# LiveRight

Section 9

DineRight **Section 8 Review Quiz:**
CLUE: Fill in the blanks below using portion sizes, prepared, or beverages
- Answers are on page 212 -

- When eating out at a restaurant, don't hesitate to ask your server how the food is _____.
- You still need to watch _____ when eating out. You might split a main course or ask to have half wrapped to take home.
- _____ can add a lot of calories to a meal.

**Goals for Week 9:**

- Learn ways that proper nutrition can help individuals with spinal cord impairment with daily health issues such as pressure sores and bladder/bowel management.
- Understand how following the EatRight Weight Management Program can help in the prevention and control of specific health problems such as heart disease, osteoporosis and cancer.
- Learn ways to control cholesterol, fat and sodium in your food choices.
- Understand the role of "heart-smart" nutrients.

## Your Health

LiveRight is all about how your eating lifestyle impacts your overall heath by preventing and controlling of specific health problems. While the genes that you inherit are significant factors for your health, your lifestyle choices may be even more important. The human body needs *nutrients* for good health. The science behind good nutrition is complex, and there are many health problems that can be improved, controlled and/or prevented with healthy balance of nutrients. Some of the nutrients are listed in the chart below.

| Nutrient | Function |
|---|---|
| Vitamin A | Plays a significant role in vision, gene expression, cellular differentiation, morphogenesis, growth, immune function, and maintenance of healthy bones, teeth, and hair. |
| Vitamin B | A group of 8 individual vitamins (thiamine (B1), riboflavin (B2), niacin (B3), pyridoxine (B6), folic acid (B9), cyanocobalamin (B12), pantothenic acid and biotin) essential for The breakdown of carbohydrates into glucose, breakdown of fats and proteins, muscle tone in the stomach and intestinal tract, skin, hair, eyes, mouth, and liver. |

| | |
|---|---|
| Vitamin C | As a dietary antioxidant, vitamin C counteracts the oxidative damage to biomolecules; additionally, vitamin C helps strengthen blood vessels and maintain healthy gums, and aids in the absorption of iron. |
| Vitamin D | Helps maintain normal blood levels of calcium and phosphorus by promoting calcium absorption, and vitamin D works with a number of other vitamins, minerals, and hormones to promote bone mineralization. |
| Vitamin E | As a dietary antioxidant, vitamin E counteracts the oxidative damage to biomolecules; in addition, vitamin E helps in the formation of red blood cells and muscles. |
| Calcium | The key nutrient in the development and maintenance of bones; additionally calcium aids in blood clotting and muscle and nerve functioning. |
| Iron | Involved in energy metabolism as an oxygen carrier in hemoglobin and as a structural component of cytochromes in electron transport. Iron is a structural component at the catalytic site of a large number of enzymes covering a wide array of diverse metabolic functions. These include neurotransmitter synthesis and function, phagocyte antimicrobial activity, hepatic detoxification systems, and synthesis of DNA, collagen and bile acids. |
| Magnesium | Plays a key role in the development and maintenance of bones, as well as activates enzymes necessary for energy release. |
| Potassium | Assists in muscle contraction, maintaining fluid and electrolyte balance in cells, transmitting nerve impulses, and releasing energy during metabolism. Diets rich in potassium lower blood pressure, blunt the adverse effects of salt on blood pressure, may reduce the risk of developing kidney stones, and may decrease bone loss. |
| Zinc | Zinc is vital for the healthy working of many of the body's systems. It is particularly important for healthy skin and is essential for a healthy immune system and resistance to infection, and zinc helps with the healing of wounds and is a vital component of many enzyme reactions. |
| Dietary Fiber | Helps maintain the health of the digestive tract and promotes proper bowel functioning. |

# Health, Nutrition & SCI

Medical advances have greatly improved the life expectancy of individuals with spinal cord impairment (SCI). In fact, your life expectancy is now very near that of the general population. Not only do you face health concerns related to your impairment, but you are also likely to face many of the same health concerns as in the general population.

At this time there are no national guidelines on the nutritional needs of individuals with SCI. However, the EatRight Weight Management Program is designed to provide a balance of essential nutrients when you make your food choices within your program to improve your overall health.

**Urinary Tract Infections:**

Individuals with SCI are at a high risk for urinary tract infection (UTI). In fact, *complications due to UTI are the #1 medical concern* and more likely to affect your overall health and health care costs. The source of UTI is bacteria. It is normal for most (80%) people with SCI to have bacteria in their urine that can be identified by a urine culture. In fact, bacteria in the urine is normal and not considered a problem unless you show symptoms of a UTI such as fever, chills, nausea, headache, increased spasms, and autonomic dysreflexia (AD).

