Building Healthy Eating Habits Step By Step

• Holly Herrington, RD
• Center For Lifestyle Medicine
• Northwestern Medical Group
“I Want to Eat Healthier”

Small Changes Add Up! Step by Step Process...

• How to Identify YOUR eating habits
  - What can you do to make healthier habits?
  - What can you do be EAT healthier foods?
    • More plants, less junk

• How to make small changes that are sustainable and impactful
• How to make this a Lifestyle – NOT a diet
Make Healthy Eating a Habit

• What are HABITS in your life?
• Brushing your teeth, Watching TV, kissing your spouse good morning, etc.
• Why are these habits?
  - You do them every day
• Why is healthy eating NOT a habit?
  - You don’t do it every day
• Eating healthier doesn’t have to be overwhelming. If you want to adopt healthy
  habits that will last, then the easiest way to do it is by making small, gradual
  changes. Don’t expect too much from yourself too soon—it takes about a month
  for any new action to become habit.
  - You have to find something you can do EVERY DAY
Step 1: Get a Grasp! (on what your eating habits are)

*Self monitoring of food intake improves nutrition related outcomes related to weight maintenance or weight loss

• Before you start making any changes to your diet, take a week or two to observe your current eating habits.

• Why do a food diary?
  - Why do you manage your finances?
• Accountability, Awareness
• Helps understand your eating habits and/or problem areas
• Keeps you honest
• Flexible Control of Eating

• You might not realize how bad (or good!) your present eating habits are until you see an unhealthy pattern right there in black and white. Once you see that some changes are in order, then you're ready to take the next steps.
Food Diary!

*Self monitoring of food intake improves nutrition related outcomes related to weight maintenance

- Food Logs, Food diaries, Food Tracking
- MyFitnessPal, LoseIt, Sparkpeople, MyNetDiary, MyPlate by LiveStrong, Calorific, MyFoodDiary, SuperTracker
- Apps or Online
- Track everything that goes in your mouth, including drinks and treats, no matter how small.

- MyFitnessPal.com
### MyFitnessPal Food Diary

**For:** Wednesday, September 30, 2015

#### Breakfast

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs</th>
<th>Protein</th>
<th>Fat</th>
<th>Fiber</th>
<th>钠</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jam - Canadian Bacon, 3 slices</td>
<td>592</td>
<td>68</td>
<td>11</td>
<td>2</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Egg, whole, content and shell, 2 large</td>
<td>143</td>
<td>1</td>
<td>13</td>
<td>9</td>
<td>0</td>
<td>3</td>
</tr>
<tr>
<td>Egg Whites - Large, 2 large (30 g)</td>
<td>54</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Banana - Overripe, 1, 110 grams</td>
<td>103</td>
<td>9</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Add Food</td>
<td>Quick Tools</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total: Breakfast</strong></td>
<td>343</td>
<td>28</td>
<td>33</td>
<td>12</td>
<td>4</td>
<td></td>
</tr>
</tbody>
</table>

#### Snack

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs</th>
<th>Protein</th>
<th>Fat</th>
<th>Fiber</th>
<th>钠</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee Black Unsweetened, 24 oz</td>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Chex - multigrain, 3 cup</td>
<td>84</td>
<td>2</td>
<td>1</td>
<td>5</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Add Food</td>
<td>Quick Tools</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total: Snack</strong></td>
<td>84</td>
<td>2</td>
<td>1</td>
<td>5</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

#### Lunch

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs</th>
<th>Protein</th>
<th>Fat</th>
<th>Fiber</th>
<th>钠</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight Watchers - Zero Point Mexican Soup, 2 cup</td>
<td>240</td>
<td>16</td>
<td>9</td>
<td>3</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>Ground Beef 90% Fat Free, 2 ounce</td>
<td>113</td>
<td>0</td>
<td>1</td>
<td>3</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Add Food</td>
<td>Quick Tools</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total: Lunch</strong></td>
<td>353</td>
<td>16</td>
<td>9</td>
<td>3</td>
<td>5</td>
<td>1</td>
</tr>
</tbody>
</table>

