

# HEALTHY EATING WORKSHOP

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## Basic Strategies for Healthy Eating

# Agenda

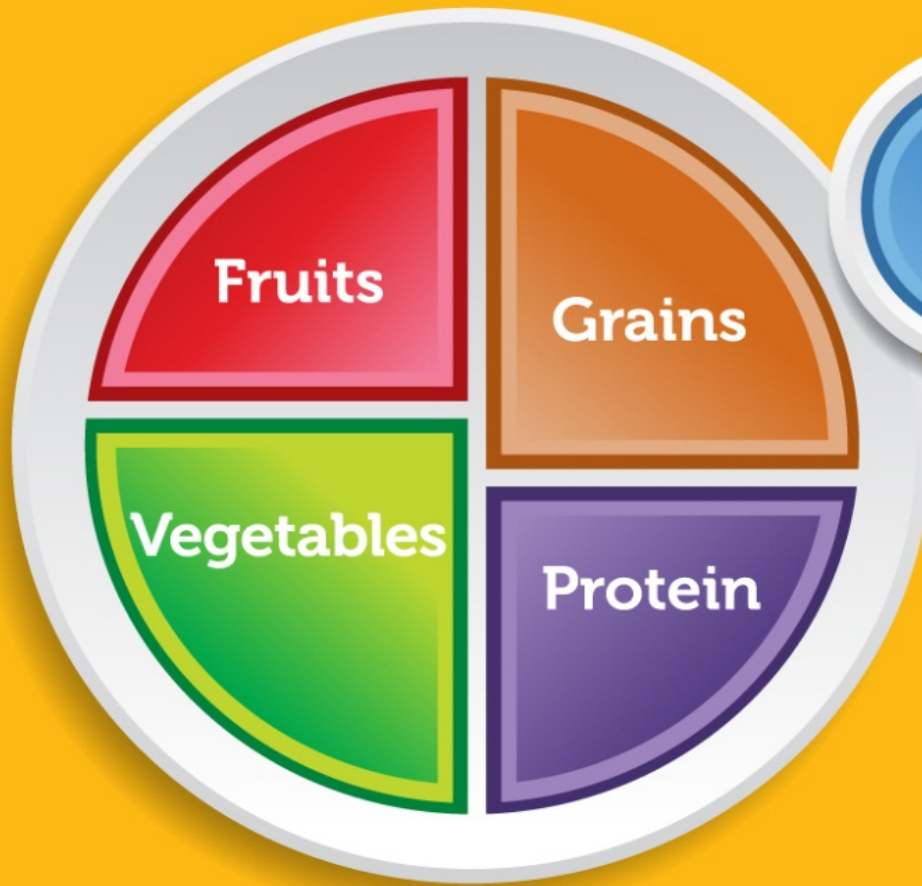
- Framework: Choose My Plate
- Whole versus processed foods
  - What are they?
  - How do you eat more whole foods?
- Tips for cooking healthy meals
- Put it into practice
- Wrap up

# Objectives

After today's workshop, you will be able to:

1. Identify and choose fewer processed foods
2. Plan one change you will make this week towards eating a healthier diet.

How do you decide what to  
eat?



Choose **MyPlate**.gov

# My Plate Planner

## A Healthy Meal Tastes Great



The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.



1/4 protein. 1/4 starch. 1/2 vegetables. 9-inch plate



## BUILDING A HEALTHY PLATE

START WITH THE RIGHT-SIZED PLATE OR BOWL. AN ADULT PLATE SHOULD BE 9 INCHES ACROSS, AND A CHILD'S PLATE SHOULD BE 7 INCHES ACROSS.

Fill  $\frac{1}{4}$  with whole grains or starches.

Fill  $\frac{1}{2}$  with fruits and vegetables.

Fill  $\frac{1}{4}$  with lean protein.

