

Nutrition Tips for Your Patients

Head for the Hills 2016

Kathy Hosig, PhD, MPH, RD

Associate Professor

Director, Center for Public Health Practice and Research

Population Health Sciences

Virginia Tech



VIRGINIA-MARYLAND
REGIONAL COLLEGE OF VETERINARY MEDICINE



Virginia Tech
Center for Public Health
Practice and Research

Outline

- Introduction
- Review of Dietary Recommendations to Optimize Health
- Challenges for Health Behavior Change
- Strategies for Health Behavior Change
- Tips for Working with Your Patients to Achieve Dietary Change
- Resources for Your Patients
- Case Study

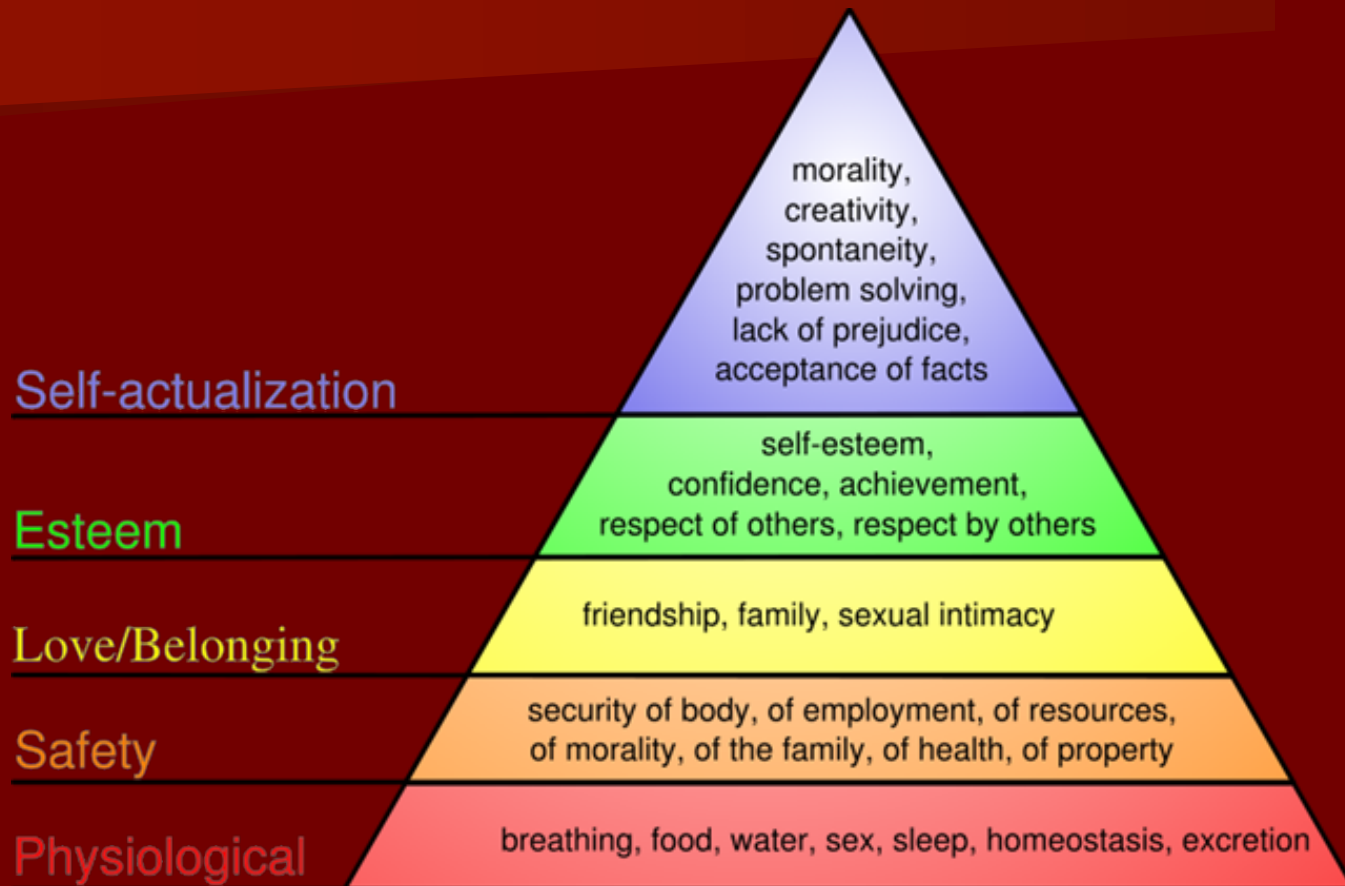
What Did You Eat Yesterday?

