healthy living handbook

Essential Wellness Guide for Achieving a Healthier Life

meijer specialty pharmacy



achieving a healthy weight

It's probably no surprise that eating a nutritious diet is important for your health, but many people don't know where to start.

Choosing nutritious foods like whole grains, fruits, vegetables, low-fat dairy and lean protein foods daily, while limiting excess sodium, sugar and less healthy fats, is key to staying nourished and healthy. Eating well and staying at a healthy weight can also help to protect against many chronic conditions, like heart disease, cancer, arthritis and asthma, while also improving existing conditions.

Understanding what types of foods to eat to keep you healthy and which foods to choose less often can help you take charge of your health and wellness. Refer to this tool kit to learn more about the foods you eat, ways to achieve or maintain a healthy weight and goal setting. This tool kit will also help you to:

- Create a healthy shopping list.
- Stock a nutritious pantry.
- Learn the importance of mindfulness.
- Keep track of sleep, water and physical activity.

Here's to a healthier you!

Remember, this nutrition and wellness guide is to be used as a resource only. **For individualized health-related questions, check with your health care provider or registered dietitian.**



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achieving a healthy weight

It's no secret that being at a healthy weight can make you feel better and improve your overall well-being.

Maintaining or achieving a healthy weight can improve your overall health and reduce the risk of a variety of chronic conditions, such as heart disease, diabetes, arthritis and certain types of cancer. Even a 5-10% weight loss (ex: losing 10-20 lbs. for a 200 lbs. person) can lead to major health benefits.

To achieve a healthier weight, try the following tips:

Build Awareness

Keep a food journal. Write down what and the amount you eat and drink.

Step on the Scale

Weigh yourself at least once a week to help you stay on track.

Keep Moving

Try to do a little (or a lot!) more activity than your body is used to. Aim for 30 minutes of moderate physical activity most days of the week along with two days of resistance/ weight training. Talk with your doctor before starting any exercise plan.

Drink More Water

Try to consume half of your body weight in ounces of water per day (ex: 200 lbs.=100 oz of water). Carry a reusable water bottle with you throughout the day to easily reach your goal.

Use a Hunger Scale

Rate your hunger on a 1-10 scale. Eat when you're at a 3-4 and stop when you're at a 6-7. This can help you from becoming too hungry or too full. It also gives you a moment to pause to see if you're truly hungry or if you're eating for other reasons.

Choose Whole Foods

Whole foods are foods that have had little to no processing, including fruits, vegetables, whole grains, lean protein foods and low-fat dairy products.

Increase Your Fiber

Fiber can help you to feel full. Choose fiber-rich foods like fruits and vegetables, beans and whole grains, like oatmeal or whole wheat bread.

Eat Less Sugar

Sugary foods add a lot of calories to your diet without adding many nutrients.

Make a Meal Plan and Shop with a List

You're much less likely to toss unhealthy foods into your cart if they're not on your shopping list. And never shop hungry!

Read Labels

Always read food labels carefully and pay attention to serving sizes.

achieving a healthy weight

Slow Down!

It takes about 15 minutes for our stomach to tell our brain that we have had enough to eat. Give your brain time to receive the message by slowing down.

Some techniques include:

- Eating with your non-dominant hand.
- Putting your fork down between each bite.
- Sipping water between bites.
- Chewing each bite of food more thoroughly.
- Eating with chopsticks.

Eat Breakfast

Eating a healthy breakfast can help prevent overeating later in the day.

Sleep

Too little sleep can disrupt metabolism and contribute to weight gain. Aim for 7-9 hours of sleep each night.

Stay on Schedule

Eat regularly throughout the day, including 3 meals and 1-2 snacks.

Portion Control

Keep serving sizes in check. Use measuring cups and spoons to help you learn what an appropriate portion looks like.

For more information:

For more information about living well and staying healthy, please visit **meijerspecialtypharmacy.com**

mindfulness & eating tools

"Healthy" is a term that looks different on everyone. One-size doesn't fit all when it comes to living your best and healthiest life.

Each person has specific goals that are unique to their well-being. Our goal is to provide a variety of tools you can implement to support you throughout the course of your wellness journey. In addition to nutrition, movement, sleep and stress management, there are other areas of wellness, and tools that can help empower you to live a healthier life. For example, a hunger scale, mindfulness and intuitive eating are three tools you can implement at any point you feel is best.

Outlined below are brief explanations of each tool. For specific recommendations on how these tools can be used to help achieve your health goals, work with your health care provider and a registered dietitian.

Hunger Scale	
10	Extremely stuffed, nauseous
9	Stuffed, very uncomfortable
8	Overly full, somewhat uncomfortable
7	Full, but not uncomfortable
6	Satisfied, but could eat a little more
5	Starting to feel hungry
4	Hungry, stomach growling
3	Uncomfortably hungry, distracted, irritable
2	Very hungry, low energy, weak and dizzy
1	Starving, no energy, very weak

Hunger Scale

A hunger scale is used to help a person recognize their hunger and fullness cues using a 1-10 ranking system (see example to the left).

Tuning in to your body's natural hunger and fullness cues encourages self-awareness around eating and eating sensations. Typically, a person wants to eat when they are between a 3-4 and stop eating between a 6-7.

mindfulness & eating tools

Mindful Eating

Mindfulness is a form of meditation to help identify and cope with emotions and physical sensations. Mindful eating is the practice of being fully engaged while eating. It involves:

- Eating without distractions.
- Eating slowly.
- Using all the senses to notice the color, smell, sound, texture and flavor of foods.
- Appreciating food.
- Identifying true hunger cues from non-hunger cues.
- Eating to achieve overall health and well-being.
- Coping with anxiety around eating and food.

Intuitive Eating

Intuitive eating doesn't have strict guidelines around what to eat or not to eat. It encourages a healthy attitude towards food and body image. It uses principles of the hunger scale, but with a larger emphasis on trusting the body. This practice helps to separate physical hunger from emotional hunger and identify ways to satisfy physical hunger without causing guilt.

There are 10 principles of intuitive eating that were developed by registered dietitians, Evelyn Tribole and Elyse Resch:

1. Reject the diet mentality
2. Honor your hunger
3. Make peace with food
4. Challenge the food police
5. Respect your fullness
6. Discover the satisfaction factor
7. Honor your feelings without using food
8. Respect your body
9. Exercise: feel the difference
10. Honor your health with gentle nutrition (it's what you eat over time that matters, not all or nothing)

To find a registered dietitian near you who specializes in mindful or intuitive eating, visit **eatright.org/find-an-expert.**

what is sugar?

You may think of sugar as the white stuff you add to your coffee or to your cookies when baking, but there is so much more to it.

In a nutshell, sugar is a type of carbohydrate that provides energy to all cells in the body. There are many different types of sugars, with some types having more complex chemical structures than others. It's important to remember not all sugars do the same things in our bodies.

Natural Sugars

Did you know that most foods, including fruits, vegetables, grains and dairy products naturally contain sugar? Eating foods containing natural sugars, like the ones listed, is OK!

Many of these foods also contain a high amount of nutrients, including fiber, vitamins and minerals. Dairy foods also contain a significant amount of protein, calcium and vitamin D.

Because of the nutrients that they are paired with, natural sugars are often digested more slowly, offering your cells a gradual and steady supply of energy.

Added Sugars

Added sugars are just that, sugar that isn't naturally found in a food, but has been added in. Refer to the list on the right for common sources of added sugars.

Common Sources of Added Sugars

Processed Foods

Sugar and syrups are often added to processed foods like soft drinks, fruit drinks, cookies, cakes, candies, pastries and cereals. Even some "healthy" foods may have added sugars, including yogurt and granola bars.

The Sugar We Add Ourselves

Another source of added sugar in our diets come from the sugar we add ourselves, like the sugar in your coffee or tea, or the sugar you add on top of your cereal or oatmeal.

Condiments & Sauces

Added sugar can also be found in foods you may not expect, like barbeque sauce, ketchup, crackers and tomato sauce.

Most of the added sugars in our diets come from sugar-sweetened beverages, including: soda, sports drinks, fruit drinks, sweetened tea and coffee, energy drinks, flavored waters and alcoholic beverages. In fact, beverages count for almost half of all added sugars consumed by the U.S. population.[1]



1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. 8th Edition. December 2015. https://health.gov/dietaryguidelines/2015/.

your sugar intake

Eating excess sugar can cause significant weight gain. So you may be wondering, "how much sugar should I be eating?" Your sugar intake not only depends on the types of sugar you include in your diet, but also on your total calorie intake.

