

Dates \_\_\_\_\_

### Quality Over Quantity Worksheet

Mindfully explore possible foods to add to your diet, others to decrease based on your body's feedback, how you feel, energy level, well-being etc.. **Be creative – try out different possibilities!** Notice if there are foods at each meal/snack that you would like to decrease or take out, or add in. Consider if there is one or more quality food you wish to add to each meal/day. Are there foods you really enjoy or new foods you'd like to try? Use the Easier/Harder column to estimate the difficulty. **Think about which changes you could keep doing! Try doing only a few at a time for sustainable change.**

**Example of a participant:**

Day	Meal/ Snack	Food	Food That Could Be Reduced/Or Added	? Easier/ Harder ? 1 -- 7
Monday	Breakfast	White Toast & lots of Butter Orange Juice	½ the butter or use olive oil Whole grain toast Add egg or nut or seed butter	3 5 4
	Morning Snack	2 Doughnuts Coffee w/ sugar	Instead of 1 doughnut, add a banana or yogurt	4
	Lunch	Sandwich Coffee w/ 1 T.sugar	More veggie fixings Try without or with less sugar	7 6
	Afternoon Snack	Soda	Apple or a few whole grain crackers spread with a little almond butter, bubbly mineral water with lime	2
	Dinner	Steak, French Fries, sautéed veggies, ice cream	Salmon, share the FF or try a sweet potato, more green veggies, fruit instead of ice cream or smaller serving of ice cream	2 4,3 6!
	Evening Snack	Bag of Chips, 2 beers	Small or Med bowl of chips or fruit instead 1 less beer OR Seltzer water with lemon	2 4
	B			
	MS			
	Lunch			

Dates \_\_\_\_\_

	AS			
	Dinner	6 pieces of pizza	2-3 pieces of pizza Add salad with lots of veggies	
	ES			
Day	Meal/ Snack	Food	Food Reduced/Added	? Easier/ Harder? 1 - 7
	B			
	MS			
	Lunch			
	AS			
	Dinner			
	ES			
	B			
	MS			
	Lunch			
	AS			
	Dinner			

Dates \_\_\_\_\_

	ES			

Notes:

# Nutrition Label

		<b>Nutrition Facts</b>	
Serving Size		Serving Size 1/2 cup (114 g) Servings Per Container 4	
Calories		<b>Amount Per Serving</b> Calories 90      Calories From Fat 30	
% Daily Value		<b>% Daily Value*</b>	
		<b>Total Fat</b> 3 g	<b>5%</b>
		Saturated Fat 0 g	<b>0%</b>
		<b>Cholesterol</b> 0 mg	<b>0%</b>
		<b>Sodium</b> 300 mg	<b>13%</b>
		<b>Total Carbohydrate</b> 13 g	<b>4%</b>
		Dietary Fiber 3 g	<b>12%</b>
		Sugars 3 g	
		<b>Protein</b> 3 g	
Vitamins & Minerals		Vitamin A 80% • Vitamin C 60%	
		Calcium 4% • Iron 4%	
Daily Values		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
			Calories    2,000    2,500
		Total Fat	Less than 65 g    80 g
		Sat. Fat	Less than 20 g    25 g
		Cholesterol	Less than 300 mg    300 mg
		Sodium	Less than 2,400 mg    2,400 mg
		Total Carbohydrate	300 g    375 g
		Dietary Fiber	25 g    30 g
		Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Additional nutrients may be listed on some food labels.  
g = grams (about 28 g = 1 ounce)  
mg = milligrams (1,000 mg = 1 g)

## Serving Size

Check to see whether your serving is the same size as the one on the label. If not, adjust figures accordingly. For example, if you eat double the serving size listed, you need to double the nutrient and caloric values. If you eat one-half the serving size shown here, the nutrient and caloric values should be halved.

## Calories

Look here to see what a serving of food adds to your daily total. A person's size and activity level help determine total calories needed per day. For example, a 138-lb active woman needs about 2,000 calories each day, while a 160-lb active woman needs about 2,300.

