



WISEWOMAN Program

Be Wise Health Coaching Healthy Eating Guide



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Health Coaching Agreement

This guide was adapted from the Illinois WISEWOMAN Program Be Wise curriculum. Wisconsin WISEWOMAN wants you to know that you can improve your health by eating healthy foods, being more physically active, maintaining a healthy weight, living tobacco free, and having healthy blood pressure, cholesterol, and glucose values.

Your Health Coach will. . .

Guide you in making changes in your eating habits by helping you:

- Identify your goals.
- Create and achieve small steps toward your goal.
- Improve your self-management.
- Learn how to stay motivated.
- Find community resources to support your goal.

. . . all by offering you health-related messages, tips, tools, and progress updates.

Your health coach will not tell you what your goal should be, but will show you how it can be reached.

To work with your health coach, you must do the following:

- Agree to have a specific number of health coaching sessions over the next three to six months. The length of each session can be from 15 to 60 minutes.
- Let your coach know the best time you can be reached for your sessions.
- Agree to have your health coach contact you 30-60 days after you have completed your last coaching session to see how you are doing.

How Ready Are You?

... **Importance** Think about how important eating healthier is to you. Circle the number on the scale below that best describes how important making changes in your diet is at this time. Why did you choose this number?



Not important

Somewhat important

Very important

0 1 2 3 4 5 6 7 8 9 10

... **Confidence** How confident are you that you can make changes to eat healthier? Circle the number on the scale that best describes how comfortable you are today that you can make changes in your eating habits. Why did you choose this number?

Not confident

Somewhat confident

Very confident

0 1 2 3 4 5 6 7 8 9 10



Change Plan Worksheet

The most important reason why I want to eat better is:

Now let's set a goal. A goal is something that you plan to reach.

Why set goals?

Knowing where you want to be is the first step in getting there!

Before making your goal, let's review some tips for successful goal setting. When setting a goal, make sure it is **SMART**.

Specific . . . This helps you focus on what you want to do.

For example, "I will eat a piece of fruit as a snack."

Measurable . . . This helps you see your progress.

For example, "*I will eat a piece of fruit as a snack on Monday, Wednesday, and Friday. I will write down the fruits I eat on these days.*"

Achievable . . . This helps to ensure your success, so have a goal that may challenge you, but you know you can reach.

Realistic . . . This helps you know you can do it.

For example, is it realistic to plan on eating a piece of fruit as a snack seven days a week when you have not been eating any fruit at all?

Timeframe . . . This helps you make a plan. Do you want to reach your goal next week or in three months?

For example, "*I will eat a piece of fruit as a snack on Monday, Wednesday and Friday for the next three months.*"

Change Plan Worksheet (continued)

My SMART goal is:

I plan to take the following actions to accomplish my goals.

Action

Timeline

1.

2.

3.

Other people could help me with my goal in these ways:

Name(s)

Ways he or she can help

1.

2.

3.

Know Your World

The world around you affects how you eat. You may have things in your world or life that can make healthy choices hard or easy to make. For example . . .

Do your family and friends eat fast food often?

Or.....

Do you live close to a large chain grocery store or farmer's market?

You can make healthy choices more easily by knowing your world.

Obstacles: What things in your world make it hard to make healthy choices for eating?

- 1.
- 2.
- 3.

Supports: What things in your world make it easy to make healthy choices for eating?

- 1.
- 2.
- 3.



Control Your World

Learning to control your world can help you make healthy choices. For each thing that makes it **hard** to reach your goal, think about how you can make it affect you less:

Things that make it **hard** . . .

- 1.
- 2.
- 3.

How I can avoid them . . .

- 1.
- 2.
- 3.



Control Your World (continued)

For each thing that makes it **easy** to reach your goal, think about how you can use it more:



Things that makes it **easy** . . .

1.

2.

3.

How I can use them more . . .

1.

2.

3.

Behavior Chain

A behavior chain is a series of actions that lead to a specific behavior. If the specific behavior is to be changed, you need to think back and find the chain of actions that led to it. The Behavior Chain has three main actions:

1. **Trigger:** This is the **thing** that leads to your choices. It can be an event, feeling, or thought.
2. **Behavior:** This is the **choice** you made.
3. **Results:** This is what **happens** because of your choice. It may be related to your health. Or, it may be something you think or feel.