The *Dietary Guidelines for Americans* recommends eating no more than 10% of your total calories from added sugars per day. That's about 200 calories or about 48 grams (12 tsp) of added sugar for those eating a 2,000-calorie diet.[2] The *American Heart Association (AHA)* provides stricter guidelines. The AHA suggests men should consume 9 tsp (36g) or less of added sugar per day, while women should consume 6 tsp (25g) or less.[3]



Nutrition Facts

about 6 servings per container
Serving size 1 cup (140g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 16g	10%
Includes 8g Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

To determine the number of tsp of added sugar in a food product see the following equation:

# of grams of added sugar / 4 = # of tsp of added sugar

Ex: 8g added sugar / 4 = 2 tsp of added sugar

Sugar Swaps

What can I do to decrease my sugar intake?

- Swap sugary drinks for water, unsweetened iced tea or naturally flavored sparkling water.
- Choose naturally sweet fruit for dessert instead of cookies, cakes, pie, pastries or ice cream.
- Snack on nuts, veggies and dip or air popped popcorn instead of candy or cookies.
- Check the food label on condiments and sauces and choose the one with least amount of added sugar.

Artificial Sweetners

Should I be using artificial sweeteners?

Though artificial sweeteners, like aspartame, sucralose and saccharin, don't provide calories, they may not be great for our health. Use artificial sweeteners in moderation.

2. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. https://health.gov/dietaryguidelines/2015/guidelines/.

3. Johnson, Rachel. "Dietary Sugars Intake and Cardiovascular Health." Circulation, 2009; 120: 1011–1020.

your sugar intake

Be a Sugar Sleuth

There are over 60 different names for sugar you may find on an ingredient list. Look for words like syrup, nectar, malt, juice or the suffix “-ose”. These are all indicators of types of sugar. Products with sugars listed at the beginning of the ingredient list contain higher amounts of added sugars. See the table below for common names for sugar.

Common Names for Sugar		
Agave Nectar	Cane Juice	High-Fructose Corn Syrup
Barley Malt	Caramel	Honey
Brown Rice Syrup	Confectioners’ Sugar	Maple Syrup
Brown Sugar	Corn Syrup	Molasses

what is sodium?

Sodium is an essential mineral.

It's regulated by our kidneys and helps keep the fluid inside our bodies balanced. It's also important for muscle and nerve function.

How Does Sodium Effect My Health?

Although sodium is important to overall health, when there's too much sodium in the body it can become harmful.

When too much sodium is in the blood stream, it pulls extra water into your blood vessels. This increases the total volume of blood inside the vessels, which can cause blood pressure to rise. Overtime, high blood pressure can stretch out blood vessel walls, making them thin and more susceptible to plaque build-up. Plaque deposits can block blood flow, forcing the heart to work harder at pumping blood throughout the body. This process (hypertension) can lead to heart disease if not treated.

High blood pressure is often referred to as the "silent killer" because its symptoms aren't always obvious. According to the *American Heart Association,* ninety percent of Americans are expected to develop high blood pressure in their lifetime. Luckily, taking control of your health and working towards healthier life choices can help reduce your risk of heart disease and help lower blood pressure.

Table Salt vs. Sodium

- **Table Salt** is a combination of the minerals sodium and chloride.
- **Sodium** is a mineral that is regulated by the kidneys.

Sodium in Your Food

More than 70% of sodium consumed comes from packaged, prepared or restaurant foods, compared to a mere 15% of sodium that occurs naturally in food.

The *Salty Six* are the six most common foods that add the most sodium to the diet:

1. Breads and Rolls
2. Cold Cuts and Cured Meats
3. Pizza
4. Poultry
5. Soups
6. Sandwiches

Other Common Sources of Sodium:

- Cheeses and Buttermilk
- Salted Snacks, Nuts and Seeds
- Frozen Dinners and Snack Foods
- Condiments
- Pickles and Olives
- Seasoned Salts - Onion, Garlic and Celery
- Sauces - Barbeque, Steak, Soy and Worcestershire

The *American Heart Association* has identified the following amounts of sodium in each amount of table salt:			
¼ tsp salt = **575 mg sodium**	½ tsp salt = **1,150 mg sodium**	¾ tsp salt = **1,725 mg sodium**	1 tsp salt = **2,300 mg sodium**

what is sodium?

Be a Sodium Sleuth on Food Labels

The Nutrition Facts label, found on the side or back panel of packaged products, is a tool that can help identify how much sodium is in a serving of that food item. Below are sodium-related terms you may see on a food package:

Sodium-Related Terms
Sodium-Free: Less than 5mg of sodium per serving and contains no sodium chloride
Very Low Sodium: 35mg or less of sodium per serving
Low Sodium: 140mg or less of sodium per serving
Reduced (or Less) Sodium: At least 25% less sodium per serving than the usual sodium level
Light (for Sodium-Reduced Products): If a food is "low calorie" and "low fat'' and sodium is reduced by at least 50% per serving
Light in Sodium: If sodium is reduced by at least 50% per serving
No Salt Added: No additional salt has been added to the product

Reading Ingredient Labels

Items on the ingredient list of the nutrition facts panel are listed by weight, the heaviest are listed at the beginning. Try to limit products where any of the following forms of sodium are within the first five ingredients on the ingredient list, as this indicates the product is likely high in sodium.

- Salt (Sodium Chloride or NaCl)
- Monosodium Glutamate (MSG)
- Baking Soda or Baking Powder
- Disodium Phosphate
- Any Compound with "Sodium" or "Na" in its Name



Look for the *Heart-Check* mark to find products that can help you make smarter choices about the food you're consuming.

- Remember, fruits and vegetables may not have a label, but they are naturally low-sodium food options.
- See *Reading A Food Label* on page 42 for more information.

what is sodium?

How to Reduce Sodium Intake

Making new habits a permanent part of your lifestyle takes time. However, small shifts towards healthier eating can make the overall process smoother. You'll also be more likely to stick with the habit as opposed to changing everything about your eating at once. Try the tips below to help reduce the amount of sodium in the diet:

- Try to cook more meals at home. Not only is cooking at home more budget friendly, it's also a great way to help reduce the amount of sodium in your diet because you're in control.
- Use herbs and spices to flavor dishes instead of salt.
- Try rinsing canned products, like canned vegetables, in water before using. This will help reduce the amount of sodium.
- Omit adding salt to water when preparing grains, such as rice or pasta.
- When eating at a restaurant, ask if there are lower sodium options available.
- When ordering, ask the server if the meal can be prepared without added salt.
- Order sauces or dressings on the side. Only add what you need to the dish.

Choose Potassium-Rich Foods

Potassium is a mineral that your body needs to help stay healthy. It also helps to off-set the effects of too much sodium. The more potassium you eat, the more sodium you process out of the body. Potassium can help to lower blood pressure as well. Fruits, vegetables, fish and dairy are all good sources of potassium.

Foods Especially High in Potassium:
Apricots
Avocados
Cantaloupe
Dates
Lima Beans
Mushrooms
Oranges and Orange Juice
Peas
Potatoes
Prunes and Prune Juice
Raisins
Salt Substitutes
Spinach
Tomatoes
Tuna Fish

*Talk to your health care provider or a registered dietitian to determine if a certain salt substitute is right for you.

what is fiber?

Eat more fiber. You've probably heard that before, but what is fiber?

Fiber is a type of carbohydrate that the body cannot break down during digestion. Instead, it passes through the body undigested. Fiber is critical in the diet because a low fiber intake is associated with potential health risks. A high-fiber diet can help lower cholesterol, control blood sugar levels, add bulk to stool during digestion and may help to achieve or maintain a healthy weight. There are two categories of fiber, dietary and functional.

Functional Fiber: Not naturally occurring; manufactured and added to foods, beverages and supplements.

Dietary Fiber: Naturally occurs in food. **There are two types of dietary fiber: soluble and insoluble fiber.**

Soluble Fiber: Dissolves in water and forms a gel-like substance during digestion.

- **Benefits:** Helps to lower cholesterol and blood glucose (sugar) levels.
- **Sources:** Apples, barley, beans, citrus fruits, lentils, oats, peas and psyllium.

Insoluble Fiber: Doesn't dissolve in water during digestion.

- **Benefits:** Provides "bulk" for stool formation and helps to speed up the movement of food and waste through the digestive system; helps to relieve or prevent constipation.
- **Sources:** Beans, brown rice, nuts, vegetables (cauliflower, green beans, potatoes, tomatoes), wheat bran and whole wheat flour.

How Much Fiber Do I Need?

The *Dietary Guidelines for Americans* recommend adults consume 28-38 grams of fiber daily. Most people do not get the recommended amount. A diet high in dietary fiber is key to helping reduce the risk of developing heart disease and promoting digestive regularity.

To receive the benefits of both soluble and insoluble fiber, it's best to consume a diet that is abundant in:

- Whole Grain Products
- Fruits
- Vegetables
- Beans, Peas and Legumes
- Nuts and Seeds

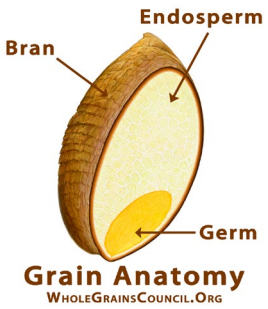
what is fiber?

