Healthy Meal Planning

Presented by

CIGNA Employee Assistance Program
Seminar Goals

- Learn why planning your meals is important and how it can help you
- Know more about the kinds of food you should be eating – and the kinds you shouldn’t
- Recognize the importance of portion control
- Identify tips to help you plan your meals when you’re away from home
- Learn helpful strategies to plan healthy meals at home
Why is it important to plan your meals?

- It can help you make healthier choices
- It can help you avoid temptation
- There are benefits to cooking at home
  - Healthier
  - More control over portion sizes
  - Saves time and money
  - Allows for more quality family time
Test Your Knowledge

How long do you think it takes for your body to send the signal to your brain that it’s full?

- 30 seconds
- 5 minutes
- 20 minutes

Are the following considered “good” fats or “bad” fats?

- Avocado
- Red meat
- Dairy
- Olive oil
- Butter
- Nuts
Test Your Knowledge

- Are dry beans and peas part of the “Meats and Beans” or the “Vegetables” group?

- Which vegetable doesn’t count towards your daily vegetable servings because of its high starch content?
Getting to know your food pyramid


- 6 food groups
  - Grains
  - Vegetables
  - Fruits
  - Milk products
  - Meat and beans
  - Fats and oils
What’s in a Label?

Nutrition Facts

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

Amount Per Serving

Calories 250 Calories from Fat 110
% Daily Value*

Total Fat 12g 18%
- Saturated Fat 3g 15%
- Trans Fat 3g

Cholesterol 30mg 10%

Sodium 470mg 20%

Total Carbohydrate 31g 10%
- Dietary Fiber 0g 0%
- Sugars 5g

Protein 5g

Vitamin A 4%
Vitamin C 2%
Calcium 20%
Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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<th></th>
<th>2,000</th>
<th>2,500</th>
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<tbody>
<tr>
<td>Calories:</td>
<td></td>
<td></td>
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<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>Less than 25g</td>
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<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
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<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
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</table>
Portion Control

Bagel

20 Years Ago

3-inch diameter  
140 calories

Today

?? calories

A bagel 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel?
Turkey Sandwich

20 Years Ago               Today

320 calories               ??? calories

A turkey sandwich 20 years ago had 320 calories. How many calories do you think are in today's portion?
Coffee

20 Years Ago

Coffee (with whole milk and sugar)
8 ounces, 45 calories

Today

Mocha Coffee (with steamed whole milk and mocha syrup)

?? calories

A standard cup of coffee 20 years ago was 8 ounces and had 45 calories. How many calories do you think are in today's coffee?
Portion Control

Muffin

20 Years Ago
Blueberry Muffin

Today
Blueberry Muffin

210 calories, 1.5 ounces

A muffin 20 years ago was 1.5 ounces and had 210 calories. How many calories do you think are in a muffin today?
Pizza

20 Years Ago

2 Pepperoni Pizza slices

500 calories

Today

2 Large Pepperoni Pizza slices

??? calories

Two slices of pepperoni pizza 20 years ago had 500 calories. How many calories do you think are in today’s large pizza slices?
How to Keep Your Portions Under Control

- Share a meal with someone else
- Box up part of the meal to take home
- Stop eating as soon as you’re full
- Try creative ordering
- Eat slowly and savor it
- Eat from a smaller plate
- Mentally divide your plate into sections
- Drink a full glass of water before your meal
Eating Away from Home

- Check the internet for restaurant menus
- Trim visible fat from poultry or meat
- Ask that your meal be prepared without butter, gravy or sauces
- Start your meal with a salad
- Pack a healthy lunch and snacks
- Don’t feel like you have to clean your plate
- Scrape away extra sauce and cheese
- Choose fruits for dessert
- Beware of the “all-you-can-eat” buffet
Eating at Home

- Make meal planning a family affair
- Plan meals in advance
- Make a shopping list
- Keep healthy foods and snacks on hand
Cooking Tips

- Plan ahead for leftovers
- Try cooking without salt
- Stock up on frozen vegetables
- Plan some meals around a vegetable main dish
- Include a green salad with meals
- Get creative with vegetables
Cooking Tips (continued)

- Try brown rice or whole-wheat pasta
- Use whole grains in mixed dishes
- Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices
- Substitute whole wheat or oat flour for up to half of the flour in pancakes or bakery items