For example, you stop at McDonalds and get a cheeseburger and fries on the way home because you don't have time to make dinner.



Your behavior chains for eating choices . . .

Think about the events that affect how you eat.

Which ones make it hard to eat healthy?

Which ones make it easy?

Small Changes, Big Results

Eating healthy can:

- Keep your heart and blood vessels healthy
- Improve mood and mental well-being
- Lower stress
- Increase energy
- Help control your weight
- Lower your risk for diseases such as heart disease, stroke, diabetes, and cancer



What everyone should know:

- All foods fit in a healthy lifestyle. There is no such thing as a “bad” food.
- Eat a variety of foods. Include plenty of fruits, vegetables, and whole grains.
- Limit foods high in unhealthy fats. Fat is an important part of our diet, but many of us eat too much of unhealthy fats.
- Be aware of your portion size. This helps us choose a variety of foods in the right amounts.
- Taste and prep time are important! Healthy eating does not mean you can't enjoy foods. Healthy eating does not have to take a lot of time.

Major Food Groups

Vegetables For a 2,000 calorie daily food plan, you need to eat 2-1/2 cups every day for a healthy weight.

- Eat more red, orange, and dark green vegetables like tomatoes, sweet potatoes, collard, mustard or turnip greens, kale, broccoli.
- Add beans and peas in salads.
- Add kidney beans or blackeyed peas in soups.
- As a main dish, serve pinto beans or baked beans.
- Fresh, frozen, and canned vegetables all count.
- Choose “reduced sodium” or “no salt added” canned veggies.

Fruits

For a 2,000 calorie daily food plan, eat 1-1/2 cups every day for healthy weight.

- Any fruit or 100% fruit juice counts as part of the fruit group.
- Fruits may be fresh, canned, frozen or dried, and may be whole, cut-up or pureed.
- Choose 100% fruit juice when choosing juices.
- Use fruits as snacks, in salads and desserts.
- At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.

Grains

For a 2,000 calorie daily food plan, you need to eat 6 ounces every day.

- Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice and pasta.
- Check the ingredients list on product labels for the words “whole” or “whole grain” for the grain ingredient name. Choose products that name a whole grain first on the ingredient label.

Major Food Groups (continued)

Dairy

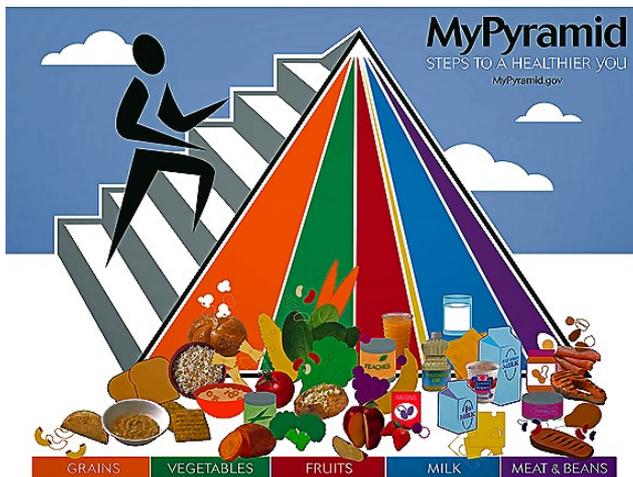
For a 2,000 calorie daily food plan, you need to get 3 cups every day.

- Choose skim (fat free) or 1% (low fat) milk and/or milk products such as yogurt, ice cream, cheese. They have the same amount of calcium and other important nutrients as whole milk, but less fat and calories.
- Top fruit salads and baked potatoes with low-fat yogurt or low fat sour cream.
- If you are lactose intolerant, try lactose-free milk, or fortified soymilk, almond or rice milk.

