



HEALTHY EATING AND MEAL PLANNING

Mindy Komosinsky, RD, CDE
Capital Health

Are you confused about what to eat?



Which diet?





**CREATE
HEALTHY
HABITS
NOT
RESTRICTIONS**

healthy habits



getting started without
getting overwhelmed

Think about your current eating habits

1) Evaluate your current habits

- Timing of meals
- Do you skip meals?
- Meal choices (breakfast, lunch, dinner)
- Snack choices
- Beverage choices
- Portion sizes
- Emotional eating

2) Write down everything you eat for 3 days

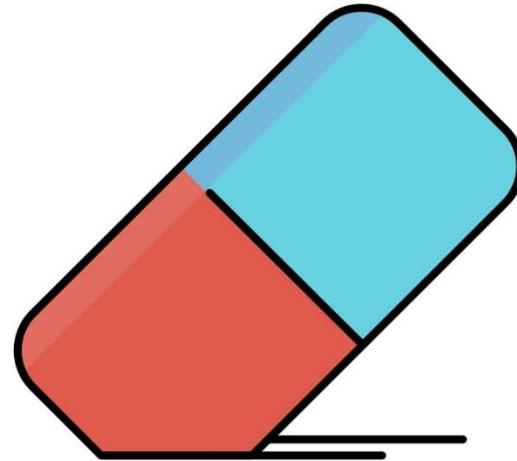
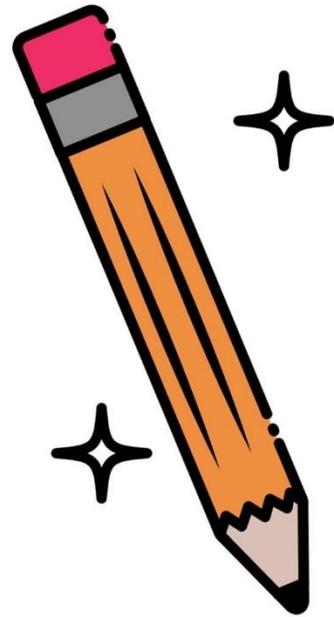
3) Set small achievable goals

