

# Providence Health Plan

## *Nutrition and Food Tracking Resource Guide*

There are a lot of “quick fix” weight loss programs that promise rapid results. Many of these programs have strict rules; which often cut out entire food groups and essential nutrients. Because they are difficult to maintain, they are usually only a short term solution before reverting back to previous lifestyle habits. A healthy lifestyle is about making good choices consistently over time. You can start out with small changes, such as eating an extra serving or two of fruits and vegetables or cutting out the cream and sugar in your coffee. You don’t need to run a marathon or become vegan to see results.



*...a healthy lifestyle is about making good choices...  
...consistently over time...*

# Target Servings Per Calorie Goal

The below table outlines the suggested number of servings per food group based off individual calorie ranges. To use this table, follow the below instructions:

1. Determine your calorie need. There are various ways to determine your calorie target: work with a dietitian, our coaching team, or visit [calorieking.com](http://calorieking.com) to access a calorie needs calculator.
2. Once you have your calorie need, convert this to your serving's target. Use these numbers to update the food tracker on pages 11-12.

Food Group	Serving Examples	Calories				
		1200	1400	1600	1800	2000
<b>Fruits</b> (60 calories and 15 carbohydrates per serving)	- ½ banana - ¾ -1 cup cut fresh fruit - 2 tbsp. of dried fruit* - 1 small fruit - ½ cup of juice *	Servings				
		2+	3+	3+	3+	4+
<b>Non-Starchy Vegetables</b> (25 calories per serving)	- ½ cup cooked vegetables - 1 cup raw vegetables - 2 cups raw salad greens - ¾ cup vegetable juice - ½ cup tomato sauce	4 +	4 +	5+	5 +	5 +
<b>Grains or Starches</b> (80 calories and 15 carbohydrates per serving) <i>Focus on whole grains</i>	- 1/3 cup of cooked grains - ½ cup cooked cereal - ¾ cup dry cereal, unsweetened - 1 oz. bread - 1/4 bagel - 3 cups of popcorn - 1 small tortilla (6 inch) - 1 small potato - ½ cup of yams or sweet potatoes - ½ cup corn or green peas - 4-6 crackers - ¾ oz. pretzels, potato or tortilla chips	4	5	5	6	6
<b>Low Fat Milk/Dairy Substitutes</b> (90-120 calories and 15 carbohydrates per serving)	- 1 cup of fat free or low fat milk - 1 cup low fat yogurt - 1 ½ ounces of low fat or non-fat cheese - 1 cup of soymilk or other non-dairy milk	2	2	3	3	3

Food Group	Serving Examples	Calories				
		1200	1400	1600	1800	2000
<b>Protein/Lean Meat/Beans</b> (55-100 calories per serving)	<ul style="list-style-type: none"> <li>- 1 oz. lean poultry, pork, beef or fish</li> <li>- ¼ cup tuna, shrimp or crab</li> <li>- 3 egg whites or ¼ cup egg substitute</li> <li>- 1 whole egg</li> <li>- 1 oz. sausage</li> <li>- 1/2 cup of tofu</li> <li>- ¼ cup tempeh</li> <li>- ¼ cup low fat cottage cheese</li> <li>- 1 ounce of cheese</li> <li>- 1/2 cup cooked beans or lentils</li> <li>- 2 Tbsp. of nut/seed butter *</li> <li>- ¼ cup nuts/seeds *</li> </ul>	Servings				
		3	4	5	6	6
<b>Added Oils/Fats</b> (45 calories and 5 grams of fat per serving)	<ul style="list-style-type: none"> <li>- 1 tsp. oil, butter, or margarine</li> <li>- 1 tsp. reg mayo or 1 Tbsp. light mayo</li> <li>- 1 Tbsp salad dressing or 2 Tbsp lite salad dressing</li> <li>- 1 Tbsp. cream cheese</li> <li>- 2 Tbsp. sour cream or 3 Tbsp. light sour cream</li> <li>- 8 whole nuts (almonds or cashews)</li> <li>- 10 peanuts or 4 pecans/walnuts</li> <li>- 1 Tbsp. nuts/seeds</li> <li>- 1/8 avocado or ¼ small</li> <li>- 1.5 Tsp. nut/seed butter</li> <li>- 8 olives</li> </ul>	6 servings or 33 gram of fat	6 servings or 39 gram of fat	8 servings or 44 grams of fat	10 servings or 50 grams of fat	11 servings or 55 grams of fat
<p><i>*Limit to no more than 1-2 serving per day</i></p> <p><b>Source:</b> Table adapted from the <a href="#">Dietary Guidelines 2015-2020</a> and the ADA Exchange List <a href="#">2012 CDC Diabetes Prevention Program Handout Session2" Be a Fat and Calorie Detective</a> <a href="#">2012 CDC Diabetes Prevention Program Handout Session4:Healthy Eating</a></p>						

