

# Healthy Lifestyles Workshop

## Healthy Eating

Presented by: Tatiana Burton



# BACK TO BASICS

- Buy Local
- Buying on a Budget
- Look for Produce in Season
- Keep to Your Menu Plan
- Nutrition Label Tips

# Buying on a Budget

- Make a grocery list before you go shopping.
- Follow the basic rule of shopping: If your family won't eat it, don't buy it -- at any price! Even if you are tempted by rock-bottom prices, these products will be no bargain if nobody likes them.
- Buy whole cuts of meats
  - If you can spare a few minutes to [cut](#), pound or season your meat, you'll find the savings are significant.
- Take advantage of sales!
  - Check out the weekly grocery store ads before you go shopping and stock up on items that can be stored.
  - Canned goods, pasta and grains have long shelf lives; poultry and meat [freeze](#) well.



# Look for Produce in Season

- Produce in season is less expensive.
- Join a food co-op - [http://www7.bountifulbaskets.org/?page\\_id=8](http://www7.bountifulbaskets.org/?page_id=8)
- Produce that's picked when ripe actually contains higher concentrations of vitamins and minerals.

Utah Seasonal Produce Guide

<http://localfoods.about.com/od/searchbystate/a/utahseasons.htm>



# Choose My Plate

## Balancing Calories

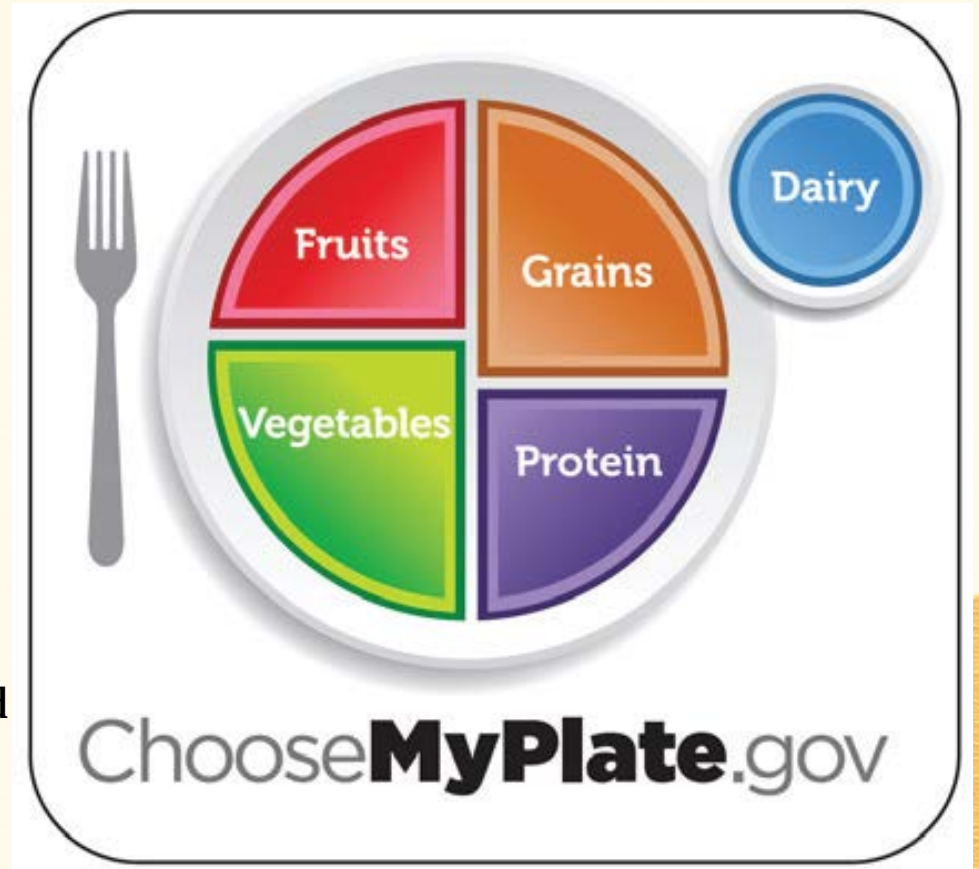
- Enjoy your food, but eat less.
- Avoid oversized portions.

## Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk

## Foods to Reduce

- Those high in sodium. Compare food labels and choose the lowest.





