Good Eats: Quick and Healthy Meals for Med Students

With help from Natalie Taft, Kay Craven, Jill Jennings
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- Consultant, University Health Systems of Eastern Carolina Nutrition Initiative since 2004
- 120+ publications; weekly Reflector column since 8/1987
- ECU Centennial Award, Service; Medallion from Am Dietet Assoc
- Graduate (and former faculty) of Michigan State University (BS) Univ of Tennessee Knoxville (PhD)
- Academic claim to fame: nutrition in medical education; childhood obesity
- kolasaka@ecu.edu
Objectives

By the end of this session, participants will be able to:

- Know about the affordable Brody diet plan
- Have a list of healthier options when eating out in Greenville
- Have a better understanding of food labeling
- Identify key strategies for shopping wisely
- Be aware of resources for healthy recipes

Special acknowledgement to North Carolina Eat Smart, Move More and the Aisle by Aisle Shopping Guide
<table>
<thead>
<tr>
<th>Thrifty</th>
<th>Male</th>
<th>Female</th>
<th>Family of 4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$42.20</td>
<td>$37.60</td>
<td>$127.70-$146.40</td>
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<tr>
<td>Low Cost</td>
<td>$54.40</td>
<td>$47.20</td>
<td>$162.20-$191.20</td>
</tr>
<tr>
<td>Moderate Cost</td>
<td>$67.40</td>
<td>$58.40</td>
<td>$200.80-$239.10</td>
</tr>
<tr>
<td>Liberal Cost</td>
<td>$78.90</td>
<td>$74.40</td>
<td>$248.10-$289.70</td>
</tr>
</tbody>
</table>

From www.cnpp.usda.gov
The Supplements Aisle

More than 54,000 unique formulas
More than 75,000 distinctly labeled products
Some commercial web sites, for example create and test recipes Readyseteat.com From Conagra
The Brody Healthy Meal Plan
At Vidant cafés and vending

75% healthy calories*

Spirit of healthy prevails

- Main dish < 500
- Side dish < 250
- Meal < 800
- Soup < 225
- Dessert/bread < 200
- Snacks < 200
- Beverages < 50/8 oz
- Milk/coffee < 100/8 oz

• 100% calorie labeling
• Price leveraged

*60% at sponsored events
Buy from vending machines on Vidant campus.

- Baked chips
- Fig bars
- Animal crackers
- Small portions of nuts
- Low-fat cookies
- Low-fat crackers
Eat at ECHI- Healthy is the Norm

• Right portion size; entrée < 1,000 calories; lean meat < 6 oz.

• Heart healthy preparation methods – grilling, gas-fired oven, stir fry, broiling, baking, use of vegetable or olive oils

• Daily offering: fish entrees, vegetarian, beans, vegetables and fruits, salad, green tea, yolkless egg product, non cream vegetarian soup, whole wheat heart healthy pizza

• Sushi

• Espresso beverages use skim milk

• Includes heart healthy ingredients/components: oats, nuts, plant sterols, soy, whole grains, Omega 3’s, flavonoids, reduced fat cheese
Don’t skip meals; do skip fast food
Pack a bag for survival …include something from each group.

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fruits &amp; vegetables</th>
<th>Whole grain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skim milk</td>
<td>Banana</td>
<td>Oatmeal</td>
</tr>
<tr>
<td>Turkey or other low-fat</td>
<td>Baby carrots</td>
<td>Whole grain crackers</td>
</tr>
<tr>
<td>deli meat</td>
<td>Celery sticks</td>
<td>Whole grain bread</td>
</tr>
<tr>
<td>Hard-cooked egg</td>
<td>Other cut-up vegetables</td>
<td>Whole grain cereal</td>
</tr>
<tr>
<td>Low-fat yogurt</td>
<td>Salad with low-fat dressing</td>
<td></td>
</tr>
<tr>
<td>Low-fat cottage cheese</td>
<td>Fresh fruit</td>
<td></td>
</tr>
<tr>
<td>String cheese</td>
<td>Canned fruit with no added sugar</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Small amounts of dried fruit</td>
<td></td>
</tr>
</tbody>
</table>
Use Meal Replacements
Packaged Meals, Snacks

