

■ Healthy Express: Lesson 2

Objectives

By the end of this lesson, the participant will be able to:

- Assess current food choices made on the go from fast-food restaurants, convenience stores, and the like, for ways to improve their healthfulness (nutritional value).
- Examine convenience items, such as meal replacement bars and beverages, for healthfulness.
- Recognize how beverage choices and portion size affects daily calorie and nutrient intakes.
- Practice making healthy choices for foods eaten quickly, at home and away from home.

Time for this Lesson: 50-60 minutes

Activities in this Lesson

1. Introduction and Review (7 minutes)
2. Stop-n-Go Eating (7 minutes)
3. Adding It Up (10 minutes)
4. Fast Food – Beyond Fast-Food Restaurants (7 minutes)
5. Bar Exam (5 minutes)
6. Rethink Your Drink (7 minutes)
7. Review and Goal Setting (7 minutes)

Preparation and Handouts Needed

Preparation

- Print and prepare handouts as directed below.
- Bring fake money, including bills in \$1, \$10, \$20, and \$100 denominations. NOTE: You can make \$100 bills by printing out the \$100 InSNC bills included in the **Fake Money** handout in the **Basic Nutrition Lesson**. You can make the other bills by revising the denominations on the \$100 InSNC bills, then printing out what you need.

- After reviewing the participant's needs assessment form to determine which fast-food restaurant menus are relevant, print out them out (including nutrition information) from <http://www.bd.com/us/diabetes/hcp/main.aspx?cat=3066&id=3285>.
- Bring a calculator.
- For the "Rethink Your Drink" activity, bring:
 - About a half pound of sugar;
 - Three 8-ounce plastic cups;
 - One-teaspoon measuring spoon; and
 - A clear, 20-ounce soda bottle without the soda, but filled with 14 teaspoons of sugar (before the lesson).

Handouts

- **Goal Setting Worksheet**
- **Stop 'n Go Eating** (Print double-sided with Adding It Up Worksheet.)
- **Adding It Up Worksheet** (Print double-sided with Stop 'n Go Eating.)
- **Thinking Outside the Kitchen: Healthy Choices**
- **Frozen Meals Purse Card** (Print sheet and cut out individual cards on card stock or on regular paper and laminate.)
- **Vending Machine Purse Card** (Print sheet and cut out individual cards on card stock or on regular paper and laminate.)
- **Energy and Snack Bar Comparison Chart** (pdf and available from <http://www.runnersweb.com/running/EnergySnackBarChart.pdf>)
- **Snack and Meal Replacement Bars Purse Card** (Print sheet and cut out individual cards on card stock or on regular paper and laminate.)
- **List of Common Drinks**
- **Rethink Your Drink** (optional)

Activities

1. Introduction and Review (7 minutes)

Review points from the last lesson. Ask the participant what she remembers or what was most notable from the last lesson.

Use **Goal Setting Worksheet** to record responses.

Questions to Guide Discussion

- How did you do with your goals from the last lesson? (insert goals)
- What went well?
- What did you struggle with?
- What were some of the barriers?

2. Stop 'n Go Eating (7 minutes)

First discuss the nutritional differences between foods made at home and those consumed when eating out. Also talk about what instances would be considered eating out.

Here's what the latest literature says about the nutritional differences between meals prepared and eaten at home and meals eaten away from home. Meals eaten away from home usually contain:

- More calories, saturated fat, sodium and cholesterol,¹ and
- Less fiber, calcium and iron.¹

Eating on the go not only includes meals eaten away from home, but also things, such as snacks and beverages, that “tide you over” until the next meal.

Talk with the participant about the importance of being aware of these on-the-go eating behaviors, i.e., what she's doing and how often she's doing it, because these bites and sips often add up to an unexpectedly high number of calories.

Have the participant think about the times she eats on the go (when time is a priority).

Question to Guide Discussion

- In general, what is the most important thing to you when eating on the go?

(For the facilitator: Because this is the Healthy Express need state, the participant may typically value health. This probing gives the participant the opportunity to re-state that focus or to reveal discrepancies.)

Next, read through the examples on the **Stop 'n Go Eating** handout and ask the participant to write information about at least one recent or habitual stop 'n go eating occasion. (If necessary, use the information from the participant's needs assessment to prompt for places she frequents when eating outside the home.)

*As homework for the next session, have the participant complete the remainder of **Stop 'n Go Eating**. Suggest she keep the handout in a handy spot, such as her purse or car.*

3. Adding It Up (10 minutes)

First, distribute fake money for a 1,800 or 2,000 calorie diet (depending on the participant's needs) with 1 calorie equaling \$1 (one dollar). Then, using the fast food menus and nutrition information you printed out, have the participant complete the **Adding It Up Worksheet**. Once completed, have her count out what her fast food meal "cost" her.

Discuss with the participant the stresses that fast-food meals can put on a day's "food budget," particularly since according to one survey, 75 percent of individuals eat out *at least* once a week and 25 percent eat out 2-3 times per week.²

Ask the participant to recall the composition of optimally healthy breakfasts and lunches.

