

***Welcome to your
EatWell
membership!***



THANK
YOU

for choosing to join us!

You're probably
wondering...what is
EatWell all about?



***We live in a food culture
filled with confusion,
anxiety, and guilt.***

EatWell membership provides a
no-nonsense, evidence-based
approach to eating well that can
address a wide range of
nutrition-related concerns.

Here's what you can
expect from your
EatWell membership...

basic nutrition information

*"I'm so confused about nutrition
and don't know what to believe."*

We often hear this from our new
members. We help you cut
through all the "noise" and focus
on what really matters.

how to apply nutrition information to your day-to-day life

*"Eating well feels so overwhelming
and time-consuming."*

You are not alone! We help make
eating well feel doable and
practical.

understand the psychology of eating well

*"My attitudes and beliefs about food
are holding me back from making
progress."*

Eating well goes beyond just knowing
and doing. We help you change your
mindset around food to build
sustainable eating habits.

There is no "right" or
"wrong" way to do this.



If you're not sure where
to start, we have some
ideas...



***Learn about
nutrient-dense
foods that promote
well-being.***

Most of the time, choose the nutrient-dense foods listed here. These foods nourish your body and help optimize energy, manage appetite, and promote health.

Vegetables

Fresh vegetables
Frozen vegetables
Canned vegetables, no or low sodium
Vegetable juice, low sodium

Carbohydrates

each serving size listed = 80 calories & 15 g carbs

Cooked whole grains such as whole wheat pasta, brown or wild rice, quinoa (1/3 cup cooked)

Whole grain breads, crackers, cereals (1 oz.)

Starchy vegetables including corn, potatoes, green peas, acorn or butternut squash (1/2 cup cooked)

Oats (1/4 cup dry, or 1/2 cup cooked)

Popcorn (3 cups popped)

Beans (kidney, pinto, etc.), peas (black-eyed, split), and lentils (1/2 cup cooked) - also a good source of protein

Hummus (1/3 cup) - also a good source of protein

Fresh fruit (6 oz. or 3/4 cup)

Dried fruit (2 TB)

Applesauce, unsweetened (1/2 cup)

Canned fruit, in its own juice or frozen fruit, unsweetened (1/2 cup)

Plain yogurt, non-Greek style (6 oz.)

Flavored yogurt, Greek style (6 oz.) - also a good source of protein

Cow's milk, soy milk, or rice milk, unsweetened (8 oz.)

Proteins

each serving size listed = 50 calories & 7 g protein

Chicken, turkey, beef, lamb, and pork products, including deli meats and meat jerky (1 oz.)

Seafood, including canned tuna, salmon, and sardines (1 oz.)

Cheese, including cottage cheese and ricotta cheese (1 oz. or 1/4 cup)

Eggs (1)

Edamame (1/2 cup shelled or 1 cup unshelled)

Tofu (4 oz.)

Tempeh and seitan (1.5 oz.)

Beans (kidney, pinto, etc.), peas (black-eyed, split), and lentils (1/2 cup cooked) - also a good source of carbohydrates

Hummus (1/3 cup) - also a good source of carbohydrates

Peanut butter, or other nut butter (1 TB) - also a good source of healthy fats

Plain yogurt, Greek style (6 oz.)

Flavored yogurt, Greek style (6 oz.) - also a good source of carbohydrates

Fats

each serving size listed = 50 calories & 5 g fat

Avocado (2 TB or 1/4 of a whole)

Olives (10 or 1/4 cup)

Nuts, including peanuts, cashews, almonds, walnuts, pecans, pistachios (1/3 oz. or 1.5 TB)

Seeds, including pumpkin, sesame, sunflower, flax, chia, hemp (1 TB)

Tahini (1.5 tsp)

Vinaigrette-type salad dressing (1 TB)

Nut or seed based milks, includes almond, cashew, hemp, unsweetened (8 oz.)

Oils, including olive, canola, and peanut oils (1 tsp)

Peanut butter, or other nut butter (1 TB) - also a good source of protein

Food Label Guide

1. Serving Information

Nutrition Facts
4 servings per container
Serving size 1 cup (227g)

2. Calories

Amount per serving
Calories 280

3. Nutrients

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. Quick Guide to percent Daily Value (%DV)

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

* 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.



Aisle-by-Aisle Grocery Guide

Bread, Cereal, Pasta, Rice

Look for whole grain as the first ingredient

Choose cereals with at least 3 g of fiber and less than 10 g of sugar per serving

Choose brown or wild rice, which are naturally whole grain



Oats, quinoa, buckwheat, popcorn, & bulgur are also whole grains.

Canned Goods

Look for canned fruit in its own juice or light syrup.

Look for canned vegetables with no or low sodium.

Try canned tuna or salmon packed in water (light tuna has less mercury than white)

Choose broth-based soups that are lower in sodium



Compare across brands to find the lowest sodium items.

Meat and Fish

Choose cuts labelled "loin" or "round"

Choose ground beef that is at least 90% lean

Choose white meat instead of dark meat chicken and turkey

Minimize processed meats such as sausages, bacon, and hot dogs

Top fish picks include salmon, albacore tuna, Arctic char, Atlantic Mackerel, rainbow trout, sardines, anchovies, canned light tuna, and canned salmon



Be mindful of meat portions - we don't need as much meat as we think!

Sauces and Condiments

Prepared sauces offer an easy way to add flavor and pull a meal together

Keep an eye on fat, sodium, and sugar and minimize creamy sauces

Compare similar products, choose the best one, and watch portions




Go global! Shop the international aisle for sauces and condiments.