Guidelines for snack bar
- <200 calories
- <5 gm sugar/100 calories
- <5 gm fat
- 3+ grams dietary fiber

Guidelines for a meal
- 220-400 Calories;
- At least 3-5 grams of fiber;
- At least 10 grams of protein;
- 4 grams or less of saturated fat;
- 0 grams of trans fat;
- Less than 500-750 milligrams sodium

Tips for successful shopping

- Make a list and stick to it
- Do not shop when you are hungry.
- Buy more minimally processed foods
- Use coupons with caution
- Be a label-reader.
Check the facts

Serving Size & Serving per container

Nutrients to limit <5% DV is low

Nutrients to get enough of >20% DV is high

Calories

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 Calories from Fat 110

% Daily Value*
Total Fat 12g 18%
Saturated Fat 3g 15%
Trans Fat 3g
Cholesterol 30mg 10%
Sodium 470mg 20%
Total Carbohydrate 31g 10%
Dietary Fiber 0g 0%
Sugars 5g

Protein 5g

Vitamin A 4%
Vitamin C 2%
Calcium 20%
Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrients to get enough of >20% DV is high

Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
**Label Lingo**

- **Fat-free** – less than 0.5 g of fat per serving
- **Low-fat** – 3 g of fat or less per serving
- **Light/Lite** – 50% less fat or 1/3 fewer calories than the original product
- **Reduced-fat** – 25% less fat than the original product
SHARING TIME

Have you found APPs?
Reviews at
www.foodandnutrition.org
When you can...

MAKE YOUR OWN FOOD!!!

Healthy cooking ≠ complicated, expensive, or boring cooking

Jenning 2013
Make it easy on yourself*

- Shredded vegetable mixes – add them to a stir fry, add to salads, make your own coleslaw, etc.

- Pre-washed mixed greens – simple way to eat at least a few servings of nutrient-rich vegetables each day; try adding them to soups, casseroles, sandwiches, etc.

- Pre-cubed tofu – perfect for a veggie stir fry

- Frozen fish filets, frozen plain or breaded chicken filets and strips – can be thawed very quickly and prepared simply

- Canned beans (black, pinto, chick, navy, baked, etc.) – add to soups, stews, egg dishes; make your own hummus or bean spread

- Frozen fruits and berries – make your own smoothies!

- Dried bean soup mixes – for a delicious pot of soup, just add water or broth and fresh or frozen veggies

*While the cost may initially be higher when purchasing such items, it may come down to the difference between cooking at home and eating healthfully versus eating out, spending more, and having fewer healthful items from which to choose.

The benefit to cost ratio is high.

Jenning 2013
Think ahead

Consider the realities of your life as a medical student when compiling a list for the grocery store – purchase items that will support your busy life without compromising your health!

- Think about what you would like to prepare in the days ahead and make a shopping list; keep your fridge, freezer, and pantry stocked with nourishing foods and you’ll always have something to put together.

- Purchase an insulated lunch bag w/ an ice pack; look for a tightly-sealed thermal container for hot items.

- Pack your next day’s meals the night before.

- Keep healthful snacks and small meals on hand so that you are not tempted to skip eating altogether, i.e., cut up veggies and fruits, hard-cooked eggs, dried fruit and nut bars, yogurts, roll-ups, etc.

Jenning 2013
Basic kitchen equipment

Consider investing in the following items for healthful cooking at home:

- Rice maker
- Crock pot
- Blender – immersion or stand up
- A 6- or 8-inch stainless steel chef’s knife – keep it sharp!
- Foreman grill or a non-stick or cast iron grill pan
- Large 10- to 13-inch non-stick frying or sauté pan,
- Saucepans w/ lids – small and large
- Wok or wok pan
- Microwave
- Assorted other items such as a vegetable peeler, box grater, whisk, wooden cutting board, etc.