Why Did You Eat Those Foods?

Challenge:

Lifestyle Behavior Change

Maslow's Hierarchy of Needs



Where does health behavior change fit in?

Socioecological Model



Challenge: Underserved

- Services/healthy foods not available
- Services/healthy foods not accessible
- People may not take advantage of available services or opportunities to eat healthfully
- Unique challenges for each patient

Strategies

- Health Behavior Theory
- Community-based Resources
 - Education
 - Food access

Health Behavior Theory

- Is basic information (knowledge) important for health behavior change?
 - Is it enough?
- Why do interventions that focus on providing information (i.e. “education”) often fail to produce change in behavior?

Rationale for Theory-based Interventions

- Health behavior interventions that are fully grounded in theory appear to be more effective in producing change in health behavior – why?
 - Fidelity to theory components
 - Processes involved in maintaining fidelity to theory

Social Cognitive Theory

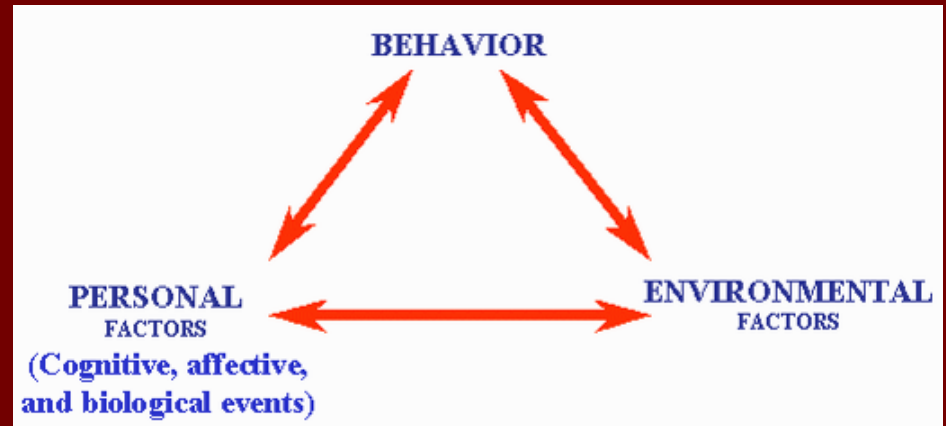
■ Constructs

– Individual characteristics

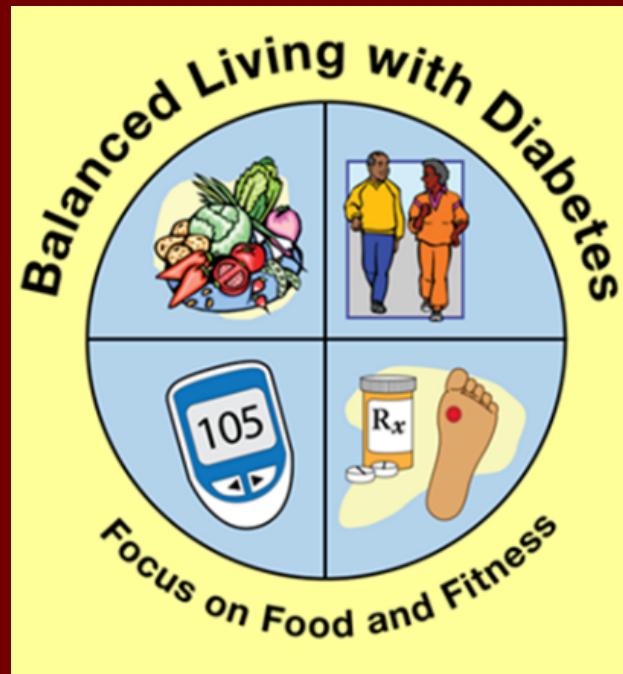
- Self-efficacy
- Behavioral Capability
- Expectations
- Expectancies
- Self-control
- Emotional coping responses

– Environmental factors

- Vicarious (observational) learning
- Environment (social and physical)
- Situation (perception of environment)
- Reinforcement
- Reciprocal determinism



