DOW

FAMILY HEALTH CENTER

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QuadMed

# OPTIONS, INFLUENCES AND CHOICES – HOW TO CHOOSE THE RIGHT FUEL

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# What influences food guidelines?

**The Dietary Guidelines for Americans** provide *science-based advice* to help **everyone**—no matter their age, race, socioeconomic, or health status—achieve better health

# Four guidelines just released are:

- Follow a healthy dietary pattern at every life stage.
- Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
- Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits. . Eat:  vegetables; fruits; whole grains; fat-free and low fat milk, yogurt and cheese; high quality protein foods ; and healthy oils.
- Limit foods and beverages higher in added sugars, saturated fats, and sodium, and limit alcohol beverages.

# What is Metabolic Health?

- how well you generate and process energy in the body.
- Efficiency of breaking down the substances you eat and drink and turn them into energy for your body to use
- you are considered metabolically healthy if you have ***less than 3*** of the following risk factors:

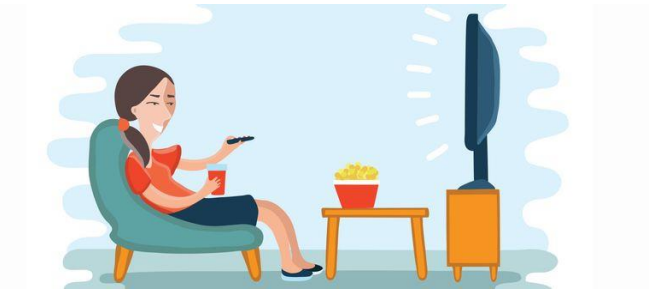
  - High blood pressure - Systolic blood pressure under 130 mmHg and/or diastolic blood pressure under 85 mmHg
  - Glucose intolerance - Fasting glucose reading less than 100 mg/dl
  - High Triglyceride levels -Fasting triglyceride level less than 150mg/dl
  - Low HDL cholesterol levels - Fasting HDL-Cholesterol level under 40 mg/dL in men and under 50 mg/dL in women
  - Abdominal fat- waist measurement of 35 inches or more for women and 40 inches or more for men

# Influences on chronic conditions

Sodium


Sugar

Not enough fruits and vegetables



Physical inactivity

Saturated Fat

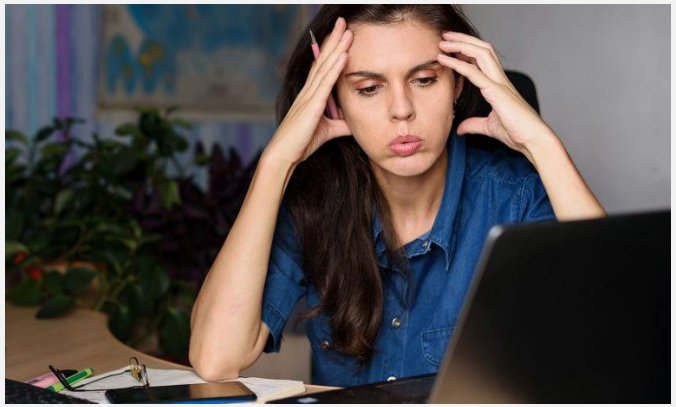
Stress

Smoking

# What are common themes in chronic conditions?

## Inflammatory factors

- Alcohol in excess
- Obesity
- Excessive exercise or lack of physical activity
- Chronic stress
- Smoking



# What influences food choices?

**Guidelines based on research related to current statistics**

- DHHS- USDA Dietary Guidelines
- CDC, WHO, Independent and non-profit research

**Depends on where you live**

- Food desserts in certain geographic regions
- Abundance or lack thereof healthy options and the commercial promotion of products

**Depends on the times**

- Cold War in 1950's – canned foods stocked up
- 1980's emergence of ramen noodles and capri suns
- 1990 health-conscious consumer – rise of fat-free and SlimFast shakes; on the opposite, Hot Pockets and Lunchables introduced
- 2000's Atkins and low carb trend – furthering the push for alternative food-like substances to replace out carb choices

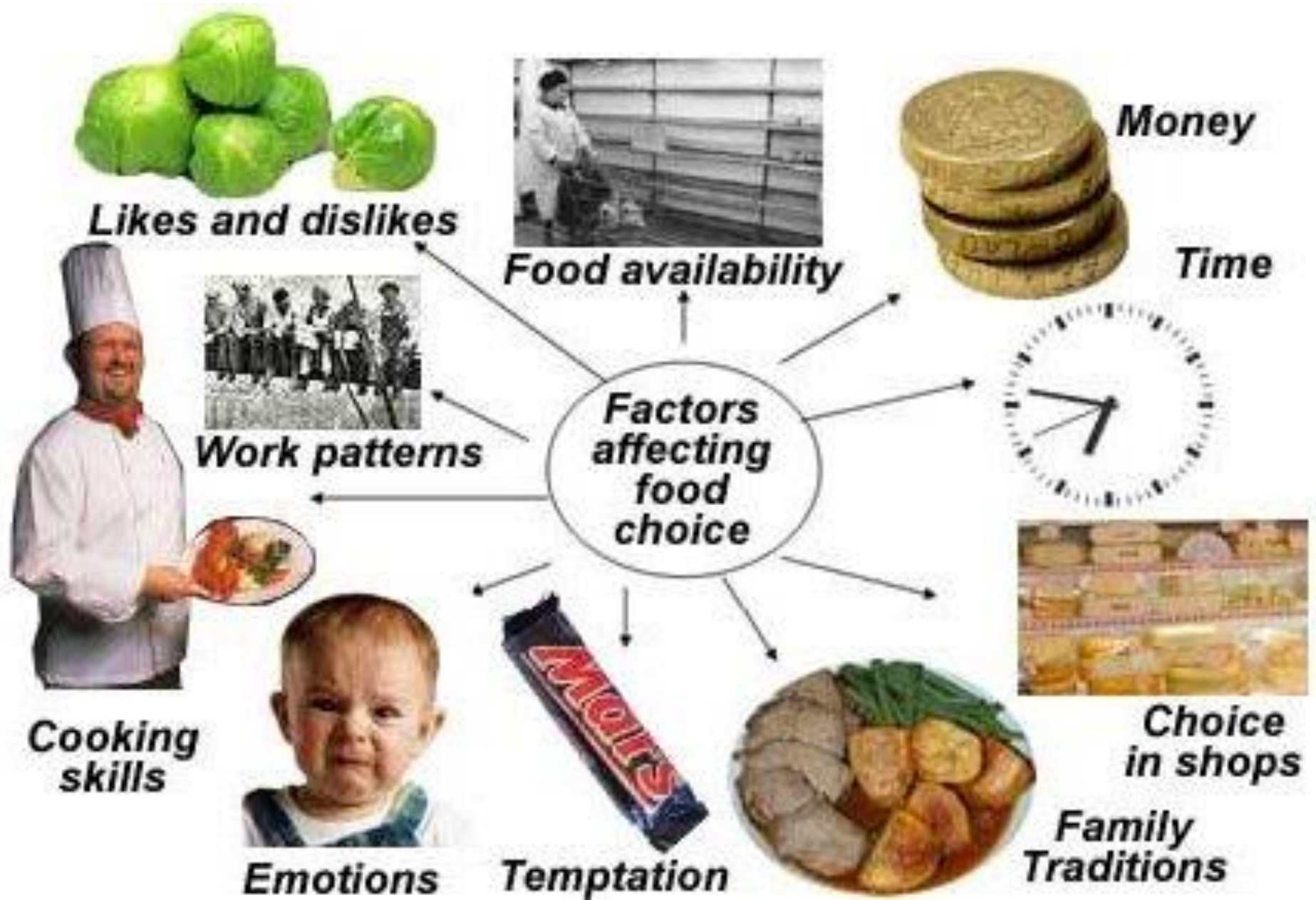
**News and internet outlets, social media**

- TikTok, Instagram influencers, Facebook
- Twitter and Reddit feeds

**Your local Provider or community nutrition expert?**

- How much value is relied on here?