☞ **Drink about 2 quarts of water per day**. Unless you have a medical condition such as congestive heart failure that requires you to limit fluid intake, most doctors recommend that persons with SCI drink between eight and ten 8oz glasses of water a day. Drinking the proper amount of water helps to "wash out" bacteria and other waste materials from the bladder. This can help prevent UTI and lessens the chance of other urinary system such as kidney (renal) failure along with kidney and bladder stones.

There may be times when you need to drink even more water than the recommended amount. Alcohol and caffeinated drinks such as tea, coffee and colas act as a diuretic and cause you to lose water by increasing your urine output, so you may need to increase your water intake if you drink caffeinated drinks. As you increase the fiber in your diet, you may need to increase your water intake as fiber absorbs water. Your doctor may recommend additional fluids if you are ill with fever, vomiting or diarrhea. People who are physically active may need to drink more water to replace the water lost through perspiration. It is also a good idea to drink more water if you are going to be outside on a hot day.

Remember, thirst sensation runs quite a bit slower than your body's need for water. By the time you realize that you are feeling thirsty, your body is already dehydrated. Most experts suggest that you drink liquids before you get thirsty.

Helpful hints to increase water intake:

- ✓ Keep a water bottle with you.
- ✓ Eat plenty of fruits and vegetables because they contain water and other healthy nutrients.
- ✓ Make it a point to drink one or two glasses of water soon after waking up in the morning.
- ✓ Drink a glass of water with snacks or before meals.
- ✓ Drink most of your liquids between the times you wake up and about 4 hours before bedtime to reduce the need for bladder management while you sleep.
- ✓ Limit alcohol and caffeine intake.

*Cranberry juice and pills* have long been associated with prevention or treatment of UTI. Although some research suggests that drinking cranberry juice or taking cranberry pills can

inhibit the growth of bacteria in the bladder in the general population, the benefits of this have not been consistent in studies with the spinal cord injured population.

**Pressure Sores:**

It is estimated that up to 80% of individuals with SCI will have a pressure sore during their lifetime, and 30% will have more than one pressure sore. Preventing pressure sores is a daily concern because you want to stay healthy and avoid this serious skin problem in order to be free to do whatever life has to offer. One pressure sore can result in costly surgery and complications and can even end in death. It is a big deal!

Healthy eating habits can help prevent skin problems. Without healthy nutrition, you can experience swelling, which is bad for skin's circulation and compromises the process that gets oxygen to cells throughout your body. If you are too thin, you lose much needed "padding" between your bones and your skin. If you are too heavy, you are at great risk to putting added pressure on boney areas of your body such as hips, shoulders, elbows, tailbone or heels. Extra weight also makes it harder to do pressure reliefs such as lifts or shifts. When you make the proper food choice, you can help maintain skin strength and enhance healing.

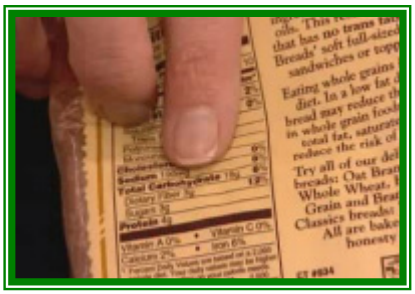
Nutrients for maintaining healthy skin:

- ✓ Proteins - foods like lean meats, eggs, dairy foods, and beans and legumes help maintain skin elasticity and help in wound healing.
- ✓ Carbohydrates – foods in the starch group like breads and cereals provide the calories you need for energy and nourishment. Without enough carbohydrates, your body will use proteins, which will make proteins unavailable for their wound-healing job.
- ✓ Zinc - found in foods like fish, red meats, shellfish, whole grains, and beans is crucial for skin repair because it helps metabolize carbohydrates, fats, and proteins.
- ✓ Vitamin A - found in fortified milk, dark green and orange vegetables such as apricots, pumpkin, sweet potato, cantaloupe, and Vitamin C found in citrus fruits, melon, berries, peppers and many vegetables both increase your skin's strength.
- ✓ Vitamin C - All fruits and vegetables contain some amount of vitamin C. Foods that tend to be the highest sources include green peppers, citrus fruits and juices, strawberries, tomatoes, broccoli, turnip greens and other leafy greens, sweet and white potatoes, and cantaloupe. Other sources include papaya, mango, watermelon, brussel sprouts, cauliflower, cabbage, winter squash, red peppers, raspberries, blueberries, cranberries, and pineapples.
- ✓ Vitamin E - Wheat germ, corn, nuts, seeds, olives, spinach and other green leafy vegetables, and asparagus
- ✓ Water – additional sources of water include fruits and vegetables.

**Bowel Management:**

☞ **Get 25-35 grams of fiber in your diet every day**. A key to a good bowel management program is to include a proper balance of fiber and water in your diet each day. Foods high in fat

may make it more difficult to regulate your bowel program. As you make any changes in the amount of fiber (both increases and decreases), do it gradually. Again fruits, vegetables, beans, legumes and whole grains contain many different types of fiber. You can find the fiber content on the Nutrition Facts label on foods. Natural fiber from foods is better than fiber in supplements.



