



Healthy Eating Plan for Weight Management

What is the Healthy Eating Plan?

The Healthy Eating Plan (HEP):

- Includes foods from all of the food groups
- Is heart healthy
- Focuses on managing hunger
- Uses the glycemic load of food



What is the Glycemic Load?

The Glycemic Load (GL) is a rating scale for food. GL rates foods on how fast and how much the food increases blood sugar levels. Foods or combination of foods with a lower GL will raise blood sugar more slowly and may make you feel fuller longer. Some foods or combination of foods with a higher GL will raise your blood sugar more quickly and may make you feel hungry sooner. Eating lower GL meals and snacks may help you to eat less and better manage your weight.

Lower GL Meals & Snacks

- Digest slower
- Make you feel full longer
- Promote a healthy weight

Higher GL Meals & Snacks

- Digest very quickly
- Make you feel hungry sooner
- Lead to overeating

How do I use the Healthy Eating Plan Food Chart to plan meals & snacks?



GREEN FOODS: Pick most of your foods from the **GREEN** list

YELLOW FOODS: Limit to 2 servings per day

RED FOODS: Limit to 7 servings per week. Do not eat more than 2 servings of a **RED** food in a day

Each MEAL must include at least 3 foods:

- A protein food (meat, dairy, beans or nuts)
- A fruit and/or vegetable
- A **Green Food** (whole grain, fruit, vegetable, low-fat dairy, lean protein food)

Each SNACK must include:

- At least 1 **Green Food**
- If you want to use one of your **Red** or **Yellow** foods as a snack, you **MUST** also eat a **Green** food along with a single serving of the **RED** or **YELLOW** food



