

## Eat Smart, Change Your Lifestyle

Viola Holmes, MS, RD, CDE



## Eat Smart, Change Your Lifestyle

### Class Objectives:

- ❖ Learn meal planning, preparing, and shopping strategies
- ❖ Problem-solve strategies for making healthy choices
- ❖ Set a personal goal for improving your food choices or eating behaviors

### Class Handouts List:

- Eat Smart Slide Handout
- Build a Healthy Meal: 10 Tips
- 100 Ways to Cut 100 Calories
- Shopping the Perimeter
- Eating Behavior Diary
- What You Will Learn from a Food Diary
- Lifestyle Change Goals form



Presented to you by your Diabetes Care Team:  
Virginia Center for Diabetes Prevention & Education  
UVA Diabetes Education & Management Program

## Carol's Eating Smart Challenges

Meet Carol - She has had Type 2 diabetes for 4 years. Carol struggles with meal planning and how to best prepare food. Carol's family gets upset with her because she refuses to eat out because she is afraid her blood glucose will go too high. She is constantly consumed with thinking about what she can and cannot eat, and this in turn creates a struggle. Carol needs some direction and ideas to help her through her healthy eating challenges and is hoping this class will help.



### What are Carol's challenges?

- 1) Her mind set
- 2) Meal planning
- 3) Food preparation
- 4) Eating out/Situational eating

## How do I know if it's a whole grain?

- Look for these words and ingredients on food labels:
  - Whole grains
  - Whole wheat
  - Stoneground whole wheat
  - Whole (oat, bran, barley)
  - Brown rice
  - Oats, oatmeal



INGREDIENTS: WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, HIGH FRUCTOSE CORN SYRUP, HONEY, MOLASSES, YEAST. CONTAINS 2% OR LESS OF: WHEAT BRAN, SOYBEAN OIL, SALT, CALCIUM SULFATE, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM DIOXIDE AND/OR AZODICARBONAMIDE), SOY FLOUR, YEAST NUTRIENTS (AMMONIUM CHLORIDE, AMMONIUM SULFATE AND/OR MONOCALCIUM PHOSPHATE), VINEGAR, CALCIUM PROPIONATE (TO RETAIN FRESHNESS), WHEY, SOY LECITHIN. CONTAINS WHEAT, MILK AND SOYBEANS. WS122281J

Below is a list of breads and grain items. Circle the items you eat most often.

Whole Wheat Bread *OR* White Bread  
 White Rice *OR* Brown Rice  
 White Pasta *OR* Whole Wheat Pasta  
 Grits *OR* Oatmeal  
 Flour Tortillas *OR* Corn Tortillas

### Eat Smart Tip #5 More ideas for avoiding extra fat

Instead of:	Try:
Gravies and Creamy Sauces	Fat-free gravy, cream of chicken soup, seasoned yogurt, parmesan cheese
Cheese Sauce	Marinara sauce
Ranch Dressing	Lite ranch or oil-based dressing
Butter, lard	Margarine, oil, oil-based butter spreads
Cookies, cake	Yogurt and granola, home-made oatmeal cookies, granola bar
Luncheon meats, hot dogs	Left-over home-cooked meat
Ice cream	Yogurt, Frozen yogurt
Chips	Baked potato, potato wedges

## Eat Smart Tip # 6

### Get Creative in the Kitchen

- ✓ Use other seasoning in place of salt such as pepper, garlic, onion, herbs (basil, oregano), and spices (cinnamon, nutmeg) to flavor foods
- ✓ Try new cooking methods: baking fish, broiling chicken, steaming veggies in water or low sodium broth, grilling produce
- ✓ Use cooking spray or small amounts of olive or canola oil instead of butter.
- ✓ Remove the skin and trim any visible fat off of meat before cooking.
- ✓ Refrigerate soups, stews and gravy. Skim the fat off the surface before serving.
- ✓ Drain & rinse canned vegetables before cooking.

## Meal Makeovers

**BEFORE**



**AFTER**



# 100 more ideas



## 100 Ways to Cut 100 Calories

Maintaining a healthy weight depends on achieving energy balance. This is accomplished by balancing the amount of energy burned and food consumed in your day.

To stop weight gain, most Americans need to do just two simple things:

- Add 2,000 more steps each day
- Eat 100 fewer calories daily

Small changes in the foods you eat and the portion sizes you choose will quickly add up to 100 reduced calories or more! Make small changes each day and you'll see how easy it can be to achieve energy balance. No one tip by itself will equal 100 calories exactly, but selecting a few of your favorites each day will get you well on your way!