Ways to Bulk Up on Fiber	
Incorporate it into your morning meal Try sprinkling wheat bran or ground flax seed on yogurt. Add a piece of fruit to a side of eggs or yogurt. Oatmeal is also a cost-effective way to easily incorporate fiber into your morning meal.	**Make half your grains whole grains** Try to make at least half of your grain intake whole grains. Look for terms such as “whole wheat”, “whole grain” or “whole wheat flour” within the ingredient list on packaged products.
Beans are a great source of fiber Beans contain some of the highest amounts of fiber compared to other plants. Try replacing half the amount of chicken in a quesadilla for white beans or black beans. Add kidney beans to minestrone soup or munch on edamame (soy beans) for an afternoon snack.	**Try fiber-filled baking substitutes** Try replacing eggs in a muffin recipe for ground flax seed. One tablespoon of ground flax seed mixed with 3 tablespoons of water equals one egg. Cup for cup, applesauce can replace oil in a sweet bread. Whole wheat flour can be used in place of white or regular flour.
Add some fiber to your snacks Snacks are a great way to squeeze additional nutrients into your day, such as fiber. Try snacking on a piece of fruit, trail mix filled with raw nuts and dried fruit or whole grain crackers dipped in hummus.	**Make small, gradual changes** If you’re not used to eating a lot of fiber, adding it too quickly into the diet can lead to stomach discomfort, such as gas and bloating. Make small, gradual changes and your body will more easily adjust.
Stay hydrated with water Water is not only a great way to stay hydrated, but fiber absorbs best in water. Be sure to increase your water consumption while increasing your fiber content. This will help food pass more smoothly through the digestive tract.	**Not sure what to cook?** Head over to ***A Healthier You*** and browse our collection of nutritious and ingredient-focused recipes designed just for you!

what are whole grains?

Current nutrition guidelines recommend to "make half your grains whole grains." But what exactly is a whole grain?

Just as it sounds, whole grains are different grain products like wheat, rye, barley, oats, corn, spelt, farro, rice or quinoa, that are eaten in their whole form. According to the *Whole Grains Council*, a grain is a whole grain if it contains its three original parts, the bran, germ and endosperm, in the same amounts as when the grain was growing in the field.



Grain Anatomy

Bran: The bran is the fiber-rich outer layer of the edible grain kernel. It also contains many B vitamins and antioxidants.

Germ: The germ of a whole grain contains valuable B vitamins, minerals and healthy fats.

Endosperm: The largest part of the grain kernel, the endosperm, contains primarily starch, a type of carbohydrate. The endosperm also contains protein and a small number of vitamins and minerals.

Health Benefits of Whole Grains

The health benefits of eating whole grains, as part of a healthy diet, are numerous. Not only are whole grains filled with antioxidants, vitamins and minerals, they are also rich in fiber. Additional health benefits of eating whole grains include:

- Reduced risk of stroke.
- Reduced risk of type 2 diabetes.
- Reduced risk of heart disease.
- Better weight management.
- Less inflammation.
- Lower risk of certain types of cancers.

How do you know if something is a whole grain?



Looking for an easy way to determine if a food item is made with whole grains? **Look for the Whole Grain Stamp!** Another great way is to scan the package label.

Look for the following words at the beginning of the ingredient list to determine if a product is predominately whole grain:

- Whole wheat
- Whole (name of grain)
- Stoneground whole (name of grain)
- Brown rice
- Oats, oatmeal
- Wheatberries

Source: https://wholegrainscouncil.org/whole-grains-101/health-studies-health-benefits/what-are-health-benefits

what are whole grains?

Refined Grains vs Enriched Grains

Refined grains are grain products that have been milled to have the outer husk (or bran) and germ removed, leaving only the starchy endosperm. Examples of refined grains include white rice and white flour. Refining grain products removes most of the fiber as well as many other nutrients, such as vitamin E, magnesium and many B vitamins.

Enriched grains have nutrients added back into them after they've been stripped in the food manufacturing process. The FDA regulates when a food product can be labeled as 'enriched'. An example of a food that is often enriched is white flour. After wheat is refined to white flour, some of the lost nutrients, such as B vitamins and iron, are added back into the flour in specific amounts.

Examples of Whole Grains Include:

- Amaranth*
- Barley
- Brown rice*
- Buckwheat*
- Bulgur
- Farro
- Freekeh
- Millet*
- Oatmeal**
- Popcorn*
- Quinoa*
- Rye
- Sorghum*
- Spelt
- Teff*
- Whole wheat products (bread, pasta, crackers)
- Wild rice*

*Gluten-Free Whole Grain **Oats are naturally gluten-free but may be processed with gluten-containing grains. Look for "gluten-free" on the label when buying oats.

What's the difference between whole grain and whole wheat?

All whole wheat products are whole grains, but not all whole grain products are whole wheat. Wheat is just one type of grain. It is possible to have a whole grain product made from another type of grain like oats, rye or millet.

what are whole grains?

Ways to Add More Whole Grains to Your Diet	
Make the switch Switch to a whole grain version of something you already eat. For example, choose brown rice over white rice or whole wheat pasta instead of white pasta.	**Make a swap** Substitute chips or pretzels for a tasty whole grain snack, popcorn!
Get creative with breadings Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish or eggplant parmesan.	**Mix it into dishes** Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in a casserole or stir-fry.
Try brown rice and whole wheat pasta Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat noodles in lasagna.	**Make extra!** Cook extra brown rice or oatmeal when you have time. Refrigerate half of what you cook to heat and serve later in the week.
Think outside the box! Try a whole grain that you may have never eaten before, like quinoa, millet or farro.	**Add to salads** Make a cold whole grain salad. Add toasted nuts, dried fruit or feta cheese.
Recipe replacements Replace one third of the flour in a recipe with quick oats or old fashioned oats.	**Up your breakfast game!** Incorporate whole grains into your morning meals by choosing whole grain breakfast cereals or oatmeal.

what are fats?

There are several different types of fats. The healthier fats are made up of monounsaturated fats and polyunsaturated fats. While the less healthy fats are comprised of saturated fats and *trans* fats.

Each of these fats have different food sources, characteristics and effects on the body. For better health, it's important to replace saturated and *trans* fats with more heart-healthy fats, like mono- and polyunsaturated fats. See the chart below for more detailed information.

	Less Healthy Fats		Healthier Fats	
	Saturated Fats	***Trans* Fats**	**Monounsaturated Fats**	**Polyunsaturated Fats**
Food Sources	• Animal fat (beef, lamb, pork, poultry with skin, lard) • Full-fat and reduced-fat dairy products (cream, butter, cheese, ice cream) • Tropical oils (palm, palm kernel, coconut oils)	• Baked goods (cookies, cakes, pastries, biscuits, muffins, pie crust, doughnuts) • Fried foods (French fries, fried chicken, breaded chicken, fish sticks) • Snack foods (popcorn, crackers) • Traditional stick margarine, vegetable shortening	• Vegetable oils (canola, olive, peanut oils) • Avocados, olives • Nuts and seeds (almonds, almond butter, peanuts, peanut butter, sunflower seeds, sunflower seed butter)	**Omega-6 Fatty Acids** • Vegetable oils (soybean, corn, sunflower, safflower) • Nuts and seeds **Omega-3 Fatty Acids** • Fatty fish (salmon, mackerel, herring, tuna, trout) • Nuts and seeds (walnuts, chia, flax)
Effects on Body	• Raises "bad" LDL cholesterol • Increases risk of heart disease	• Raises "bad" LDL cholesterol • May lower "good" HDL cholesterol • Increases risk of heart disease	• Lowers "bad "LDL cholesterol • May reduce the risk of heart disease • May help to reduce inflammation • May help to reduce insulin resistance	• Lowers "bad "LDL cholesterol • May raise "good" HDL cholesterol • May reduce the risk of heart disease • May reduce the risk of autoimmune diseases • May improve age-related cognitive decline
Special Features	• Solid at room temperature • Mostly comes from four-legged animals	• Can be naturally occurring or artificially made • Solid at room temperature • Choose products with 0g *trans* fat on the label • Avoid foods with "partially hydrogenated oil" on the ingredient list	• Liquid at room temperature, turns solid when chilled	• Liquid at room temperature and when chilled
Daily Limit	• AHA: <7% of total daily calories; about 16g* • DGA: <10% of total daily calories; about 22g*	• AHA: < 1% of total daily calories • DGA: Limit *trans* fats to as little as possible	• Total fats should be about 25-35% of total daily calories • Replace saturated and *trans* fats with mono- or polyunsaturated fats	• Total fats should be about 25-35% of total daily calories • Replace saturated and *trans* fats with mono- or polyunsaturated fats

AHA = American Heart Association Recommendation
DGA: USDA Dietary Guidelines for Americans Recommendation
*Based on a 2,000-calorie per day diet

what are fats?

