

# Choose Well

## Introduction

Welcome to the Virtual Self-guided Wellness Exhibit **Choose Well**. This learning module contains 5 posters and takes approximately 10 minutes to complete.

Before you get started, print the **Passport to Nutrition: Choose Well** which is on the next page of this Virtual Exhibit. Answer the questions on the Passport as you go through the Virtual Exhibit to reinforce your learning.



# Passport to Nutrition: Choose Well



Name: \_\_\_\_\_

Answer these questions as you go through the educational exhibit to reinforce your learning.

## Exhibit 1: Easy Steps To Selecting Healthy Packaged Food

When selecting a packaged food, look for products that have \_\_\_\_ grams of fiber per \_\_\_\_ calories.

## Exhibit 2: Where's All That Sugar Hiding?

List foods would you like to minimize in order to reduce the amount of sugar you are consuming:

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## Exhibit 3: Salt And Sodium

List foods would you like to minimize in order to reduce the amount of salt you are consuming:

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## Exhibit 4: Replace Salt With Herbs And Spices For Flavor

Dried herbs are recommended for uncooked dishes such as salads and salsas.

True or False

## Exhibit 5: Easy Steps To Shop For Healthy Ingredients

The healthiest foods are found around the perimeter of the store.

True or False



# EASY STEPS TO SELECTING HEALTHY PACKAGED FOOD

## Step 1:

### Check ingredients and use these guidelines

- The fewer the ingredients, the more pure the food is.
- If you can't pronounce the ingredient, it probably is a non-food ingredient.
- If it sounds like a chemical, it probably is a preservative, food additive, manufactured sugar or artificial sweetener.
- Ingredients are organized by weight.
- Reject foods that are high in added sugars and salt.

## Step 2:

### Check nutritional facts and use these tips

- Check serving size and calories per serving.
- Select products that are low in saturated fat.
- Select products that are low in added sodium and sugar.
- Select products that are high in fiber — target 3 grams of fiber per 100 calories.
- Select products that have essential vitamins and minerals.
- Avoid products with partially or fully hydrogenated oils.

WHERE'S ALL THAT  
**SUGAR  
HIDING?**  
THERE ARE 68 NAMES  
FOR SUGAR



**Store bought condiments are loaded with sugar:**

Ketchup, BBQ sauce, soy sauce, bottled salad dressings, sweet pickle relish, mayonnaise, hot sauce, salsas, honey mustard, tartar sauce, horseradish, and jelly.

**Beware of the added sugar in these items:**

- Flavored milks and yogurts
- Energy and granola bars
- Canned and packaged soups, packaged sauces including pasta sauce
- Breads and cereals
- Flavored coffees
- Canned vegetables and beans
- Fruit canned in syrup



## The Salty Six



### Breads and Rolls

People typically consume breads several times a day. Check labels on breads to find low-sodium varieties.

1



### Cold Cuts and Cured Meats

Limit or avoid processed meats, they can cause cancer and they are loaded with sodium.

2



### Pizza

A slice of pizza with several toppings can contain more than half of your daily recommended sodium. Limit the cheese and replace with more vegetables.

3



### Poultry

Sodium levels in poultry can vary based on preparation methods.

4



### Soup

Sodium in one cup of canned soup can range from 100-940 mg — more than half of your daily recommended intake.

5



### Sandwiches and Burgers

A sandwich or burger from a restaurant can contain more than 100 percent of your recommended daily sodium. Instead, try half a sandwich with a salad.

6

1,500 milligrams of sodium recommended daily upper limit

## SALT AND SODIUM



More than 75% of the sodium we consume comes from processed, packaged, and restaurant foods. Even if you never use the salt shaker, you're probably exceeding the daily sodium limit of 1,500 milligrams.

### Tips to Reduce Sodium

- Choose whole foods.
- Purchased reduced or low sodium items.
- Use spices, herbs, fruit juice, vinegar, and wine to provide flavor.
- Rinse canned foods such as vegetables or beans before use to reduce sodium.
- Roast or grill several chickens and extra breasts at one time. Thinly slice for use in sandwiches and salads.



# REPLACE SALT WITH HERBS AND SPICES FOR FLAVOR



## Fresh Herbs

- Use fresh herbs for uncooked dishes such as salads and salsas.
- Add fresh herbs to cooked dishes just before serving as a garnish.
- To infuse oils with herbs, simply pick your favorite fresh herb and lightly bruise it to release its flavor. Place in a glass jar and cover with warmed olive oil.



## Dried Herbs and Spices

- Use dried herbs for marinades, slow-cooked stews, and soups.
- Since dried herbs have more concentrated flavors than fresh — a much smaller amount is needed in cooking, usually a third to half as much.
- Many spices and herbs are mixed together to impact a distinct flavor — Indian curries, Mexican mole.



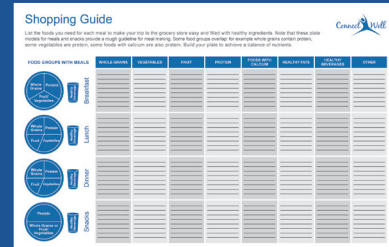
## Spices and Herbs from Around the World

Type of Cooking	Spices Used
<b>Cajun</b>	Allspice, bay leaves, cayenne, chili, cloves, dill seed, garlic, lemon, onion, mustard seed, oregano, paprika, peppercorns, thyme, and Tabasco sauce.
<b>Italian</b>	Basil, fennel, garlic, rosemary, bay leaf, chives, dill leaves, marjoram, tarragon, oregano, and thyme. To add hotness to dishes, use cayenne, crushed red pepper, curry powder, Tabasco, ginger, and dried mustard.
<b>Mexican</b>	Basil, cayenne, chilies, cinnamon, coriander, cumin, fennel, mint, nutmeg, oregano, sage, and thyme.
<b>Indian</b>	Allspice, anise seed, cardamom, chillies, cinnamon, coriander, cumin, curry, fenugreek, garam masala, garlic, ginger, mace, nutmeg, mustard seed, pepper, poppy seeds, sesame seeds, turmeric (gives curry the yellow color).
<b>Asian</b>	Anise, cilantro, chives, cinnamon, curry, five spice, garlic, ginger, ginseng, kelp, lemon grass, licorice root, mustard, parsley, and sesame seeds.

# EASY STEPS TO SHOP FOR HEALTHY INGREDIENTS

## 1. Make a List

Use a variety of tools to plan your shopping visits. This will help you stay focused and avoid impulse buys.



## 2. Shop the Bulk Bin Section

The bulk bin section is a great alternative to packaged foods. Select whole grains, cereals, beans, pastas, herb, spices, and dried fruit from the bulk bin section.



## 3. Shop the Perimeter of the Store

The fresh and perishable items are on the perimeter of the store where you select fruits, vegetables, fish, meat, dairy, and eggs.



## 4. Check the Dates

To ensure freshness, check the date on packaged food.



## 5. Visit Farmers' Markets and Local Specialty Stores

Stop by your local Farmers' Market to pick up fresh fruits and vegetables that are in season, your local bakery for freshly baked goods, and the local butcher for fresh meats.



# Choose Well

## Close

We hope you enjoyed the Virtual Self-guided Wellness Exhibit **Choose Well**. The Exhibit shared nutrition education and tools and techniques that will help you to select and shop for healthy ingredients, reduce your salt intake and season with herbs and spices. You are now ready for the **Choose Well Challenge** to put these practices into daily living.

