</b>                                      |            |
| Fruits  | 1 cup      |
| Dairy   | 1 cup      |
| <b>Morning Snack</b>                                  |            |
| Grains  | 1 ounce    |
| Dairy   | ½ cup      |
| Protein   | ½ ounce    |
| <b>Lunch</b>  |            |
| Grains  | 1 ½ ounces |
| Vegetables  | ½ cup      |
| Dairy   | ½ cup      |
| <b>Afternoon Snack</b>                                |            |
| Grains  | 1 ounce    |
| Vegetables  | ½ cup      |
| Dairy   | ½ cup      |
| Protein   | ½ ounce    |
| <b>Dinner</b>   |            |
| Grains  | 1 ½ ounces |
| Vegetables  | ½ cup      |
| Fruits  | ½ cup      |
| Protein   | 3 ounces   |

Note: Available at <https://supertracker.usda.gov/samplemealplans.aspx>

Proportions adjusted for a 1,400-calorie plan.

# Busting Barriers

Now let's review some common barriers to eating healthy and some potential solutions. Which of these challenges do you think you might encounter? How might you solve them? People who can anticipate challenges and are ready to respond with a solution are more successful at maintaining change.

| Barrier   | Barrier Buster   |
|---|--|
| <p><b>Shopping for healthy food is too expensive.</b></p>                   | <ul style="list-style-type: none"> <li><input type="checkbox"/> Use coupons and buy foods on sale.</li> <li><input type="checkbox"/> Buy in bulk.</li> <li><input type="checkbox"/> Buy fruits and veggies that are in season or grow your own.</li> <li><input type="checkbox"/> Buy frozen fruits and veggies.</li> </ul>  |
| <p><b>Shopping for and cooking healthy food takes up too much time.</b></p> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Ask friends or family to help you get things done.</li> <li><input type="checkbox"/> Shop on the weekends.</li> <li><input type="checkbox"/> Use a list to make sure you get everything you need for the week.</li> <li><input type="checkbox"/> Buy healthy convenience items, like prewashed salad.</li> <li><input type="checkbox"/> Look for recipes for fast, healthy meals.</li> </ul>   |
| <p><b>I don't like the way healthy food tastes.</b></p>                     | <ul style="list-style-type: none"> <li><input type="checkbox"/> Choose items with a variety of flavors, textures, scents, and colors.</li> <li><input type="checkbox"/> Dress up food with herbs, spices, low-fat salad dressing, lemon juice, vinegar, hot sauce, plain nonfat yogurt, or salsa.</li> <li><input type="checkbox"/> Grill or roast veggies and meat to bring out the flavor.</li> <li><input type="checkbox"/> Learn new cooking methods and recipes from books or videos, or take a healthy cooking class.</li> </ul> |
| <p><i>Write your own</i></p>  | <ul style="list-style-type: none"> <li><input type="checkbox"/> _____</li> <li>_____</li> <li>_____</li> </ul>   |

# Goal-Setting Check-Out

## Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

### Healthy Eating:

I will \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Physical Activity:

I will \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

If you had trouble meeting your goals from last week, what will you do differently this week?

\_\_\_\_\_  
 \_\_\_\_\_



**“MOVE! is not just a diet. It is a life-changing program.”**

– Floyd, lost 54 pounds

# Module Summary

## Eating Strategies

Remember the BE MINDFUL eating strategies.

- B**uy healthy foods to keep at home and work
- E**at a nutritious breakfast everyday
- M**ake a healthy plate
- I**nvolve others, eat at the table, take your time, and savor your food
- N**ourish your body; avoid skipping or delaying meals
- D**rink more water, drink a glass before each meal
- F**ix foods at home
- U**se a plate for snacks and portion control
- L**imit high-fat, high-calorie, and sugar-sweetened foods



## **Create a Healthy Plate**

Eating healthy is about eating foods from all food groups and building a healthy plate to get the nutrients your body needs. Creating a healthy plate and monitoring your portion sizes will help you lose weight. Try to choose low-fat foods from each group to eat less fat and calories. Your plate should consist of:

- 50% non-starchy vegetables and fruits
- 25% whole grains or starchy vegetables
- 25% lean protein
- Don't forget to include healthy dairy options and drink plenty of water

## **Avoid Liquid Calories**

Pay attention to the calories you consume through drinks. Drinking water can help you avoid unnecessary calories from sugar-sweetened beverages. Drinking water before each meal will also help you feel fuller. Be sure to get enough dairy (milk or calcium-fortified dairy alternatives) as well; it offers key nutrients like calcium, vitamin D, and potassium. When water and milk just won't do, be mindful of how much you are drinking and keep track of your liquid calories in your *Food and Activity Log*.

## **Recommended Food Servings and Portion Sizes**

This module discussed general serving-size recommendations for various daily caloric intake plans you can use when building your healthy plate. You can use everyday items to estimate the serving size of your foods. It is important to maintain a well-balanced diet to achieve weight loss.

## **Module To-Do:**

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your Food and Activity Log every day.
3. Consider how healthy your plate is at each meal. Are you meeting the My Healthy Plate guidelines? What changes do you need to make to create a healthy plate?
4. Review Module 5 in preparation for your next meeting.