

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

**Week 1: Introduction to class
and creating a healthy plate**



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Building a healthy plate - Step 1

- ▶ Make half of your plate non-Starchy vegetables

They include:

Lettuce, kale, collards,
broccoli, carrots, string beans,
Tomatoes, cucumber, zucchini,
Onion, peppers, eggplant, okra,
Mushrooms,

What is your favorite non-starchy
vegetables?



**How do you like your veggies?
What are some of you favorite recipes?**

COOKED



OR

RAW



Building a healthy plate – Step 2

- ▶ Adding in a carbohydrate to ¼ plate
- ▶ Whole grains have more fiber and Nutrients

Examples are: Whole grain bread, brown rice, whole wheat pasta, buckwheat, bulgar wheat, beans (chickpea, black, pinto), farro, wheat berries and barley



- ▶ Some vegetables are higher in starch And belong in this category (corn, potato, Peas, yam)

Building a healthy plate – Step 3

- ▶ Adding a lean protein to the remaining $\frac{1}{4}$ of your plate

Examples of lean protein: Chicken breast – with out the skin, Fish (baked, steamed, grilled), Tuna, Egg whites, Tofu, pork tenderloin, Turkey, Beef loin or 90-95% lean ground beef

Bake, broil or steam your protein vs frying

Low fat proteins are better for your heart and
Waistline!



Adding a small fruit

- ▶ Eating a diet rich in fresh fruit
Reduces the risk of heart disease
Stroke and type 2 diabetes



Fresh fruit is high in Vitamin C, folic acid, potassium and fiber

1 Serving of fruit is equal to: 1 small apple, $\frac{1}{2}$ grapefruit, $\frac{1}{2}$ banana, 15 grapes, 12 cherries, 1 cup berries, $1 \frac{1}{4}$ cup melon, 1 small pear, kiwi, 1 small peach or plum

Fruit can be added to your salad with your meal or as a healthy snack in between meals.

Adding a healthy fat

▶ Examples are:

Avocado

Dry Roasted unsalted nuts

(almonds, walnuts, peanuts)

Flaxseed Meal

Natural Nut butters

Olives

Seeds (pumpkin, sunflower)

Unsaturated oils (olive oil and canola)



Add nuts or avocado to salads; olive oil as dressing;

Smooch up an avocado or your favorite nut butter and put on whole grain toast for a healthy breakfast!

Estimating portion size

- ▶ A fist equals about 1 Cup







- ▶ A palm equals about 3 ounces



- ▶ A thumb equals 1 ounce



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 

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

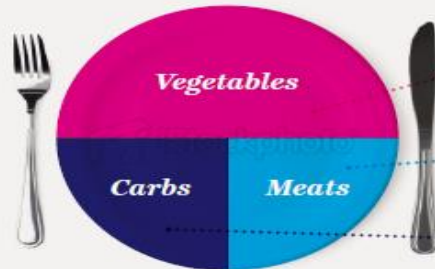


Replace with*

- 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



Thank You!!

Questions & Answers



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