



# Whisking your way to Health



## Lesson 2 - Using Food Labels and Planning Meals

| Objectives  | Learning Method  |
|---|--|
| <ul style="list-style-type: none"><li>○ Identify the location of the serving size on the Food Label</li><li>○ Identify the location of Total Fat on a Food Label</li><li>○ Identify the location of Sodium on the Food Label</li><li>○ Identify the location of Total Carbohydrates on the Food Label</li><li>○ Identify the location of Fiber on the Food Label</li><li>○ Understand what the Daily Requirements are on the Food Label</li><li>○ Learn what vitamin and minerals are in the food you eat</li><li>○ Learn to read the list of ingredients on food packages and identify hidden sugars</li><li>○ Use the exchange list and food labels to plan healthy balanced meals</li><li>○ Consider color texture hot and cold when planning a meal</li></ul> | <ul style="list-style-type: none"><li>○ Lecture, Power Point and Handout</li></ul> |

# Whisking your way to Health

|   |  |
|---|--|
| <b>Handouts</b>   |  |
| <ul style="list-style-type: none"> <li><input type="radio"/> Food Label</li> <li><input type="radio"/> Get on the Grain Train</li> <li><input type="radio"/> A Food Labeling Guide</li> <li><input type="radio"/> Meal Plans</li> <li><input type="radio"/> Fast Food Guide (BD)</li> </ul>   | <ul style="list-style-type: none"> <li><input type="radio"/> Carb Counter (NovoNordisk)</li> <li><input type="radio"/> Vitamins</li> <li><input type="radio"/> Minerals</li> <li><input type="radio"/> My Meal Plan</li> </ul> |
| <b>Activities</b>   |  |
| <ul style="list-style-type: none"> <li><input type="radio"/> Review the recipes brought in by the class and make adjustments as needed</li> <li><input type="radio"/> Pass out foods with labels and have the class determine number of servings using the label information</li> <li><input type="radio"/> Use index cards and meal planner to plan balanced meals with food items on the front and shopping list on the back. Plan a day's meals and snacks.</li> <li><input type="radio"/> Add to favorite foods to the food template</li> </ul> |  |

# Whisking Your Way to Health

| Food Preparation                          |          |  |
|---|----------|--|
| Item                                      | Comments | Groceries  |
| <input type="radio"/> Vegetable Soup      |          | 3 lb lean roast, onion, garlic, celery, Potatoes (2), carrots (2), 2 cans green beans, 2 cans diced tomatoes, peppercorns  |
| <input type="radio"/> Italian Pita Crisps |          | 4 Pitas, 2 Tablespoons Olive oil, 1 clove garlic, dried basil or oregano, Parmesan Cheese  |
| <input type="radio"/> Tropical Trifle     |          | 2 large Sugar free Vanilla Instant pudding, milk, 12 ounce Low fat Cool Whip, 2 Tablespoons coconut flakes, 2 Tablespoons sliced almonds, 11 ounce mandarin oranges, 11 ounce crushed pineapple and 1 banana |
| <input type="radio"/> Lemonade            |          | Real lemon juice, Splenda, and lemon   |

# Whisking your way to Health

|  |  |
|--|--|
| <b>Cooking Utensils</b>  |  |
| <ul style="list-style-type: none"> <li><input type="radio"/> Knives (paring, bread and Chef)</li> <li><input type="radio"/> Soup pot</li> <li><input type="radio"/> Dry &amp; Liquid measuring cup</li> <li><input type="radio"/> Ladle</li> <li><input type="radio"/> Can opener</li> <li><input type="radio"/> Sauté pan</li> <li><input type="radio"/> Cutting board</li> </ul> | <ul style="list-style-type: none"> <li><input type="radio"/> Carrot peeler</li> <li><input type="radio"/> Mixing bowls</li> <li><input type="radio"/> Whisk</li> <li><input type="radio"/> Spatula</li> <li><input type="radio"/> Strainer</li> <li><input type="radio"/> Dish for trifle</li> <li><input type="radio"/> Baking pan</li> <li><input type="radio"/> Pastry brush</li> </ul> |
| <b>Cooking Plan</b>  |  |
| <p><b>Group 1</b><br/>Prepare Vegetable soup</p>   | <p><b>Group 2</b><br/>Prepare trifle<br/>Prepare Italian Pita Crisps</p>   |
| <b>Set Goal</b>  |  |
| <b>Homework</b>  |  |
| <ul style="list-style-type: none"> <li><input type="radio"/> Plan 2 days of balanced meals</li> </ul>  |  |

# Whisking Your Way to Health

## Tropical Trifle

- 1 - 6 ounce No Sugar vanilla instant pudding
- Skim milk to make pudding
- 1 - 12 ounce low fat Cool Whip
- 1 - 15 ounce mandarin oranges (drained)
- 1 - 20 ounce crushed pineapple (drained)
- 1 banana sliced
- 2 Tablespoons shredded coconut
- 2 Tablespoons sliced almonds

Make vanilla pudding according to directions, let it set up.

Mix half of the Cool whip into the pudding.

In a dry sauté pan place coconut and almonds over medium heat, stir constantly until lightly browned. Remove from the heat and let it cool.

In a serving dish layer half of the pudding/cool whip mixture

Layer the banana, the drained mandarin oranges and pineapple on top of the pudding/Cool whip mixture

Place the remaining pudding/Cool whip mixture evenly on top of the fruit

Top with the remaining Cool whip

Sprinkle the cooled coconut and almonds on top.



# Whisking Your Way to Health



## Vegetable Soup

3 lb of lean roast, dice it up

1 onion diced

2 garlic minced

Cook

Add:

2 stalks celery diced

2 potatoes diced

2 carrots diced

Cook until done

Add:

2 cans of green beans

2 cans diced tomatoes

Peppercorn

# Whisking Your Way to Health

## Italian Pita Crisps

- 4 Pitas, each about 6 inches in diameter
- 2 tablespoons of olive oil
- 2 cloves of garlic finely minced
- $\frac{1}{2}$  teaspoon dried basil or oregano
- 4 teaspoons Parmesan cheese

Preheat the oven to 350 ° F. Spray 1 or 2 cookie sheets with nonstick pan spray.

Cut each pita in 8 wedges to separate the halves. Arrange in a single layer on the cookie sheet.

Mix the olive oil and garlic together. Brush over the pita sections; sprinkle with basil and cheese.

Bake 8 to 10 minutes, or until lightly browned and crisp. Serve hot or cold and store in an air tight container.