4) Focus on one goal at a time

5) Be your own coach and cheerleader



When it comes to **food,**



be a pencil **not an eraser.**

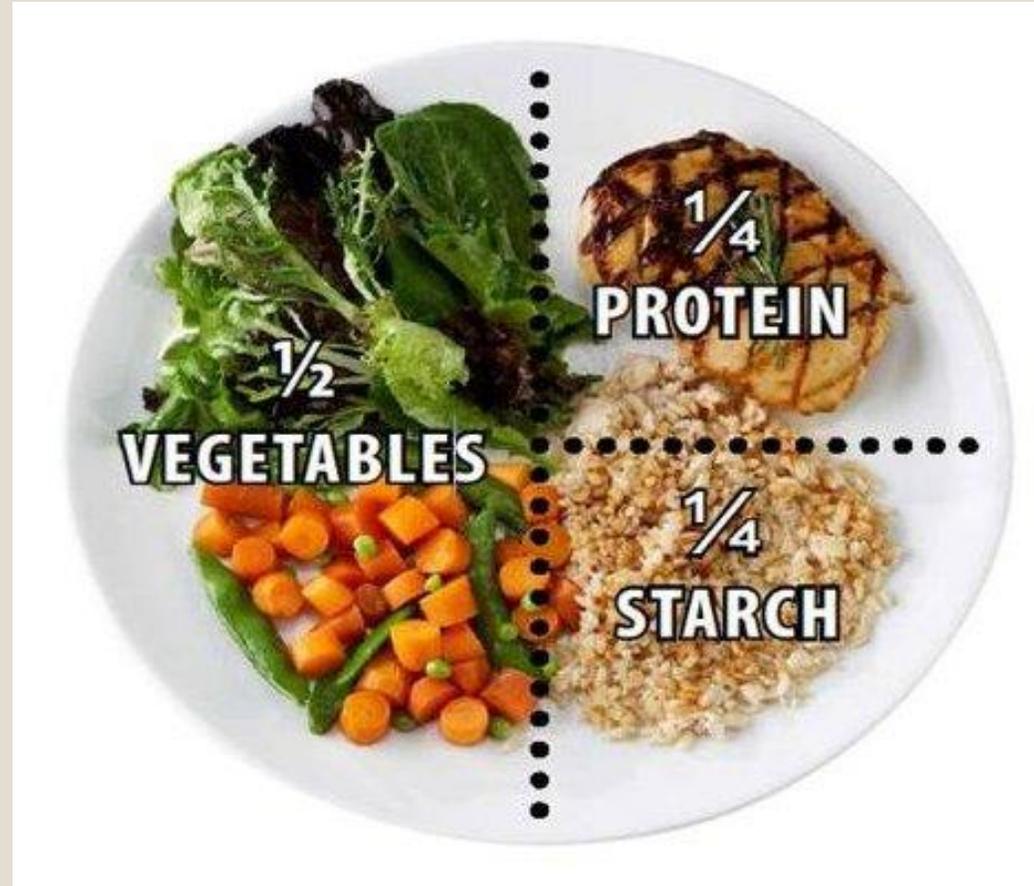
@langernutrition

Food Choices

Eat a Variety of Foods



The Plate Method



Tip: Use a salad or sandwich plate (6"-8") instead of a standard plate

Lean Protein Choices



Whole Grains



Beans and Lentils



Soups



Chili



Salads



Fruits



Vegetables



Roasted Vegetables



Sautéed or Stir-fried



Frozen or Pre-cut Vegetables



Salad

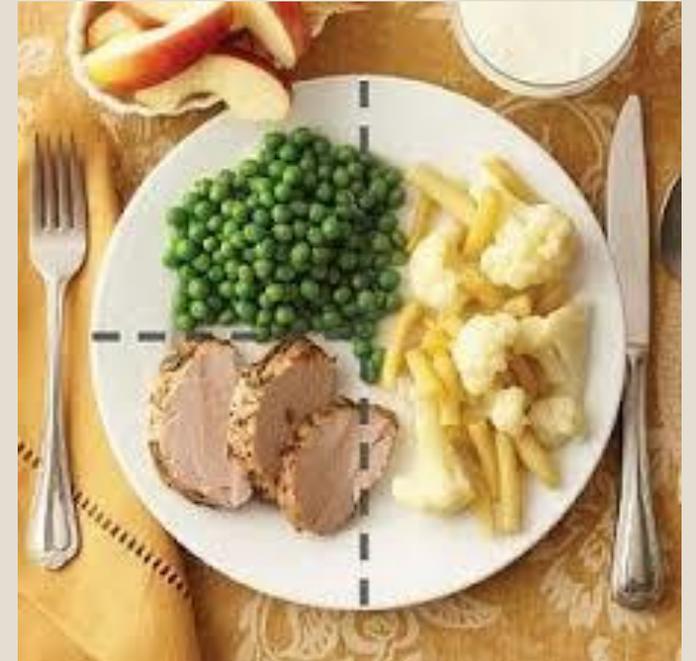


Unsaturated Fats

Olive and Canola oil



The Plate Method



The Plate Method



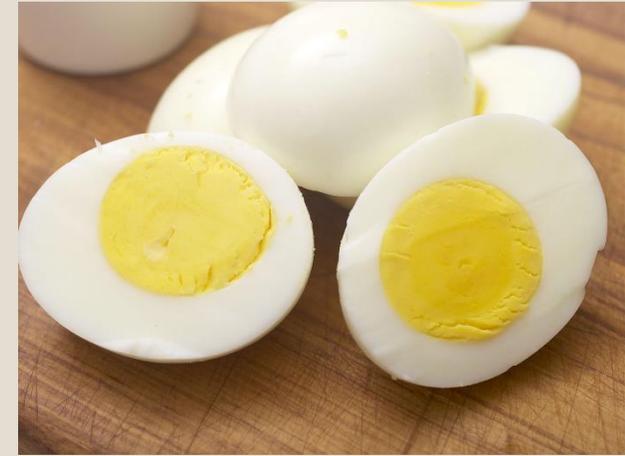
Plate Method



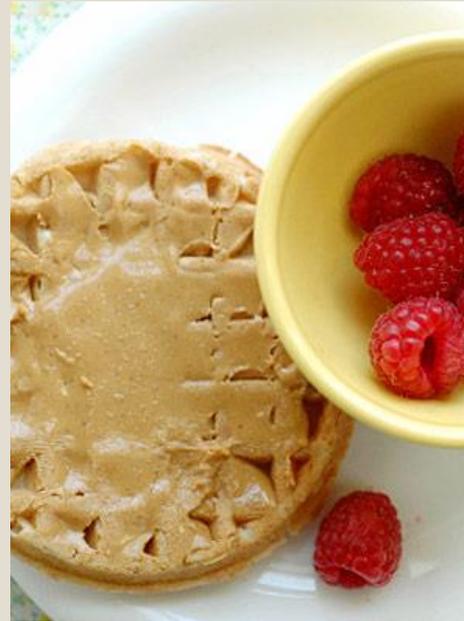
The Plate Method



Breakfast Ideas



Breakfast Ideas

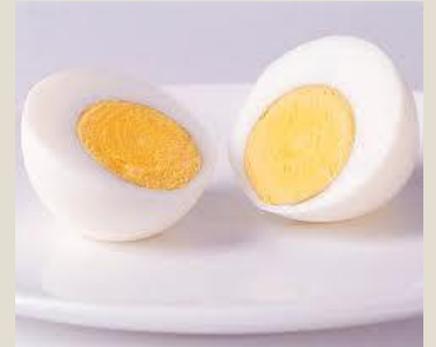


Breakfast Ideas



Snacks

- Plan for snacks
- Portions

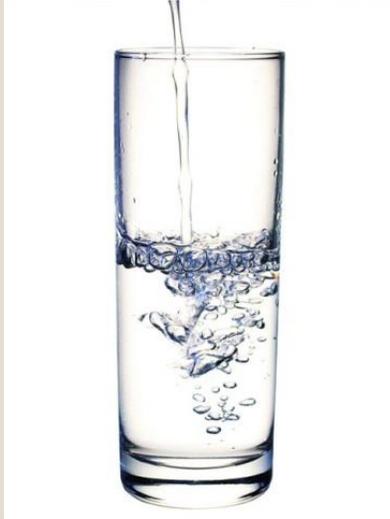


Eat Mindfully



- Ask yourself if you are hungry
