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## **NUTRITION SEGMENT JANUARY 7, 2008: STATE OF THE HEALTH OF THE STATE**

The United Health Foundation recently ranked states according to overall health. Idaho ranked 15th overall. To view the full report, go to [www.unitedhealthfoundation.org](http://www.unitedhealthfoundation.org).

Idaho's obesity rate is still climbing. As we head into the New Year, use the following tips to help guide you in your food making decisions.

Think of food as four food categories and aim for three out of the four at each meal.

### **FOUR FOOD CATERGORIES:**

#### **1) Whole Grains & Starchy Vegetables** (Around 100 calories each)

- 1 slice whole wheat bread or pita or English muffin or tortilla or mini bagel
- 1 cup cereal
- 1/2 cup whole wheat pasta, brown rice or oatmeal
- 1/2 medium potato, sweet potato or 1/2 cup corn, peas or 1 cup winter squash (all 75 calories each)

#### **2) Protein Sources** (Around 100-150 calories each)

- 3 oz lean meat, chicken, fish, turkey
- 3 slices deli meat
- 1 egg
- 1 cup skim milk
- 1 container yogurt
- 1-2 slices low-fat cheese
- 1/2 cup cottage cheese
- 1 T peanut butter or 10-12 nuts

#### **3) Vegetables** (Around 25 calories each)

- 1/2 cup raw or cooked
- 1 cup leafy greens

#### **4) Fruit** (Around 50-75 calories each)

- 1 medium piece of fruit
- 1/2 cup raw or cooked

### **RECOMMENDED MEAL PLANNING:**

With each meal, aim for 3 out of the 4 food categories and always include a protein source to help your body feel satisfied.

**BREAKFAST GUIDELINES:** Eat breakfast each day and aim for a serving of the following food categories.

- **One to two servings whole grains** (1 cup cereal, 1/2 cup dry oatmeal, 1 slice whole wheat bread, 1 whole grain waffle, 1/2 English muffin, 1 mini whole wheat bagel).
- **One serving of protein** (1 cup low-fat yogurt, 1 cup skim milk, 1 T peanut/almond butter, 1-2 slice low-fat cheese, 2 soy sausages, 1 egg + 2 egg whites)
- **One serving fruit (if so choose)** (1/2 cup calcium-fortified orange juice, 1/2 banana, 1 apple, 1 banana, 1 cup berries)

**BREAKFAST EXAMPLES:**

**English Muffin Melt:** 1 whole wheat English muffin toasted with 2 Light Laughing Cow cheese wedges topped with 2-4 tomato slices, and 1 cup berries or 1 small banana.

**LUNCH GUIDELINES:** Eat lunch within four hours after breakfast and aim for the following food categories.

- **One to two servings whole grains**
- **3 ounces lean protein**
- **Loads of vegetables**
- **One serving of fruit (if so choose)**

**LUNCH EXAMPLES:**

**Sandwich with Butternut Squash Soup:** 2 slices whole wheat bread, 2-3 slices turkey, 1 slice light Swiss, and lettuce with 1 cup *Imagine or Pacific* boxed squash soup

**AFTERNOON SNACK:** Have a snack everyday within 3-4 hours of lunch. Portion out the snack and remind yourself dinner is only 2-3 hours away. Use the following tips below. **(aim to keep to 150-200 calories)**

- **Fresh fruit + 1 string cheese**
- **1 slice low-fat cheese with 3 crackers, 1 slice deli meat, 1/2 apple**
- **1 100 calorie Luna Bar with piece of fruit**
- **1/2 cup cottage cheese with 1/2 cup mandarin oranges and 5 Kashi crackers**

**DINNER GUIDELINES:** Think vegetables and try to eat to 80% fullness. It is best to consume 60% of your calories BEFORE dinner so check in with your fullness and aim for the following food categories.

- **One serving whole grain (if so choose)**
- **3 ounces lean protein**
- **Two servings of vegetables**

**DINNER EXAMPLES:**

**Vegetarian Chili Burger:** *MorningStar Farms/Gardnerburger or Boca Burger* on small whole grain bun with grilled tomatoes and onions and 1 T barbeque sauce. Add 1 cup low-fat vegetarian chili (*Health Valley*) on side over leafy greens.

**DESSERT/AFTER DINNER SNACK:** Dessert Guidelines:

Reserve 150 calories a day for a sweet treat. Ideas are two small cookies, piece of dark chocolate, chocolate mints, Skinny Cow ice cream sandwich, low-fat or pudding.

\* get dairy and fruit either with meal or they work even better for snacks.

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