



Eating for Health

My Educators

Welcome

Thank you for attending this health education class. As a group, our goal is to help you build knowledge and skills needed to potentially improve your health.

The facilitator will:

- Provide scientific evidence-based information
- Create a safe environment appropriate for a healthy exchange of information
- Respect each individual and demonstrate courtesy and understanding
- Respect the group dynamic
- Manage time appropriately
- Guide the discussion and manage the classroom in a manner that allows for optimal learning and engagement
- Make him/herself available for questions after the class

Participants are expected to:

- Respect the rights, privacy, and property of other participants and UC Davis personnel
- Respect individuals' opinions
- Reserve judgement of others
- Actively participate as appropriate
- Express themselves with courtesy, dignity, and sensitivity
- Keep education commitments and arrive for classes in a timely manner
- Follow UC Davis health rules and regulations for patient care and conduct, including smoking, cell phone and electrically powered equipment, and the visitor policy

Eating for Health

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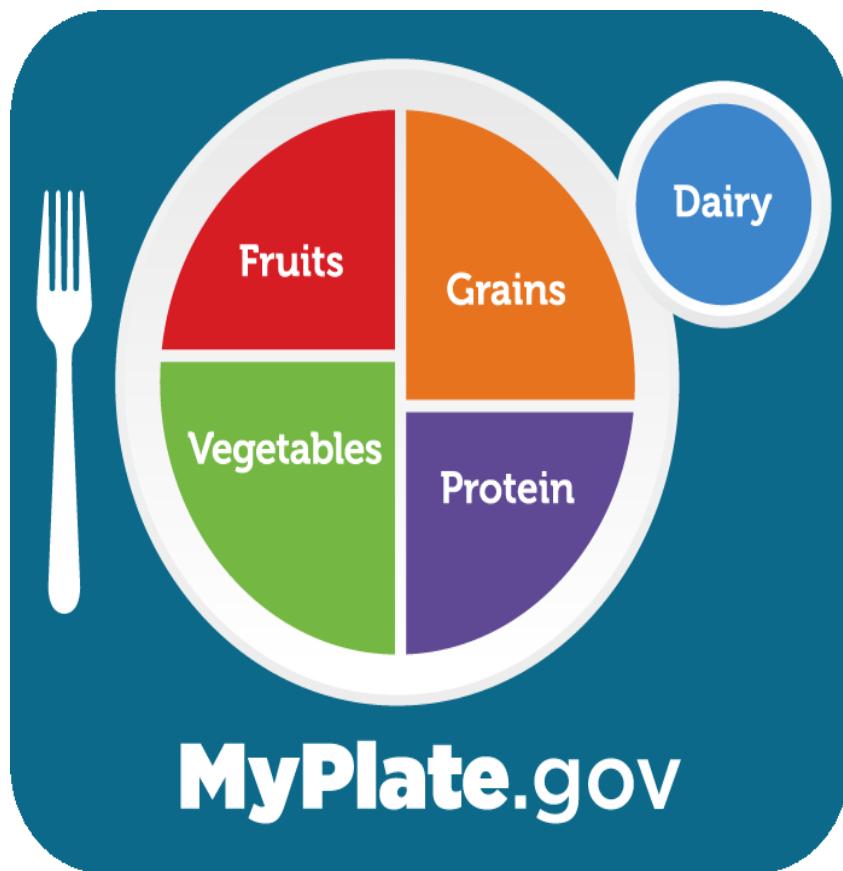
Healthy Eating with MyPlate

MyPlate is a simple tool to help plan healthy meals. The plate represents which types of foods and how much to eat from each food group. MyPlate may be personalized to fit a variety of nutrition needs, food preferences, and budgets.

MyPlate

Getting started with MyPlate is as easy as following the steps below.

- Choose a smaller plate (9 inches)
- Fill 1/4 of the plate with a variety of vegetables
- Focus on whole fruit for 1/4 of the plate
- Make whole grains 1/4 of the plate
- Choose lean protein to fill 1/4 of the plate



Start simple
with MyPlate



Start Simple with MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.



Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.



Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

Enjoy a yogurt parfait for breakfast made with low-fat dairy milk or fortified soymilk. Top with fruit and nuts to get in two more food groups.



Drink and eat less added sugars, saturated fat, and sodium

Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use [Nutrition Facts labels](#) to compare foods.



Go to [MyPlate.gov](#) for more information.
USDA is an equal opportunity provider,
employer, and lender.

**The benefits of healthy eating
add up over time, bite by bite.**

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Which changes will you make toward a healthier plate?





Managing Portions

Manage portions by eating a reasonable amount of food at each meal.