Serving: 4 crisps

Calories - 59

Total Fats - 2 Gm

Sodium - 88mg

Total Carbohydrates - 8 Gms

# Shopping List



## Lesson 2

|                             |  |         |
|-----------------------------|--|---------|
| Lean roast beef             | 3 pounds                                   | \$15.00 |
| Potatoes                    | 2 potatoes                                 | \$1.00  |
| Carrots                     | 1 lb bag                                   | \$0.69  |
| Celery                      | 1 bunch                                    | \$1.00  |
| Onion                       | 1 Medium                                   | \$1.00  |
| Green beans*                | 2 cans                                     | \$1.00  |
| Diced tomatoes*             | 2 cans                                     | \$1.23  |
| Pita                        | 8 pita                                     | \$2.00  |
| Sugar free vanilla pudding* | 2 large                                    | \$2.08  |
| Milk, Skim                  | 2 quarts                                   | \$1.79  |
| Cool Whip, Low fat          | 12 ounce                                   | \$1.19  |
| Coconut flakes              | 2 tablespoons                              | \$1.59  |
| Sliced almonds              | 2 tablespoons                              | \$1.32  |
| Mandarin oranges*           | 15 ounces                                  | \$1.07  |
| Crushed pineapple*          | 20 ounces                                  | \$0.89  |
| Banana                      | 2  | \$0.50  |
|                             | Total                                      | \$33.35 |
|                             | * Items in stapes - Total less these items | \$28.08 |

## Staples

No new staples



## Pre test

1. On the Food Label, Total Carbohydrates of 48 grams is how many serving on your meal plan?  
 1  
 2  
 3
2. % Daily Values on the Food Label is based on a  
 1800 calorie Meal Plan  
 2000 calorie Meal Plan  
 2200 Calorie Meal Plan
3. The Ingredients on the Ingredient List are in order of  
 Ingredient in the name of the item first  
 Ingredient that has the most weight  
 Alphabetical order
4. Daily Meal Plans should include 4 to 6 servings of non-starchy vegetables  
 True  
 False
5. On an 1800 calories Meal Plan you should plan for  
 5 servings of fat a day  
 6 servings of fat a day  
 6 servings of carbohydrates a day


My goal this past week was \_\_\_\_\_

I met it \_\_\_ all the time \_\_\_ most time  
\_\_\_ some times \_\_\_ did not work on it

## Post test

1. On the Food Label, Total Carbohydrates of 48 grams is how many serving on your meal plan?  
 1  
 2  
 3
2. % Daily Values on the Food Label is based on a  
 1800 calorie Meal Plan  
 2000 calorie Meal Plan  
 2200 Calorie Meal Plan
3. The Ingredients on the Ingredient List are in order of  
 Ingredient in the name of the item first  
 Ingredient that has the most weight  
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4. Daily Meal Plans should include 4 to 6 servings of non-starchy vegetables  
 True  
 False
5. On an 1800 calories Meal Plan you should plan for  
 5 servings of fat a day  
 6 servings of fat a day  
 6 servings of carbohydrates a day

My goal for next week: I will \_\_\_\_\_  
How much \_\_\_\_\_ How often \_\_\_\_\_  
When \_\_\_\_\_




## Reading Labels and Ingredient Lists


A cooking program for people with diabetes




## Let's look at your favorite recipes!

|                        |                        |                            |
|------------------------|------------------------|----------------------------|
| # Serving in container | <b>Nutrition Facts</b> | Serving Size               |
| # of calories          |                        | # of calories from fat     |
| # of mg of Sodium/salt |                        | # of grams of fat          |
| # of grams of fiber    |                        | # of grams of carbohydrate |
| # of grams of protein  |                        |                            |



|   |    |                |
|---|----|----------------|
| <b>Nutrition Facts</b>                                    |    | % Daily Values |
| Serving Size: 1/2 cup (125g)<br>Servings per Container: 4 |    |                |
| Amount Per Serving  |    | % Daily Value  |
| <b>Calories 90</b> <b>Calories from Fat 20</b>            |    |                |
| <b>Total Fat 3g</b>                                       | 6% |                |
| <b>Cholesterol 0mg</b>                                    | 0% |                |
| <b>Sodium 300mg</b>                                       | 6% |                |
| <b>Total Carbohydrate 15g</b>                             | 4% |                |
| <b>Protein 3g</b>   | 6% |                |
| <b>Vitamins and Minerals</b>                              |    |                |
| % Daily Values  |    |                |




## % Daily Values


- Use the % daily values to determine how the food fits into your meal plan
- Are usually based on a 2,000 calorie/day meal plan
- % daily values are for the whole day not just one meal

**TIPS!**

- 5% or less is low - aim for low in total fat, saturated fat, cholesterol and sodium
- 20% or more is high - aim high for vitamins, minerals and fiber



## Fiber



Eating fiber is like eating a plate of straw

Is this how you feel about getting more fiber in your meal plan?



## Two Kinds of fiber

Fiber is all the parts of plant foods that your body can not digest or absorb

- Insoluble Fiber -
  - Does not dissolve in water
  - Moves through your digestive system quickly
  - Soft, bulky stools
- Soluble Fiber -
  - Dissolves in water
  - Lowers blood cholesterol and glucose



## What foods have fiber?

- Insoluble fiber
  - Whole wheat flour, nuts, vegetables, bran and fruits with edible seeds (raspberries)
- Soluble fiber
  - Oats, legumes, barley, apples, citrus fruits, carrots and psyllium



## How much fiber do I need each day?

- 25 to 35 grams each day



- Add a few tablespoons of unprocessed wheat bran to your cereal
- Add unprocessed wheat bran or bran cereal to baked goods or use as a topping
- Try brown rice, barley, whole wheat pasta and bulgur
- Include beans, peas and lentils in soups or salads
- Eat fruit as dessert
- Snack on fruit, whole grain crackers, low-fat popcorn or vegetables



## Vitamins and Minerals



## Vitamin A

- Plays an important role in vision, bone growth, reproduction and cell division
- Helps regulate the immune system

How much do you need each day?

- Men - 3,000 IU
- Women - 2,330 IU



## What foods have Vitamin A?

- Cereals, pastries, breads, crackers, cereal grain bars and other foods are fortified with Vitamin A
- Fat-free milk fortified with Vitamin A
- Liver, eggs and cheese
- Carrots, sweet potatoes, apricots, cantaloupe, peaches, papaya, spinach, kale, red peppers, frozen peas and tomato juice, canned



## Vitamin E

- Essential for nutrition
- Protects our cells from free radicals (damage to cells)
- Helps with the immune system

How much do you need each day?

