



# Making Better Food Choices



# Making Better Food Choices

What makes a choice “SMART” particularly when it comes to food?

- Heavy on beneficial nutrients
  - Carbohydrates
  - Protein
  - Heart Healthy Fats
  - Vitamins
  - Minerals
- Minimally processed
- Whole Foods

# Making Better Food Choices

- **Heavy on beneficial nutrients**
  - Carbohydrates
    - 100% Whole Grain
    - Fresh or Frozen Fruits and Vegetables
  - Protein
    - Lean Cuts of Red Meat
    - Non-Breaded or Fried Fish & Poultry
  - Heart Healthy Fats
    - liquid monounsaturated and polyunsaturated fats found in olive oil, canola oil, sunflower oil, soybean oil, corn oil
    - Coconut Oil (Solid at room temperature)
    - Nuts, Seeds, and Avocados

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- **Vitamins**

- **A:**High vitamin A foods include sweet potatoes, carrots, dark leafy greens, winter squashes, lettuce, dried apricots, cantaloupe, bell peppers, fish, liver, and tropical fruits.
- **B:**High vitamin B foods include: bell peppers, turnip greens, and spinach.
- **C:**High vitamin C foods include: citrus fruits, berries, broccoli, and green peppers.
- **D:**High vitamin D foods: Supplements, Sunlight.
- **E:**High vitamin E foods: oils like safflower, peanuts, eggs, fortified cereals, fruits, and green, leafy vegetables.

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- **Minerals**

- **Calcium:** Calcium-rich foods include milk, yogurt, cheese, sardines, dark leafy greens, soybeans.
- **Iron:** Iron-rich foods include: liver and organ meats, seafood, nuts and green leafy vegetables.
- **Potassium:** Potassium-rich foods include: bananas, raisins, leafy greens, oranges, and milk
- **Selenium:** Selenium-rich foods include: meat, seafood, eggs, and bread.

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- **Minimally Processed**
  - All food is processed before we eat it.
  - Stick to foods that have 5 ingredients or less on the label.
  - **Avoid Added Sugars:** Be aware of added sugars and the different names sugars go by: corn syrup, malt syrup, rice syrup, organic cane juice, honey, and molasses are all sugars. As are maltodextrin, and any other words ending in "-ose."
  - **Be Cautious About Sodium Content:** Sodium is used as a preservative in most processed foods which could put you over the 2300mg RDA quickly.

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- **Whole Foods**
  - food that has been processed or refined as little as possible and is free from additives or other artificial substances.
  - Fruits and Vegetables in their natural state, fresh, found in the produce section of most grocery stores, at farmer's markets and in your garden.
  - Meats that are in whole pieces from the original animal, possibly deboned. Not cooked and reconstituted deli meats that are loaded with preservatives such as nitrates and sodium.

	EAT	Limit or Avoid
Vegetables & Fruit	Sweet potatoes, blackberries, strawberries, broccoli, green beans, bananas	French fries, creamed onions, fruit juices, vegetables covered in cheese sauce
Meats & Protein	Poultry, salmon, halibut, beans, lentils, tofu, nuts	Sausage, processed meats, lunch meats, hot dogs
Dairy Products	Skim or 1% milk, Almond or other nut milk, soy milk, lowfat cheeses, yogurt	Whole milk, whole milk cheeses, ice cream
Grains	100% whole-grain bread and pasta, brown rice, barley, bulgur, quinoa.	Bread, pasta and cereals that contain white, enriched or refined flour, corn starch, & corn syrup
Fats & Oils	Olive oil, avocados, nut butters, tahini, oil and vinegar salad dressings, coconut oil.	Butter, lard, creamy salad dressings, Crisco, trans fats
Snacks	Unsalted nuts & seeds, whole-grain crackers, popcorn, fruits and veggies	Chips, candy, muffins, cookies, cake, pretzels

# Making Better Food Choices

## When and Why do we make Poor Food Choices?

You are on the RUN!

You are STRESSED OUT!

You mistake THIRST for hunger!

You fear being an OUTCAST!

You FAIL to PLAN!

# Making Better Food Choices

## When and Why do we make Poor Food Choices?

### **You are on the RUN!**

Everyone is busy. Life isn't going to slow down.

You have to take control and make sensible “On the Run” food choices.

Fast Food – Choose the grilled chicken menu item, forego the french fries, get an unsweetened ice tea, water or diet soda. **DON'T SUPER SIZE!**

Snacks – Roasted Chickpeas, Salads in a Jar, Hummus and Carrot Sticks, Pumpkin Seeds, Ants on a Log, Unsalted Nuts & seeds, Fresh fruit.

# Making Better Food Choices

## When and Why do we make Poor Food Choices?

You are STRESSED OUT!

When we are stressed out the hormones “Cortisol” and “Grehlin” are released.

When “Cortisol” is released we start to crave sugar and comfort foods to calm us down.

The hormone “Grehlin” increases our appetite when we are stressed which makes over eating easy.

