

Patient Information:

The Skinny On Eating Smarter

- **Bottom Line—Calories Count**
- **Get a Grip on Portion Sizes**
- **The Formula to Eating Smarter**
- **Consult a Nutritionist**

The Bottom Line - Calories Count:

QUANTITY & QUALITY of calories count.

QUANTITY is the total calories eaten from food and beverage selections throughout one's day. Research shows that genetics along with the number of calories eaten versus the number of calories used up controls body weight. For example, an individual will lose weight when they burn more calories (exercise) than they consume over time. Total calories count, however diet doesn't act in isolation from other aspects of your life, such as exercise & sleep, in contributing to a healthy weight.

BALANCE is the key. Balancing the body's energy needs, in-put vs. out-put, boils down to a simple math equation which includes balance & moderation of:

- **Fats...**
provide the body with 9 calories/gram
- **Proteins...**
provide the body with 4 calories/gram
- **Carbohydrates...**
provide the body with 4 calories/gram

The **QUALITY** of calories in food choices controls optimal body performance, function, and ability to protect against illness, disease, and cancer. There are thousands of substances that help protect against chronic illnesses and cancer but the majority of these protective substances (i.e. phytochemicals, antioxidants, vitamins & minerals, etc.) are found in vegetables & fruits, whole-grains, and legumes (beans). As an added bonus, these foods are also rich in FIBER, which:

- provides protective qualities from disease & cancer
- slows absorption, and
- helps your stomach feel fuller faster for longer, which helps to avoid excess calories.

Get a Grip on Portion Sizes:

What's the difference between a portion size and a serving size?

- A portion is an amount you choose to eat at a meal or for a snack.
- A serving is a standard amount found on Nutrition Facts Labels, recipes, cookbooks, diet plans, or the Food Guide Pyramid. The serving sizes on the Food Guide Pyramid are recommendations that promote good health and a healthy weight by balancing a person's energy & nutrient needs.

How big is a serving?

You don't need a measuring cup. . . use your hand or think of common items:

- 1 cup** = size of a woman's fist
(i.e. cereal that fills ½ a standard cereal bowl; broccoli the size of a light bulb)
- 3 oz. meat, poultry or fish** = size of a deck of cards or a woman's palm
- 1 oz. of nuts** = fits in the palm of your hand
- 2 tablespoons of peanut butter** = size of a golf ball
- 1 oz of cheese** = size of a computer floppy disk
- 1 medium bagel** = size of a hockey puck
- 1 medium piece of fruit** = size of a tennis ball
- 1 small baked potato** = size of a computer mouse
- ½ cup cooked vegetables or fruits** = size of a tennis ball or fits in the palm of your hand
- 1 teaspoon butter** = size of the top half of your thumb

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Tips to cut-down Super-Sized Portions:

- ☑ Use smaller bowls & plates (about the size of a 9" Frisbee)
- ☑ When eating out, share a meal with a friend or package ½ your plate in a to-go box before you even start eating.
- ☑ Make "fast food" a treat rather than a regular occurrence
- ☑ Eat Slowly – allowing the stomach time to signal the body that it is full & satisfied before larger portions & excess calories are eaten
- ☑ Limit 2nd helpings – honor your taste buds, eat until you feel satisfied, but allow your hunger to let you know if that 2nd helping is needed; more is not always better.

shows that on average men need to drink about 11 cups of fluid each day and women need to drink about 9 cups each day.

- Good sources of Fluids include: water, 100% vegetable/fruit juices, milk, tea, and other beverages. Choose sugar-sweetened beverages & soft drinks sparingly, too many can add up to excess calories.

Tips for Increasing Water Intake:

- ☑ Carry a water bottle with you to class, when studying, or working-out
- ☑ Take sips of water every time you pass a water fountain
- ☑ Add some flavor by mixing ½ juice & ½ water or add a slice of lemon, lime, or orange

The Formula to Eating Smarter

...Choose the Best Bites:

Water
+ Low-Fat Dairy
+ Protein & Beans
+ Veggies/Fruits
+ Whole-Grains
= **Eating Smart**

Research shows that what you include in your diet is just as important as what you exclude. **Use these 6 Best Bites to jump start your quest to begin eating smarter.** Start with Best Bite #1 and continue through the steps until you have conquered them all.

Best Bite #1: Just Add Water

- Water is the best hydrator so a good "rule of thumb" is to start by striving for about 64 ounces (8 cups) of water each day.
- Everyone has different fluid needs based on body build, gender, exercise habits, weather, etc. For example, to stay optimally hydrated research

Best Bite #2 : Got Dairy?

- For good bone health, stock up on 2-3 calcium-rich foods/day ... the goal is to build up a "savings account" of calcium prior to age 30; after which bones slowly lose minerals that give them strength.
- As bones get older, calcium used by the body must be replaced daily through foods to avoid calcium being withdrawn from the bones.
- There are a variety of foods that contain a good amount of calcium (such as dark green, leafy vegetables, dried figs, or calcium fortified orange juice & soy milk), but dairy products contain the most calcium per serving.

