



GUIDE



Nutrition Package For Weight Management



The Ottawa Hospital | L'Hôpital
d'Ottawa



Disclaimer

This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified health-care provider. Please consult your health-care provider who will be able to determine the appropriateness of the information for your specific situation.

**Please bring this booklet all your appointments
at the Weight Management Clinic**

Patient Education: Nutrition Package for Weight Management

Healthy eating starts with a healthy lifestyle. Use this package to help you prepare for life long healthy eating habits.

Includes:

- Key principles to weight management
- Root causes of obesity
- A healthy eating self-assessment and goal setting
- A healthy eating plan
- A portion guide to healthy food choices
- Sample menus
- Recipes
- How to increase protein in your diet
- Snack ideas
- Hunger management
- Resources
- Food record (blank)

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Key Principles to Weight Management

The Canadian Obesity Network helps us understand important principles related to weight and health.



Obesity requires long-term solutions

Managing excess body weight (obesity) is similar to managing high blood pressure or diabetes – left unmanaged, these conditions get worse and when treatments stop, the problem comes back. This is why weight management strategies have to be realistic and sustainable. Short-term ‘quick-fix’ solutions are not sustainable, which is why weight usually comes back.



Health is more than numbers on the scale

Weight management should be about improving health and wellbeing – not just reducing numbers on your scale. Even small changes in body weight can lessen your risk for many serious medical problems and can improve your health and wellbeing.



Don't wait to take control

There are many reasons for gaining excess weight – stress, lack of time, poor sleep, depression, low self-esteem, skipping meals, peer pressure, lack of physical activity, and even certain medications. The sooner you identify and tackle your ‘root causes’ of weight gain, the more successful you will be in managing your weight.



Everyone is different

It can be frustrating to watch someone lose weight faster while doing the exact same things. Fortunately, ‘success’ can be defined in many different ways including better quality of life, greater self-esteem, higher energy levels, improved overall health, or even just maintaining your ‘best weight’.



Set up for success

Chasing after your ‘high school weight’ or some imaginary ‘dream weight’ is generally not a realistic or sustainable goal. It is much better to reach and maintain your ‘best weight’ – the lowest weight you can achieve while maintaining the healthiest lifestyle you can enjoy.

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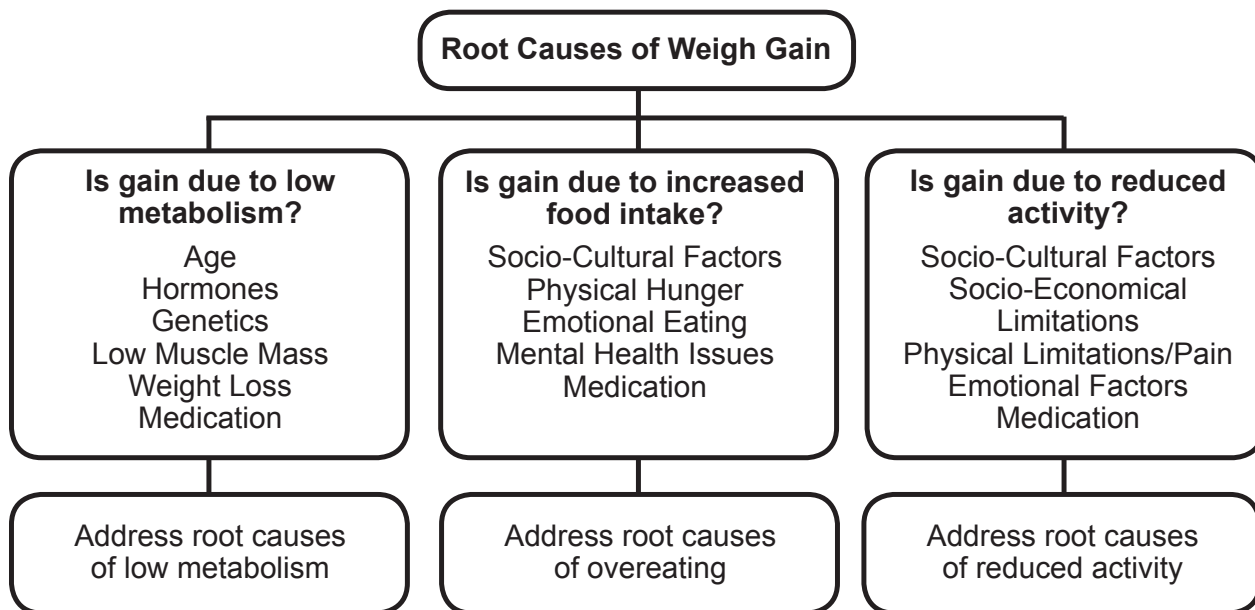


What We Can (and Can't) Do

There is a popular belief that if we just try hard enough, we can be any weight we want! If this were true, why do so many people struggle? There are many reasons why it is hard to impact weight – some we can change and some we can't. Consider how the following factors might apply to you.

Metabolic	Mechanical	Mental	Monetary
Diabetes	Sleep Apnea	Cognition	Education
Hypertension	Osteoarthritis	Depression	Employment
Dyslipidemia	Chronic Pain	Attention Deficit	Income
Fatty Liver	Reflux Disease	Eating Disorder	Disability
Gall Stones	Incontinence	Addiction	Insurance
Gout	Thrombosis	Psychosis	Benefits
PCOS	Plantar Fasciitis	Trauma	Weight-Loss Program
Cancer	Intertrigo	Insomnia	

These factors can each impact one or more of the root cause of weight gain.



