

The Science of Keeping Food In Balance

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What is a Registered Dietitian?



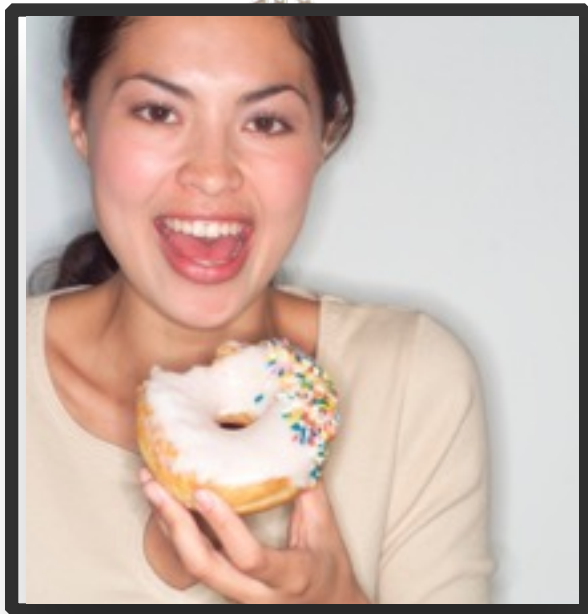
Overview



- What is a balanced diet and what tools can I use?
- Be aware of PORTION DISTORTION
- Healthy Drinking
- Physical Activity