- Men and women - 22.5 IU



## What foods have Vitamin E?

- Cereals fortified with Vitamin A
- Oil: safflower, sunflower, corn, and soybean
- Nuts: peanuts, hazelnuts, almonds
- Seeds: Sunflower
- Spinach, broccoli, greens, pumpkin
- Apple, apricot, nectarine, peach, kiwi, mango
- Clams, shrimp, scallops and salmon



## Vitamin D

- Plays an important role in maintaining healthy levels of calcium and phosphorus.
- Forms and maintains strong bones
- May also help with a healthy immune system

How much do you need each day?

- Men and women age 19 – 50 - 200 IU
- Men and Women age 51 – 70 - 400 IU
- Men and Women 71 + - 600 IU



## What foods have Vitamin D?

- Cereals fortified with Vitamin D
- Cod liver oil, sardines and tuna fish packed in oil
- Milk fortified with vitamin D
- Exposure to the sun is the most important source of Vitamin D
- 10 – 15 minutes is adequate exposure



## Vitamin C

- Helps in forming collagen, important for bones, cartilage, muscle and blood vessels
- Forms and maintains strong bones
- Helps maintain capillaries, bones and teeth
- Aids in the absorption of iron

How much do you need each day?

- Men and women need 75 mg a day or more



## What foods have Vitamin C?

- Cereals fortified with Vitamin C
- Most fruits
- Most vegetables and greens
- Liver, beef, pork and chicken
- Clams, mussels



## B Vitamins

- B<sub>6</sub>
- B<sub>12</sub>
- Folate

### B Vitamins:

- Essential for red blood cell production and metabolism
- Help with the immune process
- Folate helps produce new cells



## How much do we need each day?

- B<sub>6</sub> - Men age 19 - 50 - 1.3 mg  
51+ - 1.7 mg  
Women age 19 - 50 - 1.3 mg  
51+ - 1.5 mg
- B<sub>12</sub> - Men and women - 2.4 ug
- Folate - Men and women - 400 ug



## What foods have Vitamin B<sub>6</sub>?

- Cereals fortified with Vitamin B<sub>6</sub>
- Bananas
- Potatoes, spinach, lima beans, tomato juice, avocado, soybeans, garbanzo beans
- Chicken breast, tuna in water, pork loin, rainbow trout, eye of round (beef), Sockeye salmon
- Peanut butter
- Sunflower seeds and walnuts



## What foods have Vitamin B<sub>12</sub>?

- Cereals fortified with Vitamin B<sub>12</sub>
- Mollusks, clams, wild rainbow trout, sockeye salmon, haddock, tuna in water,
- Beef liver, beef, chicken, pork
- Milk, eggs, American cheese, yogurt



## What foods have Folate?

- Cereals, egg noodles and bread fortified with Folate
- Beef liver, egg
- Cowpeas, spinach, asparagus, vegetarian baked beans, green peas, broccoli, avocado, tomato juice, Romaine lettuce, turnip greens
- Orange juice from concentrate, papaya, cantaloupe, banana
- Peanuts



## Minerals - Potassium

- Nerve function
- Blood pressure (new evidence may decrease B/P)
- Muscle control
- Works with sodium to maintain the bodies water balance

### How much do we need each day?

1,600 to 3,500 mg  
you should have the same amount of potassium as sodium each day



### What foods have Potassium?

- Buttermilk, milk and yogurt
- Apricots, Avocado, banana, prunes, cantaloupe, raisins, dates, honeydew melon
- Chicken, beef, canned tuna and salmon, fish, turkey, ham and lamb
- Carrots, celery, dry beans, greens, potato, spinach, winter squash, sweet potato, and tomatoes



### Minerals - Sodium

- Maintains the water balance in the cells and in the function of the muscles and the nerve impulses

**How much do we need each day?**  
maximum level is 2,400 mg / day

#### What foods have sodium?

- Pre-packaged foods, canned vegetables, soup, smoked and cured meats, pickles



### Minerals -Calcium

- Muscle contraction
- Blood vessel contraction and expansion
- Secretion of hormones and enzymes
- Nervous system to send messages

**How much do we need each day?**  
Men and women age 19 - 50 - 1,000 mg  
Men and women age 51+ - 1,200 mg



### What foods have Calcium?

- Dairy products
- Fortified cereal and bread products
- Tofu and soy
- Fortified juices
- Pink salmon, canned, solid with bones
- Spinach, turnip greens, kale, broccoli
- Tortillas



### Minerals - Iron

- Essential for transporting oxygen in the blood
- Essential for cell growth

**How much do we need each day?**  
Men age 19 - 20 - 8 mg  
Women age 19 - 50 - 18 mg  
Men and women age 51+ - 8 mg



### What foods have Iron?

- Red meat, fish and poultry
- Oysters, crab (blue), tuna in water, shrimp
- Cereal fortified with iron
- Dry beans and lentils
- Molasses, black strap
- Tofu
- Enriched bread
- Spinach, cow peas
- Grits




### Ingredient Lists

- The ingredients are listed in order by weight, the ingredient weighing the most is listed first
- Check the ingredient list to find:
  - Hidden sugars
  - Hydrogenated fats



### Exchange List


- Exchange list
  - Carbohydrates
    - Non - Starchy vegetables
    - 5 grams of carbohydrates per serving
    - 4 - 6 servings a day



### Exchange List

#### Protein


- Meat
- Cheese
- Eggs
- Peanut butter
- 7 ounces of protein a day



### Exchange List

#### Fats


- Saturated - Bad fat
- Unsaturated - Good fat
- 5 grams is 1 serving
- Number of servings a day is determined by number of calories per day



### Planning a meal

#### Consider

- Color
- Texture
- Temperature



### Exchange List

- Exchange list
  - Carbohydrates
    - Grains
    - Starches
    - Starchy vegetables
    - Fruit
    - Milk

15 grams = 1 serving

The number of servings is determined by the number of calories per day





Let's Plan  
Some  
Meals

## Lesson 2



### Reading Labels and Ingredient Lists

A cooking program  
for people with diabetes

Welcome to class 2 of Whisking Your Way to Health  
This week we will talk about Reading Labels and Ingredient list and planning meals



Let's look at your favorite recipes!



