



# Nutrition 101

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# Agenda



Set a Relevant Goal

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Balanced Plate – 99% of  
Nutrition

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Balanced Plate at a Restaurant

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Balanced Plate at Home

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Q and A

# What Does a Healthy Body Look Like for You?

1. BMI – NOT a Good indicator – built by a mathematician as a tool to assess weight distribution across populations, and based on his idea of the “ideal white man.”

INSTEAD think about...

1. How a body functions – can your body do what YOU want it to do?
2. Lab values/imaging/other objective criteria
3. Health behaviors that we know promote health
  1. Diet – can be achieved with a variety of eating patterns
  2. Physical activity
  3. Sleep
  4. Stress Management
  5. Smoking/alcohol intake



# What is a Happy/Purposeful Body?

Do your health goals align with you core values?

- Achievement
- Adventure
- Autonomy
- Compassion
- Challenge
- Community
- Curiosity
- Daring
- Diversity
- Empathy
- Family
- Forgiveness
- Freedom
- Grace
- Honesty
- Intelligence
- Learning
- Open-mindedness
- Peace
- Teamwork
- Security

# Nutrition Basics - Balanced Plate

## Why It Works

- Intuitive appetite regulation
- Food Synergy
- Freedom of increased variety
- Reduced food shaming
- High Sustainability

## Where We Go Wrong

- Not enough food in the first half of the day
- Incomplete meals



# Grab n Go Foods From Each Group

## Protein:

- Biena crunchy chickpea snacks or other brand equivalent
- Bags of almonds, pistachios, etc.
- EPIC bar or other equivalent
- Deli turkey and cheese
- Individual yogurt cup
- Cheese stick
- Peanut butter
- Hummus
- Dry roasted edamame

## Fruits:

- Piece of fresh fruit
- Frozen fruit
- Dried unsweetened fruit (figs, raisins, etc.)

## Vegetables:

- Frozen steam-in-bag veggies
- Raw veggies with dip (baby carrots, mini cucumbers, baby bell peppers, cherry tomatoes, celery)
- Pre-mixed bagged salad
- Dehydrated veggeis (ex. Wegmans crunchy green beans or okra or other brand equivalent)

## Starch:

- Low sugar instant oatmeal
- Brown rice cakes
- Flavored Triscuits
- Wheat thins
- Pre-cooked seasoned quinoa (rice aisle at Wegmans)
- Individual popcorn bag
- High fiber cereal such as cheerios

# Balanced Plate at McDonalds



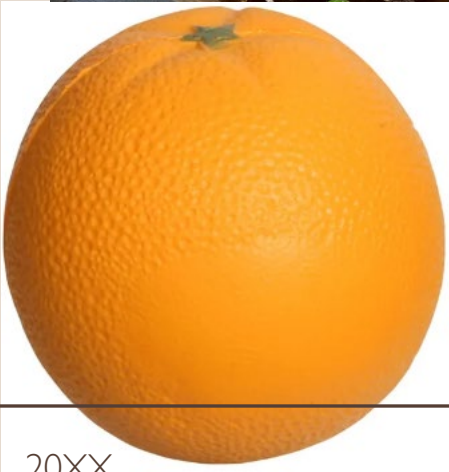
OR



# Balanced Plate at Chinese Takeout



OR





# Let's make a plate together!

April's favorite recipe for restaurant style Chinese lo mein:

## Ingredients

- 1.5 tbsp vegetable or peanut oil
- 2 garlic cloves, *finely minced (Note 1)*
- 1/2 onion, *finely sliced*
- 300g / 10oz chicken or other protein, *sliced 0.5cm / 1/5" thick (Note 2)*
- 2 medium carrots, *peeled and cut into 4 x 0.75cm / 1.75 x 1/3" batons*
- 1 large red capsicum / bell pepper, *sliced (or 2 small)*
- 6 green onions, *cut into 5 cm/2" lengths*
- 500g / 1lb Lo Mein, Hokkien or other medium thickness egg noodles, fresh, *prepared per packet (Note 3 for dried)*
- 1/4 cup (65ml) water

