



Healthy Eating for Your Brain and Body



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER



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For more health information, go to wexnermedical.osu.edu/patiented or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

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For a digital copy of this book, please visit go.osu.edu/pted4739.

Why Worry About Eating Healthy Foods?

Over the past century, the number of chronic, diet-related diseases has gone up. About half of all American adults have one or more preventable chronic diseases like these:

- Obesity and being overweight
- High blood pressure
- Diabetes
- Heart disease
- Some cancers

Nutrition can also affect your mental health in addition to your physical health.

- Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year
- 46% of Americans will meet the criteria for a diagnosable mental health condition sometime in their life.

How we eat and the amount of activity we get plays a large role in these health problems. Eating more healthy foods lowers the risk of getting many of these diseases. Eating better and moving more also helps our brains work better. Some foods help our brains repair damage by building new brain cells and lowering stress on our brain.

How we eat has a huge effect on our overall health, including the health of our brains.



If we eat better, we will be healthier. So why don't we do this? The answers are not simple. Many factors can make doing these healthy behaviors more challenging. Here are a few examples:

Eating More Healthy Foods	Eating More Unhealthy Foods
Often sold in grocery stores or farmer's markets	Sold in more places, such as grocery stores, gas stations, carry-out, and vending machines
Many foods, like fruit, fish, and nuts can be expensive	Most foods are cheap, such as soda, chips, and cookies
Often need to be prepared or cooked before eating	Often ready to eat
Taste good	Taste "better" due to high salt, sugar, and fat

What can you change by eating better?

- **You can feel better.** You will mostly likely have more energy and be able to think more clearly.
- **You can improve most health conditions.** Most people will see their numbers go in the right direction, like lower blood pressure and lower blood sugar levels.
- **You can sleep better.** Within a couple of months, sleep is often improved.
- **You may find it easier to deal with problems.** When you eat regularly and choose healthier foods, you may find that making decisions are easier. You have a "full tank" instead of running on empty all day.
- **You may be more successful in achieving sobriety.** Proper nutrition and hydration can aide the healing process from substance misuse by restoring physical and mental health.
- **You may have better mental health.** Our food choices can impact our mood. Some diet patterns have been found to reduce the risk of mood disorders such as depression.

What may not change by eating better?

- **You will still have struggles, like everyone.** Your bills will still be there, and difficult relationships won't change.
- **You may not get totally off your medicine for certain health problems.** Eating and exercising may make you healthier but may not completely rid you of all health problems.

Nutrition and Mental Health

A diet including healthy foods, such as vegetables, fruits, whole grains, and healthy fats, has been shown to lower the risk of depression and anxiety. Specific nutrients play a crucial role in this process and are often lacking in the average diet.

Fiber

There are billions of good bacteria in your intestines. They play an important role in your overall health and your brain health. These good bacteria are fed by fiber and help your brain make neurotransmitters, like serotonin. Serotonin makes you feel good and calm.

Fiber is found in plant foods like vegetables, fruits, whole grains, and legumes (beans and lentils).

Omega-3 fatty acids

Essential for brain health and help reduce inflammation in the body.

Omega-3's are found in oily fish and plant-based foods, like salmon, mackerel, sardines, anchovies, walnuts, flax, hemp seeds, chia seeds, Brussels sprouts, kale, and spinach.

B vitamins

This group of vitamins help your nervous system work correctly and can boost immune function. People who are deficient in vitamin B12 and/or folate (folic acid) may have a higher risk for depression.

Vitamin B12 is found in animal foods, such as fish, beef, poultry, milk, and eggs. Folate is found in plant-based foods, such as green leafy vegetables, legumes (beans and lentils), and whole grains.

Vitamin D

Is needed for many things, like your immune system, muscle function, healthy bones, as well as optimal brain functioning and mood. Low levels of vitamin D are linked to depression.

Vitamin D is found in salmon and other fatty fish, milk, yogurt, eggs, fortified foods, or by taking a supplement as prescribed by your healthcare provider or pharmacist.

Mediterranean diet supports a healthy mood

The Mediterranean diet encourages eating lean proteins, low fat dairy products, and high fiber foods while limiting foods high in saturated fat and added sugars. This eating pattern is a “way of eating,” not a diet with rigid guidelines. Its use has been linked to a decrease in symptoms of depression. For more information, visit go.osu.edu/3918.

Nutrition and Substance Use or Misuse

Substance use or misuse can affect your health, causing loss of appetite, poor food choices, gastrointestinal problems, or organ damage. People who are dealing with mental or emotional health issues should avoid these substances.