You can't change your age, genetics, the presence of a chronic disease or circumstances of the past. You can manage chronic diseases; ask about weight neutral medications; try non-food strategies to manage emotions; learn ways to build movement into your day and so much more. These changes may not result in your 'ideal weight', even though you work hard at them. However if these changes prevent weight gain or allow for even a modest loss of weight they can have significant impact on your health and wellbeing.

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Healthy Eating Self-Assessment

The following checklist items are suggestions for overall healthy eating. Following these items may improve your hunger, maintain your weight and help improve blood sugar control. Fill in the boxes below to assess your eating habits:

		YES	NO	Sometimes
1)	Do you eat within 1-1 ½ hours of waking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2)	Do you eat every 4-5 hours – no skipping meals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3)	Are your meals balanced? Protein + Vegetable/Fruit + Grain/Starch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4)	Do you eat protein at every meal?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5)	Are you eating enough protein at each meal? <i>*Talk to your dietitian for the amount of protein you need.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6)	Do you limit foods that are high in sugar and fat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7)	Do you drink at least 2L (8 cups) of water, milk or milk alternatives, low-sugar juices, diet beverages?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8)	Do you eat out or order in (fast food, drive thru, restaurants, coffee shops, etc) more than 2 times/ week?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9)	Are you distracted while eating (i.e. eat in front of the TV or computer, over the kitchen sink, etc)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10)	Do you journal or use a tracking system (i.e. food intake, exercise, blood sugars, mood, etc)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11)	Do you eat slowly and stop eating when satisfied?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL SCORE (Add the checks in each column)				
COMMENTS:				

Start shaping your habits with 1 or 2 specific goals. Use the “My Goals for Change” activity on page 5. Success with a small goal builds confidence and motivation to achieve more!

My Goals for Change

Healthy weight is about more than numbers on the scale; healthy goals should be too. A constructive goal is built around an action that you can *do*. Weight and weight change is not something that you *do* but may result from building repeated, healthful actions into your routine.

Here's what you can do:

- 1. Choose a goal that is your idea.**
What do you want to do?
- 2. Make sure your goal is achievable.**
This is VERY important for success. Are you confident that you have at least a 70% chance of accomplishing your goal?
- 3. Plan a goal that is an action.**
What are you doing as a result of this goal?
- 4. Your goal should answer the following questions:**
What? Be as specific as you can; give details
How much or how often? Be realistic; start small – you can build on it
When? What time of day or day(s) of the week that might work best?
With whom? If your goal requires someone to be involved, specify who.

You can also think “SMART”
Is my goal:

Specific
Measureable
Action Oriented
Realistic &
Time Defined

Can you see a difference?

Common: “I’m going to eat better.”

Improved: “I’m going to add one cup of vegetables to my supper meal 3 times per week”

For practice, write a goal for yourself that you are at least 70% confident you can accomplish in the next week.

My Goal: _____

Check: Does your goal answer all of the questions above?

What are the barriers that could get in your way this week?

Can you think of ways to overcome these barriers? If not, you may need to modify your goal.

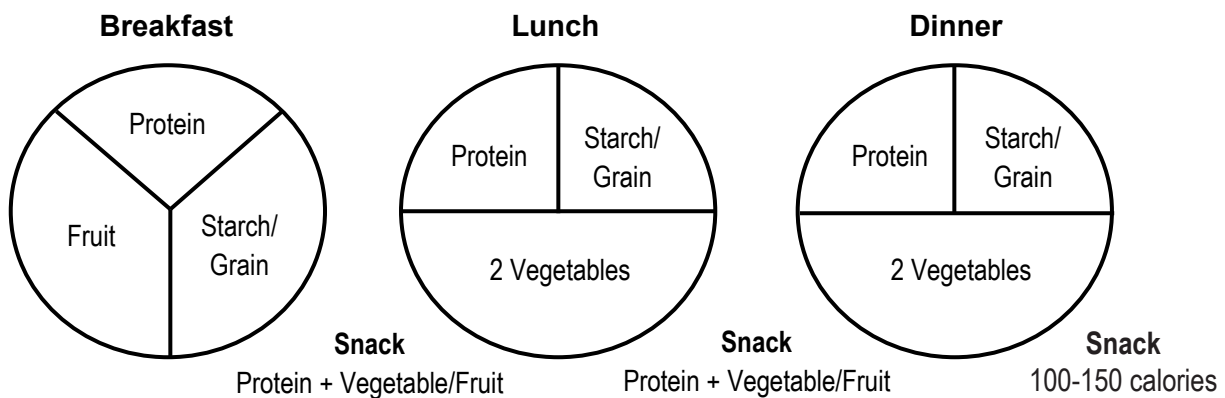
Healthy Eating Plan

Set up for Success!

We eat what is available to us – set up for success by stocking your house with nutritious choices and limit foods which stimulate cravings.

Basics to get started:

Eat breakfast	Eat within 1 hour of waking and every 4 to 5 hours after; don't skip meals.
Limit 'WHITE' starches	Choose whole grain breads, cereals, pasta, brown rice, muffins, wraps, pitas. Eat "close to the farm" or less processed.
Drink calorie-free drinks	Water is best. Skim, 1% milk or fortified unsweetened soy milk are exceptions, and great choices.
Avoid fried foods, high-fat foods and limit added fat	Bake, grill, broil, steam to reduce fat 1 tsp of oil, margarine or butter = 5 grams of fat, 45 Calories
Limit eating out to 2 times per week	Use strategies to reduce calories when eating out.
Limit sweets and desserts to 2 (or less) per week	Plan for an indulgence at special occasions.
Portion control	Smaller plates help with portion control - use a plate that is 8" - 9" across.



Healthy Eating Plan – Set up for Success

These are healthy food group options for you to choose.

