

EAT SMART

A large, light gray silhouette of a fork and a knife is positioned in the background of the lower half of the page. The fork is on the left and the knife is on the right, both pointing downwards.

Eat
SMART

WHY EAT SMART?



“Many current diseases in North Carolina are preventable simply by Eating Smart and Moving More. These healthy behaviors can enhance quality of life and reduce the economic burden on the individual, the community and the state.”

Leah Devlin, DDS, MPH
North Carolina State Health Director

The food we eat directly and indirectly affects our physical and mental well-being. It is the fuel that keeps our bodies going. Just like it is a smart decision to put unleaded gasoline in your car, it is essential that we make smart decisions to eat foods that are good for our bodies and promote health.

Healthy eating can help to prevent several chronic diseases and conditions including heart disease, stroke, some cancers, diabetes, high blood pressure, arthritis, osteoporosis and depression. A healthy balanced diet with plenty of activity helps maintain a healthy body weight.

Your worksite wellness committee can take steps to enhance the health of employees at your worksite by helping them eat smart. The following sections of this workbook provide suggestions and guidelines for implementing several such options.

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SECTION I

HealthStart Activity



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THE HEALTHSTART EAT SMART ACTIVITY includes ready-to-use materials (such as announcements, posters, handouts, etc.) that can be used by the worksite wellness committee to jumpstart wellness programs at their worksite. Success with these activities will help in increasing management support and employee interest in future, long-term programs.

The activity outlines the purpose, materials needed and action steps for completing the activity. The “Extra” section of the activity discusses some things that are not required for the activity to

be successful but will greatly assist in improving employee morale for participation in wellness activities.

Even though this activity promotes participation of individual employees, the committee should strive to accomplish changes in worksite policies and environments that support a healthy lifestyle. These changes will make it easier for employees to adopt healthy behaviors, make healthier lifestyle choices at work and reduce the risk for long-term chronic diseases.

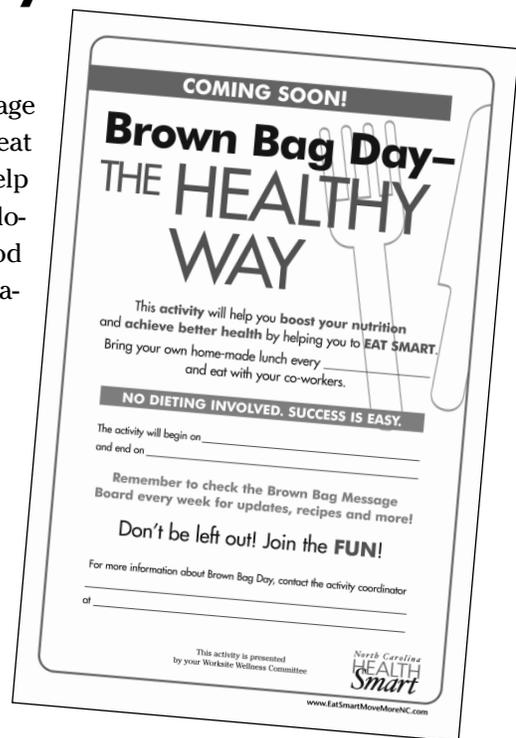
Brown Bag Day...The Healthy Way

PURPOSE

The “Brown Bag Day...The Healthy Way” activity will encourage employees to bring their own lunch from home as a means to eat smart and achieve good health. A home made lunch will help employees eat a healthier, smaller portion meal with fewer calories, fat and sugar as compared to a lunch bought at a fast food restaurant. It may also help them incorporate more fruits, vegetables, whole grains and low-fat dairy products into their diet.

MATERIALS NEEDED

- Notice to announce the activity (**Appendix K**)
- Motivational posters/signs (**Appendices F and G**)
- Brown Bag Lunch handout (**Appendix H**)
- Eat Smart Recipes (**Appendix J**)
- Tasty Tips for Eating Smart at Work poster (**Appendix L**)
- Message Board



SECTION II

Individual and Group Resources



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Group Classes

THE WORKSITE WELLNESS COMMITTEE may offer educational classes for employees to support/encourage them in their decisions for healthy eating.

The educational sessions may be presented as a series of Lunch & Learn presentations. This is a popular means of providing basic or advanced level information on a selected topic of interest. A **guest speaker** may be invited to share the information with the employees or a **video presentation** may be scheduled during the lunch break period.

GUEST SPEAKERS

- One advantage of having a guest speaker present to employees is that questions can be answered during or after the session.
- The guest speaker should know the audience he/she will be addressing. Different presentations might be suitable for female groups, male groups or employees who are concerned about weight management.
- The guest speaker should be notified of the time frame allowed in advance. If the presentation is not designed to take the entire meal break, staying on schedule becomes important.
- The guest speaker should be a recognized authority on nutrition such as a Registered Dietitian® or Nutritionist from your local health department or hospital. You can also access a list of nutrition professionals in your area by visiting www.eatright.org, which is sponsored by the American Dietetic Association.

A complete listing of local health departments of all North Carolina counties and contact for the respective health directors can be found at <http://www.ncalhd.org/county>. A listing of other health professionals in your community is located at <http://www.EatSmartMoveMoreNC.com/contacts>.

VIDEO PRESENTATIONS

- Presenting information to employees using videotape is an easy and convenient means of conducting “Lunch & Learn” sessions.
- Select videos that fit the Lunch & Learn time frame and are designed for adults.
- Preview the video to assure that it is appropriate for your worksite and the audience. Remember that food is viewed differently in different cultures and video content chosen should respect employee diversity.
- The following resources may be explored for ordering healthy eating videos. You may view and order the products online or call and request a product catalog.

<http://www.eatright.org> (American Dietetic Association)

<http://www.krames.com> (1-800-333-3032)

<http://www.hopehealth.com> (1-800-334-4094)

<http://www.welcoa.org> (1-402-827-3590)

<http://www.cfsan.fda.gov/~comm/vitlabel.html>
(1-888-463-6332)



Other Activities

EMPLOYEES AT YOUR WORKSITE may benefit by participating in individual activities conducted by the worksite wellness committee. Examples of such one-time/short-term activities are:

BROWN BAG DAY

Adopt one day of every week or month as the “Brown Bag Day.” Invite employees to bring a homemade lunch that day. You may combine the day with another activity such as outdoor eating (“Brown Bag Picnic”) or a staff meeting (“Brown Bag Meet and Eat”) or any other appropriate worksite event to give it a new twist each time.

Provide information on healthy brown bag lunches prior to the event. See **Appendix H** for a handout on Brown Bag Lunches that can be copied or printed from the CD-ROM for distribution among the employees at your worksite.

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A Lot of Nutrition in a Little Brown Bag

IF YOU BRING YOUR LUNCH FROM HOME, you're bringing a bargain. Besides being easy on your wallet, homemade meals can be good for your health as well. The portion size, calories and fat content are under your control. At the same time, you can serve yourself a delicious variety of vegetables, fruits, whole grains and beans that lower the risk of cancer and other chronic diseases.

The most popular lunches people purchase to eat at the office are sandwiches, wraps and salads. These can be full of hidden fats and calories and give nutritional choices. One way to get a true bargain is to make your own.

Before you start making the central dish of your brown-bag lunch—usually the traditional sandwich—consider the main ingredient. Since about 50 percent of a sandwich is bread, find bread made of whole-grain flour. Some breads are dark brown, but there may not be many, or any, whole grains in them. Caramel color or molasses is often added to give a deep color.

Whole grains, which are much more nutrient-dense than refined white flour, are full of fiber and B vitamins. They are rich in many health-protective substances, like antioxidants, phytochemicals, vitamin E, folic acid, zinc, selenium and magnesium. When selecting a loaf of bread, the ingredient label should list as the first item either “100 percent whole grain” or the word “whole” followed by the grain used.

Try purchasing different kinds of whole-grain breads, if a particular one doesn't appeal to you, but be a little more adventurous. For a wonderfully soft and chewy taste, bake your own with whole-wheat flour or look for freshly baked loaves. Whole-grain tortillas and pita bread are also great alternatives that you may prefer.

HERE ARE SOME FAST AND EASY IDEAS TO HELP YOU PACK YOUR BAG WITH PIZZAZZ AND GOOD HEALTH.

- **Pocket Sandwich:** Spread prepared hummus inside a whole-wheat pita. Fill it with slices of cucumber, onion, tomato and green bell pepper with lettuce or spinach. Add greens or black olives and a little extra cheese, if desired.
- **Mediterranean Pasta:** Mix leftover (preferably whole-wheat) pasta, blueberries, with halibut, cherry tomatoes, sliced pears, blueberries, canned and rinsed artichoke hearts and green mushrooms, drained and rinsed. Italian or tomato vinaigrette dressing. Garnish with oregano and basil. Sprinkle on Parmesan cheese, if desired.
- **Hearty Bean and Veggie Sandwich:** Rinse and mash canned white beans with low-fat plain yogurt, mustard and fresh dill. Spread on whole-grain bread. Top with spinach leaves and slices of cucumber, tomato and onion.
- **Spicy Chicken Salad Sandwich:** Stir low-fat mayonnaise into leftover, diced chicken or turkey. Add chopped celery, red bell pepper, halved red grapes and curry powder. Serve on whole-grain bread with fresh spinach and tomato slices.

(Source: Nutrition Institute for Cancer Research)

OUT TO A TASTY LUNCH

Plan a lunch with other employees at a nearby local restaurant where each employee orders a healthy choice from the menu. Request additional plates so portions can be shared and/or tasted by others. See

Appendix D for suggestions for eating healthier at popular fast food places.

Also, the following web sites can be helpful resources to find nutritional information for menu items of several popular fast food places.

<http://www.fatcalories.com>

<http://www.fastfoodfacts.info>

COOKING CLASS

Organize a cooking demonstration for the employees at your worksite during the meal break. Make sure that the person who is invited to demonstrate is a talented cook with knowledge of healthy food choices. You may try to contact a Registered Dietitian® or Nutritionist from your local health department or hospital.

FAST FOOD SURVIVAL GUIDE

- 1 Order a kid's meal. You will get less food for less money.
- 2 Share your meal with a family member or friend.
- 3 Order water instead of soft drinks.
- 4 Don't super-size. Super sizing usually provides more fries, more soft drink and more calories.
- 5 Think twice when ordering the value meal combo. They usually contain larger serving sizes.
- 6 Don't always order the large hamburger.
- 7 Choose fast food only occasionally. Eat and prepare more meals at home.

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RECIPE EXCHANGE

Use an existing bulletin board or open wall space to start and maintain a recipe exchange. The worksite wellness committee may decide to change the recipe every week or post three to four different recipes at the same time for a period of one month. Employees can copy these recipes and compile them into their personal cookbooks.

Recipe themes can be changed every month to add interest to the exchange. For example, the January theme might be “Whole Grains” and all recipes featured in January would include whole grains. More suggestions for monthly themes are provided below.

- January “Whole Grains”
- February “Milk and Cheese”
- March “Versatile Vegetables”
- April “Lean Meats and Protein”
- May “Flavorful Fruits”
- June “Low-Fat Cooking”
- July “Delicious Desserts”
- August “Super Snacks”
- September “Vegetarian Tastes”
- October “Low Sodium Cooking”
- November “Smart Drinks”
- December “Holiday Feasts”

Turkey Sloppy Joes
6 servings

INGREDIENTS

- 1 pound ground turkey or lean ground beef
- 1/4 cup chopped onion
- 1/2 cup ketchup
- 3 tablespoons barbecue sauce
- 1 tablespoon yellow mustard
- 1 tablespoon vinegar
- 1 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon celery seed
- 1/4 teaspoon pepper
- 6 whole wheat hamburger buns

INSTRUCTIONS

1. In a nonstick skillet, cook the turkey and onion for 5 minutes or until turkey is no longer pink.
2. Add the next seven ingredients; simmer for 10 minutes. Stir occasionally.
3. Serve on buns.

Prep Time: 15 min.
Cook Time: 10 min.
Calories per serving: 236
Fat per serving: 3 grams

Chicken Pasta Salad
7 servings

INGREDIENTS

- 2 cups cooked small seashell pasta (about 1 cup uncooked)
- 1 1/2 cup canned chicken (drained)
- 1 cup diced bell pepper (red or green or a combination)
- 1 cup shredded yellow squash (about 1 medium squash)
- 1/2 cup sliced carrots
- 1/2 cup sliced green onion
- 1/2 cup canned corn kernels (drained)
- 1/2 cup frozen peas (thawed)
- 1 can (15 ounces) black beans (rinsed and drained)
- 1/2 cup fat-free Italian dressing

INSTRUCTIONS

1. Cook pasta according to package directions, drain; rinse.
2. Combine first nine ingredients in a large bowl.
3. Toss gently with salad dressing (fat-free Ranch dressing may be substituted for Italian).
4. Chill for several hours to blend flavors.

Prep Time: 30 min.
Cook Time: 10-12 min.
Calories per serving: 229
Fat per serving: 6 grams

While selecting recipes, try to include culturally diverse recipes so that all employees at your worksite may be involved in the exchange. Include some vegetarian recipes or suggestions to substitute ingredients to make vegetarian alternatives.

Also, make sure that the recipes are “healthy” or come from a recognized health source. Generally speaking there is no one definition of “healthy foods” or “healthy eating.” All foods can be a part of a healthy diet, but many organizations have developed criteria to identify “healthy” foods. See **Appendix I** for guidelines used by different organizations to classify foods as “healthy.”

See **Appendix J** for a range of healthy recipes that can be used for the Recipe Exchange at your worksite. You can photocopy these from the workbook or print from the CD-ROM. More recipes can be obtained from the following online resources:

<http://www.deliciousdecisions.org>

(American Heart Association)

<http://www.aicr.org/information/recipe>

(American Institute of Cancer Research)

<http://www.vrg.org/recipes>

(Vegetarian Resource Group)

<http://www.5aday.gov/recipes>

(5 to 9 A Day for Better Health)

<http://vgs.diabetes.org/recipe/index.jsp>

(American Diabetes Association)

<http://www.cdc.gov/nccdphp/dnpa/5aday/recipes>

(Centers for Disease Control)

<http://www.nhlbi.nih.gov/health>

(National Heart, Lung and Blood Institute, See “Recipe Collection” section)

SECTION III

Resources for Worksite Policies

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What is meant by a policy?

A POLICY CAN BE A LAW OR A REGULATION. It can be a written rule, or a common practice. Policies can support healthy behaviors and lead to increased healthy eating.

We can write policy at any level. Organizations such as worksites, and communities such as a school district, can have policy. On a higher level,

state law can be policy. Policies can create change in our surroundings that help us improve our eating habits. For example, an informal worksite policy could require water and healthy snacks and meals be provided at meetings and events. It could also require healthy foods be available in vending machines.

Why do we need policies to support good nutrition in the workplace?

- Chronic health problems can affect an employee's work attendance and job performance. State employee absenteeism and failure of the work unit to accomplish its goals add to the cost of the government. Additionally, treatments for preventable chronic diseases increase the cost of health care for every state employee.
- The role of good nutrition in the prevention of chronic disease has been thoroughly studied and shown to be substantial.¹ Healthy eating can reduce employee risks of heart disease, some cancers, diabetes and osteoporosis.² Foods high in nutrients and low in calories can help employees to manage weight and work towards a healthy

weight to reduce the risk of type II diabetes. Healthy food choices can help manage blood pressure and reduce the risks associated with high blood pressure such as stroke and kidney disease.

- In addition to obtaining the physical benefits of healthier eating, employees may have a greater level of job satisfaction when management adopts policies that attest to the value of the employee both as a worker and as a person.

The following pages provide a range of *formal* and *informal* policy suggestions to increasing and supporting healthy eating for employees during the workday.

What are informal policies?

Some employers may agree to implement “informal” policies to support healthy eating practices for their employees. These policies may or may not be written but should be publicly supported and widely communicated to employees during staff meetings, etc. Participation and compliance to these policies would be voluntary.

EXAMPLES:

- **Healthy food/beverage alternatives** at worksite functions that serve food/beverages (including activities like meetings, employee training, etc.).
- **Subsidize food service costs** so that healthy choices can be offered at the same or lower price than less healthy items.
- **Worksite supported weight management or healthy eating programs** (support group, nutrition classes, and healthy cooking class).
- **Worksite supported classes** on disease management of conditions affected by diet and physical activity (e.g. diabetes, hypertension, heart disease, and cancer).
- **Healthy eating and physical activity training** to worksite employees designated to provide training to fellow employees.

What are formal policies?

An informal policy often times leads to a formal, written policy. A formal policy would include a statement of intent by the employer and would be applicable to all employees. For instance, several departments may begin to offer healthy food/beverage alternatives at all of their staff meetings. Senior management may see that this informal policy should become a formal, written policy for all employees attending staff meetings and other events. The policy may read:

Effective (date) it is the policy of (this worksite) to offer some healthy food choices, including fruits and vegetables; low-fat milk and dairy products; foods made from whole grains; and water at meetings/events/celebrations where food is served. All employees share in the responsibility for adhering to and encouraging compliance with this voluntary practice.

(To implement the above policy see **Appendix A** for “Guidelines for Healthy Foods and Beverages at Meetings, Gatherings and Events.”)

Other examples of such formal policies may include:

Effective (date) it is the policy of (this worksite) that vendors serving this site will provide some identified healthier choice foods (lower sodium, lower calorie, fruits, nuts, etc.) in each vending machine.

SAMPLE MENUS

Sample Breakfast Menu

Assorted mini-bagels or muffins (some whole grain or bran)

Assorted 100% juices (orange, grapefruit, tomato, apple)

1% or less, soy beverage (fat and decaf), tea (regular and herbal), latte (made with skim milk), and non-fat

FIVE GUIDELINES

GUIDELINE 1

Offer healthy food choices at break times, lunches, dinners, potlucks, and receptions.

There are many healthy and delicious options for foods and beverages. Fruits and vegetables are low in calories and high in vitamins, minerals, and fiber. Portion sizes are important, too. Larger portion sizes of high-calorie, high-fat foods contribute to overweight in adults and children. Offer smaller portions of foods and beverages. Offer lower calorie beverages—water, low-fat milk, and unsweetened tea. Offer baked, roasted, or grilled meats and fish served with vegetables prepared without added fat.

GUIDELINE 3

Identify the healthy food and beverage choices.

Consumers these days are interested in knowing which foods and beverages make smart choices. Consider ways to identify and market the healthy food and beverages you are providing. The Winner's Circle Healthy Dining Program™ is a national and statewide program that aims to increase access to, recognition of, and demand for healthy foods in those places where individuals are most likely to eat away from home: restaurants, cafeterias, vending machines, and many other types of venues. One way to ensure that you are serving healthy foods and beverages is to work with your local NC Winner's Circle community team to identify foods that meet the nutrition criteria set by the Winner's Circle Program. To search for the NC Winner's Circle contact in your county, visit <http://www.EatSmartMoveMoreNC.com/contacts/index.php>. For more information about the NC Winner's Circle Program visit <http://NCWinnerCircle.com>.

GUIDELINE 2

Offer alternatives to food at mid-morning or mid-afternoon meeting breaks.

In America, we are surrounded by food all day, every day. Many meetings and seminars provide food at mid-morning and mid-afternoon breaks. With the increasing rates of obesity and the difficulty of controlling weight in a food-saturated environment, it is important to consider whether it is necessary to provide food at meetings, presentations, and seminars, especially mid-morning and mid-afternoon. Help create a norm that food does not have to be everywhere and does not have to be used to try to motivate people to attend events. Consider offering only beverages. If you do provide food, offer only fruits, vegetables, and/or other healthy foods. Another option is to offer a physical activity break instead.



of physical activity break with the following:

all juice (100%), vegetable juices, all water

latte and decaf), tea (regular and herbal), latte (made with skim milk), and non-fat

is salad with a variety of fresh raw (low-fat dressing on the side) is with salsa and/or vegetable toppings (salsa in light sauce salad with yogurt topping

1% or less, soy beverage, regular fat and decaf), hot chocolate (with skim milk), non-fat creamer, and any

is salad with fresh strawberries and pecans (low fat raspberry dressing on chips with peach salsa or barbecue

1% or less, soy beverage, regular fat and decaf), hot chocolate (with skim milk), non-fat creamer, and any

(See section on “Vending Machines” for detailed guidelines and suggestions.)

Effective (date) it is the policy of (this worksite) that the cafeteria or food vendor serving this site will provide some identified healthy food choices (lower sodium, lower calorie, fruits, etc.) each day and for every shift of employees.

(See section on “On-site Cafeteria” for detailed guidelines and suggestions.)

Effective (date) it is the policy of (this worksite) to inform all employees of the benefits of breastfeeding and services available to support women who return to work while still breastfeeding their baby. A private, quiet space on or near the worksite will be provided for women to breastfeed their baby or to express milk for later feedings.

See **Appendix B** for an example of a Sample Healthy Eating Policy for your worksite.

Remember that this Sample (although in written form) can be a representative of an informal or a formal policy. The worksite wellness committee will guide the promotion of healthy eating programs and serve as the leader in advocating for

new policies and policy changes. The ultimate goal is to introduce and promote policies that get employees to eat smart at work.

SAMPLE HEALTHY FOODS POLICY

For use where foods or beverages are served.

Whereas: _____ (worksite name) is concerned about the health of our employees; and

Whereas: People have become more and more interested in eating better and being more active; and

Whereas: Heart disease, cancer and stroke—the top three causes of death in North Carolina—are largely affected by what we eat and how active we are; and

Whereas: Foods such as fruits, vegetables, whole grain breads and pastas and low-fat dairy products are better choices for preventing many diseases.

Therefore: _____ (date), it is the policy of _____ (worksite name) that all activities and events (examples of events may include: meetings, potluck events, catered events, community sponsored events i.e. health fairs, etc.) sponsored or supported by this organization will always include **one or more** of these healthier items:

- **Fruits and/or vegetables**
Examples of such items include fresh, frozen, canned or dried fruits (such as grapefruit, oranges, apples, raisins or 100% fruit juices) and fresh, frozen or canned vegetables.
- **Low-fat milk and dairy products**
Examples include skim/nonfat or 1% milk; lowfat and fat-free yogurt; cheese and ice cream.
- **Foods made from grains (like wheat, rice and oats), especially whole grains**
Examples include low-fat whole wheat crackers, bread and pasta; whole grain ready-to-eat cereal, low-fat baked tortilla chips, pita bread.
- **Water**

Signature _____ Title _____



REFERENCES

1. U.S. Department of Health and Human Services. (1988). *The Surgeon General's Report on Nutrition and Health*, 1988. U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General.
2. *North Carolina Blueprint for Changing Policies and Environments In Support Of Healthy Eating*, 2002. North Carolina Department of Health and Human Services, Division of Public Health, Physical Activity and Nutrition Branch.

SECTION IV

Resources for Worksite Environments

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Vending Machines

VENDING MACHINES are the only source of food in some work environments. Whether your workplace already has a vending machine or you are planning to install one, vending machines can provide a variety of healthy food and beverage choices to the employees.

Guidelines for Healthy Vending Options

Choose a member from the worksite wellness committee to serve as the lead coordinator for incorporating healthy options in vending machine(s) at your workplace.

Coordinator: _____

Option 1: As a worksite wellness team, you can review the options currently available in the vending machines, on your own, and substitute with healthier alternatives. Refer to **Appendix C** for a suggested list of healthy snacks and beverages that can be offered in vending machines at your workplace.

OR

Option 2: As an alternative, you can choose to adopt the “Winner’s Circle Healthy Dining Program” to identify healthy vending options. North Carolina Winner’s Circle is a statewide healthy dining initiative designed to create and promote healthy eating environments through **free and voluntary** partnerships between local eating establishments and health agencies.

The Winner’s Circle Healthy Dining Program creates opportunities for consumers to recognize and choose healthy food options through item labeling and dining venues (restaurants, schools, cafeterias, etc.) that offer healthy alternatives. NC Winner’s Circle healthy choices are identified and promoted based on widely accepted nutrition criteria that encourage foods with nutrients that promote optimal health and prevent chronic diseases, i.e., fruits, vegetables, grains, beans, and calcium rich foods.

In order to find out if this program is available in your area, email or visit the website below:

Winner’s Circle in Communities: wc.communities@ncmail.net

Winner’s Circle Website: www.ncwinnerscircle.com

Healthy Beverages List

- Aquafina Water
- Arrowhead Sparkling Mountain Spring Water with Fruit Essence
- Arrowhead Water
- Campbell's Tomato Juice
- Crystal Geyser Juice Squeezers Wild Berry, Cranberry Black Cherry, & Pink Lemonade
- Crystal Splash Purified Water (Plain—Gold Coast)
- Dasani Water
- Dole Pineapple Juice
- Edensoy Rice Milk
- Edensoy Soy Milk: Chocolate Vanilla
- Gatorade
- Glaceau Fruit Water
- Harmon's Natural Juicer Juice
- Juicy Juice Kiwi-Strawberry, Strawberry & Apple
- Mott's Juice: Fruit Punch, Apple Juice, & Orange Juice
- Pellegrino Sparkling Water
- Perrier Sparkling Water
- Powerade

Healthy Snacks List

- Barbara's Granola Bars, Cinnamon Raisin, Oats and Honey, Caramel Chip & Peanut Butter
- Barbara's Multigrain Cherry, Strawberry & Apple Cinnamon Cereal Bars
- Barbara's Snacks: Oatmeal, Caramel Chip, & Vanilla
- Bear's Animal Crackers
- Blue Diamond Plain Almond Almonds
- Blue Diamond Snackhouse
- Bumble Bunch Nut Crunch Bar
- Cal-Tropic Amer-Mix Fruit & Nut Snack Mix
- Cal-Tropic Totally California Trail Mix
- Cliff Bars, Chocolate Chip
- Peanut Crunch, Chocolate Cream, and Chocolate Brownie
- Dakota Gourmet Honey Roasted Sunflower Kernel
- Dakota Gourmet Lightly Salted Sunflower Kernel
- David Pampkins Seeds
- Davidsen's Crispy Rice Bar
- Famous Amos Oatmeal Raisin Cookies
- Fig Newmans
- Fresh Fruit
- Fresh Veggies
- Frito Lay Baked Doritos
- Frito Lay Baked Lays
- Frito Lay Gold Pretzels
- Frondis Energy Bars
- General Mills Chew Mix
- General Mills Morning Mix
- Gristley Soy Crisps
- Glut Corn Original A-Maiting Corn Snack
- Golden Nut Chile V Limon Gariwasos
- Golden Nut Chile V Limon Havas
- Health Valley Apple Cobbler
- Health Valley Granola Bars
- Health Valley Solar Bars, Berry, Peanut Butter & Chocolate
- Health Valley Strawberry Cobbler
- Kellogg's Nutri-grain Bars
- Kellogg's Pop Tarts
- Keebler's Wafers, BBQ & Low Salt
- Keebler's Valley Fruit Bars
- Kirkland's Trail Mix
- Kudzu Milk Chocolate Granola Bars, Chocolate Chip & M & M's Flavor
- Luna Bars
- Mr. Kripfers Rice Chips
- Mott's Juice: Fruit Punch, Apple Juice, & Orange Juice
- Pellegrino Sparkling Water
- Perrier Sparkling Water
- Powerade
- Mr. Nature Unsalted Trail Mix
- Nabisco Cream Nuts, Original, Red Hot, Taco
- Natural Value Fruit Leathers, Strawberry
- Apricot, Peach, Raspberry
- Nature Valley Bars
- Newman's Own Salsed Rounds Pretzels
- Pita Cheddar Cheese Snax
- Pita Cheddar Snack
- Planter's "Heat" Hot Spicy Peanuts
- Planter's Peanuts
- Robert's American Gourmet Buds
- Robert's American Gourmet Froxy Boxy
- Robert's American Gourmet Pina Boxy
- Robert's American Gourmet Potato Fingers
- Snyder's Pretzels
- Soy-Nut Butter Pretzel Sticks
- Tostitos Knipsy Crunchy Puffs, Tangy BBQ, Natural Corn, Ranch and Herb & Cheddar

SOME ITEMS THAT ARE NOT LISTED ABOVE may also comprise a healthy snack. Read the nutrition label on the package to determine the content, and nutrient content. In general, the item should not provide more than 200 calories per serving.