## Session 2

### **Total Fat**

Try to limit your calories from fat. Too much fat may contribute to heart disease and cancer. Choose foods with less than 30% of calories derived from fat.

### **Saturated Fat**

Saturated fat is the “bad” fat. It is the key player in raising blood cholesterol and your risk of heart disease. Avoid it!

### **Cholesterol**

Challenge yourself to eat foods totaling less than 300 mg of cholesterol each day. Too much cholesterol can lead to heart disease.

### **Sodium**

Too much sodium (salt) adds up to high blood pressure in some people. Keep your sodium intake low—2,400 to 3,000 mg per day is plenty. The American Heart Association (AHA) recommends no more than 3,000 mg of sodium per day for healthy adults.

### **Total Carbohydrates**

Carbohydrates are found in foods like bread, potatoes, and fruits.

### **Dietary Fiber**

It is important to consume both soluble and insoluble dietary fiber (also called “roughage”). Fruits, vegetables, whole-grain foods, beans, and legumes are all good sources of fiber and can help reduce the risk of heart disease and cancer.

### **Protein**

Protein from animal sources contains both fat and cholesterol, so eat small servings of lean meat, fish, and poultry. Use skim or low-fat milk, yogurt, and cheese. Try to get your protein from some vegetables (such as beans), grains, and cereals.

### **Vitamins and Minerals**



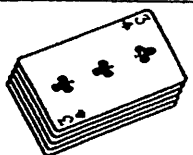
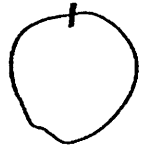

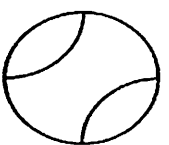
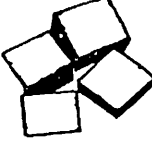
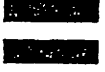
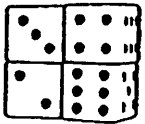

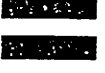
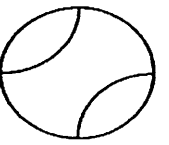
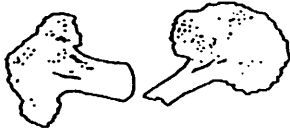
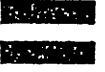



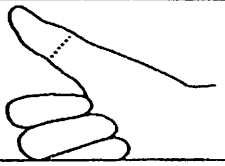
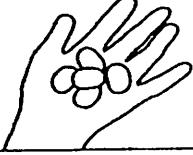






Make it your goal to get 100% of the daily value for each vitamin and mineral every day. Let a combination of foods contribute to a winning score.

### **Daily Values**

These daily values apply to people who consume 2,000 to 2,500 calories each day. If you eat more, your personal daily values may be higher than those listed on the label. If you eat less, your personal daily values may be lower. Aim for low percent daily values when it comes to fats, cholesterol, and sodium, while aiming for 100% of carbohydrates, fiber, vitamins, and minerals.

## SEVEN WAYS TO SIZE UP YOUR SERVINGS

Measure food portions so you know exactly how much food you're eating. When a food scale or measuring cups aren't handy, you can still estimate your portion. Remember:

<p><b>1</b> 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.</p>			
<p><b>2</b> A medium apple or peach is about the size of a tennis ball.</p>			
<p><b>3</b> 1 oz of cheese is about the size of 4 stacked dice.</p>			
<p><b>4</b> 1/2 cup of ice cream is about the size of a racquetball or tennis ball.</p>			
<p><b>5</b> 1 cup of mashed potatoes or broccoli is about the size of your fist.</p>			
<p><b>6</b> 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.</p>			
<p><b>7</b> 1 ounce of nuts or small candies equals one handful</p>			<p><b>1 oz.</b></p>
<p><b>MOST IMPORTANT</b> Especially if you're cutting calories, remember to keep your diet nutritious</p>	 2-4 servings from the Milk Group for calcium	 2-3 servings from the Meat Group for iron	 3-5 servings from the Vegetable Group for vitamin A
			 2-4 servings from the Fruit Group for vitamin C
			 6-11 servings from the Grain Group for fiber