Recommended Foods	Foods Not Recommended
Protein Foods	
Skim milk, 1%* Soy beverage Low fat, plain or artificially sweetened yogurt Low fat Greek-style yogurt Low fat cottage or ricotta cheese Low-fat cheese (<20% M.F.) Lean red meat or pork Extra-lean ground beef, chicken or turkey Chicken or turkey without the skin Baked, broiled or grilled fish Canned tuna/salmon/chicken Low-fat deli meat (chicken, turkey, ham, roast beef) Eggs Tofu Beans and Lentils Edamame (fresh soybeans) Hummus Peanut butter and nut butters Dry roasted soybeans, chickpeas or green peas. Vegetarian protein foods (i.e. seitan, tempeh, textured vegetable protein (TVP), and vegetarian “meat”)	2% or homogenized milk Cream Ice cream High fat cheese High sugar/fat puddings Fatty meats (e.g. ribs, side-pork, bacon, sausages, wieners, regular ground beef) Poultry skin Fried meat or poultry Battered or fried fish High fat deli meats (e.g. bologna, pastrami, kielbasa, salami)
Vegetables & Fruits	
All vegetables with little added fat/oil Salads (low-fat salad dressing) All fruit without added sugar Canned fruit in juice or water Dried fruit	Vegetables with cream/butter sauces Deep fried vegetables Salads with high-fat salad dressing (e.g. Caesar, Greek salad) Canned fruit in syrup

Healthy Eating Plan – Set up for Success

Recommended Foods	Foods Not Recommended
Starch / Grain Products	
Breads (choose whole grain more often) Cereals (choose high fibre more often) Oatmeal, cream of wheat Pasta, rice, potatoes, corn Crackers (whole grain/wheat) Grains such as quinoa, couscous, millet, amaranth, spelt, etc.	Doughy breads Croissants Sugary cereals
Beverages	
Water Sugar-free drinks (Nestle Singles®, Lipton Ice Tea to Go®, Crystal Light®, Mio®) Flavoured water (artificially sweetened) Diluted fruit or vegetable juice (100% juice, tomato juice, vegetable cocktail) – one part juice to one part water Decaf tea or coffee Low fat vegetable, chicken or beef broth	Full strength juice Carbonated drinks Limit caffeinated drinks Alcohol Fruit punch (with added sugar)
Desserts and Sweets	
Sugar-free jello Sugar-free popsicles Low-calorie desserts and baked goods Sugar-free (no-added sugar) jam	High-sugar, high-fat desserts or baked goods High-sugar, high-fat granola bars Honey, Jam, Jelly Candy
Oils and Fats	
Non-hydrogenated margarines, Healthy oils (olive, canola) Low fat cream cheese, mayonnaise, salad dressings Avocado Nuts and seeds	All Others

***Note:** If you have lactose intolerance, choose lactose-reduced milk (e.g. Lactaid, Lacteeze) or unsweetened soy beverage to drink or prepare foods with.

Portion Guide to Healthy Food Choices

	Food Group	One Portion	You Might Choose....	Tips
Carbohydrates	Vegetables	½ cup or 1 cup (if leafy greens)	Fresh, frozen, low sodium, canned or rinsed canned Veggies add volume with minimal calories	Put these on your plate first. Aim to fill half the plate.
	Fruit	1 medium piece or ½ cup or 2 Tbsp (if dried)	Apples, berries, cherries, clementine, grapes, kiwi, melon, orange, pear	Fruit makes a great snack or sweet finish to your meal. Eat fruit rather than drinking fruit juice
	Grains/ Starches	½ cup or 30 grams (1oz)	Whole grain: wheat, oat, rye, barley, quinoa, amaranth, millet, buckwheat	Look for choices with 2 g of fibre or more
Protein	Milk & Alternatives*	1 cup milk, soy, nut or rice milk or ½ cup yogurt or soft cheese	Skim or 1% milk Low fat soy milk 0-2% MF yogurt, cottage or ricotta cheese	M.F = milk fat 2% MF or less is best
	Meat & Alternatives	30 g (1oz) of lean meat, poultry, fish or hard cheese or 1 egg (2 whites) or 1 Tbsp nut butter or ½ cup beans, peas, lentils* or ½ cup tofu	Skinless chicken, turkey, lean pork or beef, salmon, mackerel, arctic char, sardines, herring, trout, haddock, tilapia, eggs (or egg white), soy, tofu, cheese with 20% MF (or less), chickpeas, kidney beans	Include a 'meatless' meal once per week Limit red meat to twice per week Start with leaner choices and cook so that fat can drip away.

* Indicates a source of carbohydrate

Sample Menus

- Use smaller plates, bowls, cups to help control portions
- Eat slowly and chew food well. Take at least 15-20 minutes to eat a meal.
- Stop eating when you feel full.
- Enjoy balanced meals = Protein + Vegetables/Fruit + Grain/Starch
- Drink only calorie-free beverages, limit caffeine and carbonation beverages and aim for 2 L per day.