Fats often get a bad rap, but they are an important part of a balanced diet for a variety of reasons.

As an essential macronutrient, fats play many important roles in our bodies, from giving us energy, to supporting cell growth. See below for some fun fat facts:

Fun Fat Facts	
Fat is an essential macronutrient (macronutrients include carbohydrates, fats and protein)	
Each gram of fat, no matter what kind, contains **9 calories**	
Fat should make up between **25-35% of our total calories** (56g - 78g/day for those eating a 2,000 calorie daily diet)	
Fat is Key in Our Diet. We Need it For:	
Energy	Cell Growth
Hormone Production	Insulation
Organ Protection	Vitamin Absorption (fat-soluble vitamins A, D, E & K)
Healthy Skin	Healthy Nails

Choosing Healthier Fats

- Sauté foods in olive oil instead of butter.
- Use olive oil in dressings or marinades.
- Use canola oil when baking.
- Sprinkle slivered nuts or sunflower seeds on salads instead of bacon bits or fried croutons.
- Snack on a small handful of nuts rather than potato chips or crackers.
- Add avocado to sandwiches instead of cheese.
- Cook fish instead of meat twice a week.
- Choose foods that have 0 grams *trans* fat on the food label and contains no “partially hydrogenated oils”.
- Switch from full-fat dairy products to low-fat or fat-free versions.

Reading a Food Label

When it comes to fats, knowing how to read a food label is very important. Check out the Reading a Food Label handout on page 42 for more information.

what is protein?

Protein is a nutrient that helps your body build new and healthy cells including hair, skin, nails, blood and more.

The protein group includes both plant and animal sources with several different subgroups listed below.

Beans and Peas (also part of the vegetable group)

- Black Beans
- Black-Eyed Peas
- Chickpeas (Garbanzo)
- Kidney Beans
- Lima Beans
- Lentils
- Split Peas

Soy

- Edamame
- Tempeh
- Texturized Vegetable Protein (TVP)
- Tofu

Eggs

Meat

- Beef
- Goat
- Lamb
- Non-Bird Game (Venison, Bison, Elk)
- Pork
- Veal

Poultry

- Chicken
- Duck
- Game Birds
- Geese
- Guineas
- Turkey

Nuts and Seeds

- Almonds
- Almond Butter
- Brazil Nuts
- Cashews
- Chia Seeds
- Flax Seeds
- Hemp Seeds
- Nut Butters
- Peanuts
- Peanut Butter
- Pecans
- Pine Nuts
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Sunflower Seed Butter
- Walnuts

Seafood: Finfish

- Catfish
- Cod
- Flounder
- Haddock
- Halibut
- Herring
- Mackerel
- Pollock
- Porgy
- Salmon
- Sea Bass
- Snapper
- Sushi
- Swordfish
- Tilapia
- Trout
- Tuna

Seafood: Shellfish

- Clams
- Crab
- Crayfish
- Lobster
- Mussels
- Octopus
- Oysters
- Scallops
- Shrimp
- Squid

how much protein do I need?

The amount of protein your body needs depends on your age, gender and daily physical activity level. People who are physically active or have certain health conditions may have higher protein requirements.

According to the *United States Department of Agriculture (USDA)*, protein needs can range from 2 to 6, 1/2-ounce equivalents per day. For individual protein requirements, it's recommended to work with a registered dietitian.

A good rule of thumb is to think of protein as the "guest" on a dinner plate, filling only about ¼ of the plate with protein foods. Fruits, vegetables and whole grains should be the "star" on the dinner plate filling the other ¾ of the plate.

Protein Options for A Healthier You

Aim to consume lean sources of protein to help reduce the amount of saturated fat in the diet. Too much saturated fat can raise cholesterol levels and increase the risk for developing heart disease.

Examples include:

- Lean meats and poultry containing less than 10 grams of fat – 95% lean ground beef, pork tenderloin and skinless turkey or chicken breast.
- Plant-based protein sources (beans, peas, soy, nuts, seeds) are low in saturated fat and also contain a variety of important nutrients beneficial to keeping your body healthy.
- Beans and peas also contain healthy amounts of fiber that help protect the heart and keep the digestive track running smoothly.
- Eggs are a quick-cooking protein option that also contain vitamin D, important to protecting the immune system.
- Beans, peas and eggs are some of the most cost-friendly sources of protein with the highest nutritional value!

Red Meat

To reduce the risk of developing colon cancer, the *American Institute for Cancer Research (AICR)* recommends eating no more than 18 ounces of red meat per week (3, 6-ounce servings).

Processed Meats & Poultry:

Processed meats (sausages, lunch meats, bacon, beef jerky) are preserved by smoking, curing, salting and adding other chemical preservatives – due to the high sodium content, it's recommended to limit or avoid this category.

what is protein?

For a healthier you, aim to include a variety of lean protein sources from all categories with a minimal intake of red or processed meats.

See below for a full list of protein sources that can be part of a healthy diet and those that should be consumed in moderation or avoided.

Eat This	Not That
• Fresh or frozen red meat – limit beef, pork and lamb to a few times per week or less • Fresh or frozen poultry, including skinless chicken or turkey • Fresh, frozen or canned seafood, including fish, shrimp, lobster, clams, scallops • Fresh, frozen or canned fatty fish, including salmon, herring, sardines – these are rich in omega-3 fatty acids that can help promote heart health • Eggs - cook without excess oil • Nuts and seeds, including almonds, pistachios, peanuts, pecans, walnuts, sunflower seeds – look for unsalted varieties to help limit sodium consumption • Nut and seed butters, including peanut butter, almond butter and sunflower butter – look for varieties without added sugar or oil • Soy foods – tofu, tempeh, soy nuts • Meat alternatives – veggie burgers and plant-based sausages – look for reduced-sodium varieties • Legumes – dried beans, lentils, peas – try to include legumes a few times per week in place of other protein sources • Low-fat or fat-free dairy – milk, yogurt, cheese	• Marbled or fatty cuts of meat – beef, pork, lamb (example: ribs) • Processed red meats – bacon, sausage, ham • Processed poultry deli meat • Poultry (turkey and chicken) with skin • Fried meats or eggs • Deli meats – pastrami, bologna, salami • Meat alternatives with high amounts of sodium or saturated fat

what is dairy?

Dairy is considered its own food group; however, it does contain protein so it can also be included within the protein food group.

In addition to providing protein, dairy products also contribute a variety of important vitamins and minerals, including calcium, phosphorous, vitamin A, vitamin D, riboflavin, vitamin B12, potassium, zinc, choline, magnesium and selenium.

Food Sources of Dairy

- Cheese
- Milk
- Yogurt

Dairy Options for A Healthier You

- Aim to choose low-fat and fat-free dairy products over full-fat varieties.
- Low-fat dairy provides the same vitamins and minerals as 2% or whole milk varieties without the additional saturated fat and calories.
- Limit high-sugar sources of dairy, including ice cream, frozen yogurt, sweetened milks and pudding.
- Some sources of dairy, such as cottage cheese, can contain high amounts of sodium. Look for reduced-sodium varieties.

How Much Dairy Do I Need?
It's recommended that adults aim to include **3 servings** of dairy, daily. **1 Serving is Equal to:**
1 Cup of Milk
8 Ounces of Yogurt
1 ½ Ounces Hard Cheese (cheddar, mozzarella, Swiss, Parmesan)
1/3 Cup Shredded Cheese
2 Cups Cottage Cheese
1 Cup Calcium-Fortified Soy Milk

what is lactose?

Lactose intolerance occurs when the body can't properly digest lactose, the main source of carbohydrate in dairy products.

People with lactose intolerance don't make enough of the digestive enzyme, lactase, which breaks down lactose in the digestive tract.

Common Symptoms of Lactose Intolerance

- Bloating
- Diarrhea
- Stomach Cramping

Dairy should be avoided in those with lactose intolerance. If a person chooses to consume dairy, digestive aids, such as Lactaid®, can be taken with dairy products to help reduce digestive discomfort.

Dairy-Free Alternatives

Low-lactose and lactose-free (dairy-free alternatives) dairy products can be consumed in place of dairy to obtain important nutrients, such as vitamin A and D. When choosing a dairy-free alternative, look for one without added sugars.

Dairy-Free Alternatives Include:

- Coconut Milk
- Coconut Milk Yogurt
- Nut Milks (almond, cashew, peanut)
- Nut Milk Yogurt
- Oat Milk
- Rice Milk
- Soy Milk

Non-Dairy Nutrient Sources		
Calcium Sources	**Potassium Sources**	**Vitamin D Sources**
Almond Milk	Baked Potato (flesh and skin)	Canned Sockeye Salmon
Fortified Ready-to-Eat Cereal	Prune Juice, Carrot Juice	Eggs
Tofu	White Beans	Fish Oil Supplement (as recommended by health care provider or registered dietitian)

Work with a Registered Dietitian

If a person chooses to omit dairy altogether, it's important to work with a registered dietitian to include a variety of additional foods rich in nutrients that dairy would otherwise provide, such as calcium, vitamin D and potassium.

what are fruits and vegetables?