Maintaining a healthy weight is a balancing act

Calories in



Calories out

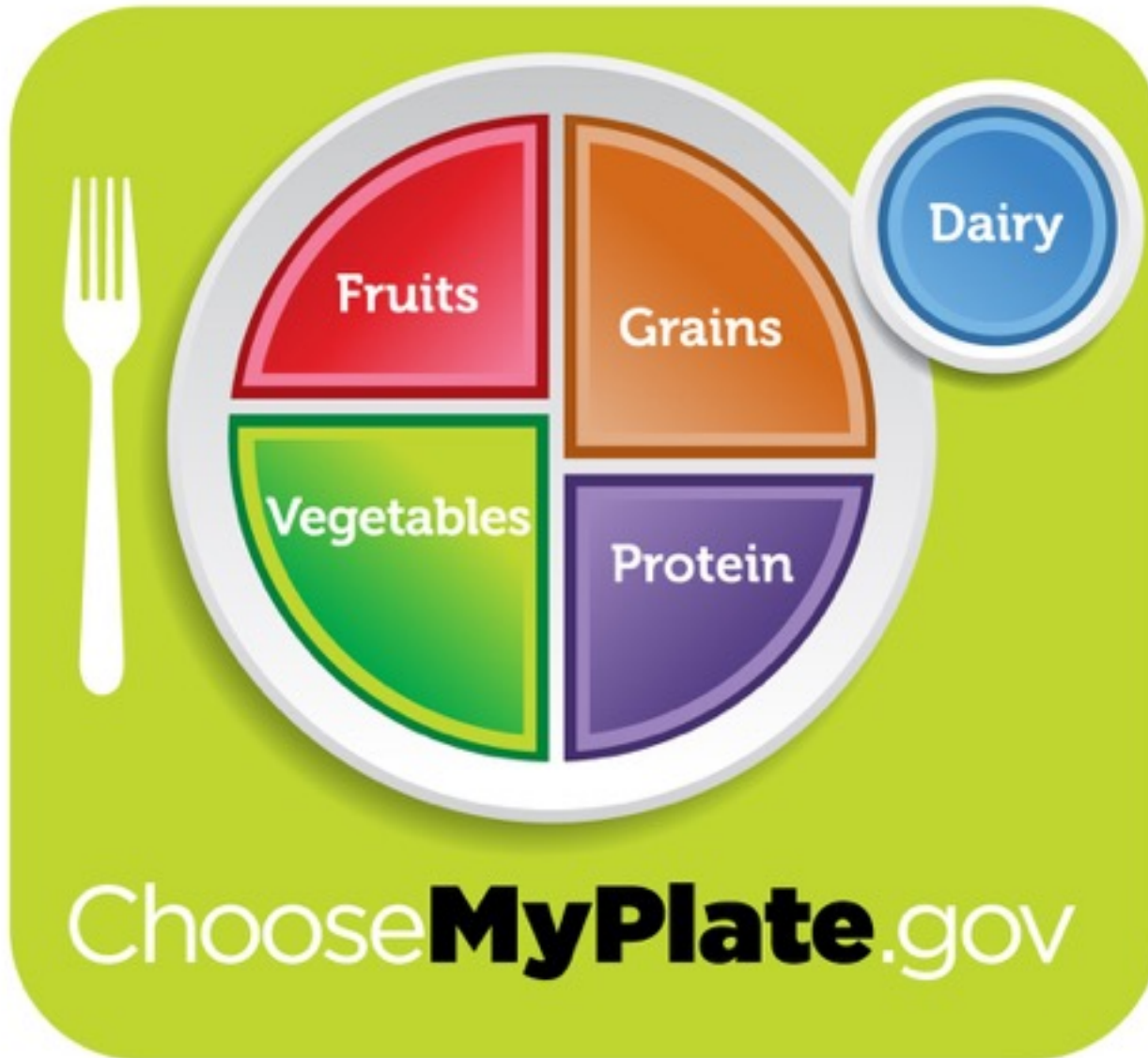


“A balanced diet is a cookie in
each hand” ~Author unknown



Unfortunately ... NOT!

MyPlate gives guidelines for foods and amounts



Do you know what foods and what amounts are best for YOU?

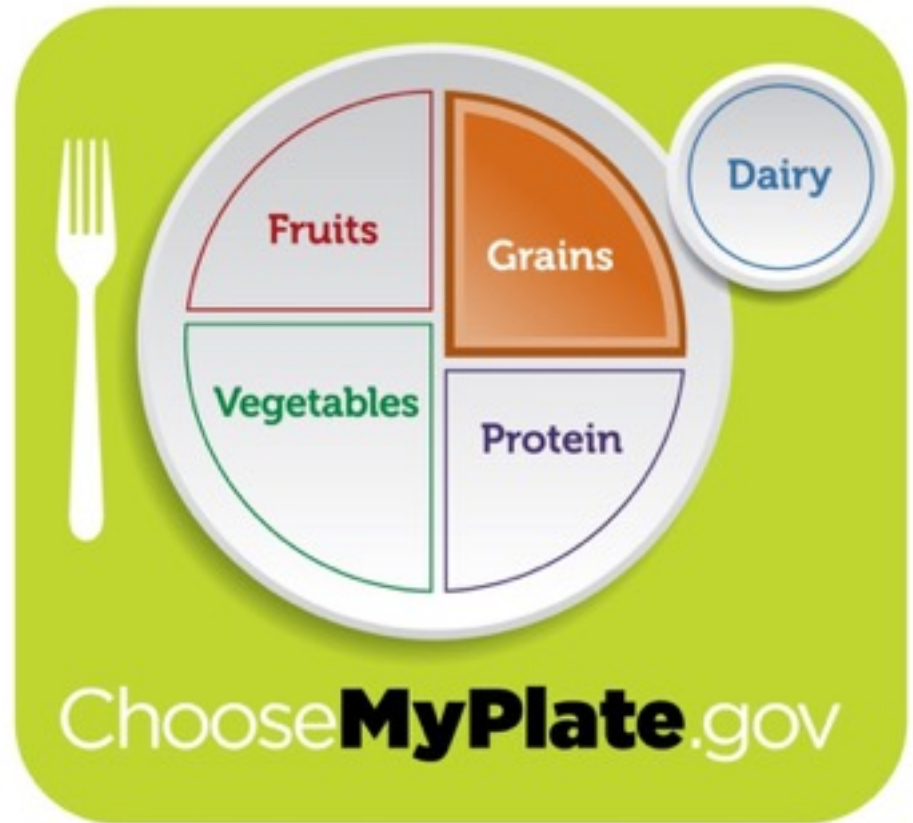




- For a personalized plan for YOUR calorie level, based on age, gender, height/weight, and activity level – and for ages 2 through 18 – visit www.choosemyplate.gov/myplate/index.aspx

Grains

Eat 6 “ounce-equivalents.” *



* Based on a 2,000 - calorie daily food pattern for ages 19 and over; amounts may vary depending on your calorie needs

Grains

Ounce-equivalents:

- ▶ 1 slice bread
- ▶ 1 cup ready-to-eat cereal (such as flakes)
- ▶ ½ cup cooked pasta, cooked rice, or cooked cereal



Rice photo courtesy of National Cancer Institute / Renee Comet, Photographer

Bread Serving Size



Guess the calorie difference!