## SAUCE:

- 4 tsp cornflour / cornstarch
- 2 tbsp dark soy sauce *(Note 4)*
- 2 tbsp soy sauce or light soy sauce *(Note 4)*
- 1 tbsp **Chinese cooking wine or Mirin** *(Note 5 subs)*
- 1 tsp white sugar *(omit if using Mirin)*
- 1/2 tsp sesame oil, *toasted, optional (Note 6)*
- 1/4 tsp white pepper *(sub black)*

<https://www.recipetineats.com/lo-mein-noodles/#wprm-recipe-container-40538>

This Recipe Calls For:

- 8 servings egg noodles (1 lb = 8 cups cooked, 1 cup = 1 serving)
- 2.5 servings meat (4 oz = 1 serving)
- 3.5 servings vegetables (about 3.5 cups)

# GARBAGE PLATE SLOPPY JOES

SERVES: 4  
RECIPE COST: \$0.90  
PER SERVING

## Ingredients:

- 1 Tbsp extra virgin olive oil—\$0.04 per serving
- 1 ½ cups chopped red onion—\$0.13 per serving
- 1 ½ cups finely diced carrots (they can also be processed in a food processor to save time!)—\$0.09 per serving
- ½ lb ground beef—\$0.31 per serving
- 1 ½ cups cooked brown lentils (cooked from dried)—\$0.09 per serving
- 1 tsp garlic powder—\$0.02 per serving
- 3 Tablespoons ketchup—\$0.04 per serving
- 3 Tablespoons mayonnaise—\$0.03 per serving
- 3 Tablespoons mustard—\$0.01 per serving
- 4 hamburger buns—\$0.12 per serving
- Salt and pepper to taste

## Directions:

- 1. Soften veggies:** Heat oil in large frying pan on medium-high heat. Add carrots and onion and cook until both are soft. Add a few pinches of salt and pepper.
- 2. Brown beef:** Add ground beef to veggie mixture. Break the meat apart with a spatula and cook until completely brown.
- 3. Warm lentils:** Add lentils to frying pan and cook just until lentils are heated.
- 4. Add seasonings:** Add garlic powder, ketchup, mayonnaise, and mustard to frying pan and mix until all ingredients are thoroughly heated.
- 5. Serve:** Place sloppy joe mixture on hamburger buns and enjoy!

**Make it a meal:** Pair with 1 cup skim milk (\$0.13) for a complete meal at a cost of \$1.03.



34 PER SERVING  
Calories 539 • Fat 23g • Saturated Fat 5g • Total Carbs 58g • Fiber 11g • Protein 28g



# thank you

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# Fiber: 8 grams OR 3 cups whole plant foods

Whole Foods	Not Whole Foods
<b>Starches:</b> Whole wheat bread/crackers/pasta Brown rice Wild rice Oats Quinoa Buckwheat Whole unpeeled potatoes	<b>Starches:</b> Anything made with “enriched” flour or “wheat flour” White rice products Mashed potatoes
<b>Proteins:</b> Nuts Beans and lentils Edamame (soy beans)	<b>Proteins:</b> Animal products
<b>Produce:</b> Whole apples Broccoli florets with stem	<b>Produce:</b> Applesauce Broccoli florets without stem

\*Note: all grains except for rice and wheat are always sold in their whole form!

# Added Sugars

- 1. Try to spot words that mean “sugar” on an ingredient list. All of the following terms are used by food companies to disguise added sugars: fructose, sucrose, maltose, maltodextrin, dextrin, high fructose corn syrup, molasses, maple syrup, cane crystals, crystalline fructose, evaporated cane juice, and corn syrup solids.
  - Ingredient list for Wegmans organic vanilla yogurt: Cultured Pasteurized Grade A Organic Nonfat Milk, Organic Sugar, Organic Corn Starch, Organic Locust Bean Gum, Natural Flavors, Organic Vanilla Flavor, Organic Lemon Juice Concentrate. Contains the following live and active cultures: L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifidus, L. Casei.
  - Ingredient list for Wegmans organic plain yogurt: Cultured Pasteurized Grade A Organic Nonfat Milk. Contains the following Live and Active Cultures: L. Bulgaricus, Streptococcus Thermophilus, L. Acidophilus, Bifidus, L. Casei.
- Common hidden sources: salad dressings, soups, peanut butter, yogurt, nutrition bars, flavored oatmeal, canned fruit/applesauce, marinades
- Recommendation for women: <25g per day (or 8 g per meal)
- Recommendation for men: <37g per day (or 12 g per meal)



