What is Health Initiatives?

• Well-Being Activators
• Fit to Thrive
• Pet Therapy
• Certified Healthy
• Presentations and Programs
Learning Objectives

1. Be aware of the Principles of Intuitive Eating

2. Learn to choose a balanced variety of foods that satisfy both your body and mind

3. Discover food swaps that help support your best health
Principles of Intuitive Eating

EAT WHAT MAKES YOU HAPPY
MyPlate - Practicing Gentle Nutrition

ChooseMyPlate.gov

- Have plenty of vegetables and fruits
- Eat protein foods
- Make water your drink of choice
- Choose whole grain foods
Nutrition Guidelines

• ½ your plate consists of fruits and vegetables

• ¼ your plate is grains and starchy vegetables; half of grains are whole grains

• ¼ plate lean protein (choose fish, beans, peas, nuts & seeds)

• 2-3 calcium-rich servings daily
Goals of a Food Swap

- Inclusion of all three energy-containing nutrients (carbohydrate, protein, and fat)
- A focus on nutrient-rich foods
- A concern for chronic disease risk
- Enjoyment of eating and mealtime
What Food Swaps Are Not...

- Gluten-free**
- Organic
- Multi-grain
- Low-fat
- Sugar-free**
- Wraps
- Lemon juice
- Rice Cakes
- Everything Cauliflower
Food Swaps - Ideas to try

Instead of... Try...

Orange Juice Orange
Food Swaps- Ideas to try

Instead of...

French fries

Try...

Baked potato, side salad, or vegetables
Food Swaps- Ideas to try

Instead of... Try...

Cookies Fruit
Food Swaps- Ideas to try

Instead of...

Sour cream

Try...

Greek yogurt
Food Swaps- Ideas to try

Instead of...

Steak or red meat

Try...

Fish or chicken
Food Swaps- Ideas to try

Instead of...

Fried chicken sandwich

Try...

Grilled chicken sandwich
Food Swaps- Ideas to try

Instead of...

Bologna or salami

Try...

Lean turkey or roast beef
Food Swaps- Ideas to try

Instead of...

Cream or half and half

Try...

Whole milk or 2% milk
Food Swaps - Ideas to try

Instead of...

Chips

Try...

Light popcorn
Food Swaps - Ideas to try

Instead of...

White flour tortilla or naan

Try...

Whole wheat or corn tortilla, whole wheat naan
Food Swaps- Ideas to try

Instead of...

Rice mix

Try...

Brown rice and quinoa mixed with herbs
Food Swaps- Ideas to try

Instead of...

Plain bagel

Try...

Whole wheat mini bagel or English muffin
Food Swaps - Ideas to try

Instead of...

Soda or other Sugar-sweetened Beverage

Try...

Sparkling Water
Food Swaps- Ideas to try

Instead of...

Mayonnaise

Try...

Mustard or Avocado
Food Swaps- Ideas to try

Instead of... Try...
Butter Peanut butter, olive oil, or mashed avocado
Food Swaps - Ideas to try

Instead of... Try...

Milk Chocolate Dark Chocolate
Your turn!

What food swaps do you use?

Questions?
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Thank You!

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