- Try to do other activities when you are not hungry
- Eat slowly
- It takes about 20 minutes for your stomach to tell your brain that you are full
- It's okay not to finish all the food on your plate

Beverages



You don't have to be perfect!



The purpose of having good health is to be able to **ENJOY LIFE!**

Meal planning

Develop a list of frequently cooked meals

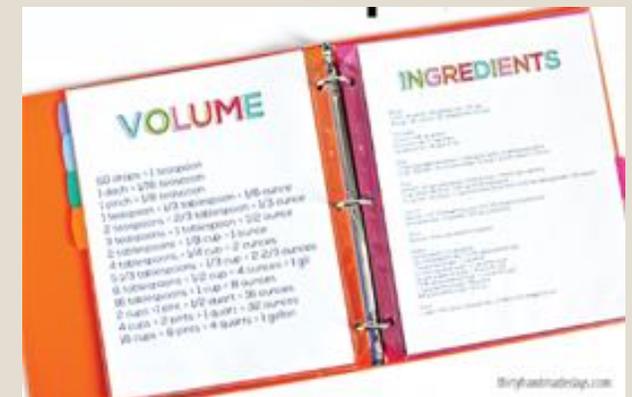
◦ Put in categories by food type:

- Chicken
- Beef
- Fish
- Casseroles
- Italian, Mexican, Asian, etc
- Meatless meals
- Soup
- Sides



Make a Recipe Binder

- Organize in food categories
 - Appetizers and Salads
 - Main Dishes
 - Side Dishes
- Put recipes in clear sheet protectors
 - Wipe away food splatters
 - Adjust recipes as needed



Plan Meals for the Week

- Use a form to plan your meals
 - Or your phone or computer
- Take inventory of what you already have
- Think about your schedule
- Plan to use leftovers
- Get family input, if available
- Save your meal plans for future use

