



# Portion Control

Medical Weight Loss Module 2

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# How to focus on portion control

- Read food labels and monitor serving sizes. Please review module 1 to review this content
- Keeping a food log
- MyPlate strategy
- The following slides will outline these to a greater extent.

## WATCH PORTION SIZES

The infographic features a central 9-inch white plate with four red arrows pointing to specific portion guidelines. To the right, a hand is shown with blue circles and dashed lines indicating the size of a thumb, a closed fist, and a fist with the index finger extended. Various food items are shown next to these measurements: a slice of bread with butter, a bowl of nut butter, raw nuts, a closed fist, a fist with an index finger, and a variety of fruits. Text boxes provide additional context for each measurement.

- ▶ Use a 9" Plate
- ▶ Fill 1/2 your plate with non-starchy vegetables and fruit
- ▶ Fill 1/4 of your plate with lean protein 2-3 oz. cooked portion
- ▶ Fill 1/4 of your plate with whole grain or starchy vegetables

Enjoy butter or good quality oil with your meals. Your finger from your knuckle to tip is about how much you need.

One thumb size of natural nut butter or two thumbs of raw nuts.

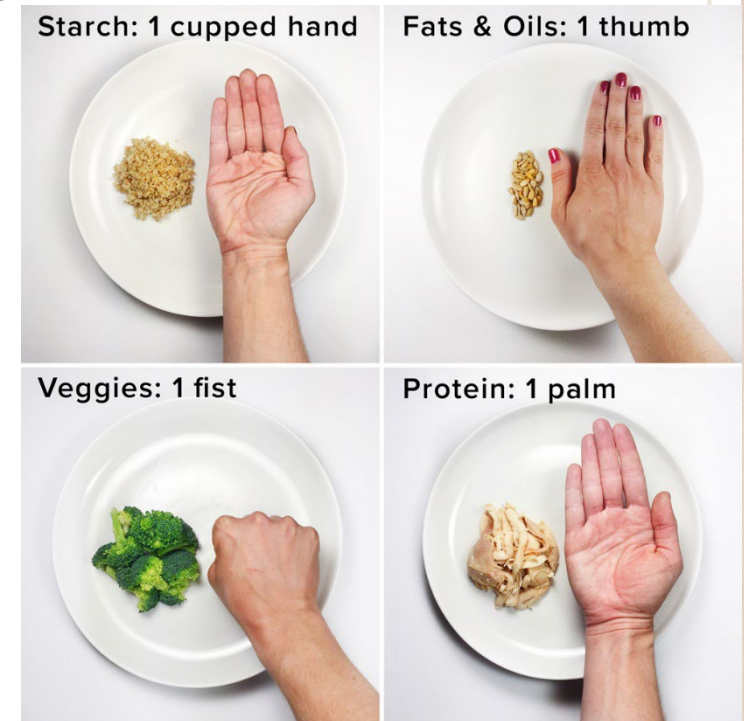
To avoid a blood sugar spike, enjoy a closed fist (1/2 cup) of slow digesting carbs like quinoa, yams or lentils.

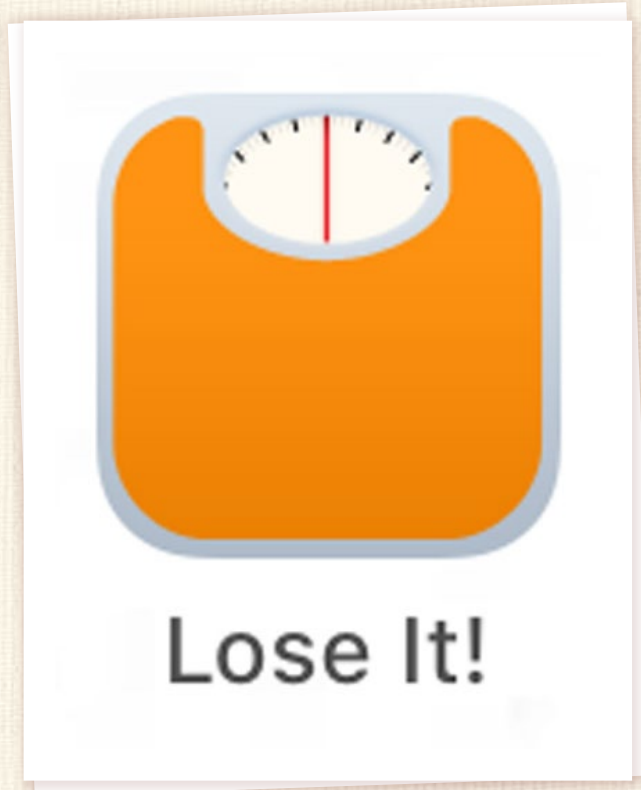
Include a protein with your meals about the size & thickness of your hand. If vegetarian, double up on a closed fist of veg. protein

Enjoy a closed fist serving size of fruit. This is also the serving size for vegetables.

# What is the Importance of Portion Control?

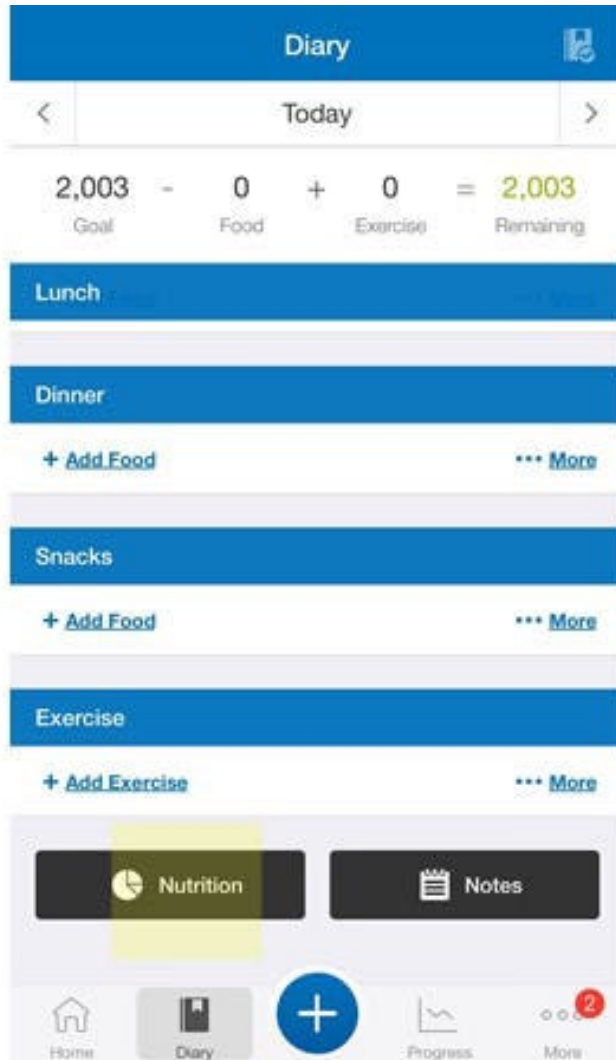
- To ensure one is not over OR under eating. If one is doing either it can work against weight loss
- Why is that? Think back to before we had access to grocery stores, we did not always have access to food. While our mind is aware of this, our body is not. Our body goes into “fight or flight,” or “survival mode.” Another wards, any food we take in when under eating, our body wants to store as fat, as it does not think we will have access to food within the next hour or even week.
- How to prevent this from happening? Make sure you are consuming adequate calories. Your dietitian or tracking applications may be able to calculate this for you.