ON-SITE CAFETERIAS provide employees with a variety of food options as well as the convenience of not going too far from the workplace to eat meals. If your worksite has a cafeteria for its

employees, the worksite wellness committee can ensure that healthy food and beverage options are made available to employees.

Guidelines for Healthy Food/Beverage Options at Cafeteria

Choose a member from the worksite wellness committee to serve as the lead coordinator for incorporating healthy options at the cafeteria in your workplace.

Coordinator: _____

Contact the NC Winner's Circle in Communities Coordinator to see if the "Winner's Circle Healthy Dining Program" is available in your area.

A Healthy Dining Establishment



WINNER'S CIRCLE

Where Nutritious Meets Delicious

Winner's Circle in Communities:

wc.communities@ncmail.net

Winner's Circle Website: www.ncwinnerscircle.com



DO EMPLOYEES AT YOUR WORKSITE often go to the same local restaurants for their meals? If the employees are limited in where they can go for lunch due to distance, availability or time constraints, then the worksite wellness committee can collaborate with the local restaurants to offer healthy food choices at comparable/reduced prices.

Your committee may consider requesting the local restaurants to participate in the “Winner’s Circle Healthy Dining Program.” Your worksite wellness committee may provide the local restaurant with the contact information for Winner’s Circle Program to help them get started in the process. In order to find out if this program is available in your area, email the contacts listed below.

- Winner’s Circle in Communities:
wc.communities@ncmail.net
- Winner’s Circle Website:
www.ncwinnerscircle.com

As part of the Winner’s Circle Program, qualified professionals may be available to conduct food analysis on menu items and provide suggestions so that more items meet nutrition criteria for being a healthy choice. Winner’s Circle identification on some food offerings can give employees and other patrons encouragement and information they need to maintain healthy eating behavior.

There is no cost for the restaurant owner to participate in this program, and the labeling of the healthy menu options with the Winner’s Circle logo can help employees to make informed decisions about their food choices.

Appendix D also provides some suggestions that employees at your worksite can adopt to incorporate enough servings of fruits and vegetables in their daily diet while eating at popular fast food places. It also provides simple tips on eating smart at fast food places.



FRESH FRUITS AND VEGETABLES are always good choices but are not always easily available to employees at work.

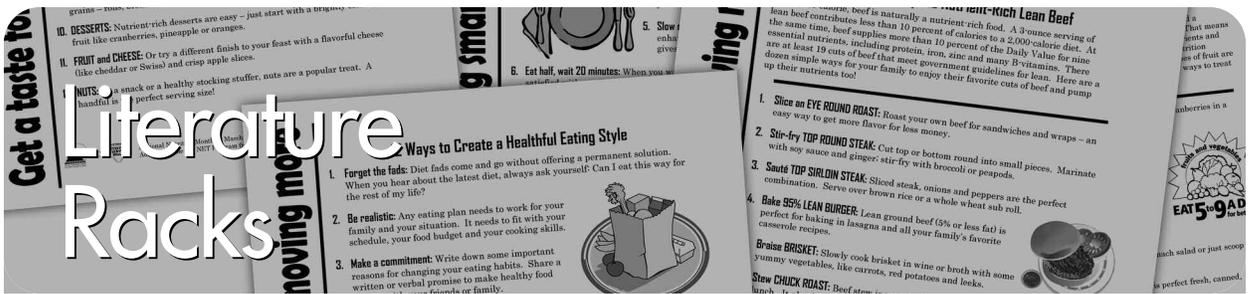
The worksite wellness committee can work with local farmers in the area and arrange for the set up of an on-site farmer's market. Some local farmers might be willing to bring their fresh produce to the worksite during meal breaks or before/after work

hours to let employees purchase fresh fruits and vegetables. Easily available fruits and vegetables can encourage increased consumption and contribute to a healthier diet.

The following guidelines may be helpful if the worksite wellness committee chooses to establish an on-site farmer's market.

Guidelines for On-site Farmer's Market

- Identify a safe location at your worksite (parking lot, playground, lawns, etc.) or in the neighborhood where a produce seller can park and the employees can walk and shop.
- Visit the local farmer's market in your area and talk to the farmers to find out if they are willing to bring their produce to your worksite. Information about farmer's market locations across North Carolina can be obtained from the North Carolina Department of Agriculture and Consumer Services. Website: <http://www.ncagr.com/markets>
Phone: 919-733-7125
- Choose, in agreement with the potential farmers, the days of the week and time schedules that are feasible for the seller and match the usual work hours of employees at your worksite.
- Publicize the location and times of the produce sale among the employees by posting signs on bulletin boards, announcements in staff meetings, etc.



LITERATURE RACKS are a convenient means to keep the idea of healthy eating visible in the workplace. Commercial literature racks are available from office and library supply stores. Simple and inexpensive literature holders can be made from attractive plastic or ceramic flower pots, baskets and other office/household items.

Use an attractive holder in a highly visible location to hold handouts/one-pagers, brochures and pamphlets on healthy eating. Several ready-to-use

handouts are included in **Appendix I**. These handouts are also included in the toolkit CD-ROM for printing.

Brochures, booklets and pamphlets on several other topics related to physical activity can be downloaded for free or ordered for a charge from the list of related links given below.

RELATED LINKS

- <http://win.niddk.nih.gov/publications>
- <http://www.hopehealth.com>
- <http://www.personalbest.com>
- <http://www.krames.com>
- <http://www.welcoa.org>
- <http://www.parlay.com>
- <http://www.ific.org/publications>
- <http://www.nationaldairycouncil.org>
- <http://www.aicr.org/publications/brochures>
- <http://www.healthyohioans.org/Nutri/nutri1.htm>
- <http://www.cspinet.org>

and moving more

12 Ways to Create a Healthful Eating Style

1. **Forget the fads:** Diet fads come and go without offering a permanent solution. When you hear about the latest diet, always ask yourself: Can I eat this way for the rest of my life?
2. **Be realistic:** Any eating plan needs to work for your family and your situation. It needs to fit with your schedule, your food budget and your cooking skills.
3. **Make a commitment:** Write down some important reasons for changing your eating habits. Share a written or verbal promise to make healthy food choices with your friends or family.
4. **Start slow:** Making drastic changes can be a recipe for failure. Small changes can make a big difference, if they last. Pick one change, like eating breakfast, and make it a habit.



Get a taste for eating smart and moving more

12 Smart Ways to Right-Size Your Portions

There's no need to give up your favorite foods to manage your weight or improve your health. The biggest nutrition problem in America is not **WHAT** we eat, but **HOW MUCH** we eat. The key to healthful and delicious eating is to downsize your portions at breakfast, lunch, dinner and especially snack time. Here are a dozen quick and easy ways to eat less and enjoy more taste and nutrition in every bite.

1. **Listen to your body's cues:** Your internal signals of hunger and satisfaction can help you eat right, if you listen to them.
2. **Prepare less food for wait leftovers,** just
3. **Start with a small size** can always have m
4. **Use a smaller plate** to help control portion sizes.
5. **Use a smaller glass** for drinks.
6. **Eat half, wait 20 min** satisfied with smol
7. **Never eat out of the** your health. Take a s
8. **Think before you ord** need. Make a plan
9. **Always go for the sm** (drinks, burgers an
10. **Share, share, share** and calories too.
11. **Eat half, take half to** container in the kit
12. **Eat regular meals** to be satisfied with

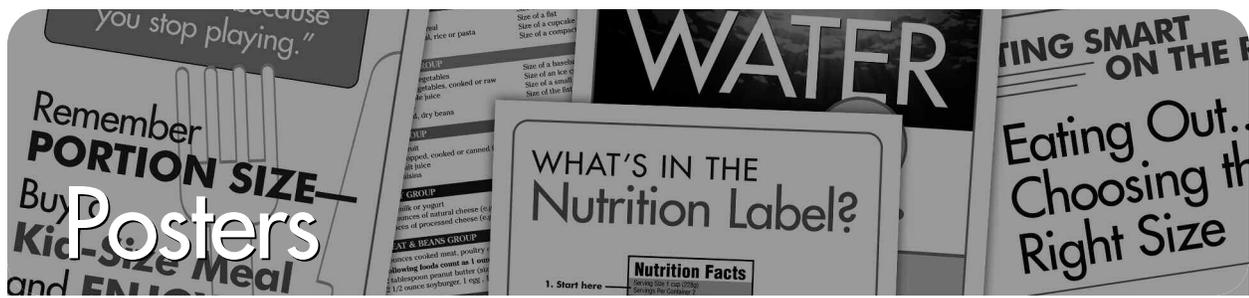


Get a taste for eating smart and moving more

12 Reasons to Develop a Regular Eating Routine

1. **Food is everywhere:** From the gas station to the mall, from the vending machine to the chips at home. Without a regular eating routine, it can be hard to resist temptation.
2. **Grazing can lead to overeating:** Without an eating routine, it's easy to graze on whatever food you find. Many people keep picking at food without ever feeling satisfied.
3. **Skipping meals can lead to overeating:** Trying to eat less by skipping breakfast or lunch often backfires, and you end up eating more calories in snacks and dinner.
4. **Eating over-hungry can lead to overeating:** When you are really hungry, it is hard to make healthy choices. It's also hard to eat slowly and to stop when you are satisfied.
5. **Mindless eating can lead to overeating:** It's also hard to make healthy choices and to stop eating when you are doing other things, like driving, reading and watching TV.
6. **Television can lead to overeating:** TV advertisements and shows are full of food cues that make you want to eat whether you are hungry or not.
7. **Routines help maintain a healthy weight:** Establishing regular times and places to eat helps prevent overeating and helps you balance your eating with your activity level.
8. **Routines help build healthy habits:** Develop a routine of cutting up fruit after dinner for a naturally sweet dessert.
9. **Routines help with planning and shopping:** When you eat regular meals and snacks, it is easier to plan healthy choices and easier to make shopping lists.
10. **Routines help save money:** Buying food on impulse is usually more expensive. It's much cheaper to plan ahead and have healthy choices around when you want to eat.
11. **Children do better with a regular eating routine:** Regular meals and snacks help children maintain the ability to eat when hungry and stop when satisfied.
12. **Different routines work better for different people:** Some people feel better with three meals and a snack; others prefer five smaller meals. Choose the best routine for you!





HEALTH MESSAGES displayed in high traffic areas can both inform employees of the facts and reinforce their behavior.

The posters should be changed regularly depending upon the number of times employees pass by the message. **Generally, after seeing the same message 10–20 times, people become desensitized to it and no longer “see” it.** A good rule of thumb would be to change posters/mes-

sages once a month. Leaving the poster spot empty for a couple of weeks may also increase response to a new poster message.

See **Appendix F** for some examples of posters/messages that can be printed from the CD-ROM provided with the toolkit.

Appendix G contains samples of several motivating quotes related to nutrition and healthy eating. These quotes are provided as a ready-to-print size in the CD-ROM. Post different quotes at different places at your worksite and switch around every week or post the same quote at several places and change it after one to two weeks.

Posters on healthy eating can also be downloaded or ordered for charge from the following online sources:



RELATED LINKS:

- <http://www.hopehealth.com>
- <http://www.parlay.com>
- <http://foodandhealth.com>
- <http://www.utexas.edu/student/health/promotion/nutritionposters.html>
- http://www.enc-online.org/free_posters.htm



IDENTIFY A SPACE/ROOM TO BE THE “MEAL BREAK ROOM.”

One way to support eating smart at work is to provide an appropriate space where employees can safely store and prepare foods. Pleasant and clean surroundings for meal breaks add to the enjoyment and relaxation during the meal period. Consider providing the following features/equipment for use by employees:

- Sink for washing hands, fruits, vegetables, soiled dishes, etc.
- Microwave Oven
- Toaster Oven or Conventional Stove
- Refrigerator
- Measuring Cups

Employees may be willing to combine personal resources to stock the Lunch Room with the above or some other equipment for convenient meal preparation.

IDENTIFY A SPACE/ROOM FOR BREASTFEEDING MOTHERS

Nursing women who return to work before weaning their infants need a quiet, private place to nurse their baby or express breast milk for later feedings. A large proportion (70%) of employed mothers who have children under three years of age work fulltime. About one-third of these mothers return to work within three months, and about two-thirds within six months after the baby is born. *The workplace environment should enable the mothers to continue breastfeeding.*¹ Breastfeeding is a right that should be protected, promoted and supported within the work place through political, socio-cultural, economic and legal means in a way that protects family health and economic viability.²

ADDITIONAL RESOURCES:

<http://www.4woman.gov/Breastfeeding>

<http://www.cdc.gov/breastfeeding>

<http://www.usbreastfeeding.org>

REFERENCES

1. U.S. Department of Health and Human Services. HHS Blueprint for Action on Breastfeeding, Washington, D.C. U.S. Department of Health and Human Services, Office on Women’s Health, 2000. Available at <http://www.4woman.gov/Breastfeeding/bluprntbk2.pdf>
2. United States Breastfeeding Committee (2001). Breastfeeding In the United States: A National Agenda. Rockville, MD. U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau. Available at <http://www.usbreastfeeding.org/USBC-Strategic-Plan-2001.pdf>

Drinking Water

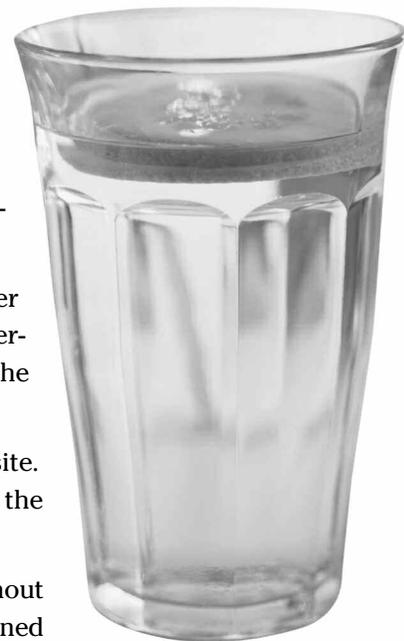
“Water Water Everywhere, Not a Drop to Drink”

WATER COMPRISES TWO-THIRDS of our bodies and though it is one of the most important nutrients, it is often neglected. It is required for several body functions and inadequate water can cause dehydration. Even mild dehydration can cause body fatigue and difficulty in concentrating.

Vending machines in some worksites provide only sodas that are loaded with calories and are of little nutritional value to the body. Making drinking water more available and visible throughout the day at your worksite may encourage employees to drink water instead of sodas and other sugar loaded beverages.

Guidelines:

- Make drinking water available through water fountains or water coolers in break/lunch rooms, lobbies and hallways. If budgetary constraints do not allow for the installation of these, then encourage employees to contribute a small donation each month for the purchase of bottled drinking water.
- Serve bottled water or water from pitchers at staff meetings and other functions as an alternative to soda and other flavored/sweetened beverages. Add lemon or lime slices or fresh mint leaves to add flavor to the water.
- Make bottled water available in vending machines at your worksite. Discuss the potential for adding water to the beverage machine, with the vending machine contractor or other concerned personnel.
- Encourage employees at your worksite to drink more water throughout the day and to choose water as a beverage instead of other sweetened drinks. Incorporate the message of drinking more water into any existing health and fitness programs offered at the worksite. (See **Appendix F** for a promotional poster to encourage employees to drink more water.)



(Adapted from Colorado Physical Activity and Nutrition Program Worksite Resource Kit)

SECTION V

Additional Resources



Eat
SMART

Additional Resources

THE FOLLOWING IS A LISTING of some organizations/programs that provide useful information on healthy eating.



5 A DAY PROGRAM

The 5 A Day for Better Health Program is a national initiative to increase consumption of fruits and vegetables by all Americans to 5 to 9 servings a day. A partnership between the National Cancer Institute (NCI) and the Produce for Better Health Foundation, 5 A Day is the nation's largest public/private partnership for nutrition. The web site provides useful information on increasing the consumption of fruits and vegetables for men, women, and African Americans, along with other resources.

Website: <http://www.5aday.gov>

AMERICA ON THE MOVE

America on the Move is a national initiative that recommends making small, achievable changes to achieve energy balance—the balance between calories consumed and calories expended through activity. The program offers free registration both to individuals or groups. The “Healthy Eating” section of the web site provides simple ways to eat healthier, reduce calories and record success.

Website: <http://www.americaonthemove.org>



AMERICAN CANCER SOCIETY



The “Prevention and Early Detection” section of American Cancer Society's web site provides useful information on food and healthy eating including recommendations, news, tips and tools such as the calorie calculator, etc.

Website: <http://www.cancer.org>



AMERICAN DIABETES ASSOCIATION

The Association provides culturally appropriate information on nutrition related to the prevention and management aspects of diabetes. It gives practical tips, tools, guidelines and recipes.

Website: <http://www.diabetes.org>



AMERICAN DIETETIC ASSOCIATION

The American Dietetic Association is the nation's largest organization of food and nutrition professionals. The Association serves the public by promoting optimal nutrition, health and well-being. The “Food and Nutrition Information” section of the web site provides information including fact sheets on several nutrition related topics. You can also find a Registered Dietitian® who can provide services to your worksite.

Website: <http://www.eatright.org>



The “Healthy Lifestyle” section of American Heart Association’s web site provides detailed and useful information on diet and nutrition, including facts, recommendations, recipes and tips for eating out for a variety of cuisines.

Website: <http://www.americanheart.org>

CENTER FOR SCIENCE IN PUBLIC INTEREST



The Center for Science in Public Interest is a non-profit organization and has been a strong advocate for nutrition and health, food safety, alcohol policy, and sound science. Its award-winning newsletter, Nutrition Action, provides reliable and up to date information on nutrition and health.

Website: <http://www.cspinet.org>



CENTERS FOR DISEASE CONTROL (CDC)

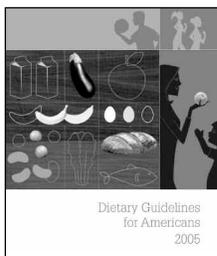
CDC’s Division of Nutrition and Physical Activity (DNPA) takes a public health approach to address the role of nutrition and physical activity in improving the public’s health and preventing and controlling chronic diseases.

Website: <http://www.cdc.gov/nccdphp/dnpa>

DIETARY GUIDELINES FOR AMERICANS

The dietary guidelines for Americans is a joint effort of the U.S. Department of Health and Human Services and the United States Department of Agriculture. The Dietary Guidelines is reviewed, updated if necessary and published every five years. This publication provides science-based advice to promote health and to reduce the risk of chronic diseases through diet and physical activity.

Website: <http://www.healthierus.gov/dietaryguidelines>



EAT SMART MOVE MORE...NORTH CAROLINA

Eat Smart, Move More...NC is a statewide initiative that promotes increased opportunities for physical activity and healthy eating through policy and environmental change. The consumer site of the Eat Smart, Move More...NC web site provides practical information both for individuals and their families for eating healthy in everyday life.

Website: <http://www.eatsmartmovemorenc.com>

HEALTHIER US



HealthierUS is a combined initiative of the Executive Office of the President and the Department of Health and Human Services. It is designed to help Americans live longer, better, and healthier lives. The President’s HealthierUS initiative helps Americans take steps to improve personal health and fitness. The web site provides a wealth of information on nutrition and other health related conditions.

Website: <http://www.healthierus.gov>



INTELIHEALTH

The “Healthy Lifestyles” section of IntelliHealth provides a wealth of reliable information on several nutrition related topics including weight management, breastfeeding, healthy recipes and interactive tools such as body mass index calculators, etc.

Website: <http://www.intelihealth.com>

INTERNATIONAL FOOD INFORMATION COUNCIL

The International Food Information Council (IFIC) provides science-based information on food safety and nutrition. IFIC’s purpose is to bridge the gap between science and communications by collecting and disseminating scientific information on food safety, nutrition and health. The web site provides detailed information on a variety of nutrition and food safety related topics along with access to an online newsletter. Website: <http://www.ific.org>





NATIONAL DAIRY COUNCIL®

NATIONAL DAIRY COUNCIL

The National Dairy Council is the leader in dairy nutrition research, education and communication, and provides timely, scientifically-sound nutrition information. A professional staff of nutritionists and dietitians is available to answer questions on virtually any topic related to dairy products, nutrition, scientific research, diet and health. The web site provides fact sheets and other information on a vast variety of health topics related to dairy consumption.

Website: <http://www.nationaldairyCouncil.org>

NATIONAL HEART, LUNG AND BLOOD INSTITUTE



The “Health Information and Publications” section of the NHLBI web site provides links to a wealth of information, health assessment tools and fact sheets. Most of the publications can either be downloaded for free or ordered online for a nominal cost. Many publications are also available in minority languages such as Spanish, Vietnamese and Filipino.

Website: <http://www.nhlbi.nih.gov>



NORTH CAROLINA NUTRITION NETWORK

The North Carolina Nutrition Network (NCNN) is a network of public and private agencies and organizations. It expands the reach and approach of current nutrition education efforts by incorporating the use of social marketing principles and tools in planning activities. It is one of the 22 networks nationwide designed to ensure nutrition education for food stamp eligible individuals. NCNN is administered by the North Carolina Cooperative Extension Service.

Website: <http://www.ncnutrition.org>

NORTH CAROLINA PREVENTION PARTNERS



The “Nutrition Resources” Prevention Partners section of the NC Prevention Partners web site provides a useful, county-specific listing of nutrition resources along with major state and national health organizations. Also, the “Starting the Conversation Tools” section contains booklets (for purchase) that are designed to let the users explore their readiness to adopt a lifestyle that incorporates healthier eating.

Website: <http://www.ncpreventionpartners.org>

NUTRIENT DATA LABORATORY



The Nutrient Data Laboratory of the United States Department of Agriculture provides answers to several frequently asked questions about nutrients, information about food composition and nutrition topics, tables used for measurement and conversion, and several other useful resources.

Website: <http://www.nal.usda.gov/fnic/foodcomp>

NUTRITION ANALYSIS TOOL

The Nutrition Analysis Tool (NAT) is a web based program that allows the users to analyze various foods they eat for various different nutrients. This tool is completely free and quite easy to use. It also provides an Energy Calculator and a Soy Food Finder with other useful information.

Website: <http://www.ag.uiuc.edu/~food-lab/nat>

NUTRITION.GOV

Nutrition.gov provides easy access to the best food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety. The site is kept fresh with the latest news and features links to interesting sites.



Website: <http://www.nutrition.gov>

PERSONAL ENERGY PLAN



The Personal Energy Plan or PEP is a 12-week self-directed, worksite program to promote healthy eating and moderate physical activity. The program materials include workbooks for healthy eating and physical activity targeting employees based on their readiness to change. A coordinator's kit, promotional brochures and posters are also included in the program.

Website: <http://www.cdc.gov/nccdphp/dnpa/pep.htm>

Toll Free: 1-800-635-7050



SHAPE UP AMERICA

Shape Up America is a high profile national initiative to promote healthy weight and increased physical activity in America. It offers free membership to individuals, and access to a variety of health and fitness related information including tutorials, quizzes, calculators, booklets, etc.

Website: <http://www.shapeup.org>



SISTERS TOGETHER

The "Sisters Together" program was started as a campaign focused on increasing physical activity and healthful eating, primarily for Black women. The web site has a lot of ideas, information and materials that may help you start a local program about eating well and moving more.

Website: <http://www.hsph.harvard.edu/sisterstogether>

Website: <http://www.hsph.harvard.edu/sisterstogether>

SMALL STEP smallstep.gov

Small Step is a program of the United States Department of Health and Human Services that provides a wealth of information on how to eat better including tips, recipes, newsletters, interactive tools and more.

Website: <http://www.smallstep.gov>



STEPS TO HEALTHIER WOMEN

Steps To Healthier Women is a special Web section of the National Women's Health Information Center, devoted to improving women's health. The web site provides information on nutrition and several other topics as related to women's health. It also focuses extensively on the goal of eliminating disparities and improving the health status of women of color.

Website: <http://www.4women.gov/pub/steps>

US DEPARTMENT OF AGRICULTURE



The USDA's Center for Nutrition Policy and Promotion links scientific research with the nutritional needs of the American public. The Dietary Guidelines for Americans, the Food Guide Pyramid, consumer brochures and recipes are among the resources available on this site. The "Interactive Healthy Eating Index" is an online dietary assessment tool that provides information on diet quality, related nutrition messages and links to nutrient information.

Website: <http://www.cnpp.usda.gov>



WORKING WELL WORKS

Working Well Works is a wellness program initiated in Tompkins County, New York to create worksite environments that support heart-healthy lifestyle choices. The web site provides the resources used in this campaign as well as detailed information and ideas to start wellness programs focused on healthier eating and increasing physical activity at worksites. The Fruit and Snack Bowl section provides guidelines to starting a healthy snacks program at worksites.

Website: <http://www.tompkins-co.org/wellness/worksite>

APPENDICES



**Eat
SMART**

Eat Smart North Carolina: Guidelines for Healthy Foods and Beverages at Meetings, Gatherings, and Events

Eating is one of life's greatest pleasures. There are many foods from which to choose, and many ways to build a healthy lifestyle, which leaves a lot of room for choice. The Dietary Guidelines for Americans¹ were designed to help people enjoy a variety of foods while ensuring good health. These Guidelines encourage eating a variety of foods from the Food Guide Pyramid and balancing food choices with physical activity. Having healthy foods and beverages available at events makes sense and supports good health.

Imagine a North Carolina where:

- children and adults can select water as well as other beverages, and can select from a range of tasty foods, including fruits, vegetables, and lower fat, lower calorie options at community events, schools, civic, professional, and religious centers.
- caterers, restaurateurs, and other food and beverage-related industries provide healthy alternatives in appropriate portion sizes for customers.
- employees can purchase heart-healthy snacks in vending machines at work and are served healthy foods in meetings and seminars.
- foods and beverages are served in smaller portion sizes.
- healthy foods are offered at potlucks, meetings, health fairs, religious functions, and other community-based programs or events.