Who brought in recipes?



| Nutrition Facts        |                            |
|------------------------|----------------------------|
| # Serving in container | Serving Size               |
| # of calories          | # of calories from fat     |
| # of mg of Sodium/salt | # of grams of fat          |
| # of grams of fiber    | # of grams of carbohydrate |
| # of grams of protein  |                            |

- **Serving Size** - all of the information on the Nutrition label is in reference to the amount in the serving size, if you eat twice as much you need to double the information
- **# of Calories** - when using the exchange list and portion size you do not need to count calories
- **# of calories from fat** - good information to let Fat equals 1 serving of fat

- Grams of fat, this is important if you have high cholesterol and are watching your fat intake. Fat is high in calories. Some times it is the amount of fat that limits how much you eat not the carbohydrates
- Sodium - you should have 2,400 mg or less of sodium each day, some times it is the amount of sodium that limits your portion size
- Fiber - most Americans do not get enough fiber each day. This is a good way to compare products.
- Total Carbohydrates - you do not need to look at the different sugar, just the Total Carbohydrates. 15 grams of carbohydrates equals 1 serving
- Protein - On the meal plan the grams of protein are not counted , 7 ounces of protein is the daily recommendation.



Other information found on the label are the vitamin and minerals found in the product and the % Daily Values



## % Daily Values

- Use the % daily values to determine how the food fits into your meal plan
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- 5% or less is low - aim for low in total fat, saturated fat, cholesterol and sodium
- 20% or more is high - aim high for vitamins, minerals and fiber

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## Fiber



Eating fiber is like eating a plate of straw

Is this how you feel about getting more fiber in your meal plan?

## Fiber

Do feel like you are eating hay to get enough fiber each day?



## Two Kinds of fiber

Fiber is all the parts of plant foods that your body can not digest or absorb

- Insoluble Fiber -
  - Does not dissolve in water
  - Moves through your digestive system quickly
  - Soft, bulky stools
- Soluble Fiber -
  - Dissolves in water
  - Lowers blood cholesterol and glucose

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### What foods have fiber?

- Insoluble fiber
  - Whole wheat flour, nuts, vegetables, bran and fruits with edible seeds (raspberries)
- Soluble fiber
  - Oats, legumes, barley, apples, citrus fruits, carrots and psyllium

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- Soluble fiber
  - Oats, legumes, barley, apples, citrus fruits, carrots and psyllium



### How much fiber do I need each day?

- 25 to 35 grams each day



**TIPS!**

- Add a few tablespoons of unprocessed wheat bran to your cereal
- Add unprocessed wheat bran or bran cereal to baked goods or use as a topping
- Try brown rice, barley, whole wheat pasta and bulgur
- Include beans, peas and lentils in soups or salads
- Eat fruit as dessert
- Snack on fruit, whole grain crackers, low-fat popcorn or vegetables

### How much fiber do you need each day?

**25 to 35 grams each day**

### How can you get fiber into your meals?

- Add a few tablespoons of unprocessed wheat bran to your cereal

- Add unprocessed wheat bran or bran cereal to baked goods or use as a topping
- Try brown rice, barley, whole wheat pasta and bulgur
- Include beans, peas and lentils in soups or salads
- Eat fruit as dessert
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## Vitamins and Minerals

Why are vitamins and minerals important?

It is important to eat a variety of fruits and vegetables because each one offers different vitamin and mineral. Try some new ones or ones you thought you didn't like. Let's look at the benefits of vitamins and minerals and the food that have them.



### Vitamin A

- Plays an important role in vision, bone growth, reproduction and cell division
- Helps regulate the immune system

How much do you need each day?

- Men - 3,000 IU
- Women - 2,330 IU

### Vitamin A

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### What foods have Vitamin A?

- Cereals, pastries, breads, crackers, cereal grain bars and other foods are fortified with Vitamin A
- Fat-free milk fortified with Vitamin A
- Liver, eggs and cheese
- Carrots, sweet potatoes, apricots, cantaloupe, peaches, papaya, spinach, kale, red peppers, frozen peas and tomato juice, canned

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### Vitamin E

- Essential for nutrition
- Protects our cells from free radicals (damage to cells)
- Helps with the immune system

How much do you need each day?

- Men and women - 22.5 IU

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How much do you need each day?

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### What foods have Vitamin E?

- Cereals fortified with Vitamin A
- Oil: safflower, sunflower, corn, and soybean
- Nuts: peanuts, hazelnuts, almonds
- Seeds: Sunflower

- Spinach, broccoli, greens, pumpkin
- Apple, apricot, nectarine, peach, kiwi, mango
- Clams, shrimp, scallops and salmon



### Vitamin D

- Plays an important role in maintaining healthy levels of calcium and phosphorus.
- Forms and maintains strong bones
- May also help with a healthy immune system

How much do you need each day?

- Men and women age 19 – 50 - 200 IU
- Men and Women age 51 – 70 - 400 IU
- Men and Women 71 + - 600 IU

### Vitamin D

- Plays an important role in maintaining healthy levels of calcium and phosphorus.
- Forms and maintains strong bones
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### What foods have Vitamin D?

- Cereals fortified with Vitamin D
- Cod liver oil, sardines and tuna fish packed in oil
- Milk fortified with vitamin D
- Exposure to the sun is the most important source of Vitamin D
- 10 – 15 minutes is adequate exposure



### What foods have Vitamin D?

- Cereal fortified with Vitamin D
- Cod liver oil, sardines and tuna fish packed in oil
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### Vitamin C

- Helps in forming collagen, important for bones, cartilage, muscle and blood vessels
- Forms and maintains strong bones
- Helps maintain capillaries, bones and teeth
- Aids in the absorption of iron

How much do you need each day?

- Men and women need 75 mg a day or more

### Vitamin C

- Helps in forming collagen, important for bones, cartilage, muscle and blood vessels
- Forms and maintains strong bones
- Helps maintain capillaries, bones and teeth
- Aids in the absorption of iron



### What foods have Vitamin C?

- Cereals fortified with Vitamin C
- Most fruits
- Most vegetables and greens
- Liver, beef, pork and chicken
- Clams, mussels

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### B Vitamins

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- Folate
- B Vitamins:**
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How much do we need each day?

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51+ - 1.7 mg  
Women age 19 - 50 - 1.3 mg  
51+ - 1.5 mg
- B<sub>12</sub> - Men and women - 2.4 µg
- Folate - Men and women - 400 µg

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What foods have Vitamin B<sub>6</sub>?

- Cereals fortified with Vitamin B<sub>6</sub>
- Bananas
- Potatoes, spinach, lima beans, tomato juice, avocado, soybeans, garbanzo beans
- Chicken breast, tuna in water, pork loin, rainbow trout, eye of round (beef), Sockeye salmon
- Peanut butter
- Sunflower seeds and walnuts

What foods have Vitamin B<sub>6</sub>?