Alcohol

- As a depressant, it can cause you to feel depressed and sad.
- As an appetite stimulant, it can make you more hungry than usual after you drink. It also lowers your body's ability to burn fat as energy, which can lead to weight gain.
- As people drink more alcohol, they may start to skip meals or drink instead of eating. This can lead to not eating enough healthy foods, which can cause health problems.
- Alcohol can negatively affect brain function:
 - At first, alcohol increases the neurotransmitter dopamine, which makes a person feel good.
 - But over time, alcohol increases loss of memory and coordination, and lowers the ability to grow new brain cells.
- Drinking alcohol can raise the chances of getting different types of cancer and liver disease. It can also harm the pancreas, which is important for digestion and blood sugar control.

Marijuana

- Marijuana can increase the appetite, especially for unhealthy “junk” foods. Eating too much of these foods can lead to weight gain and not getting enough nutrients over time.
- Regular marijuana users may not get enough essential fatty acids, like omega-3 and omega-6. This lack can weaken their immune system and make it harder for wounds to heal.

Opioids

- Common side effects of taking opioids are constipation, nausea, and vomiting.
- As opioid use increases, these side effects can lead to not eating enough food, which can cause malnutrition.

Stimulants

- These substances can cause increased energy or euphoria and decreased appetite.
- Users may stay up for extended periods of time repeatedly using the drug. This can lead to dehydration and not eating enough food, which can cause malnutrition over time.

Nutrition for Recovery

The role of good nutrition in your recovery

Long term substance misuse can negatively affect both the mind and body. Good nutrition can help heal and repair damage done from chronic substance misuse and increase the chances of staying sober.

Good nutrition can:

- Repair damage to organs and tissues
- Improve immune defenses
- Increase energy
- Improve mood
- Reduce risk of relapse due to fatigue or depressed mood

Eating habits to improve mood and energy

- **Eat regular meals to keep your energy steady all day.** If you wait too long between meals, you might get very hungry and make unhealthy food choices.
- **Drink plenty of water to stay hydrated.** It helps digestion and can reduce food cravings.
- **Make most of your foods at home** to better control what you are eating.
- **Add healthy foods to your diet before thinking about what to cut out.** Healthy foods will help you feel better and make it easier to eat less of the not-so-healthy options.
 - **Choose complex carbohydrates, like vegetables, fruits, and whole grains.** Complex carbohydrates are high in fiber, and they help to keep your blood sugar levels steady. This can lead to a more stable mood.
 - **Eat foods that are high in protein and fiber at every meal.** These foods help you feel full, which can prevent overeating. They also support muscle repair and boost your immune system.
 - Foods high in protein include: poultry, beef, pork, fish, eggs, dairy, legumes (beans and lentils), nuts, seeds, tofu, and tempeh.
 - Foods high in fiber include: vegetables, fruits, whole grains, legumes (beans and lentils), nuts, and seeds.
- **Cut back on caffeine slowly.**
 - Caffeine can make you dehydrated and reduce your appetite. This may cause you to not eat enough healthy foods.
 - Instead of stopping all at once, try to drink a little less each day. This will help you to avoid symptoms of withdrawal, such as headaches.
- **Limit or avoid highly processed foods,** which often contain added ingredients like, sugars, unhealthy fats, salts, and artificial additives. These foods may make you feel full, but they do not provide many nutrients.
- **Look for healthier options to eating refined sweets.** Ideas include eating fresh fruit, dried fruit, dark chocolate (at least 70% cocoa), yogurt, and nuts.

Functional Foods

Sleep and Pain

Functional foods are foods that can have a positive effect on health beyond basic nutrition.

Foods that may help with sleep

- Foods rich in **magnesium**, like spinach, avocado, quinoa, bananas, nuts (almonds, cashews), seeds (hemp, pumpkin, flax), beans, and lentils.
- Foods rich in **tryptophan**, like milk, yogurt, cottage cheese, salmon, turkey, edamame, and pumpkin seeds.
- Foods rich in **vitamin B6**, such as animal proteins, like fish, chicken, turkey, pork, eggs, and milk, along with whole grains and soy products, such as edamame or tofu.
- Foods rich in **fiber**, like brown rice, quinoa, barley, and oats, as well as other fiber rich foods like fruits, vegetables, and legumes (beans and lentils).