**Osteoporosis:**

Osteoporosis is a disease of excessive loss of minerals to the bone, causing the bone tissue to break down. Although most people naturally lose some bone minerals as they age, some people (most commonly women) experience an excessive loss of bone density. This puts individuals at increased risk for broken bones.

Everyone's body metabolism changes shortly after a traumatic spinal cord injury. The body begins losing large amounts of calcium and other bone minerals. This rapid loss of bone minerals continues during the first few months after injury before leveling off. For the most part, the initial mineral loss after injury does not result in osteoporosis. However, osteoporosis may develop as you age. This risk of osteoporosis is especially high for women with SCI because they will experience even greater bone mineral loss following menopause. If osteoporosis develops, it can limit your function and affect your sitting posture which can increase your risk for skin breakdown and respiratory problems.

☞ **Get 1,000 – 1,500 mg of calcium in your diet every day**. Calcium is the essential nutrient for bone health. 99% of the body's total calcium is stored in bones. Calcium is also needed for the heart, muscles and nerves to function properly and for blood to clot normally. The body loses calcium every day through urine, feces, sweat and shed skin, hair and nails. The lost calcium is normally replaced by calcium in the diet. When the diet does not contain enough calcium to offset daily losses, the body breaks down bone to release calcium needed to accommodate these physiologic demands. People with osteoporosis as well as adults over 50 (especially women) need to consult their doctors regarding their daily calcium intake.

Although it was once believed that persons with SCI should decrease calcium intake to prevent urinary stones and heterotopic ossification (abnormal calcium deposits on bones), research shows that normal intake (1,000 – 1,500mg) of daily calcium is safe for individuals with SCI. Foods that are a good source of calcium include dairy products, calcium-fortified foods (orange juice, cereals), green vegetables, and beans. All fruits, vegetables and whole grains contain small amounts of calcium. Spinach, rhubarb and sweet potatoes are high in calcium but not readily absorbed by the body and should not be relied upon to meet your daily requirement for calcium.

**Vitamin D** helps the body absorb calcium. A natural source of vitamin D is sunlight, so it is healthy to get 10-15 minutes of sunlight daily. You can also get Vitamin D from fish, eggs yolks, butter, milk and multivitamins.

# Heart Smart

Heart and blood vessel disease is the #1 cause of death in the United States. While pneumonia is currently the leading cause of death for persons with spinal cord injury, heart disease is #2.

☞ **Learn about cholesterol.** The first step to a healthy heart is understanding cholesterol. The American Heart Association recommends *no more than 300mg of cholesterol per day* and limits it to 200mg per day for those persons with, or at high risk for, heart disease.

Blood cholesterol is a fat-like or waxy substance that circulates in everyone's blood and directly related to blood vessel disease and heart problems. The two types of cholesterol are low-density lipoprotein (LDL) and high-density lipoprotein (HDL) cholesterol. LDL is bad cholesterol because it builds up as plaque on the artery walls and increases the risk of heart disease. This build up reduces the inside diameter of the artery and the flow of blood. Blood clots can then cause a heart attack. HDL is good cholesterol because it gathers excess cholesterol in the blood and carries it to the liver where it is reprocessed or excreted. HDL actually helps slow the build up of plaque on the walls of the arteries.

Persons with spinal cord impairment usually have lower HDL (good) cholesterol and higher LDL (bad) cholesterol levels. You want to learn to eat those foods that will keep LDL cholesterol low - and HDL cholesterol high.

☞ **Learn about Fats (also known as fatty acids)**. There are different types of fats, and some fats are healthier than others. However, all fats are high in calories. Your body needs fats for energy, to help insulate body tissues, and to transport fat soluble vitamins through the bloodstream.

Although your body needs fats, you need to pay attention to both the amount and types of fat in your food choices to avoid eating unhealthier fats and increase your intake of healthier fats. The American Heart Association recommends *that no more than 30% of your total daily calories* come from fat.

***Monounsaturated fats***

- Monounsaturated fats are one of the healthiest because they do not raise your blood cholesterol and may reduce your risk for heart disease by lowering unhealthy LDL (bad) cholesterol levels.
- Monounsaturated fats are found mainly in vegetable oils, such as canola, olive and peanut oils. They are liquid at room temperature.

- Monounsaturated fats provide essential fatty acids for healthy skin and the development of body cells, and these fats may offer protection against certain types of cancers, like breast cancer and colon cancer.
- At least a third of your total fat calorie intake should come each day from the monounsaturated fatty acids.