***Practice honoring
your body's hunger
and fullness cues.***

Hunger & Fullness Scale

Our mind and body function best when we stay within the 3 to 7 range. Respond to your hunger and fullness cues before reaching extreme hunger or extreme fullness. When we wait too long to listen to our body's signals (1 and 2 on the scale), this can leave us feeling out of control and more likely to eat past the point of fullness (8 to 10 on the scale).



0	Painfully hungry. This is primal hunger, which is very intense and urgent.
1	Ravenous and irritable. Anxious to eat.
2	Very hungry. Looking forward to a hearty meal or snack.
3	Hungry and ready to eat, but without urgency. It's a polite hunger.
4	Subtly hungry, slightly empty.
5	Neutral. Neither hungry nor full.
6	Beginning to feel emerging fullness.
7	Comfortable fullness. You feel satisfied and content.
8	A little too full. This doesn't feel pleasant, but not yet an unpleasant experience.
9	Very full, too full. You feel uncomfortable; need to unbutton pants or remove belt.
10	Painfully full, stuffed. You may feel nauseous.

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Managing Portions



Keep It Consistent

Try to use the same size plates, bowls, and cups because, as the size of these items vary, so does our estimate of portion sizes. And consider using pre-portioned containers that help take the guesswork out of portion sizes.

Portion Out, Then Put Away

Eating out of packages can make it very difficult to control portions. Instead, portion out how much of the food you intend to eat, then put the food packages away before you begin eating.

Out of Sight, Out of Mind

If you see it, you are probably more likely to eat it. Keep tempting foods out of sight. Consider keeping foods you want to eat more of (i.e. fruits and vegetables) within eyesight and easy reach.

TIP 1

Train Your Eyeballs

Practice with measuring cups and spoons, or a food scale. This helps you learn what a portion of food looks like. After a while, you will be able to better estimate portion sizes without measuring. But it's always a good idea to test yourself every now and then!

TIP 2

TIP 3

Size Matters

Use smaller bowls and plates for foods you want to eat less of. Conversely, you can use this concept to your advantage and choose larger bowls and plates when you want to eat more of something, such as broth-based soups, salads and vegetables!

TIP 4

TIP 5

Serve Yourself Less

Are you a member of the "Clean Plate Club?" If so, you know you will eat whatever you put on your plate. Try serving yourself less food than normal and know you can always go back for more if you are still hungry.

TIP 6

TIP 7

Eat Mindfully

While eating, try to minimize distractions such as television, phone, or computer use. Mindful eating promotes enjoyment and portion control. And try eating at a slower pace, because it takes a few minutes for food to reach your stomach and signal to your brain that you are full.

Handy Portion Size Guide



FINGERTIP = 1 teaspoon



THUMB (tip to 1st joint) = 1 tablespoon



THUMB (tip to base) = 1 ounce



CUPPED HAND = 1/2 cup



FIST = 1 cup



PALM = 3 ounces

STRATEGIC SNACKING

SNACKS CAN HELP:

- manage hunger between meals
- add variety to your diet
- provide necessary fuel



DON'T SKIP MEALS

this can negatively impact
the quantity and quality
of your food choices
later



HONOR HUNGER

learn to recognize the
signs of physical hunger
and trust your body's
inner wisdom



BE PREPARED

keep nutrient-dense
snacks available for
whenever you may
need them



STAY MINDFUL

portion out snacks and
enjoy them with
minimal distraction



BE PROACTIVE

sometimes, eating a snack
before you are hungry is
appropriate



FOCUS ON FIBER & PROTEIN

these are the nutrients
that will help you feel full
and energized



***Prepare more
food at home.***

Preparing food at home is fundamental to eating well.

Our website has a curated collection of dietitian-approved recipes and cooking resources!



If you dine out, try these strategies!

Dining Out Strategies



Don't Go Famished

Arriving at a restaurant when you're way-too-hungry can lead to poor choices and overeating. Go with an appetite, but not so hungry that you'll feel out of control. If need be, have a light snack before eating out.

Drink Smart

Save money and calories by skipping beverages as often as possible. Soda, sweet tea, juice, and alcohol all add empty calories (especially with free refills!) Choose unsweetened tea or water (no charge!).

Customize

Ask questions how menu items can be modified. You might be surprised at what changes can be made. Sauce or dressing on the side? No butter on the vegetables? Leave off the croutons or mayo? Substitute a healthier side?

TIP 1

Do Your Homework

Look at menus and identify healthier picks before you go. If you go with a plan, you are more likely to follow through with good intentions. When making plans, suggest restaurants you know have more nutritious options to choose from.

TIP 2

TIP 3

Watch the "Extras"

Use caution with bread and chip baskets. Decline them or keep them out of arm's reach. When possible, skip meal deals that add low-nutrient things like chips, cookies, and drinks (it sounds like a deal, but is it really?). Order a la carte to create a meal of your choosing.

TIP 4

TIP 5

Stick to the Basics

When reviewing the menu, try to spot whole grains, fruits and vegetables, lean proteins, and healthy fats. These are the nutrient-dense foods that can satisfy your hunger and your taste buds.

TIP 6

TIP 7

Watch Portions

No matter what you decide to eat, portion control is key (restaurant portions are huge!) Share an entrée with your companion, or look for smaller portions (often called "lunch," "light," or "half" portions). Ask for a box when your food is served and put half in the box before you start eating.

***Try keeping a
food journal.***

***Reach out to us for
one-on-one
support.***

*We can consult with you in-person,
or by email, phone, or Zoom.*



The EatWell motto...

***Progress, not
perfection!***

***Let us know how we can support
you on your journey!***

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