Proteins

For a 2,000 calorie daily food plan. eat 5-1/2 ounces every day,

- Eat a variety of foods from the protein food group each week, such as seafood (fish, shrimp, sardines), beans, peas, and nuts, as well as lean meats (beef, pork), poultry (chicken, turkey), and eggs.
- Trim or drain fat from meat and remove skin from poultry to cut fat and calories.
- Twice a week, make seafood the protein on your plate.



What's on Your Plate?

Before you eat, think about what and how much goes on your plate or in your cup or bowl. Over the day, include foods from all food groups:

- Vegetables
- Fruits
- Whole grains
- Low-fat dairy products
- Lean protein foods



What Is a Serving?

VEGETABLE GROUP 1 serving is:

- 1 cup raw leafy greens (cabbage, spinach, lettuce, collard, mustard and/or turnips greens)
- 1 small baked potato
- 1 small sweet potato or yam
- $\frac{1}{2}$ cup raw or cooked vegetables (carrots, cucumbers, broccoli)
- $\frac{3}{4}$ cup vegetable juice (V8, tomato juice)

Choose dark green leafy vegetables over pale or light green ones.

FRUIT GROUP 1 serving is:

- 1 medium piece of whole fruit (apple, orange, banana)
- 1 cup diced watermelon, cantaloupe
- 6 strawberries
- $\frac{1}{2}$ grapefruit
- $\frac{1}{2}$ cup chopped or canned fruit
- $\frac{3}{4}$ cup fruit juice
- $\frac{1}{4}$ cup dried fruit (raisins, dried plums)

Eat small amounts of dried fruits. They have more calories than the same amount of fresh fruit!

What Is a Serving? (continued)

GRAIN GROUP 1 serving is:

- 1 slice of bread
- 1 small muffin (corn bread) or biscuit
- 1 oz. dry cereal (1 cup flakes)
- ½ hamburger bun or bagel
- ½ cup cooked pasta (spaghetti, macaroni, noodles), rice, oatmeal, or 1 cup of grits
- 3 graham crackers

Whole grains are your best choice!

DAIRY GROUP 1 serving is:

- 1 cup milk or yogurt
- 2 slices of cheese
- 1-½ sticks of string cheese
- 2 ounces processed cheese (American, Velveeta)

Choose low-fat most of the time!

PROTEIN FOODS 1 serving is:

- 2-3 oz. cooked lean meat (pork, ham, beef, rabbit, venison, turkey)
- 2-3 oz. cooked fish (catfish, cod, salmon, whiting)
- 2-3 slices of sandwich meat
- 1 cup cooked dried beans (red, pinto, navy) or peas (black-eyed, sweet)
- 7 medium shrimp
- 4 tablespoons of peanut butter
- 2 eggs
- 1 chicken leg or ½ a chicken breast
- 1 oz. neck bones
- 1 cup cooked and diced chitterlings

Trim or drain fat from meat and remove skin from poultry.

Track Your Progress

Why is it helpful to write down the foods you eat?

- To learn about your habits. When you write down what you eat and drink, you can see the choices you make. You can feel good about your healthy choices. You can also see where you might be able to make small changes.
- To remind yourself to be healthy. When you write down what you eat and drink, you will think about making healthy choices more often.
- To track your progress. Have you set any short-term healthy eating goals? When you write down what you eat and drink, you can look back to see if you met your goal.



Simple steps for keeping a Food Log

- Check the number of servings you eat for each food group. Check one box for each serving.
- At the end of the day, count the number of servings you eat for each food group. Write the number in the “Total” column.
- Write down the fats, oils, and sweets you eat, such as butter, salad dressing, soda, or cookies.
- Answer the questions on the log by circling “Yes” or “No.”
- Write down notes about your eating choices for the day.

WISEWOMAN Food Log

Indicate number of servings per day

Total Servings

Grain Group

Whole grain

Not whole grain

Vegetable Group

Fruit Group

Milk, Yogurt, and Cheese Group

Whole or regular

Reduced fat (2%)

Nonfat or low-fat (skim or 1%)

Meat Group

High-fat (fried chicken / fish, ribs, sausage, <90% lean beef)

Lean or low-fat (skinless chicken, fish, lean beef, or pork)

Fats and oils

Sweets

Questions

I thought about healthy eating today.