# What influences food choices?



# Portion distortion

# Trends in eating habits and routines

Intermittent fasting

Fad diets

Snacks vs meals

Time to prepare/plan

Convenience

Lack of knowledge of nutrients and calories consumed

How many of you with a chronic condition or metabolic syndrome try different trends without having a professional evaluation?

How many of you avoid nutrients/eating, thinking it will help and results of your weight or

How many of you try something that is effective but don't stick to it?

How many of you address one part of the root cause and not the entire problem, only to fail?

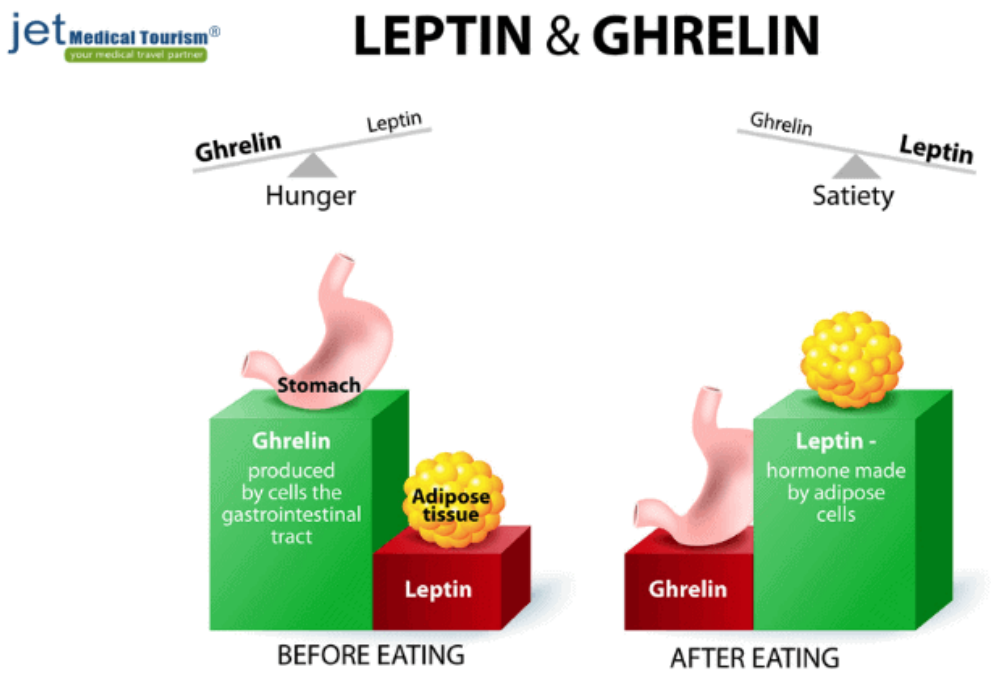
# Metabolism killers


- Skipping breakfast
- Eating the wrong breakfast
- Neglecting strength training
- Not getting enough protein (balanced with calories)
- Not drinking enough water
- Consuming way too many refined carbs
- Too little low-fat dairy/too high processed dairy
- Regularly consuming fast-food/highly processed foods
- Regularly overusing alcohol

# Metabolism Non-Diet factors

- Sitting too much
- Neglecting strength training
- Stressing out
- Sleeping in too high of heat *66ºF (19ºC)
- Not getting enough sleep
- Smoking (any amount)

# The hunger factor




| Hormone | Healthy hormone levels | Obesity hormone levels | Effect on healthy weight individuals | Effect on obese individuals |
|---|---|---|---|---|
| **Ghrelin** | High before meals; low after meals | Low | Person feels hunger only before meals | Person feels hunger regardless of a meal |
| **Leptin** | Low before meals; high after meals | High | Person feels full after meals | Resistance prevents feeling full |

# What diet is best for me?

# Why is eating breakfast and lunch Important?

- Each meal can provide roughly 1/3 of our daily energy and nutrient needs – (*fiber and magnesium*)
- Boosts your afternoon productivity
- Promotes appropriate work-life balance
- Improves your confidence in controlling your evening appetite and hunger
- Allows your body plenty of time to use and burn off the food as energy

# Why Micronutrients Matter

**Micronutrient deficiencies can have devastating consequences. Micronutrients, also called vitamins and minerals, are key to helping fetuses, infants, and children grow and thrive. Facts about six essential nutrients are outlined here.**


Iron helps develop the brain of a fetus and child. Iron deficiency is a leading cause of anemia. Severe anemia during pregnancy can result in poor fetal growth, preterm birth, or low birth weight. Anemia during pregnancy also increases the risk of death for both the mother and baby. In addition, iron deficiency limits physical productivity and work capacity. See more.


Folate is a general term for many different forms of vitamin B9, which is essential in the earliest days of fetal growth. Folic acid, the form of folate found in supplements and fortified foods, is the only form shown to prevent serious birth defects of the brain, spinal cord, and skull. These birth defects are often preventable if women get enough folic acid before and during early pregnancy. See more.


Vitamin A supports healthy eyesight and immune system functions. Children who are deficient face an increased risk of blindness and death from infections such as measles and diarrhea. See more.


Iodine is also required during pregnancy and early infancy for brain and cognitive development. Iodine deficiency can lead to developmental delays and is the most common cause of preventable mental retardation. See more.


Zinc promotes immunity, resistance to infection, and proper growth and development of the nervous system. This mineral is also important for healthy pregnancies. See more.


Vitamin D is essential for bone health as well as muscle and nerve functions. Vitamin D also helps the immune system fight off bacteria and viruses. See more.