Eat Smart, Move More...North Carolina is a statewide initiative that promotes increased opportunities for healthy eating and physical activity. Your help is needed to create a North Carolina where Eating Smart and Moving More is the custom rather than the exception! Think healthy eating is boring? Doesn't taste good? Costs more money? Think again! Eating colorful fruits and vegetables, tasty breads, and pastas seasoned with delicious herbs and spices means great taste without blowing your budget. "Eating Smart" doesn't mean every single food you eat (or serve) has to be low in fat or high in fiber. It does mean balancing less healthy foods with healthier ones. It also means providing portion sizes that support good nutrition without excess calories.

^{*}*Eat Smart North Carolina: Guidelines for Healthy Foods and Beverages at Meetings, Gatherings, and Events* was adapted from: *Guidelines for Offering Healthy Foods at Meetings, Seminars, and Catered Events* developed by the Public Health Nutrition faculty, staff, and students; Division of Epidemiology, School of Public Health, University of Minnesota, 2003. *Meeting Well—A Tool for Planning Healthy Meetings and Events*, American Cancer Society, 2000; and *Eat Smart, Move More...North Carolina*, NC Division of Public Health—Physical Activity and Nutrition Branch.

1. Food recommendations included in this guideline were based on the Dietary Guidelines for Americans issued in 2000 by the U. S. Department of Health and Human Services and the U. S. Department of Agriculture. The Dietary Guidelines

EAT SMART NORTH CAROLINA: Guidelines for Healthy Foods and Beverages at Meetings, Gatherings, and Events is a tool to assist anyone who is in charge of food-related events for their organization. Simple changes to foods and beverages offered at organizational and community events provide North Carolinians with power-packed, disease-fighting nutrients—and give them the energy boost they may need.

Why Should We Be Concerned?

Our food choices, lifestyle, and environment all affect our health. We know that food choices can prevent diseases and premature death. American (and North Carolinian) diets are low in fruits, vegetables, and whole grains, and are high in fat, saturated fat, and sugars. Food choices are associated with 4 of the 10 leading causes of death: coronary heart disease, some types of cancer, strokes, and Type II diabetes. Health conditions related to poor nutrition cost North Carolinians an estimated \$4.9 billion each year in medical expenses and lost productivity.²

North Carolina is experiencing an obesity epidemic. Currently, about two-thirds (61%) of NC adults are overweight or obese,³ and children and youth seen in our state's public health settings are almost twice as likely to be overweight as the national average.⁴ Nationally, approximately 400,000 deaths a year are currently associated with overweight and obesity.

Because of the strong relationship between diet and health, the increasing rates of obesity, and the NC Division of Public Health's commitment to health, the following guidelines were developed to help facilitate the selection of lower fat, lower calorie food and beverage options for all events where foods or beverages are served. We can model our commitment to good health by creating a healthy work environment ourselves and foster that vision across our state. Most importantly, by following these guidelines, you can promote your own health and reduce your risk for chronic diseases such as heart disease, cancer, and diabetes.

So think about all of the food-related events you're involved in (meetings, trainings, church suppers, fundraisers, luncheons, receptions, etc.) and promote good health by using some of the suggestions listed in this guide.

for Americans are science-based recommendations that provide advice for healthy Americans aged 2 years and over about food choices to promote health and prevent disease.

2. NC Prevention Partners, 2002, Health Management Associates, a financial cost appraisal of nutrition and overweight and obesity in the state of NC, 2001.

3. 2002 NC Behavioral Risk Factor Surveillance System, NC Center for Health Statistics.

4. 2001 NC Nutrition and Physical Activity Surveillance System, NC Division of Public Health.

FIVE GUIDELINES

GUIDELINE 1

Offer healthy food choices at breakfasts, lunches, dinners, potlucks, and receptions.

There are many healthy and delicious options for foods and beverages. Fruits and vegetables are low in calories and high in vitamins, minerals, and fiber. Portion sizes are important, too. Portion sizes have increased substantially over the years. Larger portion sizes of high-calorie, high-fat foods contribute to overweight in adults and children. Offer smaller portions of foods and beverages. Offer lower calorie beverages—water, low-fat milk, and unsweetened teas. Offer baked, roasted, or grilled meats and fish served with vegetables prepared without added fat.

GUIDELINE 2

Offer alternatives to food at mid-morning or mid-afternoon meeting breaks.

In America, we are surrounded by food all day, every day. Many meetings and seminars provide food at mid-morning and mid-afternoon breaks. With the increasing rates of obesity and the difficulty of controlling weight in a food-saturated environment, it is important to consider whether it is necessary to provide food at meetings, presentations, and seminars, especially mid-morning and mid-afternoon. Help create a norm that food does not have to be everywhere and does not have to be used to try to motivate people to attend events. Consider offering only beverages. If you do provide food, offer only fruits, vegetables, and/or other healthy foods. Another option is to offer a physical activity break instead.

GUIDELINE 3

Identify the healthy food and beverage choices.

Consumers these days are interested in knowing which foods and beverages make smart choices. Consider ways to identify and market the healthy food and beverages you are providing. The Winner's Circle Healthy Dining Program™ is a national and



statewide program that aims to increase access to, recognition of, and demand for healthy foods in those places where individuals are most likely to eat away

from home: restaurants, cafeterias, vending machines, and many other types of venues. One way to ensure that you are serving healthy foods and beverages is to work with your local NC Winner's Circle community team to identify foods that meet the nutrition criteria set by the Winner's Circle Program. To search for the NC Winner's Circle contact in your county, visit

<http://www.EatSmart>

MoveMoreNC.com/contacts/index.php. For more information about the NC Winner's Circle Program visit <http://NCWinnersCircle.com>.



GUIDELINE 4

Keep food safe to eat.

Foods that are safe from harmful bacteria and viruses are vital for healthy eating. From farm to table, everyone shares the responsibility of keeping food as safe as possible by washing hands and surfaces often; separating raw, cooked, and ready-to-eat foods while shopping, preparing, and storing; cooking and chilling foods to a safe temperature; and serving foods

safely. Your local health department or cooperative extension agency can provide you with more suggestions.



GUIDELINE 5

Lead by example.

When an organization's leaders become role models in choosing healthier foods and in turn support the purchase of healthier foods, it makes a powerful statement. Show your members or employees that you are concerned about their health and well-being by signing a formal or informal Healthy Foods policy. Buy healthy foods when dining out and prepare and eat healthy meals at home. Share this document with other leaders in your community and challenge them to also lead by example.

Don't forget about building physical activity into your events as well. Another great way to lead by example is to Move More by encouraging physical activity in your organization and to "walk the talk" yourself. Visit the **Eat Smart Move More...North Carolina** Web site for other ways to promote healthy eating and physical activity where you live, work, worship, or play. <http://www.EatSmartMoveMoreNC.com/index2.php>

Tips for stocking a healthy vending machine

Ask your vendor about including some of these:

- Baked chips
- Reduced-fat cookies and crackers
- Reduced-fat chips
- Fig bars
- Pretzels
- Canned fruit (lite or packed in own juice)
- Animal crackers
- Popcorn (lite or low-fat—5g fat or less/serving)
- Graham crackers
- Reduced fat crackers
- Granola bars/cereal bars

FOR REFRIGERATED UNITS

- 100% fruit or vegetable Juices
- Yogurt (flavored, low-fat, non-fat or fat-free)
- Milk (skim or 1%)
- Reduced-fat cottage cheese or pudding
- Fresh fruit
- Mini carrots or other prepackaged vegetables
- Salads with low-fat/non-fat dressing choices
- Bottled water

Your vendor may also be participating in the Winner's Circle Healthy Dining Program, so check with your county Winner's Circle contact or visit <http://www.NCWinnersCircle.com> (see Guideline 3).

Tips for selecting foods lower in fat and calories

- Ask the caterer to use lower fat or fat-free preparation methods, to serve added fats like dressings or condiments on the side, and to provide you with the number of calories and fat grams in entrées if available.
- Select lower fat entrées—approximately 12 to 15 grams of fat or less.
- Select items that are broiled, baked, grilled, or steamed rather than fried or sautéed.
- Include whole grain breads—skip the butter or margarine.
- Choose entrées in tomato-based sauces rather than cream, butter, or cheese sauces.
- Include fresh fruit.
- Include at least one vegetable—fresh or cooked, with no butter or cream sauces added.
- Choose lower fat/calorie desserts, such as cut-up fresh fruit with low-fat fruit yogurt dip, low-fat ice cream or frozen yogurt, sherbet or sorbet, or angel food cake with fruit topping.

Suggestions for Foods and Beverages

BEVERAGES

- Ice water
- Bottled spring or sparkling water—regular or flavored with no added sugar
- 100% fruit or vegetable juices—avoid large-size bottles
- Skim or 1% milk (regular or lactose-free)
- Coffee—regular and decaffeinated
- Tea—regular and herb teas—hot or cold
- Soy beverage

SNACKS

- Fresh fruit—cut up and offered with low-fat yogurt dip
- Raw vegetables—cut up and offered with fat-free or low-fat dressing or salsa dip
- Pretzels—served with mustard dip

Tips for food preparation to cut fat and calories

- Serve salad dressings on the side, and offer low-fat or fat-free dressings.
- Consider serving baked, broiled, or oven fried chicken or grilled fish.
- Season greens, cabbage, and string beans with smoked turkey instead of fat back or salt pork.
- When making potato salad, macaroni salad, and chicken salad, use less mayonnaise and substitute a lower fat version in your recipe.
- Select leaner cuts of meat. Remove the skin from chicken before you cook it.
- Skim fat from gravies before serving.

- Tortilla chips—baked and offered with salsa dip
- Popcorn—lower fat (5g fat or less/serving)
- Whole grain crackers—(5g fat or less/serving)
- Angel food cake with fruit topping
- Beverages from “Beverages” list

BREAKFAST MEETINGS

- Fresh fruit
- Yogurt—flavored non-fat or fat-free
- Bagels—3-1/2" diameter or less; serve with low-fat cream cheese, jam or jelly
- Muffins—small or mini (5g fat or less/muffin)
- Fruit bread (5g fat or less/1 oz slice)
- Granola bars—low-fat (5g fat or less/bar)
- Beverages from “Beverages” list

CATERED LUNCHESES & DINNERS

- Select an entrée with no more than 12 to 15 grams fat
- Always offer a vegetarian entrée
- Avoid fried foods or cream sauces
- Include fresh fruit
- Include at least one vegetable—fresh or cooked, with no butter or cream sauces



- Serve salads with dressing on the side—offer at least one low-fat or fat-free dressing
- Include whole grain breads

- Choose lower fat/lower calorie desserts: cut up fresh fruit and offer with low-fat fruit yogurt dip, low-fat ice cream or frozen yogurt, sherbet or sorbet, angel food cake with fruit topping
- Include beverages from “Beverages” list

Box Lunch Sandwich Ideas

(always include a vegetarian option):

- Whole grain breads or pita wraps—prepared without butter/margarine, mayonnaise/salad dressing
- Meats, poultry or marinated tofu—low-fat (3g fat/oz)
- Cheese—1 oz
- Toppings of lettuce, sprouts, tomatoes, onions, pickles, mustard, catsup, low-fat mayonnaise
- Pretzels or baked chips (7g fat or less/oz)
- Fresh fruit

CATERED RECEPTIONS

- Fresh fruit—cut up and offered with low-fat yogurt dip
- Raw vegetables—cut up and offered with fat-free or low-fat dressing, salsa or tofu dip
- Raw vegetable salads marinated in fat-free or low-fat Italian dressing
- Pasta, tofu, and vegetable salads with fat-free or low-fat dressing
- Cheese—cut into 3/4" squares or smaller
- Whole grain crackers—5g fat or less/serving
- Fish—not fried
- Lean beef or turkey—1 oz. slices
- Cake—cut into small 2" squares
- Angel food cake slices with fruit topping
- Beverages from “Beverages” list

CALORIES & FAT OF POPULAR

(Note: all amounts given for calories and grams of fat are approximate.)

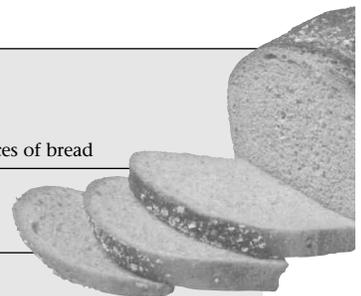
FOOD ITEM		CALORIES	GRAMS OF FAT
Beverages			
Coffee Creamer (1 tablespoon)	fat-free-skim milk	6	0
	half & half	20	1.7
Milk (8 oz carton)	Fat-free—skim milk	86	Trace
	Low-fat—1% milk	102	2.5
	Reduced fat—2% milk	121	5
	Whole milk	150	8
Regular Soft Drink	12 oz can	150	42g sugar
	20 oz bottle	250	70g sugar*
			*This is more than 17 tsp. sugar

Breakfasts *Total recommended calories and fat for breakfast = 300-400 calories;
13g fat or less (based on 2000 calories/day)*

Bagels	3-1/2"	180	1
	4-1/2"	330*	3
			*This is the equivalent of 4 slices of bread
Cream Cheese (2 tablespoons)	Low-fat	60	2.5
	Regular	100	10
Blueberry Muffins	Small: 2-1/2"	160	4
	Large: 3-1/2"	250	9
Croissant	Regular size	230	12
Apple Danish	Regular size	260	13
Glazed Doughnut	Regular size	240	14

Snacks

Chips (1 oz, about 12 chips)	Baked or low-fat potato	130	5
	Regular potato	150	10
	Baked or low-fat tortilla	125	4
	Regular tortilla	140	7
Pretzels	Regular size	110	1
Cookies (chocolate chip)	Small: 2-1/2"	50	2
	Large: 4"	280	14
Cake (3" x 2-1/4" piece)	Angel	130	Trace
	White	190	5
	Chocolate	200	8
	Carrot	240	11



FOOD & BEVERAGE ITEMS

FOOD ITEM **CALORIES** **GRAMS OF FAT**

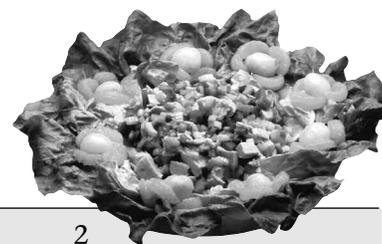
Lunches & Dinners

Total recommended calories and fat for lunch = 600-700 calories;

23g fat or less (based on 2000 calories/day)

Total recommended calories and fat for dinner = 700-800 calories;

27g fat or less (based on 2000 calories/day)



Sauces (1/2 cup)	Marinara (tomato-based)	50	2
	Alfredo (cream-based)	200	15
Salad Dressings (2 tablespoons)	Fat-free	50	0
	Regular	150	16
Chips (1 oz, about 12 chips)	Baked or low-fat	130	5
	Regular	150	10
	Baked or low-fat tortilla	125	5
	Regular Tortilla	140	7
Pretzels (1 oz, about 12 pretzels)	Regular size	110	1
Cheesecake (1/10 slice of 12" cake)	Bakery style	460	30*
			*This is more than 7 tsp. of fat
Ice Cream (1/2 cup)	Regular Vanilla	140	7

Receptions

Salad Dressings (2 tablespoons)	Fat-free	50	0
	Regular	150	16
Pasta Salads (2 tablespoons)	Low-fat Italian dressing	190	2
	Regular creamy dressing	350	22
Egg Rolls (1 3-1/2 oz)	Chicken	215	10
Spring Rolls (1 3-1/2 oz)	Vegetable, fresh—not fried	80	3
Buffalo Wings (1 mini chicken wing)	Barbecued	85	6
Chicken Drummette (1 mini drumstick)	Barbecued	85	6
Snack Crackers (approx. 8 crackers)	Reduced fat whole grain	120	3
	Regular butter-flavored	130	7
Cake (3" x 2-1/4" piece)	Angel	130	Trace
	White	190	5
	Chocolate	200	8
	Carrot	240	11



COMPARISONS OF FOOD

CHOOSE . . .

INSTEAD OF . . .

For Beverages

carbonated (with no sugar), coffees or teas, 100% fruit or vegetable juices	flavored soft drinks or fruit flavored drinks
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1% low-fat or skim milk	whole or 2% milk
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For Breakfasts

fresh fruits, dried fruits, unsweetened juices	sweetened canned fruits and juices
--	------------------------------------

low-fat yogurt	regular yogurt
----------------	----------------

small bagels—3-1/2" or smaller	regular bagels
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small or mini muffins—2-1/2" or smaller	regular or large muffins
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small bagels or muffins, low-fat granola bars	regular or large bagels or muffins, croissants, doughnuts, sweet rolls, pastries
---	---

toppings of light margarine, low-fat cream cheese, jam or jelly	regular butter, cream cheese, peanut butter
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unsweetened cereals	sweetened cereals
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whole grain waffles and French toast	waffles or French toast made from white bread
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whole grain bread or English muffin	white bread or English muffin
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For Lunches or Dinners

salads with dressings on the side	salads with added dressing
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low-fat or fat-free salad dressings	regular salad dressings
-------------------------------------	-------------------------

soups made with vegetable puree or skim milk	soups made with cream or half and half
--	--

pasta salads with low-fat dressing	pasta salads made with mayonnaise or cream dressing
------------------------------------	--

sandwiches on whole grain breads	sandwiches on croissants or white bread
----------------------------------	---

lean meats, poultry, fish, tofu (3g fat/oz)	high-fat and fried meats, bacon, poultry with skin, cold cuts, oil-packed fish
---	---

baked potatoes with low-fat or vegetable toppings	baked potatoes with butter, sour cream, and bacon bits
---	---

steamed vegetables	vegetables in cream sauce or butter
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whole grain bread or rolls	croissants or white rolls
----------------------------	---------------------------

margarine without trans-fatty acids	butter
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lower fat/lower calorie desserts: fresh fruit, low-fat ice cream, low-fat frozen yogurt, sherbet, sorbet, angel food cake with fruit topping	higher fat and calorie desserts: ice cream, cheese cake, pie, cream puffs, large slices of cake
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& BEVERAGE OPTIONS

CHOOSE . . .

INSTEAD OF . . .

For Receptions

fresh vegetables, cut up and served with low-fat dressing, salsa or tofu dip	tempura or deep fat fried vegetables
cut up fresh fruits	fruit tarts, pie, cobbler
grilled or broiled chicken without skin	fried chicken, chicken with skin
miniature meatballs made with lean meat	large meatballs made of high-fat meat, meatballs served in gravy or high-fat sauces
broiled or poached seafood: shrimp, fish, scallops, oysters, clams	deep fat fried seafood, seafood in high-fat sauces
mushroom caps with low-fat cheese	stuffed mushrooms with high-fat cheese stuffing or mushrooms marinated in oil
miniature pizzas made with English muffins, tomato sauce, mozzarella cheese, and mushrooms	pizza with pepperoni, Italian sausage or other high-fat meats
vegetable spring rolls—fresh, not fried	egg rolls
small cubes of cheese (3/4" squares or smaller)	large slices of cheese
whole grain crackers (5g fat or less/serving)	regular crackers
low-fat, "lite" popcorn (5g fat or less/serving)	regular popcorn
baked or low-fat chips, pretzels	regular chips
dips made of salsa, low-fat cottage cheese, hummus or low-fat salad dressings	dips made from regular mayonnaise, sour cream, cream cheese or cheese sauce
small slices of cake (2" square)	large slices of cake

For Snacks

cut up fresh fruits and/or vegetables	chips or cookies
whole grain crackers (5g fat or less/serving)	regular crackers
low-fat, "lite" popcorn (5g fat or less/serving)	regular popcorn or buttered popcorn
baked or low-fat chips, pretzels	regular chips
small slices of cake (2" square)	large slices of cake



SAMPLE MENUS

Sample Breakfast Menu

Assorted mini-bagels or muffins (some whole grain or bran)	Assorted 100% juices (orange, grapefruit, tomato, apple)
Assorted reduced-fat cream cheese (plain, vegetable, strawberry, honey nut, etc.)	Low-fat milk (1% or less), soy beverage
Assorted fresh fruit (sliced honeydew and cantaloupe, grapes, bananas, sliced oranges)	Coffee (regular and decaf), tea (regular and herbal), hot chocolate (made with skim milk), and non-fat creamer
Peanut butter	Water

Healthy Break

Consider replacing a food break with a physical activity break! Or, include a physical activity break with the following:

Assorted whole fruit and fruit skewers	Assorted fruit juice (100%), vegetable juices, and bottled water
Trail mix, granola bars	Coffee (regular and decaf), tea (regular and herbal), hot chocolate (made with skim milk), and non-fat creamer
Low-fat yogurt	

Sample Lunch and/or Dinner Menus

Grilled (or baked) chicken sandwich, on whole grain bread with lettuce, tomato and pickle	Mixed green salad with a variety of fresh raw vegetables (low-fat dressing on the side)
Sliced seasonal fruit	Baked potato with salsa and/or vegetable topping or Pasta Primavera in light sauce
Pretzels/baked potato chips	Fresh fruit salad with yogurt topping
Low-fat ice cream or frozen yogurt	Low-fat milk (1% or less), soy beverage, (regular and decaf), tea (regular and herbal), hot chocolate (made with skim milk), non-fat creamer, and bottled water
Low-fat milk (1% or less), soy beverage, (regular and decaf), tea (regular and herbal), hot chocolate (made with skim milk), non-fat creamer, and bottled water	

Mixed green salad with cherry tomatoes and low-fat dressing on the side	Baby spinach salad with fresh strawberries and seasoned pecans (low-fat raspberry dressing on the side)
Italian baked chicken or seasoned baked chicken	Baked pork chops with peach salsa or Barbecue baked pork chops
Brown rice	Baked sweet potato
Steamed green beans	Garden peas
Whole grain rolls, margarine	Whole grain rolls, margarine
Angel food cake with fresh strawberries and light whipped topping	Cupcake
Low-fat milk (1% or less), soy beverage, (regular and decaf), tea (regular and herbal), hot chocolate (made with skim milk), non-fat creamer, and bottled water	Low-fat milk (1% or less), soy beverage, (regular and decaf), tea (regular and herbal), hot chocolate (made with skim milk), non-fat creamer, and bottled water

APPENDIX B: Sample Healthy Foods Policy

For use where foods or beverages are served.

Whereas:

_____ (*worksite name*) is concerned about the health of our employees: and

Whereas:

People have become more and more interested in eating better and being more active; and

Whereas:

Heart disease, cancer and stroke—the top three causes of death in North Carolina—are largely affected by what we eat and how active we are; and

Whereas:

Foods such as fruits, vegetables, whole grain breads and pastas and low-fat dairy products are better choices for preventing many diseases.

Therefore:

Effective _____ (*date*), it is the policy of _____ (*worksite name*) that all activities and events (examples of events may include: meetings, potluck events, catered events, community sponsored events i.e. health fairs, etc.) sponsored or supported by this organization will always include **one or more** of these healthier items:

- **Fruits and/or vegetables**

Examples of such items include fresh, frozen, canned or dried fruits (such as grapefruit, oranges, apples, raisins or 100% fruit juices) and fresh, frozen or canned vegetables.

- **Low-fat milk and dairy products**

Examples include skim/nonfat or 1% milk; lowfat and fat-free yogurt; cheese and ice cream.

- **Foods made from grains (like wheat, rice and oats), especially whole grains**

Examples include low-fat whole wheat crackers, bread and pasta; whole grain ready-to-eat cereal, low-fat baked tortilla chips, pita bread.

- **Water**

Signature _____ Title _____

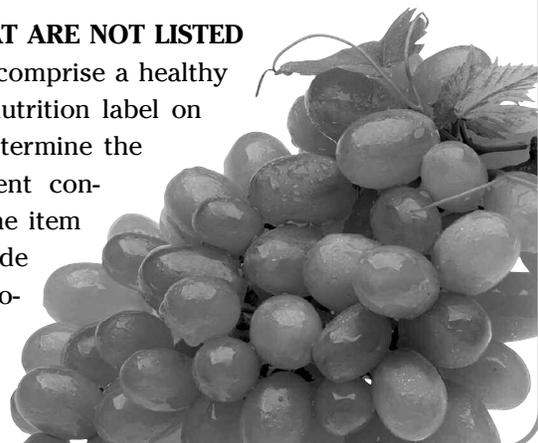


Healthy Snacks List

- Barbara's Bakery Multigrain Triple Berry Cereal Bars
- Chattanooga Bakery MoonPies
- Cliff Bars, Chocolate Chip Peanut Crunch, Chocolate Almond Fudge, Cookies and Crème and Chocolate Brownie
- Dakota Gourmet Products Cool Ranch Toasted Corn
- Dakota Gourmet Products S'More Mix
- Famous Amos Oatmeal Raisin Cookies
- Famous Amos Lowfat Iced Gingersnaps
- Fig Newtons
- Frito Lay Baked Doritos and Lays
- Frito Lay Rold Gold Honey Mustard Pretzels
- Frito Lay Ruffles Wow!
- Gatorade Gatorade Bar Chocolate and Peanut Butter Crunch
- General Mills Chex Mix
- General Mills Nature Valley Granola Bars—Oats 'n Honey
- General Mills Pop Secret 94% Fat Free Butter Popcorn
- Genisoy Soy Crisps
- Guiltless Gourmet Corn Chips
- Kashi GoLEAN Bars—Chocolate Peanut Bliss
- Keebler Crackers Wheatables Reduced Fat
- Keebler Journey Multi-Grain Cereal Bar Caramel
- Kellogg's Cereal Bar Apricot
- Kellogg's Nutri-Grain Cereal Bars (ALL FLAVORS)
- Kellogg's Special K Bars—Blueberry, Strawberry
- Kettle Valley Fruit Bars
- Kraft Tickles Snack Mix
- MJM All-Sports Bites and Bear Grahams
- Nabisco 100 Calorie Pack Honey Maid Cinnamon Thin Crisps
- Nabisco 100 Calorie Pack Kraft Chip Nips Thin Crisps
- Nabisco Snackwells Sugar Free Oatmeal Cookie
- Newman's Own Pretzel Sticks
- Newman's Own Salted Rounds Pretzels
- Pepperidge Farm Pretzel Goldfish®
- Pita Snax Pita Chips
- Power Bar Double Chocolate and Harvest Peanut Butter Chocolate Chip
- Proctor & Gamble Pringles—Fat Free
- Quaker Chewy Granola Bar
- Quaker Fruit & Oatmeal Bars—Apple Crisp and Strawberry (Lower Sugar)
- Quaker Graham Cereal Bars
- Quaker Harvest Crunchy Bars—Mixed Berry
- Quaker Rice Cakes
- Quaker Crispums
- Snyder's Mini Pretzels
- Snyder's Sourdough Nibblers
- Stacy's Pita Chips
- Stacy's Soy Thin Crisps
- Tennessee Chips Baked Nacho Seasoned Corn Chips and Yellow Corn
- Tumaró's Gourmet Snacks Organic Krispy Crunchy Puffs
- Utz Pretzels
- Pine Creek Pack Bing Cherries
- Mariani dried fruit
- Dole Canned Fruit
- Pine Creek Pack Apple Chips
- Just Tomatoes, etc. Just Fruit Munchies
- Stretch Island Fruit Leather
- Sunsweet dried fruit
- Chocolate Chip and Peanut Butter Chocolate Chunk

SOME ITEMS THAT ARE NOT LISTED

ABOVE may also comprise a healthy snack. Read the nutrition label on the package to determine the calorie and nutrient content. In general, the item should not provide more than 200 calories per serving.



