



Basic Components of Healthy Eating Handouts

Personal Healthy Habit Inventory

This inventory will give a general idea of your typical eating and physical activity habits.

1. Read each statement and think about your eating and physical activity habits.
2. Place a by the words that best describe *your* habits.
3. After completing the inventory, check your score.
4. Ask others in your household to take the inventory - both adults and kids.

General Habits

I sit at a table to eat meals	<input type="checkbox"/> always	<input type="checkbox"/> most of the time	<input type="checkbox"/> once in a while	<input type="checkbox"/> never
I turn off the TV during meals	<input type="checkbox"/> always	<input type="checkbox"/> most of the time	<input type="checkbox"/> once in a while	<input type="checkbox"/> never
I read food labels and limit foods high in saturated fats, trans fats, and sugars	<input type="checkbox"/> always	<input type="checkbox"/> most of the time	<input type="checkbox"/> once in a while	<input type="checkbox"/> never
I plan active time (physical activity)	<input type="checkbox"/> daily	<input type="checkbox"/> 3-6 days/wk	<input type="checkbox"/> 1-2 days/wk	<input type="checkbox"/> 0 days/wk

5 A Day Fruit and Vegetable Habits

I plan meals that include different colors of fruits and veggies (red, yellow, orange, white, green, blue and purple)	<input type="checkbox"/> always	<input type="checkbox"/> most of the time	<input type="checkbox"/> once in a while	<input type="checkbox"/> never
I eat at least 5 (and up to 9) servings of fruits and/or veggies a day	<input type="checkbox"/> daily	<input type="checkbox"/> 3-6 days/wk	<input type="checkbox"/> 1-2 days/wk	<input type="checkbox"/> 0 days/wk
I buy 100% fruit juice and fresh and unsweetened fruits	<input type="checkbox"/> always	<input type="checkbox"/> most of the time	<input type="checkbox"/> once in a while	<input type="checkbox"/> never

Snack Habits

**Include fresh fruits/veggies, lowfat dairy, lean proteins, and whole grains*

I keep a list of healthy snack choices* as a quick reminder	<input type="checkbox"/> always	<input type="checkbox"/> most of the time	<input type="checkbox"/> once in a while	<input type="checkbox"/> never
I keep my favorite healthy snack choices on hand at home	<input type="checkbox"/> always	<input type="checkbox"/> most of the time	<input type="checkbox"/> once in a while	<input type="checkbox"/> never
I keep my favorite healthy snack choices on hand at work	<input type="checkbox"/> always	<input type="checkbox"/> most of the time	<input type="checkbox"/> once in a while	<input type="checkbox"/> never
I limit nibbling by planning and setting times for snacks	<input type="checkbox"/> always	<input type="checkbox"/> most of the time	<input type="checkbox"/> once in a while	<input type="checkbox"/> never

Breakfast Habits

I have a plan for quick and easy breakfasts	<input type="checkbox"/> always	<input type="checkbox"/> most of the time	<input type="checkbox"/> once in a while	<input type="checkbox"/> never
I regularly grocery shop for breakfast foods	<input type="checkbox"/> always	<input type="checkbox"/> most of the time	<input type="checkbox"/> once in a while	<input type="checkbox"/> never
I eat breakfast	<input type="checkbox"/> daily	<input type="checkbox"/> 3-6 days/wk	<input type="checkbox"/> 1-2 days/wk	<input type="checkbox"/> 0 days/wk
I include whole grains at breakfast	<input type="checkbox"/> always	<input type="checkbox"/> most of the time	<input type="checkbox"/> once in a while	<input type="checkbox"/> never

Physical Activity Habits

I have less than 2 hours of TV or video game time	<input type="checkbox"/> daily	<input type="checkbox"/> 3-6 days/wk	<input type="checkbox"/> 1-2 days/wk	<input type="checkbox"/> 0 days/wk
I have support from friends or co-workers to be active	<input type="checkbox"/> daily	<input type="checkbox"/> 3-6 days/wk	<input type="checkbox"/> 1-2 days/wk	<input type="checkbox"/> 0 days/wk
I am physically active 30-60 minutes a day	<input type="checkbox"/> daily	<input type="checkbox"/> 3-6 days/wk	<input type="checkbox"/> 1-2 days/wk	<input type="checkbox"/> 0 days/wk

Cooking Healthy Tips

Cook Healthy...

All the flavor without the fat

Delicious taste without the salt

What?

Start with the basics

Use the five “how to” tips below, to make simple changes with the way you cook.