<p>Breakfast</p> <ul style="list-style-type: none"> ✓ Protein ✓ Vegetable/fruit ✓ Grains or Starch 	<p>Example:</p> <ul style="list-style-type: none"> ▪ 1 poached egg + ½ cup (125 mL) low fat, plain or artificially sweetened yogurt mixed into Greek yogurt ▪ Mixed berries ½ cup (125 mL) ▪ 1- 2 slices toast (whole grain/wheat)
<p>Mid-morning</p>	<ul style="list-style-type: none"> ▪ Beverages (see page 10)
<p>Lunch</p> <ul style="list-style-type: none"> ✓ Protein ✓ Vegetable/fruit ✓ Grains or Starch ✓ Healthy fat 	<p>Sandwich Wrap:</p> <ul style="list-style-type: none"> ▪ Tuna, salmon, chicken or lean meat 3-4 oz (90-120 g) ▪ lettuce, tomato + clementine orange ▪ 1 small whole grain flour tortilla or wrap ▪ 1 Tbsp low-fat mayonnaise
<p>Mid-afternoon</p> <ul style="list-style-type: none"> ✓ Protein ✓ Grains or Starch 	<ul style="list-style-type: none"> ▪ 1 oz (30 g) low-fat cheese (e.g. Babybel Light or cheese string) ▪ 2-3 Ryvita crackers
<p>Supper</p> <ul style="list-style-type: none"> ✓ Protein ✓ Vegetable/fruit ✓ Grains or Starch ✓ Healthy fat 	<ul style="list-style-type: none"> ▪ <i>Vegetarian Bean Chili (see recipe)</i> 1 ½ cup (375 mL) ▪ Steamed vegetables 2 cups (500 mL) ▪ ½ small whole wheat bun ▪ 1 tsp margarine
<p>Evening</p>	<ul style="list-style-type: none"> ▪ 100g Greek yogurt ▪ Cantaloupe 1 cup (250mL)

Sample Menus

Breakfast Ideas

Choose one to two foods from each food group to create a balanced meal:

Protein Choose lean meats, poultry, fish & beans & lower fat dairy products	Vegetable/Fruit Choose a variety of colourful fruits and vegetables	Grain/Starch Choose more whole grains
1-2 poached egg 1-2 scrambled eggs ½ cup cottage cheese 1-2 Tbsp peanut butter or other nut butter *(no need for added fat with this choice) 1-2 oz. lean ham ½ cup low fat plain or artificially sweetened yogurt or Greek yogurt	1 small ripe pear 2-3 tomato slices ½ cup strawberries ½ banana ½ cup canned peaches ½ cup diced melon ½ cup blueberries	1-2 pieces of toast (whole grain) 1 whole wheat English muffin 1 small bran muffin 3-4 Ryvita crackers ¾ cup high fibre cereal 2-3 Tbsp Bran Buds ¾ cup oatmeal
Choose Healthy Fats (1 serving per meal)		
1 tsp. Margarine, soft non-hydrogenated 7 nuts, Almonds	2 Tbsp Ground Flaxseeds 4 Halves Walnuts	

Try these BREAKFAST ideas...

Peanut Butter Pipe:

6" whole wheat wrap + peanut butter + ½ banana (or thinly sliced apple + cinnamon). Roll/ fold and make batches. Keep refrigerated. Eat with ½ cup Greek yogurt or cottage cheese.

Nutty oatmeal:

Stir in 1-2 Tbsp peanut or almond butter into ¾ cup oatmeal (with hot water or milk). Wait for nut butter to melt. Add cinnamon and top with fruit of your choice. Enjoy with a smoothie (see recipe below)

McHomemade:

Top a whole wheat English muffin with Dijon mustard, tomato slice, 1 slice lean ham and 1 scrambled egg or boiled egg.

Smoothie:

½ cup skim milk + 1 oz orange juice + frozen fruit (add to your texture preference) + 100g container (or 2 heaping spoons) of Greek yogurt (any flavour) + 1 Tbsp ground flaxseeds. Blend until smooth. TIP: strawberries and bananas thicken smoothies; if your blender sticks or clumps, add more juice, milk or yogurt.

Yogurt Parfait:

Stir ½ cup blueberries and 2-3 Tbsp Bran Buds into ½ cup vanilla yogurt (try Liberte® Greek Yogurt mixed with vanilla Source/Sillouette® yogurt).

Sample Menus

Lunch Ideas

Choose one to two foods from each food group to create a balanced meal:

Protein Choose lean meats, poultry, fish & beans & lower fat dairy products	Vegetable/Fruit Choose a variety of colourful fruits and vegetables	Grain/Starch Choose more whole grains
2-4 slices lean deli meat 2-3 oz canned tuna ½ cup cottage cheese Egg salad – (1-2 eggs) ½ cup of beans (eg. black beans, kidney beans, chick peas) 2-3 oz diced chicken 2.5 oz Tofu	Cucumber slices 1 small apple 2 cups strawberries, blackberries, raspberries 1 cup garden salad Tomatoes ½ cup steamed vegetables (frozen or fresh) 1/3 cup pineapple tidbits	5-8 Triscuits 3-4 flatbread crackers 2-3 slices toasted baguette 1 slice of toast (whole grain) 1 small (6") whole wheat flour tortilla 1/3 cup pearl barley 1 small whole wheat pita
Choose Healthy Fats (1 serving per meal)		
1-3 slices of avocado (1/8 of an avocado) 1 tbps. of nuts or seeds	1 tbsp. salad vinaigrette 7 nuts, almonds	

Try these LUNCH ideas...

Fajita Time:

Fill 1 small whole wheat flour tortilla with ½ cup black beans, 2 Tbsp salsa, 1 Tbsp of low fat sour cream, sprinkle some low fat cheese and diced lettuce/tomato.

Pizza Pizzazz:

Top 1 whole wheat English Muffin with tomato sauce, 2-3 Tbsp pineapple, 2-3 oz diced chicken or ham, shredded low fat cheese. Broil until cheese is melted.

Egg Salad Sandwich:

Enjoy a 1/3 cup of egg salad with 3-4 flatbread crackers and 1 cup chopped garden salad topped with light salad dressing and 6-8 chopped almonds.

Topped off chicken stew:

Add 1/3 cup cooked pearl barley and 1 cup frozen vegetables to ½ cup chicken stew.