20 Years Ago



1 cups spaghetti
with sauce &
3 small meatballs

Today



2 cups spaghetti
with sauce &
3 large meatballs



Guess the calorie difference!

500 calories



1,025 calories



525 more calories

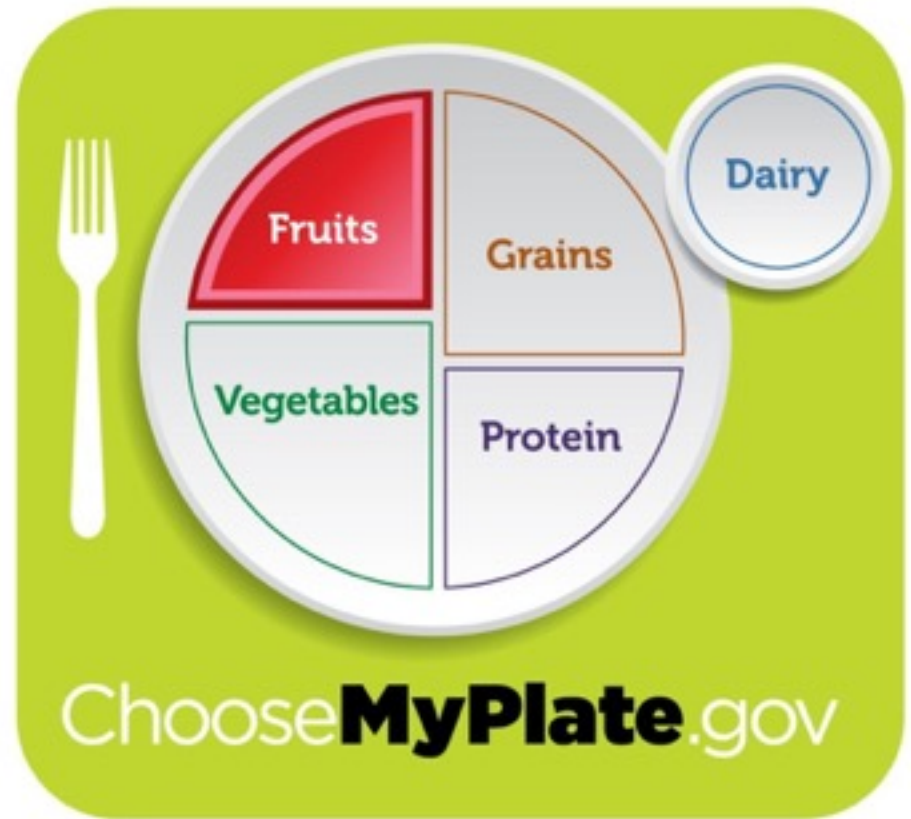


Portion size for 1 cup of pasta



Fruits

Eat 2 cups of fresh, canned, or frozen fruits.*



* Based on a 2,000 - calorie daily food pattern for ages 19 and over; amounts may vary depending on your calorie needs

Fruits

1 cup fruit equals:

- **1 cup fruit**
- **1 cup 100% fruit juice**
- **½ cup dried fruit**



1 Cup of Fruit



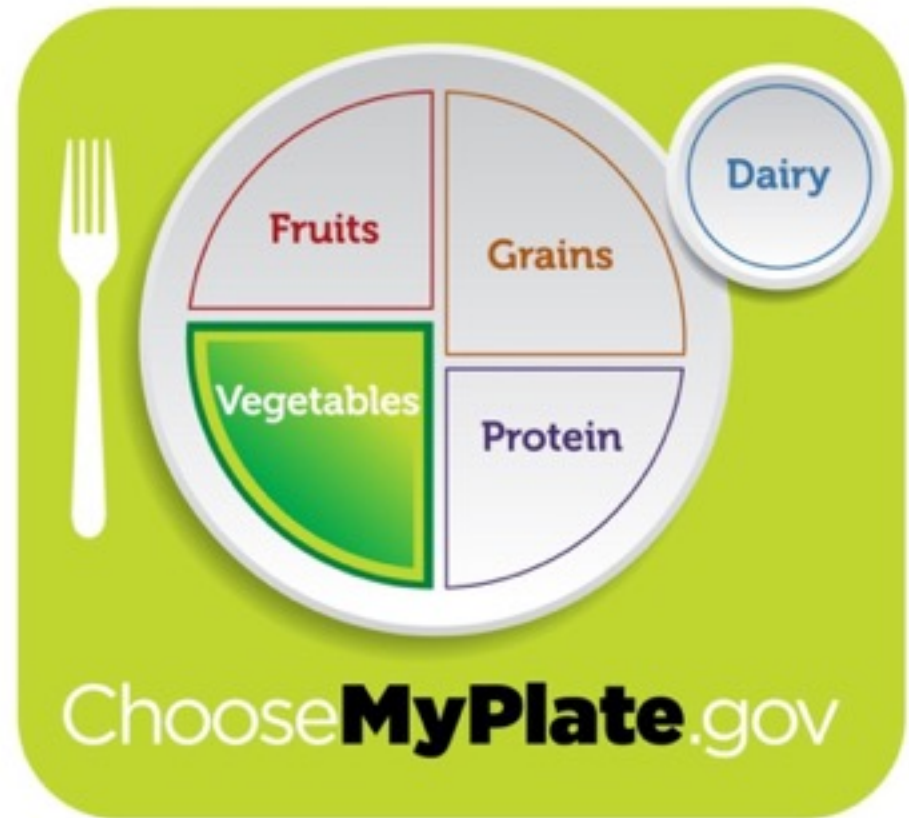
Fruits

Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.



Vegetables

Eat 2½ cups of fresh, frozen, canned vegetables, or an equivalent amount of dried/dehydrated vegetables.*



* Based on a 2,000 - calorie daily food pattern for ages 19 and over; amounts may vary depending on your calorie needs

Vegetables

2 cups of raw leafy greens
equal 1 cup of vegetables.