Ways to measure portions:

- Measuring foods using cups, spoons, or a food scale
- Using common objects as an example

Example	Equals	Food
	Baseball	1 Cup
	Tennis Ball	$\frac{1}{2}$ Cup
	Deck of Cards	3 Ounces
	Tip of Thumb	1 Tablespoon
	Quarter	1 Teaspoon
		Oils or other fats



Use the 5 and 20 rule

Review the % Daily Value

- 5% or less is low
- 20% or more is high



1. Serving Size

This section is the basis for determining the number of calories, amount of each nutrient, and percent Daily Value (%DV) of a food. Use it to compare a serving size to how much you actually eat. Serving sizes are given in familiar units, such as cups or pieces, followed by the metric amount, e.g., number of grams. The serving size reflects the amount people typically eat and drink today. It is not a recommendation of how much to eat.

2. Amount of Calories

If you want to manage your weight (lose, gain, or maintain), this section is especially helpful. The key is to balance how many calories you eat with how many calories your body uses.

3. Nutrients

You can use the label to support your personal dietary needs—look for foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit.

- Nutrients to get more of: Dietary Fiber, Vitamin D, Calcium, Iron and Potassium. The recommended goal is to consume at least 100% Daily Value for each of these nutrients each day.
- Nutrients to get less of: Saturated fat, Sodium, and Added Sugars. The recommended goal is to stay below 100% Daily Value for each of these nutrients each day.

4. Percent Daily Value

This section tells you whether the nutrients (for example, saturated fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet: 5%DV or less is low and 20%DV or more is high.

5. Footnote

The footnote explains that the %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Follow these simple steps for healthy eating on a budget

1. Plan ahead

- Review recipes in cookbooks, magazines, or online to find healthy recipes with foods you enjoy
- Include budget-stretching meals like soups, stews, and casseroles
- Review store specials in mailed circulars, store apps, or store websites and plan meals around healthy items that are on sale
- Plan out meals weekly and create a shopping list of items needed to cook those meals

2. Shop Wisely

- Buy sale items, or generic or store brands
- Buy fruits and vegetables in season
- Choose frozen fruits and vegetables when fresh are not available too costly
- Buy frequently eaten items in bulk and portion into single serving sizes at home



3. Make budget-friendly meals

- Use leftovers in other meals
 - Use leftover chicken or turkey to make soups, tacos, wraps, or stir-fries
 - Use leftover grains as breakfast cereal or add them to soups, stews, or salads
 - Add leftover vegetables to eggs, soups, wraps, or pasta
 - Add cut fruit to yogurt, cottage cheese, or oatmeal



4. Go meatless one or more days per week

- Beans and lentils are budget-friendly protein options



Shopping Tips

Following some basic shopping tips can help you stay on track with your budget and healthy eating goals. Use the tips below and the shopping list on the following pages to get started.

- Shop with a list and stick to it
- Go shopping when you are not hungry or rushed
- Stock up on non-perishable items (nuts, canned fruits and vegetables, canned beans, whole grains like oats and brown rice, pasta, cereal) when they are on sale
- Buy in bulk or family packs for items you use often
- Consider convenient pre-cut vegetables to save time (note: these may cost more)
- Buy generic or store brands





Make a shopping list. Include the items you need for your menus and basics you need to restock in your kitchen.

DAIRY CASE

- Eggs/egg substitute
- Fat-free (skim) or low-fat (1%) milk
- Low-fat cottage cheese
- Fat-free or low-fat yogurt
- Butter spread

CEREALS, CRACKERS, RICE, NOODLES, AND PASTA

- Aramat
- Bulgur, couscous, or kasha
- Graham crackers
- Hominy
- Hominy grits
- Millet
- Oatmeal
- Whole-grain pasta
- Plain cereal, dry or cooked
- Polenta
- Polvillo
- Quinoa
- Brown rice

BEANS AND LEGUMES (DRIED, OR LOW SODIUM CANNED)

- Black-eyed peas
- Black beans

 Chickpeas (garbanzo beans)

- Fava beans
- Great white northern beans
- Italian white beans
- Lentils
- Navy beans

 Pinto beans

- Red beans (kidney beans)

BREADS

- Whole grain breads, pita, flat bread
- Corn tortillas (not fried)

NUTS AND SEEDS

- Almonds, unsalted
- Cashews, unsalted
- Mixed nuts, unsalted
- Peanuts, unsalted
- Pecans, unsalted
- Pumpkin seeds, unsalted
- Sesame seeds
- Sunflower seeds, unsalted
- Walnuts

FRESH FRUIT

- Apples
- Apricots
- Bananas
- Cherries

 Figs

- Grapefruit
- Grapes
- Guava
- Kiwi
- Lemons

 Limes

- Mangoes
- Melons
- Olives
- Oranges

 Papayas

- Peaches
- Pears
- Persimmons
- Plantains
- Plums
- Pomegranates
- Quinces
- Starfruit
- Winter melons

 Applesauce, unsweetened

- Canned fruit (without added sugar)
- Frozen fruit (without added sugar)