Sample Menus

Dinner Ideas

Choose one to two foods from each food group to create a balanced meal:

Protein Choose lean meats, poultry, fish & beans & lower fat dairy products	Vegetable/Fruit Choose a variety of colourful fruits and vegetables	Grain/Starch Choose more whole grains
½ cup chili with beans or ground beef ½ cup turkey stew 3 oz. grilled or baked chicken breast 3 oz. grilled or baked salmon or fish 3 oz pork tenderloin ½ -1 cup lentils 3 oz. veggie burger (about ½ a small burger)	1 cup mixed vegetables (fresh or frozen) ½ cup carrots ½ cup spears broccoli Tomato and cucumber salad ¼ cup zucchini ½ cup green beans ½ cup cooked mushrooms	½ sweet potato 1 small cornmeal Biscuit 1/3 cup quinoa 10-12 oven-baked potato wedges 1/3 cups scalloped potatoes (low-fat recipe) 1/3 cup whole wheat couscous 1 small whole wheat roll
Choose Healthy Fats (1 serving per meal):		
1-4 slices of avocado (1/8 of an avocado)	1 tbsp. salad vinaigrette	
1 tbps. of nuts or seeds	7 nuts, almonds	

Try these **SUPPER** ideas...

Fish & Chips:

3 oz fish with lemon pepper, garlic and pepper and bake. Serve with ½ cup steamed carrots and ½ cup of green beans and 10-12 oven-baked potato wedges.

BBQ Chicken:

Brush chicken breast with BBQ sauce and grill – serve 3 oz for meal. Serve with ½ cup chopped green beans and 1 small baked or microwaved sweet potato.

Chili:

Serve 1 cup chili with mushrooms over 1/3 cup couscous or quinoa. Sprinkle with Parmesan cheese. **For lunch tomorrow:** Try leftover chili on 1 cup of romaine lettuce with 1-2 Tbsp of salsa and shredded light cheese.

Burger delight:

Enjoy a veggie burger patty on small whole wheat roll. Top with ½ cup of tomato and cucumber salad.

Recipes

Vegetarian Bean Chili

Ingredients

2 Tbsp vegetable oil
1 large onion, chopped
2 cloves garlic, minced
1 tbsp chili powder
1 tsp cumin
1 tsp dried oregano
1 can (796/28 oz) diced tomatoes
1 can (540 mL/19 oz) red kidney beans
1 can (540 mL/19 oz) black beans
1 can (540 mL/19 oz) chick peas
1 green, red or yellow pepper, diced
1 cup mushrooms, sliced
1 tbsp cider vinegar
½ tsp salt
½ tsp cinnamon
fresh ground black pepper

For non-vegetarian

Add 1-2 lb extra lean ground beef, chicken or turkey

Directions

In a large saucepan, heat oil over medium-high heat. Sauté onion and garlic until softened.

Stir in chili, cumin, oregano and tomatoes (with juice). Add beans, peppers, vinegar, salt, cinnamon and pepper. Bring to a boil. Reduce heat to medium-low; simmer for 20 minutes.

Freeze leftover portions.

Serving Size: 1 ½ cups: 19 g protein, 9 g fat, 14 g fibre, 42 g carbohydrates

Diabetic choices: 2 starch & 3 protein

Balance Check

Protein

Red kidney beans, black beans, chick peas

Vegetable/Fruit

Onion, tomatoes, peppers, mushrooms

Grain/Starch

Add a small whole wheat bun or slice of whole wheat bread

Recipes

Quinoa and Edamame Salad

Ingredients

1 cup uncooked quinoa, rinsed
2 cups fat-free, low sodium vegetable broth
1/2 cup drained roasted red peppers, chopped
2 tomatoes, seeded and chopped
1 small zucchini, halved lengthwise and sliced
1 cup frozen edamame, thawed
Zest of 1 large lemon
3 tbsp lemon juice
2 tbsp olive oil
1/4 cup fresh flat leaf parsley, chopped

Directions

Toast uncooked quinoa in a medium skillet for 5 minutes. Transfer quinoa to a large pot, add vegetable broth and bring to a boil. Cover and reduce heat, and cook for 15 minutes or until the water is absorbed and the quinoa is fluffy. Remove from heat and empty into a serving bowl.

Add chopped peppers, tomato, sliced zucchini and thawed edamame. Stir well. Whisk lemon zest, lemon juice and olive oil together and pour over quinoa mixture. Toss well. Sprinkle with parsley.

Estimated protein for 1/3 cup serving : 10-13 g protein

Quinoa (pronounced keen-wa) is an ancient grain that is considered a complete protein. It can be used in any recipe in which you would use rice, and can be served hot or cold. It is easy to cook.

Edamame are fresh green soybeans. Look for them in the frozen vegetable section of the grocery store.

Balance Check

Protein

Edamame, quinoa

Vegetable/Fruit

Peppers, tomato,
zucchini, edamame

Grain/Starch

Quinoa

Recipes

Garlic Shrimp

Servings: makes 2 portions

Ingredients:

8-10 medium sized shrimp, shelled and deveined

¼ teaspoon sea salt

¼ teaspoon fresh cracked pepper

1 clove fresh garlic, minced

½ teaspoon chopped fresh basil, parsley, thyme, oregano (optional)

½ teaspoon crushed red chili flakes (optional)

3 tablespoons extra-virgin olive oil

2 teaspoons fresh lemon juice

Directions:

Sprinkle the shrimp with salt and pepper and let stand for 10 minutes at room temperature.

In a medium bowl, toss the shrimp with the garlic, chopped parsley, thyme, oregano and red chili flakes (if using).

In an 8-inch skillet, heat the oil over medium to medium-high heat. Cook the shrimp about 3 minutes on each side, until an opaque orange colour appears, then add the lemon juice. Continue cooking for about 2 minutes. Transfer the shrimp to a serving platter along with all of the liquid in the pan. Garnish the dish with lemon and parsley sprigs. Serve immediately.