Sample Menu - Healthy Eating Plan

To help you get started with menu planning, here is a sample 3 day menu using the Healthy Eating Plan.

Each **Meal** includes a serving of a **Protein Food; Fruit/Vegetable;** and another **Green Food.**

Snacks include a serving of a **Green Food.** For a larger snack, include both a healthy carbohydrate choice, like a fruit, vegetable or whole grain, along with a serving of protein, like a meat or low-fat dairy. Both are listed.

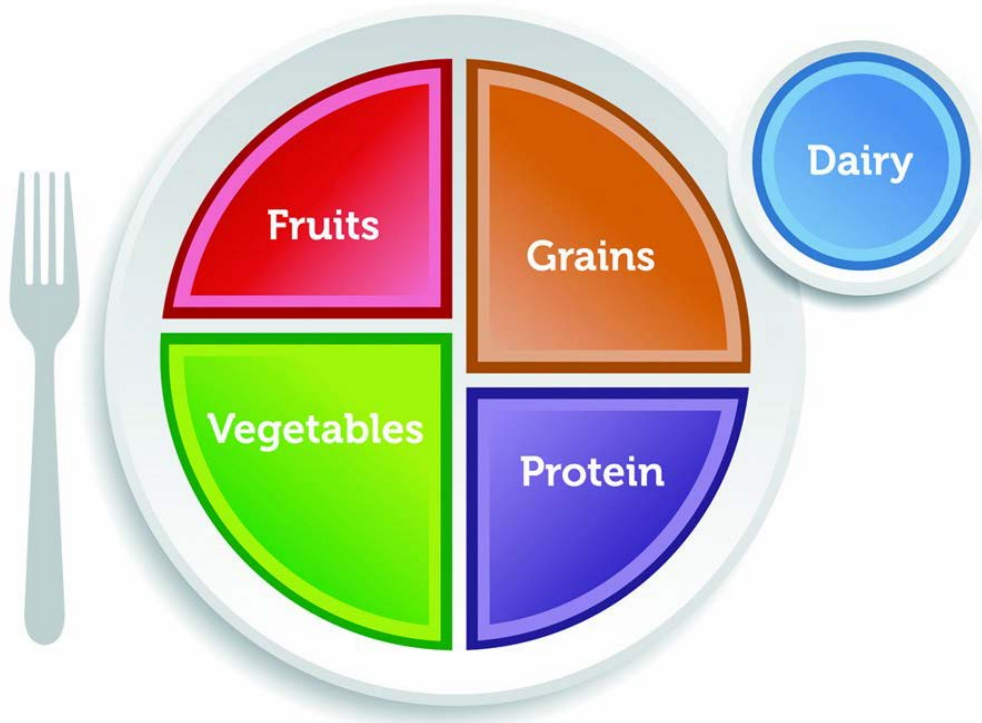
Food Category	Sample Day One	Sample Day Two	Sample Day Three
Breakfast	<p><u>Yogurt Parfait</u> Yogurt, lite or no added sugar Fruit Cereal, low-sugar</p>	<p><u>Fruit Pizza</u> WW English Muffin Cream cheese, low-fat Sliced fresh fruit</p>	<p><u>Breakfast Burrito</u> WW Tortilla Scrambled Egg/low-fat shredded cheese Spinach/salsa</p>
Lunch	<p><u>Cracker Stackers</u> WW crackers Turkey slices Low-fat cheese Cucumbers Apple slices</p>	<p><u>Grilled Cheese</u> WW Bread Cheese, low-fat Carrots, broccoli with low-fat Ranch Clementines</p>	<p><u>Chicken Pizza</u> WW Pita Bread Chicken Strips, shredded low-fat cheese Pizza sauce, banana pepper strips Grapes</p>
Snack	<p><u>Trail Mix</u> Cereal, low-sugar Nuts</p>	<p><u>Cottage Cheese Parfait</u> Fruit cup, in juice or water Cottage cheese, low-fat</p>	<p><u>Bugs On a Log</u> Celery, grapes Peanut butter, natural</p>
Dinner	<p><u>Spaghetti</u> WW Pasta Lean ground beef Salad, broccoli Oranges</p>	<p><u>Tacos</u> Ground Turkey WW Tortilla Onions, peppers, tomatoes Pineapple</p>	<p><u>Fish and Chips</u> Baked Fish Sweet potato fries, baked Cabbage Kiwi</p>