# MyPlate Servings

Recommended amounts of foods per day for each group, based on the number of calories you or your family members consume:

	1,600 Calories - Very Young Children - Some Sedentary Women	2,000 Calories - Boys 4-13 yrs - Girls 9-18 yrs - Moderately Active Women	2,400 Calories - Some Active Women - Some Sedentary Men
Grains	5 oz	6 oz	8 oz
Vegetables	2 cups	2.5 cups	3 cups
Fruits	1.5 cups	2 cups	2 cups
Dairy	3 cups	3 cups	3 cups
Protein	5 oz	5.5 oz	6.5 oz
Oils	5 tsp	6 tsp	7 tsp
Empty Calories *	120 calories	260 calories	330 calories



Healthy Grocery Choices

# **ARE YOU A VALUE GROCERY SHOPPER?**



## **True or False?**

**Frozen vegetables are cheaper but they don't have the valuable vitamins and minerals that fresh veggies have.**



# False

The FDA reports that there is little difference in nutrition content between fresh and frozen vegetables. Here are some things to consider:

- Vegetables to be frozen are picked fresh, cleaned and cooked slightly before being packaged and frozen.
- The fresh fruits and veggies on display in supermarkets might not be as fresh as you think. They often have a long commute to the store after being harvested.
- Read labels when buying frozen vegetables to find out if salt, seasonings or preservatives have been added.

**Dashing into a new grocery store just to pick up a carton of milk and a dozen eggs? You'll notice the dairy cases are almost always located at the back. Why?**



✓ **Locating dairy coolers at the back of the store is a marketing strategy.**

Dairy coolers are usually positioned as far from the entrance as possible because food retailers know that about half of the items sold in their stores are impulse buys.

Where can you find the products with the best prices on supermarket shelves?

- At eye level throughout the store.
- On higher or lower shelves.
- On the endcap display at the end of every aisle.



## ✓ **On higher or lower shelves.**

- Higher and lower shelves to find the best deals.
- Many brands pay to display their goods at eye level and at the end of each aisle "endcap" display. This prime positioning can increase sales by 15 percent or more.

**Organic food often costs more than conventional food. If your biggest concern is about pesticides and herbicides, which fruit should you definitely choose organic?**

- Strawberries
- Grapefruits
- Bananas



## ✓ **Strawberries**

- If a fruit or vegetable has edible skin, it may be more likely to have pesticide residue, suggests Ryan Zinn of the Organic Consumers Association.
- But if there's an outer husk or peel that gets tossed (e.g., grapefruit or banana peels), you could skip the organic option.
- Strawberries are dotted with seeds that create pockets where topical pesticides can collect.

## **Where do smart seafood lovers buy their fish?**

- From the seafood counter, of course. That's where you find the freshest catch of the day.
- In the frozen-foods aisle. It's much cheaper and doesn't take long to defrost.



✓ **In the frozen-foods aisle. It's much cheaper and doesn't take long to defrost.**

- Some fresh, local seafood, but mostly previously frozen fish.
- Prepare sooner – same night or next day.
- Frozen fish is usually cheaper.
- Large fishing vessels flash-freeze their catch on board ship to ensure freshness.

## **True or False?**

**Nowadays, more than half of all grocery coupons come from online sources.**



✓ **False**

- Print media still rules when it comes to grocery coupons.
- 89% of grocery coupons come from the newspaper.
- Menu planning

**The nuts, spices, dried fruits, grains, flour, candy, coffee, tea or other dry foods sold in your supermarket's bulk bins are often considerably less expensive than packaged products because:**

- The individual foods are not as fresh on their packaged equivalents so the price has been deeply discounted.
- Packaging can make up to 50% of the total cost of a particular food.



✓ **Packaging can make up to 50% of the total cost of a particular food.**

- Whatever you buy in bulk, there are some things to keep in mind to keep that cost savings going:
- Don't buy more than you need.
- Avoid impulse buying.
- Don't buy more than you can store at home.

## **True or False?**

**It's a good idea to watch the scanner during the checkout process to make sure the cashier is ringing up the correct amounts.**



✓ **True**

- Most common errors involve sale prices not entered in the system or taxes charged on non-taxable items.

# Healthy Eating Tips

- Fill up on fewer calories by choosing high-fiber, water-rich fruits and vegetables.
- With foods that are calorically dense, like nuts or cheese, keep a close eye on portion size.
- Decrease your consumption of high-fat foods since fat is the most concentrated source of calories.
- Limit your intake of "empty" calories (foods with little nutritional value). These foods will make it harder to lose weight, because they are a concentrated source of calories without much fiber to keep you full.
- To maximize calorie burning throughout the day eat small frequent meals and snacks.



# Eating Out – Healthy Choices

- Pre-plan – menus online.
- Don't leave home too hungry.
- Go for the appetizers – meat-free, fresh veggies, whole grains, or local seafood.
- Share with friends.
- Drink smart.
- Have a strategy for dessert – fruit-based, half portions.
- Look for bargains – early bird dinners