Healthy Beverages List

- All skim milks
- All 1% milks
- Bolthouse Farms Valencia Orange Juice
- Bolthouse Farms Passion Fruit Apple Carrot Juice
- Bolthouse Farms Vedge Vegetable Juice Blend
- Dole Chilled 100% Juices - All Varieties
- Dole Frozen 100% Juices
- Dr. Smoothie 100% Strawberry Smoothie
- Edensoy Rice Milk
- Edensoy Soy Milk: Chocolate and Vanilla
- Florida's Natural 100% Juice 10oz serving- All Flavors
- Fresh Samantha Carrot Orange Juice
- Fresh Samantha Desperately Seeking C
- Fresh Samantha Fruit Smoothies
- Fresh Samantha Mango Mama
- Fresh Samantha Raspberry Dream
- Minute Maid 100% Juices
- Mott's Juice
- Nantucket Nectars 100% Grape Juice
- Ocean Spray 100% Juice
- Odwalla 100% Fruit Juice
- Silk Soy Milk: Chocolate and Vanilla
- Tree Top 100% Apple Juice
- Tropical Paradise Inc 100% Juice Slush (All flavors)
- Tropicana Seasons Best 100% Juices
- V8 100% Vegetable Juice
- Veryfine 100% Fruit Juice
- Vita-Fresh 100% Fruit Juices- All Varieties
- Welch's 100% Juice
- Apple & Eve Waterfruits- ALL FLAVORS
- Aquafina Sparkling— ALL FLAVORS
- Aquafina Flavor Splash— ALL FLAVORS
- Glaceau VitaminWater
- Pepsico H2Oh! Sparkling Water—ALL FLAVORS
- Propel Propel Fitness Water— ALL FLAVORS
- RWI Riptide Flavored Water
- RWI Riptide Sparkling
- Shasta Clear Fruit Lite— ALL FLAVORS
- Vitasoy Soy Milk: Chocolate and Vanilla



OTHER BEVERAGES THAT ARE NOT LISTED ABOVE may also be considered as a healthy choice. Read the nutrition label to determine the calorie and nutrient content of the beverage. The following guidelines may be used in determining whether a beverage is a healthy option:

- Water, any size
- Low-fat or skim milk, flavored or plain; 8 oz.
- 50–100% juice with no added sweeteners; 8 oz.
- 100% vegetable juice; 8 oz.

FAST FOOD SURVIVAL GUIDE

- 1** Order a kid's meal.
You will get less food for less money.
- 2** Share your meal with a family member or friend.
- 3** Order water instead of soft drinks.
- 4** Don't super-size. Super sizing usually provides more fries, more soft drink and more calories.
- 5** Think twice when ordering the value meal combo.
They usually contain larger serving sizes.
- 6** Don't always order the large hamburger.
- 7** Choose fast food only occasionally.
Eat and prepare more meals at home.



A FAST WAY TO 5 A DAY



EATING FAST FOOD DOESN'T HAVE TO BE UNHEALTHY. Be creative and you can get fruits and vegetables just about anywhere you eat. Here are some ideas:

IN ANY RESTAURANT

- Ask for extra lettuce, tomato and onion on your burger.
- Order a side salad instead of French fries.
- Order 100% vegetable or fruit juice like orange juice (not Hi-C) instead of soda.

(Source: Centers for Disease Control and Prevention 5 A Day Program)

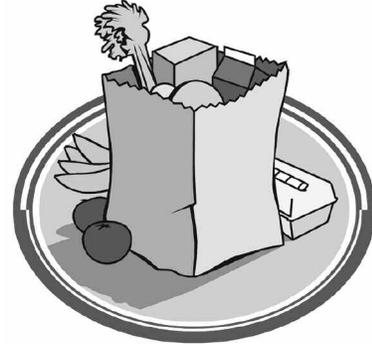
EXAMPLES FROM POPULAR FAST FOOD RESTAURANTS

- **Burger King** and **McDonalds** offer garden salads and chicken garden salads. Burger King also offers a veggie burger—an easy way to get a serving. They both also offer 100% orange juice throughout the day.
- **Wendy's** offers innovative salads for more variety. It also offers baked potatoes.
- **Taco Bell** has a veggie fajita and a taco salad. Restaurants serving breakfast also have 100% orange juice available.
- **Subway** offers a veggie deluxe sandwich and several different salads. You can add a serving to any sandwich by choosing lots of colorful veggies. Extra veggies are free.
- **Boston Market** offers Caesar and garden salads as entrees or sides. Several side orders can help to add a serving—steamed veggies, green beans, new potatoes, zucchini marinara, creamed spinach, butternut squash and fruit salad.
- **Bruegger's** offers veggie sandwiches (or ask for extra veggies on any sandwich) and vegetable soups such as minestrone.
- **Pizza** (Pizza Hut, Dominos, Papa John's or your favorite). Most pizza places offer salads or add veggie toppings to your pizza. To get a 1/2 cup cooked serving you need to order at least two veggie toppings.

Get a taste for eating smart and moving more

12 Ways to Create a Healthful Eating Style

- 1. Forget the fads:** Diet fads come and go without offering a permanent solution. When you hear about the latest diet, always ask yourself: Can I eat this way for the rest of my life?
- 2. Be realistic:** Any eating plan needs to work for your family and your situation. It needs to fit with your schedule, your food budget and your cooking skills.
- 3. Make a commitment:** Write down some important reasons for changing your eating habits. Share a written or verbal promise to make healthy food choices with your friends or family.
- 4. Start slow:** Making drastic changes can be a recipe for failure. Small changes can make a big difference, if they last. Pick one change, like eating breakfast, and make it a habit.
- 5. Be consistent:** The human body responds well to consistency. For example, if you decide to want to start eating breakfast, have at least a small breakfast every day.
- 6. Stick with it:** Research suggests that it takes about 21 days for a behavior to become habit. If you want to start eating breakfast, plan ahead what you will eat in the morning.
- 7. Be flexible:** Life is full of surprises, and sometimes plans need to change. If you have to leave early and don't have time for breakfast at home, pack something to take with you.
- 8. Be creative:** Make a list of all the possible foods – like all the breakfast options that you enjoy at home, in the car, on the bus or at work.
- 9. Have items on hand:** Once you have a list of possible foods, keep them around at home, at work, or anywhere you might eat breakfast.
- 10. Plan ahead:** Plan ahead of time to have healthy foods available so that you don't have to eat whatever is handy when you get hungry.
- 11. Forgive yourself:** Healthy eating does not have to be perfect eating. If you make a mistake or miss a few days of healthy eating, no problem. Just get back on track as soon as possible.
- 12. Congratulate yourself:** Changing your eating habits can be tough. Just think how long you've had your current habits. Give yourself a pat on the back for any healthy changes.



12 Reasons to Develop a Regular Eating Routine

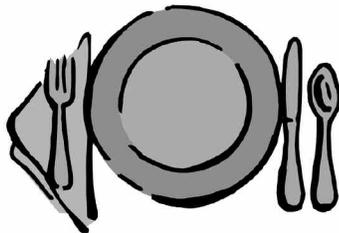
1. **Food is everywhere:** From the gas station to the mall, from the vending machine to the chips at home. Without a regular eating routine, it can be hard to resist temptation.
2. **Grazing can lead to overeating:** Without an eating routine, it's easy to graze on whatever food you find. Many people keep picking at food without ever feeling satisfied.
3. **Skipping meals can lead to overeating:** Trying to eat less by skipping breakfast or lunch often backfires, and you end up eating more calories in snacks and dinner.
4. **Getting over-hungry can lead to overeating:** When you are really hungry, it is hard to make healthy choices. It's also hard to eat slowly and to stop when you are satisfied.
5. **Mindless eating can lead to overeating:** It's also hard to make healthy choices and to stop eating when you are doing other things, like driving, reading and watching TV.
6. **Television can lead to overeating:** TV advertisements and shows are full of food cues that make you want to eat whether you are hungry or not.
7. **Routines help maintain a healthy weight:** Establishing regular times and places to eat helps prevent overeating and helps you balance your eating with your activity level.
8. **Routines help build healthy habits:** Develop a routine of cutting up fruit after dinner for a naturally sweet dessert.
9. **Routines help with planning and shopping:** When you eat regular meals and snacks, it is easier to plan healthy choices and easier to make shopping lists.
10. **Routines help save money:** Buying food on impulse is usually more expensive. It's much cheaper to plan ahead and have healthy choices around when you want to eat.
11. **Children do better with a regular eating routine:** Regular meals and snacks help children maintain the ability to eat when hungry and stop when satisfied.
12. **Different routines work better for different people:** Some people feel better with three meals and a snack; others prefer five smaller meals. Choose the best routine for you!



12 Smart Ways to Right-Size Your Portions

There's no need to give up your favorite foods to manage your weight or improve your health. The biggest nutrition problem in America is not **WHAT** we eat, but **HOW MUCH** we eat. The key to healthful and delicious eating is to downsize your portions at breakfast, lunch, dinner and especially snack time. Here are a dozen quick and easy ways to eat less and enjoy more taste and nutrition in every bite.

1. **Listen to your body's cues:** Your internal signals of hunger and satisfaction can help you eat right, if you listen to them.
2. **Prepare less food for meals:** Large quantities of food make people eat more. If you want leftovers, put them out of sight and out of mind.
3. **Start with a small serving:** Small servings may be exactly what you want and you can always have more if you are still hungry.



4. **Use small dishes and glasses:** It really works. Smaller plates and taller, thinner glasses make you think that you are getting more with less.
5. **Slow down the pace of eating:** Eating slowly enhances enjoyment of food and beverages and gives your brain time to register fullness.
6. **Eat half, wait 20 minutes:** When you wait (and listen to internal cues), you can be satisfied with smaller-than-usual portions.
7. **Never eat out of the bag:** When you eat out of bags, boxes or cartons, you usually eat more. Take a small portion and then put the bag away.
8. **Think before you order:** Many meals out are two to four times larger than you need. Make a plan before you order.
9. **Always go for the small size:** At fast-food restaurants, order small or regular items (drinks, burgers and fries) or choose a child-size meal.
10. **Share, share, share:** Sharing meals when eating out is a great way to save money and calories too.
11. **Eat half, take half home:** Ask your server to put half your meal into a "to-go" container in the kitchen or to bring a box to the table.
12. **Eat regular meals and snacks:** When you plan regular meals and snacks, it's easier to be satisfied with smaller portions each time.

12 Nutrient-Rich Super Snacks

A balanced snack can make all the difference in how hungry you feel. All it takes is some lean protein balanced with nutrient-rich carbohydrates from whole grains, fruits or vegetables. Pack at least one super snack into your day and you'll get an energy boost, long-lasting satisfaction and the nutrients your body needs to stay strong and healthy.

1. **Oatmeal with lowfat milk:** All it takes is one minute to heat up a bowl of wholesome nutrients and fiber in the microwave.
2. **Vanilla yogurt with berries:** Take one cup of yogurt and stir in half a cup of blueberries, raspberries or strawberries (frozen or fresh).
3. **Nuts and dried fruit:** Start with a small handful of nuts and add your favorite dried fruit (raisins, apricots or apples).
4. **Cheddar cheese and an apple:** Combine creamy and crunchy, with an ounce of sharp cheese and a crisp apple for tartness.
5. **Beef jerky and pea pods:** With teriyaki jerky (1-2 ounces), this low-fat treat will taste like a Chinese take-out mini-meal.
6. **Turkey on multi-grain bread:** A slice of turkey, a slice of whole grain bread, some lettuce and tomato and your favorite mustard. Yummy!!
7. **Peanut butter on bananas:** Whether you like creamy or crunchy, a tablespoon or two of peanut butter makes this a perfect snack for kids of all ages.



8. **Cottage cheese and fruit:** Juice-packed, canned fruit goes great with a half cup of cottage cheese. Try pineapple, peaches or pears.
9. **Cheese stick and tomatoes:** Easy to take anywhere. Enjoy a mozzarella cheese stick with cherry or grape tomatoes.
10. **Salad with sunflower seeds:** Sprinkle a tablespoon of crunchy seeds on salad greens and dress lightly with olive oil and vinegar.
11. **Wheat wrap with cheese:** Pick a slice of your favorite cheese and roll it up in a whole wheat tortilla or other flavored wrap.
12. **Microwave bean soup:** Instant soups (or beans and rice combos) make quick, heart-healthy, cold-weather snacks.

12 Smart Ways to Enjoy More Whole Grains

Looking for smart ways to enjoy more high-energy carbs? Whole grains are the tastiest place to start. These naturally nutrient-rich foods are easy to find on supermarket shelves. Choose products with a whole grain as the first ingredient. Look for whole wheat, whole wheat flour, whole rolled oats, brown rice, barley or some of the more exotic grains like amaranth, spelt or kamut.

1. **Whole grain breads and rolls:** 7-grain or 9-grain, honey wheat or rye – they all add chewy goodness to toast and your favorite sandwiches.



2. **Whole grain hot cereals:** Instant or regular, oatmeal and other multi-grain hot cereals help kick-start your energy level into high gear.

3. **Whole grain cold cereals:** Make a morning parfait with layers of crunchy cereal, fresh or canned fruit, and lowfat vanilla yogurt.

4. **Whole grain muffins:** Bran muffins are just the beginning. Try whole wheat muffins with blueberries or oatmeal with bananas and nuts.
5. **Whole grain pancakes:** Multi-grain or buckwheat pancakes are a luscious morning treat with fresh or frozen strawberries or applesauce.
6. **Whole grain pasta:** Check out what's new in the pasta aisle – new shapes and flavors made with whole grain goodness.
7. **Whole grain veggie burgers:** Most veggie patties are made from soybeans with cracked wheat, brown rice, barley and other yummy grains.
8. **Whole grain crackers:** Crispy crackers made from whole wheat flour are perfect with peanut butter or your favorite soup.
9. **Whole grains in soups:** Barley may be the best in soup, but whole brown rice is also very nice – especially with a variety of vegetables.
10. **Whole grains in salads:** Cracked wheat makes a super salad called tabouleh. Leftover brown rice goes great with dries cranberries and walnuts.
11. **Whole grains in snacks:** Create a tasty mix with whole grain cereal, dried fruit bits, sunflower seeds and almonds.
12. **Whole grains in desserts:** Oatmeal is an ideal companion for fruit in home-baked treats like apple crisp or oatmeal-raisin cookies.

Get a taste for eating smart and moving more

12 Delicious, Easy Ways to Enjoy Fruit

Fruit is a double-sweet treat. It's a delicious treat for your taste buds and a nutrition treat for your whole body. Fruits are naturally nutrient-rich. That means they are packed with vitamins, minerals and disease-fighting phytonutrients and are still low in calories. To maximize the health benefits from fruit, nutrition experts suggest 2 to 3 servings per day – in a rainbow of colors. All types of fruit are nutritious – fresh, frozen, canned and dried – so here are a dozen easy ways to treat yourself to good health!

1. **Berries, berries, berries:** Canned blueberries in muffins, dried cranberries in a salad, or fresh, juicy strawberries for dessert.
2. **Citrus fruit:** Oranges, pink and white grapefruit, tangerines, tangelos, Clementines, lemons and limes.
3. **Melons and more melons:** Slices of watermelon, cantaloupe, honeydew or Crenshaw – in a fruit cup or for a sweet snack.
4. **Bananas:** Bananas, nature's fast food, come in their own wrapper – convenient to take in the car or eat at your desk.
5. **Kiwi fruit:** Slice kiwi fruit into a mixed fruit or fresh spinach salad or just scoop them out of their thin, brown peel.
6. **Pineapple:** One of the most versatile fruits, pineapple is perfect fresh, canned, dried, as juice or on a pizza!
7. **Tropical fruit:** Fresh produce departments and canned food aisles now serve up mangoes, papaya and star fruit.
8. **Apples and pears:** A fresh, crisp snack, a juicy addition to green salad, and in a tasty pie, tart or cobbler for dessert.
9. **Summer tree fruit:** Nectarines, peaches and apricots are fabulous when fresh and still quite tasty when canned in their own juice.
10. **Plums and prunes:** Fresh plums are another juicy taste of summer. Dried or made into juice, prunes are very nice for regularity!
11. **Cherries and grapes:** Fresh or dried, cherries and grapes make a great snack or addition to salads (mixed fruit or tossed green).
12. **Trendy tomatoes:** Tomatoes are a fruit and now they come in sweet, fruit-shaped cherry, grape and strawberry varieties.



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National Nutrition Month® - March 2005
Adapted by the NC NET Program from Eat Right Montana materials

12 Delicious, Easy Ways to Enjoy Vegetables

From a health standpoint, vegetables are a five-star food group: naturally nutrient-rich; better tasting than a vitamin pill; low in calories and fat; cholesterol-free and packed with disease-fighting phytonutrients. To maximize your health with vegetables, nutrition experts suggest at least 3 to 5 servings per day – in a rainbow of colors. All types of vegetables can be nourishing and delicious – fresh, frozen, canned and juiced. Here are a dozen daily ways to treat yourself to good health!

1. **Broccoli and cauliflower:** Versatile and very healthful – eat them raw (with dip if you like) or cooked, in a salad or even a slaw.
2. **Carrots:** Sweet, crunchy, good for your teeth, eyes and heart! Perfect raw (as a snack or salad) or cooked in a stew.
3. **Peppers:** Green, red, yellow, orange or even purple! Enjoy peppers in a salad, stir-fry, or casserole or as a snack.
4. **Spinach:** A salad of baby spinach leaves with pears or apples can turn anyone into a real spinach lover.
5. **Onions:** The zesty onion family (scallions, leeks and garlic, too!) offer some powerful antioxidant nutrients.
6. **Peas:** Fresh, frozen or even canned, peas are a treat to eat and they are very popular with small children.
7. **Beets:** If you've never liked beets, try them in a new way – like roasted, grilled or lightly steamed in the microwave.
8. **Sweet potatoes and yams:** Switch the color of your usual baked potato and you'll get a lot more nutrients, along with great taste.
9. **Mushrooms:** Just a mushroom or two adds rich flavor to a casserole, soup, stew, stir-fry or even a tossed green salad.
10. **Leaf and romaine lettuce:** Rule of thumb for a healthy salad – the darker green or red the lettuce leaves, the more nutrients you get.
11. **Green, yellow or purple beans:** Like their pea 'cousins,' beans offer some fiber and a little bit of protein, along with vitamins and minerals.
12. **Tomatoes:** Cooking increases the availability of some tomato nutrients – so enjoy canned sauce, paste and chunks.



12 Delicious Ways to Enjoy Dairy Foods At Home

Everyone knows that dairy foods are a delicious way to build strong bones and teeth – with plenty of calcium, magnesium, potassium, vitamin D and other nutrients. Did you know that dairy products can also help you maintain a healthy weight, lower your blood pressure and prevent cancer, diabetes and gout? Milk, yogurt, cheese and cottage cheese aren't just kids' stuff – 3 servings a day are important for everybody.

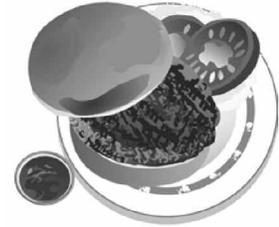
1. **Enjoy MILK with meals:** Make 1% or skim milk the beverage of choice for all meals – morning, noon and night.
2. **Enjoy MILK on cereal:** Combine a whole grain cereal with lowfat milk for breakfast or a snack and your heart will thank you.
3. **Enjoy MILK in hot beverages:** Lattes, mochas, Chai tea or old-fashioned hot chocolate are all delicious ways to drink dairy.
4. **Enjoy YOGURT to-go:** In a cup “to-go,” lowfat yogurt makes a sweet and easy-to-eat treat.
5. **Enjoy FROZEN YOGURT:** Looking for a cool summer dessert? Top your favorite flavor of frozen yogurt with fresh or dried fruit.
6. **Enjoy YOGURT smoothies:** Blend up one at home with fruit and milk or pick up a bottled smoothie in the dairy case.
7. **Enjoy COTTAGE CHEESE:** Combine lowfat cottage cheese with fruit or nuts for a high-protein snack any time of the day or night.
8. **Enjoy a string CHEESE snack:** Perfect for eating on-the-run. Enjoy string cheese in standard mozzarella, Cheddar or a swirled combination.
9. **Enjoy melted CHEESE:** Cheese pizza with vegetables, grilled cheese on whole wheat or a quick quesadilla with beans and salsa are all great ways to enjoy cheese.
10. **Enjoy sprinkled CHEESE:** Sprinkle blue cheese on a salad, Parmesan cheese into tomato soup, or feta cheese on cooked vegetables.
11. **Enjoy CREAMY soups:** There's no need for cream; just make home-cooked or canned soup with lowfat milk for flavor and calcium.
12. **Enjoy dry MILK powder:** Use non-fat powdered milk to add an easy protein boost to smoothies, soups, casseroles and other dishes.



12 Delicious Ways to Nutrient-Rich Lean Beef

Calorie-for-calorie, beef is naturally a nutrient-rich food. A 3-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000-calorie diet. At the same time, beef supplies more than 10 percent of the Daily Value for nine essential nutrients, including protein, iron, zinc and many B-vitamins. There are at least 19 cuts of beef that meet government guidelines for lean. Here are a dozen simple ways for your family to enjoy their favorite cuts of beef and pump up their nutrients too!

1. **Slice an EYE ROUND ROAST:** Roast your own beef for sandwiches and wraps – an easy way to get more flavor for less money.
2. **Stir-fry TOP ROUND STEAK:** Cut top or bottom round into small pieces. Marinate with soy sauce and ginger; stir-fry with broccoli or peapods.
3. **Sauté TOP SIRLOIN STEAK:** Sliced steak, onions and peppers are the perfect combination. Serve over brown rice or a whole wheat sub roll.
4. **Bake 95% LEAN BURGER:** Lean ground beef (5% or less fat) is perfect for baking in lasagna and all your family’s favorite casserole recipes.
5. **Braise BRISKET:** Slowly cook brisket in wine or broth with some yummy vegetables, like carrots, red potatoes and leeks.
6. **Stew CHUCK ROAST:** Beef stew is superb for dinner and even better as leftovers for lunch. It also freezes well for emergencies.
7. **Microwave POT ROAST:** In 7 minutes or less? The new pre-cooked beef products are convenient and tasty when time is short.
8. **Marinate FLANK STEAK:** Surprise your family with a unique and flavorful new marinade from www.beefitswhatsfordinner.com/.
9. **Barbecue a RIBEYE STEAK:** Nothing beats a succulent steak and baked potato meal, especially with baked beans and a tossed salad.
10. **Roast a TRI-TIP ROAST:** Maximize the flavor of beef with a dry “rub” before cooking. Try a mix of herbs, black pepper and garlic.
11. **Broil a TENDERLOIN STEAK:** Use an oven broiler or indoor grill to quickly cook a steak, while steaming asparagus or beans on the stove top.
12. **Grill a T-BONE STEAK:** Who knew your favorite steak was lean? For a nutrient-rich meal, grill with sliced vegetables and fruit.



Nutrient-Rich Holiday Feasts from Soup to Nuts

Nutrient-rich foods are the best that nature has to offer – whole foods that deliver more nutrition than pills and supplements. With bright colors and delicious flavors, nutrient-rich foods are a gift on any holiday table. Calorie for calorie, they provide more of the nutrients you need to maintain your weight, enhance your health, and reduce your stress during this hectic time of year. Here are a dozen easy ways to add nutrient-rich foods to all your holiday feasts.

1. **SOUP:** Go for thick soups – like navy bean or roasted vegetable. For cream soups with less fat, use low-fat buttermilk.
2. **APPETIZERS:** Make it simple – broccoli trees and baby carrots with low-fat dip or refreshing sliced citrus fruit.
3. **SALAD:** So many festive options – like mixed greens with sliced pears, strawberries, dried cranberries and chopped walnuts.
4. **MEAT ENTREES:** For extra holiday flavor, rub a lean beef or pork roast with a mixture of your favorite herbs and spices.
5. **FISH ENTREES:** Salmon makes a super centerpiece for a feast – especially surrounded by snap peas and roasted red potatoes.
6. **POULTRY ENTREES:** Stuff all your holiday birds with whole grain breads or wild rice mixed with plenty of vegetables.
7. **VEGETABLES:** Add lots of nutrition value for little money with winter vegetables (beets, carrots, squash, pumpkin and yams).
8. **PASTA and RICE:** Whole grain pastas and brown rice mixtures add chewy textures, rich flavors and an extra serving of fiber.
9. **BREADS:** To pack a nutrition punch into your breadbasket, fill it with whole grains – rolls, breadsticks or crackers.
10. **DESSERTS:** Nutrient-rich desserts are easy – just start with a brightly colored fruit like cranberries, pineapple or oranges.
11. **FRUIT and CHEESE:** Or try a different finish to your feast with a flavorful cheese (like cheddar or Swiss) and crisp apple slices.
12. **NUTS:** As a snack or a healthy stocking stuffer, nuts are a popular treat. A handful is the perfect serving size!



Eating Together for Health and Fitness

Sometimes very simple changes can make a big difference. Increasing the meals that your family eats together can make a big difference in your health, happiness and even your finances. No time to make a meal? No problem; family dinners are easier than you think.

WHY eat together as a family?

- ❶ **Families save time, money and hassle.**
- ❷ **Children learn skills, values and traditions.**
- ❸ **Children have fewer behavior problems.**
- ❹ **Children do better in school and on tests.**
- ❺ **Children and adults get the nutrients they need.**
- ❻ **Everyone treasures mealtime memories.**

HOW can YOU do dinner quickly and easily?

- ❶ **Plan a weekly menu:** Make it simple or make it detailed. The key is to have a plan for shopping and cooking. Involve the whole family for less stress for any one person.
- ❷ **Cook once, eat twice:** Cut down dramatically on your prep time. Cook and freeze larger batches of key ingredients, like ground beef for tacos and spaghetti sauce.
- ❸ **Keep the cupboard stocked:** Pack your pantry (and freezer) with staples like canned beans, tuna and fruit; pasta, rice and baking mixes; and frozen vegetables.
- ❹ **Use the sandwich advantage:** Nothing is quicker than a sandwich - breakfast (toaster waffles), lunch (whole grain bread) or dinner (pita pocket or tortilla wrap).

WHAT foods make a perfect family dinner?

- ❶ **Grains:** High-energy carbohydrates, especially whole grains, have a place on every dinner table. A bread machine (with a timer) can serve it up hot right on schedule.
- ❷ **Meat, fish, poultry, and beans:** High-quality proteins provide "muscle" for healthy meals. Do a combo, like beef and beans in chili, for an extra fiber boost!
- ❸ **Vegetables and fruit:** Any meal is perfect for produce. Pack one-third to one-half of your plate with a colorful bonanza of fresh, frozen or canned fruits and vegetables.
- ❹ **Dairy:** A glass of cold, refreshing milk (1% or less) is the beverage of choice for healthy families. Cheese, cottage cheese and yogurt are other tasty calcium sources.

