

Food for Thought: Build an Eating Pattern

Don't diet to lose weight. Instead follow some basic principles that you can maintain over time.

Principle 1: Eat foods that supply needed nutrients from all food groups.

DASH stands for Dietary Approaches to Stop Hypertension. Research shows that the DASH Plan can help lower:

- Blood Pressure,
- LDL (Bad) Cholesterol, and
- Body Weight.

DASH Patterns: Number of Servings by Calorie Level

Food Group	1600 kcals	1800 kcals	2000 kcals
Vegetables	3-4 servings/d	4-5 servings/d	4-5 servings/d
Fruits	4 servings/d	4-5 servings/d	4-5 servings/d
Grains	6 servings/d	6-8 servings/d	6-8 servings/d
Low fat Dairy Products	2-3 servings/d	2-3 servings/d	2-3 servings/d
Protein Foods	3-4 ounces or less	6 or less ounces	6 or less ounces
Oils	2 teaspoons	3 teaspoons	3 teaspoons
Nuts, seeds, and legumes	3-4 servings/week	4 servings/week	5 servings/week
Sweets and Added Sugars	3 servings or less per week	5 servings or less per week	5 servings or less per week
Sodium	2300 mg	2300 mg	2300 mg



Principle 2: Strive for Balance!

Include a variety of fruits and vegetables in your diet.


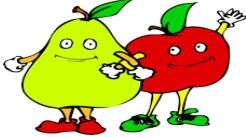





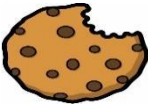
Include fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oil.

Reduce or Limit: full-fat dairy products, fatty meats, tropical oils (palm kernel, palm, and coconut oils), fried foods, and processed foods made with partially hydrogenated oils.

Limit sweets, sugar-sweetened beverages, and alcohol.

Reduce sodium intake.




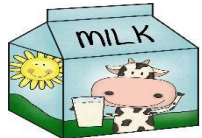



DASH Servings Sizes

Food Group	Serving Sizes
Vegetables 	½ cup cooked vegetable 1 cup raw leafy vegetable ¾ cup vegetable juice
Fruits 	1 medium fruit ½ cup fresh, frozen or canned fruit in juice ¾ cup juice ¼ cup dried fruit
Grains 	1 slice of bread ½ hamburger or hot dog bun 1 serving of cold or hot cereal ½ cup cooked pasta, rice, bulger, quinoa, or other grains
Low-fat Dairy Products 	1 cup skim or 1% milk 1 ½ ounces of cheese 1 BIG slice of cheese 1 cup plain yogurt
Protein Foods 	1 ounce cooked meats, poultry, or fish 1 egg
Oils 	1 teaspoon oil or margarine 1 tablespoon lite mayonnaise 2 tablespoons salad dressing
Nuts, seeds, and legumes 	1/3 cup nuts 2 tablespoons peanut butter 2 tablespoons seeds ½ cup cooked, dried beans (black, red, or pinto beans)
Sweets and Added Sugars 	1 (12 ounces can) soda 1 small brownie, cookie, or other sweet 1 tablespoon sugar, jelly, jam, honey, or maple syrup

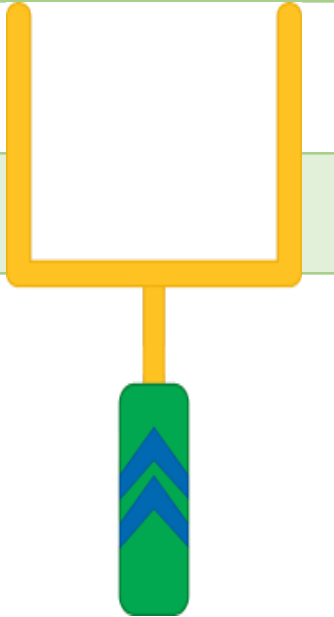
Sodium

1 teaspoon=2300 mg

Step 1 Assess: Let's compare your intake to the DASH Diet to determine strengths and weaknesses. Estimate the number of servings you eat from each food group per day. Then compare your intake to the DASH Diet Pattern. Assess whether each category is a strength or weakness for you. In the last column, decide whether you want to change.

Food Group	How many serving do you eat per day?	Strength or Weakness?	Can I change this behavior now, a little later, or no way?
Vegetables 			
Fruits 			
Grains 			
Low-fat Dairy Products 			
Protein Foods 			
Oils 			
Nuts, seeds, and legumes 			

Sweets and Added Sugars 		
Sodium 		



Step 2: Developing the Plan.

1: Write a goal to help you improve your diet so that you can move one step closer to following the DASH Diet.

Your goal: For the next week, I will _____.

2: Evaluate your goal.

- | | | |
|-----------------------------------|-----|----|
| ● Is it one specific behavior? | YES | NO |
| ● Is it stated in a positive way? | YES | NO |
| ● Is it reasonable? | YES | NO |
| ● Is it under your control? | YES | NO |
| ● Could you measure success? | YES | NO |

If all your answers to the questions listed above are yes, then proceed to STEP 3. If the answer to any of these questions is no, then rework the goal until all the answers are yes.

Your revised goal: For the next week I will _____.

3: Identify the steps you will need to take to reach your goal. Examples:

- Eliminate triggers,
- Ask for help,
- Use substitutions, or
- Change foods that are available at work or home environment to support goal.

Your Plan is:

If I am successful at attaining my goal completely (100% of the time), I will reward myself with _____. Does this reward support healthy behaviors? If not, then rework the reward. This step helps you develop a list of rewards that you could use other than food or sitting.



Step 3. Monitor your Success. You can use our Home Court Challenge worksheet.

The Home Court Challenge: Points versus Pounds

Objective of the Game: To score points, of course. You can score points by engaging in the goal behaviors. The objective is to get the most points. You do not need to be perfect.

DASH Behaviors: Award 1 point for:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10 minutes of physical activity.							
Serving of fruit (up to 4 points)							
Serving of vegetables (unlimited).							
Serving of low fat dairy (up to 3 points).							
Serving of nuts or seeds (up to 1 point)							
Meditation (1 point per minute)							
Total Points							

Behaviors to Reduce/Limit: Track your Treats. If you meet the goal, then give yourself a point.	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Red meat or processed meats like ham, bacon and sausage.							
Fats that are hard at room temperature (butter, shortening, or margarine).							
Full-fat cheese.							
Fried foods.							
Pastries and chips.							
Sodas, energy drinks, sweet teas or coffee							

Check your tracker and give yourself 3 points for achieving weekly goals in the yellow section.

- Limit red meat to 0-3 servings per week.
- Limit fats like butter and margarine to 0-1/day
- Limit full-fat cheese to 0-2 servings per week.
- Limit fried foods to 0-1 meal per week.
- Limit pastries, chips, and sweet drinks to 0-4 servings per week.