

Weekly Wellness

OCHD — HEALTH
PROMOTIONS

WEEK ONE

JANUARY 2016

MONTHLY OVERVIEW

January is the
month of
MyPlate!

Start the New
Year off right by
learning the
basics of healthy
eating!

Week 1:

- What is MyPlate?

Week 2:

- How many servings of each food group do I need to eat daily?

Week 3:

- What counts as a servings for each food group?

Week 4:

- Tips and tricks to eat the MyPlate way everyday!

Choose MyPlate

- ◆ MyPlate was developed by the United States Department of Agriculture (USDA) as a guide for healthy eating
- ◆ You may recognize its predecessor: the Food Guide Pyramid, or MyPyramid
- ◆ MyPlate is thought of as easier to understand as it shows how your plate should be laid out at every meal
- ◆ No food guide is perfect. Here are a few explanations of common MyPlate misconceptions:
 - You do not have to eat all 5 food groups at each meal
 - Combined meals, such as casseroles, stir fry, soups, etc. can also fit into a MyPlate eating plan!



Featured Recipe: Whole Grain Chicken Pot Pie



Give MyPlate a try with this “healthified” rendition of a comfort food classic: Chicken Pot Pie! This recipe, from the American Diabetes Association, provides you with plenty of protein, fresh vegetables and whole grains! If you want dessert, have a fruit and yogurt parfait!

Makes 8—1 1/4 cup servings. Prep Time: 20 minutes **Cook Time:** 45 minutes

Ingredients:

Topping:

- 2 cups whole wheat flour
- 4 tsp baking powder
- 4 Tbsp margarine/butter
- 1 Tbsp dried parsley
- 1 cup skim milk

Filling:

- 1 tsp olive oil
- 2 carrots, diced
- 2 celery stalks, diced
- 1 large onion, diced
- 8 oz sliced mushroom
- 12 oz cooked chicken, chopped
- 2 Tbsp whole wheat flour
- 1 1/2 cup flour
- 1/4 tsp salt
- 1/2 tsp ground black pepper

Instructions:

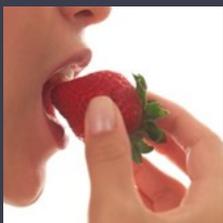
1. Preheat the oven to 375 degrees F. Coat a 9x13 inch baking dish with cooking spray and set aside.
2. In a large bowl, sift together the whole wheat flour and baking powder. Cut in the margarine and then add the parsley and milk, and gently stir to combine. Refrigerate until needed.
3. Add the olive oil and a generous amount of cooking spray to a large nonstick sauté pan over medium-high heat. Add the carrots, celery, onion and mushrooms. Sauté for 10 minutes or until the vegetables are soft but not mushy.
4. Stir in the cooked chicken.
5. In a small bowl, whisk together the flour, skim milk, salt and ground black pepper. Add to the vegetable mixture and bring to a boil. Reduce to a simmer for 2 minutes. Remove from heat.
6. Pour the chicken and vegetable mixture into the baking dish. Drop clumps of the whole wheat crust mixture on top of the chicken and vegetable mixture (the topping will be very sticky). Use a spoon to gently spread the topping.
7. Bake for 20 minutes.

Nutrition facts: Calories: 290, Carbohydrate: 33g, Dietary Fiber: 5g, Sugars: 7g, Protein: 21g, Fat: 9g, Saturated fat: 2.4 g, Sodium: 395mg, Potassium: 757mg, Cholesterol: 40mg

Recipe and picture link: <http://www.diabetes.org/mfa-recipes/recipes/2015-04-whole-grain-chicken-pot-pie.html>

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Helping you be
healthy, one week at
a time



Breaking MyPlate Down...

How many servings of each food group do I need?

- Last week we introduced MyPlate; although it is much easier to understand than previous USDA produced food guides, it still requires some explanation
- MyPlate shows you how your plate should be set up, not how many times you need to eat each food group daily
- The USDA has developed generalized recommendations for the number of servings an individual should eat to ensure a healthy balanced diet

USDA Serving Recommendations

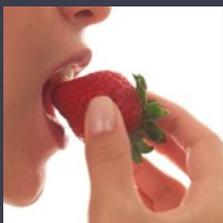
| Food group | Women - Age 19+ | Men - Aged 19+ |
|------------|-----------------|----------------|
| Fruits | 1 1/2 cups | 2 cups |
| Vegetables | 2—2 1/2 cups | 2 1/2—3 cups |
| Grains | 5-6 ounces | 6-7 ounces |
| Dairy | 3 cups | 3 cups |
| Protein | 5 ounces | 5 1/2—6 ounces |

Things to Remember

- Some of these serving measurements can be confusing, don't worry about that yet, it will be covered next week. For now, focus on the servings of the foods you do know
- These are very general recommendations, an individual's specific needs depend on their: **height, weight, gender, age, activity level, and pre-existing injury or disease**
- If you are interested in learning more specifics about your nutritional needs, call, email, or pay a visit to one of our Registered Dietitians:
 - Katie Bullock, MS RD LDN
 - Kathryn Townsend, MS RD LDN

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Breaking MyPlate Down...

