

# Healthy Eating Guide to Stress Relief

“One should eat to live, not live to eat” - Benjamin Franklin

## Create a new Healthy Eating Cycle:

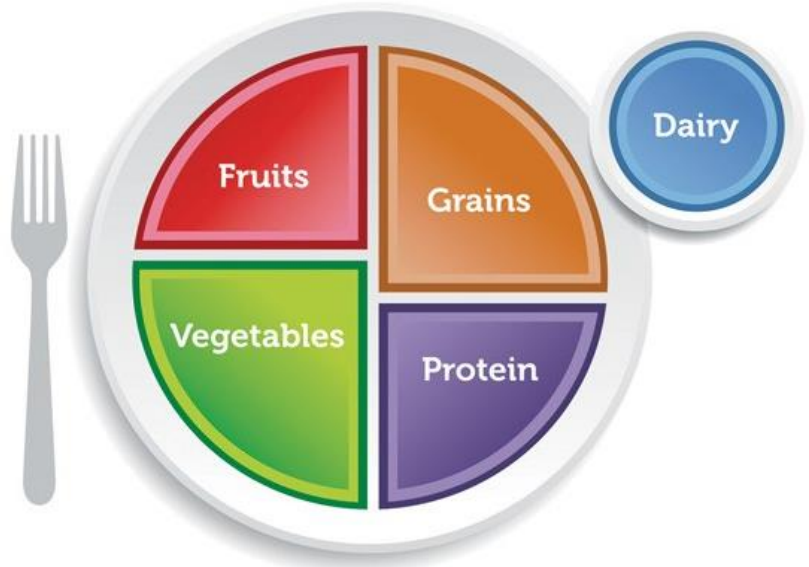


## Healthy Snack Ideas:

Fruit  
Cottage cheese  
Hummus & pita  
Celery & light dip  
Peanut butter/crackers  
Low fat cheese/crackers  
Granola bars  
Yogurt  
Handful unsalted nuts  
String cheese  
Apples & peanut butter  
Applesauce



## What Should Your Plate Look Like?



### Get 3 Servings of **Dairy** a Day

- *Example choices:* skim or low fat milk, low sodium cottage cheese, yogurt, low fat cheese, milk alternatives (soy, almond, rice milk)
- *Portion Size:* 1 cup of fat-free or low-fat milk or yogurt, 1.5 ounces fat-free or low-fat cheese.

### Make Most of Your **Grains** Whole

- *Example Choices:* whole grain bread, whole grain pasta, brown rice, quinoa, bulgur, potato
- *Portion Size:* 1 slice of bread, ½ cup pasta, rice, 1 medium potato

### Choose Lean **Proteins**

- *Example Choices:* white meat chicken/turkey, lean beef, lean pork, fish, seafood, beans, tofu, nuts, eggs
- *Portion Size:* 4-6 ounces (size of a deck of cards)

### Make ½ of Your Plate **Fruits & Vegetables**












- *Example Vegetable Choices:* broccoli, carrots, green beans, cauliflower, Brussels spouts, eggplant, bell peppers, squash, asparagus, spinach, tomatoes, celery, cabbage, zucchini, greens, kale, mushrooms, lettuce
- *Example Fruit Choices:* oranges, kiwi, grapefruit, berries, melon, grapes, apples, banana
- *Portion Size:* ½ cup cooked, 1 cup raw

## Dining Out Successfully:

- 1) Have a healthy snack before going out
- 2) Request that you do not receive a bread basket
- 3) Avoid high fat salad dressings; shift your choice to lighter vinaigrette
- 4) Order an un-fried appetizer as your entrée or share an appetizer and entrée with a friend
- 5) Ask for vegetables as a side instead of fries or any other high carbohydrate side
- 6) Request to have all sauces, condiments and dressing on the side and use sparingly
- 7) Look for key words like (grilled, baked, and broiled) and avoid (fried, broiled, and blackened)
- 8) Avoid or share dessert
- 9) Portions are often too large so when your food arrives, ask for a take home box and put half away before eating
- 10) Eat SLOWLY and savor every last bite!



## Avoid Portion Distortion

Serving-Size Comparison Chart			
FOOD	SYMBOL	COMPARISON	SERVING SIZE
Milk & Milk Products			
Cheese		Pointer Finger	1 ½ ounces
Milk and yogurt		One Fist	1 cup
Vegetables			
Cooked carrots		One Fist	1 cup
Lettuce		Two Fists	2 cups
Fruits			
Apple		One Fist	1 medium
Canned peaches		Half Fist	1/2 cup
Whole Grains			
Dry cereal		One Fist	1 cup
Noodles, rice, oatmeal		Half Fist	½ cup
Lean Protein			
Chicken, beef, fish, pork		Palm of Hand	3 ounces
Peanut butter		Thumb	1 tablespoon
Beans		Half Fist	½ cup



## Healthy Dessert Ideas:

- Try fresh or frozen berries with low fat whipped topping for a low calorie treat packed with vitamins and antioxidants

- Blend frozen bananas with a splash of water or almond milk to create dairy free "ice cream." Add cocoa powder for a chocolaty treat!