A healthy breakfast includes:

- Foods from three of the five food groups
- One whole-grain item
- Fiber and calcium

A healthy lunch includes:

- Food from four of the five food groups
- A serving or two of vegetables

Using the **Thinking Outside the Kitchen: Healthy Choices** handout, have the participant identify a healthier choice from the fast-food menu to replace her original choice named on the **Adding It Up Worksheet**. Then have her re-do the math.

4. Fast Food – Beyond Fast-Food Restaurants (7 minutes)

Talk with the participant about where her stop 'n go eating occurs in addition to fast food restaurants. If she needs prompting, suggest vending machines, convenience stores, and coffee or smoothie shops.

Review the pertinent sections of **Thinking Outside the Kitchen: Healthy Choices** with the participant. Have her write down two or three strategies that she will try to incorporate in her daily eating occasions and write them on the “Personal Summary” page of the handout.

*Give the participant a **Frozen Meals Purse Card** and a **Vending Machine Purse Card**.*

5. Bar Exam (5 minutes)

Ask participant if she purchases snack and meal replacement bars or drinks. If not, you may want to review the content, but skip the activity in this section.

Discuss the advantages and disadvantages of snack or meal replacement bars or drinks; inform the participant of the need to know what to look for in these kinds of products given the wide variety available.

- Advantages of such bars include:
 - Portion controlled
 - Easy and portable
 - Can provide a well-balanced snack with fiber and protein
- Disadvantages include:
 - Expense
 - Potential for such bars to be glorified candy bars, with high sugar and fat content, i.e., empty calories

Whole foods, such as fruit, vegetables and whole grains, are always a better nutrition bet than bars, especially for meals.

Review the "Choosing Snack and Meal Replacement Bars or Drinks" section of **Thinking Outside the Kitchen: Healthy Choices**. Next, explain the *5:100 Rule*: Add the total grams of fiber and total grams of protein, using a calculator, if necessary. If the sum equals 5 grams or more per 100 calories, the bar should satisfy hunger.

Using the **Energy and Snack Bar Comparison Chart**, have the participant choose a bar she often buys (or a type of bar she might choose) and apply the 5:100 Rule.

*Give the participant a **Snack and Meal Replacement Bars Purse Card**.*

6. Rethink Your Drink (7 minutes)

Talk with the participant about the importance of choosing healthy beverages. Mention that:

- A study reported in the *Journal of the American Medical Association* found that higher intake of sugar-sweetened beverages was associated with increased weight gain and risk of type 2 diabetes in women.³
- Drinking one sugar-sweetened beverage per day, without cutting back on calories, for a year could cause a weight increase of 15 pounds.⁴

Use the following activity to visually demonstrate the amount of sugar in soda and other drinks. Explain that for a 2,000-calorie diet, the *Dietary Guidelines for Americans* recommends that added sugars and solid fats (called SoFAS) amount to *no more* than 13 percent of total daily intake. That is roughly 65 grams, or 15 teaspoons.⁵ Tell the participant that this activity assumes that the allotted calories for SoFAS are consumed *solely* through added sugars.

Next, place 15 teaspoons of sugar in one of the 8-ounce plastic cups. Now show the participant the 20-ounce clear soda bottle pre-filled with sugar. Explain that the bottle contains 14 teaspoons of added sugar, about the same amount in a 20-ounce bottle of regular (not diet) soda – with 1 teaspoon of sugar equaling 4.2 grams.

Have the participant pick a beverage she drinks from the **List of Common Drinks** and repeat the activity, measuring out the number of teaspoons of added sugar for that beverage into another 8-ounce cup. Compare it to the first cup containing the maximum amount of SoFAS that should be consumed daily (15 teaspoons). Help her understand that if a 20-ounce bottle of regular soda contains 13-14 teaspoons of added sugar, drinking just one bottle uses up nearly all the recommended daily allowance of SoFAS.

Finally, show the participant an empty 8-ounce cup, and say it represents the amount of added sugar in any amount of water, milk and 100 percent fruit juice, i.e., zero. This leaves her free to consume more SoFAS, if she wishes, from more healthful foods.

You may also want to provide the participant with the **Rethink Your Drink** handout. This is optional.

7. Review and Goal Setting (7 minutes)

- Ask the participant if she has any questions.
- Have the participant discuss one or two things she learned today.
- Have the participant set goals for the next two weeks using the **Goal Setting Worksheet**.
- Review homework for **Stop 'n-Go Eating**, if applicable, and remind the participant to bring it to the next session.
- Schedule the date and time of the next lesson.
- Briefly describe the topic and activities for the next lesson to arouse interest:
 - Find nutrition information online and print it out for guidance on controlling calorie intake and consuming all necessary nutrients daily.
 - Make a recipe or menu file of healthy foods or meals that can be prepared and eaten quickly.
 - Understand the benefits of eating organic foods and "superfoods."
- Thank the participant for coming.

