

# U.S. DIETARY ICONS

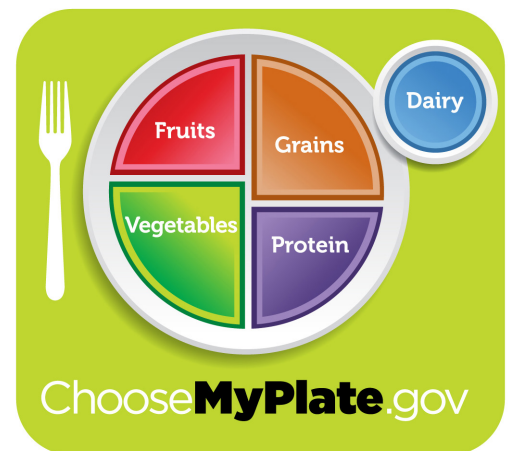
SECONDARY FOODS | NUTRITION EDUCATION



## MYPLATE

MyPlate is the current nutrition guide published by the United States Department of Agriculture. It replaced the USDA's MyPyramid guide in 2011. Many people agree that MyPlate is a step in the right direction towards improved health and well-being. It illustrates five food groups that are the building blocks for a healthy diet using a familiar image – a place setting for a meal.

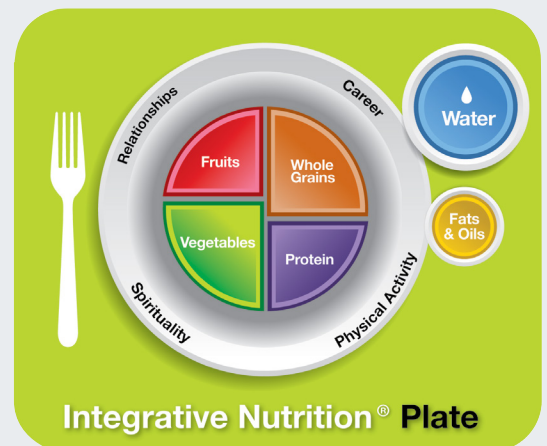
The icon does not include physical activity as was previously emphasized in MyPyramid.



## THE INTEGRATIVE NUTRITION PLATE

The Integrative Nutrition Plate is a dietary model which further drives upon the concept of modern nutrition – using the same helpful plate format but replacing dairy with water, grains with whole grains, including fats and oils, and addressing health more holistically than just the food on our plate.

On the outer rim of the Integrative Nutrition Plate are primary foods – relationships, career physical activity, and spirituality. Primary foods are the other components in our lives besides food; for optimal health one's primary foods must be balanced. The inner pieces of the Integrative Nutrition Plate encompass our secondary foods, which are the foods we put in our mouths. It is our primary foods that truly feed us.

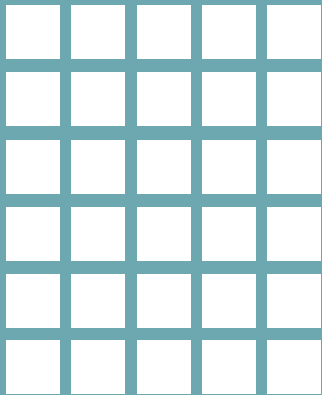


# PORTION DISTORTION

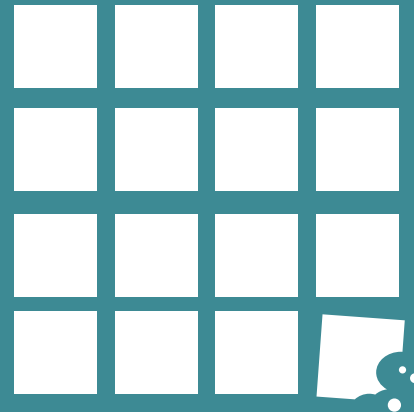
SECONDARY FOODS | TIPS & ADVICE



Food and drink portions have increased dramatically since the 1980's. Even recipes list larger serving sizes than ever before. In a 1960's version of The Joy of Cooking, a brownie recipe served 30 – now the exact same recipe serves only 16!



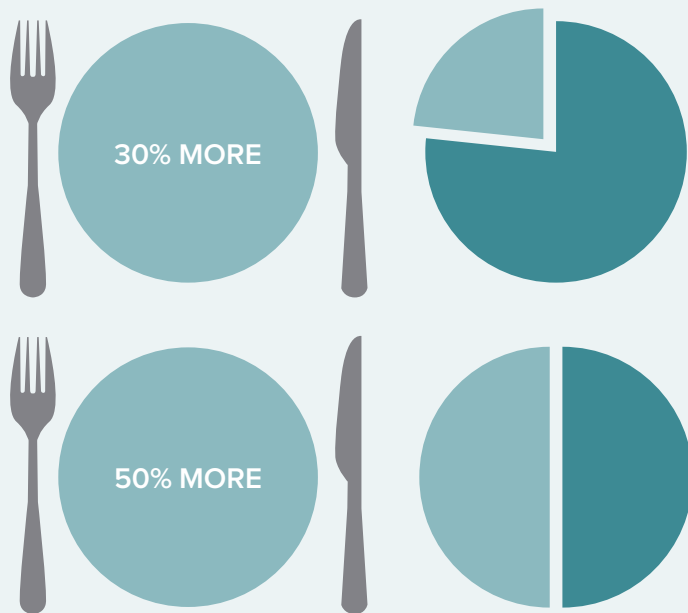
1960



2013

The allure of a “better value” has sucked us into buying large quantities of huge portions on a regular basis. The effect on waistlines everywhere has been catastrophic. Most people encounter oversized portions every day.