Eating Well - ANYTIME!!

Making healthful food choices is much easier than you thought possible. There's no need to follow a complicated diet, to count every calorie or to avoid your favorite foods. Even better, it's easy to eat healthfully ANYTIME of day - ANYWHERE you decide to eat.

WHY make healthier food choices every day?

- 🍷 **ENJOY** great taste and good health in every bite you take.
- 🍷 **BOOST** your brainpower for learning, working and playing.
- 🍷 **ENERGIZE** your body and mind for all the things you want to do.
- 🍷 **ENHANCE** your health from head to toe, on the inside and the outside.
- 🍷 **PROTECT** your whole body - heart, bones, muscles, eyes, skin and more!

WHAT foods are the healthiest choices?

For high-energy health, choose minimally processed, whole foods. These are the best sources of the 70+ nutrients your body needs every day. Whole foods are cheaper than supplements and the nutrients in them are usually better absorbed. Your **best bets** are:

- 🍷 **Fruits and vegetables** (fresh, frozen, canned and dried) ~ 5 to 9 servings a day
- 🍷 **Whole grains** (breads, cereals, rice, pasta and snacks) ~ 3 servings a day
- 🍷 **Low-fat dairy foods** (1% or less milk, yogurt and cheese) ~ 2 to 3 servings a day
- 🍷 **Legumes and plant proteins** (beans, peas, nuts and seeds) ~ 1 to 2 servings a day
- 🍷 **Lean animal proteins** (Meat, poultry, fish and eggs) ~ 2 to 3 servings a day

HOW can I make these foods part of my day?

With a few simple guidelines, you can enjoy power foods from morning 'til night. Look for tasty choices everywhere - at home, in restaurants and at the supermarket.

- 🍷 **Eat early:** Start every day with a protein, a whole grain and a piece of fruit.
- 🍷 **Snack regularly:** Include a protein for maximum satisfaction and lasting energy.
- 🍷 **Select bright colors:** Pick colorful fruits and vegetables to fill half your plate.
- 🍷 **Go for lean:** Choose lean meats and skinless poultry to minimize your saturated fat.
- 🍷 **Choose crunchy:** Go for grains, nuts, seeds and vegetables to pump up your fiber.

Eating Well - at Lunchtime!!

The noon "hour" has disappeared for many Americans. Hectic schedules often mean less time to eat and more time to run errands or continue working. Wherever you eat - home, school, work or drive-thru - lunch is a tasty time to harness the power of nutrition.

WHY eat in the middle of the day?

- 101 **RE-FUEL** your body for work, sports or play.
- 101 **MAINTAIN** your metabolism for healthy weight.
- 101 **FOCUS** your brain for afternoon activities.
- 101 **NOURISH** yourself inside and out!

WHAT foods make a power lunch?

- 101 **Carbohydrates:** High-energy carbohydrates, especially whole grains, are essential for a power lunch. The goal is to get the energy you need without going overboard on amounts. Stick with a slice or two of bread, a small roll or a handful of crackers.
- 101 **Protein:** One key to weight control is to enjoy high-quality protein every time you eat. Protein helps build and maintain muscle. It also provides long-lasting satiety (satisfaction). Go for lean meat, fish, poultry and low-fat dairy, like cheese and milk.
- 101 **Vegetables:** Lunch is the right time to load up on vegetables - to get your daily dose of disease-fighting, anti-aging phytonutrients (plant nutrients). Vegetables or fruit - go for bright colors: orange carrots, green broccoli, red tomatoes or black beans.
- 101 **Fruit:** For optimal health and beauty (think skin, hair and eyes), experts suggest 5 to 9 servings of produce a day. Sweet fruit makes a delicious dessert at lunch. Enjoy a fruit salad, a piece of fresh fruit, a bowl of canned fruit or a handful of dried fruit.

HOW can I fit food into my busy lunchtime?

- 101 **Make noontime nutrition a priority:** Plan to eat before you start on errands or work. Reserve at least 15 to 20 minutes for food and you'll feel better all afternoon.
- 101 **Pack it from home:** Brown bag lunches save time and money and they're often a better nutrition deal as well. Make it real easy - just pack up leftovers from dinner.
- 101 **Stock your drawers and cupboards:** Supermarkets offer super easy options for work or home, like freeze-dried bean soups, single-serve fruit cups and trail mix.

Eating Well - in the Morning!!

Skipping breakfast is a no-brainer - literally. Skip breakfast and your brain and body suffer all day. Eat well in the morning and get on the nutrition fast track for a healthy day. Breakfast is easy (and essential) ANYWHERE - home, school, work or drive-thru.

WHY eat in the morning?

- 🕒 **RE-FUEL** your body after a long overnight fast.
- 🕒 **REV UP** your metabolism for healthy weight.
- 🕒 **KICK-START** your brain for school or work.
- 🕒 **IMPROVE** your mood and get rid of grumpy!

WHAT foods make a power breakfast?

- 🕒 **Carbohydrate:** A high-energy carbohydrate energizes your body and brain for a busy day. Think cereal (hot or cold), bread, muffins, rolls, tortillas or rice. Choose whole grains for an extra nutrition punch - more fiber and phytonutrients.
- 🕒 **Protein:** This is the missing link in most morning meals. Protein is what you need to go strong until lunch. Think lean - a slice or two of Canadian bacon, an egg, a slice of lean deli meat or cheese, a container of yogurt, a scoop of cottage cheese or leftover meat.
- 🕒 **Fruit:** Breakfast is a great way to start on the 5 to 9 daily servings of produce your body needs for optimal health. Think fresh, frozen, canned or dried fruit (and vegetables) - like pears, apples, mangoes, berries, bananas, oranges, grapefruit, kiwi or pineapple.

HOW can I fit breakfast in my morning?

For most people, time is the biggest obstacle to eating in the morning. Fortunately, there are lots of easy ways to beat the breakfast rush hour. Here are three tried-and-true tips.

- 🕒 **Get it ready the night before:** Set the table with bowls and spoons for cereal. Get out a pan for pancakes or a blender for smoothies. Slice up some fruit and cheese.
- 🕒 **Keep it real simple:** Fancy breakfasts are wonderful when you have the time. On busy days, a sandwich, a slice of leftover pizza or a yogurt with fruit work just fine.
- 🕒 **Pack it to-go:** If there's no time to eat at home, take your nutrition to-go. Save time (and money) by packing both a brown-bag breakfast and lunch the night before.

HOT Tips on Keeping Your Cooler COOL

1. Start with a clean cooler

- Before you head out for an extended trip or an afternoon picnic, wash your cooler well with hot soap and water. If it's really dirty, clean it out with bleach.

2. Start with some solid ice

- Ice cubes tend to melt quickly and make a mess. Make your own ice blocks by freezing water in plastic milk jugs or use commercial gel packs or "blue ice" packs.

3. Start with frozen or very cold foods

- Pack foods and drinks directly from refrigerator and freezer to cooler. Freeze as many items (like fresh meat and juice boxes) as possible. They'll help keep other stuff cold.

4. Pack items in order of use

- Place items that you will need last at the bottom of the cooler; first things to be eaten at the top. The less that you move things around, the colder everything will stay.

5. Pack in portion-size, leak-proof containers

- Use containers that hold the amount of food that you will need at one time. Make sure that lids fit tightly, or put containers into zip-lock plastic bags.

6. Pack foods separately

- Cross-contamination between foods increases the risk of food-borne illnesses. Keep cooked and uncooked foods separate. Pack all meat products away from other foods.

7. Keep coolers in the trunk

- The goal is to keep all food and beverages away from heat and direct sun as much as possible. In vans or trucks, keep your cooler covered or under other luggage.

8. Keep coolers in the shade

- Once you arrive at your picnic spot or camping site, place the cooler away from the sun. Cover with a blanket or tarp if there is no natural shade available.

9. Keep coolers closed as much as possible

- Every time you open a cooler, the inside temperature warms up slightly. Close the lid completely after each use; place a heavy object on top if necessary.

10. Clean your cooler thoroughly

- When you get home (or when refilling on long trips), scrub the cooler thoroughly with hot soapy water and a dilute bleach solution (1/4 cup bleach to 1 gallon water).

Slowing Down to Eat (and Feel) Better

Slow Food is an international movement that started in Italy in the 1980's. It promotes some very important concepts about "how" to eat, like the "protection of the right to taste" and the belief that meals are meant to be enjoyed rather than simply swallowed. Here are some easy, and healthful ways to slow down and eat better.

1. Eat when you are sitting at a table

It's hard to feel satisfied when you quickly eat a bowl of ice cream while standing in front of the refrigerator or toss down a burger and fries while driving down the highway. It's also easy to eat more than your body wants. Eating while sitting at the table allows you to focus on the food in front of you for both pleasure and nutritional value.

2. Prepare more meals for your family

Home cooked meals are generally lower in cost and higher in nutrients and you control the portion size. Think you have no time to cook? Just switch a few minutes of your evening TV time to "assembling" a meal from healthy convenience foods, like whole wheat rolls, microwave chicken breast, frozen vegetables and salad-in-a-bag.

3. Eat when you are hungry

This is a tough one since we are surrounded 24/7 by tempting foods and the ads that tempt us to buy them. It is important to keep in mind, however, because when we eat in the absence of hunger, we tend to eat guiltily and quickly. This usually means high-sugar, high-fat snack foods in larger amounts than we might otherwise eat.

4. Savor whatever you are eating

Taste is the number-one reason why we eat. When we eat quickly, there is no time for our taste buds and sense of smell to get maximum flavors and pleasure from food. By eating slowly and paying attention, we get greater satisfaction from all meals and snacks. And, remember, it takes 20 minutes for your brain to "hear" that you are full!

5. Eat only what you really enjoy.

Although this may seem obvious, it really isn't. We often eat something just because "it's there." Ever eat the last fruit-filled chocolates in the box, when all your favorites were gone? Or how about the last cookie on the tray, even when you don't really like raisins or oatmeal? Eating food you don't like is a waste of calories and enjoyment!

6. Take a stroll before or after a meal

When it comes to health and fitness, nutrition and physical activity go hand-in-hand. Physical activity helps your appetite and hunger signals operate normally. It's really all about healthy self-care. If you move your body regularly, you'll also want to fuel yourself healthfully instead of eating willy-nilly whatever happens to be available.

For more information about the Slow Food philosophy and activities visit:

- Slow Food USA® at: <http://www.slowfoodusa.org>
- Slow Food International® at: <http://www.slowfood.com>

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National Nutrition Month® - March 2004

Adapted by the NC NET Program from Eat Right Montana materials

Smart Drinks for a Healthy Weight

Staying well-hydrated can make a difference in your health, your performance and even your attitude. Choosing power drinks like water, milk and juice instead of soft drinks can help you maintain a healthy weight and quench your thirst at the same time.

1. Drink in the AM: Pour a glass of juice or milk

- Start the day out right by drinking at least 8 ounces of refreshing liquids before you leave the house. For an early morning health kick, choose a tall glass of low-fat or fat-free milk; some 100% fruit or vegetable juice; or a creamy fruit and yogurt smoothie.

2. Drink all day: Keep a water bottle handy

- Carry a bottle in the car, to work or at school and fill it with cool water throughout the day. If you enjoy a bubbly beverage, try sparkling water or club soda instead of a sugary soft drink. For a real thirst quencher, add a squeeze of lime, lemon or orange.

3. Drink in the evening: Serve power drinks for dinner

- Skip the soft drinks and pour a power drink for the whole family. Kids of all ages need bone-building calcium and protein to stay strong and tall. Milk (1% or fat-free) is a delicious way to get powerful proteins, vitamins, minerals and fluids all in one glass.

4. Drink before activity: Hydrate yourself with water

- Being well-hydrated enhances your athletic performance and your enjoyment. You'll do better and feel better too! Drink at least 8 to 16 ounces of water a couple of hours before you begin any intense physical activity. Then another 8 ounces right beforehand.

5. Drink during activity: Stay cool with cool fluids

- Try to drink at least eight ounces for every half-hour of strenuous activity. On a brisk walk, you can sweat as much as a quart an hour. Water is best in most situations. Sports drinks may be helpful if your activity lasts over an hour or if the intensity is very high.

6. Drink after activity: Rest, re-fuel, and re-hydrate

- Here's an easy way to tell if you've taken in enough fluid to replace what you lost in sweat. Check your urine. If it is clear to pale yellow and nearly odorless, you're doing great. If not, pour yourself another tall glass of water or 100% fruit juice

Eat Smart, Move More - Stay Healthy

Smart Eats for a Healthy Weight

Eating for healthy weight is not about going on (and then off) the latest diet. The best way to achieve - and maintain - a healthy weight is to make small changes that you are willing to do forever. These six smart eating habits can help you reach your health goals.

1. Eat early: Kick-start the day with a power breakfast

- Start with a protein (like yogurt, peanut butter, lean deli-meat or an egg); add a whole grain (like high-fiber cereal, whole-wheat toast or bran muffin); and finish it off with a fabulous fruit treat (like a banana, canned peaches, frozen blueberries or orange juice).

2. Eat regularly: Snack smart to curb the munchies

- Getting over-hungry usually leads to overeating. With power snacks nearby, you won't be tempted by donuts or vending machines. For long-lasting energy, enjoy a handful of nuts or trail mix; a piece of string cheese or beef jerky; or some creamy yogurt with fruit.

3. Eat bright: Fight disease with a rainbow of produce

- The phytonutrients in produce help fight cancer, heart disease, high blood pressure and the effects of aging. They also add great taste and bright colors to every meal. Eat green (broccoli), red (tomato), orange (cantaloupe), yellow (squash) and purple (grapes).

4. Eat whole: Enjoy the nutrient combos in whole foods

- Nature does an amazing job of putting nutrients together. Whole grains have a bundle of fiber, folic acid and B-vitamins for healthy hearts. Dairy foods have calcium, magnesium and protein for strong bones. Lean beef has zinc, iron and protein for muscle power.

5. Eat strong: Put some protein in every meal and snack

- Protein, more than carbohydrate or fat, leads to feelings of fullness and satisfaction. Solid protein (rather than protein in a liquid form, like milk) is more satisfying. Including some protein every time you eat can be a real help in long-term weight management.

6. Eat half: Re-size super-portions to fit your needs

- Today's portions - fast food, restaurant, vending and cookbook - have all been super-sized. Many servings are two to four times what your body needs or wants. One simple solution: cut your food portions in two - eat half and save the rest for another time.

North Carolina
HEALTH
Smart

National Nutrition Month® - March 2004

Adapted by the NC NET Program from Eat Right Montana materials

Tasty Tips for Eating Well at Work

1. Pack food and beverages for the week ahead

- Spend an hour getting organized on Sunday and save time and money all week long. Wash fruit, bag vegetables, slice cheese and fill water bottles for the week ahead.

2. Stock up on nutrition

- Fill your desk drawers, office fridge and briefcase with a healthy variety of tasty snacks and quick meals like instant oatmeal, trail mix and microwave-able entrees.

3. Pack lunch while you cook dinner

- You can cook once and eat twice by making "planned-overs" at dinnertime. Make an extra serving or two and pack them to-go as you clean up the evening meal.

4. Take advantage of convenience

- Supermarkets feature an amazing array of single-serve healthy options - perfect for desktop dining. Go for cereal in a cup, tuna in a pouch or fruit in pop-top cans.

5. Add nutrition to your commute

- It's easy, it's tasty and it's doesn't have to be messy! Pack a piece of string cheese, a squeezable yogurt, an apple or a bag of grape tomatoes for the car, bus or train.

6. Pump up with protein power

- Many office treats are all sugar and fat. For long-lasting brain and body power, add some protein with nuts, seeds, soynuts, yogurt, milk, jerky and nutrition bars.

7. Switch to a fruit dish

- Tempted by the cookie jar or candy dish? Switch to a fresh fruit bowl or a jar filled with different, delicious, dried fruit like mango, pineapple, apricots, plums and raisins.

8. Drink to your health

- Staying well-hydrated helps you think more clearly, be less cranky and do less mindless munching. It is also one of the best skin treatments in the world.

9. Treat yourself well.

- When it's time to eat, give yourself a real break. Stop working, stop rushing and give yourself a few minutes to really savor whatever you are eating.

10. Use the K.I.S.S. principle for candy

- Keep It Small Sweetie! Skip those expensive, high-calorie, king-size bars. Slowly savor a chocolate kiss or enjoy a "fun-size" version of your favorite candy treat.

Tasty Tips for Smarter Snacking

1. Check your HUNGER level

- Are you actually hungry? Or are you tired? Bored? Lonely? Happy? Or did you just see a food commercial on TV? If you aren't hungry, skip the snack until you are.

2. Check your FLUID level

- Are you thirsty rather than hungry? Since it's easy to confuse the signals for hunger and thirst, try drinking a refreshing glass of water before you dig into a snack.

3. Check PORTION SIZES

- Most super-sized snacks are loaded with fat, sugar and calories. If you want a sweet or salty treat, start with a small size or share a biggie size with a friend.

4. Check food labels and FACTS

- What you don't know can come as a surprise to your waistline! 300+ calories in a nutrition bar?! 400+ calories in a latte?! 600+ calories in a fancy cinnamon bun?!

5. Pay ATTENTION to your snack

- It's easy to overeat (and still not feel satisfied) if you eat while driving, reading or watching TV. Slow down and enjoy your snack; you'll eat less and enjoy it more.

6. Pay attention to PROTEIN

- Many snack foods are low in protein, as well as high in sugar and fat. Foods with protein (meat, dairy, nuts and soy) provide more nutrients and have longer staying power.

7. Grab some NUTS

- A small handful of nuts (about an ounce) can satisfy your craving for something salty and provide some super nutrition (vitamins, minerals and protein) at the same time.

8. Grab some VEGETABLES

- Nature's fast food makes an excellent on-the-run snack. Keep sliced vegetables ready to go in the fridge and fill up a small bag whenever you head out the door.

9. Grab some FRUIT

- Feeling like something sweet and flavorful? Fresh, dried or canned - fruit is a luscious treat anytime of day. Keep several single-serving fruit choices at home and the office.

10. Grab a POWER DRINK

- Soft drinks offer little except excess calories and caffeine! Looking for some liquid energy? Try low-fat or fat-free milk, and build some beautiful bones and teeth too!

Ten Easy Ways to Downsize Serving Sizes

Everywhere you eat these days, food portions are bigger than they used to be. In some cases, they are a lot bigger - like double what they were just a few years ago. Fast food meals, quick-serve eateries, elegant restaurants, supermarkets and even cookbooks, they all serve larger portions and contribute to the expanding waistlines of Americans. Experts agree that right-sizing your food portions is one of the easiest ways to reach and maintain a healthy weight at any age. Here are ten simple ways to change how much you eat without giving up any of your favorite foods.

- 1. Think before you order:** Planning ahead is always smart. Think about how hungry you actually are. Think about sharing with a friend. Think about taking half home.
- 2. Just say no:** Fast food "value" meals may sound like a good deal, but they serve up more calories, fat and sugar than you need. So, say "no thanks" to the combo offers.
- 3. Swap super-size for smart size:** Order a regular burger, fries and soft drink and you can enjoy half the calories of the super/biggie/mega-size meal.
- 4. Share a "biggie" size item:** There is a smart way to make mega-portions work for your health (and wallet) - share! Split an order of fries to cut calories and save money.
- 5. Save calories with a kiddie meal:** Here is another simple way to save money and improve drive-thru nutrition (plus you might get a cool toy, too!).
- 6. Order an appetizer as an entrée:** Appetizer portions are often exactly the right size and a lot less expensive than a full meal in fancier restaurants.
- 7. Savor an entrée twice as much:** Eat half your dinner in the restaurant and take half home for tomorrow. This cuts calories and gives you another meal.
- 8. Share a dessert:** Any menu item can be shared - entrées, salads, sandwiches - and, best of all, desserts. With a shared sweet, you can eat your cake and eat healthy too.
- 9. Switch to power beverages:** A simple switch to low-fat milk or water can cut calories quickly. If you choose a soft drink, go with the small plus a large ice water.
- 10. Enjoy new healthful options:** Many chains are responding to consumer demand with new options like combo meals featuring sandwiches, side salads and bottled water.

Ten Tasty Ways to Color Your Holidays Healthy

Fruits and vegetables are the perfect holiday foods. As nature's vitamin pills, they are packed with nutrients that help fight winter's colds and infections. As nature's fast foods, they are perfect to eat on-the-run during the hectic holiday season. As nature's bountiful rainbow, they can brighten any festive table. Unfortunately, only 1 in 4 American adults gets the minimum 5 to 9 daily servings of fruits and veggies for optimal health. Here are ten tasty ways that you can change that and enjoy all the colors of holiday health.

1. **RED:** Slice a red pepper onto a holiday pizza dinner. Sprinkle dried cranberries into a spinach salad. Stir tomato sauce and diced tomatoes into heart-warming chili.
2. **GREEN:** Toss a festive salad with baby spinach leaves and lettuce in every shade of green: Romaine lettuce, Boston lettuce, Bibb lettuce and butter lettuce.
3. **WHITE:** Use a cookie cutter to create turnip, rutabaga or jicama stars for a seasonal vegetable tray. Grab a banana for dashboard or desktop dining opportunities.
4. **GOLD:** Mash Yukon gold potatoes with light sour cream for a favorite holiday comfort food. Bake acorn or winter squash with a little olive oil and brown sugar.
5. **YELLOW:** Sauté summer squash and/or yellow peppers into a zesty vegetable medley. Serve canned pineapple slices as a garnish or a naturally sweet dessert.
6. **ORANGE:** Pour orange juice (calcium-fortified) into a morning juice glass. Peel an orange for a refreshing snack. Stir a can of mandarin oranges into a fruit salad.
7. **PINK:** Enjoy half a pink grapefruit morning, noon or night. Pour pink grapefruit juice into some apple juice for a layered "mocktail" in sunset hues.
8. **BLUE:** Sprinkle fresh blueberries into a bowl of cereal. Add dried blueberries into a healthy snack mix. Stir frozen or canned blueberries into vanilla or blueberry yogurt.
9. **PURPLE:** Put fresh plums or dried plums (lemon, orange or cherry flavored prunes) into a brown bag lunch. Include eggplant in a spicy Asian stir-fry.
10. **Eat the color way – every day!** For optimal health, keep your eye on the prize: 5 to 9 servings of colorful fruits and vegetables every day of the year.



Ten Ways to “Take 10” for Healthy Holidays

Holidays are stressful. Too much food, too much alcohol, too much shopping, too many parties, too many people and even too much fun. It can all add up to feeling exhausted, overwhelmed and completely stressed out. Fortunately, we can change our reactions to the pressures of the season and keep our brains and our bodies healthy. Here are ten easy ways to take 10 minutes to “de-stress” in the midst of the usual holiday commotion.

- 1. Take a break:** 10 minutes is all it takes. A small break can make a big difference in your attitude. Regular relaxation can also help fight off colds and other infections.
- 2. Take a walk:** Moving for 10 minutes can help you maintain a healthy weight and a healthy attitude. Take three 10-minute walks and your heart will get the benefits too!
- 3. Take a nap:** A good night’s sleep is essential for good health, especially when your days are beyond busy. A 10-minute daytime nap can also help boost energy levels.
- 4. Take a bath:** With or without bubbles, running water is relaxing. A 10-minute bath (or shower) can sooth tired muscles and release holiday tensions.
- 5. Take a call:** It does make a difference to “reach out and touch someone.” Connect with a special friend or family member for 10 minutes by phone or in person.
- 6. Take a dog break:** Fresh air is good for humans and animals. Take 10 minutes to throw a few balls and bring some sunshine into your life and the dog’s life!
- 7. Take a child break:** Children have the right attitude toward holidays - wonder and joy. Just 10 minutes with a child can help revive anyone’s sagging spirits.
- 8. Take a book break:** A good book can give you a healthy rest from the holiday hubbub. Put all your lists aside for 10 minutes and curl up with a book and a cup of tea.
- 9. Take a snack break:** Stress often leads to overeating. Sit down for 10 minutes and eat a nutrient-rich snack, like fruit and cheese, half a sandwich or a handful of nuts.
- 10. Take a music break:** Holiday songs, carols and hymns are a lovely way to take a break, to relax or even to dance. Try a 10-minute sing-a-long as a stress reliever.

The Seven Cs of Successful Change

Taking charge of your health and your life

Many of us want to make changes in our habits. Sometimes it's a New Year's resolution; sometimes it's advice from the doctor. Sometimes it's just a desire to be stronger or have more energy. We want to eat better and be more active, but we don't always know how to make the necessary changes. Taking some time to consider these seven "C's" of change may help you understand how to get from where you are now - to where you want to be.

1. Caring enough to treat your body really well.

Caring about yourself is essential for making any behavior change. Self-care is not selfish - it is what we have to do in order to stop doing one thing and start doing another. Taking good care of yourself also helps you be in better shape to take care of those around you.

2. Choice to take small steps in a new direction.

Change is all about making choices. It is making the choice to do one thing (like taking a walk) rather than another (like watching TV). It doesn't mean that you have to give up all television programs. It just means that sometimes you make the choice to be more active.

3. Creativity to find a variety of food and fitness options.

The world is filled with stressful situations that can get in the way of our plans to eat well or to be active. The key is to stay calm and to brainstorm a variety of possible solutions. If you are out of fresh produce, you can still enjoy some canned fruit or frozen vegetables.

4. Courage for new adventures and everyday challenges.

There is no way around it. It takes courage to make a change. There are many ways to find the courage you need. You can discuss your struggles with friends or family; read inspiring stories about people who have made difficult changes; or find strength in faith and prayer.

5. Comfort through tough times with relaxation (or even pampering).

Change is hard work and can be stressful even when it is a positive change. When you are trying to do things differently, you need to rest and recharge your internal batteries. Take time to read a book, to take a nap, to play with the kids or just to do nothing for a while.

6. Confidence to take risks and to make normal mistakes.

Optimistic people are generally healthier than pessimistic people. Being confident that you can make positive changes is at least half the battle. Sometimes it helps to make a list of all the changes you have already made, like eating more whole grains or drinking less soda.

7. Celebration of the progress toward a strong and healthy you.

Rewards and celebrations are an important part of successful change (think about why we celebrate graduations or job promotions). Give yourself plenty of pats on the back just for moving a step closer to your goal. Gold stars on the calendar aren't just for kids anymore!

Three Tasty Ways to Eat Well on Road Trips

1. Bring food with you

The best way to have control over food is always to bring your own. Whether it's a simple bag of snacks or a fully stocked cooler, bringing your own food saves money and time and improves your nutrition. Here are some of the tastiest ways to eat well while driving down the highway.

- **Feast on nature's fast food – fruits and vegetables**

Fresh fruits, like apples, bananas and pears, are an obvious choice; so are bite-size vegetables like baby carrots, celery sticks and grape tomatoes. Dried fruits, like cranberries, plums and mangoes, are another deliciously sweet option.

- **Put some protein power into your tank**

Many car snacks (candy, chips and pop) are pure fat and sugar. Adding protein to your fuel mixture will help you feel more satisfied, so you can go longer before the munchies strike again. Slices of meat and cheese, in sandwiches or solo, are great ways to get protein.