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## ਸਿਹਤਮੰਦ ਪਲੇਟ ਬਣਾਓ

ਸਹੀ ਆਕਾਰ ਦੀ ਪਲੇਟ ਜਾਂ ਡਾਂਗੇ ਨਾਲ ਸ਼ੁਰੂ ਕਰੋ। ਇੱਕ ਬਾਲਗ ਦੀ ਪਲੇਟ 9 ਇੰਚ ਅਤੇ ਇੱਕ ਬੱਚੇ ਦੀ ਪਲੇਟ 7 ਇੰਚ ਦੀ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ।

1/4 ਸਾਬਤ ਅਨਾਜ ਜਾਂ ਸਟਾਰਚ

1/4 ਘੱਟ-ਫੈਟ ਵਾਲਾ (ਲੀਨ) ਪ੍ਰੋਟੀਨ

1/2 ਸਬਜ਼ੀਆਂ ਅਤੇ ਫਲ

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Visit [nyc.gov/health](http://nyc.gov/health) and search for “keep on track plate planners”

# Whole Foods

- Nothing added, nothing taken away
  - No **unhealthy fat**, **sugar** or **salt** added
  - No **vitamins**, **minerals** or **fiber** taken away
- Examples:
  - fresh fruits/vegetables
  - whole grains
  - nuts, legumes, eggs



# Whole vs. Processed Fruit Put These in Order



# Whole vs. Processed Fruit



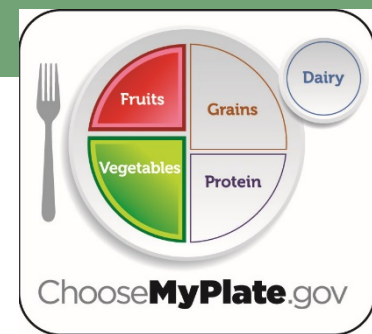
Whole Foods  
*Healthiest*



Processed Foods  
*Least Healthy*



# Fruits and Vegetables

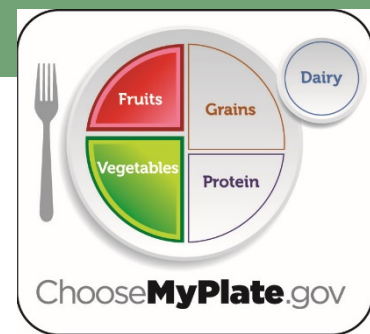


Whole Foods  
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Processed Foods  
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# Fruits and Vegetables

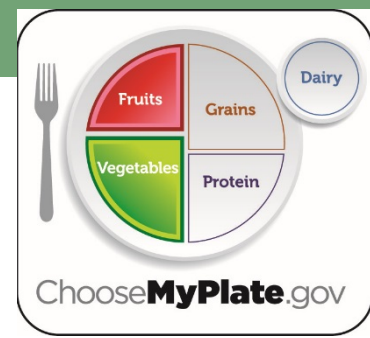


Whole Foods  
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Processed Foods  
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# Fruits and Vegetables



Whole Foods  
*Healthiest*

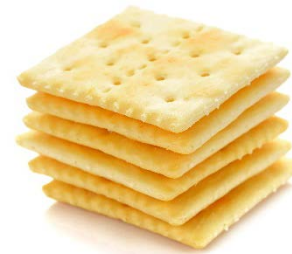


Processed Foods  
*Least Healthy*

# Whole vs. Processed Grains Put These in Order



# Whole vs. Processed Grains

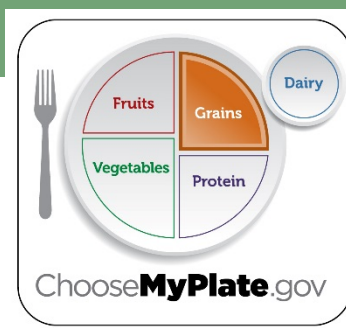


Whole Foods  
*Healthiest*



Processed Foods  
*Least Healthy*

# Grains



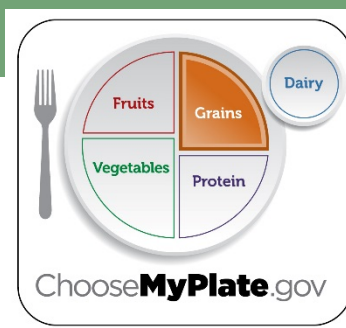
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# Grains

