

Meals Made Easy

Week 2

- Plan Healthy Plate Method Meals
- Read the Nutrition Facts label
- Sample lunch recipes

Plate Method Explained

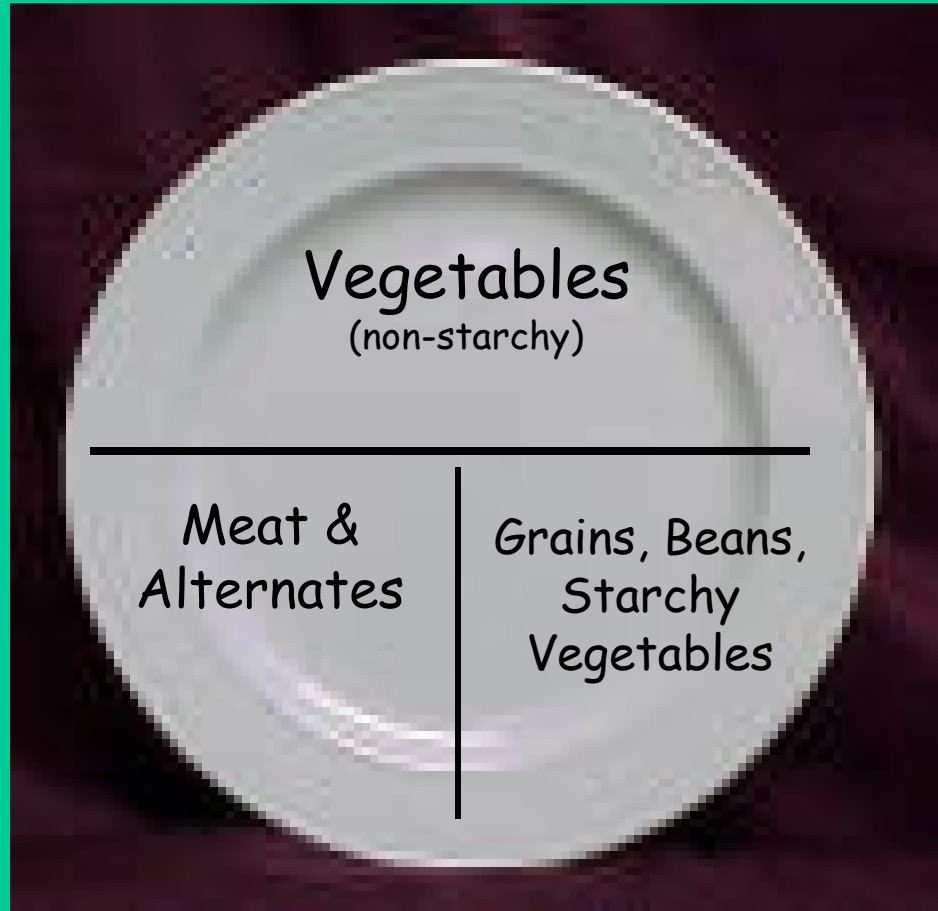
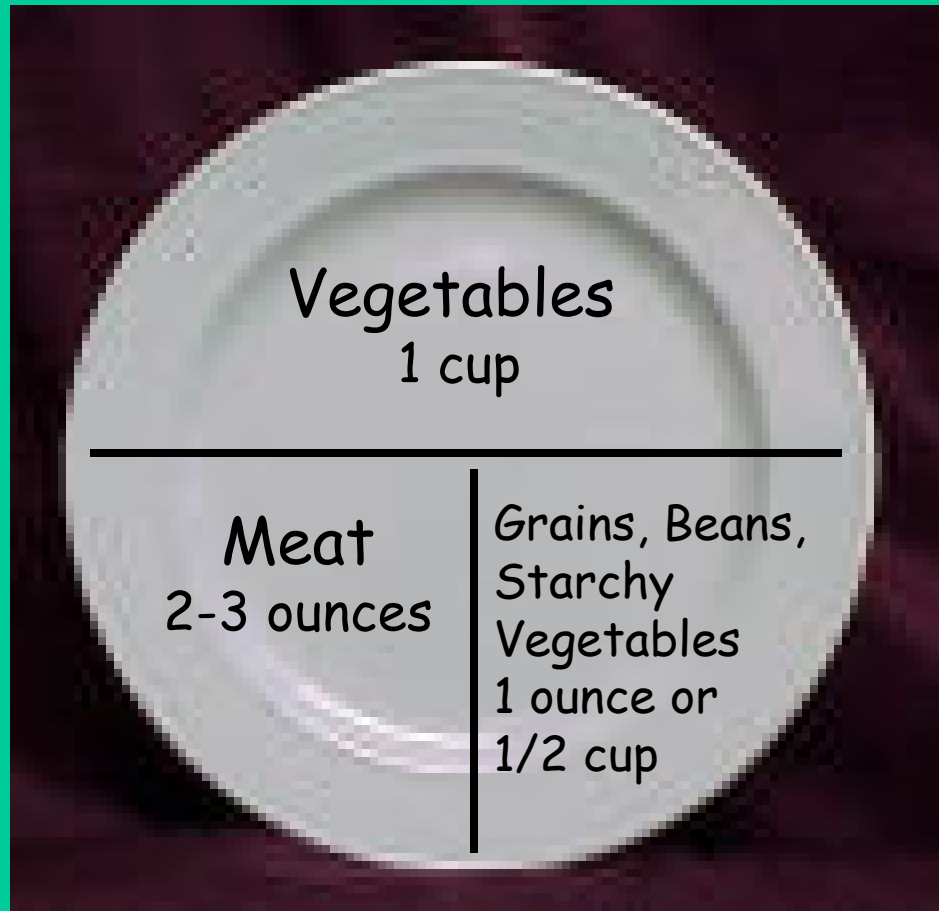