Sources Cited

1. Lin, B., Frazão, E., & Guthrie, J. (1999, January). *Away-from-home foods increasingly important to quality of American diet* (Agriculture Information Bulletin No. 749). Washington, D.C.: Economic Research Service, U.S. Department of Agriculture.
2. Stewart, H., Blisard, N., & Jolliffe, D. (2006, October). *Let's eat out: Americans weigh taste, convenience, and nutrition* (Economic Information Bulletin No. 19). Washington, D.C.: U. S. Department of Agriculture, Economic Research Service.
3. Schulze, M.B., Manson, J.E., Ludwig, D.S., Colditz, G.A., Stampfer, M.J., Willett, W.C., & Hu, F.B.. (2004). Sugar-sweetened beverages, weight gain, and incidence of type 2 diabetes in young and middle-aged women. *Journal of the American Medical Association*, 292(8), 927-934.
4. Harvard School of Public Health. (n.d.). *Sugary drinks or diet drinks: What's the best choice?* Retrieved from <http://www.hsph.harvard.edu/nutritionsource/healthy-drinks/sugary-vs-diet-drinks/index.html>
5. U.S. Department of Agriculture, U.S. Department of Health and Human Services. (2010, December). *Dietary guidelines for Americans, 2010* (7th ed.). Washington, D.C.: U.S. Government Printing Office.

Date: _____

Goal Setting Worksheet

Goal Check-In

Think about your goals from last time and answer the following:

1. Which goals did you achieve?
2. What did you find easy to do?
3. What roadblocks did you encounter and how did you cope with these?
4. If you didn't reach your goals, how might you revise them to make them more manageable?

New Goals for Next Lesson

Write down one or two short-term goals you would like to work on before your next nutrition counseling lesson related to the topics you discussed today.

Short-Term Goal #1: _____

Strategy 1: _____

Strategy 2: _____

Strategy 3: _____

Short-Term Goal #2: _____

Strategy 1: _____

Strategy 2: _____

Strategy 3: _____

Date of next counseling lesson: _____

Please bring this worksheet to your next lesson.

Stop 'n Go Eating: What? Where? When? How Often?

Fill out this worksheet to record the times you buy something to eat while on the go. Examples are in *italics*. Start making your entries in the empty boxes.

Where did you stop?	What did you get?	What was going on/ what were you doing?	What time of day was it?	Was this planned?	How many days per week do you make these types of stops?
<i>Gas station</i>	<i>Snickers bar Bottle of green tea</i>	<i>Stopped for gas while running errands</i>	<i>Afternoon</i>	<i>No, I was hungry because I skipped lunch</i>	<i>1</i>
<i>Coffee shop</i>	<i>Small vanilla skim latte Bran muffin</i>	<i>On my way to work</i>	<i>Morning</i>	<i>Yes, it's my breakfast ritual</i>	<i>3-4</i>

When you're done, circle the occasion you think is least healthful in red. Circle the occasion you think is most healthful in green.

Adding It Up Worksheet

Name a place where you sometimes catch a quick bite to eat:

List the food or menu items (including beverages) that you usually get at this place:

Food Item	Calories
Total Meal Calories:	

Now, do the math:

1. Total calories recommended per day for you (1,800 or 2,000):

2. Total meal calories (recorded in the chart above):

Subtract Line 2 from Line 1 to obtain the remaining calories you can eat that day and stay within your recommended limit.

List some healthier foods you could choose next time you grab a bite at this place so you spend less on your daily calorie "budget" and can eat more later in the day.

Thinking Outside the Kitchen: Healthy Choices

At Fast-Food Restaurants

- **Choose small (or even children's) sizes.** Is the good "value" really worth all those extra calories?
- **Choose simple.** A regular hamburger has 250-300 calories and 9-12 grams fat.
- **Choose the chicken.** When in doubt, order grilled, baked or broiled — not fried or breaded.
- **Go for whole-wheat.** Whole-wheat buns have more fiber than regular white bread. Some restaurants (including McDonald's) offer wheat buns as an alternative — all you have to do is ask.
- **"Veg out" on the sandwich.** Ask for tomato, lettuce, onion, or other veggies on your sandwich.
- **Thin crust it.** Go for a thin-crust pizza with veggies instead of a thick-crust with meats.
- **Avoid double meat and bacon.** A serving size of meat (2-3 ounces) is about the size of a deck of cards.
- **Go light on the sauce, or skip it altogether.** There are lots of hidden calories in mayo, sour cream, salad dressing and other "special" sauces. Mustard, catsup, and barbecue sauce are better bets.
- **Skip the sides.** Eating a burger or sandwich by itself is often filling enough. If you do want a side dish, consider ordering a fruit cup or small salad. Most fast-food restaurants now offer these options.
- **Swap out the fries and onion rings.** Order a side salad, with light dressing, or baked potato instead.
- Pass on the regular soda and shakes.
- **Treat yourself.** Go for low-fat frozen yogurt, fruit popsicles, sorbets, and sherbets, rather than ice cream or cookies. Sprinkles are lower in calories than caramel or chocolate sauces.
- **Know before you go.** Most chain restaurants post their nutrition information online, and it is also available at the counter. Keep the information handy in your car's glove compartment.

At Smoothie Places

- Order the smallest size available. Order a child's size if available.
- Order smart. Ask to see the nutrition information for each type of smoothie and pick the one with the fewest calories.