#### Snack

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs</th>
<th>Protein</th>
<th>Fat</th>
<th>Fiber</th>
<th>钠</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese Stick - Cheese Stick, 1 stick</td>
<td></td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Oregano - Rosemary, 1 cup</td>
<td>32</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Add Food</td>
<td>Quick Tools</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total: Snack</strong></td>
<td>32</td>
<td>1</td>
<td>1</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

#### Dinner

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs</th>
<th>Protein</th>
<th>Fat</th>
<th>Fiber</th>
<th>钠</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loaded - Chicken Breast, 0.75 piece</td>
<td>159</td>
<td>10</td>
<td>8</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Progresso - Italian Style Dressing, 0.25 cup</td>
<td>110</td>
<td>20</td>
<td>2</td>
<td>1</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>OI - Olive, 1 teaspoon</td>
<td>119</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Earthbound Farm Organics - Mediterranean Salad, 2 cup</td>
<td>182</td>
<td>10</td>
<td>0</td>
<td>11</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Add Food</td>
<td>Quick Tools</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total: Dinner</strong></td>
<td>539</td>
<td>40</td>
<td>16</td>
<td>38</td>
<td>6</td>
<td>6</td>
</tr>
</tbody>
</table>

#### Snack

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs</th>
<th>Protein</th>
<th>Fat</th>
<th>Fiber</th>
<th>钠</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress - Pumpkin Spice Blended, 150 g</td>
<td></td>
<td>14</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Add Food</td>
<td>Quick Tools</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total: Snack</strong></td>
<td>138</td>
<td>14</td>
<td>12</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
</tbody>
</table>

### Totals

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carbs</th>
<th>Fiber</th>
<th>Protein</th>
<th>钠</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,500</td>
<td>12</td>
<td>117</td>
<td>67</td>
<td>13</td>
<td>16</td>
</tr>
<tr>
<td>2,142</td>
<td>72</td>
<td>214</td>
<td>72</td>
<td>25</td>
<td>18</td>
</tr>
<tr>
<td>642</td>
<td>13</td>
<td>120</td>
<td>5</td>
<td>13</td>
<td>1</td>
</tr>
</tbody>
</table>

**Your Daily Goal:** 2140 calories
**Remaining:** 458 calories

*You've eaten 740 fewer calories than your daily goal today.*
Step 2: Add Some Plant Power

• Increased intake of fruits and veggies can decrease risk of colorectal cancer by 20%
• lower risk of
  - Type 2 diabetes, coronary heart disease and high blood pressure, maintain a healthy weight more easily.
• Plants produce Natural compounds that fight disease!
  - Polyphenols and Flavonoids - chemical compounds in fruits/veggies
  - over 4000 found in nature
  - Prevention of cancer, cardiovascular disease, cholesterol reduction, age related diseases, improved vision, tooth decay, etc.

JAMA, March 2009
U.S. News and World Report 2015
Red, purple and blue Foods contain anthocyanins: reduce CVD, cognitive decline, risk of cancer (anticarcinogenic)
Make the Switch!

• Plant Based Diet plant-based: an approach that emphasizes minimally processed foods from plants, with modest amounts of fish, lean meat and low-fat dairy, and red meat only sparingly

• Start becoming more plant based:
• Replace 1, 2, or 3 meals per week with vegetarian meal options
  - Breakfast: whole wheat toast with hummus and avocado
  - Lunch: vegetable soup with spinach salad and apple slices
  - Dinner: grilled salmon, quinoa, broccoli

• Meatless Monday
• Replace Meat with plant based protein sources
  - Beans, legumes, grains, quinoa, nuts, seeds
  - Average Adult needs 75-100g protein per day
I have to Eat How Much?

