

# Healthy Eating Plan for Weight Management

## What is the Healthy Eating Plan?

The Healthy Eating Plan (HEP):

- Includes foods from all of the food groups
- Is heart healthy
- Focuses on managing hunger
- Uses the glycemic load of food



## What is the Glycemic Load?

The Glycemic Load (GL) is a rating scale for food. GL rates foods on how fast and how much the food increases blood sugar levels. Foods or combination of foods with a lower GL will raise blood sugar more slowly and may make you feel fuller longer. Some foods or combination of foods with a higher GL will raise your blood sugar more quickly and may make you feel hungry sooner. Eating lower GL meals and snacks may help you to eat less and better manage your weight.

### Lower GL Meals & Snacks

- Digest slower
- Make you feel full longer
- Promote a healthy weight

### Higher GL Meals & Snacks

- Digest very quickly
- Make you feel hungry sooner
- Lead to overeating

## How do I use the Healthy Eating Plan Food Chart to plan meals & snacks?



- |                      |  |
|----------------------|--|
| <b>GREEN FOODS:</b>  | Pick most of your foods from the GREEN list  |
| <b>YELLOW FOODS:</b> | Limit to 2 servings per day  |
| <b>RED FOODS:</b>    | Limit to 7 servings per week. Do not eat more than 2 servings of a RED food in a day |

Each MEAL must include at least 3 foods:

- A protein food (meat, dairy, beans or nuts)
- A fruit and/or vegetable
- A Green Food (whole grain, fruit, vegetable, low-fat dairy, lean protein food)

## Healthy Eating Plan for Weight Management *continued...*

Each **SNACK** must include:

- At least 1 Green Food
- If you want to use one of your Red or Yellow foods as a snack, you **MUST** also eat a Green food along with a single serving of the RED or YELLOW food

### Sample Menu—Healthy Eating Plan

To help you get started with menu planning, here is a sample 3 day menu using the Healthy Eating Plan.

Each **Meal** includes a serving of a **Protein Food; Fruit/Vegetable;** and another **Green Food**.

**Snacks** include a serving of a **Green Food**. For a larger snack, include both a healthy carbohydrate choice, like a fruit, vegetable or whole grain, along with a serving of protein, like a meat or low-fat dairy. Both are listed.

Food Category	Sample Day One	Sample Day Two	Sample Day Three
<b>Breakfast</b>	<b>Yogurt Parfait</b> Yogurt, lite or no added sugar Fruit Cereal, low-sugar	<b>Fruit Pizza</b> WW English Muffin Cream cheese, low-fat Sliced fresh fruit	<b>Breakfast Burrito</b> WW Tortilla Scrambled Egg/low-fat shredded cheese Spinach/salsa
<b>Lunch</b>	<b>Cracker Stackers</b> WW crackers Turkey slices Low-fat cheese Cucumbers Apple slices	<b>Grilled Cheese</b> WW Bread Cheese, low-fat Carrots, broccoli with low-fat Ranch Clementines	<b>Chicken Pizza</b> WW Pita Bread Chicken Strips, shredded low-fat cheese Pizza sauce, banana pepper strips Grapes
<b>Snack</b>	<b>Trail Mix</b> Cereal, low-sugar Nuts	<b>Cottage Cheese Parfait</b> Fruit cup, in juice or water Cottage cheese, low-fat	<b>Bugs On a Log</b> Celery, grapes Peanut butter, natural
<b>Dinner</b>	<b>Spaghetti</b> WW Pasta Lean ground beef Salad, broccoli Oranges	<b>Tacos</b> Ground Turkey WW Tortilla Onions, peppers, tomatoes Pineapple	<b>Fish and Chips</b> Baked Fish Sweet potato fries, baked Cabbage Kiwi