Five “How To” Cooking Tips

1. Use lower fat ingredients.
2. Trim and skim fat.
3. Reduce fat in baking.
4. Add flavor without salt.
5. Be creative with color and flavors.

Healthy Online Recipes

Delicious Decisions

The American Heart Association

<http://www.deliciousdecisions.org/>

The Virtual Grocery Store

The American Diabetes Association

<http://vgs.diabetes.org/recipe/index.jsp/>

How?

Tip #1. Use lower fat (and lower saturated fat) ingredients.

- Use olive or canola oil in place of other cooking oils.
- Substitute reduced fat versions or mozzarella cheese for regular cheese.
- Use reduced fat cream cheese (no fat cream cheese doesn't melt well, but is okay to use when heating isn't necessary).
- Try nonfat or reduced fat sour cream or nonfat yogurt.
- Use reduced fat mayonnaise and other salad dressings.
- Substitute skim for whole milk or half and half. If you want a little more richness, try evaporated skim milk.

Tip #2. Trim and skim!

- Buy lean and trim fat from meat before cooking.
- Rinse and drain cooked ground beef.
- With a spoon, skim fat off the top of soups, stews, and chili. Or, after cooking, put the soup in the refrigerator right away to chill. The fat will harden on the top and can be easily removed.

Tip #3. Reduce fat in baking.

Reducing fat in baked foods like cookies, breads, and cakes can be done, but may require a little experimenting to get the healthier product you like best! Have fun trying the following options:

- Substitute oil for solid fat, but in a smaller amount.

To determine the amount oil to measure, reduce the amount of solid fat by 25%.

For example, if the recipe calls for 1 cup of shortening, use 3/4 cup of oil.

- Substitute applesauce, prune puree, or pumpkin for some or all of the oil. (The pumpkin will give a different flavor to the product.)

Begin by replacing 1/2 the oil. For example, if a recipe calls for 1 cup of oil, use 1/2 cup of oil + 1/2 cup applesauce. If the product is good, the next time try a 1/4 cup of oil and 3/4 cup of applesauce.

Keep experimenting until you find the lower fat combination and product you like best.



Basic Components of Healthy Eating Handouts

Tip # 4. Add flavor without salt.

- When cooking, omit salt, or cut the amount in half.
- Rather than use seasoning salts, mix-up your own salt free spices and herbs.
- Substitute garlic powder for garlic salt; cut the amount in half.
- Substitute low sodium soy sauce for regular soy sauce.

Tip #5. Be creative with color and flavor.

Try the following ideas, or come up with some of your own.

Add flavor, not fat

- Add cran raisins, grapes, strawberries, or pineapple to low fat chicken salad.
- Mix it up! Mix 1/2-cup nonfat sour cream (or unflavored yogurt) with 1 teaspoon of dry mustard. Add chopped green onion and use a spoonful as a sauce for poultry.
- Salsa it up! Use salsa to replace sour cream or margarine as a baked potato topping.
- Use ideas from the professionals. An ordinary low fat turkey sandwich becomes a deli special when you toss some greens with a little nonfat Ranch Dressing, add slices of tomato, and put the “fixings” on a whole grain bun.

Add flavor, not salt

- Use chopped vegetables as a garnish and for flavor. For example, sprinkle chopped green and red peppers over a rice dish or sprinkle grated carrots over cooked green beans.
- In place of salt, squeeze lemon on fish or vegetables. A healthy flavor tip: purchase lemons on sale. Slice thinly and spread the lemon slices out on a clean baking sheet to freeze. Once frozen, place the slices in a freezer bag.

What?

Below, write the lower fat and salt changes you want to make.

If there are items you need to make the change, make a note of them, and add the ingredients to your grocery list.

Changes I want to make	Ingredients I'll need

References

The American Heart Association www.americanheart.org

The American Diabetes Association www.diabetes.org



Basic Components of Healthy Eating Handouts

Healthy Fat Tips

Fat Facts for Healthy Eating

Fat... What is good and what are the risks?

The good...

- Fat helps us absorb Vitamins A, D, E, and K.
- For infants and toddlers up to 2 years of age, fat is especially important.
- The taste of fat adds to our eating pleasure.
- Fat helps us feel full.

The health risks...

- Fat is a major source of calories! With too much fat, calories pile up quickly and add those extra pounds!
- Not all fats are created equally. While small amounts of monounsaturated and polyunsaturated fats are healthy, saturated fat, *trans* fat, and cholesterol raise “bad cholesterol” (LDL), increasing the risk of heart disease.

How?

Do you know?