**FRESH VEGETABLES**

- Artichokes
- Asparagus
- Bamboo shoots
- Bok choy
- Broccoli
- Cabbage
- Carrots
- Celery
- Cauliflower
- Chilies
- Chinese celery
- Corn
- Cucumber
- Eggplant
- Grape leaves
- Green beans
- Green leafy vegetables
- Green peppers
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard greens
- Napa cabbage
- Okra

MEAT

- Onions
- Peas
- Potatoes
- Rhubarb
- Seaweed
- Spinach
- Squash
- Tomatoes
- Canned vegetables (low sodium or no salt added)
- Frozen vegetables (without added fats)
- MEAT**
- 95% fat-free lunch meats or low-fat deli meats
- Beef, round or sirloin
- Extra lean ground beef such as ground round
- Fish (not battered)
- Pork tenderloin
- Chicken and turkey breast (no skin)

MEAT EQUIVALENTS

- Beans (see bean list)
- Eggs/egg substitutes
- Tofu (or bean curd)

BEVERAGES

- Carbonated water
- No-calorie drink mixes
- Reduced calorie juices

Unsweetened iced tea**Water****FATS AND OILS**

- Avocado oil
- Canola oil
- Olive oil
- Safflower oil
- Soft (tub) margarine

BAKING ITEMS

- Angel food cake mix
- Canned evaporated milk: fat-free (skim) or reduced fat (2%)
- Cocoa powder, unsweetened
- Flour, whole wheat or other whole grain flour
- Non-fat dry milk powder
- Non-stick cooking spray

CONDIMENTS, SAUCES

- Bouillon cubes/granules (low-sodium)
- Canned green chilies

Flavored vinegars**Mustard (Dijon, etc.)****Salsa****Seasonings, and Spreads**

- Soy sauce (low-sodium)
- Spices



Healthy Meal Ideas

Consider the following tips for quick and healthy meals

- Try meatless meals
- Prepare larger portions when cooking and freeze the extra amount for other meals
- Use leftover foods in other meals
 - Cooked chicken (or other meat) may be added to salads, soups, tacos, enchiladas, wraps, stir fries
 - Add cooked grains like quinoa or farro to salads and soups to make them heartier, or enjoy for breakfast instead of oatmeal
 - Cook leftover vegetables with eggs for an omelet
- Make a wrap with cooked or raw veggies and cheese in a whole wheat tortilla
- Add hummus and sliced vegetables into a pita for a filling sandwich
- Add cooked beans and nuts to a salad to make it a meal

Health Snack Ideas

- Lowfat yogurt with fruit
- Air-popped popcorn
- Apple slices with almonds or almond butter
- Veggies and hummus
- Lowfat cottage cheese with fruit
- Hardboiled egg and whole grain crackers
- Turkey slices wrapped in lettuce



Practice!

Make a list of meals using the following ingredients

A. Rotisserie chicken, lettuce, frozen mixed vegetables, corn tortillas, low sodium chicken broth, apples

B. Black beans, canned tomatoes, cooked brown rice, broccoli, berries, yogurt



Meal Planning Tips

Using a weekly meal planner can help plan meals that minimize prep time and avoid food waste. Consider these tips when creating a meal plan:

- Plan meals around themes, like Meatless Mondays or Taco Tuesdays
- Use the MyPlate guidelines when planning meals
- Consider focusing meals around a few ingredients each week to cut down on shopping costs and meal prep
- Change up the ingredients each week to add variety
- Use the following formula

2 protein choices

2 or 3 vegetables

1 or 2 whole grains

1 or 2 fruits

1 or 2 dairy foods

Use the table below to fill in your choices in each food group

Protein	Vegetables	Whole Grains	Fruits	Dairy Foods



Meal Planning Tips, continued

Now, create meals and snacks for a week using the ingredients you listed on the previous page.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
Lunch						
Dinner						
Snack(s)						



Meal Planning Tips

There are many places to find menu planning tools and free healthy recipes. The internet is a great resource as well as the local library. Below is a website to help you get started.

- Recipe Tools

<https://www.myplate.gov/myplate-kitchen>

- videos
- menu planning
- creating a cookbook
- browse recipes

More resources available on resource page at the end of the book.

Recipe Tips

Reading a recipe can be confusing, especially when there is a long list of ingredients or multiple steps involved. Also, there may be lots of cooking terms that are unfamiliar to you.