You can probably recognize the produce section in your local grocery store by the colorful array of fruits and vegetables, but what determines whether something is a fruit or a vegetable?

Botanically speaking, fruits contain seeds and come from the flower of a plant. Vegetables, on the other hand, are any other part of a plant, like roots, stalks or leaves. When it comes to cooking, taste matters! Vegetables are considered to be savory while fruits are sweet.

What are the health benefits of fruits and vegetables?

Fruits and vegetables are some of the healthiest foods and provide a variety of health benefits. Eating a diet rich in produce can help to decrease cancer and heart disease risk and control weight. Being at a healthy weight can prevent a host of health problems, like type 2 diabetes, high blood pressure and arthritis.

Fruits and vegetables are full of nutrients, including vitamins, minerals and fiber. They're also rich in antioxidants, substances that may protect your cells from damaging free radicals.

How many servings do I need per day?

The *USDA Dietary Guidelines for Americans* recommend eating 2½ cups of vegetables and 2 cups of fruit daily for those eating a standard 2000-calorie per day diet. In addition, they provide more specific weekly recommendations for different types of vegetables.

See the table below for more information.

Vegetable	Examples	Recommendation
Dark Green Vegetables	Bok choy, broccoli, collard greens, kale, mustard greens, romaine lettuce, spinach, turnip greens	1½ cups/week
Red & Orange Vegetables	Carrots, pumpkin, red peppers, sweet potatoes, tomatoes, winter squash	5½ cups/week
Legumes	Black, kidney, pinto and white beans; chickpeas, edamame (soybeans), lentils, split peas	1½ cups/week
Starchy Vegetables	Cassava, corn, green peas, plantains, potatoes	5 cups/week
Other Vegetables	Asparagus, avocado, bean sprouts, beets, cabbage, cauliflower, celery, cucumbers, eggplant, garlic, green beans, green peppers, iceberg lettuce, mushrooms, olives, onions, peapods, summer squash	4 cups/week

vegetable servings

Vegetable Servings			
Group	**Vegetable**	**Amount that counts as 1 cup of vegetables**	**Amount that counts as ½ cup of vegetables**
Dark Green Vegetables	Broccoli	1 cup, chopped or florets, 3 spears, 5" long raw or cooked	½ cup, chopped or florets
	Greens (collards, mustard greens, turnip greens, kale)	1 cup, cooked	
	Spinach	1 cup, cooked 2 cups, raw	1 cup, raw
	Raw Leafy Greens (dark green leafy lettuce, endive, escarole, romaine, watercress)	2 cups, raw	1 cup, raw
Red & Orange Vegetables	Carrots	1 cup, strips, slices or chopped, raw or cooked 2 medium carrots 1 cup baby carrots (about 12)	1 medium carrot ½ cup baby carrots (about 6)
	Pumpkin	1 cup, mashed, cooked	
	Red Peppers	1 cup, chopped, raw or cooked 1 large pepper	1 small pepper
	Tomatoes	1 large raw whole (3") 1 cup, chopped or sliced, raw, canned or cooked	1 small raw whole (2¼" diameter) 1 medium canned
	Tomato Juice	1 cup	½ cup
	Sweet Potato	1 large baked (2¼" or more diameter), 1 cup, sliced or mashed, cooked	
	Winter Squash (acorn, butternut, hubbard)	1 cup, cubed, cooked	½ acorn squash, baked = ¾ cup

vegetable servings

Vegetable Servings			
Group	**Vegetable**	**Amount that counts as 1 cup of vegetables**	**Amount that counts as ½ cup of vegetables**
Legumes	Dry Beans and Peas (black, garbanzo, kidney, pinto or soy beans, black-eyed peas or split peas)	1 cup, whole or mashed, cooked	
Starchy Vegetables	Corn, yellow or white	1 cup 1 large ear (8" to 9" long)	1 small ear (about 6" long)
	Green Peas	1 cup	
	White Potatoes	1 cup, diced or mashed 1 medium boiled or baked potato (2½" to 3" diameter)	
Other Vegetables	Bean Sprouts	1 cup, cooked	
	Cabbage, green or purple	1 cup, chopped or shredded, raw or cooked	
	Cauliflower	1 cup, pieces or florets, raw or cooked	
	Celery	1 cup, diced or sliced, raw or cooked 2 large stalks (11" to 12" long)	1 large stalk (11" to 12" long)
	Cucumbers	1 cup, raw, sliced or chopped	
	Green or Wax Beans	1 cup, cooked	
	Green Peppers	1 cup, chopped, raw or cooked 1 large pepper	1 small pepper
	Lettuce, iceberg or head	2 cups, raw, shredded or chopped	1 cup, raw, shredded or chopped

vegetable servings

Vegetable Servings			
Group	**Vegetable**	**Amount that counts as 1 cup of vegetables**	**Amount that counts as ½ cup of vegetables**
Other Vegetables	Mushrooms	1 cup, raw or cooked	
	Onions	1 cup, chopped, raw or cooked	
	Squash, summer or zucchini	1 cup, cooked, sliced or diced	

Source: https://www.choosemyplate.gov/eathealthy/vegetables

fruit servings

Fruit Servings		
Fruit	Amount that counts as 1 cup of fruit	Other amounts (count as ½ cup of fruit unless noted)
Apple	½ large (3¼" diameter) 1 small (2¼" diameter) 1 cup, sliced or chopped, raw or cooked	½ cup, sliced or chopped, raw or cooked
Applesauce	1 cup	1 snack container (4oz)
Banana	1 cup, sliced 1 large (8" to 9" long)	1 small (less than 6" long)
Cantaloupe	1 cup, diced or melon balls	1 medium wedge (⅛ of a medium melon)
Grapes	1 cup, whole or cut-up 32 seedless grapes	16 seedless grapes
Grapefruit	1 medium (4" diameter) 1 cup, sections	½ medium (4" diameter)
Mixed Fruit	1 cup, diced or sliced, raw or canned, drained	1 snack container (4 oz) drained = ⅜ cup
Orange	1 large (3" diameter) 1 cup, sections	1 small (2½" diameter)
Orange, Mandarin	1 cup, canned, drained	
Peach	1 large (2¾" diameter) 1 cup, sliced or diced, raw, cooked or canned, drained 2 halves, canned	1 small (2" diameter) 1 snack container (4 oz) drained = ⅜ cup
Pear	1 medium pear 1 cup, sliced or diced, raw, cooked or canned,	1 snack container (4 oz) drained = ⅜ cup
Pineapple	1 cup, chunks, sliced or crushed, raw, cooked or canned, drained	1 snack container (4 oz) drained = ⅜ cup

fruit servings

Fruit Servings		
Fruit	Amount that counts as 1 cup of fruit	Other amounts (count as ½ cup of fruit unless noted)
Plum	1 cup, sliced, raw or cooked 3 medium or 2 large plums	1 large plum
Strawberries	About 8 large berries 1 cup, whole, halved or sliced, fresh or frozen	½ cup, whole, halved or sliced
Watermelon	1 small wedge (1" thick) 1 cup, diced or balls	6 melon balls
Dried Fruit (raisins, prunes, apricots, etc.)	½ cup dried fruit	¼ cup dried fruit 1 small box raisins (1½ oz.)
100% Fruit Juice (orange, apple, grape, grapefruit, etc.)	1 cup	½ cup

Source: https://www.choosemyplate.gov/eathealthy/fruits

how can I eat more fruits and vegetables?

It's good to add more fruits and vegetables to your diet for a variety of health benefits. Whether you cook at home or eat out, try these easy ways to sneak more colorful, nutritious and delicious vegetables and fruits into your snacks and meals (even breakfast).

Breakfast

- Add bananas, berries or dried fruit to your oatmeal.
- Drink a small glass of 100% orange juice.
- Add chopped veggies to your omelet or scrambled eggs.

Lunch/Snacks

- Pair your lunch with a green or fruit salad.
- Add extra veggies to your sandwich.
- Swap out those chips for carrot or celery sticks and dip.
- Rethink your trail mix by adding dried fruit.
- Choose a bean or veggie-based soup.
- Keep fruits and vegetables prepped and ready in the refrigerator for a healthy and handy snack.
- Have a stocked fruit bowl on your counter.

Dinner

- Add more chopped vegetables when cooking your own soups or stews.
- Aim to include a side of fruit and vegetables with your dinner meal.
- Stock up on frozen, steamable vegetables.
- Swap white rice for riced cauliflower.
- Hop on the zoodle bandwagon. Try zucchini, summer squash or sweet potato spirals.
- Make a cold bean or lentil salad.

