Nutrition ACTION Plan

A Worksheet for Walkers

Phase 1: The Right Foods

Phase 2: The Right Amounts

Phase 3: The Right Time

Phase 4: Pulling it All Together

Phase 5: Staying on Track

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Phase 1: The Right Foods

Shopping Guidelines

- Make a list (see shopping list)
- Do not shop when you are hungry
- Shop the perimeter first (fruits, vegetables, dairy, grains)
- Add nothing more to your cart at the till
- Avoid high fat, sugar aisle (pop, candy, snack food)
- Hint: For more tips see **Supermarket Smarts Handout**[1]

Fruit & Vegetable

- Benefits: vitamins, minerals, fiber, carbohydrates for energy, protect against aging and cancer
- Choose: dark green, orange, yellow, red

Try it Out: Weekly rainbow of fruits and vegetables

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Red	ie. Red bell pepper						
Yellow							
Green		Zucchini Romaine lettuce					
Purple							
Orange							

[1] Supermarket Smarts – www.dietitians.ca

Meat & Meat Alternatives

- Benefits: protein for repair, recovery and growth, iron
- Choose: lean meats, fish, chicken, Tofu, eggs, peanut butter, nuts, seeds, beans
- Try it: Have a Vegetarian Day (no meat)

Grains, Breads, Cereals

- Benefits: energy from carbohydrates, B vitamins for energy metabolism, fiber to reduce heart disease and keep bowels working
- Choose: whole wheat breads, pitas, bagels and rolls, whole wheat pasta, noodles, rice, high fiber hot and cold cereals

Milk & Calcium Sources

Benefits: calcium and other minerals for bone health, muscles to work
Choose: calcium fortified soy foods and beverages, low fat milk, cheese and yogurt

Weekly Shopping List

Fruit & Vegetables	Meat & Alternatives	Grains, Cereal, Breads	Milk & Calcium	Other
- 1 Eggplant - 4 Red bell peppers	- 4 Skinless chicken breast	- Raisin Bran Cereal	- 1 Skim milk	- Salsa - mustard

ACTIVITY - Try it: Scavenger Hunt

Hint: Use **Best Bites Tips** below and find treasure in the aisles

Granola Bars

< 3 g fat per bar
Nature Valley (hard)
Kashi
Fiber One
Nutrigrain

Cereal

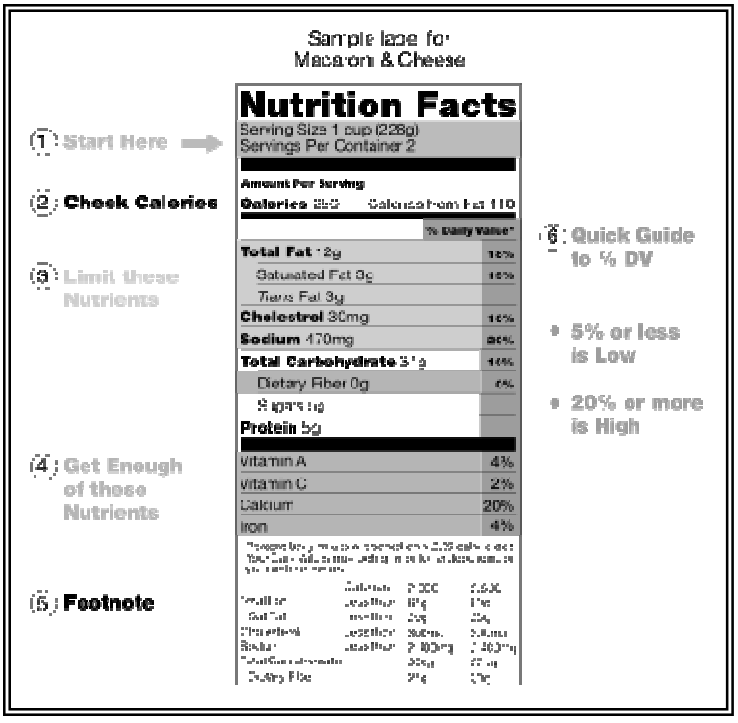
< 2 g fat
> 4 g fiber per serving
< 10 g sugar
Optimum, Kashi, Raisin Bran, Bran Flakes, Spelt Flakes
Mix cereal, 1/2 Cinnamon Toast Crunch, 1/2 Kashi

