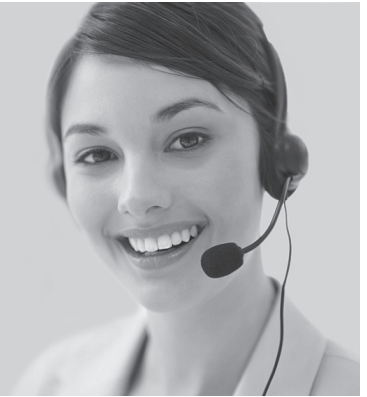


"It was great to talk with you.

Thank you for your interest in 'Meal Planning Made Simple.' I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your UPMC Health Plan health coach, I am ready to help in any way I can."

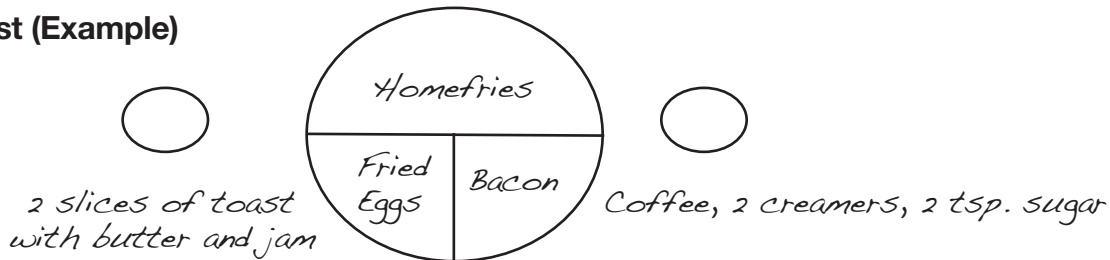


Your Eating Habits Now

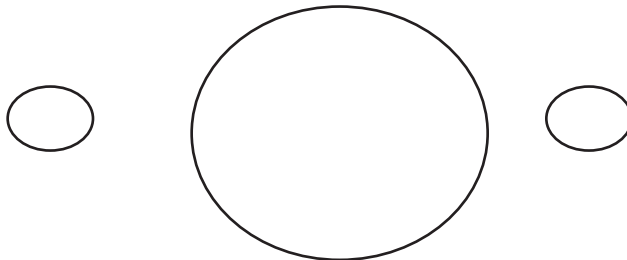
The first step on the path to healthier eating is to be aware of what you eat now. Take a few moments to show below what you usually eat and drink.

1. On the large plates and under the cups or small plates, write the types of foods and drinks.
2. Give the amounts you usually eat or show them by marking off sections of the plates or cups (such as the whole plate or cup, one-half, one-third, one-fourth, etc.).

Breakfast (Example)

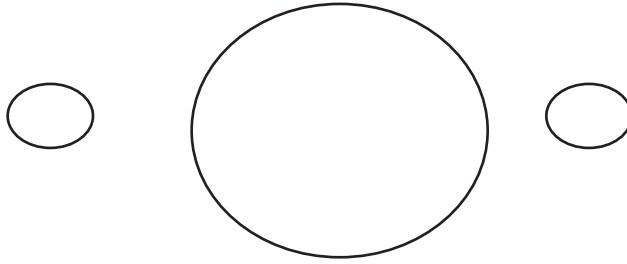


Breakfast

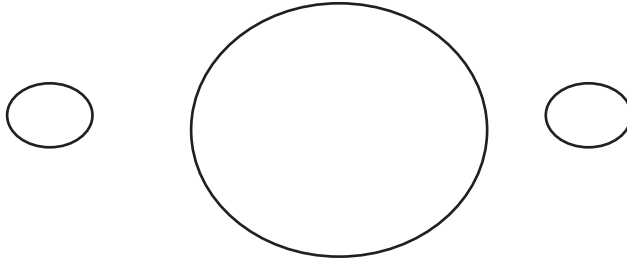


A healthier life is on the line for you!

Lunch



Dinner



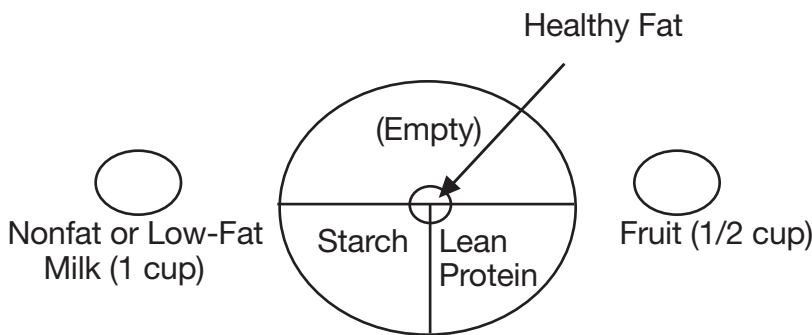
The Plate Method

An easy way to plan healthy meals is called **The Plate Method**.