YES NO

I talked to someone about healthy eating today.

YES NO

I met my eating goals today.

YES NO

WISEWOMAN Food Log

Indicate number of servings per day

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Not whole grain

Vegetable Group

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Milk, Yogurt, and Cheese Group

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YES NO

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YES NO

I met my eating goals today.

YES NO

Portions vs Servings

Portion

A portion is the amount of food you really eat. Being smart about portions can help you control your weight and remind you to eat many types of food. Here are some tips for portion control . . .

TIPS

. . . when eating at home

- Eat on a smaller plate.
- Put food away after you have served it.
- Chew gum while you cook so you don't "nibble."
- Use measuring cups to see how much food fits into your favorite bowl.
- Put snacks into single-serve containers or bags. Don't eat straight out of the bag or container.



TIPS

. . . when eating out

- Split a meal with a friend or family member.
- Put half of your meal in a box to take home.
- Order a child's plate or kid's meal.
- Don't "super size" your meals.
- Stay away from "all you can eat" places.

Portion vs Servings (continued)

Serving

A serving is the amount of food that counts as one (1) serving on ChooseMyPlate.gov and food labels.

A cupped handful is one serving of chips or pretzels.



A small fist or a ball is one serving of fruit, vegetables, pasta, or rice.



A palm or a deck of cards is one serving of cooked meat.



A thumb is one serving of salad dressing.



Two fingers or four dice are one serving of cheese.



Food Labels

Learning to read food labels is an important skill for helping you improve your eating habits. Food labels can help you tell if a food is a healthy choice.

Serving Size

This tells you what amount equals one serving of the product. Every other nutrient value listed on the label is based on this amount.

Calories

Calories are a unit of energy. Calories in food come from carbohydrates, protein, and fat. Because calories give us energy, we need them to be able to think and be active.

% Daily Value

This tells you the percentage of the recommended daily value for a nutrient that you get in one serving. A food that has more than 20% of the Daily Value of a certain nutrient is a good source of that nutrient.

Cholesterol

Cholesterol is a substance found only in animal products. Eating too much cholesterol is not healthy for your heart.

Total Carbohydrate

Carbohydrates give your muscles and brain energy. Certain types of carbohydrates are sometimes listed on the label.

Fiber: Helps with digestion and keeps you full between meals.

Sugars: Give you instant energy, but eating too much added sugar can be unhealthy.

Nutrition Facts			
Serving Size			
Servings per Container			
Amount per serving			
Calories	Calories from Fat		
% Daily value*			
Total Fat			
Saturated Fat			
Trans Fat			
Polyunsaturated Fat			
Monounsaturated Fat			
Cholesterol			
Sodium			
Total Carbohydrate			
Dietary Fiber			
Sugars			
Protein			
Vitamin A	Vitamin C		
Calcium	Iron		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Footnote

This reminds us that all of the Daily Values come from the recommendations for a 2,000-calorie meal plan. Your needs may be higher or lower based on your height, genetics, and activity level. Keep in mind this is just an average, these daily value percentages (%) are not for everyone.

Servings Per Container

This tells you how many servings you can get from one package. Some containers have a single serving, but most have more than one serving per package.

Calories from Fat

This is the number of calories that come from fat. It is not the percent of fat in the food.

Total Fat

Fat is essential in our bodies. There are 4 kinds of fat. Mono-unsaturated and polyunsaturated fat are the kinds of fat that are heart healthy. These kinds of fat may not be included on the food label. Saturated fat and trans fat are unhealthy for your heart, and should be limited.

Sodium

Sodium tells you how much salt is in the food. People with high blood pressure are sometimes told to follow a low sodium diet.

Protein

This nutrient is used to build muscle and fight infections.

Vitamins/Minerals

This tells you the percent Daily Value for vitamin A, vitamin C, calcium, and iron you are getting from this product. Other vitamins and minerals may be included in this section.

Healthy Eating: Fats

A low-fat diet is important for your heart's health. Choosing foods low in fat will also help you control your weight.

Go low-fat!