2. Stock up at a supermarket

For the best value and variety, make pit stops at a local grocery instead of a fast food restaurant or convenience store. Many supermarkets are only a few blocks from the highway, so shopping can be quick and efficient. Produce stands and farmer's markets can also be nutrition bonanzas!

- **Dine at the deli counter**

Today's deli options are usually extensive and delicious. With careful selection, they can also be nutritious. Choose mixed vegetable salads like coleslaw, broccoli or three-bean, and ask the server to drain off as much of the liquid dressing as possible.

- **Snack at the salad bar**

A quick trip around a well-stocked salad bar can offer much more than a salad. Fill a container with sliced fruit like watermelon, honeydew or cantaloupe. Refresh your vegetable selection with broccoli and cauliflower florets, along with low-fat dressing for dipping.

3. Choose wisely at the gas station

Believe it or not, you can even find some decent food and beverage choices at a truck stop or convenience store. Skip the candy bars and snacks at the counter (designed for impulse buying) and check out the possibilities in the snack aisle and beverage cases.

- **Cool off with water, juice or milk**

Soft drinks are not your only alternative these days. Choose bottled water (plain, sparkling or flavored), juice (100% fruit juices like ruby red grapefruit, orange or grape), or milk (reduced fat in plain, chocolate, vanilla, strawberry or banana!).

- **Go nuts in the snack aisle.**

Nuts and seeds are probably your best bet in most snack aisles. Remember to downsize your portion size. Super-sized bags may tempt you to eat more when the drive gets boring. Buy a small bag or take out a reasonable amount and put the rest out of sight (and out of mind).

Whole Foods for Whole Body Health

WHOLE FOODS are a whole lot healthier

- ❶ Many of the nutrition problems in the US are related to our over-consumption of highly processed foods and snacks. Dietary supplements can provide some nutrition insurance, but whole foods offer great taste and the natural nutrient bundles necessary for overall health. The good nutrition news is that you can enjoy cooking convenience without giving up your favorite foods. All you have to do is make more whole food choices every day.

WHOLE FOODS are naturally rich in nutrients

- ❶ Whole foods come from every food group. Whole grains offer wholesome energy, fiber and a long list of vitamins and minerals (www.wheatfoods.org). Produce provides disease-fighting phytonutrients (<http://aboutproduce.com>). Dairy foods build bones and teeth with protein, calcium and vitamins (www.3aday.org). Meats, like lean beef and pork, add Z.I.P. (zinc, iron and protein) to your plate (www.beefitswhatsfordinner.com/ and www.otherwhitemeat.com).

WHOLE FOODS are lower in trans fatty acids

- ❶ In July 2003, the Food and Drug Administration announced plans to require nutrition labeling of trans fatty acids on all foods and supplements. Trans fats, linked to increased risk of coronary heart disease, mostly come from the hydrogenated vegetable oils used in baked and snack foods. Some naturally-occurring trans fats, like CLA in meat and dairy foods, may actually have health benefits (<http://ific.org/nutrition/fats/index.cfm>).

WHOLE FOODS are lower in sodium

- ❶ The average American consumes over 4,000 milligrams of sodium per day, about 75% from processed foods and restaurant meals. The government recommends 2,400 milligrams per day for healthy people and 1,500 milligrams for people with high-blood pressure. Whole foods have less sodium than processed foods. Fruits, vegetables and dairy foods help lower blood pressure (www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf).

WHOLE FOODS are lower in sugar

- ❶ Eating and drinking too much sugar can lead to dental problems and weight gain. A recent study showed that kids who drank more than 16 ounces of sweetened beverages per day consumed fewer nutrients and an average of 244 more calories per day. Power drinks (like reduced fat milk and 100% juices) and whole foods (like yogurt and cheese) have more nutrients and less sugar (www.news.cornell.edu/Chronicle/03/7.24.03/sweet_drinks.html).

Ten Ways to Manage Your Weight

1. Be realistic about your goals

Not everyone was born to have buns of steel or a model-thin body. Aiming for the impossible can mess up your body - and your mind.

2. Be gentle with your changes

Make small changes in what you eat and the activity you do. Small changes, made over time, always work better than complete makeovers.

3. Be active in your daily routine

If you are already physically active, make sure that you are getting enough fuel. If you're spending too much time on the couch, get up and dance.

4. Be adventurous with your food choices

The best way to get the 40+ nutrients you need is to enjoy a wide variety of foods - and to explore different tastes, textures and colors.

5. Be flexible with your approach

There's no need to worry about one meal, one day or any specific food. All foods, from lettuce to pizza, can be included in a healthful eating style.

6. Be positive about your body

Saying harsh things about your body will only make it harder to take good care of yourself. Acknowledge your strengths and take good care.

7. Be sensible with your knife and fork

Enjoy all foods, just don't overdo it. Recognize that American portion sizes are ridiculous. Listen to the hunger and fullness cues from your body.

8. Be creative with your fitness program

Get fit by finding activities you enjoy. If you love organized sports or working out at the gym, go for it. If not, go dancing, do yoga or trying something totally new.

9. Be persistent in your changes

Forget instant results and magical thinking. Realize that real progress only comes from small changes that you make over and over again.

10. Be patient with yourself

It takes time to ditch old habits for new ones. Focus on your personal goals - and make healthy choices so you can do the things you want to do.

Danger Signs of a Fad Diet

Want to maintain a healthy weight? Want to build muscle and lose fat? Confused by conflicting claims, testimonials and hype by so-called experts? These signs can help you spot a diet disaster before it strikes you. **Forget plans, products and pills that promise:**

Rapid weight loss

Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than $\frac{1}{2}$ to 2 pounds per week. If you lose weight quickly, you'll lose muscle, bone and water - and only a little bit of fat.

Hazardous ingredients

Some compounds in over-the-counter products can be dangerous and even deadly. **Avoid all products with ephedra ephedrine and Ma Huang**, which have been associated with nerve damage, heart attacks and sudden death.

Magic foods or supplements

There are no miracle foods or pills that melt fat away. There is nothing that will burn fat while you sleep. There are no super foods that can magically change your genetic code. And, there is no scientific proof that any food is addictive.

Bizarre quantities and limitations

Be wary of diets that allow unlimited quantities of any food - like grapefruit or cabbage soup. Avoid any diet that eliminates entire food groups. Even if you take a vitamin/mineral supplement, you'll miss some critical nutrients.

Specific food combinations

Forget it. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately - or to produce toxins. There is no evidence that combining certain foods or eating foods at specific times of day will help in weight loss.

Rigid menus

Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. What you need is a realistic, flexible eating style that helps you be your best - in class, sports and life.

No need to exercise

Not likely. Regular physical activity is essential for permanent weight control - and for overall good health. The key to success is to find physical activities that you enjoy - and then aim for 30 to 45 minutes of activity on most days of the week.

Eating Beef the Healthy "Weigh"

Looking for a nutrient boost? Tired of expensive vitamin-mineral supplements? Bored with bland low-fat meals? Love to eat beef - but think that it is too high in fat? Think again. Today's beef is leaner than ever - and every bite offers a power pack of nutrients.

1. Eating beef for HEALTH

When it comes to nutrition, today's beef is full of good news. Beef's "skinny seven" cuts (from the round and loin) offer great taste - with minimal fat. For delicious, heart-smart meals, choose lean beef cuts like sirloin, tenderloin, top round and round tip.

2. Eating beef for ZINC

Beef is the number one source of zinc for Americans. One 3-ounce serving of lean beef provides nearly 40% of the zinc most people need in a day - for normal growth and development, as well as healthy immune systems, wound healing and appetite control.

3. Eating beef for IRON

Even a short-term lack of iron can affect physical and mental functioning. Longer-term deficiencies may affect brain development and IQ levels in children. The iron in beef (heme iron) is readily absorbed. Heme iron also helps you absorb iron from other foods.

4. Eating beef for PROTEIN

Three ounces of lean beef contains 50% of the recommended amount of daily protein - for maintaining muscle mass, supporting immune systems and providing long-lasting energy. That's how beef can add Z.I.P. (zinc, iron and protein) to your meals and snacks.

5. Eating beef for B VITAMINS

Beef offers a delicious bundle of several B vitamins - all vital to help your body unleash energy from other foods. Calorie for calorie, lean beef is one the richest sources of many essential B vitamins - like riboflavin, thiamin and B₁₂ - that your body needs every day.

6. Eating beef for SELENIUM

Selenium is an anti-aging antioxidant nutrient that may help to prevent heart disease and certain types of cancers. Just one 3-ounce serving of beef - about the size of a deck of cards - provides 31% of the recommended daily intake of selenium.

Eating Dairy Foods the Healthy "Weigh"

Are you getting all the benefits of dairy foods? Enough to maintain beautiful bones and teeth? Enough to help maintain a healthy weight, to lower blood pressure and to reduce the risk of diabetes? Two to three servings a day is definitely the healthy "weigh" to go.

1. Drink MILK

A tall, cold glass of milk is the most refreshing way to close your calcium gap - and enjoy a long list of bodybuilding nutrients at the same time. For maximum nutrition and minimum fat, drink 1% or skim milk (labeled as low-fat or fat-free in your dairy case).

2. Eat YOGURT

There's a yogurt to suit every taste - from key lime pie and peach melba to plain and old-fashioned vanilla. Perfect for breakfast-on-the-run, high-octane snacks and cooking at home, yogurt now also comes as a drinkable beverage and shelf-stable yogurt-to-go.

3. Sprinkle on CHEESE

Natural hard cheese can be a nutrient-dense way to add flavor to food. Looking for tasty ways to minimize your fat intake? Use grated cheese with a strong flavor like Parmesan or Romano. Choose part-skim cheese like mozzarella or cheddar made with 2% milk.

4. Choose COTTAGE CHEESE

For real protein power, choose versatile, low-fat cottage cheese - perfect for cooked dishes like lasagna, blended in dips and salad dressings and combined with fruit for summer salads. Bone note - cottage cheese is not as high in calcium as some dairy foods.

5. Indulge in DAIRY DESSERTS

Cold, creamy and sweet - everyone screams for ice cream, especially in summer. Get wise to portion size (go for a single rather than a double) - and add nutrition with fresh fruit and a sprinkling of nuts. For less fat, go for low-fat varieties or for frozen yogurt.

6. Cook with POWDERED MILK

Dry milk is an easy, inexpensive and powerful way to pump nutrition into everyday cooking. Ways to use non-fat powdered milk are almost endless - casseroles, creamed soups (canned, dry and homemade), hot cereal (microwave or regular) and pudding.

Eating Fast Foods the Healthy "Weigh"

Fast food has become the American way of eating. While there is no doubt that fast food is cheap and satisfying, it is also loaded with fat and sugar! Whether you're driving-thru or sitting-down, these six smart tips can help you eat conveniently - and healthfully too!

1. **Say NO thanks to combo meals**

Buying a combo or "value" meal may seem like a real deal, but it's often a nutrition disaster. The fast food chain makes more money - and you lose control of your choices. It's easy to get what you really want - just say "no" whenever they offer you a combo.

2. **SWAP super-size for smart-size**

Order a regular burger, fries and drink at Burger King® and you get 700 calories, 24 fat grams and about 10 teaspoons of sugar. That's a serious savings over a Whopper® with king-sized fries and drink at 1,730 calories, 46 fat grams and 27 teaspoons of sugar.

3. **SHARE a biggie size with friends or family**

There is a smart way to make gigantic portions work for you - share them! By splitting one large portion, you can save money, while cutting calories and fat. Wendy's Great Biggie® fries have 250 less calories (530 calories) than two medium fries (780 calories).

4. **SAVE money and calories with kiddie meals**

With kiddie meals, you get reasonable portions of your favorite fast foods - and a fun toy too! Still feel hungry after a Happy Meal® at McDonald's? Order a yogurt parfait - or better yet, bring a piece of fresh fruit for the ride back to work or school.

5. **SUBSTITUTE power drinks for soft drinks**

A 44-ounce soft drink has about 450 calories and $\frac{3}{4}$ cup of sugar (with no nutritional value). Skip the liquid candy - and enjoy the power of milk (with protein, calcium and vitamins); orange juice (with vitamin C and folic acid); or refreshing, calorie-free water.

6. **SWITCH to the healthful options**

Several national chains offer tasty, healthier options, like Quizno's® and Subway® low-fat sandwiches on whole-grain breads. Many have grilled chicken salads and sandwiches. Some local or regional restaurants specialize in healthful choices, like burritos or wraps.

Eating Fish the Healthy "Weigh"

Fish is a fabulous food - versatile, quick and packed with health benefits. Fresh, frozen, canned or dried - all types of fish can fit into a healthy eating style. Here are six super tips to help you go fishing for great taste, good health and food safety.

1. Eat FISH for great taste

The only problem with choosing fish is that there are so many options - over 20,000 fresh and saltwater species and maybe a million recipes. Need help? Talk to the butcher in your local supermarket, get a fish cookbook or go online to troll for recipe ideas.

2. Eat FISH to protect your heart

The American Heart Association has good reason to recommend two fish meals per week (with 3-4 ounces of fish per meal). The omega-3 fatty acids in fish (especially in darker-colored fish like salmon and trout) significantly reduce heart disease risk in women and men.

3. Eat FISH to prevent cancer

Omega-3 fatty acids have also been shown to inhibit the growth of cancer cells, including prostate and breast cancer cells. Despite lots of hype and advertising, there is no proof yet that fish oil supplements provide the same health benefits as whole fish.

4. Eat FISH to build strong bones

Fresh, frozen and canned fish can also help maintain strong skeletons. Fish is an excellent source of high-quality protein and a natural source of vitamin D. Canned sardines and salmon also provide calcium, because you eat the bones right along with the fish.

5. Eat FISH for better babies

Studies have shown that pregnant women who eat fish once a week can lower the risk of pre-term or low birth-weight babies. To avoid potential mercury contamination, the FDA suggests that pregnant women stay away from swordfish, shark, tilefish and king mackerel.

6. Eat FISH with safety in mind

For the safest seafood possible - choose it, store it and cook it carefully. Buy fresh fish that is bright and moist, with no fishy smell, bruises or colored spots. Keep it wrapped in the coldest part of your fridge (or on ice). Cook thoroughly until the flesh flakes easily.

Healthy Eating, Healthy Moving, Healthy You

Eating Fruit the Healthy "Weigh"

There's every reason in the world to eat fruit - health, taste and beautiful colors. In fact, color is a great way to choose produce. By eating a rainbow of fruits (and veggies), you'll get a healthy dose of all the phytonutrients you need to fight disease and stay strong!

1. Eat RED fruit

Red fruits, like **strawberries, raspberries, cherries, watermelon** and **ruby grapefruit**, contain lycopene - a potent cancer-fighting phytonutrient. And, it's easy to work toward your **5 a Day** servings - 1 cup of fresh, frozen, or canned fruit equals a serving.

2. Eat WHITE fruit

Even fruits that are white inside - like **bananas, apples** and **pears** - offer nutrients that your body craves: potassium, phytonutrients and more fiber. And, there's more good nutrition news - dried fruit counts toward your **5 a Day** (1 cup equals a serving).

3. Eat BLUE fruit

Blueberries are one of the richest sources of disease-fighting antioxidants in the produce department. Fresh, frozen, canned and even dried - sprinkle them on cereal, add them to pancakes, toss them in salads or just enjoy them as a yummy **5 a Day** snack.

4. Eat GREEN fruit

Green comes in a variety of delicious fruit flavors, like **green grapes, honeydew melon** and **kiwis**. These versatile fruits are high in vitamin C - and they also provide potassium and more fiber. One regular kiwi equals a **5 a Day** serving, as do most medium fruits.

5. Eat YELLOW fruit

Golden **pineapple** is probably America's favorite yellow fruit. Fresh or canned in its own juice - pineapple is a nutrition favorite too. Just 1 cup equals a **5 a Day** serving - and packs a healthy punch of vitamin C (and some fiber too).

6. Eat ORANGE fruit

Oranges are an obvious choice - but there are also **apricots, peaches, mangoes** and **cantaloupes**. Whole fruits have significantly more benefits than juice (like fiber) - but 6 oz. of 100% fruit juice can also count towards one of your **5 a Day** servings.



National Nutrition Month 2003
Adapted by the NC NET Program from Eat Right Montana materials



Eating Grains the Healthy "Weigh"

Grains, starches and carbohydrates are now one of the most confusing areas of nutrition. The high-protein diet gurus claim that almost any carb can make you fat, but nutrition experts know that whole grains are essential for weight management and good health.

1. Eat **WHOLE GRAINS** for wholesome goodness

Any grain product (breads, cereals, rolls, pasta, rice, crackers, etc.) can be part of your healthy eating style. However, foods made from the whole kernel offer a whole lot more. Read food labels carefully to find products that list **whole grains as the first ingredient**.

2. Eat **WHOLE GRAINS** for energy

Carbohydrates are your body's preferred source of energy - for long-lasting muscle and brain power. Since whole grains tend to be digested more slowly than refined ones, they can help stabilize blood sugar levels in people with diabetes (and everyone else too!).

3. Eat **WHOLE GRAINS** for fiber

Fiber is essential for a healthy (and regular) intestinal tract. **Whole grains have more fiber than refined grains**, since they include the outer layer of the kernel. Choose good sources of soluble fiber (oatmeal and barley) and insoluble fiber (wheat, rye and corn).

4. Eat **WHOLE GRAINS** for vitamins and minerals

When grains are refined, nutrients are discarded with the bran and germ of the kernel. Some lost nutrients are added back to "enriched" products like flour. However, in whole grains, the B-vitamins, folic acid, iron, zinc and copper stay in one delicious package.

5. Eat **WHOLE GRAINS** for phytonutrients

These common plant chemicals are hot news in the nutrition world for their ability to fight disease and promote longevity. Like fruits and vegetables, **whole grains offer plenty of phytonutrients** to help fight cancer, diabetes and heart disease.

6. Eat **WHOLE GRAINS** for fullness

Weight management is easiest when you feel full and satisfied with meals and snacks. Whole grains, with **nutty flavors and chewy textures**, are just what the dietitian ordered. Enjoy whole grain cereals for breakfast; whole grain granola bars for snacks; whole grain bread on sandwiches; and whole grain couscous for dinner. It's easy and delicious!

Eating Poultry the Healthy "Weigh"

Most of us know that poultry is low in fat and saturated fat. We also know that turkey and chicken are versatile protein sources - easy to cook in a variety of tasty flavors. However, we don't always know how to choose, cook and store poultry properly. Here's how.

1. **BUYING** poultry at the store

When shopping, pick out poultry (and all other raw meats) just before you are ready to check out. Check the 'sell by' dates on packages carefully. Avoid packages that are leaking and put all meat packages into separate plastic bags (available in most meat cases).

2. **TRANSPORTING** poultry from store to home

Never leave poultry or other perishable foods in a hot car. In hot weather, carry a small cooler and freezable gel packs to keep food cold on your way home. Keep all poultry and other meats separate from other foods.

3. **STORING** poultry before cooking

Refrigerate raw chicken or turkey immediately. Never leave raw meats out on counters. Place packaged fresh poultry, in original wrapping, on lower shelves, in the coldest part of the refrigerator. Freeze any uncooked poultry that you will not use within two days.

4. **THAWING** frozen poultry properly

Never thaw poultry on a countertop. Thaw in the refrigerator - about 24 hours for a 4-pound chicken and 3 to 9 hours for cut-up parts. For quick thawing of raw or cooked poultry, use a microwave. Thawing time will vary depending on the size of the piece.

5. **COOKING** and **GRILLING** poultry safely

Always cook well done, not medium or rare. If using a meat thermometer, internal temperatures should reach 180°F for a whole chicken, 170°F for bone-in parts and 160°F for boneless parts. To check visually, pierce with a fork - juices should run clear - not pink.

6. **STORING** poultry after cooking

Never leave cooked poultry at room temperature for more than 2 hours. If not eaten right away, cooked poultry should be kept either hot or refrigerated. Cooked, cut-up poultry is at its best refrigerated for no more than 2 days - whole poultry for no more than 3 days.

Eating Vegetable Proteins the Healthy "Weigh"

Plant protein sources have been making nutrition headlines for years. The recent health news about nuts, seeds, and legumes (dried beans and peas) has been especially positive. Vegetarian or meat-eater, you can easily enjoy all the benefits of these delicious foods.

1. NUTS for health

No longer a nutrition no-no, nuts are a good source of omega-3 fatty acids. These "good fats" can help lower cholesterol and fight heart disease. A small handful, about an ounce, makes a satisfying (and tasty!) snack - or a delicious topping to a leafy green salad.

2. NUT BUTTERS for health

Peanut butter isn't just for kids anymore. Research show that sensible amounts of nut butters can help adults stick to a healthful eating style - and lose weight. Balance the fat in peanut butter by spreading it on apples slice, celery sticks or whole-grain crackers.

3. SEEDS for health

Seeds, like sunflower and sesame, also offer nutrition benefits, rich flavors and crunchy textures. Like nuts, they make tasty additions to fruit salads, trail mix, homemade breads and other baked goodies. Try some sunflower seeds and walnuts in oatmeal cookies.

4. BEANS for health

Versatile, tasty and inexpensive - beans are a real nutrition bonanza. Packed with protein, complex carbohydrates, B-vitamins and fiber, enjoy beans in soups, salads, burritos and dips. Good news for quick meals - canned beans are just as nutritious as the dried ones.

5. SOY FOODS for health

Soybeans are the most versatile of all the legumes. As soy milk, soy cheese, tofu, TVP (texturized vegetable protein) products and edamame (whole, green soybeans), soy protein can help reduce the risk of heart disease, cancer and osteoporosis.

6. SPLIT PEAS and LENTILS for health

Like their bean cousins, peas and lentils go great in soups and salads. Like beans, a 1/2 cup serving counts as a protein serving - and as a 5 a Day vegetable serving at the same time. That's a nutrition combo that is hard to beat!

Eating Vegetables the Healthy "Weigh"

Are you one of the millions of Americans suffering from a serious vegetable deficit? Everyone knows that veggies are healthy, but do you know how good for you they really are? Here are six good reasons to follow your mom's advice and eat your vegetables!

1. Eat VEGGIES to maintain a healthy weight

As a group, vegetables are **low in calories** and **virtually fat-free**. (Avocados, technically a fruit, are the only real exception.) Increasing your vegetable intake is the easy, tasty way to cut back on calories, maximize nutrients and protect your health - all at the same time.

2. Eat VEGGIES to protect your heart

Vegetables are packed with the nutrients that can reduce your risk of heart disease - like **folic acid** (spinach, asparagus, and Romaine lettuce), **antioxidants** (tomatoes, sweet potatoes and peppers) and **fiber** (corn, peas and legumes - dried beans and peas).

3. Eat VEGGIES to fight cancer

High vegetable intakes have been shown to reduce the risk of almost all types of cancer. Two potent cancer fighters are **cruciferous vegetables** (broccoli, cabbage, cauliflower and Brussels sprouts) and those high in **lycopene** (tomatoes, red peppers and red fruits).

4. Eat VEGGIES to preserve your vision

Vegetables do more than help you see in the dark. High intakes of produce rich in **lutein** and **zeaxanthin** (dark green vegetables like broccoli, spinach, kale and collard greens) help prevent macular degeneration, the most common cause of blindness in older people.

5. Eat VEGGIES to save your skin.

Vitamin C (found in tomatoes, peppers, potatoes, broccoli and cabbage) has long been known as a super nutrient for maintaining collagen and connective tissue under the skin. Some preliminary studies also suggest that vegetable lovers may be less prone to wrinkles.

6. Eat VEGGIES to build strong bones

It takes a whole cast of nutrients to build strong bones - and vegetables are great sources of several essential ones. Bone up with **vitamin K** (spinach and broccoli), **potassium** (potatoes and mushrooms) and **magnesium** (spinach, limas, and black-eyed peas).

Eating for a Healthy Weight

Want to lose weight and keep it off? Confused by all the conflicting claims, testimonials, and hype by so-called experts? These six simple steps can help you and your family move toward a healthy weight - and a fit future.

1. Forget the fads and skip the silly stuff

Fad diets and miracle products are a waste of your time and money. There are no foods or pills that magically burn fat. There is nothing that will melt fat while you sleep. Some supplements and herbal products can be dangerous - and even deadly - for some people.

2. Build a healthy base with the Pyramid

Eating for a healthy weight is not difficult. You don't have to count grams of this or weigh portions of that. Let the Food Guide Pyramid be your guide to eating right. Eat more from the base (whole grains, fruits and vegetables) and less from the tip (fats, sweets and oils).

3. Downsize your portion sizes

The portions in fast food and sit-down restaurants are ridiculous. Just say NO to super-size, biggie-size and combo meals (save your extra \$.49 for a piece of fruit). Eat half of your restaurant meals - and take the rest home for an easy lunch or dinner tomorrow.

4. Listen to your stomach (and your brain)

Return to childhood eating patterns - eat when you are hungry and stop when you are full. Learn to tell the difference between hunger and the things that food cannot fix, like boredom, loneliness, fear, anxiety and pain. Deal with feelings directly, not with food.

5. Snack smart and drink plenty of fluids

Snacks and drinks can fill your body with extra, empty calories. Make between-meal foods and beverages count with high-energy choices. Skip the pop and candy machines - and refuel and rehydrate with yogurt, string cheese, nuts, veggies, fruit, juice and water!

6. Enjoy all foods, just don't overdo it

Who wants a restrictive diet that takes away your favorite foods? How long will you be able to avoid all the things you love to eat? Eating for a healthy weight means a realistic, flexible eating style - which allows you to enjoy a lifetime of delicious nutrition.

Increased Nutrient Needs for Pregnancy

How to eat a little more ... and a lot smarter

CALORIE needs increase approximately 300 calories per day

- Overall, it takes about 80,000 calories to make a baby!! After the first three months, pregnant women need about 300 extra calories each day for a healthy weight gain.
- Translated into nutrient-dense, baby-building food choices, 300 extra calories equals:
 - Bowl of whole grain cereal (cold or hot), 8 oz. of fat-free milk and a banana
 - Baked potato topped with 1 oz. grated mozzarella cheese and broccoli
 - Lean roast beef or turkey (2 oz.) on whole wheat bread with lettuce and tomato
 - Trail mix of nuts (1 oz.), dried fruit (2 oz.) and breakfast cereal (1 oz.)
 - Peanut butter (2 tablespoons) spread on apple slices or celery sticks

PROTEIN needs increase 10 grams per day to 60 grams total

- Throughout a pregnancy, protein is probably the most important nutrient. Women need an extra 10 grams of protein a day for the growing baby and their own bodies.
- Dairy products, lean meat, poultry, fish, eggs, legumes (dried beans and peas), seeds and nuts all provide protein and other power nutrients for a healthy pregnancy.
- Here are some quick and easy ways to pump up your protein intake.
 - One 8-ounce glass of milk = 8 grams of protein; 1-ounce cheese = 7 grams
 - Each ounce of lean beef, pork, poultry or fish = 6 to 7 grams of protein
 - One egg = 6 grams of protein
 - One-half cup of legumes (beans, lentils or peas) = 6 to 7 grams of protein
 - One-ounce (small handful) of nuts = 4 to 6 grams of protein
 - Two tablespoons of peanut butter = 4 to 5 grams of protein

IRON needs increase 9 milligrams per day to 27 milligrams total

- Women need plenty of iron for the extra three pounds of blood they produce during a healthy pregnancy. Getting too little iron increases that risk of low-birth weight babies and pre-term deliveries. That's why most health providers suggest iron supplements.
- Eating iron-rich foods, like lean beef and fortified breakfast cereal, is also important.