### BREAKFAST

Give your day a healthy start

- 1 Select nonfat or 1% milk instead of whole milk
- 2 Use a small glass for juice and a small bowl for cereal
- 3 Savor a bowl of bananas, berries, low-fat milk, and sugar substitute
- 4 Substitute no-calorie sweetener for sugar in your coffee, tea, and cereal

- 8 Split a bagel with someone or wrap up the other half for tomorrow
- 9 Use a nonstick skillet and cooking spray in place of butter to prepare your eggs
- 10 Select lean ham or Canadian bacon
- 11 Fill omelets with mushrooms, onions, peppers, and spinach instead of cheese and meat
- 12 Lighten up

- 15 Prepare tuna or chicken salad with fat-free mayonnaise
- 16 Grill your sandwich using nonstick cooking spray instead of butter
- 17 Stuff a pita pocket with more fresh vegetables, less meat, and less cheese
- 18 Pick water-packed tuna instead of tuna packed in oil
- 19 Wrap romaine

- 23 Select soft taco size (6-8") flour tortillas instead of the larger burrito size
- 24 Choose 1% cottage cheese in place of regular
- 25 Substitute fat-free sour cream in recipes
- 26 Enjoy your salad without the croutons
- 27 Substitute 2 tablespoons reduced-calorie salad dressing for regular

- 32 Customize spaghetti sauce with fresh green peppers, zucchini, mushrooms, and onions instead of adding meat
- 33 Turn a mixed green or spinach salad into a main dish with grilled chicken, almonds, and blueberries, apples, or strawberries
- 34 Reduce cooked rice and pasta by 1/2 cup
- 35 Grill portabello mushrooms as a

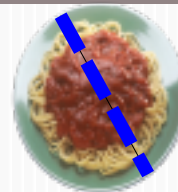
- 40 Omit or use half the amount of butter, margarine, or oil in macaroni and cheese, rice, pasta, and stuffing
- 41 Leave three or four bites on your plate
- 42 Eat slowly to make your meal last and reduce your urge for second helpings

### DESSERTS:

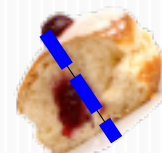
## Eat Smart Tip #7

### Take Control of your food: ideas for eating out

- ✓ Choose healthier options (baked, grilled, broiled)
- ✓ Look at the restaurant's menu ahead of time
- ✓ Share an entrée or order half portion
- ✓ Start your meal with fluid and/or high-fiber foods
  - ✓ For example, drink a glass of water and have a raw vegetable salad or piece of fresh fruit



Take 1/2 Home



Share a dessert

### Keep an Eye on Your Portion size

The infographic displays several food items with their respective calorie counts and portion sizes. It includes two plates of spaghetti, two burgers, two popcorn buckets, three coffee cups, and two slices of pizza.

Food Item	Calories
Small plate of spaghetti	330
Large plate of spaghetti (+54% portion)	590
Small burger	330
Large burger	590
Small bucket of popcorn	270
Large bucket of popcorn	630
Small coffee cup	388
Medium coffee cup	533
Large coffee cup	776
Small slice of pizza	250
Large slice of pizza	425

medNutrition

### Beware of the cost of extra calories

A balance scale is shown with the left pan lower than the right pan, indicating it is heavier. The left pan is labeled with '100 extra calories per day' and the right pan is labeled with '10 extra pounds per year!'.

**100 extra calories per day**

**10 extra pounds per year!**

### “SHOPPING THE PERIMETER”: What’s On Your Grocery List?

(LF: Low Fat, FF: Fat Free, LS: Low Sodium)

**Meats:** Lean Ground Beef/Turkey, Fish, Seafood, Skinless/Unbreaded Chicken Breast, Lean Pork

**Grains & Cereals:** Bread, English muffins, Bagels, Hamburger buns, Tortillas, Pasta (all **Whole Wheat!**), Brown rice, Oatmeal, Dry Breakfast cereals with high fiber

**Frozen veggies:**  
Mixed Veggies  
Broccoli  
LS All

**Frozen fruit:**  
Berries  
Mixed Tropical Fruit

**Frozen Meats:**  
Lean Beef/Turkey  
Burgers  
Fish  
LS Frozen Meals

**Frozen Desserts:**  
SF Popsicles  
LF/FF Ice Cream or Frozen Yogurt

**Other snacks:**  
popcorn, pretzels, baked chips/crackers

**Dairy:**  
Eggs  
FF/LF Milk  
Cheese  
FF/LF Yogurt & Cottage Cheese  
Smart Balance

**Nuts, Seeds, Oils:**  
Unsalted Nuts  
Olive Oil  
Seeds  
Peanut/Almond Butter

**Drinks:**  
Water  
100% Juice  
OJ with Calcium  
Decaf Coffee/Tea

The center aisles often contain:  
**High fat**  
**High sodium**  
**High cholesterol**