Trans fat is created when food producers add hydrogen to an oil to make it a solid shortening. The process called hydrogenation, increases shelf life and helps maintain the flavor of the food in which it is an ingredient.

Source: FDA Consumer Magazine

Limit saturated fat, trans fats, and cholesterol

Saturated and *trans* fats can be found in some of the same foods, such as:

- Vegetable shortenings, some margarines (especially margarines that are harder).
- Crackers, candies, cookies, snack foods, fried foods, baked goods, and other processed foods made with partially hydrogenated vegetable oils.
- Coconut, palm, and palm kernel oil.

High amounts of saturated fat are found in animal products, such as

- High fat beef and pork and chicken skin.
- Butter, whole milk, and cheese.

Foods high in cholesterol include:

- Liver, other organ meats, egg yolks, and dairy fats.

Choose sources of polyunsaturated and monounsaturated fats:

Sources of polyunsaturated fats:

- Oils: safflower, sesame, soy, corn and sunflower-seed.

Sources of monounsaturated fats:

- Oils: Olive, canola and peanut oils.

In addition, the following foods have high polyunsaturated and monounsaturated fat content:

- Avocados, olives, nuts, and seeds.

Do you know?

Both polyunsaturated and monounsaturated fats may help lower your blood cholesterol level when you use them in place of saturated fats in your diet. But a moderate intake of all types of fat is best.

What is a moderate amount of fat intake?

For most adults, MyPyramid recommends 6-7 teaspoons of oils per day.

For individualized guidelines, refer to MyPyramid www.mypyramid.gov.

“Dietary Guidelines for Americans” recommend for a 2000 calorie diet, 20 grams or less per day of saturated fat.

For individualized guidelines specific to saturated fat intake, refer to the Dietary Guidelines www.health.gov/dietaryguidelines/dga2005/document/html/chapter6.htm



Basic Components of Healthy Eating Handouts

How?

Identify sources of saturated and *trans* fat in your diet.

Choose to have less *and* make healthy substitutions.

Place a checkmark by the foods below that may be sources of a significant amount of saturated and *trans* fat in your diet. Review and circle the lower fat substitutions you can make:

Saturated/trans fat in my diet

- Whole milk or 2% milk
- Ice cream
- Cheese
- Sour cream
- Cream cheese
- 1/2 & 1/2 for coffee
- Butter
- High fat meats such as ribs, lunch meats, pork rinds, bacon, & sausage
- High fat baked foods such as cookies, pies, cakes
- Foods fried in shortening or lard

Substitutions I can make

- 1%, 1/2% or skim milk
- Low fat frozen yogurt or ice milk
- Low fat cheese
- Light or no fat sour cream
- Low fat or no fat cream cheese
- Light/no fat coffee creamer
- Whipped or liquid margarine
- Low fat meats such as lean beef, fish, lean pork, and skinless chicken
- Low fat baked foods such as angel food cake, crust less pies, & cookies
- Foods baked or cooked in small amounts of oil

Planning ideas that will help me make the switch to low fat (i.e., put low fat items on my grocery list or find low fat recipes):

How?

“Break open the case” on YOUR fat factors.

Are any of the following scenarios adding fat to your day?

Are you tempted by gooey buns, “mega muffins” or donuts at work because you haven’t eaten breakfast?

Solution: Plan to eat a healthy breakfast. It will help fortify your will power and give your brain a boost!

Are you on the fast food track for lunch? Are chips and sandwiches or hamburger and fries standard fare?

Solution: Head to the deli shop and choose the lean beef, ham, turkey, or chicken on whole grain bread. Keep small packs of tuna and whole wheat crackers handy for the times when you are caught without a healthy choice.

Do you come home from work stressed or ravenous? Do you head for food the moment you walk in the door; maybe reach for the chips, cookies, or anything in sight?

Solution: Consider a) some stress reduction techniques like sitting down to relax for a few moments; b) keeping more healthy food options handy such as baby carrots, pretzels, or fresh fruit.



Basic Components of Healthy Eating Handouts

What is the fat factor in your salad bar choices? Do you pile on the cheese, bacon bits, meat salads with gobs of mayo, and oodles of dressing, too?

Solution: It is easy for a healthy salad bar to turn into a pit stop for fat overload without some thought given to the fat factors. Go light on high fat toppings.

Below, identify some of the “Fat Factors” in your day, the changes you want to make, and thoughts about how to make the change:



Basic Components of Healthy Eating Handouts

Healthy Tips for Eating in Restaurants and Getting Takeout

The two biggest hurdles you face when eating out are the huge portion sizes and the high-fat, high-calorie contents of the food. Just one restaurant meal can contain over 1,500 calories and close to 100 grams of fat! Here are some tips for clearing those hurdles.

