

# *Healthy Meal Planning*

Presented by

**CIGNA Employee Assistance Program**

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## 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

- Customized food pyramid: [www.MyPyramid.gov](http://www.MyPyramid.gov)
- 6 food groups
  - Grains
  - Vegetables
  - Fruits
  - Milk products
  - Meat and beans
  - Fats and oils



# What's in a Label?

<b>Nutrition Facts</b>	
1	Serving Size 1 cup (228g) Servings Per Container 2
<b>Amount Per Serving</b>	
2	<b>Calories</b> 250      Calories from Fat 110
	<b>% Daily Value*</b>
3	<b>Total Fat</b> 12g <b>18%</b>
	Saturated Fat 3g <b>15%</b>
	<i>Trans</i> Fat 3g
	<b>Cholesterol</b> 30mg <b>10%</b>
	<b>Sodium</b> 470mg <b>20%</b>
	<b>Total Carbohydrate</b> 31g <b>10%</b>
	Dietary Fiber 0g <b>0%</b>
	Sugars 5g
	<b>Protein</b> 5g
4	Vitamin A <b>4%</b>
	Vitamin C <b>2%</b>
	Calcium <b>20%</b>
	Iron <b>4%</b>
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories:      2,000      2,500
Total Fat	Less than 65g      80g
Sat Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g

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## Portion Control <sup>2</sup>

### Bagel

20 Years Ago



3-inch diameter  
140 calories

Today



??? calories

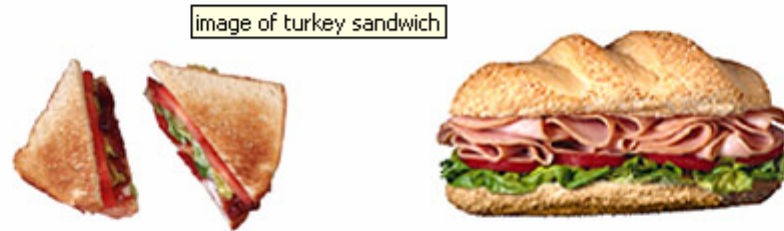
A bagel 20 years ago was 3 inches in diameter and had 140 calories. How many calories do you think are in today's bagel?

# Portion Control <sup>2</sup>

## 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?

# Portion Control 2

## 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 <sup>2</sup>

## Muffin

20 Years Ago

Today

Blueberry Muffin

Blueberry Muffin



image of small blueberry muffin



210 calories, 1.5 ounces

??? calories

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

# Portion Control <sup>2</sup>

## 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

## References

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