Examples from Community-based Type 2 Diabetes Program



The Plate Method

Control portion size

Control carbohydrates

Focus on healthy foods



United States Department of Agriculture Plate for Healthy People



Staying More Active



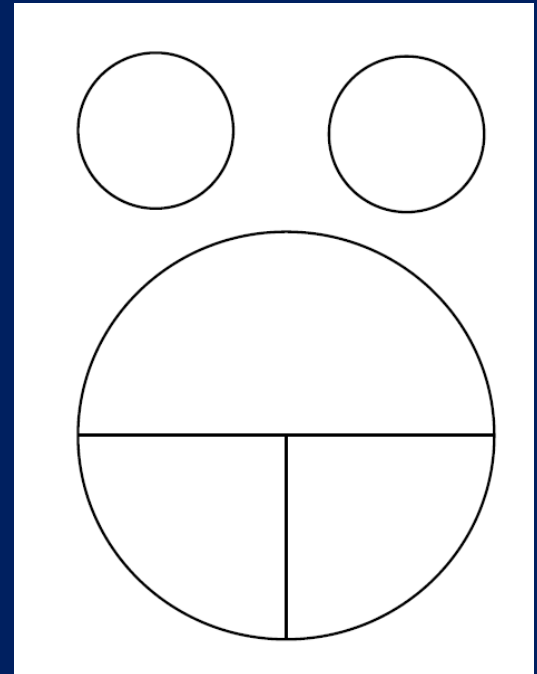
- 150 minutes a week
- exercise like walking
- slow enough to talk, but not sing!
- build to 30 minutes at least 5 days a week

Use the PAR-Q and talk to your doctor before becoming much more active!

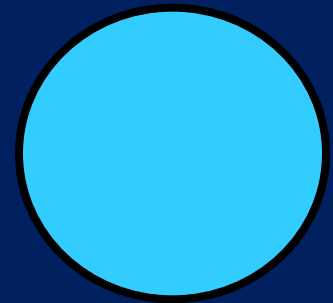
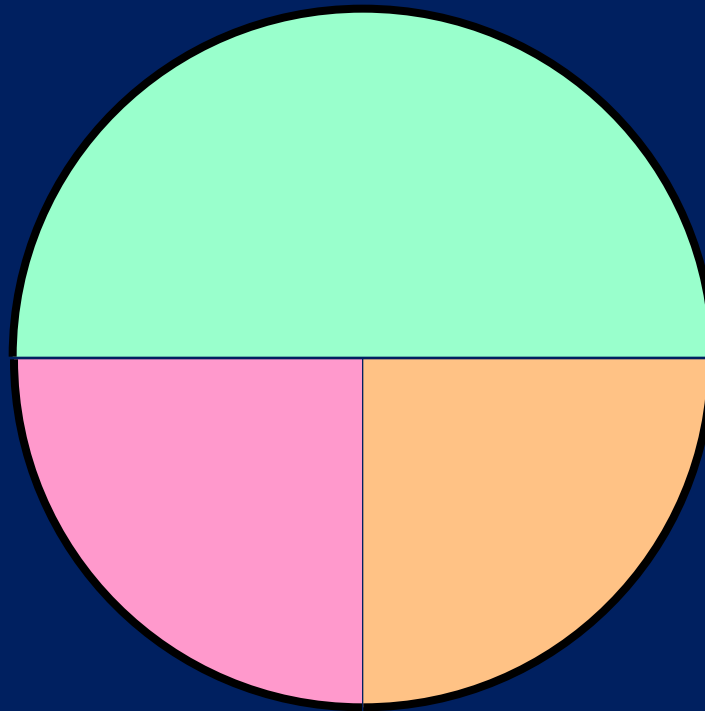
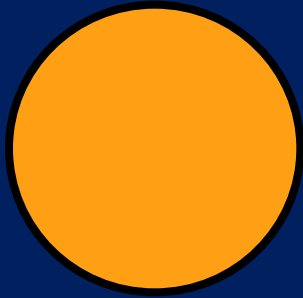
Mastery Experiences

Practice

- Use the blank plates in your handouts
- Plan 2 meals
 - 1 breakfast
 - 1 lunch or dinner



Lunch or Dinner



Finding Carbohydrate with Food Labels

- Compare carbohydrate in foods using the Nutrition Facts panel
 - Total carbohydrate = 13 g
 - Dietary fiber = 3 g
 - Sugars = 3g
 - Carbohydrate = fiber + sugar + starch

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your activity level.	