***Polyunsaturated fats***

- Polyunsaturated fats are divided into two families: the omega-3 fats and the omega-6 fats.
- Polyunsaturated fats are also considered one of the healthier fats because they do not raise blood cholesterol and may lower both good and bad cholesterol levels.
- Polyunsaturated fats are found mainly in vegetable oils such as safflower, sunflower, corn, soybean, peanut and canola oils
- Polyunsaturated fats are also found in flaxseed, walnuts, nuts, and avocados.
- Polyunsaturated fats are in fresh fish such as salmon, tuna, trout and mackerel.
    - It is recommended that you eat fish once or twice per week as a way to include these fats in your food plan.

***Saturated fat***

- Saturated fat is the main dietary cause of high blood cholesterol and actually raises LDL (bad) cholesterol levels that increase your risk for heart disease
- Saturated fat is mainly found in foods from animal sources – meat, poultry, milk, butter and lard.
- Saturated fat is usually solid or waxy at room temperature.
- Some of the vegetable oils – coconut and palm – are high in saturated fats.
- No more than 10% of total calorie intake should come from saturated fats.

**Maximum Daily Amounts of Saturated Fat to Keep Within 10% of Total Calorie Intake**

| Total Calorie Intake | 10% Saturated Fat Intake |
|---|---|
| 1,500 (Program A) | 15g or less |
| 1,800 (Program B) | 18g or less |

***Trans (Hydrogenated) fats***


- Trans fats are considered the unhealthiest of fats because they raise LDL (bad) cholesterol levels and lower HDL (good) cholesterol levels.
- Trans fats are found in packaged foods that contain vegetable shortening that has been processed into margarine or shortening.
- Trans fats are found in some margarines, crackers, candies, baked goods, cookies, snack foods, fried foods, and salad dressings.
- Trans fats may not be listed on the Nutrition Facts label, but if the ingredient list includes the words "partially hydrogenated," "fully hydrogenated" or "shortening," the food contains trans fats and should be avoided.

Helpful hints for cutting trans fats:

- ✓ Use naturally occurring, non-hydrogenated oil such as canola or olive oil when possible.
- ✓ Look for processed foods made with non-hydrogenated oil rather than hydrogenated or saturated fat.
- ✓ Use margarine as a substitute for butter, and choose soft margarines (liquid or tub varieties) over harder stick forms. Shop for margarine with no more than 2 grams of saturated fat per tablespoon and with liquid vegetable oil as the first ingredient. Look for those labeled "trans fat free."
- ✓ Limit the saturated fat in your diet. If you do not eat a lot of saturated fat, you are not consuming a lot of trans fats.
- ✓ Limit fried foods and baked goods that are likely to have a lot of trans fats.
- ✓ Commercial shortening and deep-frying fats typically are made by hydrogenation and will contain trans fat. That is just one more reason to eat fried fast food infrequently.

(Source: American Heart Association)

☞ **Learn about sodium (salt)**. The most common dietary source of sodium is table salt, which might be listed on a food label as sodium chloride. One teaspoon of salt contains about 2,400 mg (2.4grams) of sodium. Sodium raises blood pressure and causes the body to retain fluid. Even if your blood pressure is normal, you can do your heart a favor by cutting down on sodium. The American Heart Association recommends no more than 6 grams of sodium per day.

Many minerals that our bodies need work together with other minerals. A high sodium intake creates an imbalance when magnesium, potassium and calcium intakes are lower. If you are eating a high sodium food, balance it with other foods that are low in sodium and high in calcium, magnesium, and potassium.

Helpful hints for reducing sodium:

- ✓ Choose fresh or frozen food because they are lower in salt than most canned and processed forms.
- ✓ Read the Nutrition Facts Label to compare the amount of sodium in processed foods such as frozen dinners, packaged mixes, cereals, cheese, breads, soups, salad dressings, and sauces. The amount in different types and brands often varies widely.
- ✓ Look for labels that say *low sodium*. They contain 140 mg (about 5% of the Daily Value) or less of sodium per serving.
- ✓ Ask your grocer or supermarket to offer more low-sodium foods.
- ✓ If you salt foods in cooking or at the table, add small amounts. Learn to use spices and herbs, rather than salt, to enhance the flavor of food.
- ✓ Go easy on condiments such as soy sauce, ketchup, mustard, pickles, and olives; they can add a lot of salt to your food.
- ✓ Leave the salt shaker in a cupboard.
- ✓ Choose plain foods like grilled or roasted entrées, baked potatoes, and salad with oil and vinegar. Batter-fried foods tend to be high in salt, as do combination dishes like stews or pasta with sauce.

- ✓ Ask to have no salt added when the food is prepared.
- ✓ Drink water freely. Bottled water is usually very low in sodium, but you need to check the label for sodium content.