Below are some tips on how to read a recipe:

- Read the recipe through
- Read the recipe a second time taking note of anything that needs extra time
 - Soaking
 - Bringing a product to room temperature
- Pay attention to grammar
 - 1 cup chopped nuts
 - 1 cup nuts, chopped
- Gather supplies and ingredients
- Review the order of the steps and follow them closely
 - For example, turn on oven before mixing ingredients

Sample Recipe - Heart Smart Chili

Ingredients

1 onion, chopped
1 sweet green pepper, chopped
2 cloves garlic, minced
1 teaspoon olive oil
1 16-ounce package extra firm tofu, drained and crumbled
2 15-ounce cans of beans (kidney, pinto, or black), drained and rinsed
1 28-ounce can stewed tomatoes
3 medium carrots, peeled and sliced
2 tablespoons chili powder
1 teaspoon cumin
1 teaspoon hot sauce
Pepper to taste

NUTRITION INFORMATION (PER SERVING)	
Calories	160
Calories from fat	18
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	410 mg
Total Carbohydrates	26 g
Dietary Fiber	5 g

Preparation

1. In a large pot, sauté the onion, pepper and garlic in the oil over medium heat.
2. Add the tofu and sauté until crisp and lightly browned (about 10 minutes).
3. Add the remaining items and bring to a boil
4. Reduce heat to medium low and simmer for 50 minutes.

Yield: Eight servings



Cooking Terms

Bake: To cook food in an oven, surrounded with dry heat; called roasting when applied to meat or poultry.

Baste: To moisten food for added flavor and to prevent drying out while cooking.

Beat: To stir rapidly to make a mixture smooth, using a whisk, spoon, or mixer.

Blanch: To cook briefly in boiling water to seal in flavor and color; usually used for vegetables or fruit, to prepare for freezing, and to ease skin removal.

Blend: To thoroughly combine 2 or more ingredients, either by hand with a whisk or spoon, or with a mixer.

Boil: To cook in bubbling water that has reached 212 degrees F.

Broil: To cook on a rack or spit under or over direct heat, usually in an oven.

Brown: To cook over high heat, usually on top of the stove, to brown food.

Core: To remove the seeds or tough woody centers from fruits and vegetables.

Cream: To beat ingredients, usually sugar and a fat, until smooth and fluffy.

Cube: To cut food into small (about 1/2- inch) cubes.

Dice: To cut food into very small (1/8-to 1/4-inch) cubes.

Dredge: To cover or coat uncooked food, usually with flour, cornmeal or bread crumbs.

Fold: To combine light ingredients such as whipped cream or beaten egg whites with a heavier mixture, using a gentle over-and-under motion, usually with a rubber spatula.

Grease: To rub the interior surface of a cooking dish or pan with shortening, oil, or butter to prevent food from sticking to it.

Marinate: To soak in a flavored liquid; usually refers to meat, poultry, or fish.

Mince: To cut into tiny pieces, usually with a knife.

Parboil: To partially cook by boiling. Usually done to prepare food for final cooking by another method.

Poach: To cook gently over very low heat in barely simmering liquid just to cover.



Purée: To mash or grind food until completely smooth, usually in a food processor, blender, sieve, or food mill.

Reduce: To thicken a liquid and concentrate its flavor by boiling.

Roast: To cook a large piece of meat or poultry uncovered with dry heat in an oven.

Sauté or pan fry: To cook food in a small amount of fat over relatively high heat.

Scald: To heat liquid almost to a boil until bubbles begin to form around the edge.

Sear: To brown the surface of meat by quick-cooking over high heat in order to seal in the meat's juices.

Shred: To cut food into narrow strips with a knife or a grater.

Simmer: To cook in liquid just below the boiling point; bubbles form but do not burst on the surface of the liquid.

Skim: To remove surface foam or fat from a liquid.

Steam: To cook food on a rack or in a steamer set over boiling or simmering water in a covered pan.

Stir-fry: To quickly cook small pieces of food over high heat, stirring constantly.

Whip: To beat food with a whisk or mixer to incorporate air and produce volume.

Whisk: To beat ingredients (such as heavy or whipping cream, eggs, salad dressings, or sauces) with a fork or whisk to mix, blend, or incorporate air.

Zest: The outer, colored part of the peel of citrus fruit.

Source: <http://www.goodhousekeeping.com/food-recipes/cooking/tips/a16958/dictionary-cooking-terms/>

Safe Food Handling

CLEAN

- Washing hands with soap and warm water before and after handling raw foods is the best way to reduce the spread of germs and prevent food poisoning.
- Thoroughly wash utensils, cutting boards, and counter tops with soap and hot water. Rinse. They may be sanitized by applying a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Air-dry.
- Wash fruits and vegetables thoroughly under running water just before eating, cutting, or cooking. Washing fruits and vegetables with soap or detergent or using commercial

The CDC estimates 48 million people in the US get sick from foodborne illnesses each year

SEPARATE

- Keep raw meat, poultry, eggs, and seafood and their juices away from ready-to-eat food.
- Separate raw meat, poultry, and seafood from produce in your shopping cart. Place food in plastic bags to prevent their juices, which may contain harmful bacteria, from dripping onto other food.
- At home, put raw meat, poultry, and seafood in containers, on plates, or in sealed plastic bags in the refrigerator to prevent their juices from dripping onto other food.
- Use a separate cutting board for raw meat, poultry, and seafood.
- Sauce that is used to marinate raw meat, poultry, or seafood should not be used on cooked food, unless the sauce is boiled first.
- Never place cooked food back on the same plate that previously held raw food unless the plate has first been washed in hot, soapy water.

