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

Week 2: Navigating your local grocery store or market

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Introductions!!!

I. **Maria Elena Rodriguez, RD, CDE, CDN**

II. **Jennifer Kartashevsky, RD,CDE, CDN**

Registered Diabetes and Certified Diabetes Educator
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

What we will learn today…

- Review of “building a healthy plate” from last week
- How to create a healthy shopping list
- Reading food labels and ingredients

Group discussion

How were you able to put the "plate method" into action?

Making a list:

Shopping List

Congratulations on taking the first step towards a healthy and nutritious lifestyle!

This list is not intended to take the place of a meal plan; the following items are suggestions only.

Always use the nutrition content on food labels, quality of the product, personal preference, and price to help you make the best purchase.

Remember to consider generic brands, as they may be just as suitable as and less costly than national brands.

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Lean Protein
- ☐ Beans
- ☐ Edamame
- ☐ Eggs *(limit yolk intake to about 3-4/week)*
- ☐ Egg Beaters® or pure egg whites
- ☐ Fresh or frozen fish or shellfish without breading: shrimp, salmon, flounder
- ☐ Hummus
- ☐ Lean ground meat (90-95%): beef, white meat turkey, or chicken
- ☐ Legumes
- ☐ Lentils
- ☐ Loin or round cubes: beef, pork, lamb
- ☐ Low-sodium cold cuts: turkey, ham, roast beef
- ☐ Vegetarian products
  - ☐ Tempeh
  - ☐ Tofu
  - ☐ Veggie burgers

Shelf Stable Foods
- ☐ Cooking spray
- ☐ Fresh Herbs: basil, thyme, rosemary, oregano
- ☐ Hot sauce
- ☐ Low-calorie sweetener
- ☐ Low-fat mayo
- ☐ Low-sodium chicken, beef, or vegetable broth
- ☐ Mrs. Dash® Seasoning Blends
- ☐ Mustard
- ☐ Oils: olive, canola, safflower
- ☐ Salmon/tuna *(in water)*
- ☐ Salsa
- ☐ Salt-free Spices, including: cinnamon, garlic powder, cayenne powder, paprika, chili powder, black pepper, cumin, curry powder
- ☐ Unsweetened protein powder: whey, hemp
- ☐ Vanilla extract, nutmeg, allspice, pumpkin spice
- ☐ Vinegars: balsamic, red wine, white, apple cider

Healthy Fats
- ☐ Avocado
- ☐ Dry roasted unsalted nuts: almonds, pistachios, peanuts, walnuts
- ☐ Flaxseed meal
- ☐ Natural nut butters **try almond or cashew butters in addition to peanut!*
- ☐ Olives
- ☐ Seeds: sunflower, pumpkin, hemp, chia
- ☐ Unsaturated oils: olive, peanut, canola

Vegetables
- ☐ Artichokes
- ☐ Bell peppers
- ☐ Broccoli
- ☐ Brussel sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Collard greens
- ☐ Cucumber
- ☐ Eggplant
- ☐ Frozen veggies *without added sauces/gravies*
- ☐ Garlic
- ☐ Green beans
- ☐ Kale
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Mustard greens
- ☐ Onions/shallots
- ☐ Spaghetti squash
- ☐ Spinach
- ☐ Tomatoes
- ☐ Zucchini

Fruits
- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Berries
- ☐ Canned fruit in its own juices *(unsweetened)*
- ☐ Frozen fruit without added sugar
- ☐ Grapefruit
- ☐ Kiwi
- ☐ Lemon/lime
- ☐ Melon
- ☐ Oranges
- ☐ Peach
- ☐ Pears
- ☐ Pumpkin
- ☐ Other

Dairy
Organic dairy is preferable.
- ☐ Greek yogurt, 0% or 2%
- ☐ Low-fat cheeses: Parmesan, Mozzarella
- ☐ Low-fat Cottage Cheese
- ☐ Smart Balance® Buttery Spread *(*avoid spreads with partially hydrogenated oils)*
- ☐ Unsweetened almond or soy milk: skim, 1%