(Source: Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2005)

# Heart Health

Why do so many people get heart disease if it is preventable? Studies show that overeating that causes weight gain contributes to heart disease. Inactivity and the types of food eaten are also contributing factors. You have seen some foods referred to as "heart healthy," meaning if you eat them on a regular basis, they can decrease the risk of heart disease. Other foods if eaten regularly can greatly increase the risk of heart disease.

☞ **Eat more "Heart Smart" foods.** You have read in many sections of this workbook about the benefits of fruits, vegetables and whole grains. These foods are heart healthy too because they offer a number of essential vitamins and minerals.

*The American Heart Association (AHA)* does not promote the use of any nutrient listed below as a single heart disease preventative nutrient. However, AHA recommends an overall balanced diet containing sufficient amounts of these beneficial nutrients.

| ♥ Nutrient | ♥ Recommendation | ♥ Food Sources |
|---|---|---|
| **Vitamin C** | 60 - 200 mg daily from food<br>Recommended supplemental intake is no more than 500 mg unless your physician has prescribed a higher therapeutic dose. | Cruciferous vegetables (cabbage family), peppers, citrus fruits, berries, melons, and kiwi |
| **Vitamin E** | 100 IU<br>Recommended supplemental intake is no more than 400 IUs for vitamin E – unless your physician has prescribed a therapeutic dose that may be higher. | Nuts, seeds, canola oil, mayonnaise, wheat germ, whole grains, and some fruits and vegetables |
| **Beta-carotene** | No RDA established | Carrots, cantaloupe, pumpkin, sweet potato and tomato |
| **Folic Acid (folate)** | 400 to 800 mcg<br>(the amount in a standard multi-vitamin pill) | Oatmeal, nuts, fortified cereals, oranges, strawberries, beans, asparagus, spinach, lentils. |
| **Calcium** | 1,000 mg per day and 1,500 mg for adults over age 65.<br>Do not exceed 2,500 mg per day from supplement and food sources | A diet that contains at least 5 fruits and vegetables daily and is rich in whole grain foods, beans, peas, low fat dairy products, seafood, and nuts will usually provide generous amounts of these nutrients. |
| **Magnesium** | 300 – 400 mg | |
| **Potassium** | 2,000 mg or more<br>(potassium intake should be equal to or greater than sodium intake) | |

**Which Fruits and Vegetables Provide the Most Nutrients?**

The report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2005 lists which fruits and vegetables are the best sources of vitamin A (carotenoids), vitamin C, folate, and potassium. Often, brighter color foods are higher in vitamins and minerals. These foods may also contain phytochemicals (plant compounds) that act as antioxidants which also help prevent cholesterol from sticking to the arteries.

***Sources of vitamin A (carotenoids)***
- Bright orange vegetables like carrots, sweet potatoes, and pumpkin
- Dark green leafy vegetables such as spinach, collards, and turnip greens
- Bright orange fruits like mango, cantaloupe, and apricots

***Sources of vitamin C***
- Citrus fruits and juices, kiwi fruit, strawberries, and cantaloupe
- Broccoli, peppers, tomatoes, cabbage, and potatoes
- Leafy greens such as romaine, turnip greens, and spinach

***Sources of folate***
- Cooked dried beans and peas
- Oranges and orange juice
- Deep green leaves like spinach and mustard greens

***Sources of potassium***
- Baked white or sweet potato, cooked greens (such as spinach), winter (orange) squash
- Bananas, plantains, many dried fruits, and orange juice

# Cancer

The American Cancer Society (ACS) reports that cancer is the second leading cause of death in the U.S. following heart disease. In fact, 1 of every 4 deaths in the U.S. is caused by cancer. While evidence indicates inherited genes do influence cancer risk, heredity alone contributes to only a fraction of all cancers. Scientific evidence suggests about 1/3 of cancer deaths in the U.S. are due to poor nutrition and physical inactivity. Therefore, some forms of cancer may be preventable with proper nutrition and physical activity.

<u>ACS recommendations for reducing cancer risks:</u>
- ✓ Eat a variety of healthful foods, with an emphasis on plant sources (vegetables, fruits and whole grains).
- ✓ Adopt a physically active lifestyle.
- ✓ Maintain a healthful weight throughout life.
- ✓ Limit consumption of alcoholic beverages, if you drink.

**Phytochemicals** are natural plant compounds that work as antioxidants or immune boosters to help protect you from developing cancer. The nutrients and phytochemicals found in foods can

protect against carcinogens in food and the environment and remove them from the body. They can also prevent abnormal cells from growing into tumors or multiplying and slow tumor growth.

Because it is not known if the protective benefits come from the individual phytochemicals or from the way they interact with nutrients in the foods, it is best to get phytochemicals from natural food sources rather than supplements. Supplements may not provide them in the same forms found in food.