Practice:

Finding Carbohydrate with Food Labels

- Use labels at your table or handouts
- Find:
 - Serving size
 - Carbohydrate
 - Dietary fiber
 - Sugar
- Compare labels for the same types of food
 - Yogurt
 - Oat cereal
 - Vegetables
 - Wheat cereal



More Practice with Recipes

- Look at the recipes in the handouts
- Discuss with your group how to change these recipes to make them healthier



Practice!

- Use the food labels at your table
 - Oils
 - Shortening, Butter and Margarine
 - Spreads
 - Milk
 - Ranch Dressing
- Talk to the people at your table about healthy choices using these labels



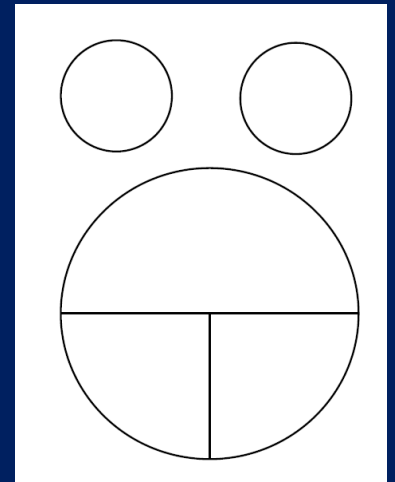
Practice!

- Use the food labels at your table
 - Vegetable Soup
 - Chicken Noodle Soup
- Talk to the people at your table about healthy choices using these labels



Practice!

- Use the menus in your handouts or that you brought
- Talk to the people at your table about healthy choices using these menus
- Use the Plate Method!
 - Write your choices on the blank plate



Setting Goals

Keeping Track

Setting Goals & Keeping Track

FOOD AND EXERCISE DIARY

Pencil in the foods you eat and mark the check boxes for the food groups. When you use the Plate Method, mark the plate method symbol. If you are increasing your physical activity, write down your steps and minutes exercised.

(Servings/Day)	SUNDAY	MONDAY	TUESDAY	WED	THURS	FRIDAY	SATURDAY
Dairy (3)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Protein (2-3)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fruits (2-4)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Vegetables (3-5)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Whole Grain (3)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Breakfast	<input checked="" type="checkbox"/> bran flakes, milk, berries	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Snack	<input checked="" type="checkbox"/> carrot sticks						
Lunch	<input checked="" type="checkbox"/> vegetable soup, 1/2 ham sandwich, banana, milk	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Snack							
Dinner	<input checked="" type="checkbox"/> oven fried chicken, mashed potatoes, green beans, low fat, sugar free frozen yogurt	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Steps and exercise minutes	6345 goals: 6800 steps 5, 25 minute walks no walk	8449 25 mins.	6739 no walk	8910 30 mins	7542 25 min	7725 27 min	7430 25 min

- Set goals
 - foods to focus on
 - use Plate Method
 - wear step counter
- Keep track
 - foods
 - Plate Method
 - Steps/Walks

Let's Set Goals for this Week!

- Where are you now?
 - Plate method?
 - Regular meals?
- Where do you want to go this week?
 - Build slowly
- Use your diary!

FOOD AND EXERCISE DIARY
Pencil in the foods you eat and mark the check boxes for the food groups. When you use the Plate Method, mark the plate method symbol. If you are increasing your physical activity, write down your steps and minutes exercised.

(Servings/Day)	SUNDAY	MONDAY	TUESDAY	WED	THURS	FRIDAY	SATURDAY
Dairy (3)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein (2-3)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruits (2-4)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables (3-5)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whole Grain (3)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steps and exercise minutes <small>goal: 6800 steps 5, 25 minutes exercise</small>	6345 no walk	8449 25 mins.	6739 no walk	8910 30 mins	7542 25 min	7725 27 min	7430 25 min



Keep Track



FOOD AND EXERCISE DIARY

Pencil in the foods you eat and mark the check boxes for the food groups. If you are increasing your physical activity, write down your steps and minutes exercised.

