

# Super snacks!

Have a game plan –  
for the parties!

# Have a game plan!

- Schedule in more exercise.
- Before a game or party, decide how much you want to eat.
- Choose snacks and drinks that don't pack a high-calorie punch.

# Healthy snacking

- Making pizza? Use a whole wheat crust (Boboli crust or pizza dough) Top with grilled or roasted veggies and a small amount of reduced fat cheese.
- Use ground turkey instead of hamburger in your favorite chili recipe.
- Enjoy shrimp cocktail.
- Use reduced fat or fat free sour cream in your dip (you won't notice the difference!)

- Have healthy dippers: colorful vegetables; baked chips; chips and crackers with 2g fiber.
- Eat hummus with veggies or whole wheat pita.
- Serve peanuts in the shell instead of mixed nuts or dry roasted peanuts.
- Fill your football-shaped snack bowl with cut fruit instead of chips.
- Have trans-fat free popcorn (Paul Newman's or Smart Balance).

# Healthy sipping

- Calorie free water or sparkling waters (plain or flavored)
- Sugar-free (diet) sodas and iced tea
- Tomato juice or V8 juice

# Don't forget: Alcohol calories count, too.

- A 12 oz. beer has at least 150 calories.
- Light beer has 110 calories.
- A 5 ounce serving of wine has at least 100 calories.
- Drinking alcohol may make it harder for you to stick to your game plan.
- If you do drink alcohol, do so in moderation.

# Healthy serving

- Put food on a plate to help you keep track of what you eat and how much.
- Use smaller lunch or snack plates instead of larger dinner-sized plates.
- Use small serving dishes and glasses or cups too.
- Put ALL the food and beverages in a room where you're not watching the game.

# Serving Size

<b>Nutrition Facts</b>	
Serving Size 17 Crackers (30g) Servings Per Container About 9	
<b>Amount Per Serving</b>	
<b>Calories</b> 140 Calories from Fat 40	
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fats 2g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.5 g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290 mg	<b>12%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 4g	
<b>Protein</b> 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 6%	
* 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 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), WHOLE WHEAT FLOUR, PARTIALLY HYDROGENATED SOYBEAN OIL, ROLLED OATS, SUGAR, HIGH FRUCTOSE CORN SYRUP, WHOLE WHEAT, MOLASSES, MILLET, RYE, TRITICALE (GRAIN), BARLEY FLAKES, SALT, LEAVENING (CALCIUM PHOSPHATE, BAKING SODA), ONION POWDER, SOY LECITHIN (EMULSIFIER).

- The serving size is a standardized amount of food. All the calories, fat and other nutrients on the Nutrition Facts Panel are based on one standard serving.
- Food packages may contain several servings, even if the package seems small or if there is only one item in the package.
- Check the “servings per package” on the Nutrition Facts Panel to see how many servings there are in the package. It will help you understand how much you are eating or drinking.



# Portions

<b>Nutrition Facts</b>			
Serving Size 1/3 muffin - 2.08 oz (59g)			
Servings Per Container About 12			
<b>Amount Per Serving</b>			
<b>Calories</b> 200 <b>Calories from Fat</b> 90			
		<b>% Daily Value*</b>	
<b>Total Fat</b>	10g		<b>16%</b>
Saturated Fat	2g		<b>10%</b>
Trans Fats	0g		
<b>Cholesterol</b>	30mg		<b>10%</b>
<b>Sodium</b>	160 mg		<b>7%</b>
<b>Total Carbohydrate</b>	25g		<b>8%</b>
Dietary Fiber	<1g		<b>3%</b>
Sugars	13g		
<b>Protein</b>	2g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 4%
* 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	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- A portion is the amount of a specific food served or eaten.
  - Examples: bowl of ice cream, cup of soup, one muffin, glass of milk, ½ small pizza, orange
- A portion may be more or less than the standard serving size that is used on the Nutrition Facts Panel.
- Often, this can be misleading.



# Common Serving Sizes

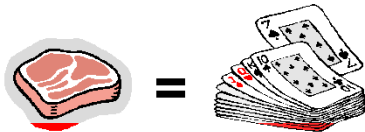
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**How do they compare with the portion sizes you usually eat?**

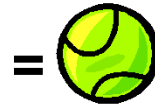
- Ice cream: 1/2 cup
- Chips, crackers & snacks: 1 ounce
- Breads (varies): 1-2 slices
- Pasta: 2 ounces
- Peanut butter: 2 Tablespoons
- Butter & margarine: 2 Tablespoons
- Juice: 1 cup
- Soup: 1 cup
- Spaghetti sauce: 1/2 cup

# What one serving looks like

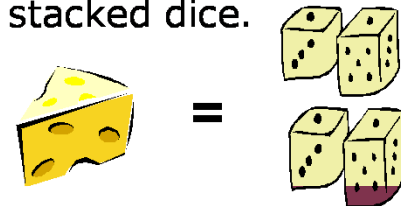
1. Three ounces of meat is about the size and thickness of a deck of playing cards.