Crackers

No Greasy residue on hands
> 2 g fiber/ /30 g serving
Whole grain, whole wheat listed as first ingredient
No hydrogenated oil on ingredient list
Wasa, Ryvita, Finn Crisps, Triscuits, Melba Toast, Grains First

Yogurt

Low fat or fat free, less than 4 g
No added sugar, less than 30 g
6 g Protein
At least 30% daily value calcium
No fillers like high fructose corn syrup or colorings
Try plain & add fresh fruit
Olympic, Astro, Silverfarms, Stoneyfield, Dannon, PC, Yoplait



ACTIVITY – Try It: Grocery Store Scavenger Hunt

Food	Clue	What treasure did you find?
cereal	Find a cereal that has less than 10 g sugar Hint: look on nutrition label	ie. Fiber one Write brand names and food you found
	Find a cereal that has over 4 grams of fiber	
Crackers	Find crackers with NO hydrogenated oil in ingredient list	
Yogurt	Find a yogurt with over 30% of your daily value (DV) for calcium	
Cheese	Find a cheese labelled light or less that 18% milk fat (MF)	
Bread	Find a bread with over 4 grams of fiber per serving	
	Find a bagel and bun that is 100% whole wheat.	

Phase 2: The Right Amount

Just Right for You: It's all in your hands[2]

Hydration

- Best Choice = Water
- Benefits: regulate body temperature, shuttle nutrients around body & waste out of body, prevent hunger
- 70% of human body = water
- 2% dehydration can impact exercise
- At least 2 L per day

ACTIVITY - Try It: Your Hydration Checklist

Breakfast	2 cups water	1 oz. 28 grams
Lunch	2 cups water	√
Mid afternoon	1 cup water	
Before exercise	11/4 - 2 cups	
During exercise	3-4 large gulps every 15 minutes	
After exercise	2-3 cups within 1 hour	
Evening	1 cup water	

Hint: Don't like to drink water? Try adding a squeeze of lemon juice or drinking tea. Have a hard time remembering to drink? Try this:

[2] Reference – www.silverbackfitness.com

1- Bring a water bottle to work each day
2- Carry a water bottle walking
3- Place hydration schedule on fridge or office desk

Phase 3: The Right Timing

Meal Timing: Plan, Plan, Plan

How:

- Do not go longer than 4 hours without eating
- 3 out of 4 food groups at B, L, D
- Plan 1-2 snacks each day
- Drink water with every meal
- Design a winning plate at L, D

ACTIVITY - Try It: Meal Plan Timeline

Try to eat meals and snacks according to timeline:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast 8:00 am							
Snack (optional)							

10 am							
Lunch 1 pm							
Snack (optional) 4 pm							
Dinner 6 pm							
Write in food eaten and time in each box Check in: Are you foods the Right Choices, Right Amounts? Remember water!							

Phase 4: Pulling it All Together

Weight Management

Consistent 3R Meal Planning

Weight Management

1. Healthy eating
2. Exercise
3. Positive attitude

Are you at risk?