Jenning 2013
Making it last (and saving $$$)

- Make your meals last – cook enough to have leftovers the next day
- Prepare large batches of soups, stews, and casseroles so you can freeze individual servings
- Store bread and other such items in the fridge
- Wrap a piece of paper towel around wet (or sometimes soggy!) produce to absorb excess moisture; store in a bag in the vegetable draw
- Keep your potatoes and garlic separate from your onions
- Buy a few yellow bananas and the rest green – by the time you are ready for them, they will be ripe rather than ready to toss

Jenning 2013
When time is an obstacle...

Try keeping these snacks on hand to help keep you nourished and alert:

• Nuts and seeds (preferably unsalted)
• Trail mix
• Dried cereals
• Fruit – dried, fresh, pre-packaged
• String cheese or other low-fat cheeses
• Yogurt
• Nut butter (peanut, cashew, almond, sesame) with vegetables, fruit, or whole grain crackers

Jenning 2013
Recipe Resources

• University of Nebraska Cook It Quick: http://food.unl.edu/web/fnh/cook-it-quick-recipes

• Eat Smart Move More North Carolina: http://www.myeatsmartmovemore.com/

• Choose My Plate: http://www.choosemyplate.gov/

• Cooking Light: http://www.cookinglight.com/

• Eating Well: http://www.eatingwell.com/

• The Mayo Clinic: http://mayoclinic.com

• Epicurious: http://www.epicurious.com/ (Here is a chance to put your substitution skills to use!!)
food safety

www.fightbac.org
Choosing Healthy Beverages

- Choose water; it is your best beverage choice.
- Choose drinks with 0-20 calories per 8 ounces.
- Limit juice; it has as many calories as soda. When you do choose juice, make sure the label says 100% fruit juice or eat a piece of fruit instead.
Choosing Healthy Beverages

- Skip sugar-sweetened sports drinks unless you are a competitive athlete
- Skip energy drinks
- Small Steps = Big Rewards: If you drink regular soda, mix half diet and half regular until you can switch to all diet or water. Do the same trick with juice—mix with plain or sparkling water. Gradually switch to water with a splash of juice or a slice of orange, lemon, lime or cucumber.
Stay Hydrated, Mindfully

Men 19 – 70+ years  3.7 L/day of total water; includes approximately 3.0 L (~13 cups) as total beverages, including drinking water.

Women 19 – 70+ years  2.7 L/day of total water; includes approximately 2.2 L (~9 cups) as total beverages, including water.
Selecting Frozen Meals

- Aim for frozen meals that are:
  - 500 calories or fewer
  - 5 grams of saturated fat or fewer
  - 600 milligrams of sodium or fewer
  - At least 3-5 grams of fiber

- Look for meals that have no trans fats and are low in total fat

- Eat only one serving of frozen pizza—most pizzas have three or four servings in one package.

- Small Steps = Big Rewards: Add a salad to your frozen meal or frozen pizza. Limit the number of frozen meals you eat each week.
Choosing Meats and Protein

- Choose lower-fat cuts of meat such as “loin” or “round”
- Choose ground meat with the highest percentage of lean such as 93/7.
- Choose white meat instead of dark meat chicken and turkey.
- American Heart Association?
Choosing Meats and Protein

- Avoid processed meats like deli meat, hot dogs, bacon, and sausages—they are loaded with sodium.

- Choose plain, low sodium canned beans; drain and rinse well to further reduce the sodium. Dried beans also recommended.

- Small Steps = Big Rewards: Serve appropriate portion sizes of meats and protein. A proper portion if meat is the size of a deck of cards or a computer mouse and nuts fitting in the palm of your hand.
Shopping for Seafood

- Choose fresh salmon. It is high in healthy fats
- Choose plain, fresh fish instead of frozen or breaded
- Avoid these fish to keep mercury intake low: shark, swordfish, king mackerel, tilefish, walleye and blue-fin tuna. This is important if you are a woman of childbearing age.
- Small Steps = Big Rewards: Gradually switch to baked, broiled or oven fried.
Selecting Fresh and Frozen Produce

- Supersize it! More is better when it comes to fresh and frozen produce.
- Buy what is in season, you’ll save money.
- Buy local if your store offers it; it’s often the freshest.
- Choose a variety of colors—be sure to include dark green and deep orange.
Selecting Fresh and Frozen Produce

- Stock your freezer with plain, frozen vegetables and fruits.