# What is a key micronutrient that we may not get enough of? MAGNESIUM

- Involved in hundreds of biochemical reactions in your body
- May boost exercise performance
- May combat depression
- May support healthy blood sugar levels
- May promote heart health
- Boasts anti-inflammatory benefits
- May help prevent migraine attacks
- May improve PMS symptoms
- May promote bone health
- May support better sleep
- May help reduce anxiety symptoms
- Safe and widely available

**MAGNESIUM FOOD SOURCES – Include 320-400 mg daily in diet**

| Food | Serving size | Mg Magnesium | % RDI (400mg) | Calories per serving | Gm Carb per serving |
|---|---|---|---|---|---|
| Dark chocolate (at least 70%) | 1 oz (28 gm) | 64 | 16 | 168 | 12.8 |
| Avocado (medium) | 1 cup (150 gm) | 58 | 15 | 240 | 12.8 |
| Cashews/Almonds | 1 oz (28 gm) | 82/80 | 20 | 155/167 | 9.2/5.4 |
| Peanut Butter | 2 Tbsp (32gm) | 51 | 13 | 188 | 6.9 |
| Black Beans and other legumes* | 1 cup (172 gm) | 120 | 30 | 227 | 40.8 |
| Pumpkin seeds | 1 oz (28 gm) | 150 | 37 | 151 | 5 |
| Chia Seeds | 1 oz (28 gm) | 95 | 26 | 137 | 12.3 (10.6GM FIBER) |
| Spinach, boiled | 1 cup (180 gm) | 157 | 39 | 41.4 | 6.7 |
| Dry buckwheat and other grains** | 1-ounce (28-gram) | 65 | 16 | 95 | 20 |
| Brown Rice, cooked | ½ cup (100 grams) | 50 | 10 | 108 | 22.4 |
| Salmon/halibut | Half a fillet (154 grams) | 57 | 14 | 280 | 0 |
| Tofu | 3.5-ounce (100-gram) | 58 | 14 | 145 | 4.3 |
| Banana | one large banana | 37 | 9 | 121 | 31 |

*Legumes - lentils, beans, chickpeas, peas and soybeans (edamame)

**Grains include wheat, oats and barley, as well as pseudocereals like buckwheat and quinoa

# Healthy Fats

**Tips for creating a more balanced diet**

The USDA recommends getting up to 35 percent of your calories from fat. This means:

- up to 97 grams of fat per day in a 2,500-calorie diet
- up to 66 grams of fat per day in a 2,000-calorie diet
- around 50 grams of fat per day in a 1,500-calorie diet

But not all fats are created equal. It's best to avoid eating foods that contain trans fats whenever possible.

It's fine to include some saturated fats — such as eggs, meat, or dairy — in your diet. But try to get most of your fat intake from monounsaturated and polyunsaturated sources such as:

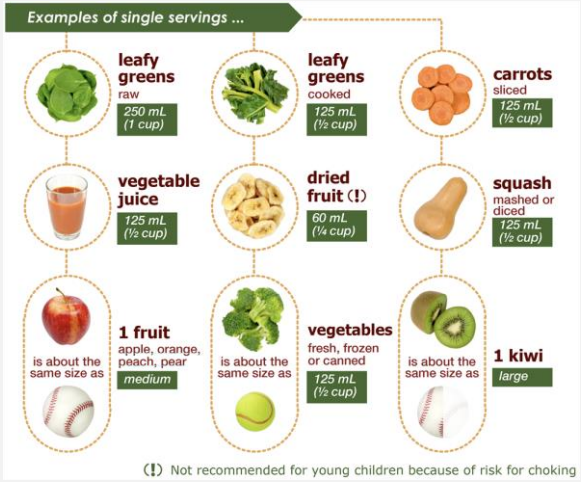
- **olives and olive oil**
- **nuts and seeds**
- **fatty fish and fish oil**
- **avocado**

# What about fruits and vegetables?

## Research says 5 servings daily

How?

- Always include vegetables in meals
- Eat fresh fruit and raw vegetables as snacks
- Eat fresh fruit and vegetables in season
- Eat a variety of fruit and vegetables-think COLOR!




## What if I don't like veggies?

**Hide in recipes**

**What about supplements?**

- **Consider liver tolerance?**

**Fruits often share same nutrients by color**

# Breakfast Essentials

**Whole grains**

- target least 3 grams of fiber per serving
- Packed with energy containing B-vitamins, anti-cancer plant properties & ‘fiber fill factor’ to keep you satisfied

**Protein/Healthy fat**

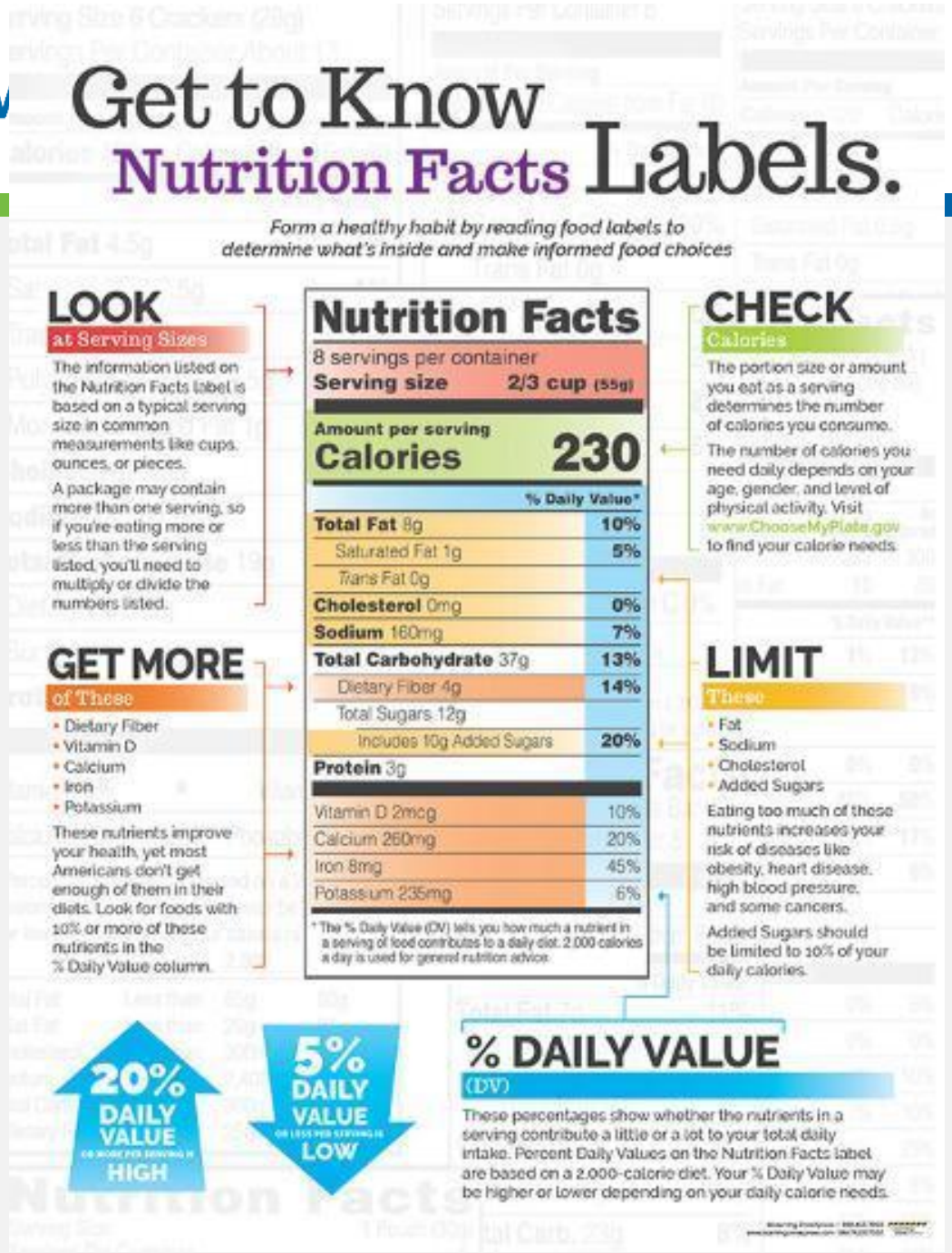
- has staying power because it stays in the belly longer & breaks down slower-meaning you won’t be hungry so quick