What counts as a serving of each food group?

- Last week we reviewed the basic recommendations for the amount of servings of each food group the general public should consume daily
- Just as with MyPlate, serving size amounts can be a bit cryptic and require further explanation
- After seeing last weeks chart, you may have thought “what’s an ounce of grains?” or “How do I break down a whole apple into cup measurements?”; well here is your clarification!

What Counts as a...

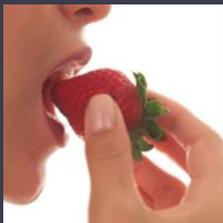
| Cup of Fruit | Cup of Vegetables | Ounce of Grains | Cup of Dairy | Ounce of Protein |
|--------------------------------|-------------------------|--------------------------------|----------------------------|-----------------------------|
| 1 small apple (2.5" diameter) | 1 cup cut, raw broccoli | 1/4 large bagel | 1 cup milk | 1 ounce cooked meat/seafood |
| 1 large banana (8 inches) | 2 cups raw lettuce | 1 small (2" diameter) | 8z container yogurt | 1 egg |
| 32 grapes | 1 cup sliced cucumber | 1 slice bread | 2 slices of cheese | 12 almonds |
| 1 large orange | 1 cup cooked spinach | 1 small tortilla (6" diameter) | 1 cup non-dairy milk (soy) | 1/4 cup cooked beans |
| 8 large strawberries | 2 large stalks celery | 1/2 cup cooked pasta or rice | 2 cups cottage cheese | 1 Tbsp Peanut/Almond butter |
| 1 cup of any cut up, raw fruit | 12 baby carrots | 3 cups popped popcorn | 1/3 cup cheese, shredded | 2 Tbsp hummus |

No Scale or Measuring Cup? No Problem!

| | | | | |
|---------------------------|---|--------------------------|---|--|
| 1 cup fruit or veggie | = | Size of a baseball | = | |
| 1 medium fresh fruit | = | Size of a tennis ball | = | |
| 1/2 cup cooked pasta/rice | = | Half of a baseball | = | |
| 1 slice of bread | = | Size of a CD case | = | |
| 1 1/2 ounces cheese | = | Size of 4 dice | = | |
| 1 Tbsp peanut butter | = | Half of a ping pong ball | = | |
| 3 ounces meat | = | Size of a deck of cards | = | |

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Putting it All Together...

- Throughout the month you have learned the basics of MyPlate: what it is, how many servings of each food group you need daily, and what counts as a serving size
- However, in order to use MyPlate effectively and make even more sense of it, all of this information must be brought together
- Follow these additional tips to eat the MyPlate way everyday and you'll be well on your way to better health!



Always Remember to...

Make half your plate fruits and non-starchy vegetables

- Aim to mainly fill half your plate with vegetables
- Non-starchy vegetables are essentially all vegetables aside from potatoes, corn, peas, beans (except green beans), and winter squashes. These vegetables are higher in carbohydrates and should be put in the grain section

Eat a variety of colors of fruits and vegetables

- In other words, eat a rainbow!
- Each color fruit and vegetable holds a different nutrient profile so it is important to eat an assortment of colors

Make at least half of your grain servings whole grains

- Whole grains have naturally occurring vitamins and minerals and are packed with feel-full fiber
- Examples of whole grains are: whole wheat bread, brown rice, air-popped popcorn, quinoa, and whole wheat pasta
- One quarter of your plate should be whole grains or a starchy vegetable, this equals about 1/2 cup

Choose fat-free or low-fat dairy products

- Full fat dairy products contain saturated fat, which is harmful to your health
- Choose skim or 1% milk, low-fat yogurt, or a dairy alternative, such as soy or almond milk (choose an unsweetened variety)
- If you absolutely cannot give up your full-fat dairy product, enjoy them in moderation

Eat mainly lean proteins

- You also want to limit saturated fat intake with your meats
- Also, be sure to choose low-fat methods of cooking your meats: baking, broiling, grilling, or sautéing

Eat a variety of protein foods throughout the week

- It is recommended you eat fish twice per week
- Aim to make at least one meal per week meatless and use beans, tofu, or other meat free foods as your protein source instead