- Check the ingredient list for added fat or sugar, for example, if the product is broccoli, only ingredient should be only broccoli.
Shopping for Canned Fruits and Vegetables

- Choose low-sodium or no-salt-added canned vegetables; when not available, drain and rinse well to reduce the sodium.

- Small Steps = Big Rewards: Skip the saltshaker when eating canned vegetables and beans. Switch to low sodium, and then move to salt-free. To add flavor, try salt-free herbs and spices.
Shopping for Canned Fruits and Vegetables

- Select canned and fruit packed in water, when not available, chose fruit packed in his own juice, drain well and discard the juice.

<table>
<thead>
<tr>
<th>Calories per cup</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Water packed</td>
<td>60</td>
</tr>
<tr>
<td>Juice packed</td>
<td>110</td>
</tr>
<tr>
<td>Light syrup</td>
<td>140</td>
</tr>
<tr>
<td>Heavy syrup</td>
<td>200</td>
</tr>
</tbody>
</table>
Which is whole-grain?
Choosing Whole Grain Bread

- Choose breads with 60 calories or fewer per slice
- Choose “100% whole grain” or 100% whole wheat” breads; brown and multigrain breads don’t necessarily contain whole grain.
Whole-grain?

Whole-grain food

NOT a whole-grain food
Enjoying Whole Grain Bread

- Small Steps = Big Rewards: If you love white bread, look for whole-grain white flour listed as the first ingredient, this may make the switch to whole grain easier.

- Taste test different brands
Check your oil and other fats

- Choose oils over solid fats like butter.
- Liquid = Unsaturated;
- Solid = saturated
- Light Olive oil ≠ Less calories
## Selecting Cereal & Cereal Bars

<table>
<thead>
<tr>
<th>Cereal</th>
<th>Cereal Bars</th>
</tr>
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<tbody>
<tr>
<td>• 200 calories or fewer per serving</td>
<td>• 200 calories or fewer per bar</td>
</tr>
<tr>
<td>• Fewer than 6 grams or more of fiber per serving</td>
<td>• Fewer than 5 grams of sugar per 100 calories</td>
</tr>
<tr>
<td>• At least 3 grams or more of fiber per serving</td>
<td>• At least 3 grams or more of fiber per bar</td>
</tr>
</tbody>
</table>

- The first ingredient should be whole grain: whole wheat or oats
- Look at the serving size to make sure that it’s how much you would actually eat
- Choose plain oatmeal for a great whole-grain choice, and skip the flavored kind
### Nutrition Facts

**Serving Size**: 3/4 cup (29g)
**Servings Per Container**: about 13

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Reese's Puffs</th>
<th>with 1/2 cup skim milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120</td>
<td>160</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>30</td>
<td>30</td>
</tr>
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</table>

% Daily Value**

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>3.5g*</th>
<th>5%</th>
<th>5%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>1g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>1.5g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Cholesterol**: 0mg 0% 1%

**Sodium**: 180mg 8% 10%

**Potassium**: 60mg 2% 7%

**Total Carbohydrate**: 22g 7% 9%

**Dietary Fiber**: 1g 5% 5%

**Sugars**: 12g

**Other Carbohydrate**: 9g

**Protein**: 2g

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### Nutrition Facts

**Serving Size**: 1 cup (28g)
**Children Under 4 - ¾ cup (21g)
**Servings Per Container**: about 10
**Children Under 4 - about 13

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Cheerios</th>
<th>with 1/2 cup skim milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>100</td>
<td>140</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>15</td>
<td>20</td>
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</table>

% Daily Value**

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>2g*</th>
<th>3%</th>
<th>3%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td>0g</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0.5g</td>
<td></td>
<td>0g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0.5g</td>
<td></td>
<td>0g</td>
</tr>
</tbody>
</table>