Foods that may interfere with sleep

- **Afternoon caffeine:** It can take 6 hours for your body to process and eliminate just half of the caffeine you drink in 1 sitting. If you're drinking coffee to make it through the afternoon slump, it could be keeping you awake at night. Caffeine is also a stimulant that can also increase feelings of nervousness.
- **High fat or spicy foods at night:** Large amounts of fat slow down digestion and can cause heartburn, leaving you feeling uncomfortable, which can interfere with sleep quality. Spicy foods also can be a trigger for indigestion or heartburn.
- **Alcohol at night:** While alcohol might fuel deep sleep in the beginning of the night, the second half of your slumber will likely be more interrupted. Drinking alcohol can make you wake up more often at night and miss out on deep sleep. This means you may not feel rested in the morning.
- **High sugar foods at night:** Sugar digests rapidly in your system, causing quick and high spikes in your blood sugar. These blood sugar spikes could throw off some of your sleep hormones, leading to less restful sleep.

Diet that may help with pain

The anti-inflammatory diet is a plant-based diet, which limits added sugar, processed foods, and cooking methods that can cause inflammation. Following this diet may help reduce chronic pain. For more information, visit go.osu.edu/pted4174.

Functional Foods

Calm and Relaxation

These nutrients in foods promote feelings of calm and relaxation.

Nutrient	Found in These Foods
Antioxidants	Apples, berries, citrus fruits, garlic, onions, and green tea
Fiber	Vegetables, fruits, whole grains, and legumes (beans and lentils)
Magnesium	Pumpkin seeds, spinach, avocado, bananas, nuts, seeds, legumes (beans and lentils)
Omega-3 Fats	Salmon, mackerel, sardines, anchovies, walnuts, flaxseed, soybeans, grass-fed meats, pasture-raised or fortified eggs
Probiotics	Fermented foods like sauerkraut, kefir, and yogurt



Starting a New Eating Pattern

As you start your journey toward healthier eating, changing how and when you eat can make a big difference in how you feel. Take a moment to reflect on whether your current habits support your nutrition goals or work against them to figure out where you need to make change.

What is an eating pattern?

This is how you eat, day in and day out. It includes:

- The types of foods and beverages you eat.
- The amount of food you eat.
- The times of day you eat.
- Eating the same number of meals day to day.
- The balance between the calories you eat (energy in) and the energy you burn (energy out).

A Healthy Eating Pattern

You are following a healthy eating pattern if you:

- Eat from all 5 food groups: vegetables, fruits, grains, dairy, and protein foods daily. And within each food group, you choose foods with more nutrients, such as 100% whole wheat bread instead of white bread.
- Eat the right amount of food and calories your body needs for a healthy weight.
- Eat 3 to 4 meals a day at consistent times.
- Limit highly processed foods, such as packaged meals, lunch meats, and baked goods.
- Drink sugar free and caffeine free beverages, such as water.
- Balance calorie intake with your energy needs.

An Unhealthy Eating Pattern

You may be following an unhealthy eating pattern if you:

- Skip meals often.
- Eat few vegetables, fruits, and whole grains.
- Eat a lot of highly processed or convenience foods.
- Drink sugar-sweetened or high caffeine beverages regularly.
- Eat more calories than are burned, which leads to weight gain.

What is considered a healthy eating pattern is based on years of research to show what kind of foods, amount of food, meals, and timing of meals are healthiest for people.

No matter what type of eating pattern you have, you can always make small improvements or “shifts” toward a healthier eating pattern.



The 5 Food Groups

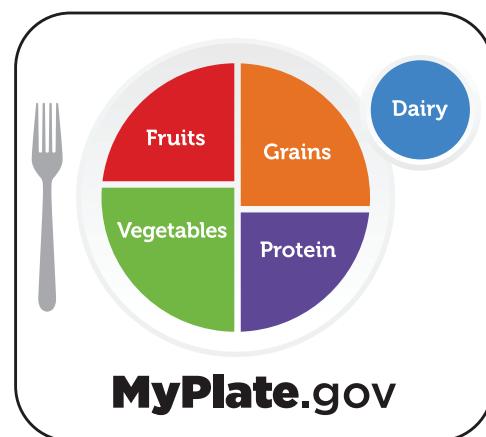
-
- Vegetables** – broccoli, spinach, carrots, peppers, squash, zucchini
 - Fruits** – berries, apples, bananas, oranges, melons
 - Grains** – bread, pasta, rice, cereal, tortillas
 - Dairy** – milk, yogurt, cheese and nondairy milk alternatives, like almond milk
 - Protein** – meat, fish, poultry, eggs, beans, nuts

Each food group is important because there are vitamins, minerals, protein, carbohydrates, fats, and other nutrients found in each group that are not found in the other groups.

For example:

- Most fruits are high in vitamin C, but they are low in protein.
- Meat is high in protein, but it is low in vitamin C.