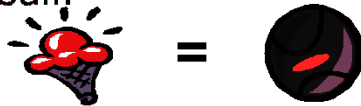
2. A medium apple or peach is about the size of a tennis ball.



3. 1 ounce of cheese is about the size of 4 stacked dice.



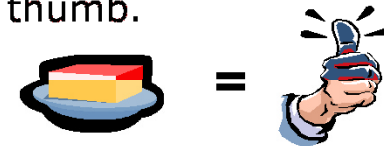
4.  $\frac{1}{2}$  cup of ice cream is about the size of a racquetball or tennis ball.



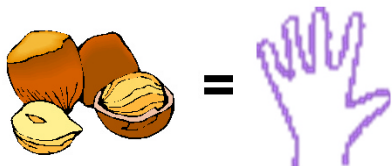
5. 1 cup of broccoli or mashed potatoes is about the size of your fist.



6. 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.



7. 1 ounce of nuts or small candies equals one handful.





# Why is it important?

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- Portions are bigger now than 20 years ago. As a result, our perception of what is a “normal” portion has grown.
- Bulk and family-sized packaging can lead us to prepare more.
- Plate, bowl and cup sizes and shapes can be deceptive causing us to eat more.



# How much are you eating?

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- Know how large your typical portion is! This will help you judge how many calories, fat and other nutrients you are eating.
  
- Try this:
  1. Dish out your typical portion of food (pasta, rice, ice cream, meat, etc.)
  2. Measure out the standard serving size found on the Nutrition Facts Panel on the food package or serving guide.
  3. Compare! If you're interested in losing weight, slowly reduce the size of your portions and the amount of food you eat.

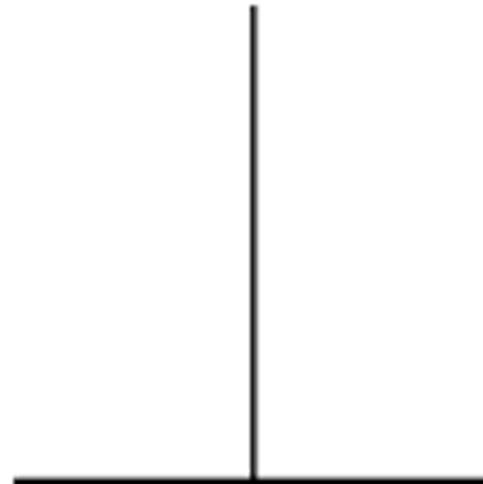
# Illusions...

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People tend to prepare more food from large and wide containers.

We also eat and drink more when food is served on large plates and drinks in shorter, wider glasses.

**Horizontal-Vertical Illusion:**  
**Which line is longer?**



*Answer: They are the same length!*



# Tips to help you control portions

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- **Bulk & family-size packaging:** repackage food in smaller containers to avoid preparing too much, which can lead to over-eating.
- **Plates & bowls:** use smaller plates and bowls. Your eye uses plate size as a guide to how much should be served and eaten.
- **Spoons:** use smaller spoons instead of larger ones when serving and eating.
- **Drinking glasses & mugs:** use tall and skinny, not short and wide. People tend to pour 26% more into short wide glasses.
- **Snacking:** always put your snack on a plate or bowl. This make it easier to judge portion size. Don't eat right out of the bag or package.