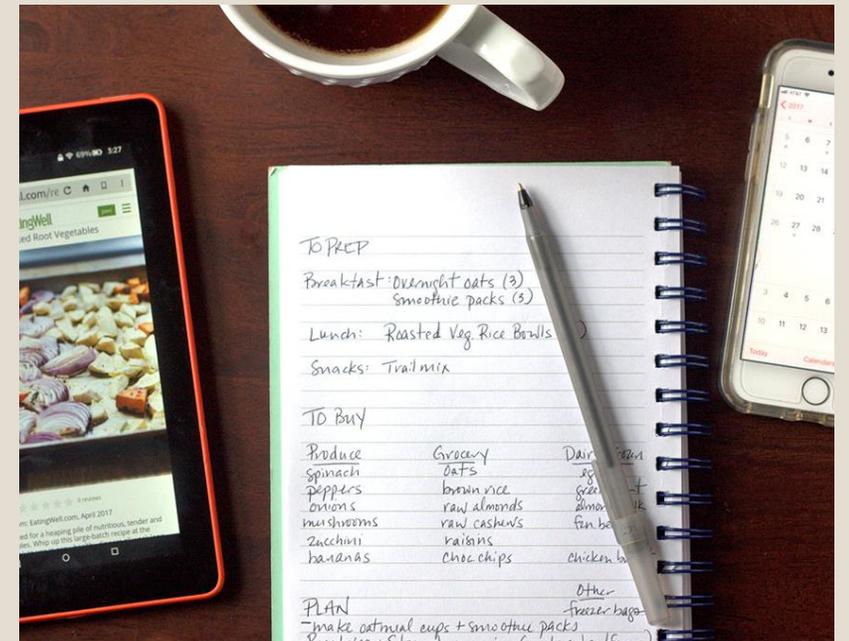


A weekly meal plan form titled "Weekly Meal Plan" with decorative flourishes. The form is a table with 5 columns: "Week of _____", "Breakfast", "Lunch", "Dinner", and "Snacks". The rows represent the days of the week: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. The first row has a blue header, and the subsequent rows have a light blue header. The table is currently empty.

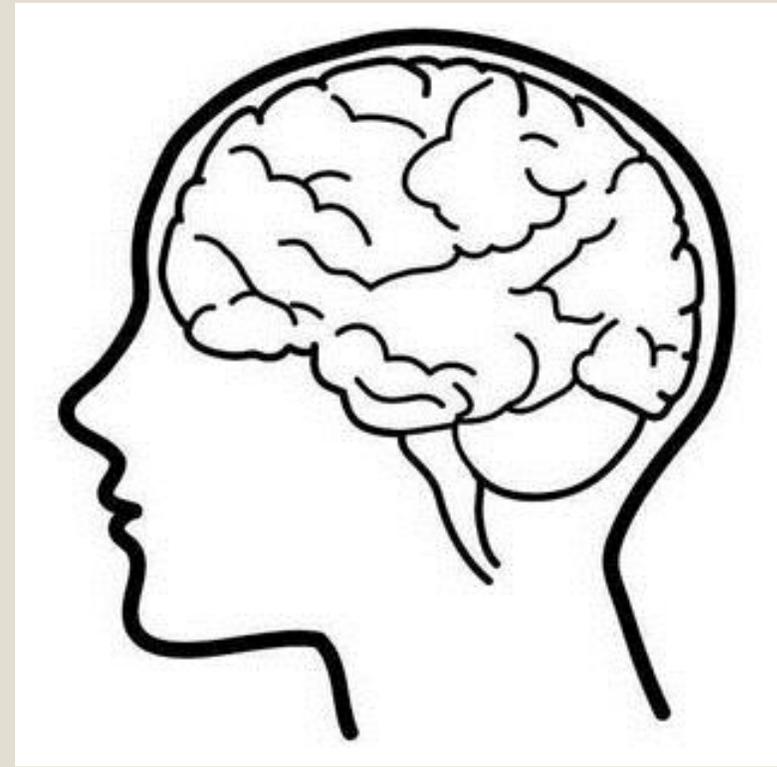
Week of _____	Breakfast	Lunch	Dinner	Snacks
<i>Monday</i>				
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>				
<i>Saturday</i>				
<i>Sunday</i>				

If a whole week seems overwhelming to plan...