- Hold the sugar. Many smoothies contain added sugar in addition to the sugar naturally in fruit, juice, or yogurt. Ask that your smoothie be prepared without added sugar.
- In general, smoothies purely made of fresh fruit and ice contain fewer calories than those made with milk or yogurt; those made with fat-free milk contain fewer calories than those made with fat-free yogurt.

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At Coffee Shops

- **Go "skinny."** Request that your drink be made with fat-free or low-fat milk instead of whole milk.
- **Order the smallest size available.**
- **Forgo the extra flavoring.** The flavor syrups are sugar-sweetened and mean extra calories. Or try sugar-free syrups now offered by many places.
- **Skip the whip.** The whipped cream on top of coffee drinks adds calories and fat.
- **Get back to basics.** Order a plain cup of coffee with fat-free milk or drink it black.
- **Try tea.** It's calorie-free and there are many different flavors to tempt you.

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At Continental Breakfast Buffets

- **Fill up on a variety of fresh fruit.** Try fruit you wouldn't normally buy.
- **Enjoy a small serving (1/2 cup or less) of granola.** This contains significant calories and fat, so eat in moderation — golf-ball size or small handful. Mix granola with low-fat yogurt or milk.
- **Sneak in a serving of vegetables** by ordering tomato or vegetable juice.
- **Pick up a cup of low-fat yogurt** and top it with granola, whole-grain cereal, or fresh fruit.
- **Enjoy low-fat or fat-free milk** with whole-grain and fiber-filled (at least 3 grams per serving) cereal.
- **Go for the oatmeal.** It is almost standard in breakfast bars and even the instant kind provides some whole grains and fiber.
- **A hard-boiled egg** is a good source of protein that will help keep you satisfied longer.
- **Choose an English muffin over a bagel.** The average gourmet bagel contains over 400 calories.
- **Top it with protein.** A small cup of peanut butter is portion-controlled and a good source of satisfying protein (5 grams protein and 120 calories in ¼ ounce).
- **Avoid bear claws, pastries, and make-your-own waffles.** All these are high in fat and calories; they are also mainly refined carbohydrates, setting you up for a blood sugar high and a crash soon after.

- **Watch out for croissants.** Even a small croissant contains almost 9 grams of fat and 170 calories.
- **Skip the big muffins.** Large muffins can easily have 300-400 calories. Enjoy a single mini-muffin instead.

At Salad Bars

- **Color your plate.** The richer the colors, the higher the antioxidants. Start with darker greens, such as spinach or romaine lettuce, and add reds, oranges, yellows, and purples, as well as more greens.
- **Be adventurous!** Use the opportunity to try new vegetables or fruits.
- **Fresh is best.** Undressed vegetables or fruit should make up $\frac{1}{2}$ to $\frac{3}{4}$ of your salad.
- **Avoid pre-dressed salads, such as coleslaw, tuna, potato, and pasta salads.** The mayo or oil-based dressing tips the scales for fat and calories. If you must have a pre-dressed salad, take only a condiment-size serving.
- **"Power up" with smart protein choices.** Balance out your salad with healthy protein sources, such as grilled chicken or shrimp, tuna, beans, or low-fat cottage cheese.
- **Love legumes.** Beans and chickpeas are a terrific high-fiber addition to your salad.
- **Dress smart.** Two tablespoons of regular dressing can contain over 160 calories and 16 grams of fat. One salad bar ladle can contain over 4 tablespoons of dressing.
- **Avoid creamy dressings.** Types like Ranch and Caesar tend to be higher in saturated fats. Use dressings made with heart-healthy fats, such as an olive or canola oil.
- **Do-it-yourself dressing.** Try a splash of seasoned vinegar and olive oil. Use low-fat cottage cheese and fresh pepper if you prefer creamier dressings.
- **Dip, don't dress.** Place dressing on the side and dip the tip of your fork in it. You get the flavor punch with fewer calories.
- **Go for the good fats.** Avocado, olives and nuts can enhance a salad with flavor and "good" monounsaturated fats. Just remember that a little bit of these toppings goes a long way.
- **Watch the last-minute toppings.** Cheese, nuts, seeds, bacon, olives, croutons and fried chow mein noodles can rack up the calories and fat. Pick one or two and use sparingly.
- **Don't be too cheesy.** Use a sprinkle of a stronger-flavored cheese, like sharp cheddar, parmesan or feta cheese; bigger flavors require smaller portions.
- **Soup it up.** Broth or vegetable-based soups (rather than cream-based ones) make a filling and healthy accompaniment to your salad.
- **Start smaller.** If you have a tendency to overdo it at salad bars, as well as any kind of buffet, try using a smaller plate or container. It helps you eat less and still feel satisfied.