**Fruit**

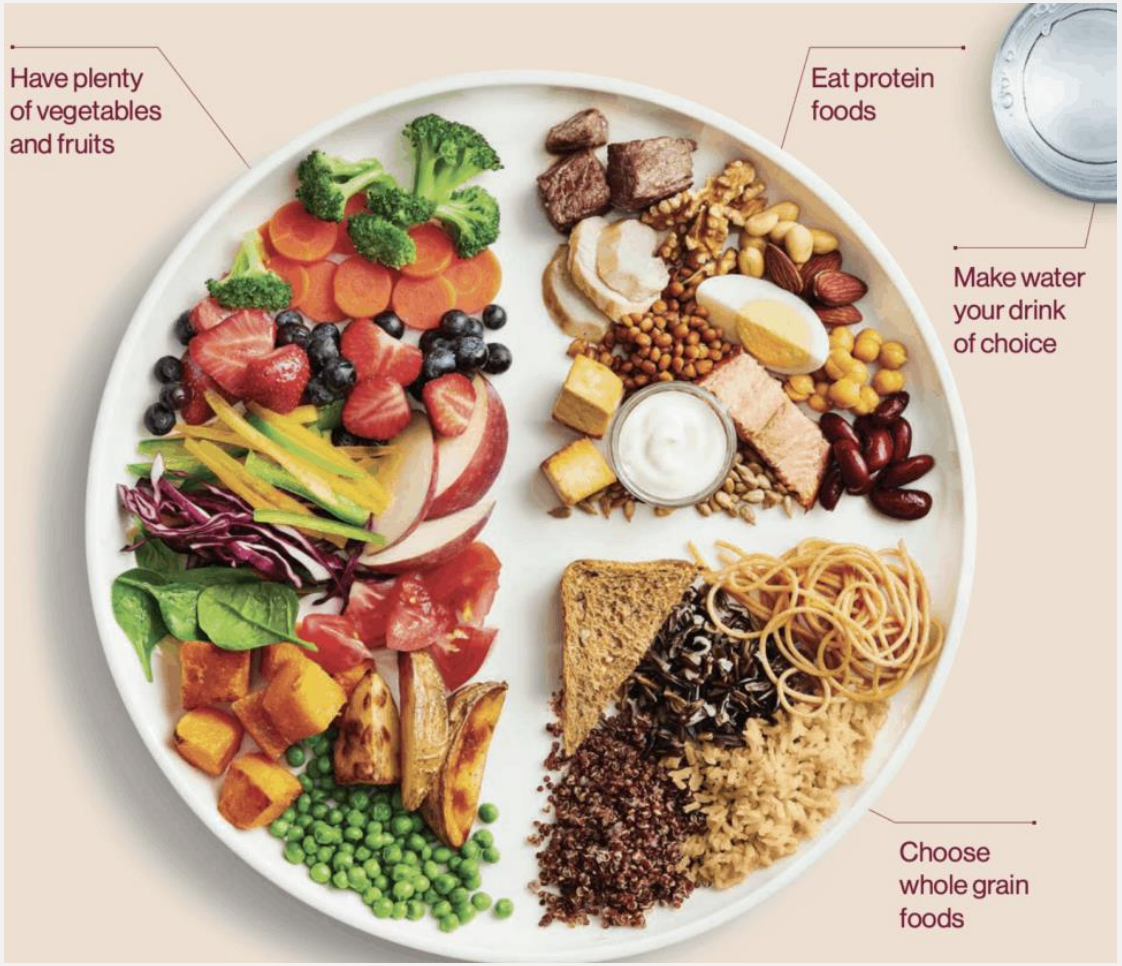
- Low calorie, high concentration of vitamins/ minerals, ‘fill fiber factor’ & water

| Whole Grain | Protein | Fruit |
|---|---|---|
| English muffin | Ricotta cheese | Avocado Slices |
| Bran muffin | Greek yogurt | Peach |
| Wheat Crackers | Hard-boiled egg | Banana |
| Toast | Veggie omelet | Grapes |
| Oatmeal | 1 sc protein powder | Diced apples w/ cinnamon |
| Bagel | Nut butter | Melon |
| Waffle | String Cheese | Pear |
| Granola | Yogurt | Berries |
| Pita | Scrambled egg & hummus | Tomato Slices |
| 1T bran or flaxseed | Milk | Frozen fruit blend |
| Dry Cereal | Mixed nuts | Dried fruit |
| Tortilla | Ham/cheese | Pineapple |
| Fiber granola bar | Milk | |

# How is your nutrition knowledge?



# Ideality vs reality




# What about amounts and frequency?

***Maggie and Briana's food philosophy:***

- If you eat it every day, then make it healthier
- If you eat seldomly or in small amounts, the high calorie density or lack of nutrients will not impact you as much
- If is small amounts, sugar and fat will not have a great impact on metabolic activity
- If eaten in conjunction with something healthier

*Examples:*

- Holiday eating, homemade baked goods
- Special occasions (i.e., Halloween candy)
- Peanut butter, dressings, restaurant meal, traveling treats, etc……