Food sources containing various types of phytochemicals include

- Vegetables
  - cruciferous vegetables - bok choy, broccoli, brussel sprouts, cabbage, cauliflower, collards, kale, kohlrabi, mustard greens, rutabaga, turnip greens, turnips
  - onions, leeks, chives, parsley, garlic, herbs, spices and tea (black and green)
  - Blue, blue-red and violet colored vegetables- purple eggplant
  - carrots
- Fruits
  - Blue, blue-red and violet colored fruits - berries, grapes, plums, cherries
  - Bananas
  - apples, citrus, pears, peaches
- Starches
  - whole grains, dried beans, peas, soybeans and soybean products
- Fats/Oils
  - Flaxseed, nuts (peanuts) and pumpkin seeds

**Isoflavones** are a specific type of phytochemicals that act as antioxidants, block enzymes that promote tumor growth, and can lower LDL (bad) cholesterol. Research suggests a group of plant compounds found in soy protein, called phytoestrogens which includes isoflavones. Soy may help raise the beneficial HDL (good) cholesterol as well as reduce risk of some cancers, minimize symptoms of menopause and promote bone density. The recommended daily intake of soy protein is 25 gm, but research suggests that just one serving of a soy product daily can have health benefits. Some isoflavone rich natural food sources are soymilk and tofu.

Although a high fat diet was once thought to cause cancer, it now appears that a high calorie diet is the culprit. Many cancers are associated with obesity and excessive food intakes. Weight gain during adulthood should not exceed about 10-20 pounds.

# Web Links

At the end of each weekly Section, you will find a list of related web sites for information discussed in this week's lesson. If a web address changes or you cannot find a listed web site, open you web browser to your favorite search engine to locate the current web address.

- www.fda.gov (Food and Drug Administration)

- www.cancer.org (American Cancer Society)
- www.healthfinder.gov (National Health Information Center,)

DineRight **Section 8 Review Quiz Answers:**

- When eating out at a restaurant, do not hesitate to ask your server how the food is prepared.
- You still need to watch portion sizes when eating out. You might split a main course or ask to have half wrapped to take home.
- Beverages can add a lot of calories to a meal.

# Action Plan

## LiveRight

## Section 9

☞ **Complete the weekly "Action Plan."** Answer the questions, make notes to help you on your Program. You can check off your accomplishments as you complete them.

- ☐ Review this section of your workbook.
- ☐ Make your Meal Plans for the upcoming week.
  - How can you include foods that increase your good cholesterol and lower your bad cholesterol?
  - Where can you add fiber each day?
- ☐ Review you Food Journal from last week.

  Make a Note: How you can improve your food choices based on what you learned this week.
- ☐ What exercise did you include last week? What do you plan for this week?
- ☐ Continue to use your Daily Food Journal
- ☐ Read food labels for the foods you use this week. What type of fat is in products? How much fiber is in foods?
- ☐ Look at some of the web sites mentioned for healthy tips.

# Weekly Meal Planner

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|---|---|---|---|---|---|---|
| | | | | | | | BREAKFAST |
| | | | | | | | LUNCH |
| | | | | | | | DINNER |
| | | | | | | | SNACKS |

Fill in the meal plan with what you plan to eat for each meal on each day of the week. If possible, note days you also plan to dine out.

**Daily Food Group Serving Totals**

Total each day below to see if you are eating the correct number of serving for each food group. Look for ways to add or delete foods to meet your Weight Management Program goals.

| PROGRAM A | PROGRAM B | FOOD GROUPS | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|---|---|---|
| 4 | 5 | FATS/OILS (FO) | | | | | | | |
| 4 | 5 | MEAT/DAIRY (MD) | | | | | | | |
| 6 | 8 | STARCHES (S) | | | | | | | |
| 4 | 5 | FRUIT (F) | | | | | | | |
| 5 | 6 | VEGETABLE (V) | | | | | | | |

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

## Day 1 _____

**Program A** (1500 Calories)
**Program B** (1800 Calories)

| | FOOD GROUPS (x = 1 Portion Size) | | | | |
|---|---|---|---|---|---|
| | **Fats/Oils** | **Meat/Dairy** | **Starches** | **Fruits** | **Vegetable** |
| **Breakfast Meal Plan:** | | | | | |
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| **Lunch Meal Plan:** | | | | | |
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| **Dinner Meal Plan:** | | | | | |
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| **Snack Plans** | | | | | |
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| **Totals** | | | | | |

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

## Day 1 _____

| TIME | FOODS YOU ATE | P/O/S | SERVING SIZE | FATS/ OILS | MEATS/ DAIRIES | STARCHES | FRUITS | VEGGIES | MOOD |
|---|---|---|---|---|---|---|---|---|---|
| **BREAKFAST** | | | | | | | | | |
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| **SNACKS** | | | | | | | | | |
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| **LUNCH** | | | | | | | | | |
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| **SNACKS** | | | | | | | | | |
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| **DINNER** | | | | | | | | | |
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| Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐ | | **My Totals** | | | | | | | |
| | | **Program A** | **4** | **4** | **6** | **4** | **5** | | |
| | | **Program B** | **5** | **5** | **8** | **5** | **6** | | |
| **Daily Physical Activities:** | | | | | | | | | |

Daily Tip:
Quit smoking! It contributes to severe health problems.