# Applications to Utilize

# How to Navigate MyFitnessPal



Displayed is the main screen of MyFitnessPal. When beginning tracking, it can seem overwhelming.

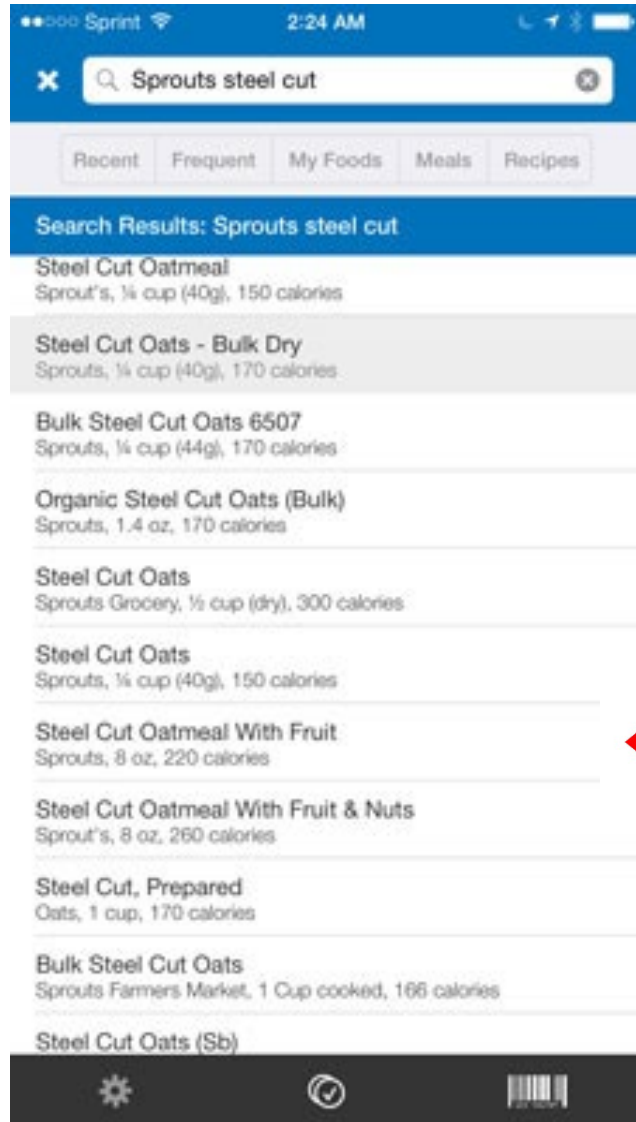
This will act as a guide to show how to use MyFitnessPal.

First, you will need to set up an account, where it will require height, weight, age, and how active you are to provide an accurate estimate for calories.

Following this it should bring you to the main screen of MyFitnessPal, such as the picture display.

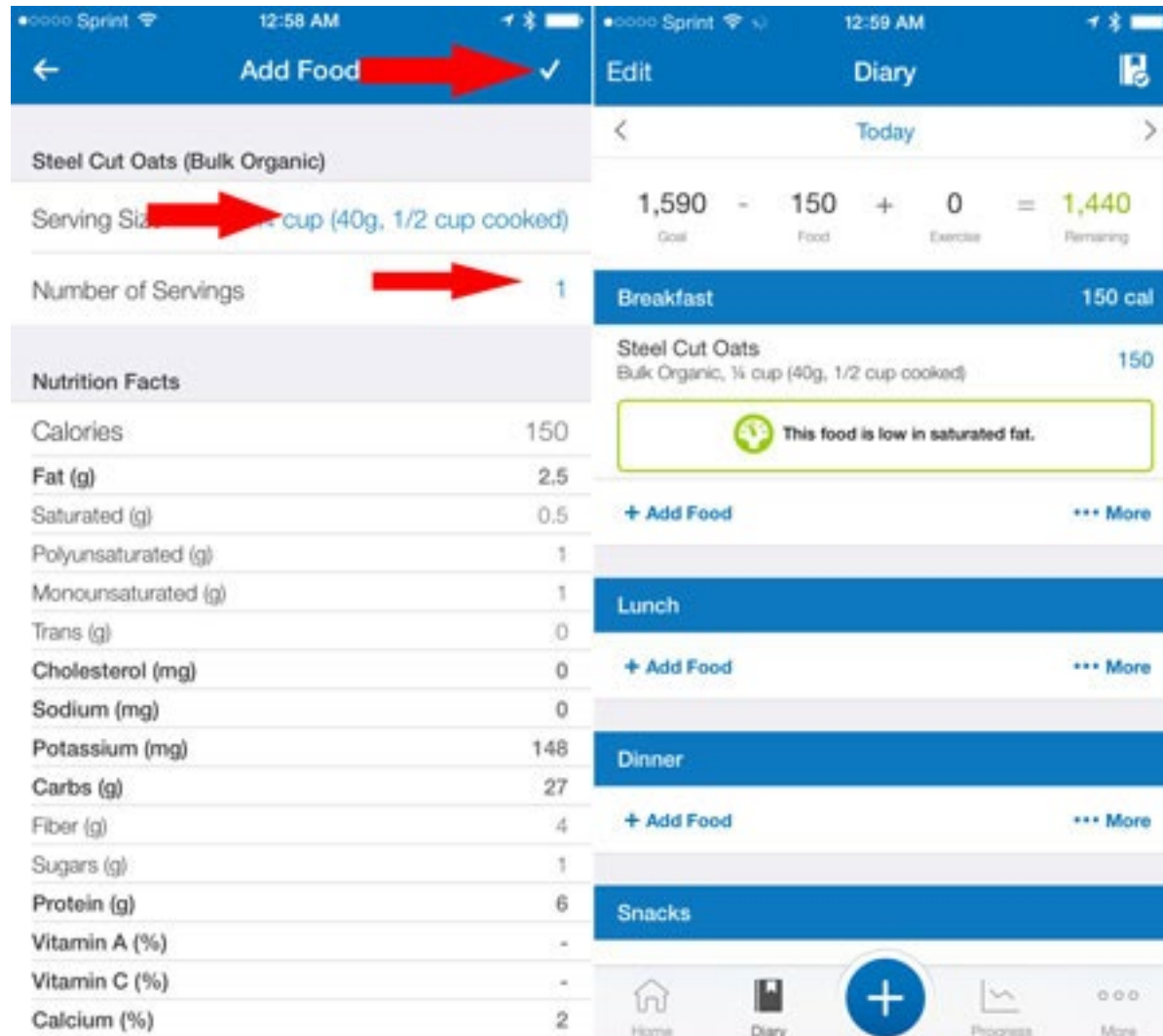
Now, how do you enter food into each meal? Click add food under desired meal.