- Cereals fortified with Vitamin B<sub>6</sub>
- Bananas
- Potatoes, spinach, lima beans, tomato juice, avocado, soybeans, garbanzo beans
- Chicken breast, tuna in water, pork loin, rainbow trout, eye of round (beef), Sockeye salmon
- Peanut butter
- Sunflower seeds and walnuts



What foods have Vitamin B<sub>12</sub>?

- Cereals fortified with Vitamin B<sub>12</sub>
- Mollusks, clams, wild rainbow trout, sockeye salmon, haddock, tuna in water,
- Beef liver, beef, chicken, pork
- Milk, eggs, American cheese, yogurt

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- Mollusks, clams, wild rainbow trout, sockeye salmon, haddock, tuna in water,
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#### What foods have Folate?

- Cereals, egg noodles and bread fortified with Folate
- Beef liver, egg
- Cowpeas, spinach, asparagus, vegetarian baked beans, green peas, broccoli, avocado, tomato juice, Romaine lettuce, turnip greens
- Orange juice from concentrate, papaya, cantaloupe, banana
- Peanuts

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#### Minerals - Potassium

- Nerve function
- Blood pressure (new evidence may decrease B/P)
- Muscle control
- Works with sodium to maintain the bodies water balance

#### How much do we need each day?

1,600 to 3,500 mg  
you should have the same amount of potassium as sodium each day

#### Minerals - Potassium

- Nerve function
- Blood pressure (new evidence may decrease B/P)
- Muscle control
- Works with sodium to maintain the bodies water balance



### What foods have Potassium?

- Buttermilk, milk and yogurt
- Apricots, Avocado, banana, prunes, cantaloupe, raisins, dates, honeydew melon
- Chicken, beef, canned tuna and salmon, fish, turkey, ham and lamb
- Carrots, celery, dry beans, greens, potato, spinach, winter squash, sweet potato, and tomatoes

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### Minerals - Sodium

- Maintains the water balance in the cells and in the function of the muscles and the nerve impulses

**How much do we need each day?**  
maximum level is 2,400 mg / day

#### What foods have sodium?

- Pre-packaged foods, canned vegetables, soup, smoked and cured meats, pickles

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### Minerals -Calcium

- Muscle contraction
- Blood vessel contraction and expansion
- Secretion of hormones and enzymes
- Nervous system to send messages

**How much do we need each day?**  
Men and women age 19 - 50 - 1,000 mg  
Men and women age 51+ - 1,200 mg

### Minerals - Calcium

- Muscle contraction
- Blood vessel contraction and expansion
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- Nervous system to send messages



### What foods have Calcium?

- Dairy products
- Fortified cereal and bread products
- Tofu and soy
- Fortified juices
- Pink salmon, canned, solid with bones
- Spinach, turnip greens, kale, broccoli
- Tortillas

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- Tortillas



### Minerals - Iron

- Essential for transporting oxygen in the blood
- Essential for cell growth

#### How much do we need each day?

Men age 19 - 20 - 8 mg

Women age 19 - 50 - 18 mg

Men and women age 51 + - 8 mg

### Minerals - Iron

- Essential for transporting oxygen in the blood
- Essential for cell growth



### What foods have Iron?

- Red meat, fish and poultry
- Oysters, crab (blue), tuna in water, shrimp
- Cereal fortified with iron
- Dry beans and lentils
- Molasses, black strap
- Tofu
- Enriched bread
- Spinach, cow peas
- Grits

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### Ingredient Lists

- The ingredients are listed in order by weight, the ingredient weighing the most is listed first
- Check the ingredient list to find:
  - Hidden sugars
  - Hydrogenated fats

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### Exchange List

- Exchange list
  - Carbohydrates
    - Non - Starchy vegetables
    - 5 grams of carbohydrates per serving
    - 4 - 6 servings a day

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### Exchange List

- Protein
- Meat
  - Cheese
  - Eggs
  - Peanut butter
  - 7 ounces of protein a day

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- Cheese
- Eggs
- Peanut butter
- 7 ounces of protein a day



### Exchange List

#### Fats

- Saturated - Bad fat
- Unsaturated - Good fat
- 5 grams is 1 serving
- Number of servings a day is determined by number of calories per day

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### Planning a meal

#### Consider

- Color
- Texture
- Temperature

### Planning a meal

#### Consider

- Color
- Texture
- Temperature



### Exchange List

- Exchange list
  - Carbohydrates
    - Grains
    - Starches
    - Starchy vegetables
    - Fruit
    - Milk

15 grams = 1 serving

The number of servings is determined by the number of calories per day

- Exchange list
  - Carbohydrates
    - Grains
    - Starches
    - Starchy vegetables
    - Fruit
    - Milk

The number of servings is determined by the number of calories per day



### Let's Plan Some Meals

Let's plan some meals





## Lesson 2

### Using Food Labels and Meal Planning

- Identify the serving size, Total fat, Sodium, Fiber, Total Carbohydrates on the food label
- Understand the Daily Requirements
- Understand the ingredients list
- Understand why the different vitamins and minerals are important and what foods to eat
- Plan Meals using the exchange list and food labels



### Let's Cook

- Vegetable Soup
- Tropical Trifle
- Sourdough rolls
- Lemonade and Iced tea

**My healthy food goal for this week:**

I will

---

---

### Homework

- ❖ Plan two days of balanced meals

# Serving in container

# of calories

# of mg of Sodium/salt

# of grams of fiber

### Nutrition Facts

Serving Size ½ cup (114g)  
Servings Per Container 4

| Amount Per Serving            |  | Calories from Fat 30 |  |
|-------------------------------|--|----------------------|--|
|                               |  | % Daily Value*       |  |
| <b>Calories</b> 90            |  |                      |  |
| <b>Total Fat</b> 3g           |  | <b>5%</b>            |  |
| Saturated Fat 0g              |  | <b>0%</b>            |  |
| <b>Cholesterol</b> 0mg        |  | <b>0%</b>            |  |
| <b>Sodium</b> 300mg           |  | <b>13%</b>           |  |
| <b>Total Carbohydrate</b> 13g |  | <b>4%</b>            |  |
| Dietary Fiber 3g              |  | <b>12%</b>           |  |
| Sugars 3g                     |  |                      |  |
| <b>Protein</b> 3g             |  |                      |  |
| Vitamin A 80% • Vitamin C 60% |  |                      |  |
| Calcium 4% • Iron 4%          |  |                      |  |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: 2,000   | 2,500   |
|--------------------|-------------------|---------|
| Total Fat          | Less than 65g     | 80g     |
| Sat Fat            | Less than 20g     | 25g     |
| Cholesterol        | Less than 300mg   | 300mg   |
| Sodium             | Less than 2,400mg | 2,400mg |
| Total Carbohydrate | 300g              | 375g    |
| Dietary Fiber      | 25g               | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Serving Size