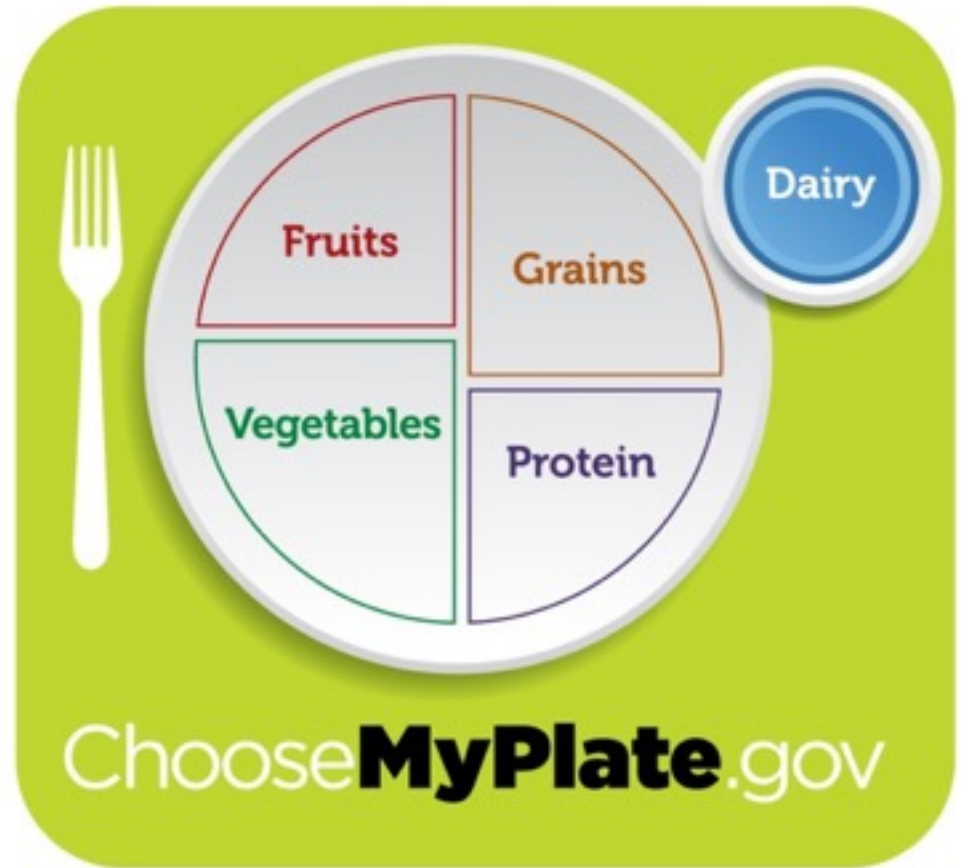


1 serving of salad



Dairy

Consume 3 cups of fat-free or low-fat milk (1%) or equivalent Dairy Group foods.*



* Based on a 2,000 - calorie daily food pattern for ages 19 and over; amounts may vary depending on your calorie needs

Dairy

1-cup dairy equivalents:

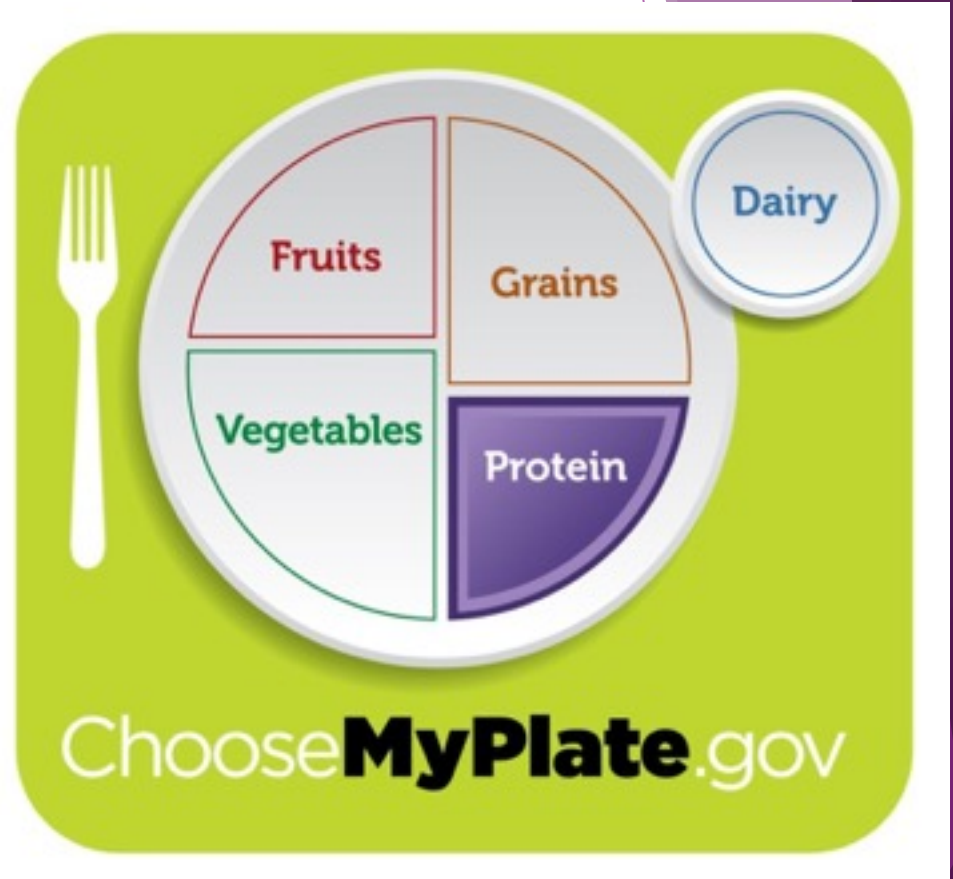
- ▶ 8 oz. milk (1 cup)
- ▶ 1 cup yogurt
- ▶ 1½ oz. natural cheese
- ▶ 2 oz. processed cheese
- ▶ 8 oz. calcium-fortified soy beverages