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

## Day 2 _____

**Program A** (1500 Calories)
**Program B** (1800 Calories)

| | FOOD GROUPS (x = 1 Portion Size) | | | | |
|---|---|---|---|---|---|
| | **Fats/Oils** | **Meat/Dairy** | **Starches** | **Fruits** | **Vegetable** |
| **Breakfast Meal Plan:** | | | | | |
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| **Lunch Meal Plan:** | | | | | |
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| **Dinner Meal Plan:** | | | | | |
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| **Snack Plans** | | | | | |
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| **Totals** | | | | | |

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

## Day 2 _____

| TIME | FOODS YOU ATE | P/O/S | SERVING SIZE | FATS/ OILS | MEATS/ DAIRIES | STARCHES | FRUITS | VEGGIES | MOOD |
|---|---|---|---|---|---|---|---|---|---|
| **BREAKFAST** | | | | | | | | | |
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| **SNACKS** | | | | | | | | | |
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| **LUNCH** | | | | | | | | | |
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| **SNACKS** | | | | | | | | | |
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| **DINNER** | | | | | | | | | |
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| Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐ | | **My Totals** | | | | | | | |
| | | **Program A** | **4** | **4** | **6** | **4** | **5** | | |
| | | **Program B** | **5** | **5** | **8** | **5** | **6** | | |
| **Daily Physical Activities:** | | | | | | | | | |

Daily Tip:
Alcoholic drinks should be limited to less than 2 drinks a day for men and 1 for women. Each alcoholic drink counts as a Fat.

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

## Day 3 _____

**Program A** (1500 Calories)
**Program B** (1800 Calories)

| | FOOD GROUPS (x = 1 Portion Size) | | | | |
|---|---|---|---|---|---|
| | **Fats/Oils** | **Meat/Dairy** | **Starches** | **Fruits** | **Vegetable** |
| **Breakfast Meal Plan:** | | | | | |
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| **Lunch Meal Plan:** | | | | | |
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| **Dinner Meal Plan:** | | | | | |
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| **Snack Plans** | | | | | |
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| **Totals** | | | | | |

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

## Day 3 _____

| TIME | FOODS YOU ATE | P/O/S | SERVING SIZE | FATS/ OILS | MEATS/ DAIRIES | STARCHES | FRUITS | VEGGIES | MOOD |
|---|---|---|---|---|---|---|---|---|---|
| **BREAKFAST** | | | | | | | | | |
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| **SNACKS** | | | | | | | | | |
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| **LUNCH** | | | | | | | | | |
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| **SNACKS** | | | | | | | | | |
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| **DINNER** | | | | | | | | | |
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| Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐ | | **My Totals** | | | | | | | |
| | | **Program A** | **4** | **4** | **6** | **4** | **5** | | |
| | | **Program B** | **5** | **5** | **8** | **5** | **6** | | |
| **Daily Physical Activities:** | | | | | | | | | |

Daily Tip:
A salad before a meal helps take the edge off your hunger. The high water and fiber content of the fruits/vegetables in the salad have a low caloric density so you feel full with less energy intake.

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

## Day 4 _____

**Program A** (1500 Calories)
**Program B** (1800 Calories)

| | FOOD GROUPS (x = 1 Portion Size) | | | | |
|---|---|---|---|---|---|
| | **Fats/Oils** | **Meat/Dairy** | **Starches** | **Fruits** | **Vegetable** |
| **Breakfast Meal Plan:** | | | | | |
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| **Lunch Meal Plan:** | | | | | |
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| **Dinner Meal Plan:** | | | | | |
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| **Snack Plans** | | | | | |
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| **Totals** | | | | | |

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

## Day 4 _____

| TIME | FOODS YOU ATE | P/O/S | SERVING SIZE | FATS/ OILS | MEATS/ DAIRIES | STARCHES | FRUITS | VEGGIES | MOOD |
|---|---|---|---|---|---|---|---|---|---|
| **BREAKFAST** | | | | | | | | | |
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| **LUNCH** | | | | | | | | | |
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| **SNACKS** | | | | | | | | | |
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| **DINNER** | | | | | | | | | |
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| Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐ | | **My Totals** | | | | | | | |
| | | **Program A** | **4** | **4** | **6** | **4** | **5** | | |
| | | **Program B** | **5** | **5** | **8** | **5** | **6** | | |
| **Daily Physical Activities:** | | | | | | | | | |

Daily Tip:
Have you had your fish this week? Try adding water-packed tuna to your salad. Remember to check at your local market to see if they will steam your fish for you while you shop.