Estimated protein per serving: 4-5 g

Balance Check

Protein

Shrimp

Vegetable/Fruit

Missing

Add a salad, or mix into a stir-fry of vegetables

Grain/Starch

Missing

Add couscous, pasta, brown rice, or melba toast

Recipes

Mediterranean Chicken Salad Sandwich

Servings: makes 2 portions

Ingredients:

- 4 ounces cooked boneless, skinless chicken breast, diced small
- 2 large pitted black olives, sliced
- 1 teaspoon minced onion
- 2 teaspoons finely chopped tomato
- 1 teaspoon fresh finely chopped parsley
- fresh cracked black pepper to taste (optional)
- ½ teaspoon chopped capers (optional)
- 2 teaspoons light mayonnaise
- ½ teaspoon lemon juice
- 2 toasted whole grain English muffin halves
- 2 sprigs fresh parsley

Directions:

In a small bowl, combine the chicken, olives, onion, tomato, chopped parsley, pepper, capers, mayonnaise and lemon juice. Mix well. Top each toasted muffin half with half of the chicken salad and garnish with a parsley sprig.

Estimated protein per serving: 14 g

Balance Check		
Protein Chicken	Vegetable/Fruit Tomato, onion	Grain/Starch Whole grain English Muffin

Recipes

Build a Better Smoothie

Use this basic pattern to create your own flavour combinations. Add more liquid base for a thinner texture or less if you like it thick.

Liquid Base <i>½ cup to 1 cup per serving</i>	Fruit or Veggie <i>½ cup fresh or frozen per serving</i>	Protein Boost <i>(grams of protein per measure)</i>
<ul style="list-style-type: none"> ▪ Milk ▪ Soy Milk ▪ Almond Milk ▪ Dilute fruit juice (½ water, ½ juice) 	<ul style="list-style-type: none"> ▪ Strawberries ▪ Blueberries ▪ Raspberries ▪ Peach ▪ Melon ▪ Mango ▪ Banana ▪ Spinach ▪ Kale 	<ul style="list-style-type: none"> ▪ ⅓ cup Yogurt (3 g) ▪ ⅓ cup Greek yogurt (8 g) ▪ ⅓ cup Silken Tofu (4 g) ▪ 1 Tbsp. Nut butter (3 g) ▪ ¼ cup Ricotta Cheese (6 g) ▪ ¼ cup Cottage Cheese (7 g) ▪ ¼ cup Skim milk powder (8g) ▪ Whey or Soy Protein Powder (10-30g/scoop)
Flavour Boost		
<ul style="list-style-type: none"> <li style="width: 50%;">▪ Cinnamon <li style="width: 50%;">▪ Almond Extract <li style="width: 50%;">▪ Nutmeg <li style="width: 50%;">▪ Orange zest <li style="width: 50%;">▪ Ginger <li style="width: 50%;">▪ Sweetener <li style="width: 50%;">▪ Vanilla 		

Protein Smoothie with a Boost

½ cup (125 mL) skim or 1% milk, lactose-reduced milk or soy beverage

1/3 cup orange or cranberry juice

½ to ¾ cup frozen fruit (peaches, mango, cantaloupe, banana, strawberries)

1 scoop vanilla, chocolate or unflavoured protein powder

1 (100g) container flavoured Greek yogurt

Mix ingredients in blender. **Enjoy!**

How to Increase Protein in your Diet from Food

Protein can help you feel full between meals and can help with controlling blood sugars, hunger and weight management. You may have to measure your foods and/or read labels to figure out how much protein you are eating. Use the list below to help:

Amount	Protein Foods	Protein (grams)
250 mL (1 cup)	Skim milk, 1%, Soy beverage, or lactose free milk	6-8 g
100 g container	Low fat, plain or artificially sweetened yogurt	3 g
100 g container	Low fat (0-2% M.F.) Greek-style yogurt	8 g
125 ml (½ cup)	Low fat cottage cheese / plain low fat Greek yogurt	15 g
125 ml (½ cup)	Low fat ricotta cheese	10-14 g
30 g (1 oz)	Low fat cheese (<20% M.F.)	8 g
90 g (3 oz) Cooked	Meats, poultry, fish: <ul style="list-style-type: none"> ▪ Lean red meat and pork ▪ Extra-lean ground beef, chicken or turkey ▪ Chicken or turkey without the skin ▪ Baked, broiled or grilled fish ▪ Canned tuna/salmon/chicken 	25 g
2-4 slices (56g)	Lean deli meat (e.g.chicken, turkey, ham, roast beef)	10 g
6 medium	Shrimp (boiled or steamed)	6 g
1 large	Egg	6 g
90 g (3 oz)	Tofu (regular, firm, extra-firm)	13 g
90 g (3 oz)	Seitan (Vegetarian protein food)	18 g
90 g (3 oz)	Tempeh (Vegetarian protein food)	15 g
60 mL (4 Tbsp)	Textured vegetable protein (TVP)	12 g
125 mL (½ cup)	Beans and Lentils (Navy beans or white beans, black beans, kidney beans, baked, chick peas, lentils)	9 g
125 mL (½ cup)	Edamame (fresh soybeans – shelled)	15 g
60 mL (4 Tbsp)	Hummus	4 g
15 mL (1 Tbsp)	Peanut butter and nut butters	3 g
30 mL (2 Tbsp)	Nuts and seeds	3 g
30 mL (2 Tbsp)	Soy nuts	5 g

Health Canada (2008). *Nutrient Value of Some Common Foods*. Health Canada, Ottawa.
Retrieved from <http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>

Activity: How Much Protein are you eating?

It is important to eat protein at each meal. Most men and women need 20-30g of protein per meal. Using the chart on page 19, track how much protein you typically eat at meals.