Yogurt photo courtesy of National Cancer Institute, Renee Comet, photographer

Protein

Eat 5½ oz.
(or equivalent)
of **LEAN** meat,
poultry, or fish.*



* Based on a 2,000 - calorie daily food pattern for ages 19 and over;
amounts may vary depending on your calorie needs

Protein

1-ounce meat equivalents:

- ▶ 1 oz. meat, poultry, or fish
- ▶ ¼ cup cooked beans or peas (does not include green beans and peas)
- ▶ 1 egg
- ▶ 1 tablespoon peanut or almond butter
- ▶ ½ oz. of nuts or seeds
- ▶ ¼ cup (about 2 oz.) of tofu
- ▶ ¼ cup roasted soybeans



1 serving = 3 ounces

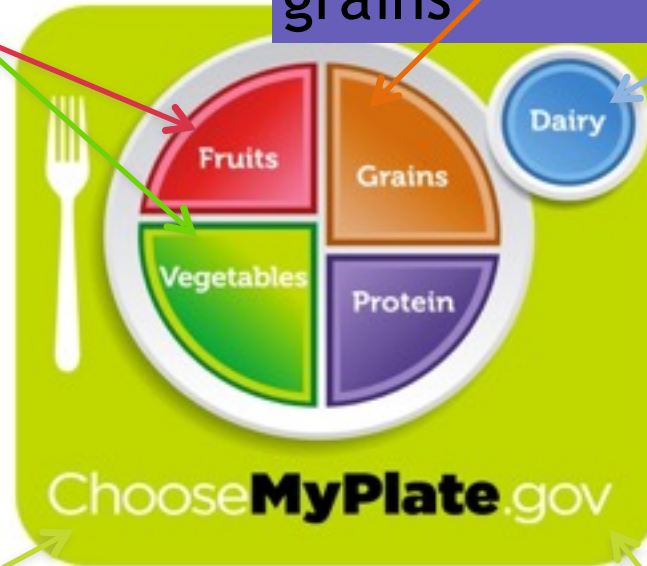


Key Messages of MyPlate

Make half
your plate
fruits and
vegetables

Make at least
half your
grains whole
grains

Switch to
fat-free or
low-fat (1%)
milk



Balance calories:

- Enjoy your food but eat less
- Avoid over-sized portions

Reduce:

- Sugary drinks by drinking more water
- Sodium

Limit Empty Calorie Foods

Empty Calorie Foods:
Foods with solid fats and/
or added sugars but little
nutritional value

► Limit solid fats

- Eat less butter, stick margarine, shortening, lard
- Eat less cakes, cookies, pizza, hot dogs, sausages, ice-cream
- Choose baked, steamed, or broiled rather than fried
- Limit foods with partially hydrogenated oils

High in solid fats	Healthier choice
<i>Regular ground beef (75% lean)</i>	<i>Extra lean ground beef (95% or more lean)</i>
<i>Fried chicken</i>	<i>Baked chicken (breast without skin)</i>
<i>Whole milk</i>	<i>Fat-free milk</i>
<i>Apple pie and ice cream</i>	<i>Fruit and yogurt parfait</i>

Healthy Snacking

To provide a healthy, satisfying snack, aim to include a source of protein and fiber at each snack opportunity. Below are healthy snack ideas that are rich in protein and fiber:

- ▶ Veggie sticks with hummus
- ▶ Whole wheat pita bread slices with hummus
- ▶ Banana topped with nut butter
- ▶ Greek yogurt served with fruit
- ▶ Cottage cheese topped with fruit or tomato slices
- ▶ String cheese and strawberries
- ▶ Apple slices served with a hard-boiled egg or a small handful of nuts
- ▶ Cooked egg with a side of fruit
- ▶ Whole grain crackers topped with turkey slices
- ▶ Smoothie made from Greek yogurt, milk, frozen fruit and spinach leaves

Get Moving!

How much physical activity should you do?



Recommendations can also be
achieved by **20-60 minutes** of
vigorous activity **3 days a week**

At least 2 days per week
do muscle strengthening exercises
that target all muscle groups, such as:



exercising
with weights



yoga



body weight
exercises, like sit-ups



Efforts should be made to reduce time spent in sedentary behavior each day



*"If exercise could
be purchased
in a pill, it would
be the single
most widely
prescribed and
beneficial
medicine
in the nation."*

— ROBERT H. BUTLER

Guess the calorie difference!