(Servings/Day)	SUNDAY	MONDAY	TUESDAY	WED	THURS	FRIDAY	SATURDAY
Dairy (3)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Protein (2-3)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fruits (2-4)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Vegetables (3-5)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Whole Grain (3)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Steps and exercise minutes <i>goals: 6800 steps 5, 25 minute walks</i>	6345 <i>no walk</i>	8449 <i>25 mins.</i>	6739 <i>no walk</i>	8910 <i>30 mins</i>	7542 <i>25 min</i>	7725 <i>27 min</i>	7430 <i>25 min</i>

- *write down goals*

- *notice how you get enough steps on days you walk!*

Use the PAR-Q and talk to your doctor before becoming much more active!

RCT with BLD Targeting Medically Underserved African Americans

- 5-year project funded by National Institutes of Health (National Institute for Nursing Research)
- 3 churches in each of 10 Virginia communities (n=30)
 - Churches randomly assigned to treatment condition
 - BLD
 - BLD plus technical assistance for monthly support group meetings
 - 12-month delayed intervention

BLD with Medically Underserved African Americans

- 507 participants completed 12-month assessments
 - 10 locations, 30 churches
- Demographics
 - 77% female; 23% male
 - 96% African American
 - Household income: 52% < \$50K; 33% < \$20K
- Retention rate
 - 76% at 3 months
 - 75% at 6 months
 - 73% at 12 months

BLD with Medically Underserved African Americans

Treatment Condition	Baseline A1c (mean ± sd)	3-month A1c (mean ± sd)	6-month A1c (mean ± sd)	12-month A1c (mean ± sd)
Control waiting	8.5 ± 1.5	8.1 ± 1.4	8.0 ± 1.0	7.8 ± 1.6
Standard program	8.8 ± 1.7	8.3 ± 1.3	8.1 ± 1.4	8.3 ± 1.8
Program + support groups	8.7 ± 1.7	8.2 ± 1.1	8.3 ± 1.2	8.2 ± 1.3

Change in A1c by Treatment Condition for Participants with Baseline A1c ≥ 7.0
(n = 507)

Lessons Learned from Balanced Living with Diabetes

- Cultural sensitivity
- Social support
- Practical skill-building for self-efficacy
 - Label reading!
 - Healthy food can taste good and be easy to prepare
 - Physical activity
- Goal-setting and tracking
 - Accountability
 - Feedback essential

Community Resources - Education

- Cooperative Extension
 - Expanded Food and Nutrition Education Program (EFNEP)
 - Special Nutrition Assistance Program Nutrition Education (SNAP-Ed)
 - Balanced Living with Diabetes
 - Other programming by local Extension Agents
- Nutrition departments at local hospitals
 - Referral to registered dietitians (RD)
 - Referral to certified diabetes educators (CDE)
- Local health department
 - WIC program

Community Resources - Education

- YMCA
 - May have National Diabetes Prevention Program in the future
 - Also a resource for physical activity and fitness
- Local Parks and Recreation Departments
 - Healthy living programming
 - Also a resource for physical activity and fitness
- Evidence-based lifestyle programs
 - Take Off Pounds Sensibly (TOPS)
 - Weight Watchers