- Start with one meal at a time
 - Breakfast
 - Lunch
 - Dinner
- Plan 2-3 dinners for the week
 - Use leftovers for the remaining days



Lists are for remembering
...brains are for thinking



Grocery Shopping

Make a Grocery List

- Use the list of meals you just planned
- Organize your grocery list in categories/food groups
 - Fruit
 - Vegetables
 - Milk/Yogurt/Cheese/Eggs
 - Meat/Poultry/Seafood
- Check fridge and pantry
- Be sure to include snacks:
 - Fruit, nuts, yogurt, low-fat cheese, popcorn, whole grain crackers



Weekly Meal Plan

Week of _____	Breakfast	Lunch	Dinner	Snacks
<i>Monday</i>				
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>				
<i>Saturday</i>				
<i>Sunday</i>				

Grocery List

Fresh Fruit

Fresh Vegetables

Milk/Yogurt/Cheese/Eggs

Meat /Poultry/Seafood

Sandwich Makings

Breads/Rolls

Cereals

Pasta/Noodles/Rice/Grains

Canned & Packaged Foods

Frozen Foods

Beverages

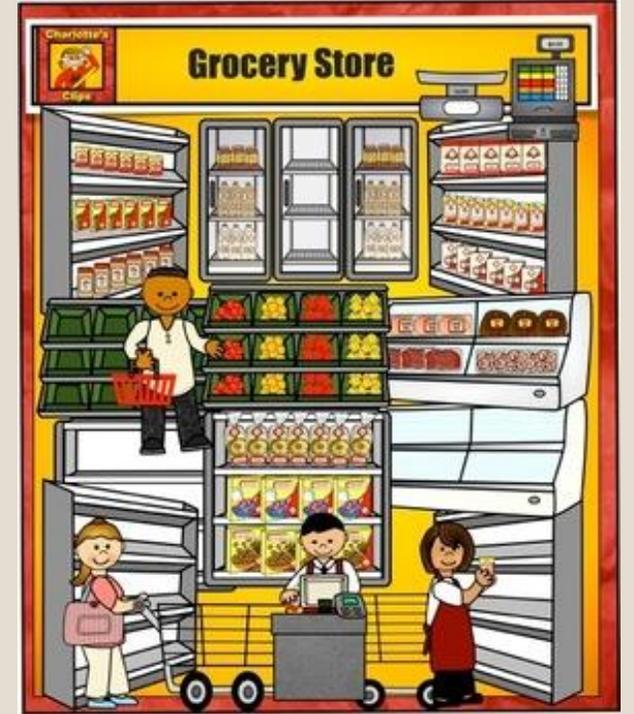
Cleaning Products

Paper/Plastic Products

Miscellaneous

Grocery Store

- Take your grocery list
- Go when you are not hungry
- Avoid certain aisles
- Purchase single serving portions
- Focus on the perimeter of the store
 - Vegetables
 - Fruits
 - Lean protein
 - Reduced-fat dairy



Meal Prep

What is Meal Prepping?



- Preparing a whole meal or part of a meal ahead of time
- Making your own TV dinners

Why Meal Prep?

- Save time
- Help manage portion sizes
- Reduce unhealthy options
 - Less takeout & dining out
- Save money
- Reduce stress



Make-ahead meals

- Helpful for those with...
 - Little time to prepare meals during the week
 - Cook complete meals in advance to be reheated at mealtime
 - A pot of soup or a casserole



Batch cooking/freezing

- Prepare multiple batches of a recipe
- Portion into containers
- Freeze and use for meals in the weeks to come
- Thaw the night before or in the morning
- Dinner is ready to heat and eat when needed



Ready-to-cook ingredients



- Works well...
 - If you prefer to cook meals right before serving
 - Cuts down on kitchen time, which can be especially helpful on a busy weeknight
- Get ingredients ready for the week
 - Chop vegetables
 - Prepare rice or quinoa
 - Marinate meat
- Store in containers or plastic bags



Prep ingredients for recipes



Individually portioned meals

- Good for.....
 - Those with specific health goals
 - The convenience of grab-and-go meals
- Prepare foods and portion them into individual servings



Meal Prep Ideas



Containers



Bento Box



Label Meals and Leftovers

- Include date and item
- Use masking tape
- Pre-made labels
- Create your own labels



Summary

- Choose one or two goals
- Make changes gradually
- Focus on the positive
- Learn from your experiences
- Practice mindful eating
- Enjoy your food