By eating a variety of foods, your body gets a variety of nutrients. If you skip or only eat a few foods in a food group, you miss out on nutrients.

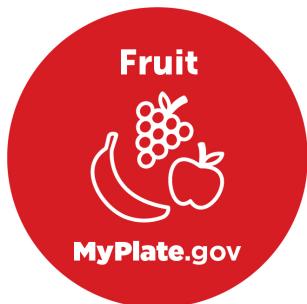


What to eat



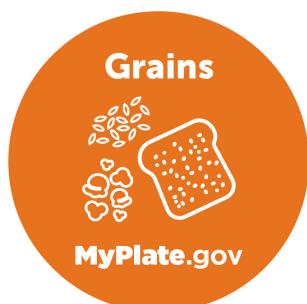
Make 1/2 your plate vegetables and fruits and vary your veggies.

- Eat 2½ to 3 cups of vegetables a day.
- Buy canned vegetables labeled “reduced sodium,” “low sodium,” or “no salt added” or frozen vegetables without sauces added.
- Avoid adding extra fats and salt when preparing. Add flavor with herbs and spices, such as the examples on page 24.



Make 1/2 of your plate vegetables and fruits and focus on whole fruits.

- Try to eat fruit at least 2 times a day.
- Choose whole fruits, not fruit juice.
- Fruit can be fresh, frozen, or canned.
- If using canned fruit, drain and rinse off all liquid.



Make 1/2 of your grains whole grains.

- Look for labels that say “100% whole grain” or “100% whole wheat” to get more nutrients.
- Use whole grain bread, tortillas, rice, and pasta.
- Look for a whole grain as the first ingredient on the food label.



Move to low fat or fat free milk or yogurt.

- Try to include a serving of dairy at 2 to 3 meals.
- Consider lactose free milk, soy, almond, or rice milk alternatives if you do not tolerate regular dairy.



Vary your protein foods.

- Eat a variety of proteins, like meat, poultry, seafood, eggs, beans, and nuts.
- Choose the leanest beef and pork you can find and remove any visible fat.
- Remove skin off poultry before eating. It is okay to leave it on while cooking.

The Lowdown on Fats

The fats in foods you eat are needed for many parts of your body to function well. There are healthy fats and unhealthy fats:

- If you do not get enough healthy fats in your diet, your body will not work as well, especially your brain. Eating healthy fats regularly may decrease your risk of depression or other mood disorders.
- If you eat too many unhealthy fats, you are more likely to have chronic health problems.

Healthy fats

- Vegetable oils, such as olive, canola, avocado, and grapeseed oils
- Avocado
- Nuts
- Seeds
- Olives
- Fish, which contain omega-3 fats, like salmon



Unhealthy fats

- Solid fats, such as butter, lard, bacon grease, and coconut oil
- Fatty red meats, such as steak, ribs, and T-bone
- Full fat dairy products, such as whole milk, cheese, ice cream, and heavy cream
- Poultry with skin
- Stick margarine or shortening, which contains trans fat
- Palm or palm kernel oil, which is found in many baked goods and snack foods



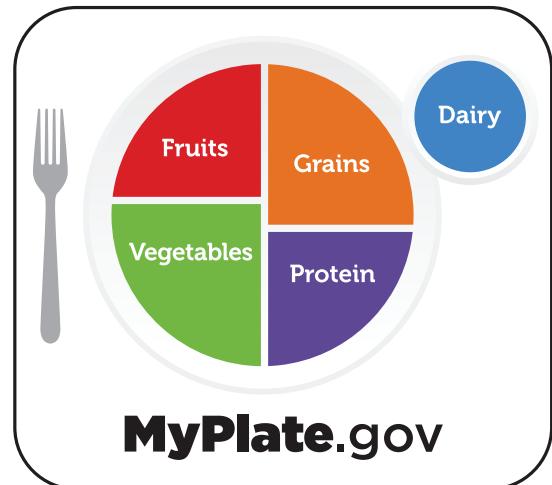
Putting It All Together

What Eating Healthy Looks Like in Real Life

MyPlate.gov uses a symbol for the 5 food groups that makes it easy to see if you are eating a balanced meal. This gives you a good idea of how to eat healthy with just one picture.

As you can see, fruits and vegetables should be about $\frac{1}{2}$ of your plate and the other $\frac{1}{2}$ should be split between grains and protein.