Grains & Other Starches
Look for whole grain.
- ☐ Barley
- ☐ Buckwheat
- ☐ Butternut/acorn squash
- ☐ Corn *(whole cornmeal/popcorn)*
- ☐ Couscous
- ☐ Dreamfields® Dry Pastas
- ☐ Farrow
- ☐ Quinoa
- ☐ Rice: brown, wild rice
- ☐ Ronzoni Smart Taste® Pasta
- ☐ Sweet potatoes/yams/potatoes
- ☐ Whole wheat pasta

Bread, Wraps, etc.
Look for whole grain.
Breads should contain about 15g of carbohydrates (CHO) per slice and 3g of fiber.
- ☐ 100% rye, oat, whole wheat or corn breads
- ☐ 100% whole grain pitas
- ☐ Arnold® Double Protein Bread: 100% Whole Grains
- ☐ Arnold® Select Sandwich Thins: whole wheat, flax & fiber
- ☐ Ezekiel® Breads *(low-glycemic index, high-fiber)*
- ☐ Healthy Life® Original 100% Whole Wheat Bread *(35 calories per slice)*
- ☐ La Tortilla Factory® Low Carb Tortillas
- ☐ Nature's Own® Double Fiber Bread
- ☐ Thomas'® Whole Wheat Mini Bagels

Frozen Prepared Foods
Be mindful of sodium content.
- ☐ Bell & Evans® Prepared Chicken Packages
- ☐ Boca® Burgers
- ☐ Frozen whole wheat waffles
- ☐ Healthy Choice® Meals
- ☐ Lean Cuisine® Meals
- ☐ Morningstar Farms®
- ☐ Smart Ones® Meals

Cereal
Cereal should contain < 6g of sugar and at least 3g of fiber.
- ☐ Barbara's® Puffins
- ☐ Cheerios®
- ☐ Fiber One®
- ☐ Kashi® *(certain varieties)*
- ☐ Kellogg's All Bran®
- ☐ Kellogg's Special K® *(original or high protein)*
- ☐ Quaker® Old Fashioned Oats
- ☐ Steel cut oats

Crackers & Snacks
Be mindful of sodium content.
- ☐ Brown rice cakes
- ☐ Popchips®
- ☐ Popcorn kernels *(for air-popping)*
- ☐ Ryvita® Crispbread
- ☐ Smartpop!® Popcorn *(100 calories)*
- ☐ Sun Chips®
- ☐ Triscuits®

Sweet Treats
- ☐ Luna® Bars
- ☐ Vitapops®
- ☐ Figamajigs®
- ☐ Frozen yogurt
- ☐ Low-fat pudding
- ☐ Emerald® cinnamon or chocolate covered nuts
- ☐ Chocolate *(70-80% Cacao)* covered fruit or nuts
- ☐ Smoothies with frozen fruit and low-fat yogurt
- ☐ Apple slices with warm peanut butter and chocolate chips
- ☐ Canned pumpkin with graham crackers, cinnamon, and whipped cream

Planning meals for the week can help you build a healthy shopping list

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),
⅔ 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: ⅔ 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

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Making a list, continued

Why do we want to keep a list?