FOLATE needs increase 200 micrograms per day to 600 micrograms total

- Getting enough of the B-vitamin folate (also called folic acid) helps reduce the risk of certain birth defects of the spinal cord and brain. Folic acid is critically important just after conception, before most women know they are pregnant.
- All pregnant women need 600 micrograms of folate every day - from supplements and food sources. Foods rich in folate include enriched grain products, nuts, legumes, citrus fruits and juices and dark green leafy vegetables.

No More Food Fights

Establishing healthy eating habits has lifetime benefits. According to child nutrition expert Ellyn Satter, the key to a healthy feeding relationship is a division of responsibility between the parent (or other caregiver) and child.

Parent's Feeding Tasks

- Choose and prepare foods.
- Provide regular meals and snacks.
- Make eating times pleasant.
- Offer chances to learn new skills.

Children's Eating Capabilities

- Children know how much to eat.
 - Children will eat a variety of food.
 - Children will grow predictably.
 - Children's eating will mature.
-

Five easy ways to enjoy meals without squeals

1. Make regularly scheduled meals a family priority

Young children need the reassurance of structured meal and snack times. Eating on the run may seem OK for adults, but it doesn't work for most preschoolers. Whether you are eating at home or "on the road," take the time to sit down and eat with your child.

2. Avoid pressuring a preschool child to eat

Most adults have good intentions when they try to force children to eat "healthy" foods or to try new items. The problem with pressure is that it doesn't work - ever. Kids like foods LESS if they are forced to eat them - or if they are given bribes or rewards.

3. Have realistic expectations for mealtime behavior

Preschoolers like to do well and master new skills - like table manners. Adults need to lay out clear expectations for appropriate mealtime behavior. Kids need to know, ahead of time, that they will have to leave the table if they misbehave.

4. Model the habits you want children to develop

Young children do not automatically know how to eat like "big people." They will learn how to eat and how to behave at the table by watching you. You can show children how to enjoy a variety of foods - and how to be adventurous with new foods.

5. Share the joy of eating as a family

Eating well is one of life's greatest pleasures. When you're eating at home, turn off the TV, sit down at the table and enjoy some time together. When you're eating in the fast food lane, take time to eat at the restaurant - or make it a picnic in the park.

What is a healthy weight for you?

A common-sense approach to setting weight management goals

Weight and body image in America

Aiming for a healthy weight can be confusing in today's celebrity-driven culture. Although there has been some movement toward more realistic body images, most of the models that people see in the media are extremely thin, lean and athletic - digital manipulation of fashion photography also helps quite a bit!

Few average Americans have the genetics, time or money necessary for such "perfect" bodies. Unfortunately, many people damage their mental and physical health in vain attempts to be beautiful and acceptable. Dumb diets, dangerous weight loss products and disordered eating are all too common, especially among teens, women and overweight people who will do anything in a desperate effort to reach the unattainable.

Government weight guidelines

Government weight guidelines have shifted from the old height-weight tables to the concept of Body Mass Index (BMI). In 1998, an expert panel from the National Institutes of Health chose BMI as a reliable and inexpensive way to classify the health risk of being overweight or obese.

BMI was used to define a healthy weight in the December 2001 *Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity*. A BMI table, complete description of BMI calculations, and the relationship of BMI to health can be found in the Surgeon General's healthy weight advice for consumers at:

- www.surgeongeneral.gov/topics/obesity/calltoaction/fact_advice.htm

Looking beyond BMI for your healthy weight

Many health professionals are using a more holistic definition of healthy weight - one that focuses more on health than weight. Here are some thoughts from experts who think beyond BMI when looking at weight management. **A healthy weight is:**

- determined by your lifestyle, not by a number on the scale or BMI chart.
- a weight where you can have food be part of your life, but not all of your life.
- the weight that one's body settles into with a balanced lifestyle, healthful eating and regular physical activity.
- a weight that is attainable and maintainable within a reasonably stable range without having to resort to heroic efforts of restricting caloric intake or excessively exaggerating caloric expenditure.
- a weight range that a person settles into while respecting natural appetites for food, movement and rest; without using restrictive eating patterns, compulsive exercise, medications or supplements to manage their weight.

Habits for a Lifetime... Weight Management for Adults



Have you ever gone in the bookstore and looked at book titles, or looked at the cover of magazines in the supermarket? How many books or articles are about losing weight? LOTS AND LOTS...Americans are constantly trying to lose weight with the latest miracle “diet.” Well, that is part of our problem. We “go on” a diet to lose weight and then “go off” the diet when we are done. Try a different and more positive approach to weight management. Adopt a healthier lifestyle.

Rather than focus on a diet to lose weight, focus on changing your eating and activity habits to improve your health and fitness. Such changes will also lead to weight loss. But viewing them as lifelong changes to improve your health and fitness may make them stick. It may not sound as easy as the latest fad. However, there is one big difference...this approach WORKS! To begin making lifestyle changes, you need to address two things... your attitude and your behavior.



Control your Goals!

NOT:

“I will lose 2 pounds this week”

BUT:

“I will only snack on fruits and vegetables this week.”

OR

“I will take a brisk walk, going as far as I can 4 days this week.”

Changes in Attitude

Face it! Most of us will never look like a super model or a professional athlete. Everyone has a different shape and body structure. We can't all be thin, but we can all be healthy. Strive to be the best you can be, keeping in mind that very few of us can look like the models we see in magazines. The best place to begin to change our attitude about weight is to set realistic goals. Set goals for the healthy behavior you want to lose. These goals are more specific and you have more control over your success.

Also, rethink your definition of success. The National Institutes of Health defines weight loss and maintenance success as a loss of 10% from where you start. For

example, if you are 200 pounds, $200 \times .10 = 20$ pounds, then 20 pounds lost and maintained for at least 1 year would be a success.

For many, a big attitude change involves the scales. Try not following your progress on the scales. Weighing yourself can lead to feelings of failure. You can tell if you are improving your health and fitness by the way you feel. You can tell if you are losing weight by the way you look and the way your clothes fit. However, if you can't quite do without the scales, limit yourself to weighing only once a week.

For a more positive attitude, concentrate on the healthier behaviors that lead to weight loss than the weight loss itself. Different approaches work for different people. Find the tools that work for you and use them.

Changes in Behavior

Be Active! People who exercise regularly are much more likely to maintain their weight loss than those who do not. Find an activity you like, vary it from day to day, and fit it into your schedule.

APPENDIX F: Posters

WHAT'S IN THE Nutrition Label?

- Start here
- Check calories
- Limit these nutrients
- Get enough of these nutrients
- Footnote

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
	% Daily Value*
Calories 200	
Total Fat 12g	18%
Saturated Fat 5g	10%
Trans Fat 0g	0%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

- All the nutrients listed on the food label pertain to one serving of that food item. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming?" (1/2, 1 or more)
- Calories provide a measure of how much energy you get from a serving of that food item. The number of servings you consume determines the number of calories you actually consume.
- The nutrients identified in yellow should be consumed in limited amounts. Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk for certain chronic diseases.
- The nutrients identified in blue should be consumed in enough amounts to improve and maintain health and reduce the risk for some diseases and conditions.
- The footnote tells that the %DV for the nutrients listed on the food label are based on a 2,000 calorie diet. This statement does not change from product to product. It is always the same.
- The Percent Daily Value (%DV) helps to determine if a serving of food is high or low in a nutrient. Generally, a 5% DV is considered low and a 20% or more is high.

Observe: U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition. "How to Understand and Use the Nutrition Facts Label." For detailed information see <http://www.fda.gov/oc/ohrt/ohrt080809.html>

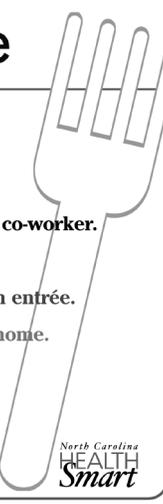
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ESPoster1.Label.pdf

EATING SMART ON THE RUN

Eating Out... Choosing the Right Size



- Think before you order.
- Don't supersize.
- Share with a friend or a co-worker.
- Order a kid's size meal.
- Order an appetizer as an entrée.
- Take part of your meal home.

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ESPoster2.Choosing.pdf

EATING SMART ON THE RUN

Take It with You... Create Your Own **Snack Bag**

IDEAS FOR YOUR SNACK BAG

- Dry unsweetened cereal
- Fresh fruit
- Rice cakes
- Raisins or other dried fruits
- Pretzels
- Graham crackers
- Low-fat granola bars
- Baked chips
- Low-fat crackers
- Vanilla wafers
- Bottled water

ADDITIONAL ITEMS

- Vegetable sticks or baby carrots
- Yogurt
- Pudding
- Cottage cheese
- String cheese
- Juice boxes

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ESPoster3.SnackBag.pdf

EATING SMART ON THE RUN

Eating Out... Making Healthy Choices



- Drink juice, water or milk.
- Start with a salad. Ask for dressing on the side.
- Order an appetizer as your main dish.
- Choose baked, broiled and steamed options.
- Ask for extra vegetables in your entrée.
- Order a fresh fruit platter for your dessert.
- Ask for a take-out bag and keep part of the dish aside before eating.
- Eat slowly.

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ESPoster4.HealthyChoices.pdf

APPENDIX F: Posters

The Label Language

Know what some terms mean when choosing low fat, low calorie and low sodium items.

PHRASE	WHAT IT MEANS
FATS	
Fat free	Less than 0.5 grams per serving
Low saturated fat	1 gram or less per serving
Low fat	3 grams or less per serving
Reduced fat	At least 25% less fat than regular version
Light in fat	Half the fat of the regular version
CALORIES	
Calorie free	Less than 5 calories per serving
Low calorie	40 calories or less per serving
Reduced or less calories	At least 25% fewer calories than regular version
Light or lite	Half the fat or a third of the calories of regular version
SODIUM	
Sodium free or salt free	Less than 5 milligrams per serving
Very low sodium	35 milligrams or less per serving
Low sodium	140 milligrams or less per serving
Low sodium meal	140 milligrams or less per 3 1/2 ounces
Reduced or less sodium	At least 25% less sodium than regular version
Light in sodium	Half the sodium of the regular version
Unsalted or no salt added	No salt added to the product during processing

Source: U.S. Food and Drug Administration, A Food Labeling Guide Appendix A. Available at <http://www.fda.gov/dm/ig/labeling>

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ESPoster5.Language.pdf

"You don't stop playing because you get old. You get old because you stop playing."

Remember PORTION SIZE— Buy a Kid-Size Meal and ENJOY THE TOY!

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ESPoster6.Play.pdf

Smart Ways to RIGHT-SIZE Your Portions

There's no need to give up your favorite foods to manage your weight or improve your health. The bigger problem is not **WHAT** we eat, but **HOW MUCH** we eat. The key to healthful and delicious eating is to **downsize your portions** at breakfast, lunch, dinner and especially snack time.

- Listen to your body's cues.
- Prepare less food for meals.
- Start with a small serving.
- Use small dishes and glasses.
- Slow down the pace of eating.
- Eat half, wait 20 minutes.
- Never eat out of the bag.
- Think before you order.
- Always go for the small size.
- Share, share, share.
- Eat half, take half home.
- Eat regular meals and snacks.

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ESPoster7.RightSize.pdf

TASTY TIPS FOR Eating Smart at Work

- Pack food and beverages for the week ahead.** Spend an hour getting organized on Sunday and save time and money all week long. Wash fruit, bag vegetables, slice cheese and fill water bottles for the week ahead.
- Stock up on nutrition.** Fill your desk drawers, office fridge and briefcase with a healthy variety of tasty snacks and quick meals like instant oatmeal, trail mix and microwaveable entrees.
- Pack lunch while you cook dinner.** You can cook once and eat twice by making "planned-overs" at dinnertime. Make an extra serving or two and pack them to-go as you clean up the evening meal.
- Take advantage of convenience.** Supermarkets feature an amazing array of single-serve healthy options—perfect for desktop dining. Go for cereal in a cup, tuna in a pouch or fruit in pop-top cans.
- Add nutrition to your commute.** It's easy, it's tasty and it doesn't have to be messy! Pack a piece of string cheese, a squeezable yogurt, an apple or a bag of grape tomatoes for the car, bus or train.
- Pump up with protein power.** Many office treats are all sugar and fat. For long-lasting brain and body power, add some protein with nuts, seeds, soynuts, yogurt, milk, jerky and nutrition bars.
- Switch to a fruit dish.** Tempted by the cookie jar or candy dish? Switch to a fresh fruit bowl or a jar filled with different, delicious, dried fruit like mango, pineapple, apricots, plums and cranraisins.
- Drink to your health.** Staying well-hydrated helps you think more clearly, be less cranky and do less mindless munching. It is also one of the best skin treatments in the world.
- Treat yourself well.** When it's time to eat, give yourself a real break. Stop working, stop rushing and give yourself a few minutes to really savor whatever you are eating.
- Use the K.I.S.S. principle for candy.** Keep It Small Sweetie! Skip those expensive, high-calorie, kingsize bars. Slowly savor a chocolate kiss or enjoy a "fun-size" version of your favorite candy treat.

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ESPoster8.Work.pdf

APPENDIX F: Posters

TASTY TIPS FOR Smarter SNACKING

- 1. Check your HUNGER level.**
Are you actually hungry? Or are you tired? Bored? Lonely? Happy? Or did you just see a food commercial on TV? If you aren't hungry, skip the snack until you are.
- 2. Check your FLUID level.**
Are you thirsty rather than hungry? Since it's easy to confuse the signals for hunger and thirst, try drinking a refreshing glass of water before you dig into a snack.
- 3. Check PORTION SIZES.**
Most super-sized snacks are loaded with fat, sugar and calories. If you want a sweet or salty treat, start with a small size or share a bigger size with a friend.
- 4. Check food labels and FACTS.**
What you don't know can come as a surprise to your waistline! 300+ calories in a nutrition bar? 400+ calories in a latte? 600+ calories in a fancy cinnamon bun?
- 5. Pay ATTENTION to your snack.**
It's easy to overeat (and still not feel satisfied) if you eat while driving, reading or watching TV. Slow down and enjoy your snack; you'll eat less and enjoy it more.
- 6. Pay attention to PROTEIN.**
Many snack foods are low in protein, as well as high in sugar and fat. Foods with protein (meat, dairy, nuts and soy) provide more nutrients and have longer staying power.
- 7. Grab some NUTS.**
A small handful of nuts (about an ounce) can satisfy your craving for something salty and provide some super nutrients (vitamins, minerals and protein) at the same time.
- 8. Grab some VEGETABLES.**
Nature's fast food makes an excellent on-the-go snack. Keep sliced vegetables ready to go in the fridge and fill up a small bag whenever you head out the door.
- 9. Grab some FRUIT.**
Feeling like something sweet and flavorful? Fresh, dried or canned—fruit is a luscious treat anytime of day. Keep several single-serving fruit choices at home and in the office.
- 10. Grab MILK or WATER.**
Soft drinks offer little except excess calories and caffeine! Looking for some liquid energy? Try low-fat or fat-free milk, and build some beautiful bones and teeth too!

National Nutrition Month—
March 2014. Adapted by the
NC NET Program from
Eat Right Minnesota materials.

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www.EatSmartMoveMoreNC.com

ESPoster9.Snack.pdf

Eating Fast Foods the Healthy "Weigh"

Say **NO** thanks to combo meals.

SWAP super-size for smart-size.

SHARE a biggie size with friends or co-workers.

SAVE money and calories with kiddie meals.

SUBSTITUTE milk or water for soft drinks.

SWITCH to the healthful options.

National Nutrition Month 2013. Adapted by the NC NET Program from Eat Right Minnesota materials.

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ESPoster10.Weigh.pdf

MyPyramid STEPS TO A HEALTHIER YOU

MyPyramid.gov

GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Try your veggies	Focus on fruits	Get your calcium-rich foods	Go lean when protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 egg of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veges like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweet potatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Try your protein nature—choose more fish, beans, peas, nuts, and seeds</p>
For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.	Get 6 oz. every day	Get 2 1/2 cups every day	Get 3 cups every day, for ages 2 to 8, 3 to 7	Get 5 1/2 oz. every day
<p>Find your balance between food and physical activity</p> <p>Be sure to stay within your daily calorie needs.</p> <p>The checklist below for at least 30 minutes most days of the week.</p> <p>About 60 minutes a day of physical activity may be needed to prevent weight gain.</p> <p>For sustaining weight loss, at least 90 to 150 minutes a day of physical activity may be required.</p> <p>Children and teenagers should be physically active for 60 minutes every day, on most days.</p>	<p>Know the limits on fats, sugars, and salt too!</p> <p>Make most of your fat sources from fish, nuts, and vegetables oils.</p> <p>Limit sodium. The best choices are fresh, unprocessed, and fresh, as well as fresh that contain them.</p> <p>Check the Nutrition Facts label to know saturated fats, trans fats, and sodium level.</p> <p>Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.</p>			

U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
April 2012
CNP-12

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ESPoster11.Pyramid.pdf

What Counts as a Serving?

FOOD	WHAT IT LOOKS LIKE
GRAINS GROUP	
1 slice bread	Size of an audiocassette tape
1 cup ready-to-eat cereal	Size of a fist
1/2 cup cooked cereal, rice or pasta	Size of a cupcake wrapper full
1 pancake	Size of a compact disc
VEGETABLE GROUP	
1 cup raw leafy vegetables	Size of a baseball
1/2 cup other vegetables, cooked or raw	Size of an ice cream scoop or light bulb
3/4 cup vegetable juice	Size of a small Styrofoam cup
1 baked potato	Size of the fist
1/2 cup cooked, dry beans	
FRUIT GROUP	
1 medium fruit	Size of a tennis ball
1/2 cup chopped, cooked or canned fruit	Size of 7 cotton balls
3/4 cup fruit juice	Size of a small Styrofoam cup
1/4 cup raisins	Size of a large egg
DAIRY GROUP	
1 cup milk or yogurt	
1 1/2 ounces of natural cheese (e.g. Cheddar)	Size of a 5-watt battery
2 ounces of processed cheese (e.g. American)	Size of four dice
MEAT & BEANS GROUP	
3 ounces cooked meat, poultry or fish	Size of a deck of cards or palm of hand
Following foods count as 1 ounce of lean meat:	
2 tablespoon peanut butter (size of a ping pong ball), 1/2 cup cooked dry beans, 1/2 cup tofu, 2 1/2 ounce soyburger, 1 egg, 1/3 cup nuts	
FATS, OILS AND SWEETS GROUP	
1 teaspoon butter, margarine	Size of a fingertip
2 tablespoon salad dressing	Size of a ping pong ball

(Source: Adapted from "Measuring Size of Serving Size" <http://www.kidney.org/Health/nutrition/foodservice/sizeoftheserving/index.html>)

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ESPoster12.Serving.pdf

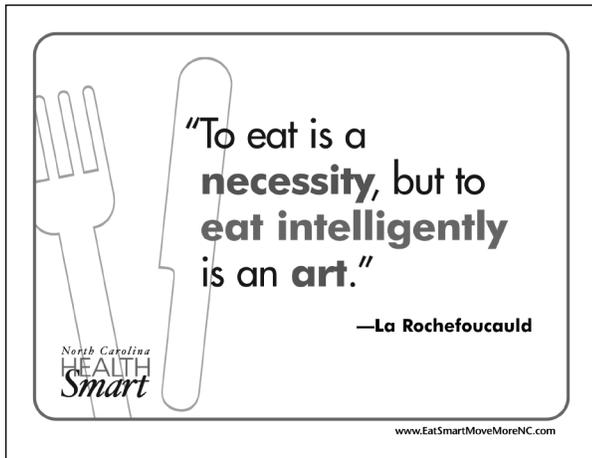
APPENDIX F: Posters



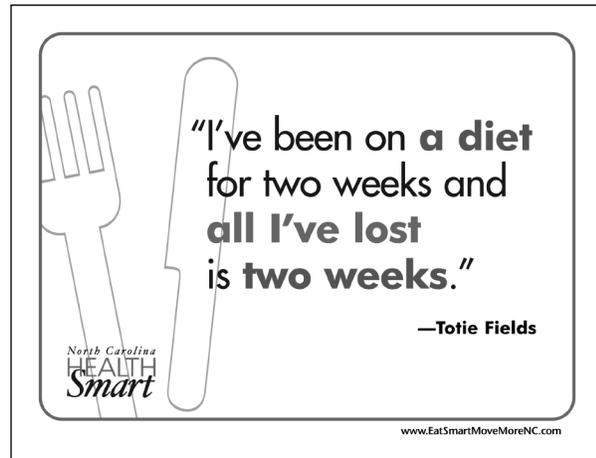
ESPoster13.Water.pdf

APPENDIX G: Motivational Quotes

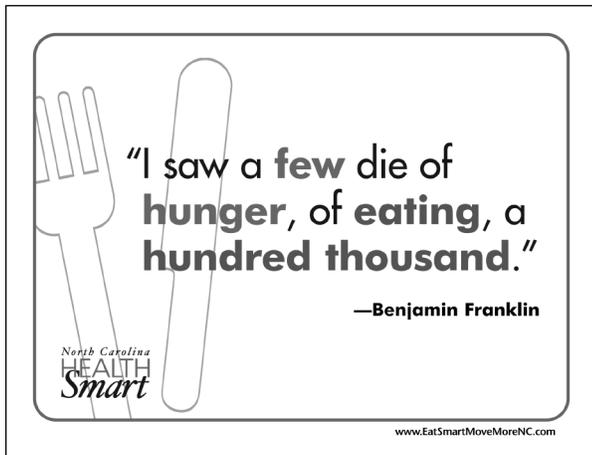
The following motivational quotes can be printed as single copies from the CD-ROM.



ESQuote1.Art.pdf



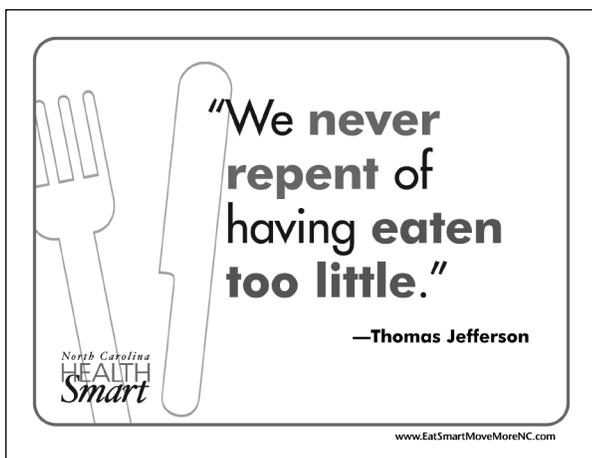
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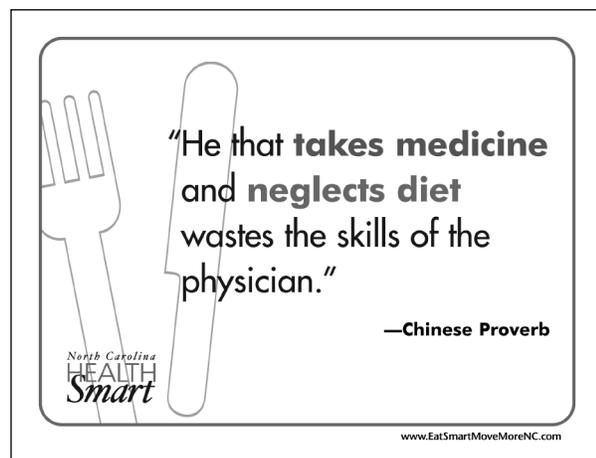
ESQuote3.Franklin.pdf



ESQuote4.GoodFood.pdf

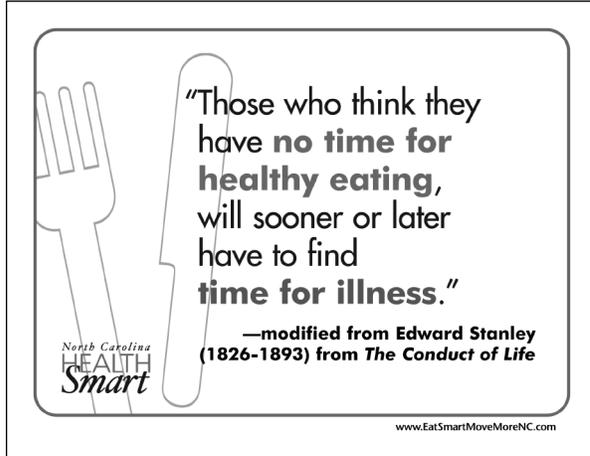


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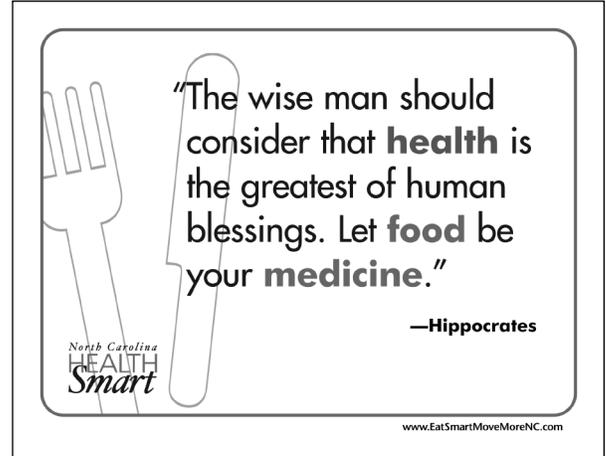


ESQuote6.Medicine.pdf

APPENDIX G: Motivational Quotes



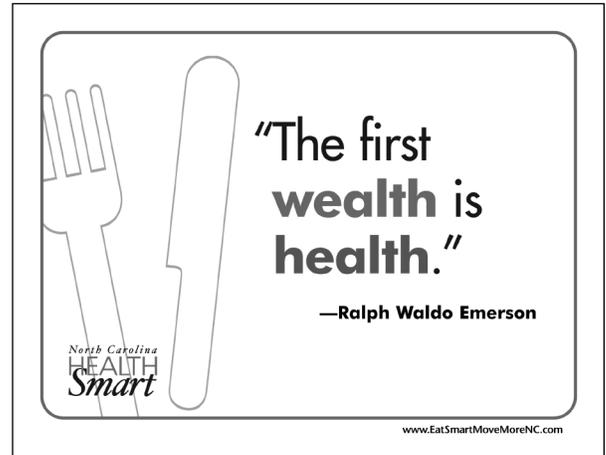
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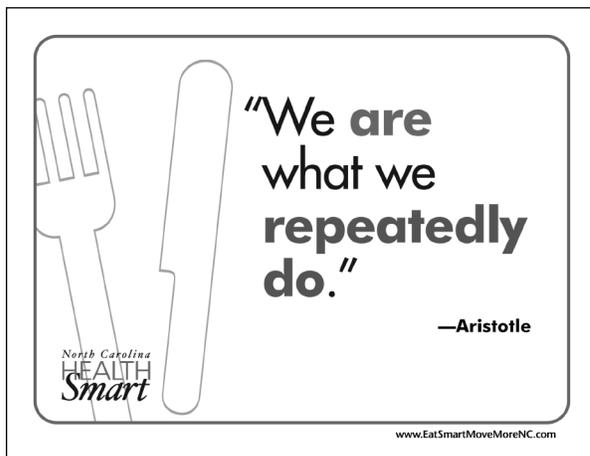
ESQuote8.Wise.pdf



ESQuote9.Lift.pdf



ESQuote10.Wealth.pdf



ESQuote11.WeAre.pdf



ESQuote12.Change.pdf

A Lot of Nutrition in a Little Brown Bag

IF YOU BRING YOUR LUNCH FROM HOME, you're bagging a bargain. Besides being easy on your wallet, homemade meals can be good for your health as well. The portion size, calories and fat content are under your control. At the same time, you can serve yourself a delicious variety of vegetables, fruits, whole grains and beans that lower the risk of cancer and other chronic diseases.