- Limit high-fat toppings such as butter, margarine, mayonnaise, and salad dressings. Try non-fat or low-fat spreads and salad dressings.
- Cook with cooking spray or healthy oils such as olive oil or canola oil.
- Eat lean meats and fish. Cuts of meat with the words "loin" or "round" (sirloin, roundsteak) are lower in fat. Remove skin from chicken. Trim fat from meat before cooking.
- Choose skim or low-fat milk, low-fat yogurt, and low-fat cheese.
- Grill, roast, broil, or bake foods instead of deep-frying.

Read food labels for fat

- **Total Fat:** This is the total amount of fat in the food. A healthy goal for a low-fat diet is about 50-65 fat grams per day from all fats.
- **Saturated and Trans Fat:** Choose foods with little or no saturated or trans fat. A healthy goal is less than 20 grams per day from saturated fats.



Healthy Eating: Sodium (Salt)

Why is sodium important?

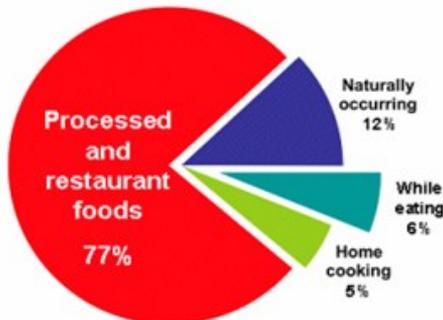
- Sodium helps maintain the right balance of fluids in the body.
- Sodium helps move nerve impulses.
- Sodium helps influence contraction and relaxation of muscles.

When you are grocery shopping, buy foods that are low in sodium, such as products labeled “sodium-free,” “very low sodium,” “reduced” or “less sodium” or “unsalted” or “no salt.” Other names for salt include: monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium nitrate.

How much sodium should we eat?

The 2010 Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 mg per day, or 1,500 mg if age 51 or older, African American, or if you have high blood pressure, diabetes, or chronic kidney disease.

Most Sodium Comes from Processed and Restaurant Foods



Healthy Sodium (Salt) (continued)

TIPS.....for cutting down on sodium intake

- Eat more fresh foods, which are naturally low in sodium.
- Buy fresh and frozen poultry or meat that has not been injected with sodium-containing solution.
- Make your own soups from scratch.
- Limit use of high-sodium condiments such as soy sauce, salad dressings, ketchup, mustard.
- Remember, sea salt has about the same amount of sodium as table salt.
- Cook with more herbs and spices.
- Read food labels for sodium content.
- Look for the number of mg (milligrams) per serving.
- Choose foods that list 200-400 mg per serving.



**1 tablespoon of soy sauce
has 920 mg of sodium!**

Healthy Eating: Fiber

When you are grocery shopping, buy foods that are high in fiber, such as fruits, vegetables, and whole grains.

Why is fiber important?

- Fiber keeps our digestive systems working well.
- Fiber helps us feel full.
- Fiber lowers blood cholesterol.
- Fiber reduces our risk of colon cancer.



How much fiber should I eat?

- Try to eat at least 20 grams of fiber each day.

What foods contain more fiber?

- Whole grains (whole wheat, bran, oatmeal, barley, brown rice, cornmeal, and popcorn).
- Whole fruit (apples, oranges, strawberries).
- Beans and peas.

Easy fiber tips

- Eat more fruits and vegetables. If possible, eat the skin, too.
- Choose whole fruit instead of fruit juice.
- Eat whole-grain breads and cereals. Look for the words “whole grain” as the first ingredient on the package.
- Enjoy high-fiber snacks such as carrots, apples, and plain popcorn.

Read food labels for fiber

- Look for the number of grams of fiber per serving. Choose foods with 2 grams or more per serving.
- *High fiber* = 5 or more grams per serving.
- *Good fiber* = 2.5 to 5 grams per serving.

Why does the body need water?

- Water carries nutrients to your cells.
- Water helps with metabolism.
- Water protects your vital organs.
- Water controls your body temperature.
- Water helps to flush wastes from your body (sweat, urine).
- Water protects and moisturizes your joints.