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

## Day 5 _____

**Program A** (1500 Calories)
**Program B** (1800 Calories)

| | FOOD GROUPS (x = 1 Portion Size) | | | | |
|---|---|---|---|---|---|
| | **Fats/Oils** | **Meat/Dairy** | **Starches** | **Fruits** | **Vegetable** |
| **Breakfast Meal Plan:** | | | | | |
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| **Lunch Meal Plan:** | | | | | |
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| **Dinner Meal Plan:** | | | | | |
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| **Snack Plans** | | | | | |
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| **Totals** | | | | | |

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

## Day 5 _____

| TIME | FOODS YOU ATE | P/O/S | SERVING SIZE | FATS/ OILS | MEATS/ DAIRIES | STARCHES | FRUITS | VEGGIES | MOOD |
|---|---|---|---|---|---|---|---|---|---|
| **BREAKFAST** | | | | | | | | | |
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| **SNACKS** | | | | | | | | | |
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| **DINNER** | | | | | | | | | |
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| Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐ | | **My Totals** | | | | | | | |
| | | **Program A** | **4** | **4** | **6** | **4** | **5** | | |
| | | **Program B** | **5** | **5** | **8** | **5** | **6** | | |
| **Daily Physical Activities:** | | | | | | | | | |

Daily Tip:
Remove the salt shaker from the table and leave the pepper shaker. Make your own mix of favorite seasonings (such as, oregano, thyme, sage, parsley, basil) and sprinkle on food in place of salt.

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

## Day 6 _____

**Program A** (1500 Calories)
**Program B** (1800 Calories)

| | FOOD GROUPS (x = 1 Portion Size) | | | | |
|---|---|---|---|---|---|
| | **Fats/Oils** | **Meat/Dairy** | **Starches** | **Fruits** | **Vegetable** |
| **Breakfast Meal Plan:** | | | | | |
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| **Lunch Meal Plan:** | | | | | |
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| **Dinner Meal Plan:** | | | | | |
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| **Snack Plans** | | | | | |
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| **Totals** | | | | | |

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

## Day 6 _____

| TIME | FOODS YOU ATE | P/O/S | SERVING SIZE | FATS/ OILS | MEATS/ DAIRIES | STARCHES | FRUITS | VEGGIES | MOOD |
|---|---|---|---|---|---|---|---|---|---|
| **BREAKFAST** | | | | | | | | | |
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| **DINNER** | | | | | | | | | |
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| Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐ | | **My Totals** | | | | | | | |
| | | **Program A** | **4** | **4** | **6** | **4** | **5** | | |
| | | **Program B** | **5** | **5** | **8** | **5** | **6** | | |
| **Daily Physical Activities:** | | | | | | | | | |

Daily Tip:
Eggs and shellfish are high in cholesterol but fairly low in saturated and total fat. Egg whites have no fat and no cholesterol.

# Meal Planner

When planning your meals, check your totals to match the weight management program that you are following (see page 21).

## Day 7 _____

**Program A** (1500 Calories)
**Program B** (1800 Calories)

| | FOOD GROUPS (x = 1 Portion Size) | | | | |
|---|---|---|---|---|---|
| | **Fats/Oils** | **Meat/Dairy** | **Starches** | **Fruits** | **Vegetable** |
| **Breakfast Meal Plan:** | | | | | |
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| **Lunch Meal Plan:** | | | | | |
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| **Dinner Meal Plan:** | | | | | |
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| **Snack Plans** | | | | | |
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| **Totals** | | | | | |

# Daily Food Journal

At end of each day, complete this Daily Food Journal according to what you actually did eat that day. Be as specific as you can and note which foods are *preferred* (P) and *occasional* (O) or *special occasion* (S).

## Day 7 _____

| TIME | FOODS YOU ATE | P/O/S | SERVING SIZE | FATS/ OILS | MEATS/ DAIRIES | STARCHES | FRUITS | VEGGIES | MOOD |
|---|---|---|---|---|---|---|---|---|---|
| **BREAKFAST** | | | | | | | | | |
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| **SNACKS** | | | | | | | | | |
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| **DINNER** | | | | | | | | | |
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| | | | | | | | | | |
| Check 1 box for every 8 oz. of water you drink per day. ☐☐☐☐☐☐☐☐☐☐☐☐ | | **My Totals** | | | | | | | |
| | | **Program A** | **4** | **4** | **6** | **4** | **5** | | |
| | | **Program B** | **5** | **5** | **8** | **5** | **6** | | |
| **Daily Physical Activities:** | | | | | | | | | |

Daily Tip:
Select a mix of colorful vegetables each day. They all contain a variety of disease fighting phytochemicals that work with the vitamins and minerals to help protect your health.