# How to Navigate MyFitnessPal



- After you have selected the meal, the following screen will pop up.
- In the search bar you will type in the food you have consumed. In this example, it is “sprouts steel cut.”
- From here, we can see how each has high and lower calories, so pick one that is in the middle.
- For example, we see a high of 300 calories and a low of 150 calories. Select one closer to 225 calories, which here, would be 220 calories.

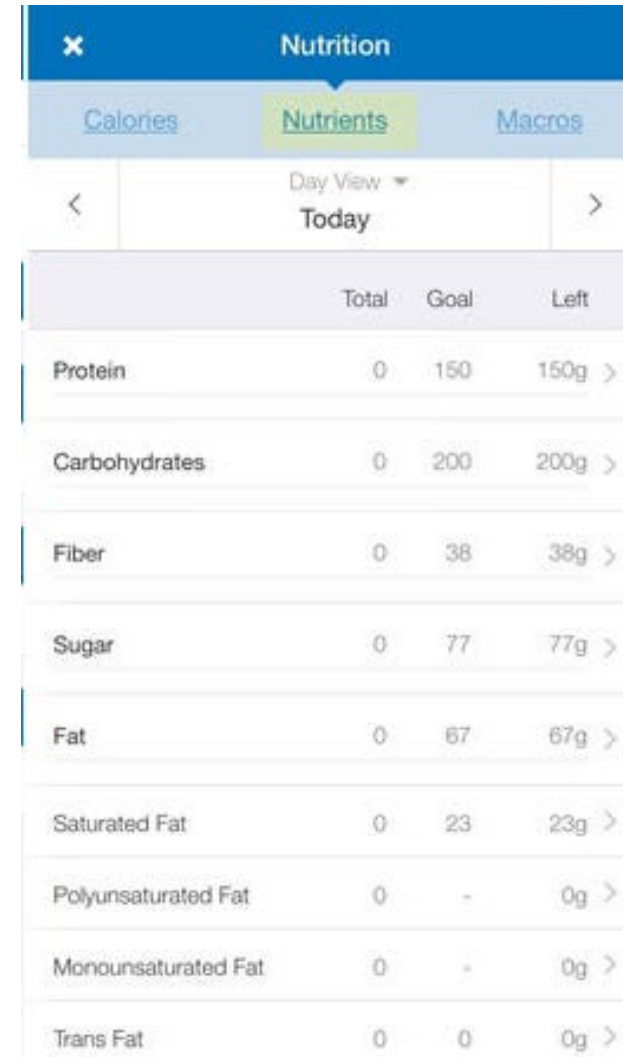
# How to Navigate MyFitnessPal



- Following this, it will bring you to the following screen.
- Here, you will be responsible for changing the serving size to the amount consumed.
- For example, our serving size was around  $\frac{1}{2}$  c and we had 1 serving. For this, we would make sure the correct data is entered.
- On the secondary screen, we can see the steal cut oats were added successfully.

# How to Navigate MyFitnessPal

- We can further explore the application by scrolling to the bottom of the screen, past snacks on the main page.
- There will be a button of the left side that says nutrition. This will lead you to the screen shown on this slide.
- This slide displays nutrients that are individualized for you. One should reach for the number underneath the goal. This will further guide you to consuming a balanced diet.



The screenshot shows the 'Nutrition' screen in the MyFitnessPal app. At the top, there is a blue header with a close button (X) and the title 'Nutrition'. Below the header are three tabs: 'Calories', 'Nutrients' (which is highlighted in green), and 'Macros'. Underneath the tabs, there is a 'Day View' dropdown menu and the text 'Today'. The main content is a table with columns for 'Total', 'Goal', and 'Left'. The table lists various nutrients with their current intake, goal, and remaining amount.

	Total	Goal	Left
Protein	0	150	150g >
Carbohydrates	0	200	200g >
Fiber	0	38	38g >
Sugar	0	77	77g >
Fat	0	67	67g >
Saturated Fat	0	23	23g >
Polyunsaturated Fat	0	-	0g >
Monounsaturated Fat	0	-	0g >
Trans Fat	0	0	0g >



# How to Navigate MyFitnessPal



If you were to swipe to the macros, located at the top of the page (highlighted in the slide,) it will bring you to a new screen.

This screen displays similar information for your larger, important nutrients, of carbohydrates, fat, and protein.

Again, it is important to reach for the goal set in the application to ensure your diet is balanced.

# What are Macronutrients?

- Macro, meaning large, thus, important nutrients in our body
- Made up of 4 nutrients, protein, fats, carbohydrates, and water (has no calories but should still be consumed in large quantities)
- RD or applications will often calculate your macronutrients for you
- Please meet with your dietitian to calculate macronutrient percentages

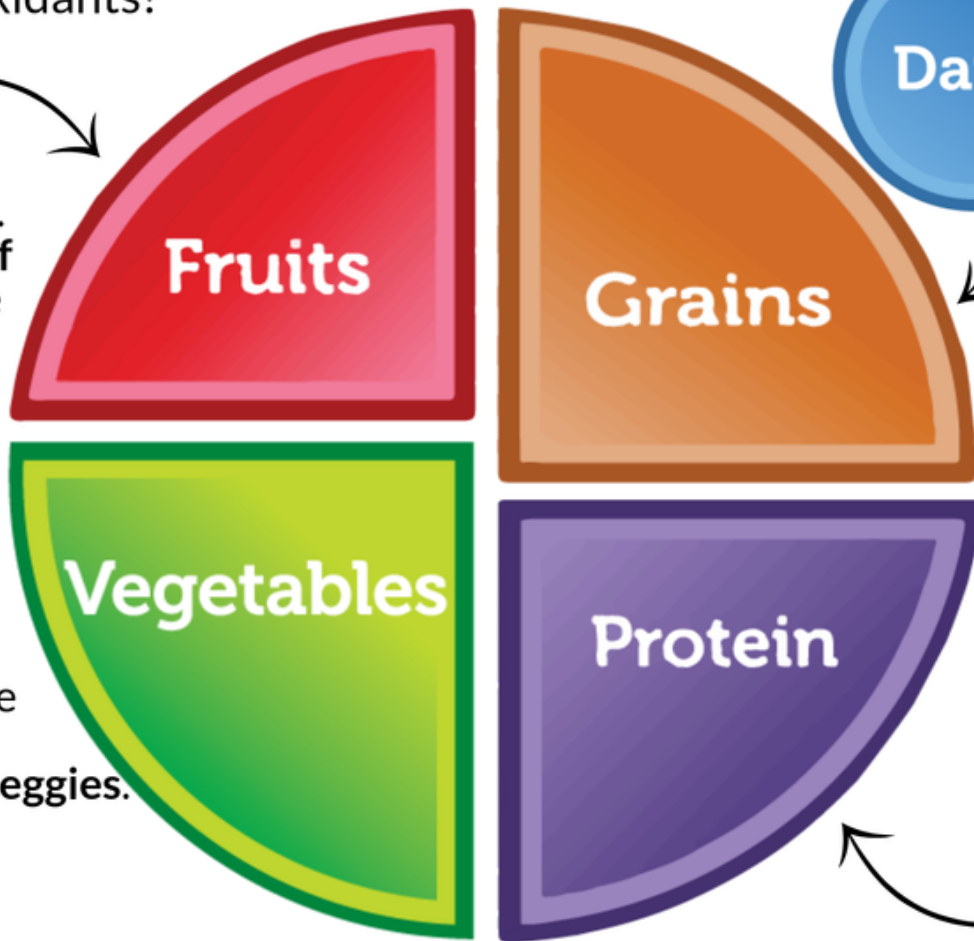
Macronutrients	Percentage	Example
Protein	10-35%	$1500 \text{ kcal} (.25) = 375 \text{ kcal} / 4 \text{ g} = 94 \text{ g protein/d}$
Carbohydrates	45-65%	$1500 \text{ kcal} (.5) = 750 \text{ kcal} / 4 \text{ g} = 188 \text{ g CHO/d}$
Fat	20-35%	$1500 \text{ kcal} (.25) = 375 \text{ kcal} / 9 \text{ g} = 42 \text{ g CHO/d}$

# MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

**Fruit:**  
Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

**Vegetables:**  
The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.



**Dairy:**  
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

**Grains:**  
Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

**Protein:**  
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

# MyPlate Summary



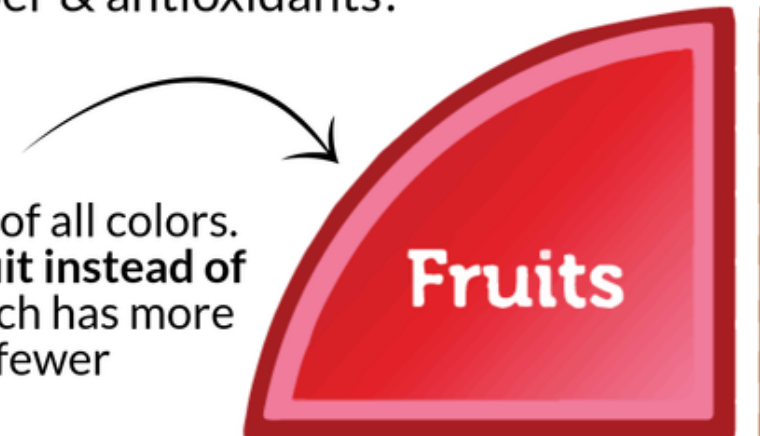
- MyPlate took place of the food pyramid, where this is more individualized. Ideally, this is how we would like ones plate to look at each meal
- This is a small, 9-10" plate. One can find paper plates this size at the grocery store, if size is not present at home
- There are 5 categories these include: Fruit, Vegetables, Grains, Protein, and Dairy
- If you are only consuming 2 categories at each meal, slowly start to add one new category each week or month. Remember all good things take time!
- Please note, nutrition is not about perfection, but an 80/20 balance. This means 80% of the time we eat nutrient dense foods, where 20% of the time we are allowed to enjoy those foods recommended to limit, such as refined carbohydrates (candies, cookies, donuts, etc.)
- MyPlate is meant for slow weight loss, of 1-2 pounds each week. Slow weight loss is more likely to stay off in the long run. When losing 10-15# within a months timeframe, it is more likely one will regain this weight.

# Fruit

- ¼ of your plate should come from fruit
- Each serving of fruit varies (see next slide)
- Limit fruit juice (unless 100% fruit juice) or fruit in high fructose corn syrup
- Each color of fruit offers different nutrients, so add a variety of colors to your diet
- 2 c of fruit daily is recommended based on a 2,000 calorie diet
- Fruit has natural sugar which is great for our bodies, do not limit from diet

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

**Fruit:**  
Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.



# Serving Sizes of various fruit

- Apple → 1 small or 1 clenched fist
- Banana → ½ large or 4 oz
- Grapes → 17 small or 3 oz
- Watermelon → 1 ¼ c
- Strawberries → 1 ¼ c
- Blueberries → ¾ c
- Raspberries → 1 c
- Blackberries → 1 c
- Pineapple → ¾ raw OR 1/3 c canned

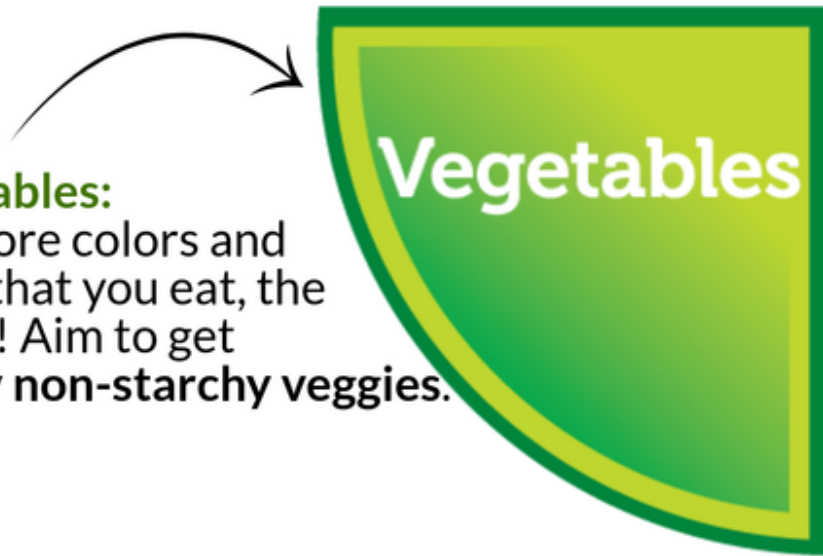


- Oranges → 1 medium or 2 cuties
- Cantaloupe →
- Dried fruit → 2 tbsp
- Kiwi → 1 large
- Pears → ½ large or 1 small
- Unsweetened applesauce → ½ c
- 100% fruit juice → ½ c
- Mango → 1 small or ½ large

# Non-Starchy Vegetables

## Vegetables:


The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.



- $\frac{1}{4}$  of your plate should come from non-starchy vegetables at each meal
- It should be noted that peas, corn, potatoes, acorn/butternut squash, and sweet potatoes are all **STARCHY**, these are not included within this category
- It is recommended to consume around  $2\frac{1}{2}$  c of non-starchy vegetable each day, for a 2,000 calories diet
- Eating fresh, frozen, and canned are all great options. If choosing canned goods, rinse them to eliminate half of the sodium content
- Try to consume a wide variety of colors of vegetables as each do provide different nutrients, similar to fruit!

# Non-Starchy vegetables


- Did you know that if you eat ½ c cooked vegetables it is the same serving as 1 c raw vegetables?
- Essentially what happens here is when you cook the vegetables, it will lose water content, however, the nutrients remain!
- 3 c lettuce is also equivalent to one vegetable serving, as lettuce is mostly made of water



**Eat the Rainbow**  
A Guide to a Healthy and Sustainable Diet

Eat a variety of colorful fruits and vegetables to ensure a balanced intake of nutrients. Use a rainbow of different colored ingredients in your meals for a visually appealing and nutritious meal.