You lose water throughout the day, so you need to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. All liquids help you stay hydrated, but WATER is the best choice, because it is free!

How can you know if you are drinking enough water?

If you're drinking enough water, your urine will be clear or pale yellow. A darker yellow means you are not drinking enough water.

Ways to get more water during the day

- Drink a glass of water when you get up in the morning.
- Keep a water bottle with you and take several sips each hour.
- Add a packet of sugarless flavoring, slice of lemon, or lime.
- If you don't like the taste of your tap water, try using filters or boiling it and putting it in the refrigerator. A lot of plain bottled water is just tap water that has been purified.

Shopping for Healthy Foods

The grocery store is a place that can make healthy eating *hard* or *easy*.

You can find lots of foods that are high in fat and calories but low in nutrients like chips, soda, and candy.

Or

You can find lots of healthy foods like fruits, vegetables, whole-grain breads, and whole-grain cereals.



Tips for making healthy budget-wise choices

- Make a list. Know what you want to buy before you get to the store. Write down healthy foods. A list will stop you from buying things you don't need.
- Do not shop when you are hungry. You are more likely to buy foods you do not need and that are less healthy when you are hungry.
- Read food labels. Use labels to make healthy choices. Look for foods with these words:
 - * Non-fat, low-fat, or skim
 - * High-fiber or "Good source of fiber"
 - * Low-salt or low-sodium
- Use ChooseMyPlate.gov. Buy foods from all food groups: breads and cereals, fruits, vegetables, lean meats, beans and fish, and dairy.
- Check grocery store ads for sales. If a store brand of a food you need is on sale, buy it instead of the name brand. If frozen fruits are cheaper in the winter, buy them instead of fresh fruits.
- Be aware. Grocery stores want to make money. They try to get you to buy things you don't need. For example, candy is at the checkout counter so you pick it up while you wait in line.

Shopping Using Food Groups

Vegetable Group

Healthy Examples:

- Fresh, frozen, and canned vegetables

Things to look for:

- Choose many types and colors of vegetables.

Things to be careful of:

- Canned vegetables may have a lot of salt.
- Frozen vegetables in cheese sauce can be high in fat and calories.

Fruit Group

Healthy Examples:

- Fresh, frozen, canned and dried; 100% fruit juice

Things to look for:

- Choose many types and colors of fruit.
- Dark-skinned fruits have the highest level of naturally occurring antioxidants.

Things to be careful of:

- Canned fruit “in syrup” is high in sugar and calories.

Grain Group

Healthy Examples:

- Breads, rolls, buns, bagels, muffins, crackers, and tortillas
- Hot and cold cereals
- Pasta and rice
- Popcorn

Things to look for:

- Read food labels for “whole wheat,” “whole grain,” and “high fiber.”

Things to be careful of:

- Flour tortillas and muffins can be high in fat.
- Some cereals contain a lot of sugar.
- Packaged popcorn can have a lot of salt. Buy a bag of loose kernels instead.

Shopping Using Food Groups (continued)

Protein Group

Healthy Examples:

- Lean beef and pork
- Chicken without skin
- 95% fat-free meat
- Fish
- Dried peas and beans
- Peanut butter
- Eggs/egg substitutes

Things to look for:

- Read labels for “lean,” “extra lean,” and “95% fat-free.”
- Coldwater fish contain omega-3 fatty acids. Examples are: salmon, haddock, herring, cod, canned light tuna and sardines.

Things to be careful of:

- Nuts and peanut butter are a good source of protein and healthy fat. Limit your portions because they have a lot of fat and calories.
- Limit saturated fat by choosing lean meats, or remove fat and skin before cooking.

Dairy Group

Healthy Examples:

- Fat-free, skim, 1% milk
- Low- or nonfat yogurt
- Reduced-fat or part-skim cheese

Things to look for:

- Read the label for “skim,” “fat-free” or “low-fat,” or “light.”

Things to be careful of:

- Regular cheese and whole milk are high in saturated fat.

Shopping Using Food Groups (continued)

Fats and Oils

Healthy Examples:

- Olive oil
- Canola oil
- Cooking sprays
- Butter substitutes

Things to look for:

- Choose oils and margarine low in saturated and trans fat.