# A Guide to Choosing Frozen Meals

**Calories:** aim for 300-500 calories/entire meal (not per serving).

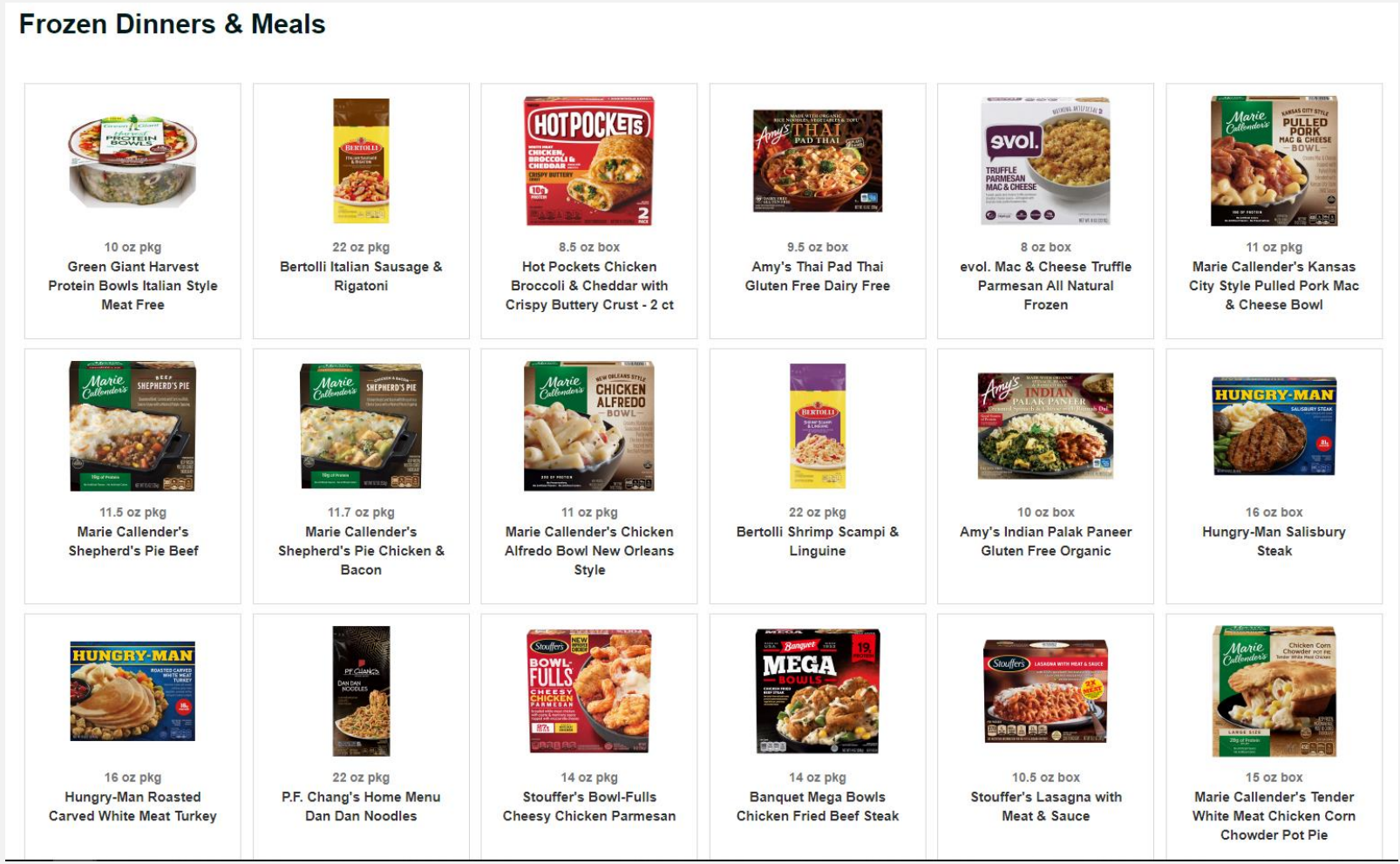
**Dietary fiber:** aim for 3-5 grams. Fiber helps keep you feeling full longer, so the more fiber the better.

**Sodium:** look for less than 600 milligrams/meal. All frozen meals have salt to maintain freshness, but the less the better.

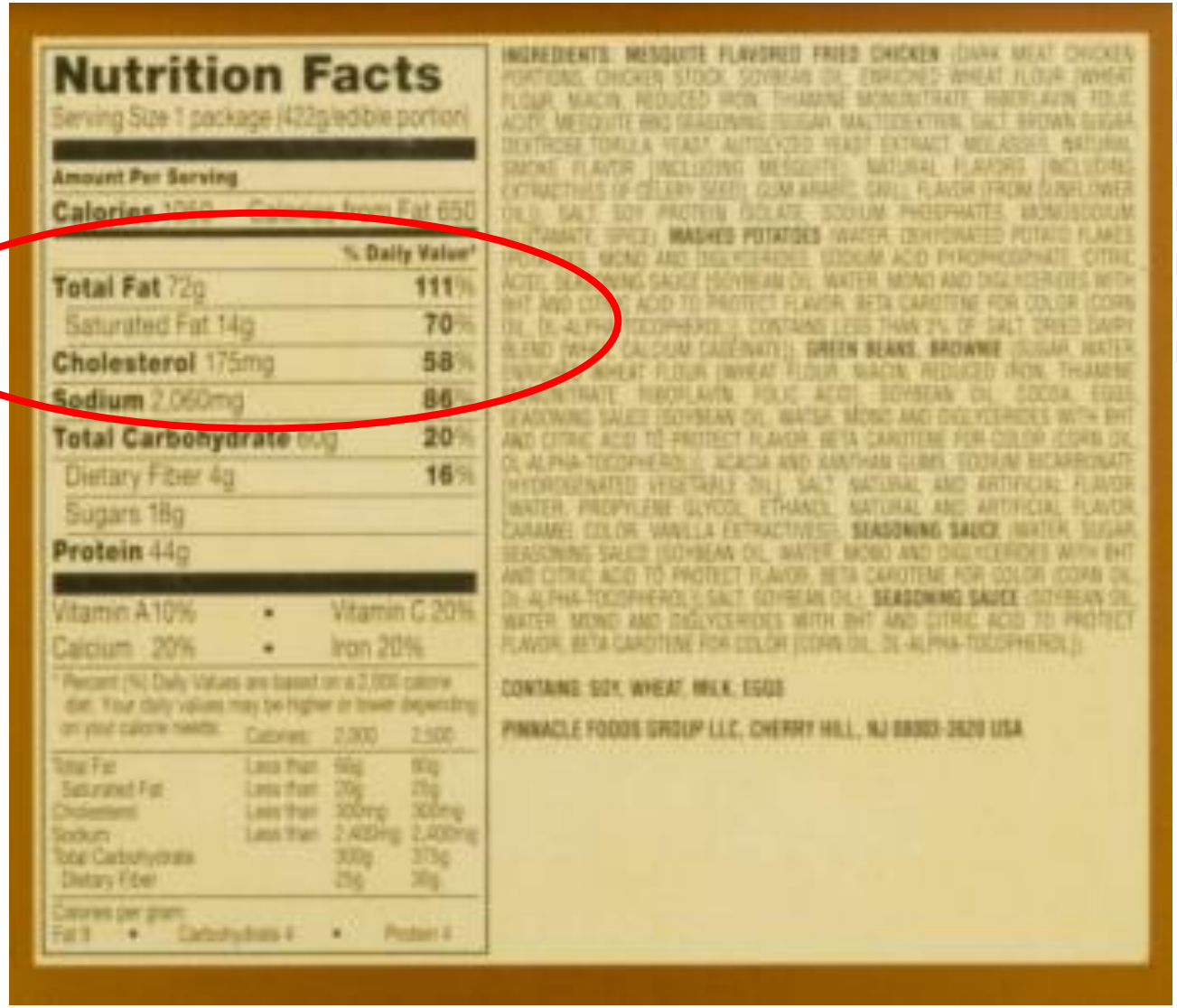
**Fat:** less than 30% of the meal (the fat calories should be less than 1/3 of the total calories).