Are you a member of the clean plate club? Although your parents may have encouraged you to finish all your food when you were younger, modern instances where this is healthy or necessary are few and far between. How much we eat is all too often dependent on how much we are served. The more on our plate, the more we eat – bigger portions can cause people to eat 30% to 50% more than they usually would.

## PORTION CONTROL TIPS



- Use smaller containers. Separate leftovers into single serving containers so you're less tempted to eat all the remains.
- When cooking at home, make enough vegetables to fill at least half your plate. This will help control your grain and protein portions.
- Have a small salad or a glass of water before your meal. It will curb your appetite and give you a sense of satiety.
- Split an entrée. When eating out, ask a friend to share a single entrée or set aside half the plate to be packaged for leftovers.
- Eat slowly and consciously. It takes time for the body's hunger signals to shut down after eating, so wait 20 minutes before going back for seconds.
- Buy single serving snacks or portion into individual bags. You're more likely to overeat while snacking from large containers.
- Keep seconds out of sight. Leave the food in the kitchen to avoid refill temptations.
- Have smaller meals throughout the day. This will keep you satisfied and decrease the urge to eat large portions at traditional mealtimes.




For more information, visit: <http://geti.in/16AcvU0>

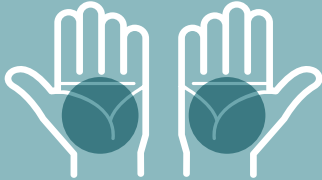


# HOW DO YOUR PORTION SIZES MEASURE UP?

If you compare portion sizes today to what they were 20 years ago you'll come to learn why our waistlines have been consistently expanding. Pre-packaged and restaurant foods are frequently served in large portions, and portion sizes just keep growing!



Let's see how your portion sizes measure up – the following chart provides recommended portion sizes for various food groups.

THE SIZE OF A	EQUIVALENT	FOODS	CALORIES
 BASEBALL	1 cup	Rice, pasta Fruit Veggies	200 75 40
 DECK OF CARDS	3 ounces	Meat Fish Poultry	160 160 160
 FOUR DICE	1 ounce	Nuts Raisins	170 85

THE SIZE OF A	EQUIVALENT	FOODS	CALORIES
 <p>LIGHTBULB</p>	1 ounce	<p>Chips</p> <p>Popcorn</p> <p>Pretzels</p>	<p>150</p> <p>120</p> <p>120</p>
 <p>DOMINO</p>	1 ounce	<p>Peanut butter</p> <p>Hard cheese</p>	<p>170</p> <p>100</p>
 <p>QUARTER</p>	1 teaspoon	<p>Cooking oil</p> <p>Mayonnaise, butter</p> <p>Sugar</p>	<p>40</p> <p>35</p> <p>15</p>

# HOW MUCH SUGAR ARE YOU CONSUMING?

Surveys completed by the USDA show that sugar consumption has increased almost annually since 1982. Sources of this sugar commonly include cane sugar, beet sugar, corn syrup, and corn sugar. The cause of this increase is greatly related to added sugars within a wide variety of popular soft drinks and processed junk foods.

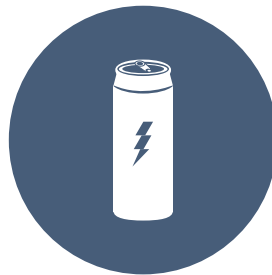


Soda consumption has increased dramatically since earlier decades with major soft drink corporations raking in billions of dollars from sales. It's estimated that approximately 33% of added sugar intake is solely from soft drink consumption. Ads for different soda brands are commonly seen in magazines, on billboards, on TV, and in movies – but what these beverage corporations don't advertise is that sugared soft drinks have been shown to increase the risk of obesity, which in turn increases the risk for heart disease, stroke, diabetes, cancer, and other diseases.<sup>1</sup> Studies conducted in 2012 concluded that eating too much of sugar may also disrupt one's ability to think clearly due to impaired brain cell signaling.<sup>2</sup>

## HOW MUCH SUGAR ARE YOU CONSUMING WITH THESE COMMON FOODS?



A candy bar with 24g of sugar is equal to  
**6 CUBES OF SUGAR**



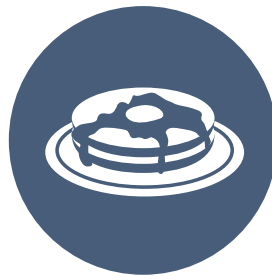
An 8.3oz can of an energy drink with 27g of sugar is equal to  
**7 CUBES OF SUGAR**