RED	YELLOW	GREEN	WHITE	PURPLE
BEETS	APRICOTS	ARTICHOKES	BANANAS	BLACKCURRANTS
BLOOD ORANGES	BUTTERNUT SQUASH	ASPARAGUS	BROWN PEARS	BLACKBERRIES
CHERRIES	CANTALOUPE	AVOCADOS	CAULIFLOWER	BLUEBERRIES
CRANBERRIES	CAPE	BROCCOFLOWER	DATES	DRIED PLUMS
GUAVA	GOOSEBERRIES	CUCUMBERS	GARLIC	EGGPLANT
PAPAYA	CARROTS	ENDIVE	GINGER	ELDERBERRIES
GRAPEFRUIT	GOLDEN KIWIFRUIT	GREEN APPLES	MUSHROOMS	POMEGRANATES
RADICCHIO	GRAPEFRUIT	GREEN BEANS	ONIONS	PURPLE ASPARAGUS
RADISHES	LEMON	GREEN PEARS	PARSNIPS	PURPLE CABBAGE
RASPBERRIES	MANGOES	GREEN PEPPERS	POTATOES	PURPLE CARROTS
RED APPLES	PAPAYAS	GREEN PEPPERS	SHALLOTS	PURPLE FIGS
RED BELL PEPPERS	PINEAPPLES	KIWIFRUIT	TURNIPS	PURPLE GRAPES
RED CHILI PEPPERS	YELLOW APPLES	LEAFY GREENS	WHITE CORN	PURPLE PEPPERS
RED GRAPES	YELLOW BEETS	LEEKS	WHITE PEACHES	RAISINS
RED ONIONS	YELLOW FIGS	LETTUCE		PRUNES
RED PEARS	YELLOW PEARS	SNOW PEAS		
RED PEPPERS	YELLOW PEPPERS	SPINACH		
RED POTATOES	YELLOW POTATOES	SUGAR SNAP PEAS		
RHUBARB	YELLOW TOMATOES	WATERCRESS		
STRAWBERRIES	YELLOW			
TOMATOES	WATERMELON			
WATERMELON				





# Examples of Non-Starchy Vegetables

- Broccoli
- Cauliflower
- Lettuce
- Spinach
- Peppers
- Onions
- Brussel sprou
- Green beans
- Mushrooms



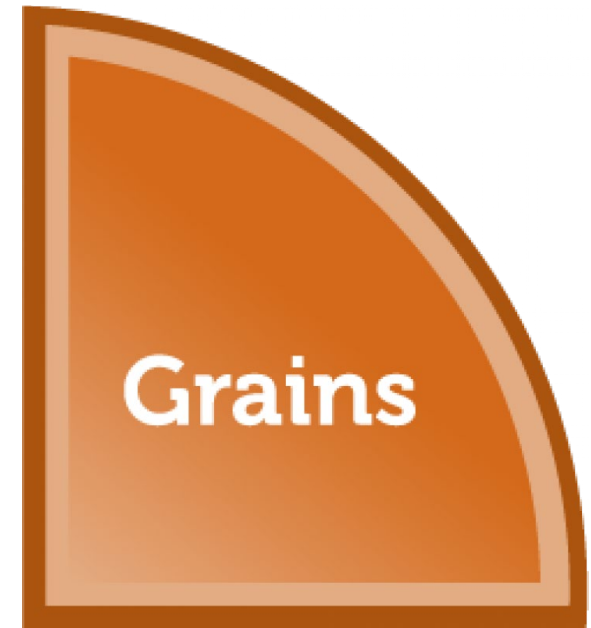
- Celery
- Carrots
- Beets
- Zucchini
- Asparagus
- Jalapenos
- Cabbage
- Eggplant
- Radish

COLOR	BENEFITS	PRESENT IN
GREEN	Helps in maintaining good vision. Reduces risk of Cataracts.	Kale, Spinach, Leafy greens, Lettuce, Peas, Kiwi fruit.
	Reduces risk of cancers like breast and prostate cancer.	Broccoli, cabbage, turnips, cauliflower, kale.
ORANGE	Powerful antioxidant. Reduces risk of heart disease and cancer.	Carrots, Pumpkin, Mangos, Apricots, Peaches.
	Help maintain good vision, teeth/bones and healthy skin. Also, powerful antioxidants.	Oranges, grapefruits, lemons, pears.
RED	Helps control high blood pressure. Reduces risk of cancers and heart attacks.	Tomato-based products, fresh tomatoes.
	Powerful antioxidants. Reduces risk of cancer, diabetes and Alzheimer's.	Strawberries, raspberries, red apples, cabbage.
BLUE	Powerful antioxidants. Reduce risk of cancer, heart disease, diabetes and age-related amnesia.	Blueberries, black berries, purple grapes, black currants.
	Powerful antioxidants. May slow effects of aging.	Eggplant, dried raisins, plums.
WHITE	Helps lower high blood pressure and high cholesterol. Reduces risk of heart attacks and cancer.	Garlic, onions, leeks, scallion, chives.

Benefits of consuming a variety of fruits and vegetables!

# Grains/ Carbohydrates

- $\frac{1}{4}$  of ones plate should come from grains or carbohydrates
- 50% of one intake should come from WHOLE grains, as this has fiber
- Women should consume around 30-45g carbohydrates at each meal
- Men should consume around 45-60g carbohydrates at each meal
- Carbohydrates are our bodies main fuel source in producing energy
- Starchy vegetables also fall under this category (peas, potatoes, corn, sweet potatoes, and acorn/ butternut squash)



# Grains/ Carbohydrates

- Did you know the ketogenic diet was created for children with epilepsy? Nutrition is very individualized, where this diet works for them.
- Since most adults do not fall under the category it is essential that carbohydrates are consumed at each meal
- Carbohydrates servings do vary with each product, each serving noted on the following slide has 15g carbohydrates



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# Serving Sizes for Grain/ Carbohydrates

- Rice → 1/3 c
- Pasta → 1/3 c
- Bread → 1 slice
- Oatmeal → 1/2 c
- Corn → 1/2 c
- Potatoes → 3 oz
- Peas → 1/2 c
- Bran cereal → 1/3 c
- Beans → 1/4 c
- Please note all items are subject to change and it is recommended to check food label



- Bagel → 1/4 large
- English muffin → 1/2 muffin
- Bun → 1/2 bun
- Animal crackers → 8
- Popcorn → 3 c
- Pretzels → 3/4 oz
- Puffed cereal → 1 1/2 c
- Pancakes → 2 small, 4"
- Tortilla wrap → 1/3 large

# How to Incorporate Whole Wheat into Diet



## Whole Grains to Pack in Lunchboxes



1 slice whole wheat bread



1 whole wheat tortilla



1/2 whole wheat English muffin



1/2 cup brown rice



1/2 cup whole grain pasta



1 small muffin



5 whole grain crackers



1 mini whole wheat bagel



3 cups popcorn



1 oz tortilla chips



1 cup whole grain cereal



1/2 whole wheat pita

# Limit Added Sugar Intake

- Monitor condiments, sauces, and marinades added sugar can be placed into these products
- Compare food labels to 50% less sugar to verify lower sugar content, as not all products offer lower sugar content
- Limit sugar sweetened beverages such as fruit or soda, sugary snacks, and candy
- Choose products without added sugar if able, always review food label to check sugar content
- Based on a 2,000 calorie diet it is recommend to consume around 10-12g sugar each product, to aim for 50 g or less of added sugar daily.