**Protein:** about 20 – 35 grams/meal.

- Avoid meals that contain extra portions or dessert; add a piece of fresh fruit instead for a healthier dessert choice.
- Try vegetarian meals, which tend to be higher in fiber and lower in calories.
- Beware! Organic meals don't always mean low calories or less fat.
- Frozen kids' meals are a great alternative for adults looking for smaller portions and who still love spaghetti & meatballs.



# Considerations for Evaluating Your Frozen Meals





***Number of ingredients….***

**72 grams of fat!!!**

***2,060 mg sodium!!!***

# Be mindful of "healthy options"


Roll over image to zoom in

## Nutrition Facts

**MIGHTY CRST FIVE CHS PIZZA**

1 Serving Per Container

| | |
|---|---|
| **Serving Size** | **1 pizza (284 g)** |
| **Amount Per Serving** | |
| **Calories** | **350** |
| | **% Daily Value*** |
| **Total Fat 14g** | **18%** |
| Saturated Fat 9g | **45%** |
| Trans Fat 0g | |
| **Cholesterol 50mg** | **17%** |
| **Sodium 780mg** | **34%** |
| **Potassium 200mg** | **4%** |
| **Total Carbohydrate 37g** | **14%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 4g | |
| Added Sugars 1g | **2%** |
| **Protein 17g** | |
| Iron 1mg | 6% |
| Calcium 420mg | 30% |
| Vitamin D 0mcg | 0% |

*Percentage Daily values are based on a 2,000 calorie diet.Your Daily values may be higher or lower depending on your calorie needs


Roll over image to zoom in

## Nutrition Facts

**Select Ingredients Four Cheese Pizza**

3 (Per serving) Serving Per Container

| | |
|---|---|
| **Serving Size** | **1/3 pizza (135g)** |
| **Amount Per Serving** | |
| **Calories** | **390** |
| | **% Daily Value*** |
| **Total Fat 14g** | **18%** |
| Saturated Fat 5g | **25%** |
| Trans Fat 0g | |
| **Cholesterol 20mg** | **7%** |
| **Sodium 670mg** | **29%** |
| **Potassium 270mg** | **6%** |
| **Total Carbohydrate 50g** | **18%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 2g | |
| Added Sugars 0g | **0%** |
| **Protein 15g** | |
| Iron 0.4mg | 2% |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |

*Percentage Daily values are based on a 2,000 calorie diet.Your Daily values may be higher or lower depending on your calorie needs

# Watch added sugars


Roll over image to zoom in

**Nutrition Facts**

**Organics Original Almond Milk**

about 8 (1 cup (240mL)) Serving Per Container

| | |
|---|---|
| **Serving Size** | **1 cup (240mL)** |
| **Amount Per Serving** | |
| **Calories** | **60** |
| | **% Daily Value*** |
| **Total Fat 2.5g** | **3%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| Monounsaturated Fat 1.5g | |
| Polyunsaturated Fat 0.5g | |
| **Cholesterol 0mg** | **0%** |
| **Sodium 150mg** | **7%** |
| **Potassium 40mg** | **0%** |
| **Total Carbohydrate 8g** | **3%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 7g | |
| Added Sugars 7g | **14%** |
| **Protein 1g** | |
| Calcium 50mg | 4% |
| Iron 0mg | 0% |
| Vitamin B12 0.6mcg | 25% |
| Vitamin D 5mcg | 25% |
| Vitamin E 7.5mg | 50% |
| Vitamin A 90mcg | 10% |

*Percentage Daily values are based on a 2,000 calorie diet.Your Daily values may be higher or lower depending on your calorie needs


Roll over image to zoom in

**Nutrition Facts**

**Organics Unsweetened Original Almond Milk**

8 Serving Per Container

| | |
|---|---|
| **Serving Size** | **1 cup (8 fl oz) 240 mL** |
| **Amount Per Serving** | |
| **Calories** | **40** |
| | **% Daily Value*** |
| **Total Fat 3g** | **4%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| Monounsaturated Fat 2g | |
| Polyunsaturated Fat 0.5g | |
| **Cholesterol 0mg** | **0%** |
| **Sodium 150mg** | **7%** |
| **Potassium 30mg** | **0%** |
| **Total Carbohydrate 2g** | **1%** |
| Dietary Fiber 1g | **4%** |
| Total Sugars 0.5g | |
| Added Sugars 0g | **0%** |
| **Protein 1g** | **2%** |
| Vitamin E 7.5mg | 50% |
| Vitamin D 5mcg | 25% |
| Vitamin B12 0.6mcg | 25% |
| Vitamin A 90mcg | 10% |
| Calcium 50mg | 4% |
| Iron 0mg | 0% |

*Percentage Daily values are based on a 2,000 calorie diet.Your Daily values may be higher or lower depending on your calorie needs

# Do it yourself meals, keep it simple

1. Choose your fruit/vegetables: (yes, choose these FIRST!)
2. Choose your lean protein: (could be a plant-based mixture)
3. Choose your grain, starchy vegetable, legume/bean (any combo)
4. Choose a healthy fat and seasoning


1. Mixed greens, diced tomato with chilies (any veggies)
2. Any lean meat, plant-based protein or grain, low fat dairy (crock pot, bake, grill)
3. Microwaved sweet potato, red potato, steamed rice or grain
4. Any dressing, healthy fat (slivered almonds, avocado

**+ Small amount of healthy fat**

# Simple, no prep meal



## Breakfast

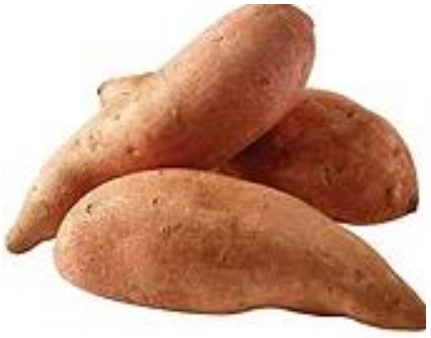
Add Food | Quick Tools

| | Calories kcal | Carbs g | Fat g | Protein g | Sugar g | Fiber g |
|---|---|---|---|---|---|---|
| | 0 of 283 | | | | | |

## Lunch

| | | | | | | |
|---|---|---|---|---|---|---|
| Heb - Sliced Grilled Chicken Breast, 85 g (3oz) | 110 | 3 | 2 | 18 | 0 | 0 |
| Tomatoes - Grape Tomatoes, 0.5 cup | 15 | 3 | 0 | 1 | 1 | 1 |
| Taylor Farms - Creamy Dill Pickle Salad Kit, 1.5 cup | 225 | 18 | 17 | 5 | 5 | 3 |
| Baby spinach, 1 cup | 6 | 1 | 0 | 1 | 0 | 1 |
| Add Food \| Quick Tools | 356 of 283 | 25 | 19 | 25 | 6 | 5 |


