



## COIN Weight Loss Program

### Fats, Fruits and Vegetables, Oh My!

#### Week 5:

This week you will:

- ✓ Continue using the COIN Approach to:
  - **O**mit unhealthy fats from your diet
  - **I**ncrease fruits, vegetables and healthy fats in your diet
- ✓ Think about strategies for improving your grocery shopping

### More on DASH and Mediterranean Diets: Fats, Fruits and Vegetables

This week, we continue to focus on the '**O**' and '**I**' in the COIN Approach. Remember, weight loss occurs when we **eat less, eat well, and move more!** So far in the COIN Weight Loss Program, you have been focusing on tracking and cutting calories and portions (while also getting those exercise minutes up!). You have learned about the DASH and Mediterranean Diets as approaches to eating well.

To review, both the DASH and Mediterranean Diets focus on **omitting less healthy fats** (the '**O**' in the COIN Method) and **increasing heart healthy fats, fruits and vegetables** (the '**I**' in the COIN Method). Below, we review tips for increasing fruits and vegetables and cooking with healthy fats. We then conclude with some tips for grocery shopping. Remember, **healthy eating starts with healthy planning and shopping!!**

#### Strategies for Increasing Fruits and Vegetables

- Keep healthy snacks in convenient locations. Make sure fruit and vegetables are cleaned and cut in advance to increase the likelihood that you will eat them when you are hungry.
- Fruits and vegetables make great snacks.
- Stir fruit into your cereal or yogurt.
- Add vegetables, such as diced onions or tomatoes to an omelet.
- Eat a big salad for lunch or dinner. Add a lean protein like fish or beans.
- Include vegetable toppings on pizza: onions, peppers and mushrooms taste great!
- Add vegetables to casseroles or pasta.
- Double your portion of vegetables at lunch and dinner.
- Have fruit or veggies instead of chips or fries.
- Have fruit as a dessert.

## Cooking with Healthy Fats

To remind you, **heart healthy fats** include Omega-3, monounsaturated, and polyunsaturated fats like fish, nuts, seeds, avocados and olive oil. **Unhealthy fats** include saturated and trans fats, such as high-fat meats, butter, whole-fat milk, partially hydrogenated oils, fried foods and processed foods.

- Have a meatless dinner!
  - Experiment with different ways of preparing tofu.
  - Choose beans, peas, or soy products.
- Purchase leaner meats, like turkey and pre-packaged boneless, skinless white chicken breasts. Look for seafood rich in omega-3 fatty acids, such as salmon, trout, and herring.
- Cut off visible fat from meats and skin from chicken.
- Stock your refrigerator at home and work with your favorite low-fat or nonfat milk, yogurt, cheese, and cottage cheese.
  - Munch on fresh vegetables with a low-fat dip.
  - Try a smoothie with low-fat milk or yogurt and fresh fruit.
  - Use low-fat or nonfat milk in your coffee or latte.
  - Try Greek Yogurt
- Avoid frying in oils. Bake in canola or olive oil.
- Use cooking spray instead of butter or oil.
- Adapt favorite high-fat recipes to be lower in fat.
  - Use low-fat cheese instead of regular.
  - Use low-fat/fat-free sour cream instead of regular.
  - Use skim-milk instead of whole milk.
    - Try almond milk or other milks such as coconut milk.
- Use olive oil in dressings and marinades.

## Improving your Grocery Shopping

- Think ahead about what you want to eat and drink each day.
- Avoid shopping when hungry.
- Shop the perimeter of the store. This is where you will usually find fresh, non-processed foods. Consider buying local for fresh fruits and vegetables.
- Stay away from the aisles where you are more likely to make impulse purchases.
- Be aware of how your mood or your energy level influences your purchases.
- Purchase only healthy foods so that only healthy choices are available in your home. Try to aim for a colorful shopping cart, with a variety of fruits and vegetables.
- Help do the shopping or plan ahead by making a shopping list with the person who shops for your household.

Please also read the following supplemental materials.

- DPP: Fats—Saturated, Unsaturated and Trans Fat
- CDC: How to Use Fruits and Vegetables to Help Manage Your Weight