WW = Whole Wheat

“Right-Size” Portions

Portion Size Your Plate

- Use a plate no bigger than 8” or 9”
- Fill 1/2 the plate with a variety of colorful vegetables or vegetables & fruit
- Fill 1/4 the plate with a lean protein
- Fill 1/4 the plate with a grain or starchy food
(Remember to choose half your grains as whole grains)



Quick & Easy

- When measuring equipment is not available you can estimate serving size
- Your child can use their hand to estimate “right-size” portions



Cupped Hand
Potatoes, rice,
pasta

Palm
Meats

Fist
Veggies, fruit
,

Thumb
Butters, oils
dressings





Healthy Eating Plan

GREEN Have More Often	YELLOW Choose NO MORE THAN 2 servings a day	RED Limit to NO MORE THAN 7 servings per week NO MORE THAN 2 servings per day
GRAIN FOODS (Breads, Cereals, Pasta & Rice)		
<p>Breads - 100% Whole Wheat or Whole Grain Bagel Bread Bun English muffin Pita Tortilla</p> <p>Cereals (Hot and Cold) - 6 grams or less of sugar AND 4 grams or more of fiber Examples: Old-fashioned oatmeal; Fiber One (original & chocolate), Shredded Wheat, Wheat Chex</p> <p>Crackers - 100% Whole Wheat</p> <p>Pasta - 100% Whole Wheat Whole Wheat blends</p> <p>Rice - Brown, Basmati, Converted (parboiled), Long grain, Wild</p> <p>Snack Bars - 9 grams or less of sugar AND 3 grams or more of fiber AND 3 grams or more of protein Examples: Kellogg's Special K Protein Granola, Nature Valley Protein (Peanut, Almond Chocolate)</p>	<p>Cereals (Hot and Cold) - 9 grams or less of sugar AND 2 grams or more of fiber Examples: Cheerios, Multi Grain Cheerios, Life, Wheaties</p> <p>Pancakes & Waffles - Pancakes made whole wheat mix Whole grain toaster waffles</p> <p>Pasta - made with white flour Macaroni & cheese</p> <p>Snack Bars - have to meet 2 of the 3 criteria listed for bars on the Green list Examples: Fit & Active Light & Crispy Vitality; Kellogg's Nutri-Grain Bar (Chocolatey Crunch)</p>	<p>Breads - made with White Flour Bread Biscuits Buns Croissants Muffins Rolls French Toast Fried Taco Shells</p> <p>Breakfast Pastry- (even if whole grain) Donuts Pop tarts Toaster Strudel</p> <p>Cereals (Hot and Cold) - 10 grams or more of sugar OR less than 2 grams of fiber Examples: Flavored instant oatmeal, Cinnamon Toast Crunch, Special K</p> <p>Crackers - made with white flour (examples: saltines, Ritz, even low fat)</p> <p>Pancakes & Waffles - made with white flour</p> <p>Rice - Instant, Processed (Rice-A-Roni, Uncle Ben's, Lipton) Short grain; White</p> <p>Snack Bars - meets only 1 of the 3 criteria listed for bars on the Green list Examples: Fiber Now (Oats & Chocolate); Nutri-Grain Apple Cinnamon</p>
VEGETABLES		
<p>All raw and cooked vegetables, except those listed as YELLOW & RED Fresh, frozen, canned (drained & rinsed or no added salt) Pasta sauces (6 grams or less sugar; 3 grams or less fat per serving)</p>	<p>Corn White potatoes - Baked or Mashed (made with low fat/fat free ingredients)</p>	<p>Potatoes prepared with high fat or high sugar ingredients: Baked or Mashed with added butter, cream, whole milk, sour cream, sugar, brown sugar, molasses Fried - French fries, hash browns, tater tots, Sweet pickles</p>
MEAT & PROTEIN FOODS		
<p>Lean, unprocessed meat (Round, Sirloin) Ground meat (≥90% lean) Chicken & Turkey (skin removed) Fish Canadian bacon Lunchmeat (less than 3 grams or less fat/ounce) Vegetarian burger (Boca Burger) Eggs Beans (all kinds) Hummus Lentils Nuts; Nut Butters-peanut, almond, etc</p>	<p>Ground meat (85% lean) Meat (e.g. beef, pork) - chuck Turkey sausage (low-fat) Turkey bacon (low-fat) Chicken nuggets - baked Fish sticks - baked Lunchmeat (4-7 grams fat/ounce) Vegetarian burger (Garden Burger) Hot dogs with ≤ 7 grams fat/ounce</p>	<p>Bacon Baked beans (in sauce) Chicken, Turkey with skin; fried chicken Flavored nut butters (such as Nutella) Fish - fried Goetta Lunchmeat with ≥8 grams fat/ounce (e.g. bologna, salami) Meat (- e.g. beef, pork) - brisket, ribs, corned beef Pork chops - fried Sausage Hot dogs with ≥ 8 grams fat/ounce</p>
<p><i>Chart Continued</i></p>		