# Simple, minimal prep meal



| Items In This Meal | Calories | Carbs | Fat | Protein | Sugar | Fiber |
|---|---|---|---|---|---|---|
| Green beans, 1.3 cup | 39 | 9 | 0 | 2 | 4 | 3 |
| Cumin, ground, 0.3 tsp | 3 | 0 | 0 | 0 | 0 | 0 |
| Feta Compliments - Feta , 22.5 g | 53 | 1 | 4 | 5 | 0 | 0 |
| Black Beans - Kroger, 65 g | 60 | 11 | 0 | 4 | 1 | 3 |
| Red bell pepper, 0.2 cup, chopped | 6 | 1 | 0 | 0 | 1 | 1 |
| Onion, 0.1 cup, chopped | 8 | 2 | 0 | 0 | 1 | 0 |
| Sweet potato, 0.5 medium, 5 inch long | 82 | 13 | 3 | 1 | 4 | 2 |
| **Total:** | **251** | **37** | **7** | **12** | **11** | **9** |

# Balanced recipes

**Thai Coconut Curry (serve over rice or cauliflower rice)**

- ¼ cup Peanut Butter
- 2 Tbsp Red Curry Paste
- 2 Tbsp Fish Sauce
- 3 Tbsp Lime Juice
- ½ cup chicken stock
- 2 tsp Ginger, granulated
- ½ tsp red pepper flakes
- 1 ½ lbs Boneless Skinless Chicken Breast
- 14 fluid ounce (1 can) Coconut Milk Lite
- 2 Tbsp Garlic granulated

| Nutrition Facts | |
|---|---|
| Servings 4.0 | |
| Amount Per Serving | |
| calories 417 | |
| | % Daily Value * |
| **Total Fat** 19 g | 29 % |
| Saturated Fat 7 g | 36 % |
| Monounsaturated Fat 0 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| **Cholesterol** 98 mg | 33 % |
| **Sodium** 969 mg | 40 % |
| **Potassium** 32 mg | 1 % |
| **Total Carbohydrate** 7 g | 2 % |
| **Dietary Fiber** 1 g | 5 % |
| **Sugars** 2 g | |
| **Protein** 41 g | 82 % |

Chop chicken into small chunks

Sautee with a small amount of water or oil until chicken cooked through

Add chicken stock. Coconut milk, fish sauce, lime juice, red curry paste, peanut butter (mix well), red pepper flake and granulated garlic. Simmer for approximately 15 minutes stirring intermittently

Serve over cauliflower rice or brown rice

# Is snacking necessary or recommended?

**Why not to snack?**

- Unwanted weight gain
- Excess calories
- Bored vs. Necessity
- Decreases hunger at mealtime

**Why should you snack?**

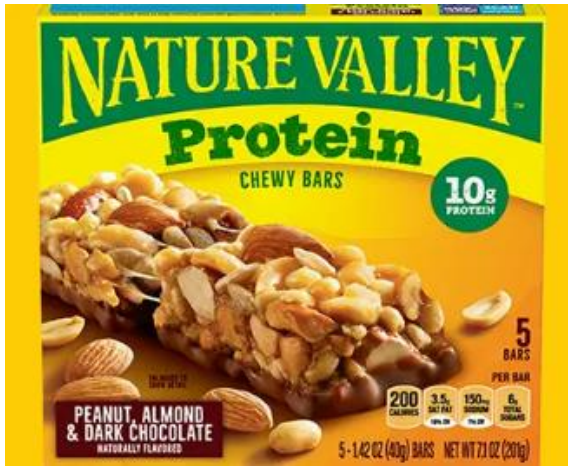
- Provides energy boost
- Blood sugar control
- Nutrient boost (fruit/veg/nuts)

**Chronic condition consideration:**

- Hypertension, diabetes, obesity, cardiovascular risk, bone health needs
- insulin and leptin resistance

***Individual needs!!***

# Considerations for Evaluating Your Snack Bars




| Calories | 200 |
|---|---|
| | % Daily Value * |
| **Total Fat** | 12g 15% |
| Saturated Fat | 3.5g 18% |
| Trans Fat | 0g |
| **Cholesterol** | <5mg 1% |
| **Sodium** | 150mg 7% |
| **Potassium** | 130mg 2% |
| **Total Carbohydrate** | 15g 5% |
| Dietary Fiber | 5g 19% |
| Total Sugars | 6g |
| **Incl. Added Sugars** | 5g 10% |
| **Protein** | 10g 15% |


| Calories | 150 |
|---|---|
| | % Daily Value * |
| **Total Fat** | 4.5g 6% |
| Saturated Fat | 0.5g 3% |
| Trans Fat | 0g |
| **Cholesterol** | 0mg 0% |
| **Sodium** | 65mg 3% |
| **Potassium** | 0mg 0% |
| **Total Carbohydrate** | 24g 9% |
| Dietary Fiber | 2g 7% |
| Total Sugars | 8g |
| **Incl. Added Sugars** | 6g 12% |
| **Protein** | 3g |


| Calories | 190 |
|---|---|
| | % Daily Value * |
| **Total Fat** | 7g 9% |
| Saturated Fat | 0.5g 4% |
| Trans Fat | 0g |
| **Cholesterol** | 0mg 0% |
| **Sodium** | 150mg 7% |
| **Total Carbohydrate** | 29g 11% |
| Dietary Fiber | 2g 8% |
| Total Sugars | 12g |
| **Incl. Added Sugars** | 12g 23% |
| **Protein** | 3g |

# Homemade snacks


**Nutrition Facts**

21 servings per container
**Serving size 1 Slice (28g/1.0oz)**

**Amount per serving**
**Calories 70**

| | % Daily Value* |
|---|---|
| **Total Fat** 1g | **1%** |
| Saturated Fat 0g | **0%** |
| *Trans* Fat 0g | |
| Polyunsaturated Fat 0.5g | |
| Monounsaturated Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 105mg | **4%** |
| **Total Carbohydrate** 13g | **5%** |
| Dietary Fiber 2g | **7%** |
| Total Sugars 3g | |
| Includes 3g Added Sugars | **5%** |
| **Protein** 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0.7mg | 4% |
| Potassium 0mg | 0% |

*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.


**NUTRITION FACTS**

Serving size: 1 Slice (14g)
Servings per container: about 20

| Amount Per Serving | (% Daily Value*) |
|---|---|
| Calories | 35 |
| Total Fat | 0g (0%) |
| Saturated Fat | 0g (0%) |
| Trans fat | 0g |
| Cholesterol | 0mg (0%) |
| Sodium | 65mg (3%) |
| Total Carb. | 8g (3%) |
| Dietary Fiber | 3g (11%) |
| Soluble Fiber | 1g |
| Insoluble Fiber | 2g |
| Total Sugars | 0g |
| Includes 0g added Sugars | (0%) |
| Protein | 2g |

| | | | | | |
|---|---|---|---|---|---|
| Vitamin D | 0mcg | 0% | Calcium | 6mg | 0% |
| Iron | 0mg | 0% | Potassium | 70mg | 2% |




**Ingredients:**
Whole Grain Rye Flour, Sourdough, Oat Flakes, Whole Grain Wheat Flour, Whole Grain Oat Flour, Whole Grain Barley Flour, Yeast, Salt, Barley Malt Extract, Sunflower Lecithin.**

**Adds a trvial amount of fat. Contains wheat. May contain Milk.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

# Is there really a difference in peanut butters? YES!

## Nutrition Facts

**Serving Size** 2 Tbsp (32g)

Amount Per Serving

**Calories** 190

| | % Daily Value* |
|---|---|
| **Total Fat** 16g | **20%** |
| Saturated Fat 3g | **14%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 110mg | **5%** |
| **Total Carbohydrate** 7g | **2%** |
| Dietary Fiber 3g | **10%** |
| Total Sugars 2g | |
| Incl 0g of Added Sugars | **0%** |
| **Protein** 8g | **8%** |
| Vitamin D 0mcg | 0% |
| Calcium 18mg | 2% |
| Iron 1mg | 2% |
| Potassium 201mg | 4% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**Ingredients**

Peanuts, Contains 1% or Less of Salt.