Abdominal obesity is related to increased health risk such as:

- Diabetes
- Heart disease
- High blood pressure
- Gall bladder disease
- Some cancers

ACTIVITY - Try It: Calculate Your BMI

BMI (kg/m^2)	19	20	21	22	23	24	25	26	27	28	29	30	35	40
Height (in.)	Weight (lb.)													
58	91	96	100	105	110	115	119	124	129	134	138	143	167	191
59	94	99	104	109	114	119	124	128	133	138	143	148	173	198
60	97	102	107	112	118	123	128	133	138	143	148	153	179	204
61	100	106	111	116	122	127	132	137	143	148	153	158	185	211
62	104	109	115	120	126	131	136	142	147	153	158	164	191	218
63	107	113	118	124	130	135	141	146	152	158	163	169	197	225
64	110	116	122	128	134	140	145	151	157	163	169	174	204	232
65	114	120	126	132	138	144	150	156	162	168	174	180	210	240
66	118	124	130	136	142	148	155	161	167	173	179	186	216	247
67	121	127	134	140	146	153	159	166	172	178	185	191	223	255
68	125	131	138	144	151	158	164	171	177	184	190	197	230	262
69	128	135	142	149	155	162	169	176	182	189	196	203	236	270
70	132	139	146	153	160	167	174	181	188	195	202	207	243	278
71	136	143	150	157	165	172	179	186	193	200	208	215	250	286
72	140	147	154	162	169	177	184	191	199	206	213	221	258	294
73	144	151	159	166	174	182	189	197	204	212	219	227	265	302
74	148	155	163	171	179	186	194	202	210	218	225	233	272	311
75	152	160	168	176	184	192	200	208	216	224	232	240	279	319
76	156	164	172	180	189	197	205	213	221	230	238	246	287	328

BMI	Classification	Risk for Disease
18.5 or less	Underweight	--
18.5 - 24.9	Normal	--
25.0 - 29.9	Overweight	Increased
30.0 - 34.9	Obese	High
35.0 - 39.9	Obese	Very High
40 or greater	Extremely Obese	Extremely High

Phase 5: Staying on Track

Alcohol

- 7 calories per gram
- If your goal is weight loss. Limit alcohol consumption to 2 drinks 2 times per week

  As a general guideline: Manage your intake to one serving a day. Serving sizes are one glass of wine (150mL/5oz), a bottle of beer (350mL/12oz) or shot of spirits (50mL/1 1/2 oz).

Eating Out Smarts

- Make healthy choices using eating out guidelines
- Get to know healthy cooking methods and cooking terms - Look for entrees that are steamed, baked, broiled, braised, poached or grilled
- and skip the sautéed, pan-fried or deep fried items.
- Don't hesitate to ask questions of your server, including healthy substitutions or a nutrient breakdown of the menu items. You can also check out the nutrition breakdown of some restaurant menu items on-line in advance.
- Look for healthy selections for children on the kids menu too!
- Feel good about eating out – with a few simple tips you can enjoy a delicious and healthy meal!
- **Hint: *See "Eating Out Smarts"*[3] Handout for more tips**

80/20 Rule

Enjoy some treats in moderation

A reasonable goal is the 80/20 rule

- 80% sticking to you plan
- 20% room for "pleasure" or "soul" food

[3] Eating Out Smarts – www.dietitians.ca

On Your way… Phase 1-5

Try a Meal Plan

	Choose each	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1 fruit 1 dairy or meat/alternative 2 grain	1 banana 1 cup skim milk 1 cup cooked oatmeal with cinnamon	2 hardboiled eggs 2 sliced whole wheat toast 1 orange	1 whole wheat pancake 1 yogurt…				
Snack	1 fruit or vegetable 1 dairy	1 apple 1 serving cheese	Baby carrots 1 yogurt					
Lunch	2 grain 1 meat 2 vegetable	Ham sandwich with lettuce & tomatoes ½ cup blueberries Handful baby carrots	1 cup rice with vegetables and chicken					
Snack	1 fruit or vegetable 1 dairy or grain	1 cup strawberries ½ cup cottage cheese	Apple 1 tsp peanut butter 1 cup milk					
Dinner	2 vegetable 1 grain 1 meat Optional: 1 fruit 1 dairy	Steamed asparagus, broccoli 1 serving grilled chicken breast ½ cup brown rice	1 pita stuffed with steamed vegetables and can salmon 1 cup fruit salad					