At Convenience Stores and Vending Machines

- **Buyer be aware:** Think about what you really need: a snack or a meal.
 - If you're looking for something to keep you going for awhile, try choosing from a variety of food groups. Include some protein and fiber.
 - For a snack, look for between 100 and 250 calories.
 - Always check serving size and calories per serving on the label.
- **Don't get snack amnesia.** Later in the day, it's easy to forget about that fresh convenience store cookie you ate. Write down what you eat to jog your memory.
- **Choose water or no-calorie beverages.** Calories put the "energy" in energy drinks.
- **Control the crave.** Buy a small or single pack if nothing will satisfy you except a bite of your favorite treat; eat only 100 calories or less.
- **Be snack savvy.** At vending machines you can't usually read labels, so stick with items you know are healthy and calorie-controlled.
- Use the chart below for help making healthy choices.

Snack Options: Convenience Stores and Vending Machines

Foods		
Healthiest	Healthier	Once-in-Awhile
Nuts and seeds—plain or with spices	Sugar coated or honey roasted nuts	Chocolate or yogurt-covered nuts
Trail mix—Whole grain cereals (with no added sugars) and dried fruit (no added fat)	Popcorn/nut mix with no salt or butter	Trail mix with chocolate, yogurt, or candy
Fresh fruit, canned or single-serve fruit cups with natural juices only	Canned or single-serve fruit cups in light syrup	Canned or single-serve fruit cups in heavy syrup
Unbuttered, no salt popcorn	Light popcorn	Popcorn—butter or "movie style"
Granola bars, whole-grain fruit bars	Animal crackers, graham crackers	Cookies (including low-fat)
Dried fruit—raisins, dried cranberries, 100% fruit leather		Chocolate or sugar-coated dried fruit
Whole-grain pretzels	Pretzels	Chocolate- or yogurt-covered pretzels
Low-fat beef jerky		Sausages, pork rinds
Yogurt, preferably non-fat, low-fat, or light	Mozzarella string cheese, reduced-fat cheese cubes	Regular cheese
Fat-free pudding	Sugar-free gelatin	Pudding made with whole milk

Chart adapted from YMCA of Greater San Antonio. (2002, December). *Healthy vending guidelines: A Fit City initiative*. San Antonio, TX: Fit City: The Health Collaborative.

Choosing Snack and Meal Replacement Bars or Drinks

- **Feed your need.**
 - As a meal replacement, choose bars with at least 250-300 calories and 10 to 15 grams *protein*.
 - For a light snack, look for a bar with 100 to 200 calories and at least 3 grams of fiber.
 - Bars with 5 grams of protein or more should satisfy your hunger.
- **Use the 5:100 rule.** Add the grams of fiber to the grams of protein in the bar. If they add up to 5 (for every 100 calories), the bar will keep you satisfied longer.
- **Avoid trans fat.** A company can list a product as having zero grams of trans fat even when it has up to 0.5 grams per serving. If you see partially hydrogenated oils or shortening listed in the ingredients of a meal replacement bar, choose another kind.
- **Limit saturated fat.** Look for less than 2 grams.
- **Look for whole grains, such as** rolled oats, whole wheat, or barley, listed as one of the first ingredients.
- **Substitute for low protein.** If the bar you choose is low in protein, try eating it with a few nuts or some low-fat dairy.
- **Beware of too much of a good thing.** Many bars are fortified so you could end up with too much iron and vitamin A. Look for bars with no more than 100 percent of your RDA.
- **Add a "side."** Make a bar into a more nutritious meal by eating it with a piece of fruit, which contains fiber, and/or a low fat dairy item that contains protein and calcium.
- **Rethink your drink.** In general, meal replacement drinks and shakes are going to be lower in fiber and other nutrients than the whole foods, such as raisins, nuts, or oats that some bars provide.

Choosing Frozen Meals

- **Buyer be aware.** Decide what you are looking for.
 - A light frozen dinner with no more than 300 calories and 8 grams of fat.
 - A regular frozen dinner with 360-500 calories and 25 grams of fat or less.
 - Ideally, you want no more than 500 calories and no more than 15 grams of fat in a frozen dinner.
- **Add a side salad and/or a serving of fruit to round out your meal.** This is even more important if you're having a light frozen meal. Adding salad or fruit will boost the vitamin; mineral and fiber content, and help fill you up. What good is a portion-controlled serving if you're still hungry after you eat it?
- Choose meals with **less than 5 grams saturated fat and no trans fats.**

- Choose meals with **less than 700 milligrams sodium**.
- Select meals with at **least 2-5 grams of fiber**.
- Look for meals that **include plenty of vegetables**. They tend to be lower in calories and higher in vitamins, minerals, and fiber.
- Opt for meals with **brown rice and other whole grains** whenever possible.
- Choose **lean meat, fish, or chicken**.
- **Read the label**. Don't assume a product is healthy without checking the Nutrition Facts label.