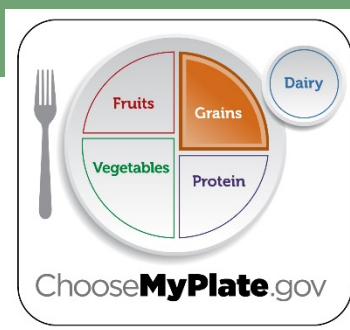


Whole Foods  
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Processed Foods  
*Least Healthy*

# Grains



Whole Foods  
*Healthiest*

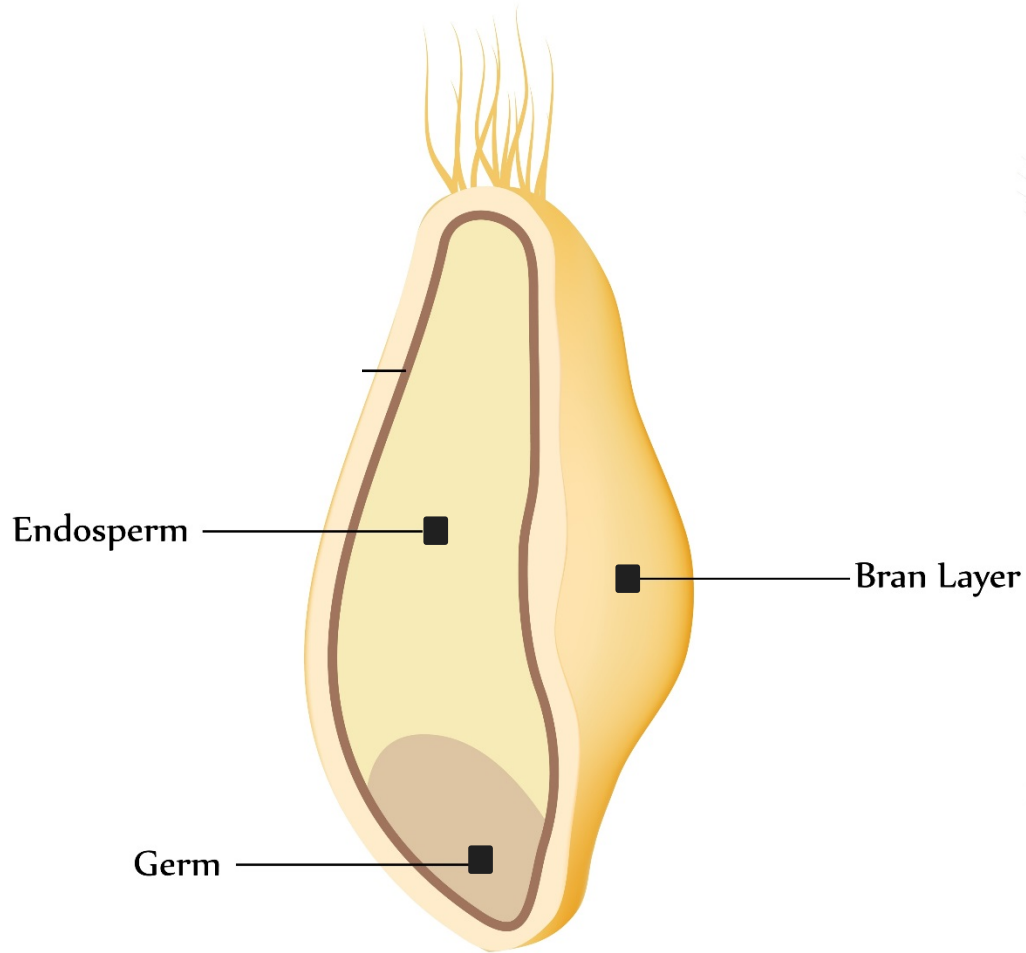


Processed Foods  
*Least Healthy*

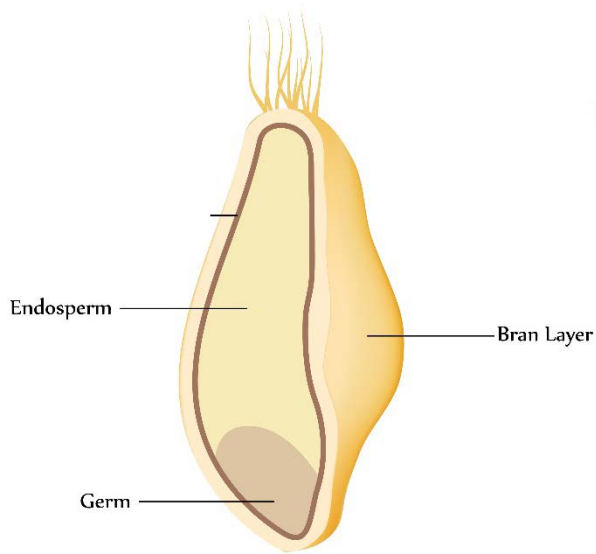
# Grains are the Seeds of Some Plants



# Grain anatomy



# Whole vs. Refined Grains



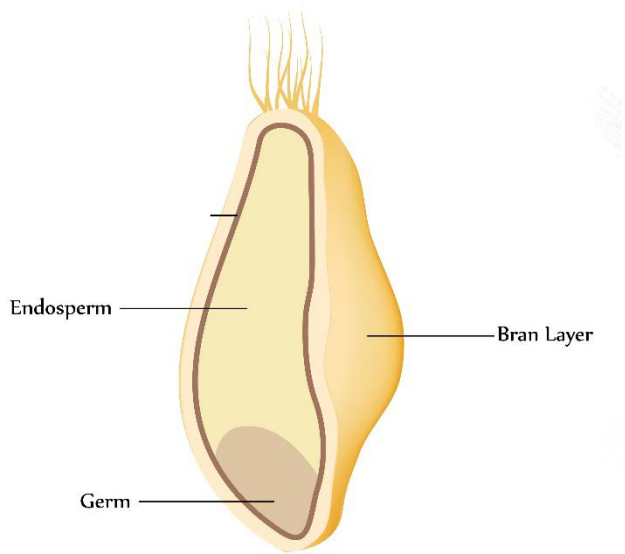
