



HEALTHY EATING USING THE PLATE METHOD

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Today you will:

- **Learn the plate method of healthy eating**
- **Understand label reading for a healthier lifestyle**

Key Elements for Optimal Health

- Food / nutrition
- Weight management
- Control sodium intake
- Limit alcohol
- Stop smoking
- Manage stress
- Exercise



Food & Nutrition

The foods we consume
have a tremendous
impact on our health

Positive
or
Negative



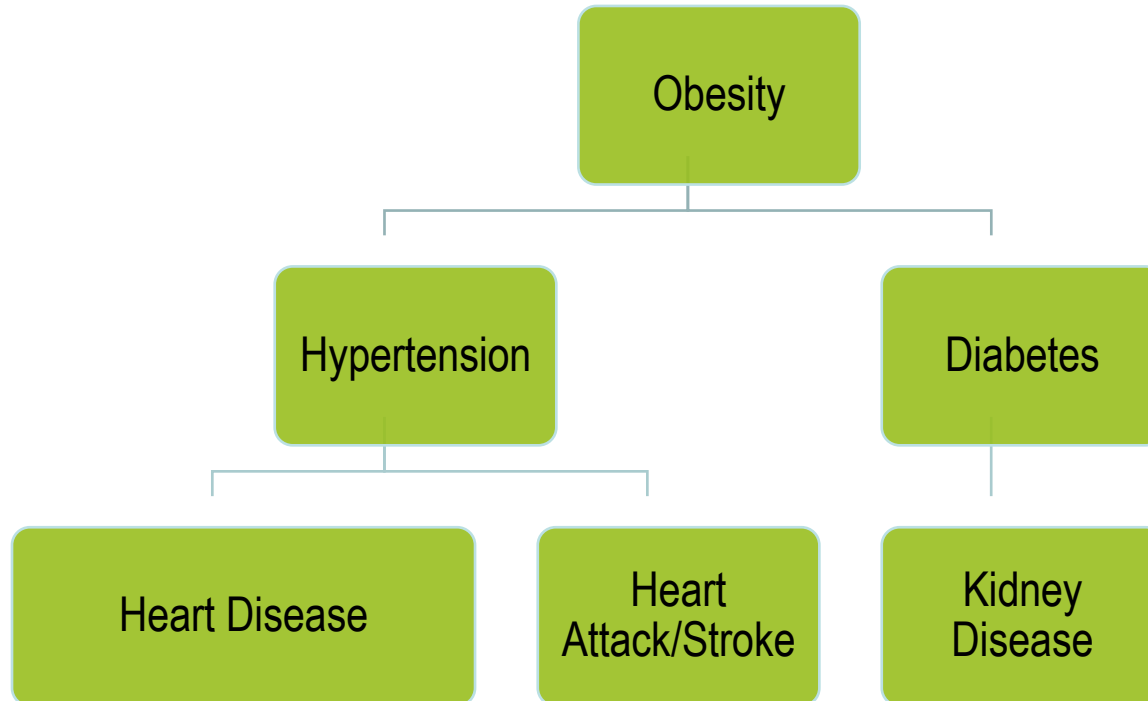
Junk Foods and Fast foods

- Are low in nutritional value
- Are high in fat, sugar, sodium, and calories
- Contain preservatives
- Contribute to obesity & disease risk



Junk Foods and Fast foods

- Contributes to obesity

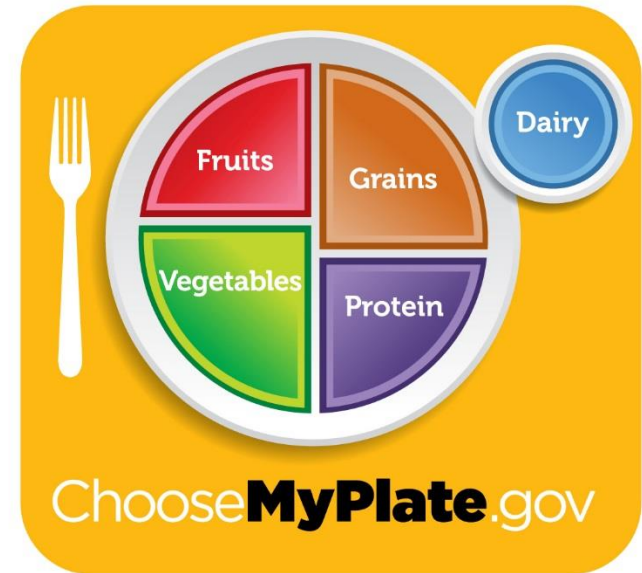
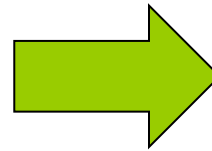
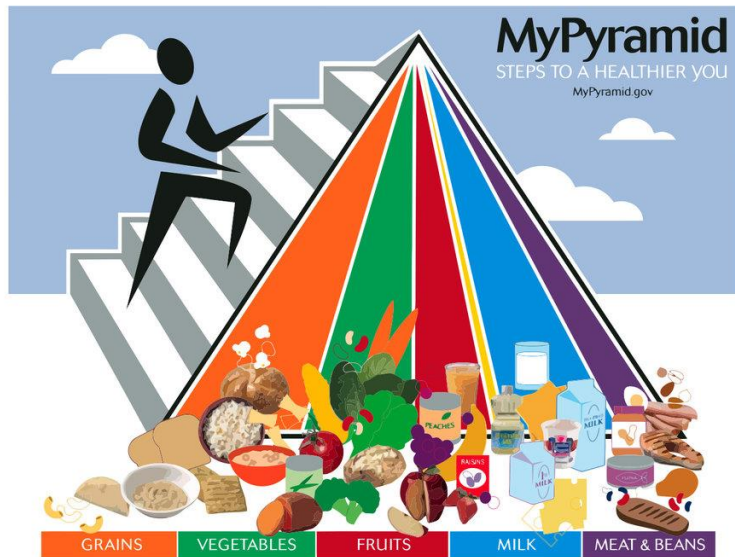