Things to be careful of:

- In general, solid fats (lard, butter, shortening) have more trans and saturated fat.

Sweets

Healthy Examples:

- Low-fat or fat-free cookies (animal and graham crackers, vanilla wafers, fig cookies)
- Angel food cake
- Low-fat frozen yogurt
- Popsicles and frozen ices
- Pudding made with skim milk
- Gelatin desserts
- Low-fat whipped topping

Things to look for:

- Read the label for “light,” or “sugar free.”
- Sugar substitutes to sweeten tea or to sprinkle on fruit and cereal.

Shopping Using Food Groups (continued)

Sweets (continued)

Things to be careful of:

- Low-fat cookies are not low in calories!
- Most sweets are low in nutrients.
- Many cookies and baked goods are high in saturated fat and trans fat.



Sodium (Salt)

Healthy Examples:

Spices/herbs (basil, mint, cilantro, celery or garlic powder).

Things to look for

- Read the label for “low,” “reduced,” “unsalted” or “no salt.”

Things to be careful of

- Look for hidden names for sodium, e.g., MSG, sodium nitrate, disodium phosphate.
- Buy meats, chicken, turkey, ham, that have not been injected with sodium or have low amounts added.

Cooking Up Healthy Recipes

Many women say they don't eat healthy because they do not know how to cook healthy foods. They worry their families will not like it if they change a recipe.

You **can** cook foods that taste good and are healthy! And it does not have to take a lot of time or cost extra money.

Here are some easy ways to make recipes healthy.

- Add healthy ingredients to common foods and favorite recipes. Examples include: add frozen vegetables to soups, pasta, and pizza; add fruit to breakfast cereal.

Replace a less healthy ingredient with a healthier one.

Examples include: skim or 1% milk; broth instead of gravy; two egg whites instead of one whole egg; sugar substitute instead of sugar; herbs instead of salt; dried fruits instead of candy or chocolate in baked goods; brown rice instead of white rice.

Decrease or cut out a less healthy ingredient if it isn't

needed. Examples include: butter on sandwiches; skin on chicken; cheese in casseroles and sandwiches; salt in foods and recipes.



Cooking Up Healthy Recipes (continued)



Try a favorite recipe makeover

Instead of . . .

1 cup whole milk

4 oz. cheddar cheese

1 lb. ground beef
(80% lean)

Try

1 cup fat-free (skim) milk

4 oz. reduced-fat cheddar
cheese

1 lb. 95% lean ground beef or
1 lb. ground turkey or 1 lb.
ground chicken

Hunger

Hunger is an event or trigger that can lead to unhealthy eating choices.

There are TWO types of hunger . . .

Physical hunger

Is the true hunger you feel when your body needs food for energy. Your stomach may feel empty, hurt, or make noise. You may get a headache or feel dizzy. If you let yourself get too hungry, you will make less healthy choices.



Emotional hunger

Is when you want to eat because of thoughts, feelings, other people, or events. If you eat for reasons other than physical hunger, you may overeat or eat less healthy foods when you are not really hungry.

List some triggers (feelings, thoughts, or events) that make you eat when you are not really hungry:

- 1.
- 2.
- 3.

Healthy Eating Away from Home

Eating away from home can be risky. It can be hard to make healthy choices at restaurants, food courts, work, and other peoples' homes.

Here are a few things you can do to make eating out less risky...

- Think about what you will eat before you get there.
- Eat somewhere that offers healthy choices. Many places will point out the healthy items on their menus (for example, a heart or other symbol may be used to show a healthy food choice).

Look for key words on the menu.

- **Eat more often:** baked, braised, broiled, grilled, roasted, steamed, stir-fried.
- **Eat less often** (has more fat): au gratin, battered, breaded, buttered, casserole, cheese sauce, creamed, crispy, fried, rich, sautéed, scalloped.
- **Eat less often** (has more salt): blackened, broth, cured, pickled, salted, soy sauce, teriyaki.

Limit your portions (the amount of food you eat).