## Nutrition Facts

Servings Per Container About 4

**Serving Size** **Serving Size 8 oz (227 grams)**

Amount per serving

**Calories** **130**

% Daily Value

<b>Calories from Fat</b> 0	<b>0 %</b>
<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
Trans Fat 0 g	<b>0 %</b>
<b>Cholesterol</b> 10 mg	<b>3 %</b>
<b>Sodium</b> 75 mg	<b>3 %</b>
<b>Total Carbohydrate</b> 7 g	<b>2 %</b>
Dietary Fiber 0 g	<b>0 %</b>
Total Sugars 7 g	<b>0 %</b>
<b>Protein</b> 24 g	<b>48 %</b>
<b>Calcium</b> 0 mg	<b>25 %</b>
<b>Iron</b> 0 mg	<b>0 %</b>
<b>Potassium</b> 290 mg	<b>8 %</b>
<b>Vitamin A</b> 0 mcg RAE	<b>0 %</b>
<b>Vitamin C</b> 0 mg	<b>0 %</b>



## Nutrition Facts

Servings Per Container about 5

**Serving Size** **Serving Size 3/4 Cup (170 grams)**

Amount per serving

**Calories** **130**

% Daily Value

<b>Total Fat</b> 0 g	<b>0 %</b>
Saturated Fat 0 g	<b>0 %</b>
Trans Fat 0 g	<b>0 %</b>
<b>Cholesterol</b> 10 mg	<b>3 %</b>
<b>Sodium</b> 50 mg	<b>2 %</b>
<b>Total Carbohydrate</b> 15 g	<b>5 %</b>
Dietary Fiber 0 g	<b>0 %</b>
Total Sugars 14 g	<b>0 %</b>
Includes Added Sugars 9 g	<b>18 %</b>
<b>Protein</b> 16 g	<b>32 %</b>
<b>Vitamin D</b> 0 mcg	<b>0 %</b>
<b>Calcium</b> 160 mg	<b>10 %</b>
<b>Iron</b> 0 mg	<b>0 %</b>
<b>Potassium</b> 190 mg	<b>4 %</b>

# Saturated Fat: 5-7 g per meal

Food Category	Product	Portion	Saturated Fat Content (grams)	Calories
<b>Cheese</b>	Regular cheddar cheese	1 oz	6.0	114
	Low-fat cheddar cheese	1 oz	1.2	49
<b>Beef</b>	Regular ground beef (25% fat)	3 oz (cooked)	6.1	236
	Extra lean ground beef (5% fat)	3 oz (cooked)	2.6	148
<b>Milk</b>	Whole milk (3.25%)	1 cup	4.6	146
	Low-fat milk (1%)	1 cup	1.5	102
<b>Bread</b>	Croissant (med)	1 medium	6.6	231
	Bagel, oat bran (4")	1 medium	0.2	227
<b>Dessert</b>	Regular ice cream	1/2 cup	4.9	145
	Frozen yogurt, low-fat	1/2 cup	2.0	110
<b>Spread</b>	Butter	1 tsp	2.4	34
	Soft margarine with zero <i>trans</i> fats	1 tsp	0.7	25
<b>Chicken</b>	Fried chicken (leg with skin)	3 oz (cooked)	3.3	212
	Roasted chicken (breast no skin)	3 oz (cooked)	0.9	140
<b>Fish</b>	Fried fish	3 oz	2.8	195
	Baked fish	3 oz	1.5	129

Heavy cream: 2 tablespoons = 7 g saturated fat  
 Half and Half: 2 Tablespoons = 2 g saturated fat  
 Parmesan cheese: 1 oz = 5 g sat fat