Thinking Outside the Kitchen: Personal Summary

At Fast-Food Restaurants

- _____
- _____

At Smoothie Places

- _____
- _____

At Coffee Shops

- _____
- _____

At Continental Breakfast Buffets

- _____
- _____

At Salad Bars

- _____
- _____

At Convenience Stores and Vending Machines

- _____
- _____

Choosing Bars and Drinks for Meal Replacement or a Snack

- _____
- _____

Choosing Frozen Meals

- _____

<p style="text-align: center;">Frozen Meals </p> <ul style="list-style-type: none"> • Calories: 300-500 range • Fiber: at least 2-5 grams • Limit fat: no more than 15 g of fat (5 g or fewer saturated) and no trans fat. • Limit sodium: less than 700 mg • BONUS: Choose meals with plenty of vegetables, brown rice and/or whole grains whenever possible. Choose lean meat, fish, or chicken. 	<p style="text-align: center;">Frozen Meals </p> <ul style="list-style-type: none"> • Calories: 300-500 range • Fiber: at least 2-5 grams • Limit fat: no more than 15 g of fat (5 g or fewer saturated) and no trans fat. • Limit sodium: less than 700 mg • BONUS: Choose meals with plenty of vegetables, brown rice and/or whole grains whenever possible. Choose lean meat, fish, or chicken.
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At the Vending Machine		InoSNC
Worst Options		Best Options
High fat cookies.....Animal crackers or 100-calorie packs	
Chocolate, whole or 2% milk...Low-fat (1%) or fat-free milk	
Soda.....Bottled water	
Fruit drinks.....100% Fruit or vegetable juice	
Snack cakes.....Fruit cups or fruit shortbread cookies	
High fat cheese crackers.....Pretzels or peanut butter crackers	
Candy bars.....Granola bars	
Sugary candies.....Raisins, cranberries, other dried fruit	
High fat chips.....Baked chips	
Pastries or muffins.....Trail mix, nuts, seeds	

At the Vending Machine		InoSNC
Worst Options		Best Options
High fat cookies.....Animal crackers or 100-calorie packs	
Chocolate, whole or 2% milk...Low-fat (1%) or fat-free milk	
Soda.....Bottled water	
Fruit drinks.....100% Fruit or vegetable juice	
Snack cakes.....Fruit cups or fruit shortbread cookies	
High fat cheese crackers.....Pretzels or peanut butter crackers	
Candy bars.....Granola bars	
Sugary candies.....Raisins, cranberries, other dried fruit	
High fat chips.....Baked chips	
Pastries or muffins.....Trail mix, nuts, seeds	

At the Vending Machine		InoSNC
Worst Options		Best Options
High fat cookies.....Animal crackers or 100-calorie packs	
Chocolate, whole or 2% milk...Low-fat (1%) or fat-free milk	
Soda.....Bottled water	
Fruit drinks.....100% Fruit or vegetable juice	
Snack cakes.....Fruit cups or fruit shortbread cookies	
High fat cheese crackers.....Pretzels or peanut butter crackers	
Candy bars.....Granola bars	
Sugary candies.....Raisins, cranberries, other dried fruit	
High fat chips.....Baked chips	
Pastries or muffins.....Trail mix, nuts, seeds	

At the Vending Machine		InoSNC
Worst Options		Best Options
High fat cookies.....Animal crackers or 100-calorie packs	
Chocolate, whole or 2% milk...Low-fat (1%) or fat-free milk	
Soda.....Bottled water	
Fruit drinks.....100% Fruit or vegetable juice	
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Energy and Snack Bar Comparison Chart

Brand Name	*Calories	*Fat (g)	Sat fat (g)	*Protein (g)	*Carbs (g)	Fiber (g)	*Calcium (mg)
MET-Rx Big 100	380	8	1-8	28	50	2	450
Detour (30 g protein)	360	12	3.5-7	30	34	3	140
Pure Protein	310	10	4.5-5	32	24	0-3	300
Odyssey	310	10	5-6	30	30	1-2	150
PowerBar ProteinPlus	300	6	3.5	23	38	1-2	425
Promax	290	6	2.5-5	20	39	1-2	200
Snickers Protein Performance Bar	290	8	2.5-3.5	23	39	7-8	500
Kashi GoLean Bar	285	6	3-4.5	13	50	6	85
Harvest PowerBar	245	5	0.5-2.5	10	42	5	400
Clif Bar	245	5	0.5-2	10	44	5	250
GeniSoy Soy Protein Bar	240	5	2.5-3.0	14	36	1-2	215
EAS AdvantEdge Complete Nutrition	240	7	4.5-5	17	27	1-3	300
Odwalla Bar	230	5	0.5-2	5	41	3-5	250
PowerBar Triple Threat	230	7	2-4.5	10	30	4	150
Atkins Advantage Original	230	10	4-8	19	23	7-11	300
Snickers Marathon Energy Bar	220	7	1.5-2	11	30	2	450
SlimFast Optima Meal & Meal-on-the-Go	220	6	3-3.5	8	35	2-8	300
Balance Gold Bar	210	7	4	15	23	0-1	100
PowerBar Nut Naturals	210	10	1	10	20	3	150
South Beach Meal Replacement	210	6	3	19	26	5-6	100
ZonePerfect	210	7	3.5-5	15	22	0-3	100
LÄRABAR	210	11	0-2.5	5	24	3-5	50
Clif Mojo Bar	205	9	2	10	22	2-3	55
Balance Bar	200	6	1-3.5	14	22	0.5-3	95
Myoplex Lite	190	5	2.5-3	15	26	4-8	250
Nature Valley Crunchy Granola Bar	180	6	0.5	4	29	2	0
Luna Bar	180	5	0.5-3	10	26	3	350
Kashi TLC Crunchy Granola Bar	180	6	0.5	7	26	4	0
Detour (15 g protein)	180	6	3-3.5	15	17	1	80
Pria Complete Nutrition	170	6	3.5	11	22	5	400
Pria Grain Essentials	170	3	0.5	6	30	5	400
Kashi GoLean Crunchy! Bar	165	4	2-2.5	8	28	5-6	200
Snickers Low Carb Lifestyle Bar	165	7	2-2.5	14	19	7-8	500
Extend Bar	150	3	0.5-1.5	11	21	5	30
Snickers Marathon fortified for women	150	3	2	10	23	5	600
Glucerna Snack Bar	145	4	2.5-3.5	7	23	0.5-2	25
Kashi TLC Chewy Granola Bar	140	5	0.5	6	20	4	0
South Beach Diet Cereal Bar	140	5	2-3	10	15	3	150
Kellogg's All-Bran Bar	130	3	0.5	2	21	5	0
SlimFast Optima Snack & Orig. Snack	120	4	1.5-3	2	19	0.5-1	240
Pria PowerBar	110	3	2-2.5	5	16	1	300
ZonePerfect Snack Size	80	3	1.5	6	9	0	40

