HEALTHY EATING WORKSHOP

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?
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.
Visit 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

Whole Apple → Bowl of Apple Sauce → Apple Pie
Fruits and Vegetables

Whole Foods
- Healthiest

Processed Foods
- Least Healthy
Fruits and Vegetables

Whole Foods

Healthiest

Processed Foods

Least Healthy
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

Whole Foods  
*Healthiest*

Processed Foods  
*Least Healthy*
Grains

Whole Foods  
Healthiest

Processed Foods  
Least Healthy
Grains

Whole Foods
Healthiest

Processed Foods
Least Healthy
Grains are the Seeds of Some Plants
Grain anatomy

- Endosperm
- Germ
- Bran Layer

Wheat
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

Whole Foods
Healthiest

Processed Foods
Least Healthy
Protein Foods

Whole Foods

Healthiest

Processed Foods

Least Healthy
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:
  Ice cream, butter
Strategies for Eating More Whole Foods

• Buy and eat more fresh fruits and vegetables
• Eat whole foods at snack time
• Cook at home
Strategies for Eating More Whole Foods

• 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

ChooseMyPlate.gov
Resources

Visit 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
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!