## Daily Added Sugar Limit

**MEN**



**WOMEN**



**No more than:**

**9 teaspoons  
36 grams  
150 calories**

**6 teaspoons  
25 grams  
100 calories**



# Tips to Reduce Sugar

- Look for sugar free alternatives
- If consuming sugar-free foods, please note these foods often contain sugar alcohols. If sugar alcohols are consumed in excess, diarrhea can occur
- When baking, try to search high protein, low sugar recipes on Pinterest. Often times recipes will come up that do taste well!



# Products Often High in Sugar

MYFOODDATA

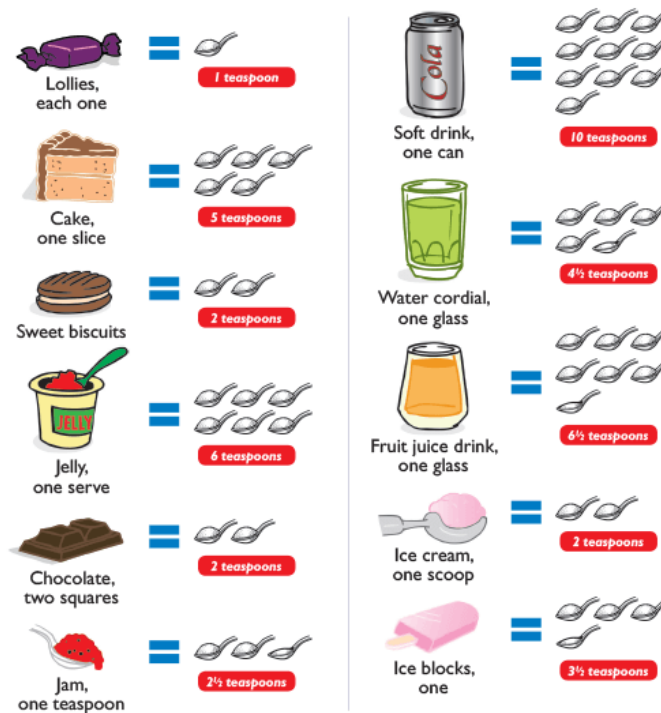
## Top 10 Foods Highest in Sugar (To Limit or Avoid)

<p><b>1 Dulce De Leche</b></p>  <p>151g (38 tsp) Sugar per cup 958 calories</p>	<p><b>2 Milkshakes (Blended with Candy)</b></p>  <p>85g (21 tsp) Sugar per 12oz cup 616 calories</p>
<p><b>3 Grape Juice</b></p>  <p>72g (18 tsp) Sugar per 16oz glass 304 calories</p>	<p><b>4 Sugary Drinks (Cream Soda)</b></p>  <p>66g (16 tsp) Sugar per 16oz bottle 252 calories</p>
<p><b>5 Cake with Coconut Frosting</b></p>  <p>64g (16 tsp) Sugar per slice 399 calories</p>	<p><b>6 Commercial Candies (Skittles)</b></p>  <p>47g (12 tsp) Sugar per 2.1oz bag 249 calories</p>
<p><b>7 Fortified Yogurt</b></p>  <p>47g (12 tsp) Sugar per cup 250 calories</p>	<p><b>8 Fast Foods (Hot Cakes with Syrup)</b></p>  <p>45g (11 tsp) Sugar per 3 pancakes 601 calories</p>
<p><b>9 Cereal Bars (Nutri-Grain)</b></p>  <p>39g (10 tsp) Sugar per bar 429 calories</p>	<p><b>10 Ready to Eat Cereals (Familia)</b></p>  <p>28g (7 tsp) Sugar per cup 473 calories</p>

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## The amount of sugar in common food items

1 teaspoon = 4 grams of sugar



CHST-HP-01 | 10 August 2015  
Original artwork developed by SK, Oral Health Services

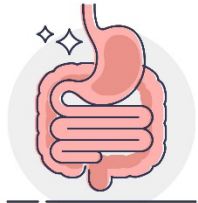
# Protein

- $\frac{1}{4}$  of ones plate should come from protein, with an emphasis on lean protein
- Typically  $\frac{1}{4}$  of ones plate would be equivalent to 3-4 oz (21-28g protein,) or the palm of one's hand
- Typically, 1 oz of meat is equivalent to 7g of protein, this can vary with meats
- Cut off the fat prior to cooking to reduce fat content
- Boil, steam, or bake your food rather than deep drying in oil, to reduce trans fat intake
- Red meat should be limited to x1-3/wk



# The Importance of Protein

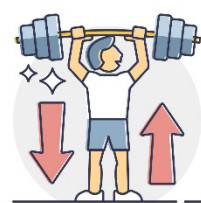
## FUNCTIONS OF PROTEINS



Digestive enzymes help facilitate chemical reactions



Antibodies support immune function



Support muscle contraction and movement



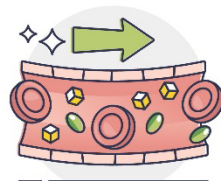
Support the regulation and expression of DNA and RNA



Provide support to the body



Hormones help coordinate bodily function



Move essential molecules around the body

- Protein plays an essential role with our bodies, such as regulating hunger, building muscle, and aids with our healing process
- Protein can also aid with regulating hunger. It should be noted that 5-6 small frequent meals each day are recommended to be consumed.
- Protein should be paired with a whole grain when attempting to regulate blood sugar, this allows for a more consistent and stable blood sugar reading
- How do you know if you are consuming adequate protein? Try keeping a food log for 3 days to obtain a baseline. Remember, online applications can calculate this for your or meet with your local dietitian

# Lean Protein Options Equivalent to 7g of Protein



## LEAN PROTEINS

*Healthy Options*

SOLE  
FLOUNDER  
COD  
HALIBUT  
MAHI-MAHI  
RED SNAPPER  
ORANGE RUFFY  
AHI TUNA  
SWORDFISH  
TILAPIA  
GROUPE  
CORVINA  
COBIA  
WHITE EGGS  
CHICKEN BREAST  
TURKEY BREAST  
LONDON BROIL  
TOP ROUND  
TURKEY  
LAMB  
PORK CHOPS  
GAME  
BISON  
TOFU  
TEMPEH  
SHELLFISH



- 1 oz of chicken/turkey (skinless)
- 1 oz of beef (85/15 or higher)
- 1 oz of pork loin
- 1 egg
- ¼ c cottage cheese
- ¼ c tofu
- ¼ c beans or lentils
- 1 oz of fish (most fish are lean proteins)
- ¼ c shredded, reduced-fat cheese

# Dairy



- 3 servings of dairy are recommended daily, based on a 2,000 calorie diet
- It is important to emphasize consumption of low-fat or reduced-fat dairy products
- Some products made be titled “light,” such as sour cream or cream cheese. Please note that serving would increase from 2 tbsp to 4 tbsp, when choosing light options for some products
- Limit products made with whole milk, such as ice cream, yogurt, cream cheese, or sour cream

**DARE TO COMPARE DAIRY'S**  
*Nutritional* **VALUE**

It takes  
3 cups of cooked *broccoli*  
to equal the calcium in  
1 cup of *milk*.