PASTEURIZED VERSUS RAW

Raw milk and products made from raw milk can have harmful bacteria or other germs that can make you sick. This includes yogurts, cheeses, and ice cream. Pasteurizing is when the milk has been heated briefly to kill the disease-causing germs. Pasteurized milk and products are safer than raw milk and products made from raw milk.

COOK

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
- The food thermometer should be placed in the thickest part of the food, away from bone, fat or gristle.

SAFE MINIMUM INTERNAL TEMPERATURES AS MEASURED WITH A FOOD THERMOMETER	
Beef, pork, veal and lamb (roast, steaks and chops)	145 °F with a 3-minute "rest time" after removed from the heat source.
Ground meats	160 °F
Poultry (whole, parts or ground)	165 °F
Eggs and egg dishes	160 °F Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny.
Leftovers	165 °F
Fin fish	145 °F
SAFE COOKING GUIDELINES	
Shrimp, Lobster, Crab	Flesh pearly and opaque
Clams, Oysters and Mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

CHILL

- The temperature in a refrigerator should be 40 °F or below, and the freezer 0 °F or below.
- Perishable food should be thawed in the refrigerator, in the microwave, or in cold water. They should never be thawed on the counter or in hot water. Do not leave food at room temperature for more than two hours (one hour when the temperature is above 90 °F).
- Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed in the microwave or cold water, cook before refreezing.
- Divide large pots of food, like soup or stew, into shallow containers. Cut cooked meat or poultry into smaller portion or slices. Place in shallow containers, cover and refrigerate.
- Only buy eggs from a refrigerator or refrigerated case. Store eggs in the refrigerator in their original carton and use within 3-5 weeks.
- When selecting pre-cut produce choose only those items that are refrigerated or surrounded by ice and keep refrigerated at home to maintain both quality and safety.

Source: Foodsafety.gov

Safe Food Handling

REFRIGERATOR & FREEZER STORAGE CHART

These short but safe time limits will help keep refrigerated food 40° F (4° C) from spoiling or becoming dangerous.

Since product dates aren't a guide for safe use of a product, consult this chart and follow these tips.

- Purchase the product before "sell-by" or expiration dates.
- Follow handling recommendations on product.
- Keep meat and poultry in its package until just before using.
- If freezing meat and poultry in its original package longer than 2 months, overwrap these packages with airtight heavy-duty foil, plastic wrap, or freezer paper; or place the package inside a plastic bag.

Because freezing 0° F (-18° C) keeps food safe indefinitely, the following recommended storage times are for quality only.

Product	Refrigerator	Freezer	Product	Refrigerator	Freezer
Eggs					
Fresh, in shell	3 - 5 weeks	Don't freeze	Vegetable or meat-added & mixtures of them	3 - 4 days	2 - 3 months
Raw yolks, whites	2 - 4 days	1 year	Bacon & Sausage		
Hard cooked	1 week	Don't freeze	Bacon	7 days	1 month
Liquid pasteurized eggs or egg substitutes, opened	3 days	Don't freeze	Sausage, raw from pork, beef, chicken or turkey	1 - 2 days	1 - 2 months
unopened	10 days	1 year	Smoked breakfast links, patties	7 days	1 - 2 months
TV Dinners, Frozen Casseroles					
Keep frozen until ready to heat		3 - 4 months	Fresh Meat (Beef, Veal, Lamb, & Pork)		
Deli & Vacuum-Packed Products					
Store-prepared (or homemade) egg, chicken, tuna, ham, macaroni salads	3 - 5 days	Don't freeze	Steaks	3 - 5 days	6 - 12 months
Pre-stuffed pork & lamb chops, chicken breasts stuffed w/dressing	1 day	Don't freeze	Chops	3 - 5 days	4 - 6 months
Store-cooked convenience meals	3 - 4 days	Don't freeze	Roasts	3 - 5 days	4 - 12 months
Commercial brand vacuum-packed dinners with USDA seal, unopened	2 weeks	Don't freeze	Variety meats (tongue, kidneys, liver, heart, chitterlings)	1 - 2 days	3 - 4 months
Raw Hamburger, Ground & Stew Meat					
Hamburger & stew meats	1 - 2 days	3 - 4 months	Meat Leftovers		
Ground turkey, veal, pork, lamb	1 - 2 days	3 - 4 months	Cooked meat & meat dishes	3 - 4 days	2 - 3 months
Ham, Corned Beef			Gravy & meat broth	1 - 2 days	2 - 3 months
Corned beef in pouch with pickling juices	5 - 7 days	Drained, 1 month	Fresh Poultry		
Ham, canned, labeled "Keep Refrigerated," unopened	6 - 9 months	Don't freeze	Chicken or turkey, whole	1 - 2 days	1 year
opened	3 - 5 days	1 - 2 months	Chicken or turkey, parts	1 - 2 days	9 months
Ham, fully cooked, whole	7 days	1 - 2 months	Giblets	1 - 2 days	3 - 4 months
Ham, fully cooked, half	3 - 5 days	1 - 2 months	Cooked Poultry, Leftover		
Ham, fully cooked, slices	3 - 4 days	1 - 2 months	Fried chicken	3 - 4 days	4 months
Hot Dogs & Lunch Meats (in freezer wrap)			Cooked poultry dishes	3 - 4 days	4 - 6 months
Hot dogs, opened package	1 week	1 - 2 months	Pieces, plain	3 - 4 days	4 months
unopened package	2 weeks	1 - 2 months	Pieces covered with broth, gravy	3 - 4 days	6 months
Lunch meats, opened package	3 - 5 days	1 - 2 months	Chicken nuggets, patties	3 - 4 days	1 - 3 months
unopened package	2 weeks	1 - 2 months	Fish & Shellfish		
			Lean fish	1 - 2 days	6 - 8 months
			Fatty fish	1 - 2 days	2 - 3 months
			Cooked fish	3 - 4 days	4 - 6 months
			Smoked fish	14 days	2 months
			Fresh shrimp, scallops, crawfish, squid	1 - 2 days	3 - 6 months
			Canned seafood (Pantry, 5 years)	after opening	out of can
				3 - 4 days	2 months