Whole grain is milled



Whole-grain  
flour



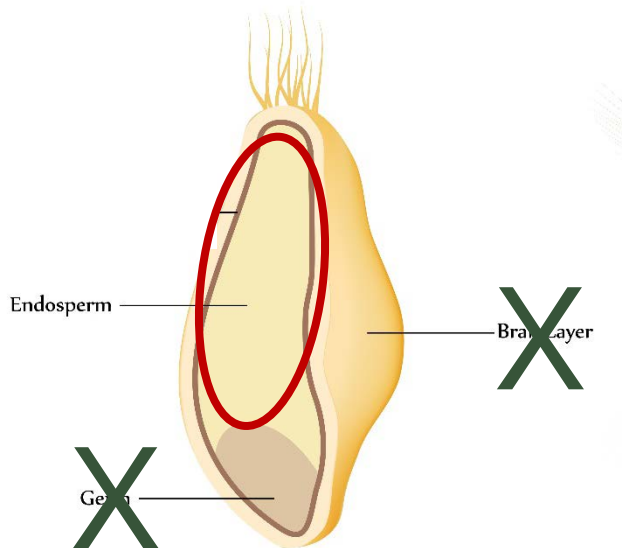
# Whole vs. Refined Grains



Whole grain is milled



Whole-grain flour



Refined grain is milled



White/Refined flour



**Enriched** with added vitamins and minerals

# Whole vs. Processed Proteins Put These in Order



# Whole vs. Processed Proteins



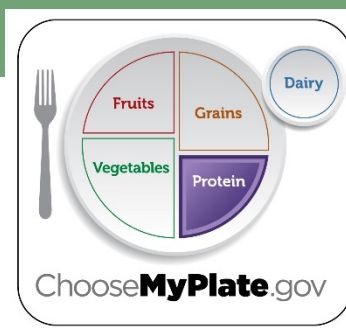
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# Protein Foods