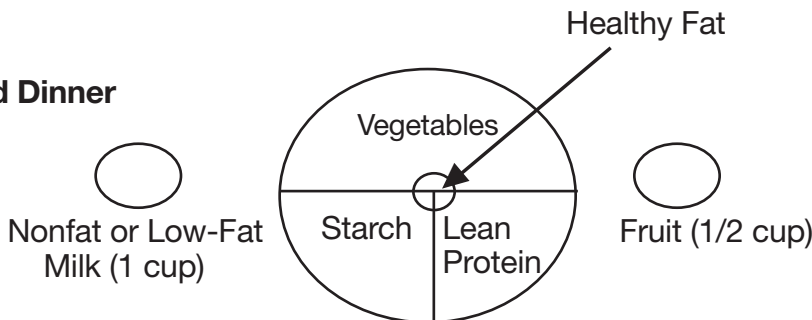
Start with a 9-inch dinner plate. Draw an imaginary line across the middle of the plate, dividing it in half. Then draw an imaginary line dividing the bottom half in half. Now you have 3 sections on your plate.

Fill each section of the plate as shown below. Sample foods are listed on the next page. Don't pile up food. Add 1-2 teaspoons of healthy fat (see examples on the next page). Be sure to include in this amount any fat used in cooking and preparing foods. Add a glass of milk and small bowl of fruit on the side.

Breakfast



Lunch and Dinner



A healthier life is on the line for you!

Example Healthy Choices

Milk

- Nonfat milk
- 1% milk
- Soy milk
- Lactose-free milk, (fat-free, or 1%)
- Yogurt (nonfat or fat-free, with no added sugar)

Vegetables (fresh, canned, or frozen without sauce)

- Beets
- Bok choy
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green beans
- Greens (collards, kale, turnips)
- Mushrooms
- Onions
- Peppers
- Salad greens
- Spinach
- Summer squash
- Tomatoes

Fruit (fresh, frozen, or canned without added sugar or syrup)

- Apple
- Applesauce, no added sugar
- Banana
- Blueberries
- Grapefruit
- Grapes
- Melon
- Orange
- Peach
- Pear
- Strawberries
- Mango

Starch

- Bread or roll (100% whole grain is best)
- Cereal, cooked or dry (100% whole grain is best)
- Corn
- Pasta (whole grain is best)
- Potatoes
- Peas
- Rice (brown rice is best)
- Tortilla (100% whole grain is best)
- Winter squash

Protein Foods

- Cooked dried beans, split peas, or lentils
- Fish (twice a week)
- Chicken or turkey, no skin
- Lean cuts of beef or pork, trimmed of fat (such as round, sirloin, pork loin, and lean or extra lean ground beef or pork)
- Low-fat or fat-free cheese
- Eggs or egg substitute



A healthier life is on the line for you!

UPMC HEALTH PLAN

Healthy Fat

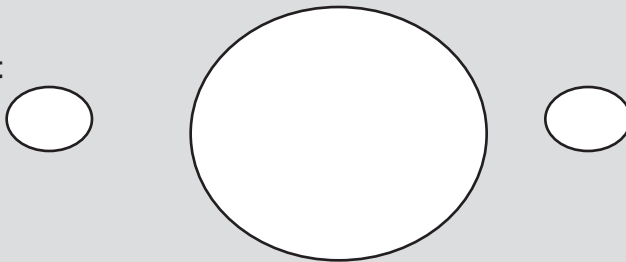
- Oils (such as canola, olive, corn, safflower, and sunflower)
- Liquid or tub margarine
- Salad dressing
- Mayonnaise
- Small amounts of nuts or seeds (limit to 1/2 to 1 ounce per day)

Take Action

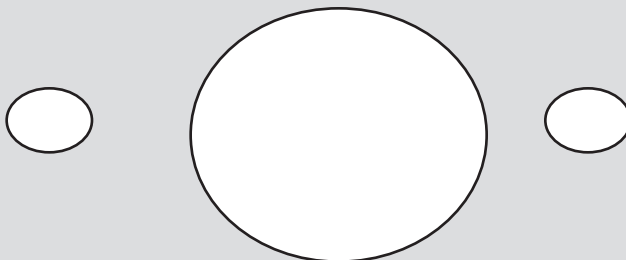
Look at the plates and cups you filled in on page 1 to show your current eating habits. Now look at those on page 2 that show healthy meals.

What would need to change to make page 1 look more like page 2? Show one or two changes below that you would be willing to make. Use the foods listed on page 3 to help you.

Breakfast



Lunch



Dinner

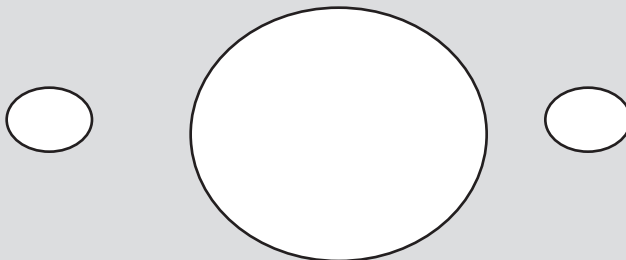


Plate at least one meal every day this week to match the changes you show here.



A healthier life is on the line for you!

UPMC HEALTH PLAN