

Food Fit for Life: A healthy eating and weight management program for Mount Sinai Health System employees

**Week 5: Healthy Snacks and
beverages**



**Mount
Sinai**

Introductions!!!

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Mount Sinai Health System Diabetes Alliance

As a participant in the Food Fit for Life

8 class visits

Educational materials

Guided tour of your work place café and local market

Healthy Eating: How Can I Get Started?

- ▶ Start small
- ▶ Make one or two changes in your meal plan
- ▶ Get support:
 - ▶ See if you can have other family members join you in making healthier choices
- ▶ It is important to be sure that your plan is reasonable and achievable – strict diets do not work

Which Foods Can I Eat?

- ▶ Choosing fruit, vegetables, whole grains, and low-fat dairy, lean proteins and healthy fats/oils.
- ▶ Eating more fiber-rich foods – 25-38 grams per day
- ▶ Balancing calories to manage your weight

My Healthy Eating Plan

Sweets

Name _____

Date _____

Limit

- Juices
- Sodas
- Candy
- Ice Cream



Replace with*

- Unsweetened Coffee/Tea
- Mineral Water/Club Soda
- Fresh Whole Fruit (Apple/Orange)
- Low-Fat Plain or Greek Yogurt with ½ Cup of Fresh Strawberries or Blueberries
- Sugar-Free Jello



Carbohydrates/Starches

Limit

- Muffins
- Bagels
- White Bread
- White Rice
- Fries
- Plantains
- Cassava



Replace with*

- 1 Slice of Whole-Wheat Toast
- ½ Cup of Oatmeal
- Fresh Fruit
- ½ Cup of Beans
- 1 Cup of Squash
- ½ Cup of Peas
- Side Salad
- Baked Potato
- Sweet Potato



Snacks

Limit

- Crackers
- Donuts
- Chips
- Cakes/Cookies

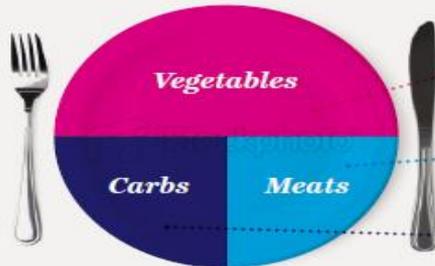


Replace with*

- 4-6 Whole-Grain Crackers
- 1 Whole-Grain Tortilla
- 100-Calorie Pack of Popcorn
- ¼ Cup of Unsalted Nuts
- 2 Tablespoons of Hummus
- Sliced Fresh Vegetables



Building Your Plate



- Tomato
- Carrots
- Broccoli
- Lettuce
- Eggplant
- Asparagus
- Chicken
- Turkey
- Fish
- Small Baked Potato
- ½ Cup of Beans
- ½ Cup of Brown Rice
- ½ Cup of Whole-Wheat Pasta

Always

Drink plenty of water.

Consume alcohol in moderation.

* Talk to a nutritionist about the appropriate serving sizes for you.
For more information, go to www.mountsinai.org/nutritiontips



Superfoods

SUPERFOODS WE LOVE.

Greek Yogurt



Almonds



Avocado



Banana



Egg

Peanut Butter



Salmon



Spinach

Blueberries



Quinoa



Dark Chocolate



Sweet Potato

Jump Start Your Healthy Eating Plan: Quick Tips For Weight Loss

Sample Meal Plan: 1,800 Calorie Consistent Carbohydrate Diet

Breakfast:

Choice 1:

1 cup of Fiber One cereal
or 1 ½ cups Cheerios
1 cup fat-free milk (8oz)
1 boiled egg
Coffee or tea, no table sugar

Choice 2:

2 slice whole wheat bread
½ banana
1 tablespoon peanut butter

Choice 3:

½ cup cooked plain oatmeal
¾ cup blueberries
(you can substitute: ½ banana,
1 ¼ cup strawberries, 1 small apple
or peach or another whole fruit variety)
1 cup fat free milk (8oz)
1 boiled egg

Lunch:

Choice 1:

Pick one: 1 medium potato with skin (about 6oz),
¾ cup rice, 1 cup beans or 1/2 plantain
3 oz chicken (or choice of meat)
Lettuce and tomato salad
with 1 tablespoon of oil-based dressing
1 cup cooked non starchy vegetables,
ex: string beans, broccoli, cabbage, spinach.
1 small piece of fruit