**Cholesterol**: 0mg 0% 1%

**Sodium**: 180mg 6% 10%

**Potassium**: 170mg 5% 11%

**Total Carbohydrate**: 20g 7% 9%

**Dietary Fiber**: 3g 11% 11%

**Soluble Fiber**: 1g

**Sugars**: 1g

**Other Carbohydrate**: 16g 12g

**Protein**: 3g 2g
The ingredient list shows that sugar is listed four times:

1. Sugar
2. Sugar; contains mono- and diglycerides; peanut oil;:
3. Molasses and corn starch; dextrose;
4. Corn syrup.
Small Steps = Big Rewards: If you are having a hard time switching to whole-grain cereal, try mixing your usual cereal with a whole-grain choice.
Managing the Cookie Aisle

- Avoid this aisle when possible
- Choose your favorite cookie when looking for an occasional treat, but stick to the serving size
- Look for 100-calories packs
- Compare the food labels and look for cookies with the least number of calories and no trans fat
- Small Steps = Big Rewards: Don’t feel like you have to give up your favorite cookies. Just eat fewer of them, eat them less often and enjoy them when you do.
- **GO GREEN.** Make your own 100-calorie packs to save money and reduce packaging
Choosing Dairy

- Choose skim or 1% milk.
- Choose low-fat 2% cheese or use less regular cheese.
- Select low-fat or fat-free sour cream.
- Choose low-fat or fat-free yogurt with “live, active cultures” and fewer than 12-15 grams of sugar per 6 ounces.
- Limit flavored milk to an occasional treat.

Small Steps = Big Rewards: If you drink whole milk, try 2% for a few weeks and then switch to 1% milk. Eventually switch to fat-free (skim) milk. Another option is to mix whole milk with skim, gradually decreasing the amount of whole milk.
Whole milk

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Whole Milk</th>
<th>Amount per Serving</th>
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<tbody>
<tr>
<td>Calories</td>
<td>150</td>
<td>Calories from Fat 70%</td>
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<tr>
<td>Total Fat</td>
<td>8g</td>
<td>12%</td>
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<tr>
<td>Cholesterol</td>
<td>35mg</td>
<td>12%</td>
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<tr>
<td>Sodium</td>
<td>120mg</td>
<td>5%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>12g</td>
<td>4%</td>
</tr>
<tr>
<td>Protein</td>
<td>8g</td>
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</table>

Skim milk

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Skim Milk</th>
<th>Amount per Serving</th>
</tr>
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<tbody>
<tr>
<td>Calories</td>
<td>90</td>
<td>Calories from Fat 0%</td>
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<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>125mg</td>
<td>5%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>13g</td>
<td>4%</td>
</tr>
<tr>
<td>Protein</td>
<td>8g</td>
<td></td>
</tr>
</tbody>
</table>

*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 per gram:
- Fat 9g
- Carbohydrate 4g
- Protein 4g
Navigating the Frozen Desserts Aisle

- Limit frozen desserts to an occasional treat.

- Look for desserts that have:
  - 150 calories or fewer
  - 2 grams of saturated fat or fewer

- Choose low-fat or fat-free mini ice cream bars, frozen yogurt, sherbet, fruit sorbet or fudge pops
Enjoying Frozen Desserts

- Take note of serving sizes when scooping ice cream—a serving is $\frac{1}{2}$ cup.

- Small Steps = Big Rewards: Try pre-portioned, low-fat frozen treats. Or, rather than keeping your freezer stocked with treats, take your family out for an occasional treat.
Navigating the Snack Aisle

- Choose granola bars that have 200 or fewer calories, 5 or fewer grams of sugar per 100 calories and at least 3 grams of fiber per serving.