Best Bites On-The-Go:

- ☑ Yogurt smoothies
- ☑ String Cheese
- ☑ Pudding
- ☑ Cartons of low-fat or skim milk
- ☑ Yogurt covered raisins

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Best Bite #3 : Add Color to Your Meals with Veggies & Fruit

- The **darker** or **brighter** the **color**, the better!
Examples:
 - ◆ Green and yellow: spinach, broccoli, peppers, bananas
 - ◆ Oranges and reds: tomatoes, citrus fruits, carrots, strawberries, cantaloupe
 - ◆ Purples and blues: blueberries, plums, grapes
- Fruits and vegetables are loaded with vitamins, minerals, fiber, phytochemicals, and antioxidants. They are low in calories and all but a few are fat-free.
- Fresh or Frozen with the skins or those preserved without sweeteners are the best choices.
- Research shows that 5 cups based on a 2000 kcal diet is the standard minimum for good health. The 5 cups per day are easy to get: small glass of 100% fruit juice with breakfast, heap the veggies on a wrap or sandwich of your choice for lunch, snack on a small handful of trail-mix made with dried fruit, and select 2 sides of veggies with dinner.

Quick Tips on Fruits & Veggies:

- Great choice for a healthy snack
 - ✓ Cut up carrots, cucumber, peppers, or celery to carry with you
 - ✓ Grab a piece of fruit such as an apple, banana, or pear on the go
 - ✓ Throw cherry tomatoes, strawberries, or grapes in a to-go bag
- Use them to jazz up meals
 - ✓ Add strips of carrots, zucchini, or peppers to spaghetti or sandwiches
 - ✓ Add pineapple, spinach, or mushrooms to a pizza
 - ✓ Add strawberries or mandarin oranges to a salad

Best Bite #4 : Go for 100% Whole-Grains

What is a whole grain?

- It's a grain that still has its outer covering. This covering contains the grain's fiber and many of its vitamins and minerals. Refined grains ("white-flour") are stripped of the fiber, vitamins, and minerals.
- Whole-grains contain disease fighting phytochemicals & antioxidants
- Whole-grains provide lasting energy for the body, fuel for the brain, and are fundamental to good nutrition & feeling satisfied

How can you tell it's a whole-grain?

- WHOLE is the very first ingredient on a food label followed by: wheat, corn, oats, grain, or rice
- Fiber content is a good "rule of thumb" and a useful way to estimate how much whole-grain is in a product. Look at the food's Nutrition Facts Label on the product package, the higher the fiber grams the better.

Examples:

100% Whole Grain

- ✓ Whole-wheat pasta & couscous
- ✓ Whole grain crackers (*Triscuits*)
- ✓ Whole grain cereals (*Shredded Wheat, Cheerios*)
- ✓ Brown Rice
- ✓ Whole-wheat bread or bagel
- ✓ Oats (*oatmeal*)
- ✓ Whole grain rye bread
- ✓ Barley & Bulgur
- ✓ Bran (*Raisin Bran*)
- ✓ Plain Popcorn

Refined Grain

- Regular pasta
- Snack Crackers (*Saltines, Ritz, Wheat Thins*)
- Some Cereals (*Lucky Charms, Cocoa Puffs*)
- White rice
- White bread
- Plain bagel
- Pastries
- Croissants

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Best Bite #5 : Protein: Mix it up!

- Protein is the building block of muscles, tissues, organs, and bones.
- Mixing it up and adding variety to your food selections ensures the best Protein Power.
- Foods containing proteins are also packed with vitamins and minerals for growth/development, a strong immune system, and unleashing the energy in foods (i.e. zinc, iron, and B-Vitamins).

Best Bites for Variety:

- ☑ Lean-meats grilled or broiled - chicken, turkey, lean cuts of beef (eye of round, london broil, top round, top loin, flank steak), lean cuts of pork (tenderloin, loin roast, loin chop)
- ☑ Fish – salmon, tuna, lake trout, flounder, orange roughy
- ☑ Eggs
- ☑ Soy – tofu, roasted soy-nuts, soybean oil
- ☑ Beans – kidney, chickpeas (a.k.a. garbanzo), black beans, lentils, pinto beans, lima
- ☑ Nuts & Seeds– almonds, peanut butter, sunflower seeds

Best Bite #6: Add Beans

- Beans, also called Legumes, are an excellent source of protein, iron, thiamin, dietary fiber and potassium. They're also a good source of folate, which may play a protective role in heart disease and prevent birth defects.
- Components in legumes can help lower cholesterol and may help prevent cancer.
- Canned beans contain similar nutrient values of "fresh" or (dried) beans and take less time to prepare.
- Beans are high in fiber and low in fat and calories.

Best Bite Ideas:

- ☑ Hummus (dip/spread made with chickpeas)
- ☑ Bean Burritos
- ☑ Add beans to salads and soups
- ☑ Chili or Minestrone Soup
- ☑ Bean dips

Honor Your Health & Taste Buds

Eating smart is about making food choices that honor your health and taste buds. Smaller portions of nutrient-packed quality foods are more satisfying than larger portions of junk foods.

You don't have to eat perfectly everyday. You will not suddenly get a nutrient deficiency or gain weight from one snack, one meal, or one day of eating. It's what you do consistently over time that matters.

Make food selections you like and can continue to eat until you feel satisfied. If you see your food choices each day as a part of a spectrum you are more likely to feel free and empowered to choose foods that are healthful and inclusive of your favorites. If you happen to indulge yourself one day, eat more nutritiously the next. Progressing in a positive direction, not being perfect, is what counts. You are more likely to feel better and gain health.

Consult a Nutritionist

If you have individual questions about the **quality** or **quantity** of the food selections you choose to eat consult a dietitian. You can make an appointment with the Schiffert Health Center dietitian by calling 231-6444.

Nutrition information resources can be found on the Schiffert Health Center website or in the Health Education Office - Wellness Resource Center (McComas Hall).

If you are interested in nutritional information about the food selections in the dining centers on-campus consult Student Programs:

<http://www.studentprograms.vt.edu/yes/>