Community Resources – Food Access

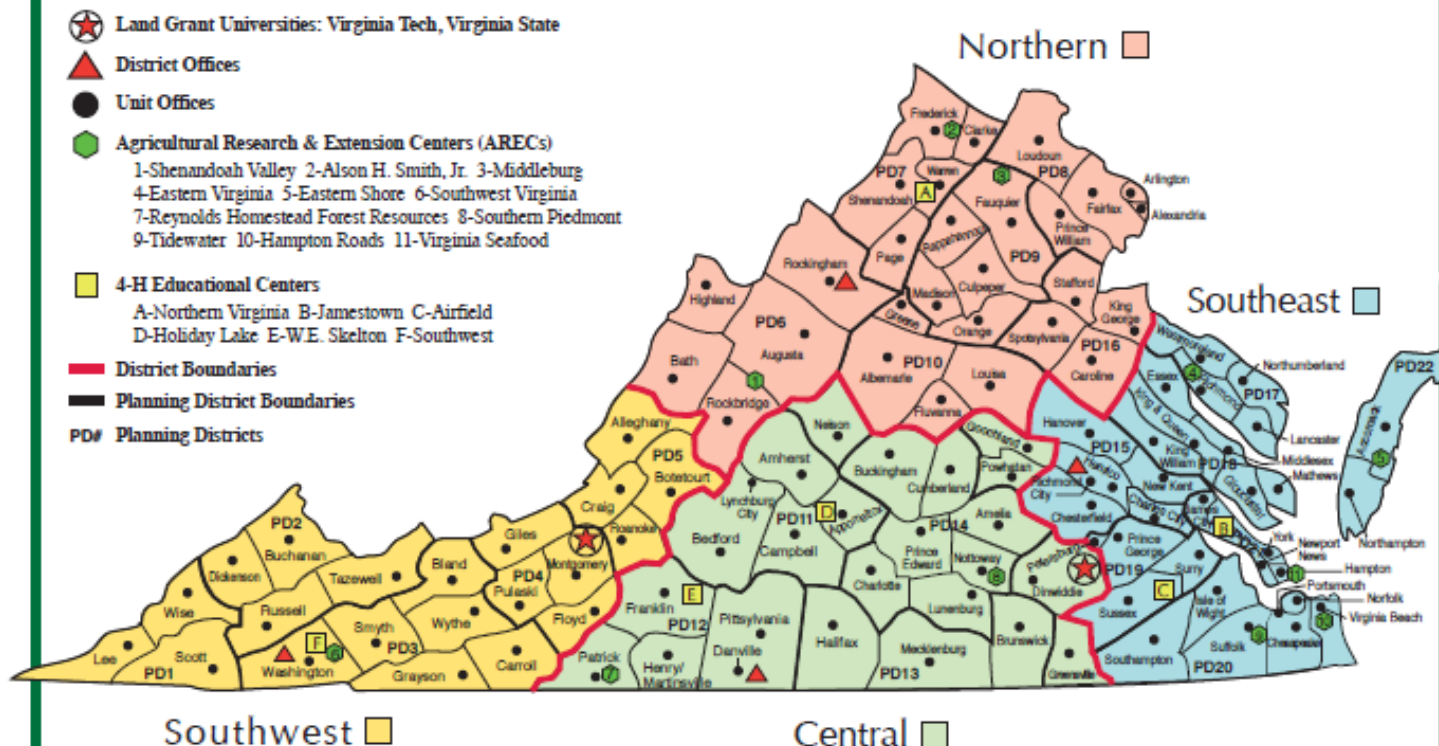
- Special Nutrition Assistance Program (SNAP)
 - Farmer's Market program (double value SNAP benefits)
- Women, Infants and Children Program (WIC)
- Community Gardens
 - Consider implementing fruit/vegetable prescription program
- Food Banks and Food Pantries
- Area Agencies on Aging
 - Congregate meals
 - Home-delivered meals



Virginia Cooperative Extension

Virginia Tech • Virginia State University

Publication VCE-231NP
Revised July 2013



www.ext.vt.edu

VT0713/VCE-231

Tips for Working with your Patients

- Assess where they are
 - Current dietary choices
 - Start where they are with realistic goals
 - Social Determinants of Health
 - Level of knowledge
 - Readiness to change
 - Barriers to change
- Provide education, counseling and resources
 - Feasible and practical skills and lifestyle change
 - Social support
 - Goal-setting, tracking, accountability
- Refer to appropriate education resource
- Connect with appropriate food access resources

Resources for your Patients

(see handout)

- ChooseMyPlate (USDA)
 - General healthy eating
 - Healthy eating on a budget
 - Eating out
 - Portion distortion
 - Food safety
- Nutrition Facts Label (FDA)
- Altering Recipes
- Choosing Dietary Supplements
- Patient Education Materials
 - Hypertension (DASH diet)
 - Hyperlipidemia (National Cholesterol Education Program)
 - Type 2 diabetes (National Diabetes Education Program)

WHAT IS MYPLATE?

FRUITS

VEGETABLES

GRAINS

PROTEIN FOODS

DAIRY

OILS

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.



Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

Build a Healthy Eating Style

All food and beverage choices matter – focus on variety, amount, and nutrition.

- Focus on making healthy food and beverage choices from all five food groups including [fruits](#), [vegetables](#), [grains](#), [protein foods](#), and [dairy](#) to get the nutrients you need.
- [Eat the right amount of calories for you](#) based on your age, sex, height, weight, and physical activity level.
- Building a [healthier eating style](#) can help you avoid overweight and obesity and reduce your risk of diseases such as heart disease, diabetes, and cancer.