Plate Method

with recommended portions



Breakfast A



Breakfast B



Lunch A



Lunch B



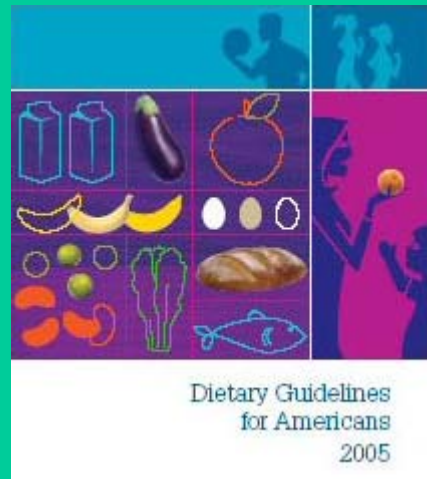
Dinner A



Dinner B



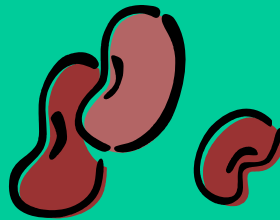
Dietary Guidelines for Americans 2005



Provide advice for healthy eating to help reduce, or manage, risk for other health problems.

Key Recommendations

- Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups several times a week.



Key Recommendation

Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of your grains coming from enriched or whole-grain products.



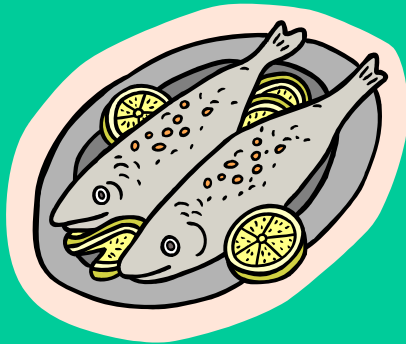
Key Recommendation

Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.



Key Recommendation

When selecting and preparing meat and poultry, make choices that are low-fat or fat-free.



Key Recommendation

Limit intake of fats and oils high in saturated and/or trans fatty acids, and choose products low in such fats and oils.



Key Recommendation

Choose and prepare foods and beverages with few added sugars or caloric sweeteners.



Key Recommendation

Choose and prepare foods with little salt.



Food Label

Nutrition

Facts

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 260		Calories from Fat 120	
		% Daily Value*	
Total Fat 13g		20%	
Saturated Fat 5g		25%	
Trans Fat 2g			
Cholesterol 30mg		10%	
Sodium 660mg		28%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A 4%		•	Vitamin C 2%
Calcium 15%		•	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
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

Sugar Alcohols

Nutrition Facts			
Serving Size 3 Pieces (36g)			
Servings per Container 3			
Amount Per Serving			
Calories 190		Calories From Fat 130	
			% Daily Value*
Total Fat 14g		22%	
Saturated Fat 8g		40%	
Cholesterol 5mg		2%	
Sodium 30mg		1%	
Carbohydrate 20g		7%	
Dietary Fiber 1g		7%	
Sugars 3g			
Sugar alcohol 15g**			
Protein 2g			
Vitamin A	0%	Vitamin C	1%
Calcium	6%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs			
**Sugar alcohol is not a sugar or alcohol. It is a hydrogenated starch derived and processed from corn.			