# Choose whole grains!

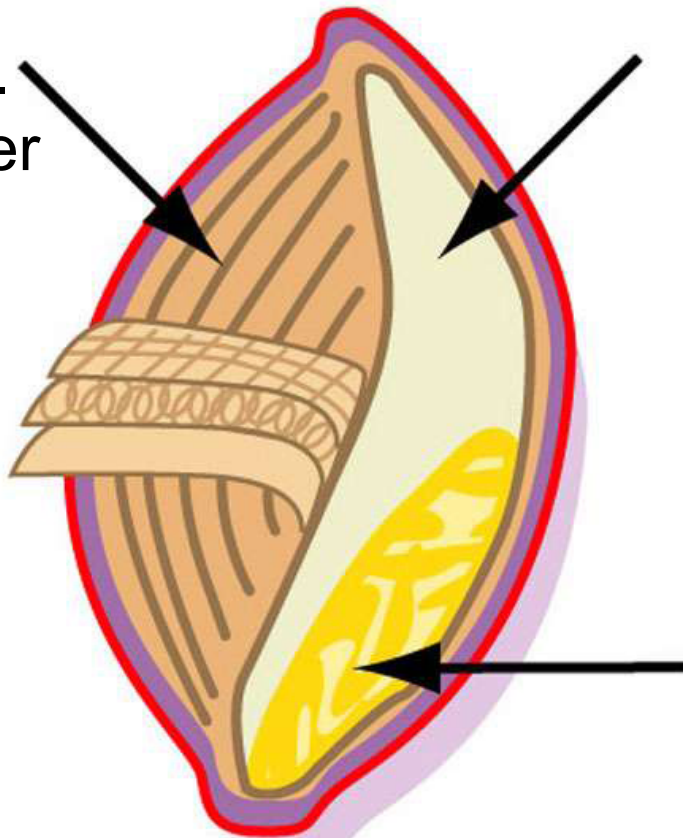




**Whole grains** include the entire grain seed. Whole grains may be eaten whole like rice or popcorn, or ground like flour.

**Bran:**

Protective outer shell. High in fiber and B vitamins. Removed during milling.



**Endosperm:** contains starch, protein, some vitamins and minerals.

**Germ:** The seed for a new plant, it has B vitamins, some protein, minerals and healthy oils. Removed during milling.

Graphic from Bob's Red Mill.

# What's the difference?

- **Refined grains** are milled to remove the bran and germ. This gives grains a finer texture and improves their shelf life, but it also removes nutrients.
- **Enriched grains** have B vitamins and iron added. Most refined-grain products are enriched.

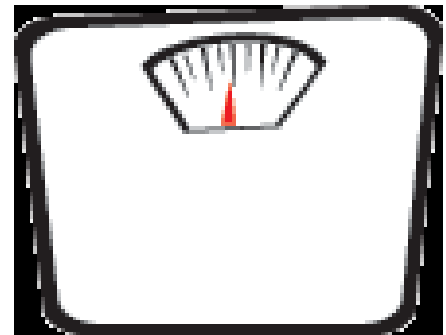
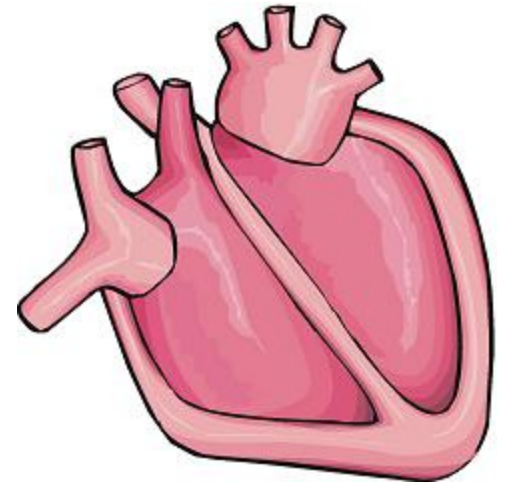
# How much whole grain should I eat?

- For adults, 6 servings a day of grain, and at least half of the 6 servings should be whole grains, not refined.
- One serving = about 16 g of whole grain (one 1 oz. slice of bread, 1 cup cold cereal,  $\frac{1}{2}$  cup cooked grain or pasta)
- Replace refined grains with whole grains, don't add whole grains to what you already eat



# Why eat whole grains?

- more protein, dietary fiber, vitamins and minerals.
- may lower the risk of heart disease.
- may help prevent type 2 diabetes and some types of cancer.
- may help weight control.