Choose an eating style low in saturated fat, sodium, and added sugars.

- Use [Nutrition Facts](#) labels and ingredient lists to find amounts of saturated fat, sodium, and added sugars in the foods and beverages you choose.
- Look for food and drink choices that are lower in saturated fat, sodium, and added sugar.
 - Eating fewer calories from foods high in saturated fat and added sugars can help you manage your calories and prevent overweight and obesity. Most of us eat too many foods that are high in saturated fat and added sugar.
 - Eating foods with less sodium can reduce your risk of high blood pressure.

Make small changes to create a healthier eating style.

- Think of each change as a personal "win" on your path to living healthier. Each [MyWin](#) is a change you make to build your healthy eating style. Find little victories that fit into your lifestyle and celebrate as a MyWin!
- Start with a few of these small changes.
 - Make half your plate fruits and vegetables.
 - Focus on whole fruits.
 - Vary your veggies.
 - Make half your grains whole grains.
 - Move to low-fat and fat-free dairy.
 - Vary your protein routine.
 - Eat and drink the right amount for you.

Support healthy eating for everyone.

- Create settings where healthy choices are available and affordable to you and others in your community.
- Professionals, policymakers, partners, industry, families, and individuals can help others in their journey to make healthy eating a part of their lives.



MYPLATE MOMENTS



Amelia, California

"MyPlate has been one of the best resources for nutrition education. MyPlate helps me to make better decisions when I eat. And, of course, the physical activity tips are great too! I love MyPlate."



Kevin, New Hampshire

"I never ate a lot of leafy green things before my nutrition class this semester. Our teacher brought in kale and spinach and a few others and we each took one home. My Mom used one of your recipes and made a kale salad that I have to admit was actually really good! #GoMom"



Zoe, Vermont

"My uncle who eats lots of health food went to my little



DAILY CHECKLIST

SUPERTRACKER
WHAT'S COOKING?
BMI CALCULATOR
PORTION DISTORTION
PREGNANCY WEIGHT
GAIN CALCULATOR
PRESCHOOLER
GROWTH CHARTS

MYPLATE MOMENTS



Amanda, Florida

"I have found so many good ideas and food choices on this website. Now I eat better, my health is better, and I'm back down to my high school weight."

The [MyPlate Daily Checklist](#) (formerly Daily Food Plan) shows your food group targets – what and how much to eat within your calorie allowance. Your food plan is personalized, based on your age, sex, height, weight, and physical activity level. For a more advanced experience, you can create a personal daily food plan using the [SuperTracker's MyPlan](#). You will be asked to create a profile, and you can register to save it [if you want](#). You can then use some or all of the SuperTracker's other features.

For professional reference, all of the MyPlate Daily Checklists are available below. Cross reference the calorie level and the age group in the table below. You should use this table only if you already know which MyPlate Daily Checklist you are looking for. If not, calculate your own [MyPlate Daily Checklist](#).



Do you know which Checklist you are looking for?

If you already know which MyPlate Daily Checklist you are looking for, access it below. If not, calculate your own [Daily Food Checklist](#). Note: If you are on a mobile device, you may need to rotate your phone to see the full table.

AGE GROUP	CALORIE LEVEL								
Ages 2-3	1,000	1,200	1,400						
Ages 4-8	1,200	1,400	1,600	1,800	2,000				
Ages 9-13	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Ages 14+	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200



SuperTracker:



My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.

Food-A-Pedia >

Look up nutrition info for over 8,000 foods and compare foods side-by-side.



Food Tracker >

Track the foods you eat and compare to your nutrition targets.



Physical Activity Tracker >

Enter your activities and track progress as you move.



Get Started >

Find out what and how much to eat. Personalize your experience by creating your profile, and get a plan tailored for you.

[Create Your Profile](#)

Or, use the [general plan](#).

My Weight Manager >

Get weight management guidance; enter your weight and track progress over time.



My Top 5 Goals >

Choose up to 5 personal goals; sign up for tips and support from your virtual coach.



Group Challenges >

NEW: Group Leaders can create a healthy eating and/or physical activity challenge.



