

# champs

Center for Healthy Aging Ministries, Programs & Services

*From the Champs Parish Nurse*

## Clean Out the Cabinets and Restock the Fridge

*(Second in a three-part series)*

Healthy eating takes planning. Frequently we justify gaining weight by saying our metabolism is slowing and by making excuses for just plain eating large size servings, exercising too little and making poor food choices. You may do

one or more of these things consciously or unconsciously.

First, look in your food storage area and give away those high calorie items that will sabotage any attempt you make toward

dieting. If it isn't available, you can't eat it!

Second, **stock up with healthy options:** Make a grocery list that incorporates healthy substitutions for items you regularly use:

### **Regular Item(s):**

Light Beer  
Creamy or regular dressings  
Sugary fruit drinks  
    e.g. Tropicana  
Regular peanut butter  
Deli meats  
Full-fat Cheese

Refined Pasta and Breads  
Bacon substitutes  
Sausage substitutes

White flour tortillas  
White potatoes  
Ice cream substitutes

Whole Egg Substitutes

Butter, Lard, and Other  
Saturated Fat (coconut oil, palm oil)  
Substitutes

### **Healthier Substitute(s):**

Darker beer limit intake to one-two servings per occasion  
Olive oil based reduced –fat dressings

Cranberry juice and club soda  
"Natural-style" peanut butter  
Low fat meats e.g. roast chicken or turkey (no skin)  
Low-fat, skim-milk cheese  
Cheese with less than 5 grams of fat per ounce  
Fat-free cheese  
Whole grain pasta and breads  
Canadian bacon or lean ham  
Lean ground turkey  
95-percent fat-free sausage  
Low-carb tortillas  
Sweet potatoes or red skinned potatoes  
Low-fat or nonfat ice cream  
Frozen low-fat or nonfat yogurt  
Frozen fruit juice products  
Sorbet

Two egg whites  
1/4 cup cholesterol-free liquid egg product  
1 egg white plus 2 teaspoons oil  
One egg yolk equals one egg white  
One egg (as thickener) equals 1 tablespoon flour

soft tub margarine (first ingredient on food label listed as liquid vegetable oil)\*  
Corn, cottonseed, olive, rapeseed (canola), safflower, sesame, soybean or sunflower oil (Note: do not use soft style margarines in baking as they contain increased water and may not work well in your recipe.)

*Taken from: Applegate, Liz. "Fridge Wisdom". Runners World, April 2007, pp. 74-76.*

<http://www.fitnessandfreebies.com/food/foodsubs.html>

Additionally, keep a supply of fresh or frozen fruits and vegetables readily available for cooking or munching and you should be all set to undertake healthier eating. Remember, it is better to shop more frequently to purchase fruits and vegetables so they are fresh than overstocking and having to waste aging produce.

Third, use a smaller plate than the average 12 inch dinner size version to place your food on. Make sure the foods selected

don't touch on your plate and have at least one-half to two thirds of the plate full of vegetables.

Fourth, read the label on each food being purchased to determine the **SIZE of a single serving** and the **NUMBER of servings** the food container holds. This will help you to be more realistic about a **recommended single serving**. Look at the following table that lists single servings of common foods in each food category.

- Children ages 2 to 6 years, many inactive women, and some older adults may need about 1,600 calories per day.
- Most children over 6, teenage girls, active women, and many inactive men may need about 2,200 calories per day.
- Teen boys and active men may need about 2,800 calories per day.

One Serving Equals	
<b>Grain</b>	<b>Milk, Yogurt, and Cheese</b>
1 slice of bread 1/2 bagel or hamburger bun 1 ounce ready-to-eat cereal 1/2 cup cooked pasta or rice 5-6 small crackers	1 cup milk or yogurt 1.5 ounces natural cheese  2 ounces process cheese
<b>Fruits and Vegetables</b>	<b>Meat, Poultry, fish, Dry Beans, Eggs and Nuts</b>
1 cup raw, leafy vegetables 1/2 cup cooked, chopped or canned 3/4 cup juice 1 medium	1-3 ounces cooked lean meat, poultry or fish 1 ounce of meat equivalents: 1/2 cup cooked cry beans 1 egg or 2 egg whites 2 tablespoons peanut butter 1/3 cup nuts

To calculate your individual needs using the food pyramid go to: [www.mypyramid.gov/](http://www.mypyramid.gov/) This website contains individualized information that can be invaluable in planning

and executing healthier eating.

Most persons dislike cleaning of any kind, but in this case the impact you can have on

your family and yourself may be life changing. Clean and restock your kitchen and start on a new adventure towards healthier living!

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