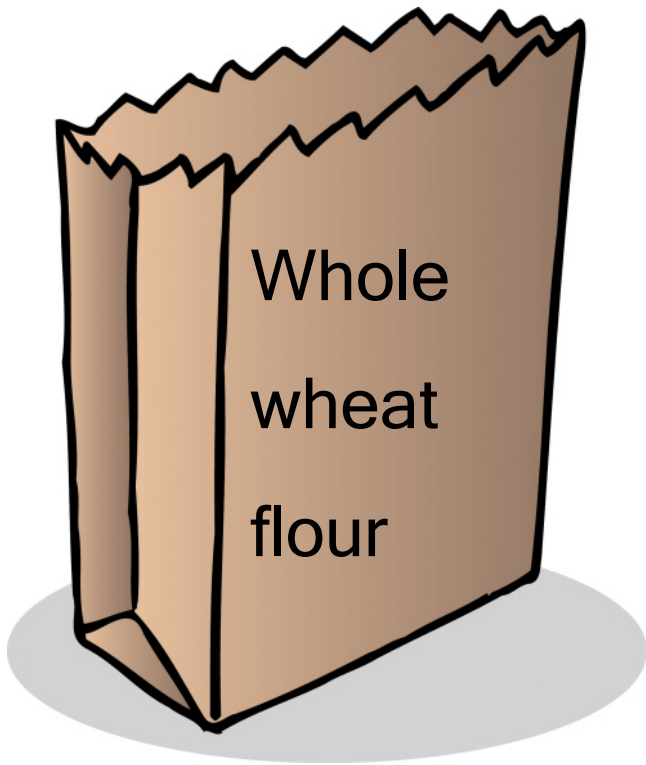


# Make the switch to whole grains.

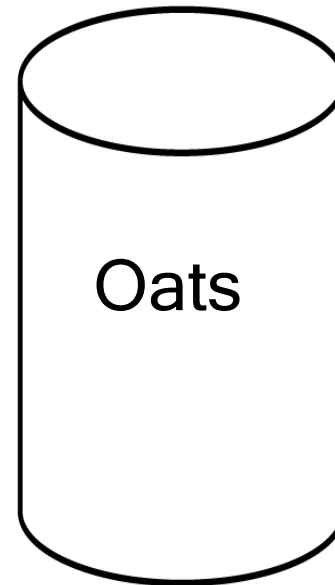
- Give yourself a few weeks to get used to the differences in taste and texture.
- If you don't like one brand of pasta or bread or flour, try a different one.
- Make sandwiches with one slice of white bread and one of whole grain bread.
- Try a blended pasta with white and whole grain flour.
- Use white whole wheat flour or whole wheat pastry flour.

# Baking cookies, muffins, quick breads, or pancakes?

Replace half the all-purpose  
flour with whole wheat flour

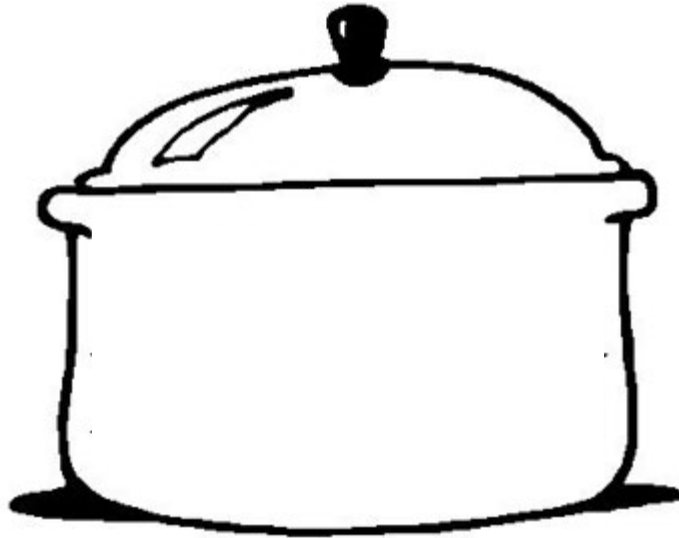


or



Replace 1/3 of the all-  
purpose flour with quick or  
old-fashioned oats.

soup



Add cooked grain (wild rice, brown rice, sorghum, wheat or rye berries, or barley) to canned or home-made soup.

meatloaf, meatballs  
or burgers



For 1 pound of meat, use  $\frac{3}{4}$  cup uncooked oats or whole grain breadcrumbs.



# Try some new foods!



**Cooked as breakfast cereal** amaranth, sorghum, millet, buckwheat, wild rice

**Grits from cracked grains or meal** barley, wheat, millet, rye

**Salads with cooked grains** bulgur, brown rice, quinoa, farro, wild rice, kamut, kasha



**Side dishes, pilaf or risotto:** brown rice, quinoa, bulgur, barley, millet, sorghum



# Remember old favorites!



popcorn

Whole grain corn  
meal muffin



oatmeal



# Shopping for whole grains

A whole grain (using the word 'whole') should be the first item in the ingredients list, or second if water is first.

## Ingredients:

Whole Grain Oats, Modified Corn Starch, Corn Starch, Sugar, Salt, Tocopherols, Trisodium Phosphate, Calcium Carbonate, Natural Colour. Contains Wheat Ingredients.

The words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" do not mean whole grain.

Buy small quantities, check expiration dates and store in the freezer.

# Too busy to wait for whole grains to cook?

- Use instant brown rice or frozen cooked brown rice.
- Cook whole grains ahead in larger amounts and reheat when needed.



# Sources

- Dietary Guidelines for Americans 2010, USDA and DHHS.
- Lean and Fit newsletter, washingtonpost.com, February 22, 2011.
- [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)
- King Arthur Flour Whole Grain Baking, The Countryman Press, Woodstock, Vermont, 2006.
- Whole Grains Every Day Every Way by Lorna Sass, Clarkson Potter/Publishers, 2006.