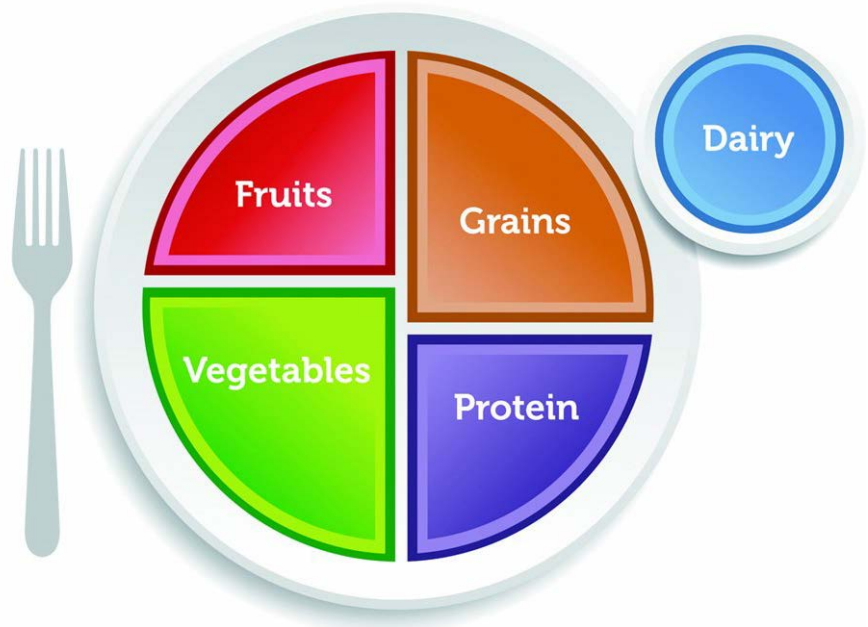
WW = Whole Wheat

## Healthy Eating Plan for Weight Management *continued...*

### “Right-Size” Portions

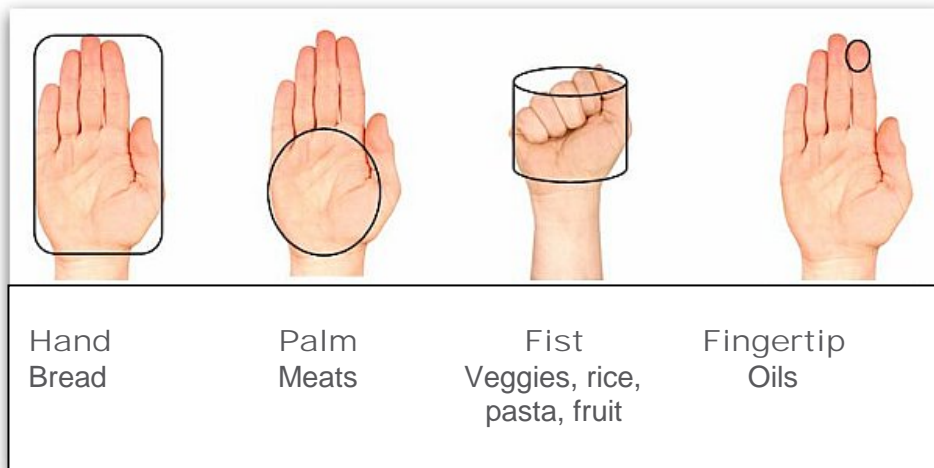
#### Portion Size Your Plate

- Use a plate no bigger than 8” or 9”.
- Fill 1/2 of the plate with a variety of colorful vegetables or vegetables & fruit.
- Fill 1/4 of the plate with a lean protein.
- Fill 1/4 of the plate with a grain or starchy food.
- (Remember to choose half your grains as whole grains)



#### Quick & Easy

When measuring equipment is not available you can estimate serving size. Your child can use their hand to estimate “right-size” portions.



## Healthy Eating Plan for Weight Management *continued...*

### What's on your plate?

Guidelines for a balanced, portion-controlled lunch or dinner

#### 1. Protein Source: 1 – 2 servings

- High protein foods, e.g. meat, chicken, turkey, fish, pork: 2-4 oz.
- Main course casserole that includes a high protein food and starch: 1 – 1½ cups (For example, beef stew, lasagna, tuna noodle casserole)

**Note:** Select larger volume if main course casserole also includes non-starchy vegetables

#### 2. Starches and Grains: 1 – 2 servings

- 1 serving of noodles, whole wheat pasta, brown rice, sweet potatoes, corn, peas is ½ cup
- 1 serving is 1 slice of whole grain bread or 1 small whole grain dinner roll

#### 3. Vegetables (non-starchy): 1 – 2 servings (or more if hungry)

- 1 serving is ½ cup cooked or 1 cup raw

#### 4. Fruit: 1 serving (or more if hungry)

- Can add if variety of vegetables eaten is limited or include in addition to the vegetable(s) served at dinner if still hungry.
- 1 serving is a piece of fresh fruit or ½ cup of berries or ½ cup of other chopped fruit.

**Note:** If using canned fruit, be sure to rinse and drain before serving