Looking for great recipe ideas?

Visit **meijerspecialtypharmacy.com** for great recipe ideas. Recipes are created with chronic condition patients in mind, but can be enjoyed by anyone!

should I be eating organic produce?

Eating nutritious foods, like fruits and vegetables, no matter how they are grown, is the key to a healthy diet. However, if eating organic produce is important to you, check out the Dirty Dozen and the Clean 15 lists below.

The Dirty Dozen:

- Apples
- Celery
- Cherries
- Grapes
- Kale
- Nectarines
- Peaches
- Pears
- Potatoes
- Spinach
- Strawberries
- Tomatoes

The Clean 15:

- Asparagus
- Avocados
- Broccoli
- Cabbages
- Cantaloupe
- Cauliflower
- Eggplants
- Honeydew melon
- Kiwis
- Mushrooms
- Onions
- Papayas
- Pineapples
- Sweet corn
- Sweet peas (frozen)

The Dirty Dozen includes the top 12 produce items that contain the most pesticides and may be beneficial to buy organic if you choose to do so.

The Clean 15 contain the least amount of pesticides.

Canned, fresh, frozen, it all counts!

Think you have to buy all fresh produce to get the most health benefits? Think again! All types of fruits and vegetables, including fresh, frozen, canned, dried and 100% juice, fit within a healthy diet. Depending on the time of year, frozen produce may actually be healthier than fresh! Frozen fruits and veggies are flash frozen at their peak of freshness, locking in nutrients, while fresh produce may take a while to get from the field to your local grocery store, losing nutrients along the way.

Produce Buying Tips

- If buying frozen produce, look for varieties without added salt, sugar or sauces.
- If buying canned vegetables, look for low or no-sodium varieties. It's also helpful to rinse canned vegetables in a colander to remove excess salt.
- If buying canned fruit, look for fruit packaged in 100% juice or water. Avoid fruit packed in heavy or light syrup.
- If drinking juice, make sure it's 100% fruit or vegetable juice and limit serving size to 6-8 oz. per day.

shopping list

To make grocery shopping easier, fill your cart with these grocery shopping suggestions. Try to pick a variety of items within each category to ensure a balanced diet rich in fiber and nutrients.

Vegetables	
Artichoke	Jicama
Asparagus	Lettuce
Avocado	Mushrooms
Beans	Okra
Beets	Onions
Bell Peppers	Parsnips
Bok Choy	Pattypan Squash
Broccoli	Peas
Broccoli Rabe	Peppers
Brussels Sprouts	Potatoes
Butternut Squash	Pumpkin
Carrots	Radish
Cauliflower	Scallions
Cucumber	Spinach
Corn	Summer Squash
Eggplant	Sugar Snap Peas
Garlic	Spaghetti Squash
Green Beans	Tomato
Hominy	Zucchini

Fruit	
Apples	Lemons and/or Limes
Bananas	Mangoes
Blackberries	Nectarines
Blueberries	Oranges
Cantaloupe	Peaches
Cherries	Pears
Dates	Pineapple
Figs	Plums
Grapes	Pomegranates
Honeydew Melon	Raspberries
Jackfruit	Strawberries
Kiwi	Watermelon

Lean Protein
Beans
Eggs
Fish: Salmon, Tuna, Mackerel
Shellfish: Shrimp, Scallops
White Meat Poultry: Turkey, Chicken
Tofu

shopping list

Dairy
Low-Fat Milk (1% or Skim)
Low-Fat Cheese (1% or Skim)
Low-Fat Yogurt (1% or Skim)
Kefir
Plant-Based Milk: Oat, Nut Varieties, Soy, Rice
Plant-Based Yogurt: Almond, Coconut, Soy
Plant-Based Cheese: Almond, Soy
Plant-Based Kefir

Grains & Starches
Barley
Bean-Based Pasta (Example Banza®)
Brown Rice
Old Fashioned Oatmeal
Quinoa
Sprouted Breads (Example Ezekiel®)
Wheat Berries
Whole Grain Bread
Whole Grain Pasta

Frozen Foods
Frozen Fruit (No Added Sugar)
Frozen Vegetables (No Added Sauce, Seasoning or Salt)
Frozen, Ready-To-Eat Grains

Nuts, Oils & Seeds	
Almonds	Nut Butters
Avocado Oil	Peanuts
Brazil Nuts	Pine Nuts
Canola Oil	Pistachios
Cashews	Pumpkin Seeds
Chia Seeds	Sesame Seeds
Extra Virgin Olive Oil	Sunflower Butter
Flax Seeds	Sunflower Seeds
Hemp Seeds	Walnuts

Beverages
Coffee
Kombucha (Fermented Beverage)
Unsweetened Tea
100% Fruit Juice
Low-Sodium Vegetable Juice
Plain or Naturally Flavored Sparkling Water

Canned Goods
Canned Beans
Canned Fruit (Packed In Water)
Canned Chicken
Canned Salmon
Canned Tuna
Canned Vegetables (Reduced-Sodium Varieties)

foods to stock your pantry

Fresh isn't always best. A well-stocked pantry with canned food items can be a tool to help make shifts towards healthier eating.

Set yourself up for success by stocking your pantry with nutritious, shelf-stable foods.

Grains & Starches	
Barley	Old Fashioned Oatmeal
Bean-Based Pastas	Quinoa
Brown Rice	Wheat Berries
Millet	Whole Grain Bread
Whole Grain Breakfast Cereals (Cherrios, Kashi® cereals, Quaker Oats®, Cascadian Farms® cereals)	
Whole Grain Crackers	
Whole Grain Pastas	
Whole Wheat Couscous	

Dry Herbs and Spices	
Basil	Italian Seasoning
Bay Leaves	Onion
Chili Pepper	Oregano
Cinnamon	Parsley
Cumin	Paprika
Curry	Rosemary
Garlic	Thyme
Ginger	Turmeric

Fruits
Canned Fruit (packed in 100% juice or water)
Dried Fruit or Fruit Leathers
Fruit Cups (packed in 100% juice or water)
Unsweetened Applesauce

Vegetables
Canned Tomato Products (sauce, paste, crushed, whole, sun-dried, etc.)
Canned, Reduced-Sodium Vegetables
Dehydrated Vegetable Snacks
Roasted Red Peppers

Vinegars/Oils	
Avocado Oil	Grape Seed Oil
Canola Oil	Vinegar
Extra Virgin Olive Oil	

Protein	
Canned or Dried Beans, Peas and Lentils	Nuts
Chicken (canned or pouches)	Fish (cans or pouches)
Seeds	Nut and Seed Butters

foods to stock your pantry

Liquids/Beverages
Coffee, Regular or Decaf
Low-Sodium Broth or Bullion (beef, chicken, vegetable)
Low-Sodium Vegetable Juice
Plain or Naturally Flavored Sparkling Water
Shelf-Stable Milk or Milk Alternatives
Tea, Regular or Decaf

Baking Essentials
Baking Soda
Baking Powder
Flour or Gluten-Free Flour, if necessary
Sugar

snack ideas

Whether on the road traveling, at work or at home, enjoying small snacks during the day is an easy way to keep energy levels high. Below are nourishing snack ideas to keep you feeling your best. Package snacks into resealable bags or containers for easy eating at work or on-the-go. Here are a few ideas to get you started.

1. **Apple Slices with Peanut Butter**
   Top a sliced apple with 2 tablespoons peanut butter.

2. **String Cheese with Whole Grain Crackers**
   Pair low-fat string cheese with a serving of whole grain crackers, like Triscuits® or Wheat Thins®.

3. **Greek Yogurt with Mixed Berries**
   Blend ½ cup low-fat Greek yogurt with fresh or frozen strawberries, blueberries, raspberries or blackberries.

4. **Hard Boiled Eggs**
   Two hard boiled eggs make a nutrient-rich, high protein snack.

5. **Small Handful of Nuts**
   One ounce of nuts is considered a serving; that equals about 23 almonds, 19 pecan halves, 18 cashews, 14 walnut halves or 49 pistachios.

6. **Low-Fat Tuna Salad with Celery Sticks**
   Mix one packet of tuna fish (2.6 oz) with 1 tablespoon low-fat mayonnaise or plain Greek yogurt and dill. Serve with celery sticks.

7. **Turkey Avocado Roll-Ups**
   Roll deli turkey around fresh avocado slices.

8. **Baby Carrots and Dip**
   Pair ½ cup baby carrots with a dip of your choice! Try hummus, guacamole, tzatziki or a low-fat dressing.

9. **Cucumber Slices and Hummus**
   Dip ½ cup fresh cucumber slices into ¼ cup hummus.