GREEN	YELLOW	RED
FRUIT		
All fruits, except those listed as YELLOW & RED Fresh Frozen, no added sugar Canned fruits (drained & rinsed)	Dried fruits (e.g. cranberries, raisins) 100% Fruit juice (≤4-6 ounces/day)	Applesauce with added sugar Canned fruits in syrup Dates Frozen fruits with added sugar
MILK & DAIRY PRODUCTS		
Cheese (low-fat, light or fat free) – cottage cheese, cream cheese, sticks Milk – skim (fat free), 1% (unflavored) Non-dairy milk – unflavored or low in sugar Low fat buttermilk Yogurt (light, low in sugar)	Cheese – regular, cream cheese, cottage cheese 2% milk Ice cream, low fat Pudding, sugar-free Yogurt with added sugar Frozen yogurt, low fat	Whole (Vitamin D) Milk Flavored milk (e.g. chocolate, vanilla) Hot chocolate, regular (added sugar) Ice cream, regular Frozen desserts, novelties Pudding, regular (added sugar)
COMBINATIONS & SOUPS		
Frozen entrée with whole grains & lean protein (e.g. some Lean Cuisine, Healthy Choice, South Beach) Lentil soup Minestrone soup Tomato soup	Chicken nuggets (baked) Fish sticks (baked) Pizza (thin crust; prefer whole wheat) Soups – bean, green pea, vegetarian chili	Canned Pasta meals Frozen entrees with more than one red food (e.g. some Banquet, Stouffers, Swanson) Pizza – thick crust, pepperoni, sausage or extra cheese
FATS AND CONDIMENTS		
Lemon juice Vinegar Margarine – low fat, spray Mayonnaise or Miracle Whip – fat free or low fat (≤3 grams per serving) Mustard Oil – Canola & Olive Salad dressing (fat-free or low-fat; less than 3 grams sugar/serving) Salsa Soy sauce Sour cream, fat free or low fat Sugar substitutes Tomato sauce (no added sugar)	Agave Alfredo sauce (4 grams or less of fat) Honey mustard sauce Ketchup Margarine (soft), light Mayonnaise, light Miracle Whip, light Sour cream, light Spreadable fruit (no added sugar)	Alfredo sauce (>4 grams of fat) BBQ sauce Butter Margarine Honey Jam/Jelly Mayonnaise (regular) Miracle Whip (regular) Molasses Sour cream (regular) Sugar - brown, granulated (white) Sweet and Sour Sauce Syrup (low-sugar or regular)
SNACKS		
Fruits and Vegetables (except those listed on YELLOW & RED) Cheese (low-fat) Peanuts and other nuts Snack Bars – see GRAIN FOODS Sugar-free ice pops or popsicles Sugar-free gelatin Yogurt (light or low fat)	Frozen yogurt, low fat Ice cream, low fat Popcorn Pudding, sugar free Snack Bars – see GRAIN FOODS	Cake, snack cakes, pie, brownies, cookies (even low fat) Candy (even sugar free) Chips (even baked), Pretzels Fruit snacks, Roll ups, Rice cakes Gelatin (with sugar) Ice cream Popsicles (with sugar) Snack Bars – see GRAIN FOODS
BEVERAGES		
Water Milk – skim (fat-free) or 1% Non-dairy milk – unflavored or low in sugar Unsweetened tea	Milk – 2% 100% fruit juice - ≤4-6 ounces/day Drinks-no more than 20 calories per serving Drinks with artificial sweeteners (diet soda, Crystal Light, sport drinks, coffee, tea) Limit to no more than 2 servings per day (not part of YELLOW total for the day)	Milk – whole (Vitamin D) Drinks with calories (high in sugar and/or fat) Examples: Sports drinks (e.g. Gatorade, G-2), Fruit drinks (e.g. punch, Kool-aid, Slushies), Milk Shakes, Smoothies, Regular soda Sweet tea, Coffee drinks, Hot Cocoa



Grocery List of Green Foods
(◆ Indicates Yellow Foods)

Produce:

- Fresh fruit _____
- _____
- _____
- Fresh vegetables _____
- _____
- _____
- (◆) Corn on the cob
- (◆) White potatoes
- Fresh herbs _____
- Tofu

100% Whole Wheat or Whole Grains (WW)

Breads:

- Bread
- Bagels
- Buns
- English muffin
- Pita
- Tortillas
- _____
- _____

Hot & Cold Cereals:

- Old-fashioned oats
- Cream of wheat (cooked)
- (◆)Plain Instant oats
- (◆)Flavored oats (<1 g sugar)
- All Bran Bran Buds
- Fiber One (◆)Cheerios
- Kashi Go Lean
- _____
- _____

Crackers:

- 100% WW Crackers
- _____

Pasta:

- WW Blends
- WW Egg noodles
- White pasta
- (◆) Mac & Cheese

Rice:

- Basmati
- Brown
- Long grain
- Converted (parboiled)

Canned Goods, Condiments & More

- Fruit (packed in water or juice)
 - Applesauce (no added sugar)
 - (◆)Raisins & other dried fruit
- Vegetables Beans
- Hummus Lentils Tuna, water-packed
- Soups _____
- Broth Lentil Minestrone Tomato
- (◆)Black bean (◆)Pea (◆)Vegetarian chili
- Spaghetti sauce (low sugar) Tomato sauce
- Nuts Nut (peanut) butter (no added sugar)
- (◆)Ketchup Mayo (fat free) Mustard
- Salsa Soy Sauce
- Herbs Spices
- Oils _____ Canola Olive
- Lemon juice Vinegars
- Salad dressing (low fat, <3 g sugar a serving)
- Pudding (sugar free)
- Sugar substitute