# Risky Foods

It is important to limit or avoid foods that can put you at risk for chronic diseases such as heart disease, diabetes and cancer. See the below chart for examples/recommendations of “risky foods”.

Products	Examples	Recommendation
<b>Added Sugar</b>	<ul style="list-style-type: none"> <li>- Maple syrup and honey</li> <li>- Agave nectar and jams</li> <li>- Sweetened beverages (soda, sports drinks)</li> <li>- Sweetened yogurt</li> <li>- Cookies, cakes, pie, and ice cream</li> <li>- Granola and protein bars</li> </ul>	<p><b>Women:</b> No more than 6 teaspoons (25 grams) which equals 100 calories</p> <p><b>Men:</b> No more than 9 teaspoons (36 grams) which equals 150 calories</p>
<b>Processed Meats</b> (smoking, curing salting, or adding preservatives)	<ul style="list-style-type: none"> <li>- Ham and bacon</li> <li>- Pastrami</li> <li>- Salami</li> <li>- Hot dogs</li> <li>- Sausage</li> </ul>	Avoid all processed meats
<b>Red Meat</b>	<ul style="list-style-type: none"> <li>- Beef</li> <li>- Pork</li> <li>- Lamb</li> <li>- Steak</li> <li>- Pork chops</li> </ul>	Limit red meat to no more than 18 ounces (cooked weight) per week.
<b>Alcohol</b>	<ul style="list-style-type: none"> <li>- 12 oz. beer</li> <li>- 4 oz. of wine</li> <li>- 1.5 oz. of 80-proof spirits</li> <li>- 1 oz. of 100-proof spirits.</li> </ul>	<p><b>Women:</b> No more than 1 drink per day</p> <p><b>Men:</b> No more than two drinks per day</p>
<p><b>Sources:</b> <a href="#">American Heart Association</a>, <a href="#">American Institute for Cancer Research</a></p>		

## Did You Know...

- Most Americans struggle to meet the American Heart Association guidelines for added sugar consumption. Just a single mocha or a can of soda could put you over the recommended sugar allowance.
- Naturally occurring sugar in plant foods (fruits and vegetables) is not of concern.
- The American Institute for Cancer Research has determined that no amount of processed meat is considered safe. Choose fresh turkey or grilled chicken as protein options instead of deli meats. Also, try soy-based vegetarian patties instead of sausage or bacon.
- There is controversy on whether or not alcohol (particularly red wine) has health benefits. Moderate drinking could potentially reduce the risk of developing heart disease although there is also strong evidence that [alcohol](#) increases the risk for several cancers.



# Macronutrient Goals

According to the 2015-2020 Dietary Guidelines, the following macronutrient ranges suggested for adults:

<b>Protein</b>	<b>10-35% total calories</b>	<b>Minimum: 46 grams/day for females 56 grams/day for males</b>
<b>Carbohydrate</b>	<b>45-65% total calories</b>	<b>Minimum: 130 grams/day</b>
<b>Total Fat</b>	<b>25-35% total calories</b>	<b>Minimum: 33-55 grams/day</b>

## Ways to Eat Healthy

Eating less fat and fewer calories is an important part of losing weight. However, that is only one important part of healthy eating. Another part of healthy eating is changing the way we eat and what we eat. Here are a few tips to help.