10. **Build Your Own Trail Mix**
    Mix together nuts, dried fruit, seeds and a few chocolate chips.

snack ideas

11 **Low-Fat Popcorn**
Low-fat popcorn is a great whole grain snack!

12 **Cereal and Milk**
Whole grain cereal and low-fat milk is a super snack packed with key vitamins and minerals.

13 **Fresh Fruit**
Fresh fruit, such as bananas, apples or pears, are perfect on-the-go snacks.

14 **Cottage cheese and fruit**
Pair low-fat cottage cheese with fresh, frozen or canned peach slices.

15 **Whole Grain Toast**
Toast whole grain bread and top with peanut butter or 100% fruit spread.

eat this, not that

Nutrition is an important part of living a healthier life.

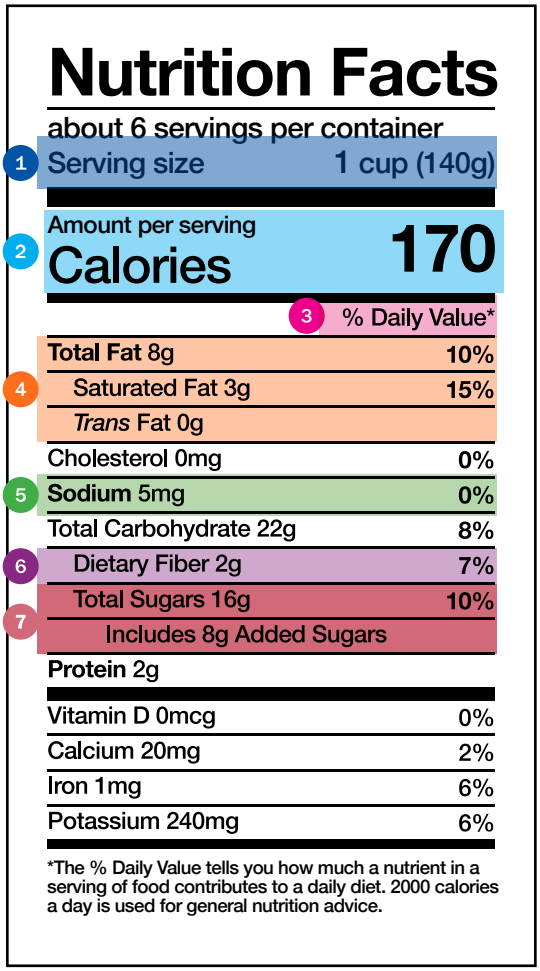
Just as there are many foods you should include in your diet, there are also those you should limit or avoid. Reference the table below for a list of foods to include and those to eat in moderation.

Group	Eat This	Not That
Fruits	• Canned fruit, packed in water • Dried fruit, no sugar added • Fresh fruit • Frozen fruit, no sugar added	• Canned or frozen fruit packed in syrup • Dried fruit with sugar added
Vegetables	• Beans, lentils and peas • Cruciferous vegetables - broccoli, Brussels sprouts, cauliflower, etc. • Dark leafy green vegetables • Fresh herbs • Fresh salsa • Frozen vegetables without added butter or sauces • Low-sodium canned vegetables • Other - celery, cucumber, green beans, peppers, mushrooms, onions, squash, zucchini, etc. • Red and orange vegetables	• Deep-fried vegetables • Frozen vegetables with added butter or sauces • Full-sodium canned vegetables
Grains/Starches	• Amaranth • Barley • Brown rice • Buckwheat • Old fashioned oatmeal • Quinoa • Sorghum • Wheat berries • Whole grain bread • Whole grain pasta • Whole grain, high-fiber cereals • Wild rice	• White rice • Refined white flour products - bread, bagels, rolls, crackers, cereals, pasta
Protein	• Beans • Eggs • Fish • Poultry • Shellfish • Tempeh • Tofu	• Processed and smoked meats - deli meats, jerky, hotdogs, sausages, bratwurst • Fried meats • High-fat meats, particularly red meat

eat this, not that

Group	Eat This	Not That
Dairy	• Low-fat dairy - milk, yogurt, cheese, kefir • Low-fat cottage cheese • Plant-based milks - almond, cashew, coconut, soy • Plant-based milk alternative yogurts - almond, soy, coconut	• Full-fat dairy - cream, half and half, sour cream, ice cream, whole milk • Butter
Nuts, Seeds, Oils	• Avocado oil • Canola oil • Extra virgin olive oil • Grape seed oil • Plain seeds • Plain, whole nuts	• Corn oil • Peanut oil • Salted or sugar-coated nuts and seeds • Soybean oil • Sunflower oil
Beverages	• Coffee, regular or decaf • Kombucha (fermented tea) • Plain or Naturally flavored sparkling water • Tea, regular or decaf • 100% Fruit juice • Low-sodium vegetable juice	• Alcohol • Fruit drinks • Sports drinks • Sugar-sweetened beverages

reading a food label



Nutrition Facts

about 6 servings per container

1 Serving size 1 cup (140g)

Amount per serving

2 Calories 170

	3 % Daily Value*
Total Fat 8g	10%
4 Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
5 **Sodium** 5mg	0%
Total Carbohydrate 22g	8%
6 Dietary Fiber 2g	7%
Total Sugars 16g	10%
7 Includes 8g Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: **Whole Grain Oats** (includes oat bran), **Modified Corn Starch, Sugar, Salt, Wheat Tripotassium phosphate, Vitamin E,** Modified Tapioca Starch, Soybean Oil, Ginger.

1 Start Here

Look to see how many servings are in a container. The nutrients listed on the label reflect the amount in one serving, or "Serving size". Check to see if your portion is equal to the serving recommended on the serving size. For example, if the serving is 1 cup and you eat 2 cups, you'd need to double the amount of calories, fat, sodium, carbohydrate and other nutrients listed on the label.

2 Calories

Look to see the number of calories in a serving. Talk to your doctor or a registered dietitian to determine your calorie needs.

3 The Percent Daily Value (%DV)

The %DV shows the percentage of the recommended daily amount of a nutrient contained in each serving size. This percentage is based on a daily diet of 2,000 calories.

At or below 5%DV = low nutrient content.
At or above 20%DV = high nutrient content.

4 Eat a Low-Fat Diet

A diet low in fat may help protect against many diseases, including heart disease, cancer and diabetes. Aim to keep fat intake to 30% or less of your total calories. For a person eating 2,000 calories a day, that equals about 67g of total fat daily. Try to keep saturated fat to less than 5% DV (<11g) and look for 0g of *trans* fat on the label.

5 Sodium

It's important to limit your sodium intake. The *American Heart Association* recommends keeping sodium intake to 2,300mg daily, or less. Look for a low %DV on manufactured food products.

6 Fiber

Fiber is a nutrient typically low in the American diet. Fiber is naturally found in whole grains, fruits, vegetables, beans and legumes. Some manufacturers add it to food products that don't normally contain fiber. Try to eat 28-38g of fiber daily.

7 Limit Added Sugars

Added sugars, sugars not naturally occurring in food, can contribute to unwanted weight gain. Try to limit added sugars by looking for a low %DV on food products.

reading a food label



Nutrition Facts

about 6 servings per container

Serving size 1 cup (140g)

Amount per serving

Calories 170

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 2g	**7%**
Total Sugars 16g	**10%**
Includes 8g Added Sugars	
8 **Protein** 2g	
Vitamin D 0mcg	0%
9 Calcium 20mg	2%
Iron 1mg	6%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

10 **Ingredients:** **Whole Grain Oats** (includes oat bran), **Modified Corn Starch, Sugar, Salt, Wheat Tripotassium phosphate, Vitamin E,** Modified Tapioca Starch, Soybean Oil, Ginger.

8 Protein

Protein needs are different for each person. Protein can be found in dairy, nuts, seeds, soy, fish, beans, poultry and meat. Talk to your doctor or a registered dietitian about the amount that's right for you.

9 Vitamins and Minerals

Nutrients listed in this section are often lacking in the typical American diet. Look for a high %DV.

10 Ingredient List

Foods with more than one ingredient are required to have an ingredient list. Ingredients are listed in order by weight. The heaviest items (most abundant) are listed at the beginning. Avoid food products with artificial sugars (aspartame, saccharine, sucralose) as these can be problematic for many people. Avoid foods with common allergens if problematic.

eating on a budget

Eating healthy doesn't mean you have to break the bank. Nourish your body and get the most for your budget. Below are suggested tips to help you better plan meals, navigate the grocery store and shop smart for healthy foods.

Get the best price

Check the local newspaper coupons, store online ads or grocery store sale ads to see which items are on sale for that week.

Create a weekly game plan

Plan recipes that incorporate on-sale food items. Use the meal planner handout, found at ***A Healthier You***, to help organize your meals for the week. If broccoli is on sale, try making a chicken broccoli casserole. Leftover broccoli can then be added as a side dish for a meal later in the week. Be sure to add eggs and beans to your menu. These are two low-cost, high-protein food options.