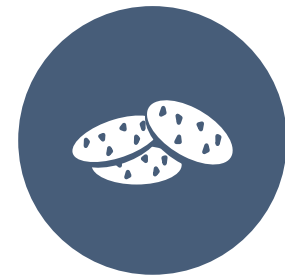
One pint of vanilla ice cream with 84g of sugar is equal to  
**21 CUBES OF SUGAR**



A liter of soda with 124g of sugar is equal to  
**31 CUBES OF SUGAR**



2 pancakes with 1/4 cup syrup is equal to  
**9 CUBES OF SUGAR**



A single cookie with 18g of sugar is equal to  
**4 1/2 CUBES OF SUGAR**

1. *Effects of soft drink consumption on nutrition and health: a systematic review and meta-analysis* <http://geti.in/17ErkaX>

2. *Sugar can make you dumb, scientists warn* <http://geti.in/1kp8V6C>

# HEALTHY SNACK LIST

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## SALTY

- Olives
- Pickles and pickled vegetables, such as carrot, daikon, beets, and lotus root
- Tabouli and hummus
- Oysters and sardines
- Kale or seaweed chips
- Steamed vegetables with tamari/shoyu or umeboshi vinegar
- Sauerkraut – it will also knock

your sweet craving right out!

- Tortilla chips and salsa or guacamole – try whole grain chips such as “Garden of Eatin” or “Food Should Taste Good” brands and freshly made salsa or guacamole
- Fresh lime or lemon juice as seasonings or in beverages
- Salted edamame
- Small amount of organic cheese



## CREAMY

- Smoothies
- Yogurt
- Avocados
- Rice or chia seed pudding
- Dips and spreads, like hummus and baba ghanoush
- Puréed soups
- Puddings made with silken tofu, pumpkin, avocado, or mashed banana

- Mashed sweet potatoes
- Coconut milk



## CRUNCHY

- Apples
- Frozen grapes
- Rice cakes
- Plain popcorn – use coconut or canola oil to pop kernels in a covered pan on the stove
- One or two hard pretzels – the large Bavarian variety
- Crunchy crudité's of veggies and dip (hummus, guacamole, vinaigrette, favorite dressing)
- Celery or carrots with peanut or almond butter (use non-hydrogenated peanut butter)
- Hummus with whole grain toast or rice crackers
- A handful of nuts



## SWEET

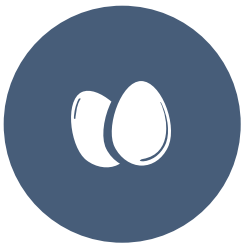
- Wheatgrass shot
- Fresh, whole fruit
- Organic yogurt with fruit or granola
- Apples and peanut or almond butter
- Sprouted date bread with jam
- Frozen yogurt – freeze yogurt and make your own!
- Dried fruit (avoid products with added sugar)
- Use leftover grains to make a sweet porridge – drizzle maple syrup, sprinkle cinnamon, add nut milk and bananas, heat with fruit juice, etc.
- Smoothies – mix whatever you have in the kitchen such as fresh or frozen fruit, ice, coconut water or nut milk, yogurt or avocado, kale or spinach, carob powder or raw cacao, nut butter, seeds, etc.
- Fruit “ice cream” – peel a banana, freeze, blend in a food processor with nuts, berries, or raisins (it can be put through the screen of a juicer for a creamier consistency)
- Freshly squeezed fruit juices – make your own and try different combos
- Sweet vegetables – yams, sweet potatoes, squashes (acorn, butternut, kabocha) – cut into chunks or fries, sprinkle with cinnamon and bake
- Dates stuffed with almond butter or other nut butter
- Organic dark chocolate chips or carob chips



# BREAKFAST EXPERIMENT

As a way of tuning into your body and learning to listen to its messages, explore eating a different breakfast every day for a week. Jot down what you eat and how you feel, both right after eating and again two hours later. Sit quietly after you eat and reflect. Note how your energy levels, your moods, and your physical symptoms are affected by the food in your body.

SECONDARY FOODS | NUTRITION EDUCATION



DAY 1:  
EGGS



DAY 2:  
SCRAMBLED TOFU



DAY 3:  
OATMEAL OR ANY  
GRAIN PRODUCT



DAY 4:  
BOXED BREAKFAST  
CEREAL



DAY 5:  
MUFFIN AND COFFEE



DAY 6:  
FRESH FRUIT



DAY 7:  
FRESH VEGETABLES

	WHAT I ATE	HOW I FEEL RIGHT AFTER	TWO HOURS LATER
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			

You may discover from this exercise that you are unusually sensitive to certain foods. A food sensitivity or allergy may be your body's way of telling you to start eating foods more appropriate for your current life goals.