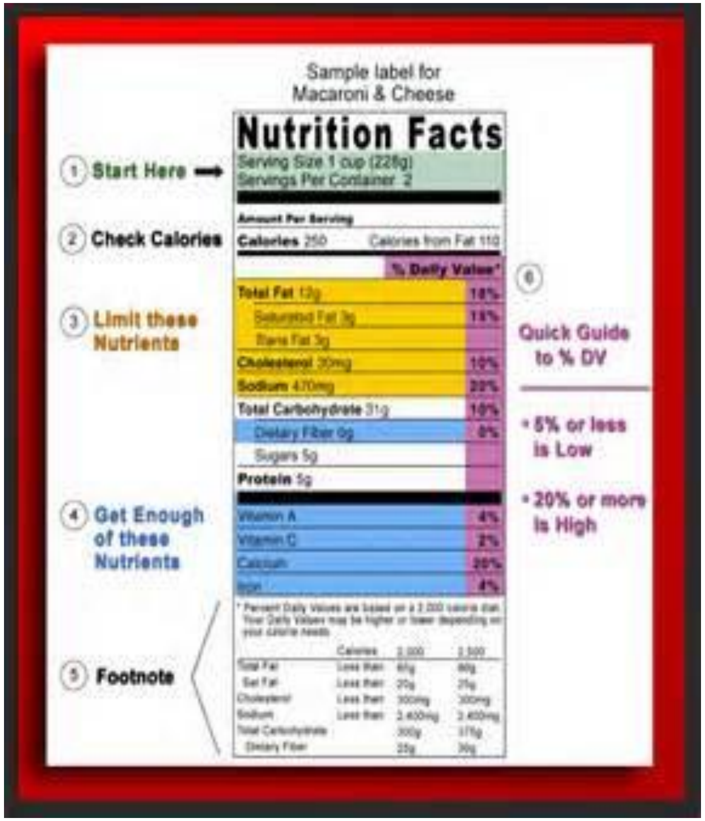
- Helps you stay on budget
- Less temptation to make unnecessary purchases
- Helps with time management

Do's and Don'ts for the food store

- Do stay on the perimeter of the food store – most of the fresh/frozen produce are found there. More processed foods are found in the isles in the middle
- Do choose foods with a wide variety of colors and textures
- Don't go to the food shopping hungry!

Reading food labels

- Why is it important?
  - Review serving size
  - Check calories
  - Review/ limit – fat, cholesterol, sodium, total carbohydrate
  - Review fiber
  - Sugars
  - Protein
  - Vitamins
  - Foot notes



CUTTING DOWN ON SODIUM

- Choose foods at its most natural form

SOURCES OF HIDDEN SODIUM

Funny, They Don't Taste Salty

Salt content as listed on product labels.