Meat & Deli Counter:

- Beef, (loin or round cuts)
- Beef, ground (90% lean)
- Canadian Bacon
- Chicken: whole fryers, breast, thighs, drumsticks (skin & fat removed before cooking)
- Fish (plain, not breaded)
- Game (i.e. venison)
- Ham
- Lunchmeat with less than 3 grams fat per ounce
- Pork (loin or round cuts of pork)
- Turkey, whole bird, breast or drumsticks (skin & fat removed before cooking)
- Turkey, ground (90% lean)
- (◆)Turkey Bacon, low fat
- (◆)Turkey Sausage, low fat

Frozen foods:

- (◆) Chicken nuggets (baked)
- (◆) Fish sticks (baked)
- Sugar-free popsicles
- Vegetables
- Vegetarian Burgers (i.e. Bocca Burgers)
- (◆) Whole Grain Toaster Pancakes & Waffles

Dairy:

- Cheese (low fat)
 - Shredded Slices String cheese
 - Cottage cheese (low fat)
 - Cream cheese (light or fat free)
- Eggs Egg Whites Egg Substitutes
- Milk
 - Skim 1% Soy Milk
- Yogurt (lite, low sugar)

Snacks:

- Peanuts, other nuts
- Popcorn (low fat)
- Pretzels, whole wheat
- Tortilla chips, whole grain, baked

Beverages:

- Water
- Diet Soda
- Unsweetened Tea
- Sugar Free Beverages (i.e. Crystal Light)
- PowerAde Zero
- Propel (no calories)



HealthWorks!™

Physical Activity Guidelines (Children ages 5-11)

Minimum

- Accumulate at least 60 minutes of age appropriate Physical Activity on ALL, or most days of the week.

Ideal

- Accumulate more than 60 minutes, and up to several hours per day, or age and developmentally appropriate activity.
- Some periods lasting 10-15 min. or more and include Moderate to Vigorous activity with brief periods of rest and recovery.

Physical Activity Guidelines (Adolescents ages 12-19)

- Daily physical activity as part of play, games, sport, work, transportation, recreation, physical education, or planned exercise, with the family, in school, or through the community for 30-60 minutes/ day.
- Part of this activity should be vigorous in nature at least 3 times per week for at least 20 minutes in duration.

Extended periods of inactivity are inappropriate for children and adolescents!

How to Get 60 Minutes of Physical Activity in Each Day

If I only have....

5 Minutes

- Get the Mail
- Take out the Trash
- Jump Rope/Hula Hoop

10 Minutes

- Take a Walk
- Toss a football, frisbee or baseball
- Help around the house: groceries/vacuum/dishes
- Practice your Best Dance Moves



15 Minutes

- Walk the Dog
- Quick Strength Routine
- Wash the car
- Practice your Jump Shot, Fast Pitch, Goal scoring
- *Practice with or without the ball



20 Minutes

- Ride your Bike/Rollerblade
- Play with friends outside/visit a neighbor
- Exercise (jumping jacks, sit-ups, run in place) during every TV commercial break during your favorite 1 hour show

30 Minutes

- Strength Train
- Go Swimming
- Rake the Leaves or Shovel the Snow
- Go to the Park
- Practice your Sport (Basketball, Baseball, Football, Soccer, etc.)
- Take a Walk/Walk the Dog

Other Resources:

- Ten minute Circuit Workout
- Healthworks! Fitness 101 on you tube

https://www.youtube.com/watch?v=dRQf3yFXO1Y&list=PLi-7CrjHWbgicvpg_NC8N7RVCnrRAMnmV