### Set up a regular pattern of eating.

- ✓ Spread your calories out through the day. Doing so helps keep you from getting too hungry and losing control. Eat 3 meals each day and 1 or 2 healthy snacks.
- ✓ Do not skip meals.
- ✓ Try to eat at the same time each day. Regular meals will also keep you from getting too hungry and losing control.

### Eat slowly.

Try pausing between bites. Put down your fork and take a break between bites. Drink water with meals and enjoy the taste of your food. Eating slowly will help you —

- ✓ Digest your food better.
- ✓ Be more aware of what you are eating.
- ✓ Be more aware of when you are full.

### Don't worry about cleaning your plate.

- ✓ Serve yourself smaller portions to begin with.
- ✓ The greatest waste of food is eating more than you want or need.

### Change your eating environment.

- ✓ Eat with others.
- ✓ Do not eat while watching television or doing anything else that can take your attention away from your meal.

# Menu Planning

## *Preparing Quick and Healthy Meals*

Preparing meals at home may feel frustrating at times, especially if you are short on time. There are many benefits to planning and preparing meals yourself; you save calories and your leftovers can turn into future meals. By planning ahead, you can make the healthy choice, the easy choice!

### Try These Tips:

- Set aside leftovers for next day lunches.
- Buy fresh and local produce, it will last longer.
- Consider using frozen vegetables and canned beans.
- Pre-chop vegetables when you get home from the store.
- Cook certain items in bulk such as rice and quinoa to have throughout the week. Pre-cooked grains also are available in the frozen section of the grocery store.
- If you use a crockpot, prep and freeze your ingredients in a bag ahead of time. De-thaw the night before you prepare your crockpot meal.



*Review the following meal ideas and check the ones that you may adopt or add your own!*

Breakfast Ideas	
Examples	Other ideas
<ul style="list-style-type: none"> <li>- Hot cereal with fruit (berries, baked apples, raisins), topped with chia seeds or ground flax</li> <li>- Low-fat plain yogurt, berries or sliced banana, cinnamon and low-fat granola</li> <li>- Whole grain bread, nut butter and sliced banana</li> <li>- Veggie scramble with egg whites, onions, peppers, and low fat cheese</li> <li>- Smoothie with low fat milk (or milk substitute), 1 cup fresh or frozen fruit, 1 cup of spinach</li> </ul>	

<b>Lunch Ideas</b> Build a healthy sandwich, wrap, or bento box!		
<b>Examples</b>		<b>Other ideas</b>
<b>The Base</b>	<ul style="list-style-type: none"> <li>- Whole wheat pita bread/triangles</li> <li>- Whole grain bread of your choice</li> <li>- Collard or Romaine lettuce leaf</li> <li>- Whole wheat tortilla/chips</li> <li>- Whole grain crackers</li> </ul>	
<b>Healthy Dip and Spreads</b>	<ul style="list-style-type: none"> <li>- Hummus or Tahini</li> <li>- Pesto</li> <li>- Olive/tapenade spread</li> <li>- Bean dip, salsa, guacamole</li> <li>- Sundried tomato spread</li> <li>- Avocado</li> <li>- Low-fat mayo</li> <li>- Mustard</li> <li>- Low fat cream cheese</li> <li>- Fruit preserves</li> </ul>	
<b>Healthy Proteins</b>	<ul style="list-style-type: none"> <li>- Nut/seed butter (almond, cashew, peanut)</li> <li>- Grilled chicken</li> <li>- Roasted turkey</li> <li>- Chicken, tuna or egg salad</li> <li>- Veggie burger</li> <li>- Tofu/tempeh</li> <li>- Low fat cheese</li> </ul>	
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>- Roasted peppers, mushrooms, onions</li> <li>- Cucumbers</li> <li>- Shredded carrots</li> <li>- Tomato</li> <li>- Lettuce/spinach/sprouts</li> <li>- Onions</li> </ul>	
<b>On the side</b>	<ul style="list-style-type: none"> <li>- Popcorn</li> <li>- Hummus with raw veggies of choice</li> <li>- Fresh fruit</li> <li>- Low fat string cheese</li> <li>- Kale chips</li> <li>- Dry roasted edamame or chickpeas</li> <li>- Nuts/seeds</li> <li>- Chili, lentil or miso soup</li> <li>- Low-fat plain yogurt</li> <li>- Pickles</li> </ul>	