Understand the price tag

Price tags can tell you a lot about how much you're spending.

- **Retail:** How much you pay for each item.
- **Unit Price:** how much an item costs per pound, quart, unit etc.

Stick to the list

Make a list of all the items you need. Keep a running list in your office, on your phone or near the refrigerator. When you're in the store, do your best to only buy the items on your list.

Buy in bulk

Pantry staples with a long shelf life are great to purchase in bulk and are often more affordable. Budget-friendly foods include brown rice, whole grain pasta, oats, beans, onions and potatoes. Large bags of frozen fruits or vegetables are also great additions to the freezer, just make sure there's enough room first!

Don't shy away from canned or frozen

Fresh isn't always best. In fact, frozen and canned produce offer just as much nutritional value, if not more, compared to fresh produce. Look for low-sodium produce varieties both on the shelf and in the freezer.

Compare brands

Store brands are typically less expensive than name brands, but the quality is often just as comparable. Compare brands for best deals.

eating on a budget

Buy in season

Seasonal produce is often cheaper. Apples and bananas are almost always the same price year-round. Popular seasonal produce includes:

- **Summer:** Berries, corn, lettuce, peppers, tomatoes
- **Fall:** Apples, carrots, celery, some berries, squash
- **Winter:** Broccoli, Brussels sprouts, cabbage, cauliflower, oranges, potatoes, squash
- **Spring:** Lettuce, peas, radishes, sugar snap peas

Make your own convenience meals

Pre-packaged meals can be costly. When you're feeling your best, prepare a large batch (or two) of your favorite recipe. Freeze in individual containers. Use throughout the week or when energy levels are low and you don't feel like cooking. It can also be fun to invite friends or family members over for a cooking party and prepare multiple meals to freeze for days when cooking isn't a high priority.

Be creative with leftovers

Remember, cooking is an art. Don't be afraid to stray from typical recipes to clean out the fridge at the end of the week. Sometimes that's when the best recipes are created. Combine leftover chicken with a bag of frozen vegetables for a quick stir-fry. Whip up burrito bowls with leftover rice by adding black beans, cheese and salsa. Microwave extra potatoes and stuff with broccoli and cheese for a comforting baked potato.

SMART goal setting

Goal setting can be a powerful motivator in your health journey.

Goal setting can give shape to good intentions and can turn a daunting task into something more manageable. When thinking about your goals, it's important to be SMART, which is an acronym for:

S: Specific | **M:** Measurable | **A:** Attainable | **R:** Relevant | **T:** Time-Bound

Use the worksheet below to help you create your own SMART goals and be on the road to better health!

Step 1: Write down your goal in as few words as possible.

My goal is to: _____

Step 2: Make your goal detailed and specific. Answer who/what/where/when/how.

How will you reach this goal? List at least 3 action steps you'll take:

1. _____
2. _____
3. _____

Step 3: Make your goal measurable. Add measurements and tracking details.

I will measure/track my goal by using the following numbers or methods:

_____

I know I've reached my goal when:

_____

Source: Adapted from SparkPeople SMART Goal-Setting Worksheet. https://www.sparkpeople.com/resource/SMARTgoalsWS-NN.pdf. Accessed on November 25, 2019.

SMART goal setting

Step 4: Make your goal attainable. What resources will you need for your success?

Items I need to achieve this goal: _____

How I'll find the time: _____

Things I need to learn more about: _____

People I can talk to for support: _____

Step 5: Make your goal relevant. List why you want to reach this goal.

- _____
- _____
- _____

Step 6: Make your goal timely. Put a deadline on your goal and set benchmarks.

I will reach my goal by: (date) ____ / ____ / ____

My halfway measurement will be on: (date) ____ / ____ / ____

Additional dates and milestones I'll aim for:

- _____
- _____
- _____

Source: Adapted from SparkPeople SMART Goal-Setting Worksheet. https://www.sparkpeople.com/resource/SMARTgoalsWS-NN.pdf. Accessed on November 25, 2019.

food diary

Date and Time	Food/Beverage	Amount	Notes

water tracker: 30 day challenge

Mark each 8oz glass of water consumed each day

Day 1		**Day 16**	
Day 2		**Day 17**	
Day 3		**Day 18**	
Day 4		**Day 19**	
Day 5		**Day 20**	
Day 6		**Day 21**	
Day 7		**Day 22**	
Day 8		**Day 23**	
Day 9		**Day 24**	
Day 10		**Day 25**	
Day 11		**Day 26**	
Day 12		**Day 27**	
Day 13		**Day 28**	
Day 14		**Day 29**	
Day 15		**Day 30**	

sleep tracker

Use the chart below to track your sleep habits

Date	Time To Bed	Time Awake	Hours Slept

activity tracker

Use the chart below to track your activity

Type of Activity	Intensity (light/moderate/vigorous)	Minutes
	Total:	

6 week exercise plan

What's your level? Before you begin any exercise routine, you and your health care team need to determine your current fitness level:

Level 1: Begin here if you're just getting started, you haven't been active for some time, or aren't able to perform 30 minutes of continuous exercise.

Level 2: You're able to do 30 minutes of continuous exercise at least three times per week and perform strength training exercises at least once per week.

Level 3: Start at level 3 if you're doing 30 minutes of continuous exercise at least 4 times a week and performing strength training exercises at least twice per week.

Level	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1 Level	**Cardio: 3x/Week** 10–20 Minutes	**Cardio: 3x/Week** 15–25 Minutes	**Cardio: 3x/Week** 20–30 Minutes	**Cardio: 3x/Week** 20–30 Minutes	**Cardio: 3x/Week** 25–30 Minutes	**Cardio: 3x/Week** 30 Minutes
	Strength: 1x/Week Focus on all major muscle groups	**Strength: 1x/Week** Focus on all major muscle groups	**Strength: 1x/Week** Focus on all major muscle groups	**Strength: 2x/Week** 1x/wk - focus on upper body 1x/wk - focus on lower body	**Strength: 2x/Week** 1x/wk - focus on upper body 1x/wk - focus on lower body	**Strength: 2x/Week** 1x/wk - focus on upper body 1x/wk - focus on lower body
2 Level	**Cardio: 3x/Week** 30 Minutes	**Cardio: 3x/Week** 30 Minutes Add 20 min. session 1x/wk	**Cardio: 4x/Week** 30 Minutes	**Cardio: 4x/Week** 30 Minutes	**Cardio: 4x/Week** 30 Minutes Add 20 min. session 1x/wk	**Cardio: 5x/Week** 30 Minutes
	Strength: 2x/Week Focus on all major muscle groups	**Strength: 2x/Week** Focus on all major muscle groups	**Strength: 2x/Week** Increase intensity by adding resistance or repetitions	**Strength: 2x/Week** Focus on all major muscle groups	**Strength: 2x/Week** Focus on all major muscle groups	**Strength: 2x/Week** Focus on all major muscle groups
3 Level	**Cardio: 5x/Week** 30 Minutes Include higher intensity intervals 1x/wk	**Cardio:** 40 Minutes / 5x Week OR 30 Minutes / 6x Week Include higher intensity intervals 1x/wk	**Cardio:** 40 Minutes / 5x Week OR 30 Minutes / 6x Week Include higher intensity intervals 2x/wk	**Cardio:** 45 Minutes / 5x Week OR 35 Minutes / 6x Week Include higher intensity intervals 2x/wk	**Cardio:** 50 Minutes / 5x Week OR 40 Minutes / 6x Week Include higher intensity intervals 2x/wk	**Cardio:** 60 Minutes / 5x Week OR 50 Minutes / 6x Week Include higher intensity intervals 2x/wk
	Strength: 2x/Week Add Tabata* 1x/week	**Strength: 2x/Week** Add Tabata* 1x/week	**Strength: 2x/Week** Add Tabata* 1x/week	**Strength: 2x/Week** Add Tabata* 1x/week	**Strength: 2x/Week** Add Tabata* 1x/week	**Strength: 2x/Week** Add Tabata* 2x/week

*Tabata is a great way to add a higher-intensity workout in a short amount of time.

1) Pick an exercise. Examples include push-ups, jumping rope, squats, mountain climbers, etc.

2) Set a stopwatch. A Tabata training session is 20 seconds of work and 10 seconds of rest for a total of 4 minutes.

3) Perform. When the clock starts, perform the chosen exercise for 20 seconds, as quickly as possible while staying in control. Rest for 10 seconds. Repeat this 8 times during the 4-minute period.

we're here for you

Ready to Meet with a Dietitian?

Nutrition by Meijer offers one-on-one virtual nutrition counseling with a Meijer Registered Dietitian.

Scan QR code with your phone camera to schedule your appointment or visit meijer.com/shopping/services/nutrition-by-meijer to learn more.

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