March 2018



**U.S. FOOD & DRUG
ADMINISTRATION**



My SMART Plan

Changing a health behavior can be challenging. It is common to have good intentions about being healthy without being able to start or stick to a healthy behavior.

This does not mean that you do not have willpower. It is more likely that you need a plan you can follow day to day.

My SMART plan will help you:

- Pinpoint specific healthy behaviors that you want to do
- Plan how to add those behaviors into your daily routine
- Identify things that might get in your way
- Figure out ways to get around those things
- Find the support you need
- Track your progress

My SMART Plan
is a tool to help
you succeed.



The reason I want to change my health behavior is: to improve my health

Specific The change I want to make is: (See below for ideas.)

I will _____ by _____
(your behavior change) (what you want to do)

Or Pick One of the Following:

I will be active by _____
(walking, swimming)

I will change my eating behavior by measuring food portions
(measuring food, counting carbohydrates, reducing sodium)

I will check my _____
(blood pressure, weight, blood sugar)

I will lower my stress by _____
(exercising, deep breaths, meditating)

I will manage my medicines by _____
(using a pill box, setting a phone reminder, other)

I will improve my sleep by _____
(turning off my phone, set a regular bedtime)

Where? at home
(home, work, gym, park, other)

Measurable The days and time I will do it are: (Circle the days that apply)

Days: Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Time of the day: Before/after breakfast Before/after lunch Before/after dinner

Ask for Support The way I will get support for the help that I need is:

ask my partner to measure portions when cooking

Realistic Is my plan realistic? Yes No

What might get in the way? forgetting

I will get around it by estimating portions

Trackable The way I will track my behavior is: (Circle all that apply)

I will keep a diary

I will mark in on my calendar

I will use an app

Other _____

How confident am I that I can do this plan?





The reason I want to change my health behavior is: _____

Specific The change I want to make is: (See below for ideas.)

I will _____ by _____

Or Pick One of the Following:

I will be active by _____

I will change my eating behavior by _____

I will check my _____

I will lower my stress by _____

I will manage my medicines by _____

I will improve my sleep by _____

Where? _____

Measurable The days and time I will do it are: (Circle the days that apply)

Days: Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Time of the day: Before/after breakfast Before/after lunch Before/after dinner

Ask for Support The way I will get support for the help that I need is:

Realistic Is my plan realistic? Yes No

What might get in the way? _____

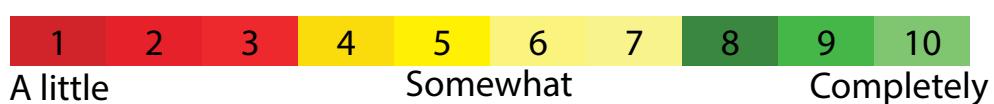
I will get around it by _____

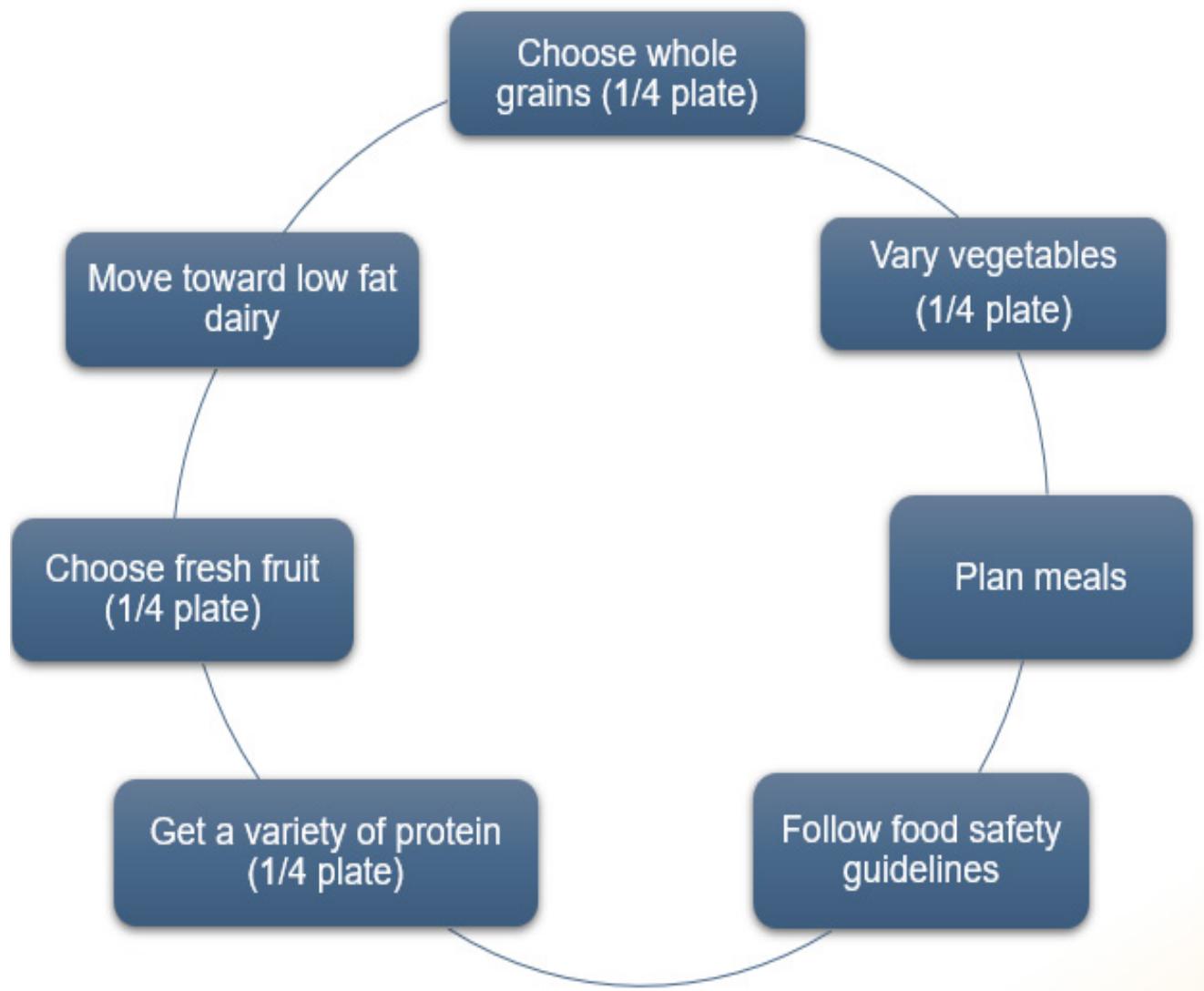
Trackable The way I will track my behavior is: (Circle all that apply)

I will keep a diary I will mark in on my calendar

I will use an app Other _____

How confident am I that I can do this plan?





Recipes

Apple Crumble

Makes 9 servings

INGREDIENTS

Crumble Topping

$\frac{3}{4}$ cup whole oats
 $\frac{1}{4}$ cup whole wheat pastry flour (or brown rice flour)
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{4}$ cup maple syrup or agave syrup
2 tablespoons neutral oil (canola or grapeseed)

NUTRITION INFORMATION (PER SERVING)	
Calories	152
Calories from fat	36
Total Fat	4 g
Sodium	3 mg
Total Carbohydrates	30 g
Added Sugar	9 g
Protein	2 g

Filling

6 medium apples, peeled, cored, and chopped (can substitute pears or other favorite fruit)
 $\frac{1}{4}$ teaspoon ground cinnamon
2 tablespoons whole wheat pastry flour (or brown rice flour)
2 tablespoons maple syrup or agave syrup

PREPARATION

1. Preheat oven to 350 °F. Lightly spray 8" square pan with nonstick cooking spray.
2. In a medium bowl, mix together the oats, flour, and cinnamon. Add the syrup and oil and mix well.
3. In a large bowl, add the apples, cinnamon, and flour, mix to coat apples. Add syrup and toss well
4. Place apples in prepared pan, top with crumble mixture and place in oven.
5. Bake 40-45 minutes or until crumble is lightly browned.