The most popular lunches people purchase to eat at the office are sandwiches, wraps and salads. These can be full of hidden fats and calories and poor nutritional choices. One way to get a true bargain is to make your own.

Before you start making the central dish of your brown-bag lunch—usually the traditional sandwich—consider its main ingredient. Since about 60 percent of a sandwich is bread, find bread made of whole-grain flour. Some breads are dark brown, but there may not be many, or any, whole grains in them. Caramel color or molasses is often added to give a deep color.

Whole grains, which are much more nutrient-dense than refined white flour, are full of fiber and filling. They are rich in many health-protective substances, like antioxidants, phytochemicals, vitamin E, folic acid, zinc, selenium and magnesium. When selecting a loaf of bread, the ingredient label

should list as the first item either “100 percent whole grain” or the word “whole” followed by the grain used.

Try purchasing different kinds of whole-grain breads, if a particular one doesn't appeal to you. Multi-grain breads with oats on the outside tend to be slightly sweeter. For a wonderfully soft and chewy taste, bake your own with whole-wheat flour, or look for freshly baked loaves. Whole-grain tortillas and pita bread are also great alternatives that you may prefer.

HERE ARE SOME FAST AND EASY IDEAS TO HELP YOU PACK YOUR BAG WITH PIZZAZZ AND GOOD HEALTH.

- **Pocket Sandwich:** Spread prepared hummus inside a whole-wheat pita. Fill it with slices of cucumber, onion, tomato and green bell pepper with lettuce or spinach. Add green or black olives and a little feta cheese, if desired.
- **Mediterranean Pasta:** Mix leftover, preferably whole-wheat pasta, like bowties, with halved cherry tomatoes, sliced mushrooms, canned and rinsed artichoke hearts and green and black olives. Toss with lowfat Italian or tomato vinaigrette dressing. Garnish with oregano and basil. Sprinkle on Parmesan cheese, if desired.
- **Hearty Bean and Veggie Sandwich:** Rinse and mash canned white beans with lowfat plain yogurt, mustard and fresh dill. Spread on whole-grain bread. Top with spinach leaves and slices of cucumber, tomato and onion.
- **Spicy Chicken Salad Sandwich:** Stir low-fat mayonnaise into leftover, diced chicken or turkey. Add chopped celery, red bell pepper, halved red grapes and curry powder. Serve on whole-grain bread with fresh spinach and tomato slices.

(Source: American Institute for Cancer Research)

Defining Healthy Foods

MANY ORGANIZATIONS AND AGENCIES have developed criteria to describe food items or food consumption patterns as “healthy” or “healthful.” These are often used in comparing food items for specific nutrient components to either select or avoid. There is no single definition of healthy foods. Most programs develop guidelines to encourage the consumption of less fat, saturated fat, dietary cholesterol and sodium. Some programs, like 5 A Day, are designed to promote fruits and vegetables as low-fat foods.

The core criteria from some organizations/programs are listed below. Consult references for full details.

- Less than 10% calories from saturated fat or one gram saturated fat/100 gram serving.
- No more than 100 mg cholesterol
- No more than 480 mg sodium

NORTH CAROLINA WINNER’S CIRCLE HEALTHY DINING PROGRAM

NATIONAL HEART, LUNG AND BLOOD INSTITUTE

Any recipe used in its publication must have (per serving)

- Less than 12 grams fat
- No more than four grams saturated fat
- Less than 100 mg dietary cholesterol
- Less than 600 mg sodium

See “Stay Young At Heart Program”

<http://www.nhlbi.nih.gov>

NATIONAL CANCER INSTITUTE AND PRODUCE FOR BETTER HEALTH—5 A DAY PROGRAM

All juice products must be 100% juice or juice concentrate, may not have added fat or sugar and no more than 480 mg sodium per eight-ounce portion.

Any recipe promoted must

- Contribute at least one serving of a fruit and/or vegetable per portion of a recipe.
- Have less than 30% calories from fat or three gram total fat/100 gram serving.

For a Meal: Minimum of two servings of fruits/vegetables AND minimum of one serving of grains or beans OR minimum of 245 mg calcium. And meal must have: Maximum 30% of calories from fat AND maximum 1500 mg of sodium per meal.

For single item or side dish: Minimum of one serving of grains or beans OR minimum of one serving of fruits/vegetables OR minimum of 245 mg of calcium. And each item must have: Maximum 30% of calories from fat AND maximum 1000 mg sodium.

For a Snack: Maximum of 30% of calories from fat AND maximum 480 mg sodium AND maximum 35% sugar by weight.

Qualifying Beverages: Water and flavored waters with less than 50 calories per 8 oz serving OR skim or 1% milk OR at least 50% juice and 12 oz serving with no added sweeteners.

See www.ncwinnerscircle.com

North Carolina
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AMERICAN HEART ASSOCIATION FOOD CERTIFICATION PROGRAM

Based on the standard serving sizes established by the U.S. government, a product may

- Include up to three grams total fat, up to one gram saturated fat and up to 20 mg cholesterol
- Must not exceed a sodium disqualifying level of 480 mg
- Must include at least 10% of the Daily Value for at least one of the six nutrients: protein, dietary fiber, vitamin A, vitamin C, calcium and iron
- Seafood, game meats, and meat and poultry products must contain less than five grams total fat, less than two grams saturated fat and less than 95 mg cholesterol per standard serving and per 100 grams

See <http://www.aha.org>

US FOOD AND DRUG ADMINISTRATION. NUTRITION LABELING AND EDUCATION ACT

The FDA regulates labeling of packaged foods, nutrient claims and health claims for foods and dietary supplements. Detailed information on food labels and related claims can be found at the FDA web site.

See <http://vm.cfsan.fda.gov/>

CENTER FOR SCIENCE IN PUBLIC INTEREST

The “Best Bites” program rates commercial food products in “Nutrition Action” magazine. The criteria for classifying foods into best/better bites varies by food product.

See: <http://www.cspinet.org>

(Source: North Carolina Blueprint for Changing Policies and Environments in Support of Healthy Eating)

APPENDIX J. Recipes

Chicken Pasta Salad

7 servings

INGREDIENTS

- 2 cups cooked small seashell pasta (about 1 cup uncooked)
- 1 1/2 cup canned chicken (drained)
- 1 cup diced bell pepper (red or green or a combination)
- 1 cup shredded yellow squash (about 1 medium squash)
- 1/2 cup sliced carrots
- 1/2 cup sliced green onion
- 1/2 cup canned corn kernels (drained)
- 1/2 cup frozen peas (thawed)
- 1 can (15 ounces) black beans (rinsed and drained)
- 1/2 cup fat-free Italian dressing

Prep Time: 30 min.

Cook Time: 10-12 min.

Calories per serving: 229

Fat per serving: 6 grams

INSTRUCTIONS

1. Cook pasta according to package directions, drain; rinse.
2. Combine first nine ingredients in a large bowl.
3. Toss gently with salad dressing (fat-free Ranch dressing may be substituted for Italian).
4. Chill for several hours to blend flavors.

Adapted from Colormehealthy.com

Turkey Sloppy Joes

6 servings

INGREDIENTS

- 1 pound ground turkey or lean ground beef
- 1/4 cup chopped onion
- 1/2 cup ketchup
- 3 tablespoons barbecue sauce
- 1 tablespoon yellow mustard
- 1 tablespoon vinegar
- 1 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon celery seed
- 1/4 teaspoon pepper
- 6 whole wheat hamburger buns

Prep Time: 15 min.

Cook Time: 10 min.

Calories per serving: 236

Fat per serving: 3 grams

INSTRUCTIONS

1. In a nonstick skillet, cook the turkey and onion for 5 minutes or until turkey is no longer pink.
2. Add the next seven ingredients; simmer for 10 minutes. Stir occasionally.
3. Serve on buns.

Adapted from Colormehealthy.com

APPENDIX J. Recipes

Stuffed Bell Peppers

4-6 servings

INGREDIENTS

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 can (15 ounce) tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant rice
- 4 medium green peppers

Prep Time: 30 min.

Cook Time: 15 min.

Calories: 130*

Fat: 5 grams*

*per 1/2 bell pepper

INSTRUCTIONS

1. Crumble turkey into a 1-1/2 quart microwave safe bowl; add the onion.
2. Cover and microwave on high for 3-4 1/2 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers; cut in half length-wise.
7. Stuff with the meat mixture.
8. Place in an ungreased, microwave safe, shallow, baking dish.
9. Spoon remaining tomato sauce over peppers, cover and microwave on high for 12-15 minutes or until peppers are tender.

Adapted from Colormehealthy.com

Tangy Citrus Chicken

8 servings

INGREDIENTS

- 8 boneless skinless chicken breasts
- 1 can (6 ounces) frozen lemonade concentrate, thawed
- 1/2 cup honey
- 1 teaspoon rubbed sage
- 1/2 teaspoon ground mustard
- 1/2 teaspoon dried thyme
- 1/2 teaspoon lemon juice

Prep Time: 10 min.

Cook Time: 40 min.

Calories per serving: 268

Fat per serving: 4 grams

INSTRUCTIONS

1. Place chicken breasts in a 13"X9"X2" baking dish coated with nonstick cooking spray.
2. In a small bowl, combine remaining ingredients; mix well.
3. Pour half the sauce over the chicken.
4. Bake, uncovered at 350 degrees for 20 minutes.
5. Turn chicken; pour remaining sauce on top.
6. Bake 15-20 minutes longer or until meat juices run clear.

Adapted from Colormehealthy.com

APPENDIX J. Recipes

Cheese Spinach Noodles

6 servings

INGREDIENTS

- 8 ounces egg noodles
- 10 ounce package frozen chopped spinach, thawed and drained
- 1/2 teaspoon dried basil
- 1 tablespoon dried parsley flakes
- 1 cup fat-free or low-fat cottage cheese
- 1/4 to 1/2 teaspoon salt (to taste)
- 2 tablespoons Parmesan cheese

Prep Time: 20 min.

Cook Time: 15 min.

Calories per serving: 104

Fat per serving: 1.5 grams

INSTRUCTIONS

1. Cook noodles according to package directions.
2. While noodles are cooking, cook the spinach in a skillet for 5 minutes.
3. Add basil, parsley, cottage cheese, and salt to spinach. Cook 2 to 3 minutes, or until heated.
4. Drain noodles and toss in large serving bowl with spinach mixture.
5. Top with Parmesan cheese.

Adapted from Colormehealthy.com

Oven Fried Chicken Legs

6 chicken legs

INGREDIENTS

- 6 chicken legs, skinned
- 1/2 cup skim milk
- 1/2 cup dry bread crumbs
- 1/3 cup grated Parmesan cheese
- Salt and pepper, to taste

Prep Time: 20 min.

Cook Time: 45 min.

Calories per serving: 134

Fat per serving: 4 grams

INSTRUCTIONS

1. Heat oven to 375 degrees.
2. Remove skin from chicken. Place in a shallow pan.
3. Pour milk over chicken. Refrigerate while you prepare the coating.
4. Mix breadcrumbs, cheese, salt, and pepper in a shallow bowl.
5. Roll the chicken in breadcrumb mixture, coating well.
6. Place chicken on a lightly greased baking sheet.
7. Bake at 375 degrees for 45 minutes.

NOTE: You can use any chicken parts for this recipe. Try boneless, skinless chicken breasts cut into strips to make chicken fingers.

Adapted from Colormehealthy.com

APPENDIX J. Recipes

Garden Bow Tie Pasta

6 servings

INGREDIENTS

- 1 can (12 ounces) tuna, drained and flaked
- 1/2 pound bow tie pasta
- 2 tablespoons olive oil
- 1 cup sliced onions
- 1 cup chicken broth
- 3 tablespoons fresh thyme or 1 tablespoon dried thyme
- 4 cups frozen vegetable medley
- garlic salt and pepper to taste

Prep Time: 10 min.

Cook Time: 20-25 min.

Calories per serving: 311

Fat per serving: 6 grams

INSTRUCTIONS

1. Cook pasta according to package directions, drain; rinse.
2. In large skillet, heat olive oil over medium-high heat; sauté onions for 3-5 minutes.
3. Add broth and continue cooking 2 minutes.
4. Add thyme, tuna, vegetables, and mix gently.
5. Add pasta; season with garlic salt and pepper.
6. Heat 3-4 minutes or until broth is reduced. Garnish option: grated Parmesan cheese.

Adapted from Colormehealthy.com

Easy Chicken Pot Pie

6 servings

INGREDIENTS

- 1 2/3 cups frozen mixed vegetables, thawed (peas only, if preferred)
- 1 cup canned chicken
- 1 can (10 3/4 ounces) condensed reduced-fat cream of chicken soup
- 1 cup Reduced Fat Bisquick
- 1/2 cup skim (fat-free) milk
- 1 egg

Prep Time: 15 min.

Cook Time: 30 min.

Calories per serving: 235

Fat per serving: 6 grams

INSTRUCTIONS

1. Heat oven to 400 degrees.
2. Mix vegetables, chicken, and soup and place in ungreased 9" pie plate.
3. Stir, in a medium bowl, remaining ingredients until blended to make batter.
4. Pour batter on top of chicken mixture.
5. Bake 30 minutes or until golden brown.

Adapted from Colormehealthy.com

APPENDIX J. Recipes

Impossibly Easy Cheeseburger Pie

6 servings

INGREDIENTS

- 1 pound extra lean ground beef
- 1 cup chopped onion
- 1/2 teaspoon salt
- 1 cup shredded fat-free Cheddar cheese
- 1/2 cup Reduced Fat Bisquick
- 1 cup skim (fat-free) milk
- 2 eggs

Prep Time: 20 min.
Cook Time: 25 min.
Calories per serving: 314
Fat per serving: 14 grams

INSTRUCTIONS

1. Heat oven to 400 degrees.
2. Coat 9" pie plate with non-fat cooking spray.
3. Cook ground beef and onion until beef is brown; drain.
4. Stir in salt.
5. Spread in pie plate and sprinkle with cheese.
6. In a medium bowl, stir remaining ingredients until blended; Pour over beef mixture.
7. Bake 25 minutes or until a knife inserted in center comes out clean.

Adapted from Colormehealthy.com

Fifteen-Minute Soup

4 servings

INGREDIENTS

- 1 can (16-ounce) great northern beans
- 1 cup water
- 1 teaspoon (1 cube) beef or chicken bouillon
- 2 cans (16-ounce) tomatoes
- 1 small onion, chopped
- 1 teaspoon garlic salt (or regular salt)
- 1 tablespoon oil or margarine (optional)
- 1 package (10-ounce) frozen, chopped spinach
- 1/2 cup macaroni (elbow or any other shape)

Prep Time: 15 min.
Cook Time: 6-8 min.
Calories per serving: 106
Fat per serving: 1 gram

INSTRUCTIONS

1. In a 2-quart saucepan, combine all ingredients except spinach and macaroni.
2. Heat until liquid comes to a boil.
3. Stir in and break up spinach; bring to a boil again.
4. Stir in macaroni and simmer until macaroni is tender, about 6 to 8 minutes.

Adapted from Colormehealthy.com

APPENDIX J. Recipes

Chicken Quesadillas

4 servings

INGREDIENTS

- 4 flour tortillas (10")
- 1 can (10 ounces) chicken-white meat
- 2 tablespoons chunky salsa
- 1/2 cup Monterey Jack Cheese shredded
- 1/4 cup chopped white onions

OPTIONAL: 1/4 cup chopped green chilies, dash of cayenne pepper

Prep Time: 10 min.

Cook Time: 6-8 min.

Calories per serving: 388

Fat per serving: 14 grams

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Completely drain chicken.
3. Mix salsa, chicken, onions, (cayenne pepper, green chilies).
4. Put tortillas on baking sheet.
5. Place 1/4 of the chicken mixture on half of each tortilla.
6. Sprinkle 1/4 of the cheese on top of the chicken mixture; fold tortilla over filling.
7. Put in oven for 3 minutes; flip and cook on other side for 3-5 minutes until slightly brown.
8. Take out of oven and cool for 3 minutes; cut each folded tortilla into 3 wedges.

Adapted from Colormehealthy.com

Tuna Burgers

6 servings

INGREDIENTS

- 1 can (12 ounces) tuna, drained and flaked
- 1 1/2 cups bread crumbs; divided
- 1 cup (4 ounces) shredded Cheddar cheese
- 1 egg; lightly beaten
- 1/2 cup non-fat peppercorn ranch salad dressing
- 1/4 cup sliced green onion (optional)
- 1 tablespoon olive oil

Prep Time: 10 minutes

Cook Time: 10 minutes

Calories per serving: 308

Fat per serving: 11 grams

INSTRUCTIONS

1. In a medium bowl, combine tuna, 3/4 cup breadcrumbs, cheese, egg, salad dressing and onion.
2. Form six patties; coat each side with remaining 3/4 cup bread crumbs.
3. Heat oil in non-stick skillet over medium heat.
4. Cook patties 3-5 minutes on each side until golden brown.

Adapted from Colormehealthy.com

APPENDIX J. Recipes

Macaroni and Cheese*

6 servings

INGREDIENTS

- 8 ounces elbow macaroni
- 14 1/2 ounces canned tomatoes
- 2 cups non-fat cheddar cheese, shredded
- 1 Tablespoon sugar
- 3 cups broccoli, steamed, fresh

Calories per serving: 258

Fat per serving: 1gram

INSTRUCTIONS

1. Preheat oven to 350 degrees. Cook macaroni according to package directions.
2. Drain and mix other ingredients.
3. Pour in baking dish and cook for 30 minutes.
4. Serve with 1/2 cup steamed broccoli.

First Baptist Church of Severn: From the kitchen of Carol Blount

Mixed Vegetable Casserole*

6 servings

INGREDIENTS

- 1/2 pound string beans, halved (1 1/2 cups)
- 6 potatoes, peeled and cubed
- 6 carrots, peeled and halved
- 1 1/2 cups mushrooms, sliced (1/4 pound)
- 3 Tablespoons margarine
- 1/2 Tablespoon lemon juice
- 1/2 teaspoon salt and 1/2 teaspoon pepper

Calories per serving: 200

Fat per serving: 6 grams

INSTRUCTIONS

1. Put potatoes and carrots in a skillet on the stove top, cover with hot water.
2. Cover pan, simmer for 10 minutes, add beans, cover and simmer additional 5 minutes.
3. Add mushrooms, and simmer 10 more minutes.
4. Finally, add margarine, lemon juice, salt and pepper.
Toss lightly until margarine melts.

St. Phillip AME Church: From the kitchen of Denise McAllister

*Official 5 A Day Recipe—Reprinted with permission from:
A Taste of 5 A Day—*Black Churches United for Better Health Cookbook*

APPENDIX J. Recipes

Green Treasure Salad*

4 Servings

INGREDIENTS

- 1 cup green-skinned apple
- 1 cup green seedless grapes
- 1/2 cup miniature marshmallows
- 1/2 cup lemon-flavored yogurt
- 2 Tablespoons slivered almonds

Prep Time: 10 minutes
Calories per serving: 124
Fat per serving: 3 grams

INSTRUCTIONS

1. Cut the apple into four pieces and remove the core and seeds.
2. Cut into pieces.
3. Mix together the apple pieces, grapes, marshmallows, yogurt, and almonds.
4. Serve in small bowls.

Recipe provided by the California Table Grape Commission



Quick Fruit Salad*

6 servings

INGREDIENTS

- 2 cans (8 1/4 ounces) mandarin oranges (16 ounces)
- 2 cans (8 1/4 ounces) pineapple tidbits, packed in own juice
- 24 miniature marshmallows
- 1/3 cup shredded coconut
- 8 ounces non-fat sour cream
- 16 leaves of lettuce

Calories per serving: 158
Fat per serving: 2 grams

INSTRUCTIONS

1. Drain fruit
2. Mix together oranges, pineapple, marshmallow, coconut and sour cream.
3. Chill for 30 minutes.
4. Serve on lettuce.

First Baptist Church of Halifax: From the kitchen of Gwendolyn Bynum



*Official 5 A Day Recipe—Reprinted with permission from:
A Taste of 5 A Day—Black Churches United for Better Health Cookbook

APPENDIX J. Recipes

Broccoli Baked Potatoes

6 servings

INGREDIENTS

- 6 medium potatoes
- 3 stalks broccoli
- 1/4 cup skim milk
- 1 cup shredded cheddar cheese
- 1/8 tsp. pepper

Calories per serving: 315

Fat per serving: 6 grams

INSTRUCTIONS

1. Scrub potatoes; make shallow slits down the middle lengthwise.
2. Bake until done, 30 to 60 minutes—350 F oven.
3. Peel broccoli stems. Steam whole stalks just until tender and chop finely.
4. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli.
5. Add the milk, 3/4 cup cheese and pepper, mash together until mixture is pale green with dark green flecks.
6. Heap into potato jackets and sprinkle with remaining cheese.
7. Return to oven to heat through (about 15 minutes).

Recipe provided by the Idaho Potato Commission

Spinach Lasagna*

6 servings

INGREDIENTS

- 1 box of lasagna noodles (9 noodles)
- 2 cups spinach (frozen or fresh), well drained and patted dry
- 1/2 cup peas (frozen or canned)
- 2 teaspoons sugar (granulated)
- 1/4 cup celery and onion, chopped
- 1/2 cup mozzarella cheese
- 1/2 cup low-fat spaghetti sauce

Calories per serving: 184

Fat per serving: 3 grams

INSTRUCTIONS

1. Cook lasagna noodles according to directions on box.
2. Cook spinach, peas, celery and onions on stove top until vegetables are soft, add sugar.
3. In a glass pan or casserole dish, layer lasagna noodles and spinach mixture.
4. Top with mozzarella cheese and sauce.
5. Continue the above until you reach your third layer.
6. Spread sauce over top layer, and bake for 45 minutes 350 degrees.

Mt. Hebron AME Zion Church: From the kitchen of Diana Oliver

*Official 5 A Day Recipe—Reprinted with permission from:
A Taste of 5 A Day—*Black Churches United for Better Health Cookbook*



COMING SOON!

Brown Bag Day— THE HEALTHY WAY

This **activity** will help you **boost your nutrition** and **achieve better health** by helping you to **EAT SMART**.
Bring your own home-made lunch every _____
and eat with your co-workers.

NO DIETING INVOLVED. SUCCESS IS EASY.

The activity will begin on _____
and end on _____

Remember to check the Brown Bag Message Board every week for updates, recipes and more!

Don't be left out! Join the **FUN!**

For more information about Brown Bag Day, contact the activity coordinator

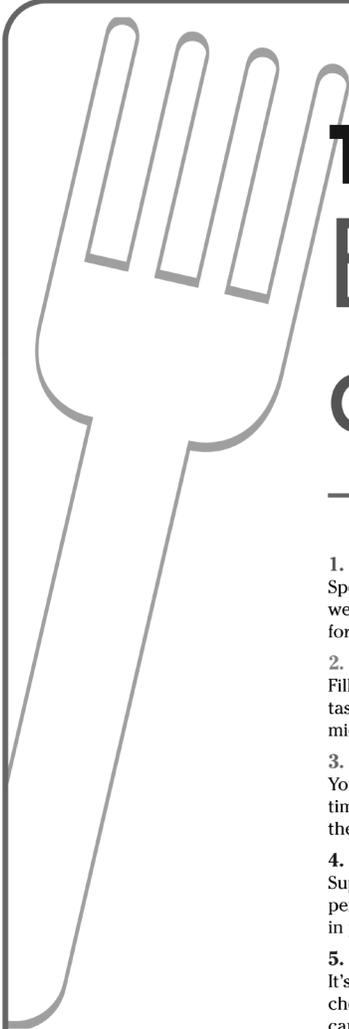
at _____

This activity is presented
by your Worksite Wellness Committee

North Carolina
HEALTH
Smart

www.EatSmartMoveMoreNC.com

ESBrownBagDayPoster.pdf



TASTY TIPS FOR Eating Smart at Work

- 1. Pack food and beverages for the week ahead.**
Spend an hour getting organized on Sunday and save time and money all week long. Wash fruit, bag vegetables, slice cheese and fill water bottles for the week ahead.
- 2. Stock up on nutrition.**
Fill your desk drawers, office fridge and briefcase with a healthy variety of tasty snacks and quick meals like instant oatmeal, trail mix and microwave-able entrees.
- 3. Pack lunch while you cook dinner.**
You can cook once and eat twice by making “planned-overs” at dinner-time. Make an extra serving or two and pack them to-go as you clean up the evening meal.
- 4. Take advantage of convenience.**
Supermarkets feature an amazing array of single-serve healthy options—perfect for desktop dining. Go for cereal in a cup, tuna in a pouch or fruit in pop-top cans.
- 5. Add nutrition to your commute.**
It’s easy, it’s tasty and it’s doesn’t have to be messy! Pack a piece of string cheese, a squeezable yogurt, an apple or a bag of grape tomatoes for the car, bus or train.
- 6. Pump up with protein power.**
Many office treats are all sugar and fat. For long-lasting brain and body power, add some protein with nuts, seeds, soynuts, yogurt, milk, jerky and nutrition bars.
- 7. Switch to a fruit dish.**
Tempted by the cookie jar or candy dish? Switch to a fresh fruit bowl or a jar filled with different, delicious, dried fruit like mango, pineapple, apricots, plums and raisins.
- 8. Drink to your health.**
Staying well-hydrated helps you think more clearly, be less cranky and do less mindless munching. It is also one of the best skin treatments in the world.
- 9. Treat yourself well.**
When it’s time to eat, give yourself a real break. Stop working, stop rushing and give yourself a few minutes to really savor whatever you are eating.
- 10. Use the K.I.S.S. principle for candy.**
Keep It Small Sweetie! Skip those expensive, high-calorie, king-size bars. Slowly savor a chocolate kiss or enjoy a “fun-size” version of your favorite candy treat.

National Nutrition Month®—
March 2004. Adapted by the
NC NET Program from
Eat Right Montana materials

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