**SHOP THE PERIMETER**  
for healthier choices.

**Canned Veggies, Meats, Soups & Beans:**  
LS Chicken or Beef  
Broth & soups  
Canned Tuna & Salmon  
Kidney, Pinto, Garbanzo Beans  
Hummus, Bean Dip, Salsa

**Canned or Dried Fruits:**  
Pineapple  
Mandarin Oranges  
Fruit Cup (in their own juice)  
Raisins  
Tropical Fruit Mix

**Vegetables:**  
Broccoli  
Spinach  
Peas  
Corn  
Greens  
Carrots  
Potatoes  
Asparagus  
Tomatoes  
Artichokes  
Lettuce

**Fruits:**  
Apples  
Bananas  
Pears  
Oranges  
Melon  
Pineapple  
Strawberries  
Berries

#### Grocery Shopping Tips

- Never shop when you are hungry
- Make a shopping list AND stick to it
- Navigating Your Grocery Store:
  1. Start with the perimeter, or the walls, of the store
  2. Work your way into the middle aisles
  3. Read labels!

## Eat Smart Tip #9: Another idea is to use a sugar substitute

### Acceptable Daily Intakes for Sugar Substitutes

Brand Name	Chemical Name	Acceptable Daily Intake (ADI) for a 150-lb person	No. of 12-oz sodas = to ADI for a 150 lb person	No. of packets = to ADI for a 150 lb person
Equal NutraSweet	Aspartame 	3,401 mg	18	85
Sweet 'N Low	Saccharin 	340 mg	42	8.5
Sweet One	Acesulfame-K	1,021 mg	25	20
Splenda	Sucralose 	340 mg	5	30
Truvia PureVia Sweet Leaf	Stevia 	272 mg	16	30

Academy of Nutrition and Dietetics. Position paper: Position of the Academy of Nutrition and Dietetics: Use of Nutritive and Non-nutritive Sweeteners. *J Acad Nutr Diet* 2012;112:739-758

**Eat Smart Tip #10**  
**Everything You Eat and Drink Matters**  
*Consider keeping a food diary*  
**Eating Behavior Diary**

Day/Date \_\_\_\_\_

Time	Location or Place	Food/Beverage Consumed	Degree of Hunger <sub>1</sub>	Social Situation <sub>2</sub>	Comments <sub>3</sub>

1 Use rating scale of: 1 = not hungry, 2 = moderately hungry, 3 = very hungry  
2 Who were you with? What were you doing?  
3 Include feelings (e.g., sad, bored, angry), thoughts (e.g., eating out with friends), concerns (e.g., stressed out at work)

**What will you learn about your eating behaviors from keeping a food diary?**

- Is there a variety of foods or are entire food groups missing (like vegetables)?
- How do your portion sizes measure up (are carb servings consistent)?
- Are you getting enough fluids and are the beverages sugar-free?
- Are you skipping meals?
- Are most of your meals prepared at home or away from home?
- Do things look different from weekdays to weekends?
- Do you eat in front of the TV?
- When are the bulk of your calories coming in (at night)?
- Do you have eating triggers?





### Tricky Traps Activity Scenario # 1 – At Home

Mike is a bit of a couch potato in the evenings. He works really hard and feels like he deserves to relax in the evening. The first thing he does when he gets home at 3pm is grab a large bag of chips and make a couple of meat and cheese sandwiches. He then heads to the couch to eat and enjoy his favorite shows. A little later he has a couple of beers and peanuts or trail mix. He never eats dinner before 8pm because his wife works late. Dinner is usually some kind of meat and potatoes or a couple large bowls of honey nut cheerios. After dinner he plays video games, and on his way up to bed he grabs a few cookies from the cookie jar on the counter.

## Problem-Solving – Scenario # 1

- Eat in a designated eating place
  - Kitchen or dining room table
- Portion out snacks instead of eating from original containers
- ‘Out of sight, out of mind’ rule
  - Remove cookie jar from kitchen counter or replace it with healthy choices (sugar-free gum, dried fruit, low-fat, high-fiber cookie or cracker, fruit bowl)
- Have a healthier snack (fresh fruit, frozen yogurt)
- Eat vegetables with dinner
- Add a non-calorie beverage to help

## Tricky Traps Activity Scenario #2 - Eating Out

Bill and Judy are empty nesters now that their 4<sup>th</sup> child has gone away to college. After years of shopping in bulk and cooking for a big family, they are tired of cooking so they eat out or get takeout most evenings. Additionally, they don't pack their lunch either but grab something quick from fast food or a vending machine. When Bill and Judy do prepare meals at home they find that they cook way too much and end up with leftovers that eventually get thrown away. Either way, they find that they are spending way too much money on food, and they are also noticing their weights are creeping up too.