# of calories from fat

# of grams of fat

# of grams of carbohydrates



# Vitamins

## Vitamin A

- Plays an important role in vision, bone growth, reproduction and cell division.
- Helps regulate the immune system

### How much do you need each day?

- Men - 3,000 IU
- Women - 2,330 IU

### What foods have Vitamin A

- Cereals, pastries, breads, crackers, cereal grain bars and other foods are fortified with Vitamin A
- Fat-free milk fortified with Vitamin A
- Liver, eggs and cheese
- Carrots, sweet potatoes, apricots, cantaloupe, peaches, papaya, spinach, kale, red peppers, frozen peas and tomato juice, canned

## Vitamin E

- Essential for nutrition
- Protects our cells from free radicals (damage to cells)
- Helps with the immune system

### How much do you need each day?

- Men and women - 22.5 IU

### What foods have Vitamin E?

- Cereals fortified with Vitamin A
- Oil: safflower, sunflower, corn, and soybean

- Nuts: peanuts, hazelnuts, almonds
- Seeds: Sunflower
- Spinach, broccoli, greens, pumpkin
- Apple, apricot, nectarine, peach, kiwi, mango
- Clams, shrimp, scallops and salmon

## **Vitamin D**

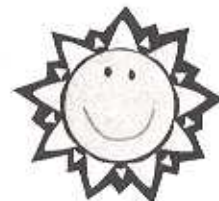
- Plays an important role in maintaining healthy levels of calcium and phosphorus.
- Forms and maintains strong bones
- May also help with a healthy immune system

### **How much do you need each day?**

- Men and women age 19 - 50 - 200 IU
- Men and Women age 51 - 70 - 400 IU
- Men and Women 71 + - 600 IU

### **What foods have Vitamin D?**

- Cereals fortified with Vitamin D
- Cod liver oil, sardines and tuna fish packed in oil
- Milk fortified with vitamin D



### **Most important source**

- Exposure to the sun is the most important source of Vitamin D
- 10 - 15 minutes is adequate exposure

## **Vitamin C**

- Helps in forming collagen, important for bones, cartilage, muscle and blood vessels
- Forms and maintains strong bones
- Helps maintain capillaries, bones and teeth
- Aids in the absorption of iron

### How much do you need each day?

- Men and women need 75 mg a day or more

### What foods have Vitamin C?

- Cereals fortified with Vitamin C
- Most fruits
- Most vegetables and greens
- Liver, beef, pork and chicken
- Clams, mussels

### B Vitamins

- B6
- B12
- Folate

#### B Vitamins:

- Essential for red blood cell production and metabolism
- Help with the immune process
- Folate helps produce new cells

### How much do we need each day?

- B6 - Men age 19 - 50 - 1.3 mg  
51+ - 1.7 mg  
Women age 19 - 50 - 1.3 mg  
51+ - 1.5 mg
- B12 - Men and women - 2.4  $\mu$ g
- Folate - Men and women - 400  $\mu$ g

### What foods have Vitamin B<sub>6</sub>?

- Cereals fortified with Vitamin B<sub>6</sub>
- Bananas
- Potatoes, spinach, lima beans, tomato juice, avocado, soybeans, garbanzo beans

- Chicken breast, tuna in water, pork loin, rainbow trout, eye of round (beef), Sockeye salmon
- Peanut butter
- Sunflower seeds and walnuts

#### **What foods have Vitamin B<sub>12</sub>?**

- Cereals fortified with Vitamin B12
- Mollusks, clams, wild rainbow trout, sockeye salmon, haddock, tuna in water,
- Beef liver, beef, chicken, pork
- Milk, eggs, American cheese, yogurt

#### **What foods have Folate?**

- Cereals, egg noodles and bread fortified with Folate
- Beef liver, egg
- Cowpeas, spinach, asparagus, vegetarian baked beans, green peas, broccoli, avocado, tomato juice, Romaine lettuce, turnip greens
- Orange juice from concentrate, papaya, cantaloupe, banana
- Peanuts



# Minerals

## Potassium

- Nerve function
- Blood pressure (new evidence may decrease B/P)
- Muscle control
- Works with sodium to maintain the bodies water balance

### How much do we need each day?

1,600 to 3,500 mg

You should have the same amount of potassium as you have of sodium each day

### What foods have Potassium?

- Buttermilk, milk and yogurt
- Apricots, Avocado, banana, prunes, cantaloupe, raisins, dates, honeydew melon
- Chicken, beef, canned tuna and salmon, fish, turkey, ham and lamb
- Carrots, celery, dry beans, greens, potato, spinach, winter squash, sweet potato, and tomatoes
- Maintains the water balance in the cells and in the function of the muscles and the nerve impulses

## Sodium

- Maintains the water balance in the cells
- Is important for the function of the muscles and the nerve impulses

### **How much do we need each day?**

Maximum level is 2,400 mg / day

### **What foods have sodium?**

- Pre-packaged foods, canned vegetables, soup, smoked and cured meats, pickles

### **Calcium**

- Muscle contraction
- Blood vessel contraction and expansion
- Secretion of hormones and enzymes
- Nervous system to send messages

### **How much do we need each day?**

Men and women age 19 - 50 - 1,000 mg

Men and women age 51+ - 1,200 mg

### **What foods have Calcium?**

- Dairy products
- Fortified cereal and bread products
- Tofu and soy
- Fortified juices
- Pink salmon, canned, solid with bones
- Spinach, turnip greens, kale, broccoli
- Tortillas

### **Iron**

- Essential for transporting oxygen in the blood
- Essential for cell growth



### **How much do we need each day?**

Men age 19 - 20 - 8 mg

Women age 19 - 50 - 18 mg

Men and women age 51 + - 8 mg

### **What foods have iron?**

- Red meat, fish and poultry
- Oysters, crab (blue), tuna in water, shrimp
- Cereal fortified with iron
- Dry beans and lentils
- Molasses, black strap
- Tofu
- Enriched bread
- Spinach, cow peas
- Grits

**1500 Calories = Total each day of 11 servings of Carbohydrates**

You may choose 11 carbohydrate servings from the starch, fruit and milk group

For a well balanced meal plan choose:

Starches = 6 servings

Fruit = 1 serving

Milk = 2 servings

**Breakfast 3 servings, Lunch 3 servings, Dinner 3 servings**

Snack is 2 extra choices from the starches, fruit or milk

Non starchy vegetables:

1 or 2 servings at lunch and dinner

Protein:

1 ounce for breakfast and 3 ounces for lunch and dinner

Fat:

3 servings a day (if you have high cholesterol you should have less)



**1800 Calories = Total each day of 14 servings of Carbohydrates**

You may choose 14 carbohydrate servings from the starch, fruit and milk group

For a well balanced meal plan choose:

Starches = 8 servings

Fruit = 3 servings

Milk = 1 serving

**Breakfast 4 servings, Lunch 4 servings, Dinner 4 servings**

Snack is 2 extra choices from the starches, fruit or milk

Non starchy vegetables:

1 or 2 servings at lunch and dinner

Protein:

1 ounce for breakfast and 3 ounces for lunch and dinner

Fat:

5 servings a day (if you have high cholesterol you should have less)

**2000 Calories = Total each day of 15 servings of Carbohydrates**

You may choose 14 carbohydrate servings from the starch, fruit and milk group

For a well balanced meal plan choose:

Starches = 8 servings

Fruit = 3 servings

Milk = 2 servings

**Breakfast 4 servings, Lunch 4 servings, Dinner 5 servings**

Snack is 2 extra choices from the starches, fruit or milk

Non starchy vegetables:

1 or 2 servings at lunch and dinner

Protein:

1 ounce for breakfast and 3 ounces for lunch and 4 ounces for dinner

Fat:

6 servings a day (if you have high cholesterol you should have less)



**2200 Calories = Total each day of 17 servings of Carbohydrates**

You may choose 17 carbohydrate servings from the starch, fruit and milk group

For a well balanced meal plan choose:

Starches = 9 servings

Fruit = 3 servings

Milk = 2 servings

**Breakfast 5 servings, Lunch 4 servings, Dinner 5 servings**

Snack is 3 extra choices from the starches, fruit or milk

Non starchy vegetables:

2 or more servings at lunch and dinner

Protein:

1 - 2 ounces for breakfast and 3 ounces for lunch and dinner

Fat:

8 servings a day (if you have high cholesterol you should have less)

## Planning a meal

When planning meals the carbohydrates should be spaced throughout the day.

Breakfast

4

Lunch

4

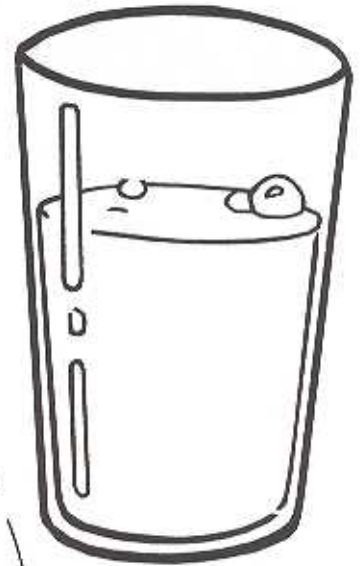
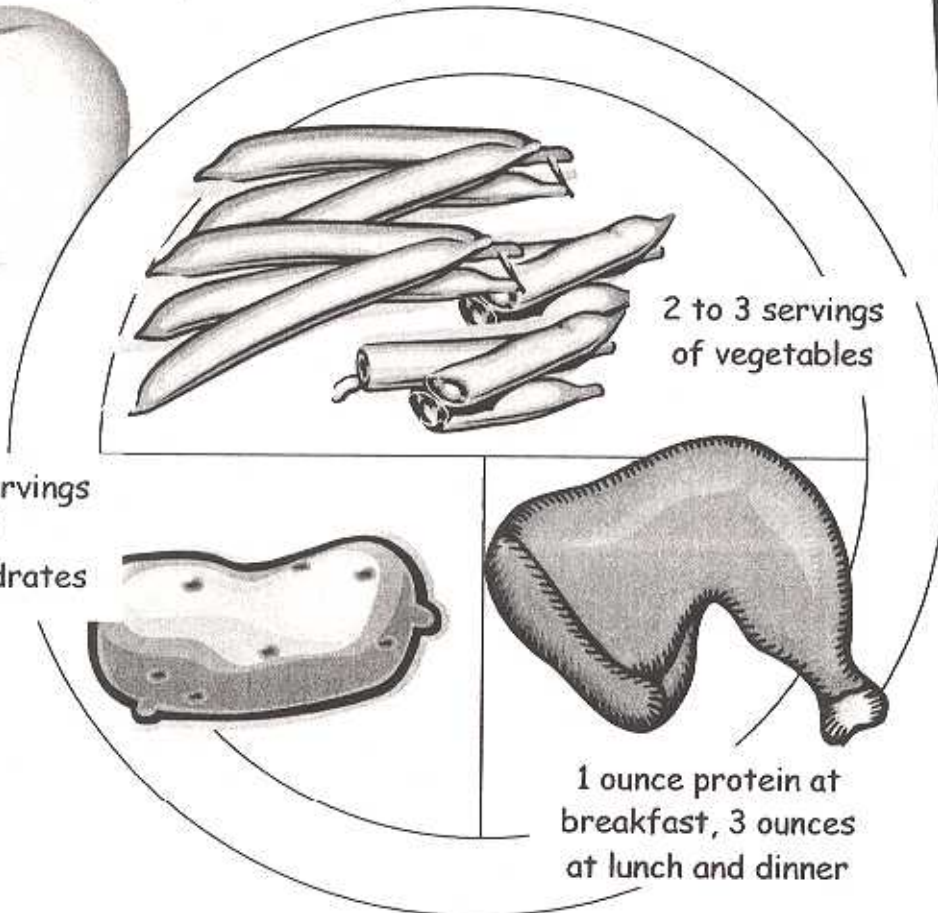
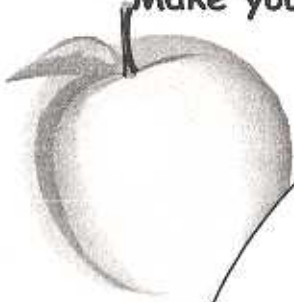
Dinner

4

Snack

2

Make your plate healthy



Use the Plate Method



# Meal Plan Worksheet

My Calories per day \_\_\_\_\_

Servings of Carbohydrates \_\_\_\_\_

Serving of Fat \_\_\_\_\_

Non-starchy vegetables 2 - 3 \_\_\_\_\_

Protein 7 ounces

## Breakfast

Servings of Carbohydrates \_\_\_\_\_

Servings of Fat \_\_\_\_\_

Protein \_\_\_\_\_

## Lunch

Servings of Carbohydrates \_\_\_\_\_

Servings of Fat \_\_\_\_\_

Non-starchy Vegetables \_\_\_\_\_

Protein \_\_\_\_\_

## Dinner

Servings of Carbohydrates \_\_\_\_\_

Servings of Fat \_\_\_\_\_

Non-starchy Vegetables \_\_\_\_\_

Protein \_\_\_\_\_

## Snack

## Lesson 2

### *Vegetable Soup*

- 3 lb of lean roast, dice it up
  - 1 onion diced
  - 2 garlic cloves minced
  - 2 Tablespoons vegetable oil
  - Peppercorn
- Combine in a large pan and cover with water. Simmer for one hour

Add:

- 1 bunch celery
- 4 potatoes diced
- 1 pound carrots diced
- 2 Tablespoons dried parsley
- Water to cover

Cook until vegetables are tender.