The adrenal gland that secretes these hormones also monitors our electrolyte balance, so when we eat too many sugary or sweet foods we find ourselves craving salty foods as well.

If you find yourself stressed at work, get up from your desk, do some stretches, walk around your floor or the building, and drink some cold water.

# Making Better Food Choices

## When and Why do we make Poor Food Choices?

**You mistake THIRST for hunger!**

The high salt levels present in many processed products and foods cause the sodium levels in the blood and extracellular fluids to rise within a few hours. This forces the body to hold more water, and in turn, creates a thirst for more fluid to settle the fluid balance. However, if one mistakes this thirst for hunger, then on most occasions, he may seek out another snack which adds to the calorie consumption levels.

Make sure to stay hydrated throughout the day. Fluids that don't contain caffeine are the best: Water, decaffeinated green tea or coffee, low sugar juices.

# Making Better Food Choices

## When and Why do we make Poor Food Choices?

### **You fear being an OUTCAST!**

Too many of us fear that dieting or following a structured meal plan with “Smart” food choices will alienate us from our friends, co-workers or acquaintances.

Shunning lunch plans with co-workers or happy hour with friends, because you feel you’ll fall off the wagon and over eat is common and can make you feel isolated.

Each of these situations can be managed by making the smart food choices that we’ve discussed. Every restaurant these days has some sort of healthful option on the menu.

If you’re out drinking at happy hour, it’s easy to order a clear drink (Vodka and soda) then ask for ice water every other drink in the same glass. No one will know you’re not drinking unless they take a sip of your drink.

# Making Better Food Choices

## When and Why do we make Poor Food Choices?

**You FAIL to PLAN!**

Making better food choices takes planning.

Create menus of your breakfast, lunch and dinner options that you eat most often.

Make healthful substitutions where necessary.

Develop a shopping list from the ingredients in those meals.

Create your meals in advance, packaging them in reusable plastic containers and store them in the refrigerator.



# Making Better Food Choices

Your Weekly Grocery List\* may look like this:

## Vegetables

- Broccoli (2 heads or frozen bags)
- Carrots (2 bags)
- Dark Leafy Greens including lettuce (3 large bags)
- Onions, yellow (4)
- Peppers, Bell (5)
- Spinach (10oz pack frozen, chopped)
- Tomatoes (3)

## Proteins

- Lean Red Meat (6 oz)
- Chicken breasts, Skinless (1 package / 4 half breasts)
- Eggs and/or Egg substitutes (1 dozen or container)
- Pork Tenderloin (6 oz)
- Turkey, ground (2.5lbs, 90% lean)
- Salmon, wild (1 can /pouch and 1 fillet)
- Shrimp (12 – 16 oz frozen bag)
- Tuna (6-oz can light, packed in h20)
- Nuts, seeds, and nut butters (one jar of nut butters, one package of nuts/seeds)
- Lentils (one bag)

## Condiments/Pantry

- Garlic
- Lemon
- Dijon mustard
- Marinara Sauce
- Salad Dressing, low calorie
- Salsa
- Ketchup
- Olive oil
- Vinegar

## Starchy Vegetables

- Beans, any preferred variety (2 cans)
- Potatoes, sweet and white (3 white, 3 sweet)

## Fruit

- Apples (4)
- Bananas (4)
- Oranges (3)
- Berries, any variety (2 frozen bags)
- Grapefruit (3)

## Dairy

- Cheese, reduced-fat (1 package shredded, any flavor)
- Milk (1 container, 1% low-fat , soy milk, or unsweetened almond milk)
- Greek Yogurt, Fat Free or low-fat (5 single containers)

## Whole Grains

- Bread, whole grain (1 loaf, regular or reduced-calorie)
- Cereals, whole grain (1 box)
- Waffles, whole grain (1 box)

*\*this grocery list is a guideline to making better food choices, obviously personal tastes, food allergies, and amounts of certain items will depend on the shopper.*