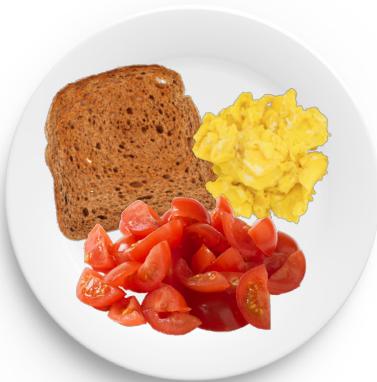
Add a serving of dairy, like low fat milk or yogurt, or drink water or unsweetened tea or coffee to make your meal complete.



Sample menu using MyPlate

Breakfast

Scrambled eggs with whole wheat toast, and tomato wedges



Lunch

Low fat chicken salad on lettuce with whole wheat crackers, sugar snap peas, celery, and carrots



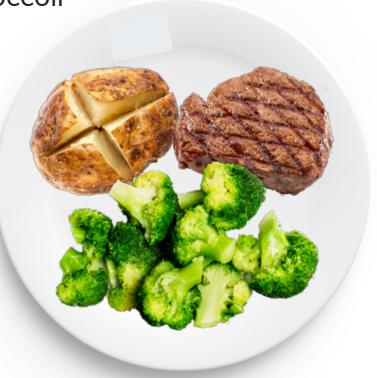
Snack

Low fat milk and an orange



Dinner

Baked potato, lean beef, and broccoli



Snack

Greek yogurt and blueberries



Foods to Limit: Where Are They?

We've gone over how important it is to eat healthy foods. Now, we need to explain why limiting unhealthy foods is important for brain health too. Most people eat too much sugar, saturated fat, and sodium(salt). Research shows us that eating large amounts of added sugars, saturated fat, and sodium raises the risk of many health problems, including mental health. Also, by eating foods that have a lot of these ingredients in them, we are likely eating less of the healthier foods.

Small shifts to eat better

You do not have to give up all your favorite foods to eat better. Focus on small shifts that will move you from eating these foods often to eating them less often.

Food Part	Where Commonly Found	Replace With or Limit
Added Sugar	Beverages, such as soda, sweet tea, fruit-flavored drinks, sports drinks, etc.	Water (plain or sparkling), low fat milk, unsweetened tea, or coffee
	Snacks and sweets, such as cookies, cakes, candy, ice cream, brownies, doughnuts, syrups, jam, and jelly	Fruit, lower sugar sweets, like graham crackers and lower sugar Greek yogurt Use less jam and jelly or buy reduced sugar or no sugar added versions
Saturated Fat	Burgers and sandwiches	Make your own with lower fat meat and sauces
	Pizza	Eat a smaller portion, pair with a salad, and leave off fatty meats and add veggies instead
	Higher fat protein foods, like beef, pork, and chicken with skin	Choose more seafood, lean beef, and pork, and remove skin from poultry
	Cheese	Use lower fat versions and use less cheese or eat less often
Sodium (Salt)	Burgers and sandwiches	Make your own with lower sodium ingredients, such as meat, bread, and condiments
	Pizza	Eat smaller portions and leave off salty meats
	Processed meats and lunch meats	Cook your own meat for sandwiches
	Pasta and rice dishes	Use lower sodium ingredients
	Soup	Use lower sodium broth and other ingredients

What is one food shift you could make in each category?

Food Part	Shift from:	Shift to:
Added Sugar		
Saturated Fat		
Sodium (Salt)		

Caffeine: Is it good or bad?

Caffeine is a stimulant. It is naturally found in some plant foods like tea leaves, coffee beans, and cocoa beans. It is also added to some beverages, like cola and energy drinks. It is not a nutrient.

- For most people, caffeine in moderation appears to be safe.
- Caffeine affects people differently. Some are more sensitive and may need to limit more than others.

What is the recommended amount to eat?

- 400 milligrams of caffeine a day appear to be safe for most people.
- Some groups, like children and pregnant women, should eat less.

Some beverages, like coffee and tea, have other compounds in them that are good for us, but some of these beverages can also have a lot of added sugar. **Choose ones that are plain or low calorie.**

Shift to a Healthy Eating Pattern

Making a sudden and drastic change to your diet and lifestyle is rarely sustainable. Small shifts are easier to stick with and add up over time to an eating pattern that is healthy and allows you to enjoy familiar foods in a different way. Your eating pattern can reflect your traditions, culture, and budget.