An 8-ounce serving of  
*low-fat plain yogurt*  
contains 490 milligrams of  
potassium; about the same  
as a *banana*.

An ounce of  
*hard cheese (like Cheddar)*  
contains 8 grams of protein;  
an *egg* contains 6 grams.

# Low-Fat Dairy Serving Sizes

- 0-1% milk → 1 c
- Low-fat/ reduced-fat Fairlife milk → 1c
- Greek yogurt (low in sugar) → 2/3 c
- Low-fat Cottage cheese → 1/4 c
- Reduced fat shredded cheese → 1/4 c
- Light cream cheese → 4 tbsp
- Light sour cream → 4 tbsp



**FAT FREE**  
*ultra-filtered milk*

Nutrition Facts	
About 6 servings per container	
Serving size <b>1 cup (240 mL)</b>	
Amount per serving	% Daily Value*
<b>Calories 80</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	<b>26%</b>
Vitamin D 5mcg	25%
Calcium 380mg	30%
Potassium 400mg	8%
Vitamin A 120mcg	15%
Riboflavin 0.25mg	20%
Vitamin B <sub>12</sub> 1.1mcg	45%
Phosphorus 270mg	20%
Magnesium 25mg	6%
Zinc 1.4mg	15%
Selenium 10mcg	20%

Not a significant source of iron.  
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Healthy Oils

- Oil are fats that are LIQUID at food temperature
- Oils are not listed under a food group and are not on MyPlate, however, they are still important to be consumed
- Oils that are recommend to choose 80% of the time include monounsaturated or polyunsaturated fats
- Saturated and trans fats are recommended to limit to 20% of the time
- Choose light options, you get more of the product, for less fat and calories
- Roughly one should have 1 tsp of butter, oils, or mayo. Other servings can vary to be around 2 tbsp. Review food label to confirm appropriate serving size



Fats

# Trans Fats



- Trans fat, essentially has more molecules that takes our bodies longer to break down
- For instance, imagine you are chopping down a tree and this is a large tree. It has taken you 8+ hours to chop it down. Well, eventually you are going to get tired and stop chopping the tree, right? Our body does the same thing for trans fats. We are working to breakdown the molecule, however, we get tired. Thus, we are going to store it as fat, and potentially get to it at a later time.
- To avoid our bodies from storing this as fat, we would want to limit trans-fat intake to 20% of our intake or less



# Foods High in Trans-Fat

- Margarine or shortening
- Fried foods, such as french fries, onion rings, or fried chicken
- Hydrogenated vegetable oils
- Desserts, such as cakes, brownie mixes, or ice cream bars
- Breakfast pastries
- *Look under the ingredient on products for “partially hydrogenated oils”*

## Foods That Contain Trans Fats

Anything that contains partially hydrogenated oils, such as:



**Buttered microwave popcorn**



**Pizza dough**



**Pastries and baked goods**



**Coffee creamers**



**Deep-fried chicken**

Tip: When frying foods, use healthier oils like coconut oil and olive oil.

# Saturated Fat

- Saturated fats are often the “middle man,” in terms of fats and oils
- While they are not the best choice, they are not the worst either
- Saturated fat should be limited to 7-10% or less of total daily calories
- Red meat does fall under this category, where recommendations do say to limit to this to 1-3 each week
- These are often found SOLID at room temperature



Nutrition Facts	
32 servings per container	
Serving size	1 Tbsp. (14g)
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 31mg	10%
Sodium 90mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Saturated Fat

- Similar to the log chopping example use on the trans-fat slide, saturated fat is broken down similarly
- Let's say we are chopping down a medium sized tree. We have been working towards chopping this down for 8 hours and we just finished it. Well our 8 hour work day is complete, we may store some in the shed, but some we may just leave to get the next day.
- Our body works very similar to this, it is able to breakdown the product. However, some is used or put into the proper place, while the rest is left for our body to use another day
- Again, we would want our body to limit using it for another day, as this will be stored as fat



# Foods High in Saturated Fat

## SATURATED FATS TO LIMIT

@thebitingtruth



Fat on meat



Processed meats



Pastries & Pies



Fried foods



Butter & Ghee



Coconut oil



Crisps



Icecream



Chocolate

- Beef
- Pork, such as bacon or sausage
- Baked goods
- Full fat dairy products (made with whole milk)
- Butter
- Coconut or palm oil
- Cheese, made with whole milk
- *Choose lean meat to reduce saturated fat intake*

# Monosaturated or Polyunsaturated Fats

- These include foods found as oils, that can be found as liquids at room temperature
- Foods that are made of oil include mayonnaise, certain salad dressings, and soft margarine that can be squeezed from a bottle
- These sources are often high in omega 3 and omega 6 fatty acids. These can be very nutrient dense

GOOD FATS	
MONOUNSATURATED FATS	POLYUNSATURATED FATS
<ul style="list-style-type: none"><li>▪ Olive oil</li><li>▪ Canola oil</li><li>▪ Sunflower oil</li><li>▪ Peanut oil</li><li>▪ Sesame oil</li><li>▪ Avocados</li><li>▪ Olives</li><li>▪ Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)</li><li>▪ Almond or other nuts butter</li></ul>	<ul style="list-style-type: none"><li>▪ Soybean oil</li><li>▪ Corn oil</li><li>▪ Safflower oil</li><li>▪ Walnuts</li><li>▪ Sunflower, sesame, and pumpkin seeds</li><li>▪ Flaxseed</li><li>▪ Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)</li><li>▪ Soymilk</li><li>▪ Tofu</li></ul>

# Foods High in Monosaturated or Polyunsaturated Fats

## PLANT BASED MONOUNSATURATED FATS SOURCES (MUFA)



(Serving size: 100 g or equivalent)

### OILS



HAZELNUT OIL  
78 G



AVOCADO OIL  
70.55 G



ALMOND OIL  
69.9 G



OLIVE OIL, EXTRA VIRGIN  
69.2 G



CANOLA OIL  
65.83 G



MUSTARD OIL  
59.19 G



SUNFLOWER OIL  
50.42 G



SAFFLOWER OIL  
44.79 G



SESAME OIL  
39.71 G



PALM OIL  
37 G



CORN OIL  
27.36 G



WALNUT OIL  
22.8 G

### NUTS/ SEEDS



MACADAMIA NUTS  
58.88 G



HAZELNUTS (BLANCHED)  
48.19 G



PECANS  
40.81 G



ALMONDS (BLANCHED)  
33.42 G



PEANUTS (DRY ROASTED)  
26.18 G



BRAZIL NUTS  
23.88 G



CASHEW NUTS  
23.79 G



PISTACHIO NUTS  
23.26 G

Source: USDA Food Data Central

- Avocados
- Nuts or seeds
- Nut butter
- Vegetable oils, such as olive or avocado oil
- Olives