20 Years Ago



Today



Guess the calorie difference!

333 calories



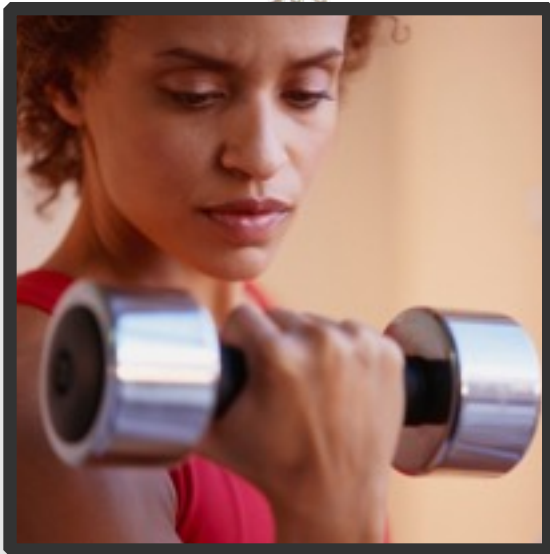
590 calories



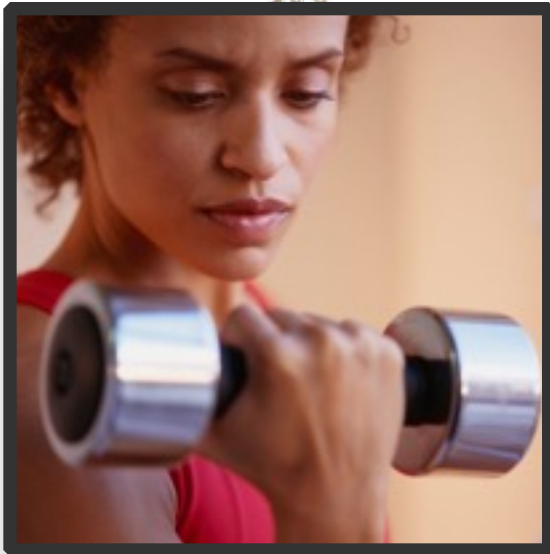
257 more calories



How long would you have to lift weights to burn 257 more calories?



How long would you have to lift weights to burn 257 more calories?



1 hour
and 30
minutes



Based on 130-pound person

Guess the calorie difference!

20 Years Ago



2.4 ounces

Today



6.9 ounces



Guess the calorie difference!

210 calories



610 calories



400 more calories



How long would you have to walk leisurely to burn 400 more calories?



How long would you have to walk leisurely to burn 400 more calories?



1 hour
and 10
minutes



Based on 160-pound person

DRINK WATER



SUGAR SHOCKERS

Drink Water instead of Sugary Drinks

WATER
16 oz.
0 calories
0 grams sugar

Why drink water?

Water plays an important role in your body's functions. Every system in your body depends on water:

- Regulates body temperature
- Lubricates joints
- Carries nutrients to cells
- Moistens tissues
- Helps flush out waste
- Protects organs

Drink	Volume	Calories	Sugar (grams)
100% JUICE SMOOTHIE	15.2 oz. bottle	▲ 100	60
LEMON-LIME SODA	20 oz. bottle	▲ 250	77
ORANGE SODA	20 oz. bottle	▲ 100	85
COLA WITH ICE	44 oz. cup ▲ 520 calories 28 oz. can, 6 oz. ice		128

Our sugar cube = 2.2 grams of sugar. *OCR Nutrition information is based on typical values for drinks shown and may vary by brand or formulation. The number of sugar cubes pictured are needed to fit around whole cube.

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Guess the calorie difference!

20 Years Ago



6.5-oz. soda



Today



20-oz. soda

Guess the calorie difference!

85 calories



250 calories



165 more calories



Keep an “eye” on your
food portion sizes



References

- ▶ Choose MyPlate at <http://ChooseMyPlate.gov>
- ▶ Alice Henneman and Amy Peterson University of Nebraska-Lincoln Cooperative Extension
“Prevent Portion Distortion” <https://food.unl.edu/fnh/portiondistortion>

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