Food & Fluid Intake		Amount of Protein (grams)
Breakfast		
Snack		
Lunch		
Snack		
Supper		
Snack		
TOTAL		

Are you eating enough protein?

Everyone is different. Your protein requirements are based on your height, weight and nutritional needs. Most women need 60-90 grams per day and men need 70-100 grams per day.

My Protein Needs:

(Your Dietitian will calculate this for you)

Thoughtful Snack Ideas

Limit mindless snacking

You may snack between meals out of habit, boredom or simply because food is available to you. Calories can quickly add up from this type of snacking. Try to limit mindless snacking.

Plan your snacks

Sometimes a snack is needed if there is a long time between your meals. A well-planned snack can help manage hunger levels and prevent overeating later in the day. Some people with diabetes may also require a planned snack to help manage blood sugar levels. Use the ideas below to help you plan thoughtful snacks.

Mix and match carbohydrate and protein foods

Snacks with staying power include carbohydrate to help fuel your body and protein to manage your hunger. Choose one carbohydrate food choice and one protein food choice from the list below.

Carbohydrate Food (choose one)	+ Protein Food (choose one)
<ul style="list-style-type: none"> ▪ Raw vegetables ▪ 1 cup (250 ml) low sodium vegetable soup ▪ 1 cup (250 ml) frozen berries ▪ ½ cup (125 ml) canned fruit (packed in juice) ▪ 1 medium piece of fruit ▪ ½ cup (125 ml) unsweetened applesauce ▪ 2 Tbsp (30 ml) dried fruit (apricots, raisins, dates, figs, dried cranberries) ▪ 2-4 high fibre crackers (e.g. Ryvita®, Wasa®, Finn Crisp®, Triscuits®) ▪ ½ whole wheat pita or 1 small whole wheat tortilla ▪ 1 small homemade low fat, high fibre muffin ▪ ½ cup (125 ml) high fibre cereal (e.g. Bran Buds with Psyllium®, Spoon Size Shredded Wheat®) 	<ul style="list-style-type: none"> ▪ 1 hard boiled egg ▪ ½ cup (125 ml) chickpeas, kidney beans, navy beans, black beans, baked beans split peas or lentils. ▪ 1 cup (250 ml) low fat plain or artificially sweetened yogurt ▪ ½ cup (60 ml) 1% cottage cheese ▪ 10-12 dry roasted almonds ▪ 1/3 cup (75 ml) pistachios (with shells) ▪ 2 Tbsp (30 ml) dry roasted sunflower or pumpkin seeds (hulled) ▪ 30 g (1 x 1 x 2 inches) skim milk cheese (< 20% M.F.) (e.g. Laughing Cow Light®, Mini Babybel Light®, Allegro®) ▪ 1/3 cup (75 ml) hummus ▪ 2 Tbsp (30 ml) peanut butter or nut butter ▪ 1 cup (250 ml) skim or 1% milk

More Thoughtful Snack Ideas

Yogurt and Berries

In the morning, mix 1 cup low fat Greek yogurt + artificially sweetened yogurt with 1 cup frozen berries. The berries will thaw and create a creamy fruit treat by snack time.

Yogurt with Crunch

Mix ½ cup Bran Buds with Psyllium® into 1 cup of low fat Greek yogurt + artificially sweetened yogurt.

Fruit Smoothie

Blend ½ cup skim or 1% milk, ½ cup Greek yogurt + artificially sweetened yogurt, ½ cup frozen, fresh or canned fruit and a handful of ice in a blender. Pour into a tall glass and enjoy!

Crackers and Cheese with a Smile

Spread 2 triangles of Laughing Cow Light® cheese on 2 or 3 high fibre crackers (e.g. Ryvita®, Wasa®, Finn Crisp®). Top with sliced tomato and cucumber.

Hummus, Pita and Vegetables

Cut ½ a whole wheat pita into triangles. Dip pita and your favourite raw vegetables into 1/3 cup hummus.

Cottage Cheese and Pineapple

Mix ½ cup canned pineapple or your favourite canned fruit (in juice) into ¼ cup of 1% cottage cheese.

Homemade Trail Mix

Mix together: ¼ cup Spoon Size Shredded Wheat, 1 Tbsp dried fruit (e.g. raisins, dried cranberries), 6 almonds and 1 Tbsp sunflower or pumpkin seeds.

High Fibre Muffin and Café au Lait (or Hot Chocolate)

Prepare a batch of low fat, high fibre muffins and freeze. Thaw a muffin and enjoy it with a café au lait or a light hot chocolate. Make your coffee or hot chocolate with 1 cup skim or 1% milk.

Fruit and Peanut Butter

Spread 2 Tbsp of peanut butter on apple slices (1 apple) or a small banana.

The Hunger Scale

Use the hunger scale to help you get in touch with your hunger. Work with your body by eating when you are neither too hungry nor too full.