Healthy Foods

- Are rich in nutrients
- Lower in fat, sugar, and sodium
- May be lower in calories
- Are minimally processed
- Contain few artificial preservatives or colors
- Optimize health & reduce disease risk



Guidelines for Healthy Eating



<http://www.choosemyplate.gov/food-groups/>

Key Elements of Healthy Eating

Choose **MyPlate.gov**

MAKE A HEALTHY PLATE

MAKE A HEALTHY PLATE

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Fruits

Grains

Protein

Vegetables

Dairy

Vegetables	Fruits	Grains	Protein	Dairy
<p>Vary your veggies.</p> <p>Any vegetable or 100% vegetable juice counts as a member of the vegetable group.</p> <p>Fill half your plate with fruits and vegetables.</p>	<p>Focus on fruits.</p> <p>Whole fruit is preferable to juice but any fruit counts; fresh, frozen, canned, 100% juice or dried.</p> <p>Fill half your plate with fruits and vegetables.</p>	<p>Make at least half your grains whole.</p> <p>Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.</p>	<p>Go lean with protein.</p> <p>Keep portion to 1/4 of the plate.</p> <p>Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.</p>	<p>Get your calcium-rich foods.</p> <p>Remember to choose skim milk or 1% milk.</p> <p>Nonfat yogurt is a good choice, too.</p> <p>Keep choices low in fat, sodium and sugar.</p>



Water 8-12 glasses

Key Elements of Healthy Eating

FRUITS

- Choose whole fruits over fruit juices
- Choose 100% fruit juice, 4 oz serving
- Eat a variety of different fruits
- 2-3 servings daily



Key Elements of Healthy Eating

VEGETABLES

- Eat a variety of non-starchy vegetables
 - dark green, red, orange, yellow, white, purple
- Starchy vegetables
 - Corn, potatoes, green peas, winter squash
 - Beans, lentils, and peas
- 3 or more servings daily



Key Elements of Healthy Eating

GRAINS

- Grains, at least half of which are whole grains
 - 100% whole grain breads
 - Brown Rice
 - Oats & cereal
 - Whole wheat pasta
 - Whole grains such as barley, quinoa, bulgur, millet, farro, sorghum
- Limit refined grains
- 6 servings/day



Key Elements of Healthy Eating

PROTEIN

- A variety of protein foods,
 - Seafood
 - Lean meats and poultry
 - Eggs
 - Legumes (beans and peas)
 - Nuts, seeds, nut butters
 - Soy products (tofu, tempeh)
 - Cheese, low fat



Key Elements of Healthy Eating

DAIRY

- Milk, fat-free, 1%
- Yogurt, low fat, fat-free
- Cheese
- (Calcium fortified soy or nut based beverages)



Key Elements of Healthy Eating

FATS

- Choose oils, liquid at room temperature, olive, canola,
- Nuts, seeds, avocado
- Fatty fish (salmon, tuna, mackerel)
- Limit saturated fats and trans fats, added sugars, and sodium



Label Reading

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values 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

Nutrition labels help you choose healthier foods

- Serving size
- Total calories, calories from fat
- % of Daily value
 - 5 % is low (sodium, total fat, saturated fat, and added sugars)
 - 20% is high (vitamins, minerals, and fiber)
- The shorter the list of ingredients, often the healthier the product

Label Reading

Limit fats

- **Fats 30% of total calories**
 - Total fat
 - Saturated fat 10% or less

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Label Reading

Limit sugar and sodium

- **Added sugar < 10%**
 - Less than 50 grams/day for 2000 calorie diet
- **Sodium 1500 mg – 2300 mg**
 - 1500 mg hypertension, diabetes, kidney disease, CVD
 - 2300 mg healthy adults

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Protein 5g	

Label Reading

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

New:
added sugars

Change
in nutrients
required

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%
<i>Trans Fat</i> 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.

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

Healthy Eating Recap: Build A Balanced Plate



Thank You

Alissa Palladino MS, RDN, LD, CPT

Sources

Dietary guidelines for Americans 2015

USDA Choose My Plate

American Heart Association