Small shifts to try

From	To
Skipping breakfast	A banana with peanut butter
Sugary cereals	Oatmeal topped with cinnamon and walnuts
Yogurt parfait from fast food restaurant	Low sugar, low fat Greek yogurt with berries
Cappuccino, latte, or macchiato	Black coffee with low sugar protein drink as creamer
Muffin or pastry from store	Low sugar, high fiber granola or protein bar
Italian sub with mayo	Lean roast beef sandwich on whole grain bread with mustard, onion, and lettuce
Potato chips	Lightly salted nuts or a rice cake
Fruit snacks	Apple slices and peanut butter
Sugary sodas	Sparkling water with lemon or lime
Chili made with ground beef and topped with sour cream	Extra-lean ground beef; add extra beans and vegetables; top with plain non-fat Greek yogurt or avocado slices
Salad with iceberg lettuce, bacon bits, croutons, and ranch dressing	Mixed green salad with tomato, cucumber, mushroom, sunflower seeds, and low fat or olive oil-based dressing
Butter on vegetables	Olive oil spritzed on vegetables
Cream-based pasta sauce	Tomato-based sauce with extra veggies
Red meat for dinner daily	Fish or chicken 1 to 2 times per week
Ice cream	Low fat, low sugar vanilla yogurt with frozen berries

Barriers to Success

Why isn't it easier to make healthy changes? It may be:

- A lack of time to prepare healthy foods
- A tight budget
- A well-meaning friend or family member who shows his or her love by bringing home favorite sweet or salty junk foods

Whatever your barriers, there are solutions or strategies to address them.

Common barriers to healthy eating and some solutions

Barriers	Solutions
I get hungry between meals and end up getting fast food or snacks at the convenience store.	<p>Eat regular meals throughout the day to prevent hunger.</p> <p>Keep healthy snacks on hand, such as:</p> <ul style="list-style-type: none">• Individual bags of popcorn• Fresh fruit• Peanut butter and jelly on whole wheat bread
I wake up and am not hungry for breakfast.	<ul style="list-style-type: none">• Stop late night eating, especially after dinner.• Start with small amounts and build up to a meal.
I eat a lot of junk food at night.	<ul style="list-style-type: none">• Eat a consistent meal pattern, such as 3 meals a day and a small bedtime snack, if needed.
I'm too tired to cook.	<ul style="list-style-type: none">• Plan meals ahead of time.• Cook larger portions and freeze extras for easy reheating.
I lack the energy to exercise like I should.	<p>Aim for 30 minutes of exercise a day:</p> <ul style="list-style-type: none">• Start small and break it into shorter segments throughout the day• Any continuous movement counts• Build endurance over time
My spouse brings home my favorite donuts at least once a week.	Many people do not know that they are a barrier. Tell people clearly what you need from them to help you.

Eating Triggers

An eating trigger is anything that causes you to eat. Take a look at your eating triggers to learn more about why you eat.

Types of eating triggers

There are 4 broad types:

- **Physical triggers:** These are the signals your body sends to tell you that energy is needed. These are signs of true hunger.
- **Food triggers:** These are related to a specific food that causes overeating, not to be confused with your favorite foods or cravings. It is a food that you eat until it is gone regardless of mood, time of day, or place.
- **Emotional triggers:** These are feelings, good or bad, that lead to overeating. When dealing with an emotional trigger, it is not a specific food that is eaten, but rather any available food will do.
- **Situational triggers:** These are specific locations, people, activities, events, or times of day that lead to overeating. These triggers don't relate to a specific feeling or specific food available.

What are your eating triggers?

- **Activities:** Things that lead you to eat while you are doing them, such as going to the movies.
- **Events:** Occasions in which eating plays a major role, such as weddings, parties, and vacations.
- **People:** Other people who are eating and possibly offering you food.
- **Sensory:** The sight and smell of food beckons you to sample it, such as a coffee cake aroma.
- **Feelings:** Moods and emotions that lead you to turn to food, such as anger or boredom.
- **Time of day:** Particular times during the day that you relate with eating, such as bedtime.

To manage your eating triggers, focus on the 5 D's

Delay eating for 10 minutes to give yourself time to identify your trigger.

Determine what is going on. Am I hungry? Is there something else going on?

Distract yourself with an activity that requires your full attention, such as reading a book, doing yard work, or taking your dog on a walk.

Distance yourself physically from the temptation.

Decide how you are going to handle the trigger. Do you allow yourself a certain portion of the food? Do you write about how you are feeling in a journal? Do you remove the food, so it is not in easy reach? Do you eat a healthy snack before going to the movies?

Practice mindful eating to help decrease eating out of boredom or habit. To learn more, visit go.osu.edu/pted3366.

Are You Ready to Make Changes to How You Eat?

Making lifestyle changes without a plan is not the best way to succeed. Think about why you want to make these changes and how you will benefit. Lasting changes take time, patience, and practice to be successful long term.