<b>Dinner Ideas</b>		
<b>Examples</b>		<b>Other ideas</b>
<b>Pasta Night</b>	<p>Yes, even <u>pasta</u> can be part of a healthy diet!</p> <ul style="list-style-type: none"> <li>- Choose whole grain varieties if you can.</li> <li>- Try using shredded zucchini or spaghetti squash as an alternative to regular pasta.</li> <li>- Serve with a marinara sauce or pesto, extra vegetables, and your choice of lean protein.</li> </ul>	
<b>Stir-Fry Night</b>	<ul style="list-style-type: none"> <li>- Sauté your favorite vegetables with chicken or tofu.</li> <li>- Try peanut, sesame, or coconut oil to vary flavors.</li> <li>- Season with garlic and soy sauce/tamari, Thai curry paste, or peanut sauce.</li> <li>- Serve over brown rice, quinoa, or leftover noodles.</li> </ul>	
<b>Burrito Bar or Bowl Night</b>	<p>This one is so easy, and just takes a few minutes!</p> <ul style="list-style-type: none"> <li>- Use brown rice at the bottom of your bowl</li> <li>- Add beans or ground turkey, sautéed vegetables, avocado, and salsa.</li> <li>- Optional: top with light sour cream and cheese.</li> <li>- You can use a whole grain tortilla or large lettuce leaf if you are creating a burrito.</li> </ul>	
<b>Soup/Stew Night</b>	<p>Dust off that crockpot!</p> <ul style="list-style-type: none"> <li>- Fill it with veggies, beans (optional), herbs, spice, and lean meat (optional).</li> <li>- Turn it on low in the morning and dinner will be ready by the time you get home.</li> </ul>	
<b>Salad Bar Night</b>	<ul style="list-style-type: none"> <li>- Add rotisserie chicken or beans over mixed greens, pre-chopped vegetables, and fresh fruit.</li> <li>- Serve with vinaigrette or a low fat creamy dressing. Did you know you can make a healthy creamy salad dressing from hummus? Just add to a little water and drizzle onto your salad.</li> </ul>	
<b>Breakfast Night</b>	<p>An omelet or frittata can be tasty any time of day.</p> <ul style="list-style-type: none"> <li>- To lower the fat and cholesterol content, you can use egg substitutes or egg whites.</li> <li>- If you make a frittata, line a pie pan with parchment paper to reduce clean-up.</li> <li>- Serve with fruit and homemade potatoes.</li> </ul>	
<b>Burger Night</b>	<ul style="list-style-type: none"> <li>- Try ground turkey or extra lean ground beef instead of regular hamburger meat. You might also consider a pre-made veggie burger.</li> <li>- Top with roasted peppers, mushrooms, onions.</li> <li>- Serve with a side salad.</li> </ul>	



# The Power of Food Tracking

According to research conducted by Kaiser Permanente Center for Health Research, logging your food makes you twice as likely to meet weight loss goals. Our team recommends that you track your food either using the paper chart included in this guide or through a food tracking app or website. Both of these approaches will help you to monitor your calorie target.