# Making Better Food Choices

## Navigating the Grocery Store

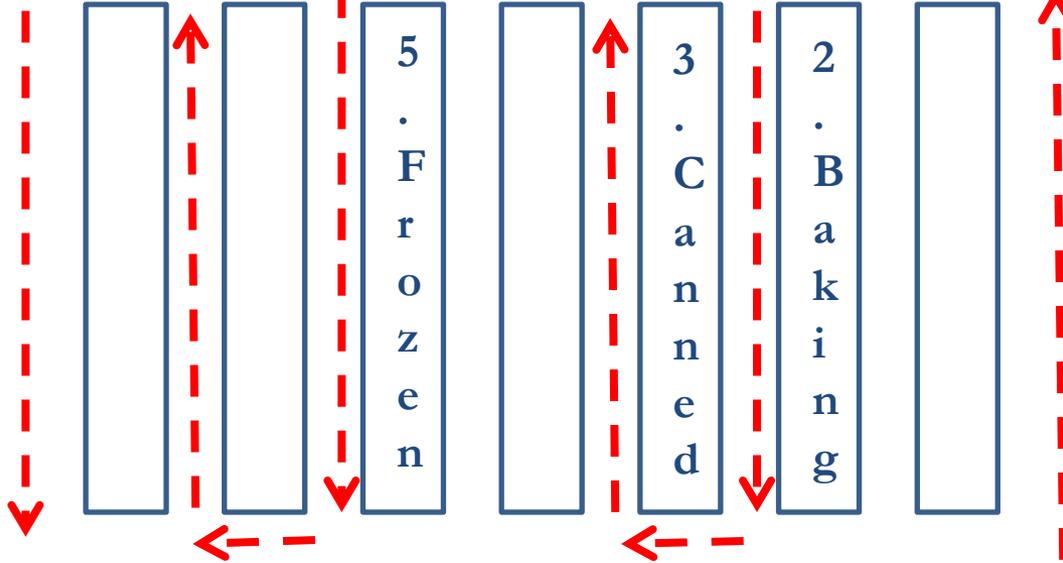


1. Produce



6. Dairy

4. Meat



7. CHECKOUT!

# Making Better Food Choices

## Navigating the Grocery Store

- 1. Produce** – Fresh, Seasonal Fruits and Vegetables, Bagged Salads, Nuts and Seeds.
- 2. Baking Aisle** – Herbs, Spices, Flours, Sugars, Whole Grain Breads.
- 3. Canned Aisle** – Veggies, Fruits, Tuna, Beans, Sauces.
- 4. Meat Case** – Boneless Chicken Breast, Fish, Lean Cuts of Red Meat.
- 5. Frozen Foods** – Boneless Chicken Breast, Seafood, non-seasonal Fruits and Vegetables.
- 6. Dairy** – Milk, Almond Milk, Soy Milk, Yogurt, Greek Yogurt, Tofu, Eggs, Egg Beaters, Egg Whites, Bottled Juices.
- 7. CHECKOUT** – Don't forget to pay for your food! 😊

Avoid aisle that have overly processed, high salt, high sugar, convenience foods:

1) Bakery counter, 2) Deli counter, 3) Cake, Cookie and Cracker Aisle, 4) Frozen Foods prepared meals & desserts, and 5) Soda and Chips Aisle.

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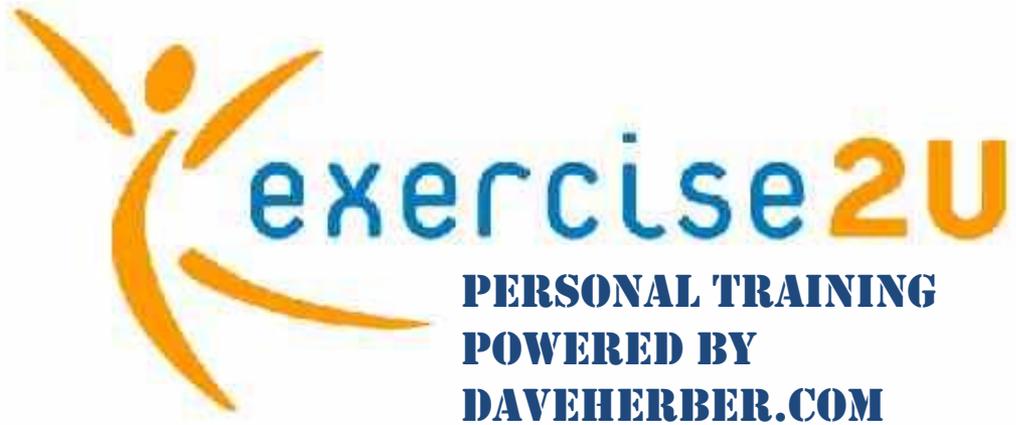
## Let's Review!

1. Choose “Minimally Processed”, “Whole” foods that are heavy on beneficial nutrients like: Carbohydrates, Protein, Heart Healthy Fats, Vitamins and Minerals.
2. Avoid Added Sugars and High Sodium Foods.
3. When “On The Run” choose the grilled chicken or salad options at fast food restaurants. Don't supersize.
4. When “Stressed Out” try and do some exercise, stretch or take a walk to destress and drink some water.
5. Stay hydrated. Don't mistake thirst for hunger. Keep a large glass of water at your desk. No Calorie Flavored Water and Decaffeinated Green or Black teas and Coffee are fine. So are low sugar juices.
6. Don't be an outcast! Simply choose healthier options when out with friends and co-workers.
7. Make A Plan, Stick to it.
8. Never go to the grocery store without a list. (And don't go hungry!)
9. Stick to the perimeter of the grocery store. Avoid the deli and bakery counters. Avoid the Cakes, Cookies, and Cracker Aisles as well as the Chips and Soda Aisle.

# Making Better Food Choices

HOW  
CAN I  
HELP?!?

Send Your Questions to  
[Dave@DaveHerber.com](mailto:Dave@DaveHerber.com)



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