Choice 2:

2 slices of whole grain bread (rye, whole wheat
or another variety)
3 oz of grilled chicken, canned tuna in water,
or low-sodium turkey or ham
Lettuce, tomato, peppers or onions
1 tablespoon low-fat mayonnaise or mustard
Lettuce and tomato salad with 1 tablespoon
of oil-based dressing
1 small plain yogurt

Choice 3:

1 whole wheat bun
3-4 oz of ground turkey, chicken,
or 95% lean ground beef
with 1 slice of low-fat cheese
Side salad with 1 tablespoon
of oil-based dressing
1 cup cooked non starchy vegetables,
ex: string beans, broccoli, cabbage,
spinach
1 cup of watermelon

Dinner:

3 oz of grilled, baked, or broiled meat, ideally chicken or fish
½ plate green beans, tossed salad, broccoli, spinach, other green vegetable.
Pick one: ¾ cup of brown rice, ½ cup of beans, 1 cup roasted sweet potato,
or 1 cup whole grain pasta

Dessert:

1 small fruit
½ cup ice cream



Other ways to estimate portions

Food	Serving Size	Looks similar to:
Cheese	1.5 ounce	6 stacked dice 
Chicken, Fish, Meat	3 ounces	Deck of cards 
Fruit	1 medium	Tennis ball 
Baked potato	1 small	Computer mouse 

Calorie & Carb Counting

- ▶ The best calorie intake varies for each person, and everyone loses weight at a different rate
- ▶ About 3500 calories = 1 pound of body weight
- ▶ Eating 500 less calories each day could help you lose 1 pound a week.
- ▶ If you are counting carbs, you can use the Nutrition Facts label to find out how many grams of carbohydrate your food contains. Carbohydrates are the main type of food that raises blood sugar levels



Coffee drink re- do...



Caramel Frappachino Blended Coffee, Whole milk and whipped cream:

Calories: 440
Total Fat: 15gm
Saturated fat 9 grams
Cholesterol 55gm
Carbohydrates: 66gm**
Sugars: 64 gm
Fiber: 0



Caffe Misto with 2% milk:

Calories: 110
Total fat: 4gm
Saturated fat: 2gm
Cholesterol: 15 gm
Carbohydrates: 10gm
Fiber 0
Sugar 10
(consider adding your own
cinnamon, nutmeg or vanilla for the
holiday feel/flavor)

Alcohol

- ▶ **Go easy on the alcohol:**
 - **Before you drink, check with your doctor to be sure it is safe**
- ▶ **Alcohol can interfere with some medications, including insulin**
- ▶ **Alcohol is a source of excess calories and can inhibit weight loss – may increase appetite as well**
- ▶ **If it is OK to drink – The recommendation is 1 drink for woman and 2 drinks for men. Consider doing a spritzer – half sparkling water/ half wine**
- ▶ **It is important to eat when drinking alcohol to avoid low blood glucose**

Smart snacks

When you choose a snack, think of it as a way to fit in more veggies, fruits, whole grains and healthy fats. These foods can fill you up and give you an energy boost



Smart snacks, cont'd

Low carb <5 grams of total carb

- ▶ ¾ cup of light popcorn
- ▶ 1 cup sugar free gelatin
- ▶ 3 celery sticks and 1 Tbsp peanut butter
- ▶ 5 baby carrots
- ▶ 5 cherry tomatoes and 1 Tbsp ranch dressing
- ▶ 1 hard boiled egg
- ▶ 1 Cup cucumber slices and 1 Tbsp balsamic dressing
- ▶ 1 Cup salad greens with vinegar and 1 Tbsp olive oil
- ▶ 1 String cheese stick

Smart snacks

15 -20 grams of carbohydrate

- ▶ 1 small apple and 1 slice reduced fat cheese
- ▶ ½ cup plain yogurt with ½ cup berries
- ▶ 3 cups light popcorn
- ▶ 1/3 cup hummus and cut up veggies
- ▶ 5 whole wheat crackers and 1 piece of light string cheese
- ▶ ¼ cup dried fruit and nut mix
- ▶ ½ toasted english muffin and 2 tbsp mashed avocado
- ▶ 2 rice cakes and 1 tbsp peanut butter

Thank You!!

Questions & Answers



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