TONY CENICOLA/THE NEW YORK TIMES

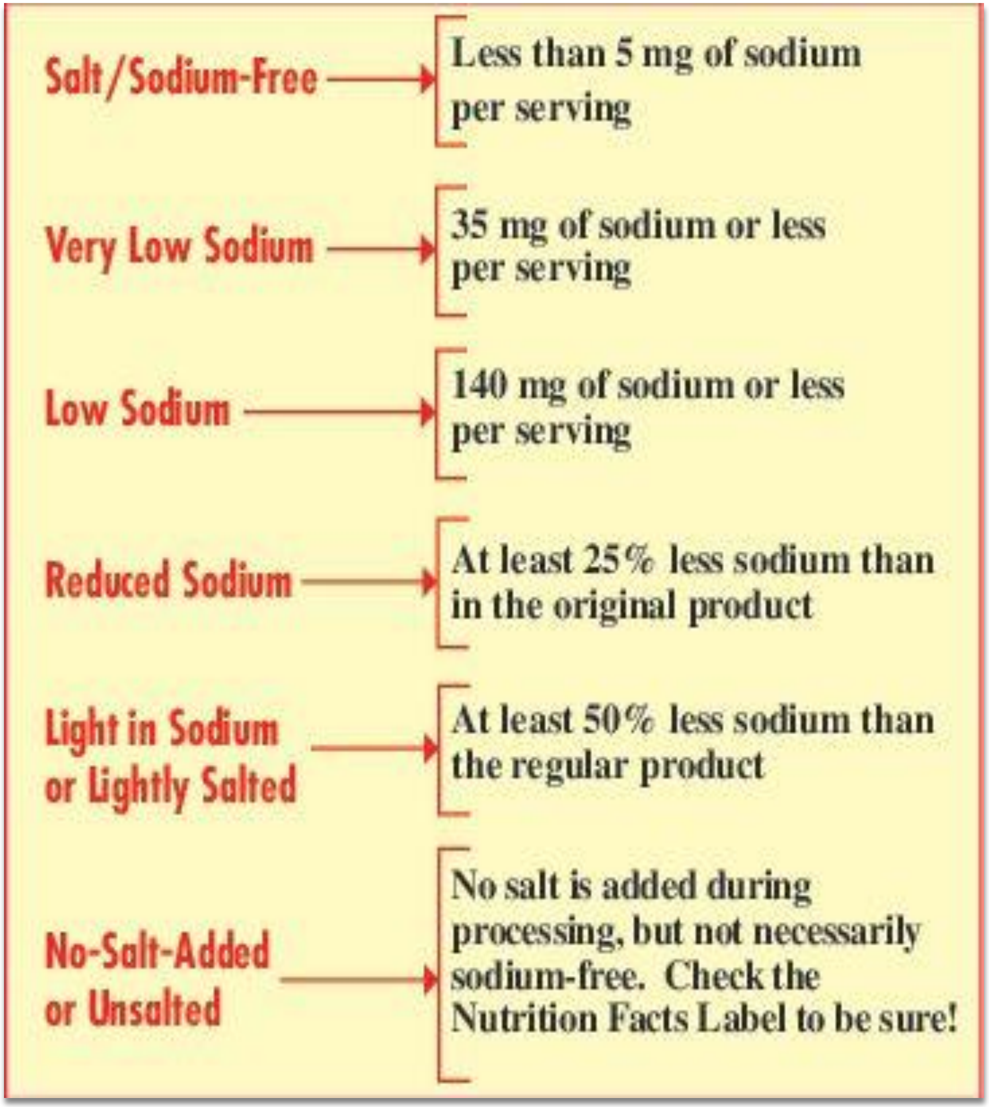
	COOKIES	WAFFLES	CHICKEN BREAST	GRANOLA BARS	SYRUP	WHEAT BREAD	PITA BREAD	SALAD DRESSING	COTTAGE CHEESE
SERVING	Three Oreos.	Two Eggo waffles.	1/2 cup Perdue, roasted.	Two Nature Valley Oats 'n Honey bars.	1/4 cup Eggo Lite syrup.	1 slice Arnold whole wheat.	1 Damascus Bakeries whole wheat pita.	Two table-spoons Kraft fat-free Italian.	1/2 cup Light n' Lively low-fat.
SALT	**160 mg.**	**410 mg.**	**460 mg.**	**160 mg.**	**180 mg.**	**170 mg.**	**290 mg.**	**480 mg.**	**420 mg.**
PERCENT OF DAILY INTAKE*	**11%**	**27%**	**31%**	**11%**	**12%**	**11%**	**19%**	**32%**	**28%**

*Percentages are calculated from the Institute of Medicine report that recommends 1,500 milligrams of salt each day as adequate for people ages 9-50; an older government standard of a 2,400 milligram daily intake appears on product labels, with correspondingly lower percentages.

CUTTING DOWN ON SODIUM

- Read food labels
- Choose foods with less than 140mg per serving

- Cook with minimal salt
- Caution eating out
- Avoid adding salt at the table



How to avoid sugar shock!

- **Glance at the ingredient list of packaged foods and limit/avoid those with "high fructose corn syrup" or "fruit concentrate". These are sources of added sugar**

Sugar

- One 12 ounce can of regular soda has nine teaspoons of sugar
- Foods high in sugar
  - Table sugar, honey, syrup, jam, jelly, candy, sweet rolls, fruit canned in syrup, regular gelatin desserts, cake, pies, cookies or pastries, lemonade and fruit punch
  - Sweetened coffee or tea
  - Read labels – look for:
    - Sucrose, glucose, dextrose, corn syrup, corn sweetener fructose lactose maltose

Group discussion….

- How are you going to put what we learned today into action?

Next week: Navigating your work place café

We will be heading out to

the café here at 42nd Street in search of healthy meals/snacks!

Thank You!!

Questions & Answers

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