## Best practices for food tracking:

If you do not have time to enter your food right away, take a photo, do a voice recording or write it down somewhere and transfer it to your paper or online tracker when you can. The more time that goes by without documenting your food, the less accurate the tracking becomes. Remember to account for everything you eat in a day, including beverages, condiments, and snacks. A handful of nuts here and there can really add up!



## Tracking Apps & Websites

Many people are turning to food tracking apps and websites to look up calorie and nutrient content in food. This approach can empower you to learn how your daily food choices impact your overall nutrition and weight. Here are some pros and cons of using this approach:

### Pros:

- Provides a calorie budget and nutrition benchmarks to hit each day
- Access to a huge database of foods
- No rigid food rules
- Flexibility
- Empowers you to be a self-manager; evaluating the foods and lifestyle patterns that work best for you
- You can scan bar codes of food items and the nutrition information downloads directly to your food journal



**Free Popular Apps to Try!**

[MyFitnessPal](#)  
[Lose it!](#)

### Cons:

- Requires some knowledge of portion sizes
- Diet may not be balanced if you are just focusing on calories
- Can be time consuming and hard to keep up with 7 days per week
- Database may not always have accurate calorie information

## Tracking Food Groups

Do you want to keep food and technology separate from each other? Sometimes it is simple to go back to basic food group tracking. We have developed an easy to use chart on the next two pages that you can carry around with you. Here are some pros and cons of using this approach:

### Pros:

- Provides a calorie budget and nutrition benchmarks to hit each day
- Easy to sustain
- Promotes a balanced diet
- Encourages you to eat abundant amounts of fruits and vegetables
- You don't have to track calories

### Cons:

- Requires some knowledge of portion sizes
- Must bring a journal with you throughout the day



**For more nutrition information and resources, visit:**

[www.ProvidenceHealthPlan.com/healthcoach](http://www.ProvidenceHealthPlan.com/healthcoach)

# Food Tracker

Using the serving targets you obtained on pages 2-3, use this food tracker to log your servings. If you do not have time to convert your foods to servings right away, use the notes page!

Calorie Target:						
Serving Targets	Vegetables	Starchy Vegetables & Grains	Fruit	Protein	Fat	Risky Foods

  

Day:	Vegetables	Starchy Vegetables & Grains	Fruit	Protein	Fat	Risky Foods (LIMIT)
Meal 1						
Snack 1						
Meal 2						
Snack 2						
Meal 3						
Snack 3						
<b>Total</b>						

  

Day:	Vegetables	Starchy Vegetables & Grains	Fruit	Protein	Fat	Risky Foods (LIMIT)
Meal 1						
Snack 1						
Meal 2						
Snack 2						
Meal 3						
Snack 3						
<b>Total</b>						

  

Day:	Vegetables	Starchy Vegetables & Grains	Fruit	Protein	Fat	Risky Foods (LIMIT)
Meal 1						
Snack 1						
Meal 2						
Snack 2						
Meal 3						
Snack 3						
<b>Total</b>						

Day:	Vegetables	Starchy Vegetables & Grains	Fruit	Protein	Fat	Risky Foods (LIMIT)
Meal 1						
Snack 1						
Meal 2						
Snack 2						
Meal 3						
Snack 3						
<b>Total</b>						

Day:	Vegetables	Starchy Vegetables & Grains	Fruit	Protein	Fat	Risky Foods (LIMIT)
Meal 1						
Snack 1						
Meal 2						
Snack 2						
Meal 3						
Snack 3						
<b>Total</b>						

Day:	Vegetables	Starchy Vegetables & Grains	Fruit	Protein	Fat	Risky Foods (LIMIT)
Meal 1						
Snack 1						
Meal 2						
Snack 2						
Meal 3						
Snack 3						
<b>Total</b>						

Day:	Vegetables	Starchy Vegetables & Grains	Fruit	Protein	Fat	Risky Foods (LIMIT)
Meal 1						
Snack 1						
Meal 2						
Snack 2						
Meal 3						
Snack 3						
<b>Total</b>						