Total Carbohydrate

One Serving of:

- Grains, Beans & Starchy Vegetables
- Fruit
- Milk/Yogurt

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15 grams of
carbohydrate

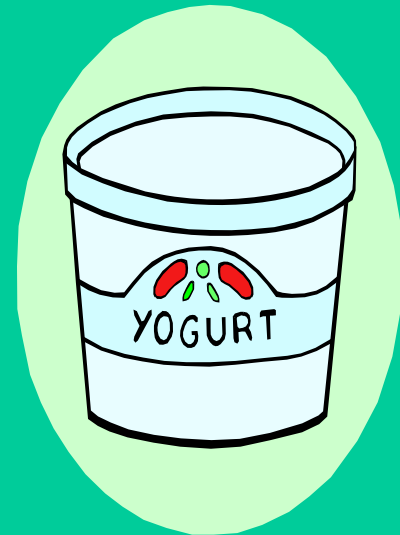
Low Fat Boysenberry Yogurt

Serving Size 1 (8 oz.) container

Total Carbohydrate **39 g**

Dietary Fiber 0 g

Sugars 36 g



How many Plate Method portions would this be? How does this compare to 8 oz. plain yogurt?

Low Fat Plain Yogurt

Serving Size 1 (8 oz.) container

Total Carbohydrate **16 g**

Dietary Fiber 0 g

Sugars 16 g

10" Flour Tortilla

Serving Size 1 (2.5 oz.) tortilla

Total Carbohydrate 36 g

Dietary Fiber 1 g

Sugars 3 g



How many Plate Method portions would this be?

How does this compare to 6" whole wheat tortilla?

6" Whole Wheat Tortilla

Serving Size 1 (1 oz.) tortilla

Total Carbohydrate 18 g

Dietary Fiber 4 g

Sugars 1 g

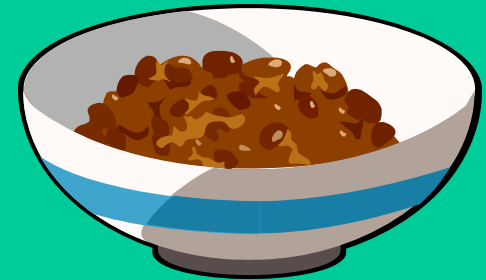
Honey Nut Cereal

Serving Size 3/4 cup

Total Carbohydrate 26 g

Dietary Fiber 0 g

Sugars 17 g



How many "Pyramid servings" would this be?

How does this compare to $\frac{3}{4}$ c. unsweetened cereal?

Unsweetened O's Cereal

Serving Size 3/4 cup

Total Carbohydrate 17 g

Dietary Fiber 2 g

Sugars 1 g

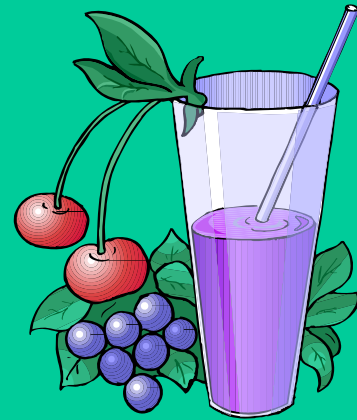
100% Grape Juice

Serving Size 8 fl. oz.

Total Carbohydrate 40 g

Dietary Fiber 0 g

Sugars 39 g



How many "Pyramid servings" would this be?

How does this compare to 3-4 oz. juice?

100% Grape Juice

Serving Size 4 fl. oz.

Total Carbohydrate	19 g
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Dietary Fiber	0 g
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Sugars	19 g
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Which snack would have greatest effect on blood sugar?



1 serving Strawberries



Strawberry Shortcake

Which of these would “fit” for a snack?

Total Carbohydrate

- Snack size chips (2 1/2 oz.) • 45 g
- Sugar free pudding cup • 19 g
- 20 oz. fruit drink • 70 g
- Granola bar • 29 g