Vegetables:
- ½ cup cooked
- 1 cup raw

Fruit:
- 1 small piece fruit
- ½ large piece fruit
- 1 cup cut up fruit
- 15 grapes
- ¼ cup dried fruit
<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch and dinner</th>
<th>Sides and snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Add blueberries to pancakes, waffles, or muffin batter</td>
<td>• Put a slice of avocado on a regular sandwich</td>
<td>• Top a baked potato with salsa</td>
</tr>
<tr>
<td>• Mix raisins, diced apple, or dried apricots into oatmeal</td>
<td>• Add mushrooms, peppers, onions, or diced carrots to spaghetti sauce</td>
<td>• Replace half of the oil in a recipe with applesauce when baking</td>
</tr>
<tr>
<td>• Add peppers, onions, spinach, broccoli, or shredded carrots to a morning omelet</td>
<td>• Place a few slices of tomato on a grilled cheese sandwich</td>
<td>• Slice a sweet potato, toss with a little olive oil, season as you wish, and bake to make sweet potato chips</td>
</tr>
<tr>
<td>• Make a smoothie with fruit, low-fat yogurt, and ice</td>
<td>• Add some extra mixed vegetables to soup</td>
<td>• Add mandarin oranges or diced pears when making Jell-O® salad</td>
</tr>
<tr>
<td>• Add peppers and onions to hash browns, and serve with a little ketchup on the side</td>
<td>• Add celery, onions, carrots, or peppers to meat loaf</td>
<td>• Mix dried fruit with almonds</td>
</tr>
<tr>
<td>• Top a toasted waffle with warmed applesauce</td>
<td>• Place sliced bananas on a peanut butter sandwich instead of jam</td>
<td>• Stir fresh fruit and granola into yogurt</td>
</tr>
<tr>
<td></td>
<td>• Add apples, grapes, or raisins to chicken salad</td>
<td>• Use broccoli or diced pepper in macaroni and cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Blend cooked cauliflower into mashed potatoes</td>
</tr>
</tbody>
</table>
Step 3: Ditch the Junk

- You Are not a Garbage Can. Don’t Put Garbage In.
  - What kinds of foods are these?
- Highly processed foods
- Junk Foods
  - Organic Junk Foods
  - Conventional Junk Foods
- Your kids/ spouse/ dog doesn’t need them either!
  - You will NEVER get full off of these foods.
  - Sugar+Fat+Salt = ADDICTION
• 5 ingredient rule
  - Read your food label. If it has more than 5 ingredients then walk away
• Aim for 3 colors
  - Instead of a one color junk food snack (flaming hot cheetos), you will be more satisfied with a variety of colors and textures
    • Fruit slices with a square of dark chocolate or yogurt with berries and granola
• Break your routine
  - If 3 pm means a trip to the vending machine or the coffee shop, go for a walk instead
• Keep the healthy stuff handy and the trigger food banned
Small Changes Mean Big Rewards

• You do NOT have to make all changes all at once.

• One change is better than nothing.

• Pick 1 goal per week, 2-3 goals at a time. Once you have gotten the hang of it, add a new goal.
  - Start easy. Start small.
  - Ask yourself how likely you are to accomplish this goal
  - Set yourself up for success – get prepared!
    • Make a grocery list, go shopping, get the good foods in the house!
Skip breakfast

Try This

Venti Café Latte

Try This

Grab a banana

Grande nonfat Café Latte

Try This

Drink soda

Try This

Junk food snacks

Try This

Limit to only weekends

Cut down 2 per week

Fast food lunch

Try This

Bring lunch 2x week

Vending machine snack

Try This

Bring a snack from home

Limit to only weekends
You’re NOT Perfect

- Eating a healthier diet doesn’t have to mean deprivation. You don’t have to cut out your favorite foods completely—you just have to make a few changes.
- All or nothing is unrealistic
  - What happens if you mess up?
- Smart Substitutions
- 80/20 Rule
3 Steps You Can Make Today!

• 1) Track your diet
  - Start Today by logging your lunch and dinner
  - Look at your food labels, ingredient lists. How many ingredients are in your food?

• 2) Eat More Plants!
  - Can you add a salad at lunch? Fruit at your snack?

3) Keep the junk food to a minimum
  • Start by cutting down on your refined sugar intake. Cut out juice, regular soda, cookies, candy, etc.
Questions?

Thank You!