- Order a child's plate or lunch portion.
- Right away, place half of the meal in a takeout box.
- Order an appetizer as your main course.
- Don't order "super size" or "all you can eat."
- Split your meal with someone to save money and calories.

Ask how food is prepared and ask for healthier choices.

- Get sauces, dressings, and toppings on the side.
- Ask for vegetables or salad instead of fries, onion rings, or potato salad. Ask for sandwiches on whole-wheat bread instead of on a croissant.

Limit "empty" calories from sugary drinks (sodas, Kool-Aid) or alcoholic beverages (beer, wine).

Health Is a Choice!

Great job! You have chosen to improve your health by participating in the WISEWOMAN Healthy Eating coaching program!

Stay on track

It can be hard to stay on track when your Be WISE coaching sessions end. Here are three simple ways you can keep working on your health.

1. Think about what we have discussed.

Have you learned about healthy eating choices? Have you learned how to fit healthy eating into your life? Don't forget these things!

2. Set new goals.

Set new goals for eating healthy once you have reached and maintain your initial goal. This will give you something to always work toward.

3. What do you do when you reach your healthy eating or activity goal?

Reward yourself! Giving yourself rewards will allow you to:

- Enjoy your success!
- Make healthy choices more fun!

Think of a few ways you might reward yourself for meeting your goals.

Reward . . .

- 1.
- 2.
- 3.



Celebrate Your Success!

Make lifestyle changes

Focus on making healthy changes that fit into your life. You will not always make healthy choices. That's OK. Do not let a slip make you **feel** like you can't do it. You **can** do it.



Healthy Weight: A Lifestyle Choice

- Eat smaller portions. Most people eat more than they need. Smaller portions mean fewer calories.
- **Cut down on fat.** Fat has more calories than any other type of food. If you lower fat, you will lower calories.
- **Eat fewer calories.** Read food labels for calories. If you eat just 300-500 fewer calories each day, you will lose weight at a healthy pace.
- You can do this by eating smaller portions, eating less fat, and eating more fruits and vegetables. Also, write down what you eat so you can know your calories.
- **Eat slowly.** Pay attention to what you eat. Think about how hungry you feel. Stop eating when you begin to feel full.



Be A Healthy Eating Role Model

As your eating habits change, your family and friends will take note!

- Share what you have learned. Talking about information you have discussed at the sessions not only reinforces your knowledge, but gives you the opportunity to teach it to others.
 - * If you have kids, play a game where they name the food group a particular item they are eating comes from.
 - * Challenge your partner to eat one different fruit or veggie for a week.
 - * Make learning new habits fun.
- Get them to make more healthy food selections. This will make it easier for you to continue to eat healthy and it will help them become healthier!
- Share with them how much better you feel!



Concerns About Making Changes

Concern: “Healthy foods take more time to buy and cook.”

- You don't have to shop at special stores to get healthy foods.
- You can cook healthy foods simply and quickly; some healthy foods don't need much cooking at all. A small sweet potato takes 5-10 minutes to cook in the microwave, a salad is easy to throw together, and fruit is the original fast food!



Concern: “It cost more to eat healthy.”

- If you choose carefully, eating healthy does not need to cost more.
- Store brands are often cheaper and just as good.
- Look for day-old whole wheat bread or reduced-price fruits and vegetables (but only buy what you will use quickly).
- Eating less meat can save you money. Use beans or eggs in place of meat to make tasty and inexpensive main dishes.
- Fruits and vegetable don't have to be fresh to be healthy. Canned or frozen is fine, but watch out for added salt or sugar.
- Go to a farmers' market or a farm where you can pick your own.
- Start a garden or join a community garden. (Freeze or can to use year-round.)
- Shop with a friend or family and split larger packages of food when you get home.

Concern: “I will have to give up all my favorite foods.”

- You can eat smaller amounts less often.
- Learn healthier ways to prepare your favorite foods.
- Try something different - it may become a new favorite!

Notes

Health coaching session dates and times:

1. _____

2. _____

3. _____

4. _____

5. _____

My follow-up session to talk about my progress is:

Coach's contact telephone number



Wisconsin
Department of Health Services

Division of Public Health
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