[ChooseMyPlate.gov](#) | [USDA.gov](#) | [CNPP](#) | [FOIA](#) | [Accessibility Statement](#) | [Privacy Policy](#)

[Non-Discrimination Statement](#) | [Information Quality](#) | [USA.gov](#) | [White House](#) | [COPPA](#)



Search



Health Information

[print](#) | [view as pdf](#) | [share](#)

Making Decisions

[Dietary Supplement Fact Sheets](#)

[Frequently Asked Questions](#)

[Dietary Supplements: What You Need to Know](#)

[Información en español](#)

[ODS Videos](#)

[How To Evaluate Health Information on the Internet: Questions and Answers](#)

[FDA: Consumer Updates on Dietary Supplements](#)

[DOD: Human Performance Resource Center: Dietary Supplements](#)

[Dictionary of Dietary Supplement Terms](#)

Consumer Protection

[FDA: Consumer Updates on Dietary Supplements](#)

[FDA: Safety Alerts & Advisories](#)

[FDA: How to Spot Health Fraud](#)

[FTC: Dietary Supplements](#)

[FTC: Weight Loss & Fitness](#)

Nutrient Recommendations

[Dietary Reference Intake \(DRI\) Reports and Tables](#)

[Online DRI Tool](#)

DIETARY SUPPLEMENT FACT SHEETS

Search the list below by selecting a letter of the alphabet or by entering a word or phrase in the search box.

☒ Starts with ☐ Contains

Search

ALL A B C D E F G H I K L M N O P R S T V
W Y Z

A

- Acai
- Aloe Vera
- Anabolic Steroids
- Astragalus
- Vitamin A

B

- Bilberry
- Bitter Orange
- Black Cohosh
- Botanical Dietary Supplements
- Bromelain
- Butterbur
- Vitamin B1 (see Thiamin)
- Vitamin B12
- Vitamin B2 (see Riboflavin)
- Vitamin B6

C

- Caffeine (see Weight Loss)
- Calcium
- Carnitine
- Cartilage (Bovine and Shark)

General Supplement Information

- [Dietary Supplements: Background Information](#)
- [Botanical Dietary Supplements: Background Information](#)
- [Vitamin and Mineral Fact Sheets](#)
- [Botanical Supplement Fact Sheets](#)
- [Frequently Asked Questions](#)
- [Dietary Supplements: What You Need to Know](#)
- [ODS Videos](#)
- [Información en español](#)

[Top](#)

Eat more fruits and veggies

You probably already know that a healthy diet includes a variety of fruits and vegetables. A good source of vitamins and minerals, many fruits and vegetables are lower in calories and higher in fiber than other foods. As part of a healthy diet,* eating fruits and vegetables instead of high-fat or high-calorie foods may make it easier to control your weight.

Too busy? See how you can save time, save money, or both as you strive to eat more fruits and vegetables as part of a healthy diet.



Save Time

- Pick fruits or veggies that require little peeling or chopping, such as baby carrots, cherry tomatoes, or grapes.
- Prepare extra vegetables and freeze leftovers for quick sides. Simply heat to 165°F and serve.
- Choose ready-packed salad greens from the produce shelf for a quick salad any time.
- Visit the salad bar for pre-cut veggies to top salads, sandwiches, or pasta.

Save Money

- Take advantage of in-store promotions and purchase fresh fruits and vegetables in season, when they are generally less expensive.
- Prevent food waste by properly storing produce and selecting the type and amount you will consume.
- Buy in bulk. Freeze excess, or purchase frozen, canned, or dried varieties that keep longer.
- Shop the local farmer's market or visit nearby farms and pick your own fresh produce while in season.

Save Time + Money

- Plan meals ahead and create a shopping list to help minimize impulse purchases.
- Buy in bulk and prepare extra or larger amounts. Freeze individual or family-size portions for later use.
- Make vegetable-based one-pot meals using beans or soy or other beans instead of higher cost protein sources, such as meat, fish, or poultry. One-pot meals also reduce the number of pans and other utensils that must be washed, saving you time.
- Keep it simple. Choose quick and easy recipes with few ingredients that use in-season, canned, frozen, or dried fruits and vegetables.



* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, trans fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.



Case Study

- 45 year old man
 - Demographic characteristics
 - Did not graduate from high school
 - Household income \$32,000/year
 - Married with kids ages 10, 13, 16
 - Family gets SNAP benefits
 - Medical conditions
 - Obese
 - Hyperlipidemia
 - Prediabetes
 - Hypertension