Avoid trying to make too many changes too fast and “all-or-nothing” thinking. If you do not succeed at first, go back and try a different way to find what works for you.

Answer these questions to see how ready you are for change

Question	Answer
Why do I want to eat healthier?	
What will motivate me?	
What will challenge me?	
What support do I have?	
What results do I want to see?	
What will my everyday life look like if I am successful in meeting my goals?	

Quick and Easy Meal Ideas for Busy Days

Pair each meal with a salad or vegetable side and/or a piece of fruit.

Bean and Cheese Burritos Whole wheat or corn tortillas Canned low fat refried beans Chili powder or no sodium chili seasoning packet Low fat cheese, shredded Light sour cream or plain Greek yogurt Canned chopped green chilies Salsa	Tuna Melt Whole wheat English muffin Canned tuna packed in water, rinsed and drained Light mayonnaise Pickle relish (optional) Low fat cheese, shredded Chopped veggies of choice, such as red onion and celery Garlic or onion powder
Black Bean Veggie Fajitas Whole wheat or corn tortillas Canned black beans Frozen bell pepper strips Low fat cheese, shredded Light sour cream or plain Greek yogurt Salsa	Rice and Beans Instant brown rice Canned black or pinto beans Diced tomatoes, no salt added Frozen corn Low fat cheese, shredded Low sodium sauce of choice
Teriyaki Chicken Instant brown rice Frozen chicken tenderloins Frozen vegetable medley Small canned pineapple chunks, in juice, drained Low sodium teriyaki sauce	Mediterranean Chicken Whole wheat rotini pasta Frozen chicken tenderloins, boneless and skinless Diced tomatoes, no salt added Garlic powder or fresh garlic
Veggie Quesadillas Whole wheat or high fiber tortillas Part-skim mozzarella cheese, shredded Leftover veggies or frozen chopped vegetables Non-stick cooking spray for skillet Light sour cream or plain Greek yogurt Salsa	Stir Fry Instant brown rice Canned chicken breast Frozen stir-fry vegetables Small canned pineapple chunks, in juice, drained Low sodium teriyaki sauce
Veggie Hash Scramble Eggs or egg whites Frozen or fresh mixed vegetables Low fat cheese, shredded Hash browns, shredded	Pasta Whole wheat or spaghetti Diced tomatoes, no salt added Frozen vegetable medley Garlic powder or fresh garlic



Healthy Snacks

Snacking can be a part of a healthy diet, ensuring your body gets the energy it needs every 3 to 5 hours. A snack, as opposed to a treat, is a “mini meal” meant to provide nutrients your body needs. **Snacks that combine fruits, vegetables, or whole grains with protein are better at controlling appetite.**

Create a healthy snack

Choose 1 food item from the fruit/vegetable/whole grain list and 1 food item from the protein list to create a healthy, balanced snack, such as 1 cup non-starchy vegetables and $\frac{1}{3}$ cup hummus.

Fruit/Vegetable/Whole Grain

- 1 small apple
- $\frac{1}{2}$ large banana or pear
- $\frac{3}{4}$ cup blueberries
- $\frac{1}{2}$ cup fruit, such as grapes, pineapple, or peaches
- 2 tablespoons raisins
- 1 cup non-starchy vegetables such as carrots, cucumber, sugar snap peas, and bell pepper strips
- $\frac{1}{2}$ cup cooked oatmeal
- 5 to 6 whole wheat crackers
- 3 (2.5 inch) graham crackers
- $\frac{1}{2}$ whole wheat pita
- 1 slice whole wheat toast
- $\frac{1}{2}$ whole wheat toasted English muffin
- 1-2 rice cakes
- 3 cups popcorn with less than 3 grams of fat per serving

Protein

- 1 tablespoon natural peanut butter or other nut butter
- $\frac{1}{2}$ cup tuna, chicken, or egg salad made with light mayonnaise
- 1 hard-boiled egg
- 1 scrambled egg
- $\frac{1}{4}$ cup nuts, such as walnuts and almonds
- 1 ounce cheese
- $\frac{1}{2}$ cup low fat cottage cheese
- 6 ounces plain or light yogurt
- $\frac{1}{3}$ cup hummus
- 2 to 3 slices of low fat lunch meat
- 1 ounce jerky
- $\frac{1}{2}$ cup roasted chickpeas
- 1 ounce of seeds, such as sunflower and pumpkin

Flavoring Your Food with Herbs and Spices

In cooking, it is easy to add flavor and boost nutrition. Herbs contain plant compounds that help your body fight inflammation. Try adding some of these spices to get flavor without using salt!

