



# A MENU FOR CHANGE

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## Nutrition Goal Setting

- Rather than focusing on weight or other risk factors alone choose productive goals that **focus on dietary and exercise changes** that will lead to lifelong weight & risk factor management
- Begin with only 2-3 **specific, realistic** goals at a time
- Consider food preferences & lifestyle demands. Start with goals that may be adopted comfortably
- Once new dietary practices become a regular part of meal planning, shopping, dining out routine, additional goals may be set

## Substitute Whole Grains for Refined Grains

- The complete nutrient package of vitamins, minerals, phytochemicals, phytoestrogens & phenolic compounds found in whole grains is impossible to duplicate in a supplement or refined grain
- **To identify whole grain, look at the ingredient list. The word “whole” must be precede the grain.** *Wheat flour, enriched wheat flour and unbleached flour are not whole grain*

## Increase Vegetables & Fruit Consumption

- **Fresh:** Buy or prepare chopped fresh vegetables and fruit for convenient snacking
- **Frozen:** Keep freezer well stocked with favorite varieties. Be aware of fat & sodium content of frozen vegetables with sauces. Look for unsweetened fruits to avoid excess sugar and calories
- **Canned:** Try reduced-sodium or rinse before heating. Look for “no sugar added” or fruits in juice
- **Choose whole fruit rather than fruit juice** to avoid excess calories and boost fiber intake

## Include Nut, Seeds & Dried Beans Daily

- Nuts & seeds are good sources of protein & rich sources of antioxidants, vitamins & minerals
- Most of the fat in nuts is unsaturated (improves cholesterol profile)
- **Portion control:** Sprinkle 1 measured tablespoon of nuts on hot cereal, salads, or veggies
- Try a wide variety of canned or cooked dried beans in salad, soup, pasta or rice
- Adding 3-4 oz ounces of canned or dried beans/week can reduce cholesterol level by 10%

## Fish, Poultry, Meat & Eggs

- **A 3.5-oz portion of baked or broiled fish 2X per week is highly protective.** Try mackerel, lake trout, tuna, swordfish, bluefish, salmon or sardines. For those who dislike fish, flaxseed, walnuts and soy beans are alternative sources of Omega-3 fat. Try Omega-3 enriched eggs
- **Portion control:** Limit red meat 1-2 four ounce servings per week. Serve poultry skinless and carefully trim all meat of excess fat before cooking. Try soy-based meat substitutes (burgers, sausages, meatballs, nuggets)

## Dairy/Soy Alternatives

- Soy and other calcium-rich/fortified foods are healthy alternatives to dairy
- Milk: Skim or 1% milk
- Cheese: Choose low fat cheeses. Look for soy cheeses in the produce section near the tofu
- Yogurt: Choose fat free. Try sweetening plain yogurt with fresh or frozen fruit

## Substitute Unsaturated Fats for Saturated & Trans Fats

- Cook with mono-unsaturated liquid oils (olive, canola, peanut); use nuts and avocados in cooking
- Choose a liquid or heart-smart margarine; use butter in moderation
- Limit trans-fat laden commercially baked/fried foods (cookies, cakes, muffins, pastries & fries)

## Limit Sweets & Foods Containing Processed Sugar

- Get sugar naturally from fruits (fructose) and low-fat dairy (lactose – milk sugar)
- Avoid foods containing high fructose corn syrup - check label ingredients