- When baking chocolate chip cookies, reduce amount of chocolate chips called for in the recipe by half and use mini chocolate chips instead. The smaller pieces will allow you to cut calories without sacrificing flavor!

- Make a single serving cake in a mug! Mix together ½ cup Betty Crocker cake mix, 1/3 cup water, 1 tsp oil in a bowl and transfer to a mug sprayed with cooking oil and microwave for 90 seconds. Top with fat free whipped topping and a strawberry for the perfect portion dessert!



*"Let food be thy medicine,  
thy medicine shall be thy food."*

- Hippocrates

## Healthy Alternatives

### Lower Fat, Sugar, and Salt Containing Foods

Ice cream	Sorbet, sherbet, low-fat or fat-free frozen yogurt
Sour cream	Plain, low-fat Greek yogurt
Cheese	Reduced-calorie cheese, fat-free or part-skim milk cheese
Pasta with white sauce (alfredo)	Pasta with red sauce (marina)
Pasta with cheese sauce	Pasta with vegetables (primavera)
Granola	Bran flakes, cooked grits or oatmeal, or reduced-fat granola
Coldcuts or lunch meats	Low-fat coldcuts (95 to 97% fat free)
Regular ground beef	Extra-lean ground beef such as ground round or ground turkey
Poultry	White meat without skin
Oil-packed tuna	Water-packed tuna (rinsed to reduce sodium content)
Beef (chuck, rub, brisket)	Beef (round, loin) (trimmed of external fat) (choose select grades)
Pork (spareribs, untrimmed loin)	Pork tenderloin or trimmed, lean smoked ham
Croissants, brioches, etc.	Hard French rolls or soft brown 'n serve rolls
Donuts, sweet rolls, muffins, scones or pastries	(Whole grain) English muffins, bagels, reduced-fat or fat free muffins or scones
Cookies	Graham crackers, ginger snaps, fig bars
Candy bars	At least 70% cacao dark chocolate or protein bars
Cake	Angel food cake or mug cake (single-serving cake made in a mug)
Ramen noodles	Canned low-sodium minestrone or miso soup with buckwheat noodles
Potato chips or other salty snack	Air popped popcorn with seasoning, edamame with sea salt, or unsalted nuts and seeds

## Where's the Sugar?

### Names for added sugars found on the ingredient list\*

anhydrous dextrose	brown sugar	confectioner's powdered sugar
corn syrup	corn syrup solids	dextrose
fructose	high-fructose corn syrup (HFCS)	honey
invert sugar	lactose	malt syrup
maltose	maple syrup	molasses
nectars (e.g., peach or pear nectar)	pancake syrup	raw sugar
sucrose	sugar	white granulated sugar

**\*You may also see other names such as cane juice, evaporated corn sweetener, crystal dextrose, glucose, liquid fructose, sugar cane juice, and fruit nectar.**

### Healthier Cooking & Baking Methods:

- Bake, grill, broil or roast meat instead of frying
- Steam, grill or roast vegetables to avoid extra fat and calories
- Healthier Baking Substitutions:

- Substitute 1/2 cup of **sugar** with 1/2 cup **unsweetened applesauce** (also reduce liquid in recipe by 1/4 cup)
- Replace 1 cup of **flour** with 1 cup of **black bean puree** - works great in brownies!
- Half amount of **butter** with **plain Greek yogurt** or **canned pumpkin** - try in pancakes or muffins!

***“When walking,  
walk.  
When eating,  
eat.”  
- Zen Proverb***

## Meal Preparation Tips for People on the GO!

- Start with a meal plan.
- Cook fresh or frozen vegetables in the microwave in small amounts of water.
- Think ahead when cutting up fruits and vegetables, and cut more to store away to eat when time is short.
- Prepare meals in advance, if you have time the night before to make a healthy meal for the next day or create a meal plan for the whole week.
- Try bulking cooking by blocking out a day to prepare multiple meals that can be frozen and instant meals. Gather recipes, make a grocery list of ingredients, shop, and then start cooking! Great recipe ideas that are perfect for freezing include lasagna, breakfast muffins, soups, black bean burgers, pasta dishes (full of veggies!), casseroles, and burritos.



## Healthy Recipe Finder

### 1) Cooking Light: [www.cookinglight.com](http://www.cookinglight.com)

- Quick and healthy recipe collection
- Nutrition information provided for each recipe
- Contains additional nutritional material
- Cooking videos available

### 2) Eating Well: [www.eatingwell.com](http://www.eatingwell.com)

- Contains meal plans and menu planner
- Cooking videos available
- Nutrition information provided for each recipe





## References & Resources:

- Choose MyPlate
- Dairy Council of California  
Correction Portion Sizes
- NIH (National Heart, Lung,  
and Blood Institute)
- American Heart Association

***“The space between  
hunger & eating,  
where you make  
the choice you  
want to make  
isn’t empty,  
it’s filled with  
awareness.”***

***- Deepak Chopra***

## Always Eat Mindfully

### Mindful Eating

[www.eatingmindfully.com](http://www.eatingmindfully.com)



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