<p>When you are at 1 or 2, it is difficult to control your eating. Be prepared with planned snacks so you don't reach this point.</p>	1	Starving, feeling faint or sick.
	2	Very hungry. Your stomach is growling. You may be cranky or have low energy.
<p>Start eating at 3 or 4 and stop at 5 or 6. You will be better able to manage your food choices and portion sizes when you eat at these levels</p>	3	Hungry. You feel an emptiness in your stomach.
	4	Starting to feel a little hungry.
	5	Comfortable; neither hungry nor full.
	6	Satisfied; a little full.
<p>If you register 6 or more, you are NOT hungry. HALT and ask yourself what do you really want? Are you happy, angry, lonely or tired? You don't need to eat but you may want to comfort or reward yourself in other ways.</p>	7	Full. You can feel a stretch on your stomach. Past the point of satisfaction.
	8	Uncomfortably full. You need to loosen your belt.
	9	Bloated, you ate dessert after being uncomfortably full.
	10	Stuffed to the point of feeling sick

Resources

Healthy Eating/Nutrition Websites:

Dietitians of Canada	www.dietitians.ca
Canada's Food Guide	www.healthcanada.gc.ca/foodguide
Eat Right Ontario	www.ontario.ca/eatright
Eat Right Ontario – Talk to a dietitian for free	1-877-510-5102
Canadian Diabetes Association	www.diabetes.ca
Canadian Diabetes Association Contact Centre	1-800-BANTING
Heart and Stroke Foundation of Canada	www.heartandstroke.ca
Sodium 101: Get the Facts*	www.sodium101.ca
Eatwise*	www.eatwise.ca
Canadian Nutrient File	www.webprod.hc-sc.gc.ca/cnf-fce/start-debuter.do?lang=eng
Champlain Health Line	www.champlainhealthline.ca
Ottawa Public Health	http://ottawa.ca/en/residents/public-health/nutrition
Centre For Science In the Public Interest	http://cspinet.org
Eating Mindfully*	www.eatingmindfully.com
Mindful Eating Cycle	www.amihungry.com
Sparkpeople*	www.sparkpeople.com
Cookspiration*	www.cookspiration.com
Eatingwell	www.eatingwell.com
Cookinglight	www.cookinglight.com
SOS Cuisine	www.soscuisine.com

Online Journals:

Eatracker*	www.eatracker.ca
FitDay*	www.fitday.com
My Fitness Pal*	www.myfitnesspal.com
Sparkpeople*	www.sparkpeople.com
Fat Secret*	www.fatsecret.com

Obesity Resources:

Ontario Bariatric Network	www.ontariobariatricnetwork.ca
Canadian Obesity Network	www.obesitynetwork.ca
Dr. Sharma Blog	www.drsharma.ca

* Indicates that the resource is also available in 'app' format for mobile devices such as tablets and smart phones

Resources

Books & Publications:

The Cognitive Behavioral Workbook for Weight Management.	M. Laliberte
Mindless Eating: Why We Eat More Than We Think	B. Wansink
Slim By Design.	B. Wansink
Nutrition Action Health Letter	Centre for Science In the Public Interest
Eating Mindfully	S. Albers
Eat What You Love, Love What You Eat	M. May
The Diet Fix	Y. Freedhoff

Recipe Collections:

Cooking Light: Fresh Food Superfast	Cooking Light Magazine
Choice Menus: Cooking for One or Two	M. Hollands
Looneyspoons Collection	G. Podleski
Lighthearted at Home	A. Lindsay
Best of Heart Smart Cooking	B. Stern
The Everyday DASH Diet Cookbook	M. Heller
Canadian Diabetes Slow Cooker Recipes	J. Finlayson
Canada's Diabetes Meals for Good Health	K. Graham
The Diabetes Prevention and Management Cookbook	B. Allan
Prevention RD's Everyday Healthy Cooking	N. Morrissey
Cooking Basics for Dummies	B. Miller
Anyone Can Cook Dinner	S. Richard

This is not intended to be an exhaustive list of resources but rather, provides examples of valuable references should you be looking for additional ideas or support.

Notes:

Food Record

Meal	Food & Fluid Intake
<p>Breakfast</p> <p><input type="checkbox"/> Home <input type="checkbox"/> Restaurant/ Food outlet <input type="checkbox"/> Car <input type="checkbox"/> Work <input type="checkbox"/> None</p> <p><u>Time:</u></p>	<p><i>Example: 1 whole grain toast, peanut butter, ½ banana + 1/3 cup yogurt, ½ cup fruit + 1 cup decaf coffee with skim milk</i></p>
<p>AM Snack</p> <p><u>Time:</u></p>	
<p>Lunch</p> <p><input type="checkbox"/> Home <input type="checkbox"/> Restaurant/ Food outlet <input type="checkbox"/> Car <input type="checkbox"/> Work <input type="checkbox"/> None</p> <p><u>Time:</u></p>	
<p>PM Snack</p> <p><u>Time:</u></p>	
<p>Supper</p> <p><input type="checkbox"/> Home <input type="checkbox"/> Restaurant/ Food outlet <input type="checkbox"/> Car <input type="checkbox"/> Work <input type="checkbox"/> None</p> <p><u>Time:</u></p>	
<p>Evening Snack</p> <p><u>Time:</u></p>	

Food Record

Meal	Food & Fluid Intake
<p>Breakfast</p> <p><i>Example: 1 whole grain toast, peanut butter, ½ banana + 1/3 cup yogurt, ½ cup fruit + 1 cup decaf coffee with skim milk</i></p> <p><input type="checkbox"/> Home <input type="checkbox"/> Restaurant/ Food outlet <input type="checkbox"/> Car <input type="checkbox"/> Work <input type="checkbox"/> None</p> <p>Time: _____</p>	
<p>AM Snack</p> <p>Time: _____</p>	
<p>Lunch</p> <p><input type="checkbox"/> Home <input type="checkbox"/> Restaurant/ Food outlet <input type="checkbox"/> Car <input type="checkbox"/> Work <input type="checkbox"/> None</p> <p>Time: _____</p>	
<p>PM Snack</p> <p>Time: _____</p>	
<p>Supper</p> <p><input type="checkbox"/> Home <input type="checkbox"/> Restaurant/ Food outlet <input type="checkbox"/> Car <input type="checkbox"/> Work <input type="checkbox"/> None</p> <p>Time: _____</p>	
<p>Evening Snack</p> <p>Time: _____</p>	

REMEMBER

**Please bring this booklet all your appointments
at the Weight Management Clinic**