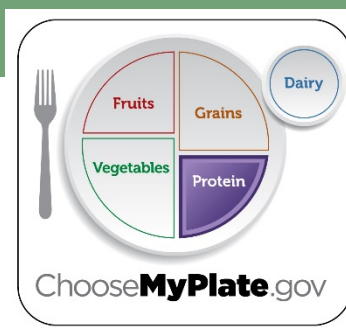


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Processed Foods  
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# Protein Foods

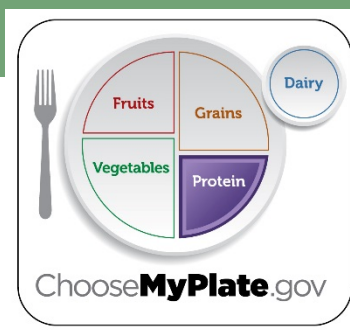


Whole Foods  
*Healthiest*



Processed Foods  
*Least Healthy*

# Protein Foods



Whole Foods  
*Healthiest*

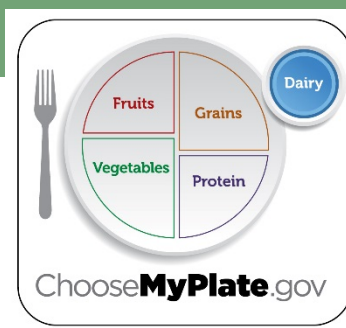


Processed Foods  
*Least Healthy*

# Dairy Foods

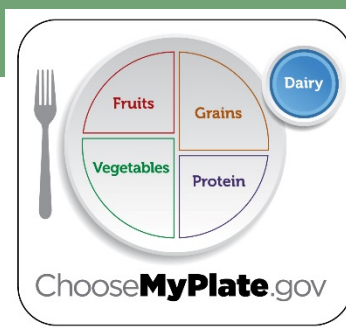
- Healthiest:

**Plain, skim/low-fat  
milk and yogurt**



# Dairy Foods

- Healthiest:  
**Plain, skim/low-fat  
milk and yogurt**



- Least Healthy



# Strategies for Eating More Whole Foods

- Buy and eat more fresh fruits and vegetables
- Eat whole foods at snack time
- Cook at home

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- Buy and eat more fresh fruits and vegetables
- Eat whole foods at snack time
- Cook at home
- Read ingredient lists and Nutrition Facts
  - Look for “100% whole” on package or “whole” as first ingredient
  - Choose products with short list of ingredients
  - Stay away from products with a lot of unrecognizable ingredients
  - Check for added sugars in the ingredients list
  - Look at sodium, saturated and trans fat
- Start with outside aisles of supermarket

# Tips for Cooking at Home

- Cook large amounts and save for future meals
- Remove visible fat from meats
- Keep the peel on fruits and vegetables
- Use healthier cooking methods
  - Examples: Steaming, stir-frying, grilling, baking, roasting
- Use herbs and spices to flavor food
- Use MyPlate to plan meals
- Balance processed foods with whole foods



# Let's Practice

- Reflect on the healthy eating strategies shared in this presentation
- Draw a healthy meal you want to eat on the blank plate



# Resources

**Visit [nyc.gov/Health](https://www.nyc.gov/Health)**

1. Search for “healthy eating”

- Healthy Eating and Active Living Guide
- Recipes and other handouts (Plate Planners)

2. Search for “farmers markets” to find local produce

- Text “SoGood” to 877877 to find your nearest farmers market
- Onsite education available at select markets

**Visit [ChooseMyPlate.gov](https://www.ChooseMyPlate.gov)**

# Paired Share

Find a partner and introduce yourself. Take turns and share:

1. What is one processed food you typically eat that you will replace with a whole food?
2. How you will accomplish the change this week?

# Thanks for Attending!