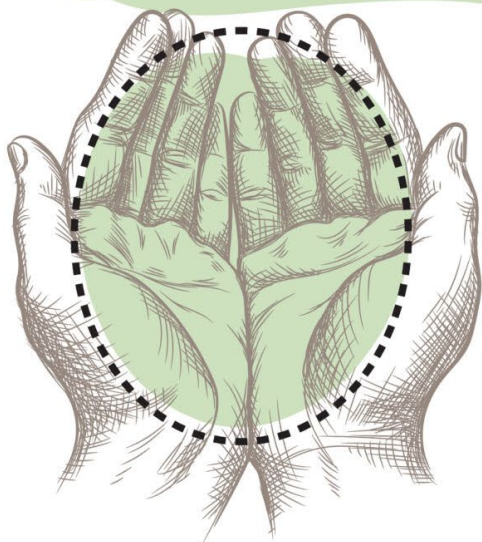
# FIST

CARBS SERVING  
ABOUT 1 CUP (150-200G)  
PERFECT PORTION OF RICE,  
FRUIT OR COOKED VEGETABLES



# TWO HANDFULL

SALADS SERVING (FRESH SPINACH, LETTUCE)



# FINGERTIP

FATS SERVING ~1 TEASPOON  
OILS, BUTTER OR MAYONNAISE



# CUPPED

# HAND

SNACKS SERVING  
ABOUT 1/2 CUP (50-80G)  
PERFECT PORTION OF NUTS  
OR DRIED FRUIT



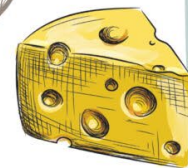
# PALM

PROTEINS SERVING  
ABOUT 100G (3-4OZ)  
PERFECT PORTION OF MEAT  
DOUBLE UP FOR VEGE PROTEIN








# THUMB

DAIRY SERVING  
ABOUT 2 TABLESPOONS  
SERVING SIZE OF CHEESE  
OR PEANUT BUTTER



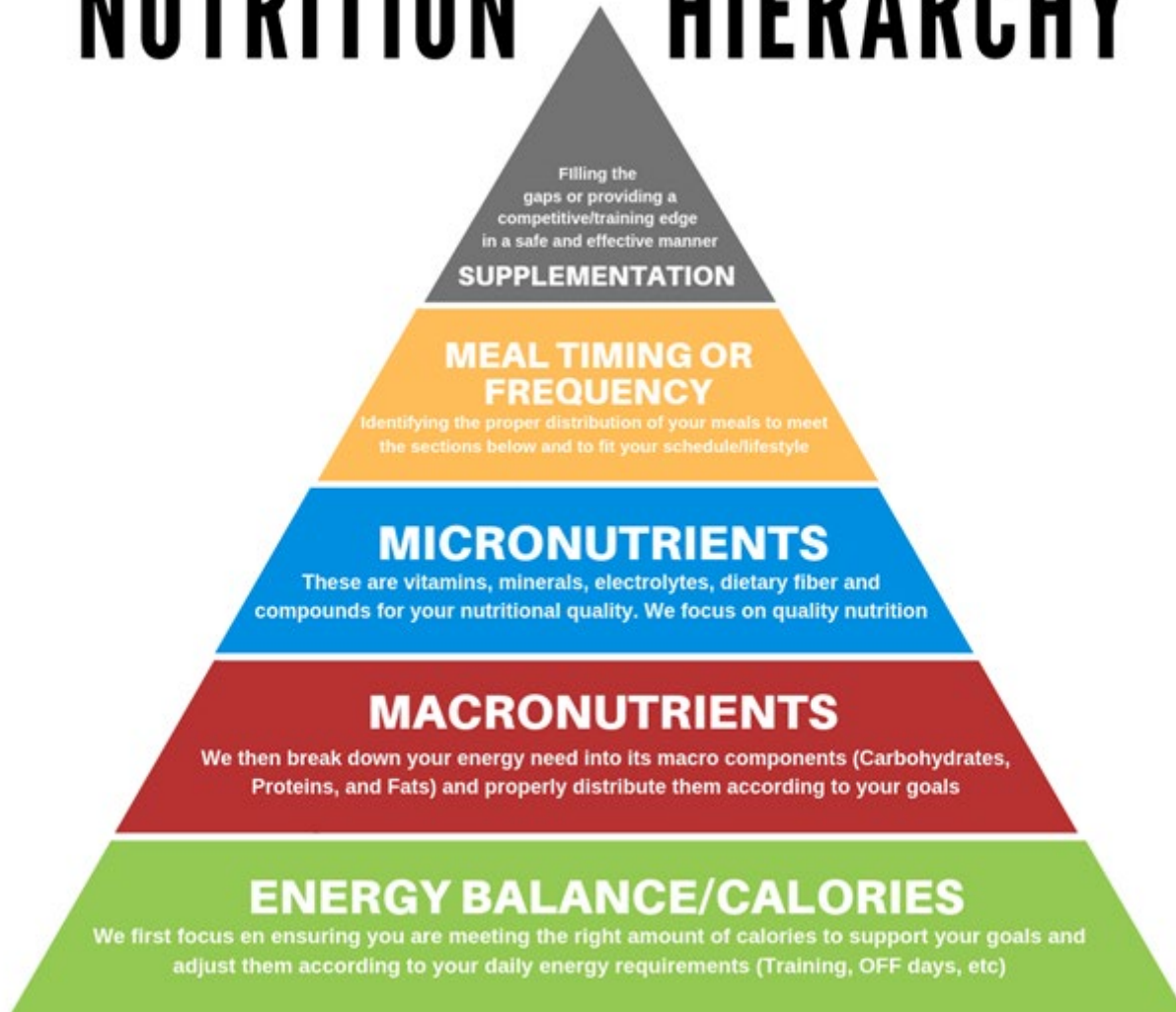
*With all the information reviewed, this is an easy way to portion out various foods using only your hand!*

# Summary of MyPlate

Vegetables	Fruits	Grains	Protein	Dairy
<p><b>Vary your veggies.</b></p> <p>Any vegetable or 100% vegetable juice counts as a member of the vegetable group.</p> <p>Fill half your plate with fruits and vegetables.</p>	<p><b>Focus on fruits.</b></p> <p>Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.</p> <p>Fill half your plate with fruits and vegetables.</p>	<p><b>Make at least half your grains whole.</b></p> <p>Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.</p>	<p><b>Go lean with protein.</b></p> <p>Keep portion to 1/4 of the plate.</p> <p>Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.</p>	<p><b>Get your calcium-rich foods.</b></p> <p>Remember to choose skim milk or 1% milk.</p> <p>Try nonfat yogurt.</p> <p>Keep choices low in fat, sodium and sugar.</p>
				



# NUTRITION HIERARCHY



## Setting Realistic Goals

- Everyone may be at a different stage in terms of their nutrition journey. Please review the hierarchy to find where you are today
- First, start from the green “energy balance/calories,” and then you will work your way to the top of the pyramid. Keeping a food log will allow you to see if you are meeting your calorie goal
- Remember, a food log can break down both the macronutrients and micronutrients for you
- With meal timing, please note it is recommended to have 5-6 small meals throughout the day, meaning eating every 2-3 hours
- The last portion would be supplementing as needed to ensure all requirements are met
- Pattern as followed; green, red, blue, orange, and grey