# Lesson 2



Add:

2 cans of green beans

2 cans diced tomatoes

Cook until green beans and tomatoes are hot



## Lesson 2

### *Tropical Trifle*

- 1 - 6 ounce No Sugar vanilla instant pudding
- Skim milk to make pudding
- 1 - 12 ounce low fat Cool Whip
- 1 - 15 ounce mandarin oranges (drained)
- 1 - 20 ounce crushed pineapple (drained)
- 1 banana sliced
- 2 Tablespoons shredded coconut
- 2 Tablespoons sliced almonds

Make vanilla pudding according to directions and let it set up.  
Mix half of the Cool whip into the pudding.

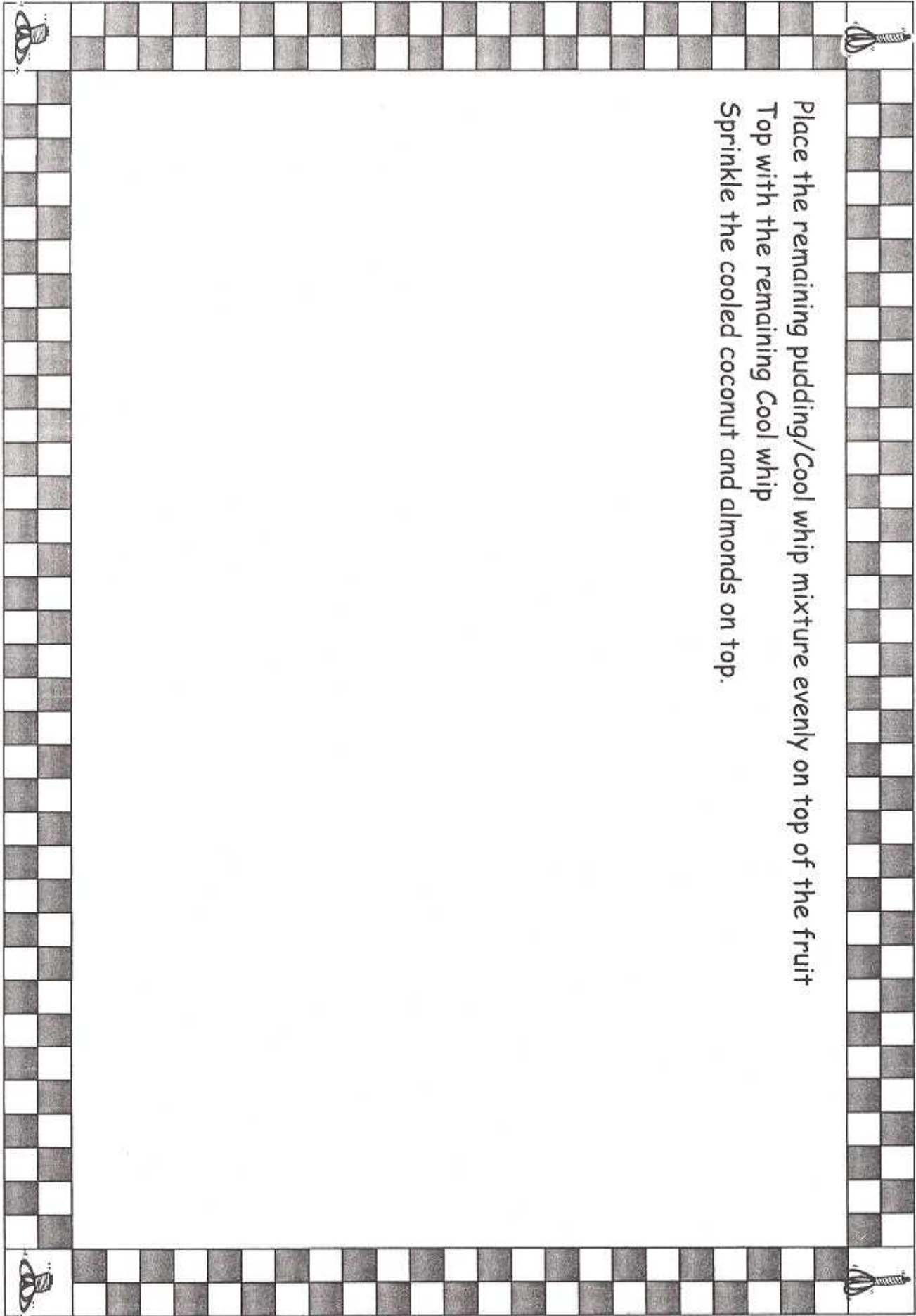
In a dry sauté pan place coconut and almonds over medium heat, stir constantly until lightly browned. Remove from the heat and let it cool.

In a serving dish layer half of the pudding/cool whip mixture  
Layer the bananas, the drained mandarin oranges and pineapple on top of the pudding/Cool whip mixture



## Lesson 2

Place the remaining pudding/Cool whip mixture evenly on top of the fruit  
Top with the remaining Cool whip  
Sprinkle the cooled coconut and almonds on top.



### *Italian Pita Crisps*

- 4 Pitas, each about 6 inches in diameter
- 2 tablespoons of olive oil
- 2 cloves of garlic finely minced
- $\frac{1}{2}$  teaspoon dried basil or oregano
- 4 teaspoons Parmesan cheese

Preheat the oven to 350 ° F. Spray 1 or 2 cookie sheets with nonstick pan spray. Cut each pita in 8 wedges to separate the halves. Arrange in a single layer on the cookie sheet.

Mix the olive oil and garlic together. Brush over the pita sections; sprinkle with basil and cheese.

Bake 8 to 10 minutes, or until lightly browned and crisp. Serve hot or cold and store in an air tight container.

Serving: 4 crisps

Calories - 59

Total Fats - 2 Gm

Sodium - 88mg

Total Carbohydrates - 8 Gms