General strategies

- Many restaurants, including fast food chains, provide nutritional information about their menus on their websites. Check these out *before* you visit.
- Ask for explanations of vaguely worded or unfamiliar items on menus.
- Start your meal off with a salad. Choose reduced-fat dressings or get the dressing on the side and just dip your fork into it instead of pouring it on.
- Order at least one vegetable.
- Ask for whole-grain bread and brown rice instead of their white counterparts.
- Take a walk before or after dinner. You're already out of the house - why not walk around the shopping center, a nearby park, or downtown?
- Be aware of how your "eating out" plan impacts your Food Pyramid, calorie, and fat intake.
- Choose to reduce the amount of fast food you have in your diet.

Beating the portion problem

The problem with large portion sizes is that no matter how healthy the food is, if you eat too much you will most likely gain weight. Here are some strategies to avoid overeating when the portion sizes are large:

- Share a meal with someone else.
- Box up part of the meal to take home. In fact, ask for a doggie bag *before* you start eating, and put everything aside *except* the amount you choose to eat.
- Stop eating as soon as you're full – don't hesitate to leave something on your plate.
- Try creative ordering: Order something from the appetizer menu instead of an entrée, perhaps along with a vegetable side dish, salad, or cup of soup.
- Eat slowly and savor it. It takes about 20 minutes for your stomach to send a "full" signal to your brain.

Beating the calorie and fats problem

In contrast to the portion problem, even normal size portions can cause you to gain weight if they are loaded with hidden fat and calories. Here are some ways to beat this challenge:

- Many restaurants offer "light" items on their menu, or lighter (reduced fat) versions of their regular entrées. Challenge yourself to choose these healthier options.
- Choose fish or chicken over red meat.
- Ask to have food prepared without the butter or cream sauce, or other rich sauces.
- Avoid entrées with words such as *creamed*, *cream of*, *fried*, *sauteed*, *super-sized*, *biggie*, *battered*, *buttered*, and *old-fashioned* included in their name.



Basic Components of Healthy Eating Handouts

- Opt for *baked, grilled, steamed, roasted, poached, lite, heart-smart, heart-wise, broth-based, reduced calorie, and reduced fat* foods.
- Stick with restaurants that allow healthy substitutions. For example, substitute a vegetable or side salad for the french fries, or have an item grilled instead of fried.
- Remove some of the more fattening and unhealthy ingredients from your meal. Remove the skin from poultry, and trim the fat from all meat. Put aside some of the cheese in Italian and Mexican dishes.
- Scrape away some sauce from creamy dishes.
- Avoid regular sodas - they contain high amounts of sugar. Instead, choose diet sodas - or even better, water or sparkling water with a wedge of lime, lemon, or orange.
- If you're having alcohol, choose wine or light beer, and drink in moderation.
- If you're having dessert, choose fruit-based items or sorbets, and/or share with someone else.
- If you're having pizza, choose thin crust with a lot of vegetables or even go "cheeseless." Ordering *extra* vegetables will allow you to fill up on fewer slices, and eat less cheese and bread.

What are three ways you will make healthier choices when eating out?

1. _____
2. _____
3. _____

Basic Components of Healthy Eating Handouts



Telephone Seminar Evaluation

Please complete this form and fax it to 1.952.996.2702, or email it to sue.weinberger@cigna.com

Your company: _____

Seminar date: _____ Company city, state: _____

Presenter: _____ Title of seminar: _____

Please state your agreement/disagreement with the following statement using this scale.

4 Strongly Agree	3 Agree	2 Disagree	1 Strongly Disagree
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1. SEMINAR CONTENT:

- | | | | | |
|--|---|---|---|---|
| a. The information I received was helpful. | 4 | 3 | 2 | 1 |
| b. The seminar met the stated objectives. | 4 | 3 | 2 | 1 |

2. SPEAKER EVALUATION:

- | | | | | |
|---|---|---|---|---|
| a. The speaker presented the information clearly. | 4 | 3 | 2 | 1 |
| b. The speaker responded well to participants. | 4 | 3 | 2 | 1 |
| c. The speaker was knowledgeable on the subject. | 4 | 3 | 2 | 1 |

3. Overall I was satisfied with the seminar presentation. 4 3 2 1

4. What part(s) of the seminar did you like best, and why?

5. What part(s) of the seminar did you like least, and why?