* Indicates average amount. Nutrient content may vary based upon flavor.

• Saturated fat and fiber may vary considerably; therefore they are listed as ranges. • Trans fat is not listed because most are trans fat free, but double check the label.

<p>Snack & Meal Replacement Bars IrroSNC</p> <ul style="list-style-type: none"> • Calories: 100-250 (snack); 250-400 (meal) • Protein: 10-15 grams (as a meal); over 3 grams as a snack • High fiber: At least 3 grams • Low saturated fat: Less than 3 grams • No trans fats or hydrogenated oils. • BONUS: Look for whole grains, fruit, and/or nuts in the first few ingredients. 	<p>Snack & Meal Replacement Bars IrroSNC</p> <ul style="list-style-type: none"> • Calories: 100-250 (snack); 250-400 (meal) • Protein: 10-15 grams (as a meal); over 3 grams as a snack • High fiber: At least 3 grams • Low saturated fat: Less than 3 grams • No trans fats or hydrogenated oils. • BONUS: Look for whole grains, fruit, and/or nuts in the first few ingredients.
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List of Common Drinks

<p>Red Bull Size: 8.3 oz can Calories: 110 Fat: 0 g Sugars: 27 g (about 7 tsp)</p> <p>Hawaiian Punch Juicy Red Size: 8 fl oz Calories: 120 Fat: 0 g Sugars: 28 g (7 tsp)</p> <p>Hershey's Chocolate Milk Size: 1 cup, or 8 fl oz Calories: 270 Fat: 5 g Sugars: 45 g (a little more than 11 tsp)</p> <p>McDonald's McFlurry with M&M's candies Size: 12 oz Calories: 620 Fat: 20 g Sugars: 85 g (a little more than 21 tsp)</p> <p>Wendy's Chocolate Twisted Frosty with M&M's Size: 16 oz Calories: 560 Fat: 19 g Sugars: 72 g (18 tsp)</p> <p>Glaceau Vitamin Water Size: 20 oz Calories: 125 Fat: 0 g Sugars: about 33 g (a little more than 8 tsp)</p> <p>Starbucks Frappuccino Blended Crème, Double Chocolate Chip Crème (without whipped cream) Size: Venti, 24 fl oz Calories: 550 Fat: 11 g Sugars: 79 g (almost 20 tsp)</p>	<p>Dunkin Donuts Vanilla Bean Coolatta Size: 16 fl oz Calories: 500 Fat: 17 g Sugars: 82 g (20.5 tsp)</p> <p>Jamba Juice Green Tea Blast Size: 16 fl oz Calories: 340 Fat: 0 g Sugars: 67 g (almost 17 tsp)</p> <p>Gatorade Frost Size: 20 oz bottle Calories: 125 Fat: 0 g Sugars: 35 g (almost 9 tsp)</p> <p>Fuze Green Tea Size: 8 fl oz Calories: 60 Fat: 0 g Sugars: 16 g (4 tsp)</p> <p>Tropicana Fruit Smoothie Size: 11 fl oz Calories: 220 Fat: 0 g Sugars: 44 g (11 tsp)</p> <p>Starbucks Grande Vanilla Latte (with nonfat milk) Calories: 230 Fat: 0 g Sugars: 38 g (9.5 tsp)</p>
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Rethink Your Drink

As you can see in the example below, calories from drinks can add up. The good news is that you have plenty of options for reducing the number of calories in what you drink. Substituting no- or low-calorie drinks for sugar-sweetened beverages cuts about 650 calories in the example below.