Vegetable Bean Soup

Makes 8 servings

INGREDIENTS

- 1/2 cup diced onion
- 2 cloves minced garlic
- 1 tablespoon tomato paste
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt (optional)
- 3 cups low sodium vegetable broth
- 1 15-oz can low sodium white beans, rinsed and drained
- 1 16-oz bag of frozen mixed vegetables (any combination)

NUTRITION INFORMATION (PER SERVING)	
Calories	110
Calories from fat	0
Total Fat	0 g
Saturated	0 g
Cholesterol	0 g
Sodium	243 mg
Total Carbohydrates	21 g
Dietary Fiber	5 g
Protein	7 g

PREPARATION

1. Spray nonstick cooking spray in a large saucepan. Add onions and garlic and sauté until soft.
2. Add tomato paste and seasonings and mix well
3. Add vegetable broth, mixed vegetables, and beans and heat through

Variation: puree half of the soup in a blender and add to the remaining soup

Fish Tacos

Makes 8 tacos

INGREDIENTS

1 pound white fish (snapper, mahi mahi, halibut, cod)
½ teaspoon paprika
2 teaspoons canola oil
2 limes
¼ cup + 1 tablespoon cilantro, chopped
8 corn tortillas
1 cup shredded cabbage
2 tablespoons apple cider vinegar
¼ cup green onion, finely chopped
8 teaspoons fresh salsa
1 jalapeno, thinly sliced – if desired

NUTRITION INFORMATION (PER TACO)	
Calories	111
Calories from fat	18
Total Fat	2 g
Saturated	0 g
Sodium	199 mg
Total Carbohydrates	14 g
Dietary Fiber	2 g
Protein	10 g

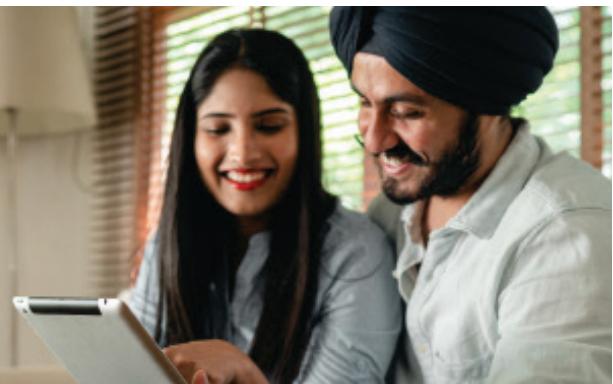
PREPARATION

1. Place fish on a plate. In a small bowl, mix together half of the paprika, the oil, juice of 1 lime, and ¼ cup of cilantro. Pour mixture over fish and let marinate 10-15 minutes in the refrigerator.
2. In a medium bowl, mix together cabbage, apple cider vinegar, the other half of the paprika and tablespoon of cilantro, set aside.
3. Place fish on a hot grill and cook thoroughly, then remove from heat.
4. Warm tortillas on grill.
5. Cut second lime into 8 wedges
6. Place warm tortillas on a plate, divide fish among tortillas, top with cabbage, green onion, salsa, and jalapeno, if using. Fold in half and serve immediately with lime wedges.

Resources

	
<p>MyPlate Kitchen myplate.gov/myplate-kitchen</p>	<p>Eating Well www.eatingwell.com</p>
	
<p>Cooking Skills www.heart.org/en/healthy-living/healthy-eating/cooking-skills</p>	<p>Healthy Eating Tips www.cdc.gov/nutrition/features/healthy-eating-tips.html</p>
	
<p>Recipe Videos https://snaped.fns.usda.gov/resources/recipes-and-menus/snap-ed-recipes/recipe-video-collectionsvideo-collections</p>	<p>UC Davis Health Management and Education health.ucdavis.edu/health-education/</p>

To view our entire class schedule go to
health.ucdavis.edu/health-education



Additional Learning Opportunities

Health Management and Education has many classes available on a variety of health topics. Most classes are free. We offer evening classes as well.

Other Class Topics

- Heart Health
- Diabetes
- Weight Management
- Stress Reduction
- Tobacco Cessation
- Chronic Kidney Disease
- And much more

Three Easy Ways to Register:

1. Self register on MyUCDavisHealth

- If you need any additional assistance with scheduling through MyUCDavisHealth, please visit our webpage at <https://health.ucdavis.edu/health-education/>

2. Call our office to register at 916-946-1449

3. Email your request to

hs-healtheducationclass@health.ucdavis.edu Include in your email:

- First and last name
- Date of birth
- Medical record number (if known)
- Class name
- Class location
- Class date and time





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