Healthy Eating Exercises

PeerSupport
wellness program

Name: _____   Date: _____

Part I: Reading Food Labels

1. Serving Size
How much is in a serving?

_____

How many servings are in the container?

_____

2. Calories
How much are you eating?

_____

Is that more than 1 serving?
(Multiply Calories by the number of servings)

_____

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Start here

Amount Per Serving

Check calories

Calories 250	Calories from Fat 110	

Quick guide to % DV

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

5% or less is low
20% or more is high

Limit these

Get enough of these

Footnote (Ignore)

* 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

Adapted from: Food Labels and Serving Sizes Activity. (UNC Gillings School of Public Health). https://sph.unc.edu/

3. You bought this box of crackers.
   How many crackers are in one serving? (Circle your answer.)

Nutrition Facts

Serving Size: 27 crackers (30g)

Amount Per Serving

Calories 160	Calories from Fat 70

	% Daily Value*
Total Fat 8 g	12%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 250 mg	10%
Potassium	
Total Carbohydrate 18 g	6%
Dietary Fiber 1 g	4%
Sugars 1 g	
Sugar Alcohols	
Protein 4 g	
Vitamin A 100 IU	2%
Vitamin C 0 mg	0%
Calcium 40 mg	4%
Iron 0.72 mg	4%

Part II: Making Lighter Meals at Home

Lighter Ingredients

Instead of:	Try:
Eggs	Egg whites
Butter lard (Crisco)	Soft margarine or oil
Whole milk	Skim or 1% milk
Sour cream	Non-fat sour cream or non-fat plain yogurt
Heavy cream	Evaporated skim milk or equal parts non-fat yogurt and non-fat cottage cheese
Cream cheese	Non-fat or low-fat cream cheese
1oz baking chocolate	3 Tbsp cocoa powder
Roux	1 c fat-free broth with 2 Tbsp cornstarch
Cheese	Low-fat or part-skim cheese

5 Steps to a Lighter Recipe:

1. Read the recipe.

2. Look at where the Calories come from. (Calories come from 3 places)

   - Protein (meat, beans, eggs, milk, yogurt): **lean protein is best**

   - Fat (butter, oil, nuts): **unsaturated fats are best (olive or canola oil, nuts, avocado)**

   - Carbohydrates (grains, sugar): **complex carbohydrates are best (whole grains)**

3. Ask yourself, "Do I **NEED** this ingredient?"

4. Ask yourself, "Can I use **LESS** of this ingredient?"

5. Ask yourself, "Can I use **something ELSE** with fewer calories?"

Lighter Cooking Methods

Instead of:	Try:
Eggs	Dip chicken or fish in skim milk, then bread crumbs. Bake in the oven at 450.
Frying potatoes for French fries	Cut sweet potatoes into wedges, toss in olive oil, pepper, and a pinch of cayenne pepper and bake at 350 for 25 min
Sautéing or stir-frying	Use non-stick fat-free spray, like Pam
Adding butter to water	Use olive or canola oil, measure 1 Tbsp or less
Cooking in ham hock	Use fat-free chicken stock or bouillon cubes

Look at the recipe for lasagna below.
What changes would you make to lower the calories in it?
Think about which ingredients you can swap out or use less of!

Lasagna:

1/2 C olive oil

1 1/2 C diced onions

2 cloves garlic, minced

2 (16 ounce) cans tomato sauce

1 can (28 ounces) Italian-style peeled tomatoes

1 can (6 ounces) tomato paste

1 Tbsp dried oregano

1 tsp salt

1 lb lasagna noodles

16 ounces ricotta cheese

1 1/2 lbs ground beef

1/2 cup Parmesan cheese, grated

8 oz Mozzarella cheese, shredded

margarine to grease baking dish

1. Heat oil in 6-qt saucepan. Fry onions and garlic until transparent. Add ground beef and salt. Cook until meat is browned.

2. Add tomato sauce, canned tomatoes, tomato paste, oregano, and salt. Simmer about 1 1/2 hours or until sauce has thickened. If sauce becomes too thick while cooking, add water as needed.

3. Prepare lasagna noodles according to package directions. Add 2 Tbsp of olive oil to boiling water to prevent noodles from sticking together. Stir noodles occasionally while they cook, until al dente (a little chewy). Drain, rinse with cold water, and separate noodles.

4. Mix together ricotta and 1/4 cup of Parmesan cheese.

5. Preheat oven to 350°F. Grease 2 13x9x2 1/2 inch pans with margarine. Spoon thin layer of sauce on the bottom and cover with lasagna noodles. Then, put layer of shredded mozzarella and ricotta mixture. Add sauce/meat mixture. Add noodles, then cheese, then sauce in this order, ending with a layer of sauce. Sprinkle the top with 2 ounces of grated Parmesan cheese.

6. Bake about 25 minutes. Remove, let stand for 10 minutes, and cut.

Part III: Using the Hunger Scale

Use the scale below to rate your hunger a few times throughout the day:

1. Before you eat meals

2. After you eat meals

3. Two hours after you have eaten a meal

4. Before you eat a snack

5. After you eat a snack

The Hunger Scale

1	Beyond hungry - you may have a headache. You can't concentrate and feel dizzy.
2	You feel famished. You're irritable and cranky and very hungry, with little energy.
3	The urge to eat is strong. You are feeling an emptiness in your stomach.
4	You feel a little hungry. Your body is signaling that you might want to eat soon.
5	Your body has enough fuel to keep it going and starting to feel satisfied.
6	You're fully at the point of satisfaction.
7	Satisfied, comfortable, but don't need to eat more.
8	You're starting to hurt. Maybe you shouldn't have had more, but it tasted so good.
9	You feel uncomfortable—heavy, tired, and bloated.
10	Beyond full: typical Thanksgiving Dinner feeling—you feel sick.

Hunger Tips:

This scale can help you be mindful about when and how much you are eating. When people start to eat when they are at a 3 or 4, they usually stop eating at a 5 or 6. Overeating usually happens when they get to a 1 or 2. Try to stay in the green range during the day. Doing this can also help you avoid extreme hunger or fullness, keep your energy stable, and help you feel and sleep well.

Adapted from: Food Journal. (New Leaf Nutrition Counseling). https://newleafnutritionnc.com/