Spice	Taste	Use With
Allspice	Flavors of nutmeg, black pepper, cinnamon, and clove	Variety of foods from marinades to meats to desserts
Basil	Sweet and strong	Italian dishes, soups, vegetables, and marinades
Bay leaf	Mild	Seafood, stews, most meats and vegetables
Caraway	Sweet and nutty	Breads, salads, cakes, and marinades
Chili powder	Spicy and hot	Soups, vegetables, chili, and spicy dishes
Cloves	Bittersweet	Fruits or as contrast in stews and spicy food
Dill	Mild and slightly sour	Most meats, vegetables, and dips
Ginger	Strong and peppery	Cakes, meats, vegetables, and Asian cuisine
Mint	Sweet, clean, and refreshing	Fruit salads, rice pilafs, and meat marinades. Can also use in place of basil for pesto.
Nutmeg	Warm and spicy	Baked goods, egg, and cheese dishes
Oregano	Herby	Meats, pastas, soups, and vegetables
Parsley	Mild pepper	Garnish in soups, salads, and sauces
Rosemary	Strong and piney	Meats, stews, and soups
Sage	Strong	Mostly with meats
Thyme	Lemony	Stuffing, stews, and beans
Tarragon	Aromatic and strong	Sauces, salads, and meat marinades

Recipe Substitutions

Instead of:	Use:
Whole and 2% milk	Fat free or 1% milk
Sweetened condensed milk	Fat free sweetened condensed milk
Evaporated milk	Fat free evaporated milk
Heavy or light cream	Fat free evaporated milk
Whipped topping	Fat free non-dairy whipped topping
Butter, shortening, or lard	Light or fat free tub margarine
Mayonnaise	Light or fat free mayonnaise
Sour cream	Plain low fat Greek yogurt, fat free sour cream
Cream cheese	Reduced fat or fat free cream cheese
High fat cheese	Reduced fat or fat free cheese
1 egg	2 egg whites or 1/4 cup egg substitute
Fat or oil for greasing cookware	Non-stick cooking spray
Ground beef	Lean ground skinless turkey or lean cut of beef
Sausage	Sausage substitute, soy-based
Bacon	Canadian bacon
Regular broth or bouillon	Low sodium broth or bouillon
Oil in baked goods	Equal amount of applesauce or fruit puree

More Resources

Check out these handouts for more information:

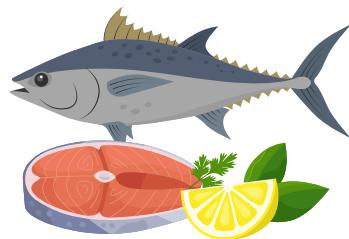
- For help reading food labels, review “Making Sense Out of Food Labels” at go.osu.edu/pted1173.
- For help in cutting the cost of eating healthy, review “Eating Healthy on a Budget” at go.osu.edu/pted1169.
- For help with preparing healthy foods, review “Cooking Basics” at go.osu.edu/pted4506.

My Notes

Eat Healthy Foods for a Healthy Brain



Seaweed and Shellfish



Oily fish



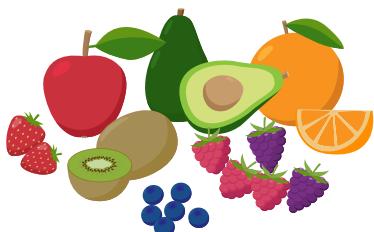
Turmeric



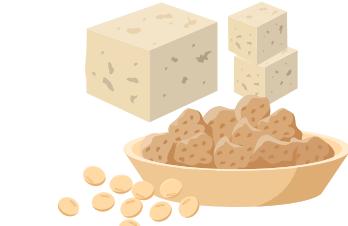
Olive and Coconut oil



Different nuts



Fruits and Berries



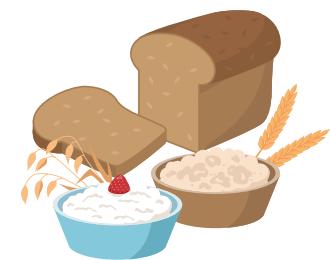
Soy Products



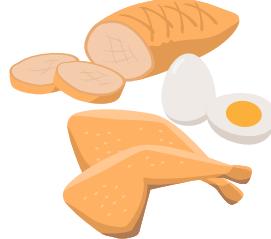
Vegetables



Coffee, Chocolate,
Green tea



Whole grains



Eggs and Chicken



Pumpkin, Sunflower
Seeds, Beans



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