## Problem-Solving: Scenario # 2

- Get out of the habit of buying food in bulk
- Make a grocery shopping list and limit the amounts purchased
- Cooking doesn't have to be 100% from scratch. Incorporate some easy to prepare foods such as steam-able veggies, minute brown rice; and buy a rotisserie chicken to go along
- Carry leftovers for lunch
- Check out food magazines or cook books for inspiration for new meal ideas and strategies for cooking for two
- Set a limit on the number of times/wk they eat out
- When they do eat out, make healthier food choices; divide meal in half for lunch the next day.

## Tricky Traps Activity Scenario # 3 – At a Party

Miranda loves to attend parties, family gatherings & social events, especially when there is lots of dancing. The downside for her is navigating the inevitable buffet lines. She comes from a large Italian family, and often the events have a full spread of family favorites. She tries to eat healthy, but always ends up overeating. The temptation is really just too much and while she starts with a small plate of food, she always ends up returning several times.

### Problem-Solving: Scenario # 3

- Eat a healthy snack before you go, ideally a lower calorie fruit or vegetable option full of filling fiber (apple, carrots + hummus)
- Avoid skipping meals the day of the event
- Scout out your options before going through the buffet line – Don't deprive yourself; instead try to choose foods you really enjoy and not automatically pick a little bit of everything
- Think about building a balanced plate with plenty of fruits and vegetables and lean protein to balance out smaller portions of less healthy options
- Eat slowly, savor the food
- Before heading back for seconds try chewing a piece of sugar-free gum or eat a mint to cleanse the palate
- Focus on the social aspects of the event and use dancing, conversation as positive distraction

### Tricky Traps Activity Scenario # 4 – Busy Schedule

Karen is a single mother of 2 boys working a full-time job as a bank manager. Her day is filled with meetings, helping customers and taking care of employees. During the day she usually orders lunch from Subway and snacks from the vending machine. After work she has to pick up the kids and drop them at soccer and baseball practice. Dinner is usually something from a drive-thru because she is too tired to prepare dinner when she gets home.

## Problem-Solving for Scenario # 4

- Meal plan- take time on the weekend to make a dinner menu for the week. Stick to these meals each day
- Prepare for the week ahead- slice up veggies, portion and thaw meat in the fridge or cook a meal on the weekend to have as leftovers during the week
- Pack lunch- make lunch the night before and pack in a lunch bag with an ice pack for the next day. A healthy frozen meal maybe an option.
- Pre-package snacks- fill small bags or containers with trail mix, veggies and hummus, popcorn, pretzels, fruit, yogurt, cereal or a granola bar for healthy on-the-go snacking

### *Next Step:*

## S.M.A.R.T. Goal Setting

- **SPECIFIC:** Give the who, what, when, where, and how of your goal
- **MEASURABLE:** Establish set criteria for measuring your progress
- **ATTAINABLE:** Instead of vowing to cook a healthy meal seven nights a week, shoot for one or two more than what you currently
- **REALISTIC:** Make sure your goal is something that you are willing and able to work toward
- **TIMELY:** Set a deadline for when you will have achieved your goal

### Example:

## Goal-Setting for Scenario #4

- Karen (the busy mom) was just told by her doctor her HgbA1c level is 7.8%
- She would like to reduce this to below 7% by changing her diet

What are some **SMART** goals Karen could set to help her achieve this?

## S.M.A.R.T Goals

- Karen's goals:
  - Pack lunch 3 times per week starting on Monday
  - Bring a snack to eat after work before picking up the kids from school each day
  - Take 30 minutes on Saturday morning to plan out the meals for the week
  - Chop up veggies on Sunday afternoon and use these as part of dinner on Monday and Tuesday

### Remember Carol and her challenges?

Carol sets 2 **S.M.A.R.T.** goals to help her with meal planning and to allow herself to enjoy eating out with her family.

Her Goals, I will:

- 1) Keep a food diary for the next week to see what specific behaviors I need to work on.
- 2) Go out to eat with my family once a month and look at the menu ahead of time or use an app to help with making a healthy vegetarian choice.



### Now, how about you? Are you ready to set a goal?

Think about **YOUR** lifestyle – what are some goals you would like to set for yourself related to your diabetes and lifestyle?



#### My Behavioral Goals

Write up to 3 behavioral goals on the blank lines provided below and track your actual behavior in the boxes below each goal.

Goal 1: \_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## Evaluate and Revise

- Lifestyle change takes time – start with making *small* changes that are doable and that can be maintained over time
- Add new behavioral goals gradually
- Continue to monitor and track your progress
- Get support when you need it!
- The goal is to set yourself up for success!



**Remember, If at first you don't succeed..... try and try again...**

*Thank you!*