**Product Information**

- 8g Protein per Serving*
- *See Nutrition Information f
- Natural
- Gluten Free
- Kosher Pareve
- Non-GMO Certified by NSF


## Nutrition Facts

**Serving Size** 2 Tbsp (33g)

Amount Per Serving

**Calories** 190

| | % Daily Value* |
|---|---|
| **Total Fat** 16g | **21%** |
| Saturated Fat 3.5g | **17%** |
| *Trans* Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 140mg | **6%** |
| **Total Carbohydrate** 8g | **3%** |
| Dietary Fiber 2g | **9%** |
| Total Sugars 3g | |
| Incl 2g of Added Sugars | **4%** |
| **Protein** 7g | **7%** |
| Vitamin D 0mcg | 0% |
| Calcium 17mg | 2% |
| Iron 1mg | 4% |
| Potassium 185mg | 4% |
| Vitamin E 2mg | 10% |
| Niacin 5mg | 30% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

**Ingredients**

Made From Roasted Peanuts And Sugar, Contains 2% Or Less Of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed And Soybean), Mono And Diglycerides, Salt.

**Product Information**

- 7g Protein Per Serving*
- *See Nutrition Information For Fat And Saturated Fat Content
- Gluten Free
- Contains No Artificial Preservatives
- Kosher Pareve
- Non-GMO Certified by NSF

**Allergens**

Contains peanuts

# Balanced snack combos

## Hard Boiled Egg with Cheddar & Apple

**Calories:** 199
**Fat:** 8g
**Carbs:** 20g
**Protein:** 14g
**Fiber:** 3g

## Mediterranean Hummus Plate

**Calories:** 198
**Fat:** 10g
**Carbs:** 25g
**Protein:** 6g
**Fiber:** 5g

## Chocolate Strawberry Chia Pudding

**Calories:** 195
**Fat:** 10g
**Carbs:** 28g
**Protein:** 7g
**Fiber:** 13g

## Tomato, Basil & Feta Avocado Toast

**Calories:** 202
**Fat:** 10g
**Carbs:** 25g
**Protein:** 7g
**Fiber:** 7g

## Yogurt & Berry Parfait

**Calories:** 201
**Fat:** 6g
**Carbs:** 18g
**Protein:** 20g
**Fiber:** 4g

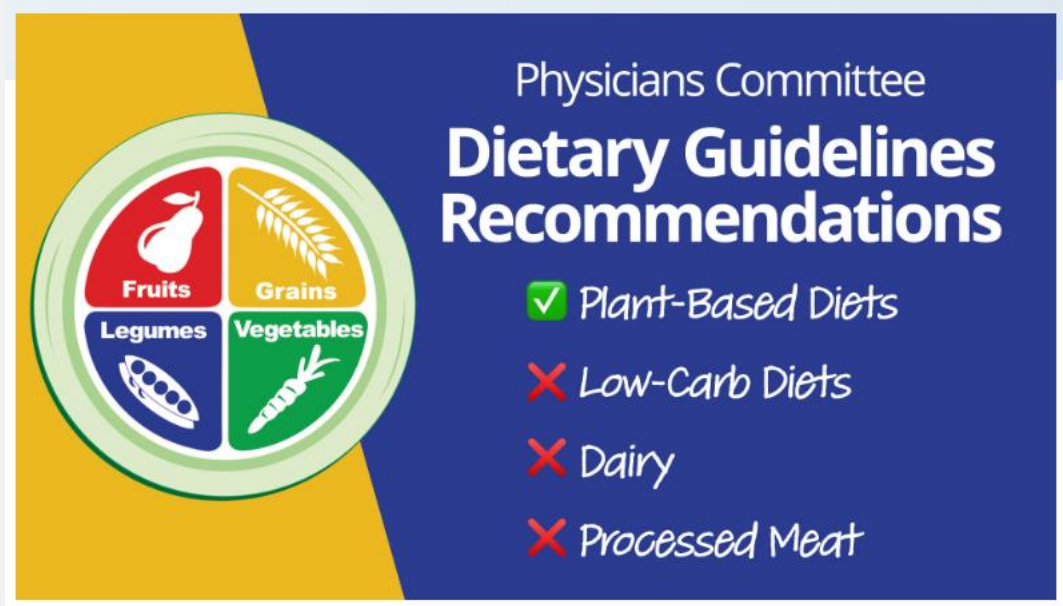
## Cottage Cheese with Pear & Pistachios

**Calories:** 202
**Fat:** 5g
**Carbs:** 26g
**Protein:** 16g
**Fiber:** 5g

# Recommending plant based, but how?

Try a couple of days meatless lunches or dinner

- Meatless Monday, Meatless Taco Tuesday
- Meatless chili (butternut squash with beans, etc.), tofu stir fry, stuffed squash/eggplant, bean burritos/lettuce wraps, vegetable/chickpea curries
- Barriers to cooking for family for different people and needs




[Meatless Monday - Meatless Monday (mondaycampaigns.org)]

# *Where do I start?*

- BELIEVE fueling is the right thing to do
- Pick one area to work on (highest impact)
- Keep recipes simple, create a grocery list and stick to it
- Plan your meals around in season vegetables and fruits
- Build your meals around a combination of protein, carbs, and healthy fats
- Plan your meals so you are more apt to stick to them
- Use leftovers as lunch for the next day vs impulse choice when hungry

# *Where do I start?*

- Purchase pre-cut veggies or commit to prepping vegetables regularly
- Put nutritious foods front & center & VISIBLE
- Have single serve healthy foods (yogurt, string cheese) in an easy to grab & convenient place
- Put less healthy ‘treats’ **OUT OF SIGHT-** behind healthier options
- Make an appointment with your Provider/Wellness Coach to help you get organized in your wellbeing objectives

# Questions???

Dow Family Health Center Registered Dietitian Nutritionist/Wellness Coach is available to employees, spouses & dependents on the Quad medical plan.

If you have specific nutrition needs or need assistance meal planning or other lifestyle factors, make an appointment to work 1:1 with an .

Call Dow Family Health Center or schedule through MyChart.