10-Minute Exercise Circuit

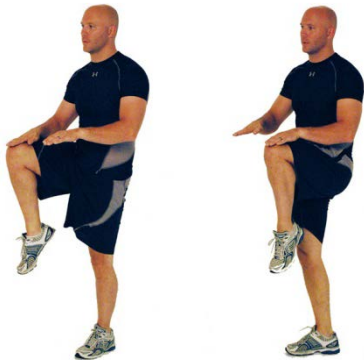
Time (Minutes)	Exercise
0:00-1:00	March in Place (Warm-Up)
1:00-1:30	Jumping Jacks
1:30-2:00	Forward Lunges (alternating legs)
2:00-2:30	High Knees in Place
2:30-3:30	Butt Kicks in Place
3:30-4:00	Downward Dog (hold pose)
4:00-4:30	Crunches
4:30-5:00	Mountain Climbers
5:00-5:30	Plank on elbows (hold pose)
5:30-6:30	Jog in Place
6:30-7:00	Squats
7:00-7:30	Up-Downs
7:30-8:00	Cross-overs (alternating legs)
8:00-9:00	No-Rope Jump Rope
9:00-10:00	March in Place (Cool-Down)



Jumping Jacks



Forward Lunges



High Knees



Butt Kicks



Downward Dog



Crunches



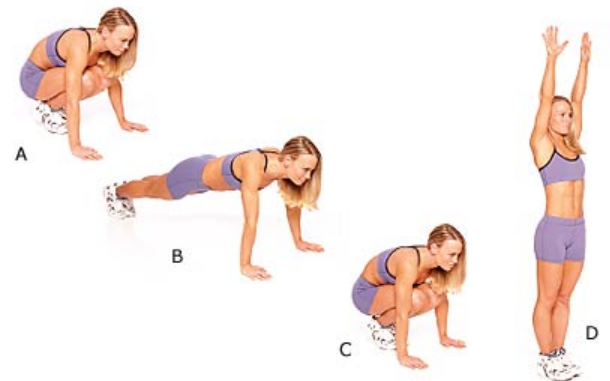
Mountain Climbers



Plank



Squats



Up-Downs



Cross-Overs



No-Rope Jump Rope

HealthWorks!

Electronic Resource List



Learn more about The Center for Better Health and Nutrition at Cincinnati Children's by visiting our website and Facebook pages.

www.cincinnatichildrens.org/healthworks

Find information about nutrition and physical activity programs that are a part of the HealthWorks! Program in the Center for Better Health and Nutrition including:

- Nutrition class schedules and directions
- Recipes
- Family Information Booklet which shares information about the services provided by the CBHN team as well as information on laboratory tests, diagnostic tests, specialty referrals, and more. This booklet is located under the What to Expect tab.



www.youtube.com

View and participate in exercise videos from the HealthWorks! team from any location! Just search "HealthWorks! Youth Fitness Video" to view segments including cardio, yoga, strength training, and more!



www.facebook.com

Visit the "HealthWorks! at Cincinnati Children's" Facebook page for nutrition and physical activity tips, recipes, class updates and information on upcoming community events geared toward health and nutrition.



HealthWorks! Electronic Resource List

Looking for ideas to help your child build healthy eating and activity habits? Here are a few of our favorite websites. Find recipes, cooking tips, as well as activities and games for your child and family.

www.ChooseMyPlate.gov

This website is packed with guides to promote better health and nutrition, meal plans, sample menus, recipes, games for kids, activity ideas, and a tracking tool for eating and physical activity.

www.LetsMove.gov/kids

You will find healthy living tips for kids.

www.KidsEatRight.org

Find nutrition resources for parents including articles, tips, cooking videos, and recipes.

www.WhatsCooking.fns.usda.gov

Run by the USDA, find cookbooks, affordable, family-friendly recipes, and recipe tools to create your own cookbook, build menus and create shopping lists.

www.WhatsCooking.fns.usda.gov/es/search/solr-result

Recetas en Español

www.FruitsandVeggiesMoreMatters.org

This site helps children, teens and adults find ways to eat fruits and vegetables daily. Find cost-saving tips, shopping and storage information, menus and kid-friendly recipes.

Cincinnati Children's Hospital Medical Center does not monitor the content of each site listed above. The information on each site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Contact your medical provider with any additional questions.