- Choose low-fat, low-sodium popcorn

- Choose whole-grain crackers with fewer ingredients

- Look for fruit snacks made with 100% fruit.
### Baked potato chips

<table>
<thead>
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<th>Nutrition Facts</th>
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<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td><strong>Calories</strong> 120</td>
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<tr>
<td><strong>Total Fat</strong> 3g</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Polyunsaturated Fat 1.5g</td>
</tr>
<tr>
<td>Monounsaturated Fat 1g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 0mg</td>
</tr>
<tr>
<td><strong>Sodium</strong> 200mg</td>
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<tr>
<td><strong>Total Carbohydrate</strong> 21g</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
</tr>
<tr>
<td>Sugars 2g</td>
</tr>
<tr>
<td><strong>Protein</strong> 2g</td>
</tr>
</tbody>
</table>

**Vitamin A** 0%  
**Vitamin C** 6%  
**Calcium** 4%  
**Iron** 0%  
**Thiamin** 4%  
**Niacin** 6%  
**Vitamin B6** 4%  
**Phosphorus** 8%  
**Zinc** 2%  

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

<table>
<thead>
<tr>
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<th>2,000</th>
<th>2,500</th>
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<tr>
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<td>30g</td>
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<tr>
<td>Cholesterol</td>
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<td>300mg</td>
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<td>Sodium</td>
<td>2,400mg</td>
<td>2,400mg</td>
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<tr>
<td>Total Carbohydrate</td>
<td>200g</td>
<td>250g</td>
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<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
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<tr>
<td>Calories per gram:</td>
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<td></td>
</tr>
<tr>
<td>Fat 9</td>
<td>Carbohydrate 4</td>
<td>Protein 4</td>
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</table>

### Regular potato chips

<table>
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<th>Nutrition Facts</th>
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<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
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<tr>
<td><strong>Calories</strong> 150</td>
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<tr>
<td>Calories from Fat 90</td>
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<tr>
<td><strong>Total Fat</strong> 10g</td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
</tr>
<tr>
<td>Polyunsaturated Fat 1.5g</td>
</tr>
<tr>
<td>Monounsaturated Fat 1g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 0mg</td>
</tr>
<tr>
<td><strong>Sodium</strong> 180mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 15g</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
</tr>
<tr>
<td>Sugars 0g</td>
</tr>
<tr>
<td><strong>Protein</strong> 2g</td>
</tr>
</tbody>
</table>

**Vitamin A** 10%  
**Vitamin C** 25%  
**Calcium** 0%  
**Iron** 2%  
**Thiamin** 30%  
**Niacin** 8%  
**Vitamin B6** 4%  
**Phosphorus** 4%  
**Magnesium** 4%  

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>Less than 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>Less than 300g</td>
<td>Less than 375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>Less than 25g</td>
<td>Less than 30g</td>
</tr>
</tbody>
</table>

**Ingredients:** Potatoes, Vegetable Oil (Contains One or More of the Following: Corn, Cottonseed, or Sunflower Oil), and Salt.
Navigating the Snack Aisle

- Choose low-salt nuts. Stick with one serving.

- Small Steps = Big Rewards: Gradually swap chips, cheesy crackers, candy bars, honey buns and other high-calorie snacks for fruits and vegetables, low-fat dairy products, whole grains or small portions of nuts.
Specialty foods

- Gluten free
- Sugar free
Dangers of avoiding wheat?

Possible deficiencies?

- Iron
- Calcium
- Fiber
- Thiamin
- Riboflavin
- Niacin
- Folate

Benefits of wheat?

- Oligofructose may have improve immune status, lipid metabolism and vitamin and mineral absorption
- Non-digestible carbs may help improve blood glucose, lower insulin levels, reduce triglycerides, reduce body weight
- Resistant starch can help with healthy gut bacteria
- May protect from cancers, inflammatory diseases, cardiovascular diseases
Cost Comparison

Prices are improving as market share improves.
Nutrition at ECU

Family Medicine & Firetower Medical Office

Pediatrics

Diabetes and Endocrinology

OB High Risk

Surgery

Gastroenterology, Hepatology & Nutrition

Leo W. Jenkins Cancer Center
Nutrition Services at the Family Medicine Center

What can medical nutrition therapy do for you?

• Give you more energy and help you feel better.

• Reduce medical complications.

• Save money on medicines.

• Help you reach your goals for weight and health.

To schedule an appointment call:

ECU Family Medicine Center:
744-4611
Firetower Medical Office: 744-1122

Kathryn M. Kolasa, PhD, RD, LDN
Professor Emeritus

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Clinical Nutrition Specialist
Certified Diabetes Educator