Eating Occasion	Instead of...	Calories	Try...	Calories
Morning coffee shop run	Medium café latte made with whole milk (16 oz)	265	Small café latte made with fat-free milk (12 oz)	125
Lunch	Bottle of regular cola (20 oz)	227	Bottle of water or diet cola (20 oz)	0
Afternoon break	Bottle of sweetened lemon iced tea (16 oz)	180	Sparkling water with natural lemon flavor (not sweetened, 16 oz)	0
Dinner	A glass of regular ginger ale (12 oz.)	124	Water with a slice of lemon or lime, or Seltzer water with a splash (2 oz) of 100% fruit juice	0 30
Total Beverage Calories		796		125-155

Learn to Read Nutrition Facts Labels Carefully

Be aware that the Nutrition Facts label on beverage containers may give the calories for only part of the beverage in the container. The example below shows the label on a 20-ounce bottle that contains two and a half (2.5) 8-ounce servings. To figure out how many calories are in the whole bottle, you need to multiply the number of calories in one serving by the number of servings in the bottle (100 x 2.5). The entire bottle actually contains 250 calories even though what the label calls a “serving” only contains 100.

NUTRITION FACTS	
Serving Size 8 fl. oz.	
Servings Per Container	2.5
Amounts Per Serving	
Calories	100

Sugar by Any Other Name: How to Tell Whether Your Drink Is Sweetened

Sweeteners that add calories to a beverage go by many different names and are not always obvious to anyone looking at the ingredients list. Some common caloric sweeteners are listed below. If these appear in the ingredients list of your favorite beverage, you are drinking a sugar-sweetened beverage:

- High-fructose corn syrup
- Fructose, sucrose, and dextrose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup or corn syrup

High-Calorie Culprits in Unexpected Places

Coffee drinks and blended fruit smoothies sound innocent enough, but the calories in some of your favorite coffee-shop or smoothie-stand items may surprise you. Check the website or in-store nutrition information for your favorite coffee or smoothie shop to find out how many calories are in different menu items.

Better Beverage Choices Made Easy

- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Don't stock the refrigerator with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100 percent juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-ounce cans and bottles of soda, which contain about 100 calories.
- Be a role model for your friends and family by choosing healthy, low-calorie beverages.

Type of Beverage	8 oz										12 oz	20 oz
	Fat ¹		Protein ¹		Added Sugar (tsp) ¹	Vit A (%DV) ¹	Vit C (%DV) ¹	Vit D (%DV) ¹	Calcium (%DV) ¹	Cal ¹	Cal	Cal
	g	%DV	g	%DV								
Chocolate milk (whole)	6	8%	8	16%	3	1%	4%	26%	28%	209	–	–
Chocolate milk (2% reduced-fat)	5	7%	8	15%	3	11%	0%	24%	27%	190	–	–
Chocolate milk (1% low-fat)	3	4%	8	16%	3	10%	4%	22%	29%	158	–	–
Whole milk (plain)	8	12%	8	15%	0	8%	0%	25%	28%	150	–	–
Fruit punch	0	0%	0	0%	6	0%	52%	0%	5%	–	144	240
100% apple juice	0	0%	0	0%	0	0%	3%	0%	1%	–	168	280
100% orange juice	0	0%	1	3%	0	5%	192%	0%	2%	–	168	280
2% reduced-fat milk (plain)	5	7%	8	16%	0	9%	1%	24%	29%	120	–	–
Lemonade	0	0%	0	0%	–	0%	19%	0%	1%	–	144	240
Regular lemon/lime soda	0	0%	0	0%	6	0%	0%	0%	1%	–	151	260
1% low-fat milk (plain)	2	4%	8	16%	0	10%	0%	23%	31%	105	–	–
Regular cola	1	1%	1	2%	6	0%	0%	0%	0%	–	136	227
Sweetened lemon iced tea (bottled, not homemade)	0	0%	0	0%	5	0%	0%	0%	1%	–	135	225
Tonic water	0	0%	0	0%	5	0%	0%	0%	0%	–	124	207
Regular ginger ale	0	0%	0	0%	–	0%	0%	0%	1%	–	124	207
Fat-free milk (plain)	0	0%	8	16%	0	10%	0%	23%	30%	90	–	–
Sports drink	0	0%	0	0%	–	0%	1%	0%	0%	–	99	165
Fitness water	0	0%	0	0%	–	0%	42%	0%	0%	–	18	36
Unsweetened iced tea	0	0%	0	0%	0	0%	0%	0%	1%	–	2	3
Diet soda (with aspartame)	0	0%	0	0%	0	0%	0%	0%	1%	–	0*	0*
Carbonated water (unsweetened)	0	0%	0	0%	0	0%	0%	0%	0%	–	0	0
Water	0	0%	0	0%	0	0%	0%	0%	2%	–	0	0

*Some diet soft drinks can contain a small number of calories that are not listed on the Nutrition Facts label. Some values are bolded, listed in red type or italicized to emphasize nutrient content.

Source Cited

Agricultural Research Service. (n.d.). USDA national nutrient database for standard reference. Retrieved from <http://www.nal.usda.gov/fnic/foodcomp/search/>

Chart adapted from Department of Health and Human Services, Centers for Disease Control and Prevention. (n.d.). *Rethink your drink*. Retrieved from http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf.