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SMART Goals

What is SMART goal setting?

Goal setting can be a difficult task for some people. SMART goal setting is the easiest resource to create obtainable goals and to test the merit of existing ones. This worksheet is designed to help you create SMARTer goals. Begin by writing down a goal you would like to achieve then work through each letter of the word SMART. Each area will add more to your goal until you have a complete SMART goal.

5 Key steps:

Specific– The best smart goals will answer the questions such as who, what, when, & where.

Measurable– pertains to goals that are quantifiable

Attainable– goals should be written within your control and influence. Is the goal achievable with the given resources?

Realistic– Important to include goals that are consistent with the mission. Evaluate your situation and recognize which ones are realistic and far fetched.

Time-Bound– Goals with timeframes will provide a specific timeframe in which you want to accomplish your goals. A goal cannot be a goal with a timeframe attached to it.



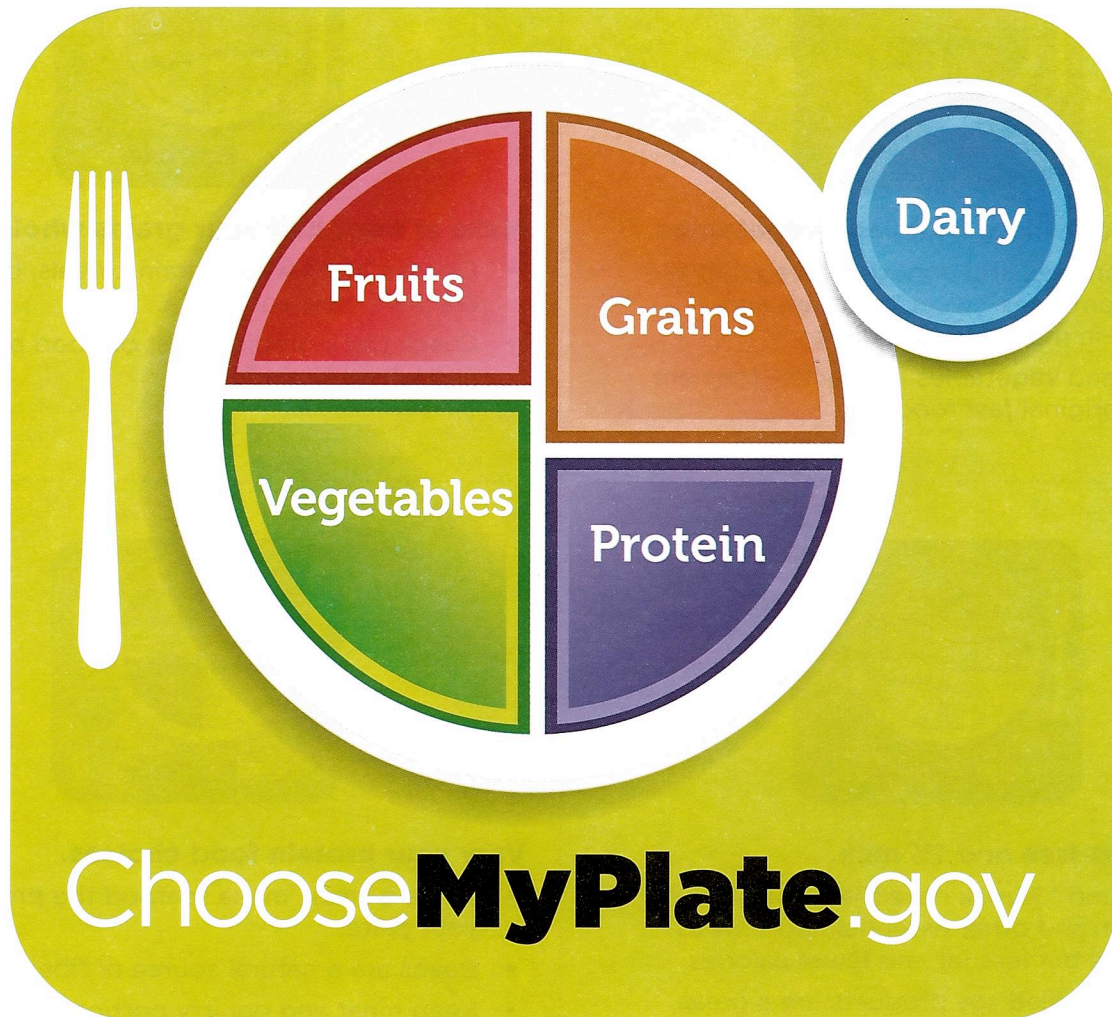
SMART Goals

Take a minute to write down your own SMART goals

“Create goals that set you on fire.”– Unknown

	Goal 1	Goal 2
Specific What is the desired result? (who, what, when, why, how)		
Measurable <ul style="list-style-type: none">• How can you quantify (numerically or descriptively) completion?• How can you measure progress?		
Achievable <ul style="list-style-type: none">• What skills are needed?• What resources are necessary?• How does the environment impact goal achievement?• Does the goal require the right amount of effort?		
Realistic Is the goal in alignment with the overall mission or strategy?		
Time-bound <ul style="list-style-type: none">• What is the deadline?• Is the deadline realistic?		

MyPlate



U.S. Department of Agriculture

Vegetables—Vary your veggies.

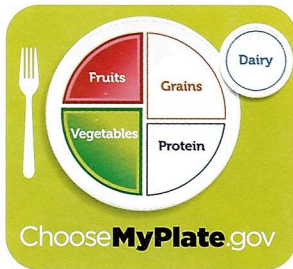
Fruits—Focus on fruits.

Grains—Make at least half your grains whole.

Dairy—Get your calcium-rich foods.

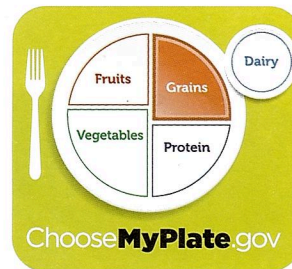
Protein Foods—Go lean with protein.

MyPlate Nutrition Tips



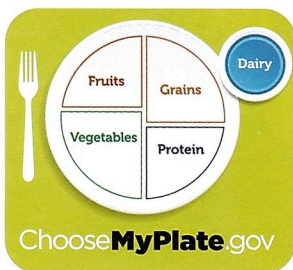
Make half your plate fruits and vegetables.

- Eat red, orange, and dark-green vegetables—such as tomatoes, sweet potatoes, and broccoli—in main and side dishes.
- Eat fruit and vegetables as snacks—they are nature's original fast foods.



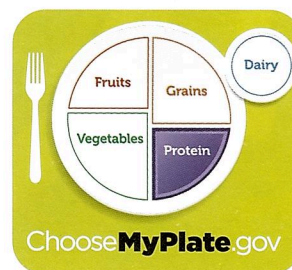
Make at least half your grains whole.

- Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- Check the ingredients list on food packages to find whole-grain foods.



Switch to fat-free and 1% milk.

- Fat-free and 1 % milk have the same amount of calcium and other essential nutrients as whole milk but less fat and fewer calories.
- Calcium-fortified soy products are a great alternative to dairy foods.



Vary your protein food choices.

- Twice a week, make seafood the protein on your plate.
- Beans are a natural source of fiber and protein.
- Keep meat and poultry portions small and lean.

Cut back on foods high in solid fats, added sugars, and salt.

- Drink water instead of sugary drinks.
- Select fruit for dessert. Eat sugary desserts less often.
- Add spices or herbs to season food without adding salt.
- Make major sources of saturated fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not everyday foods.

Eat the right amount of calories for you.

- Get your personal daily calorie limit at www.ChooseMyPlate.gov and keep that number in mind when you are deciding what to eat.
- Choose smaller portions.

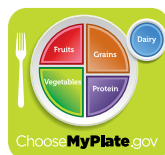
Be physically active your way.

- Pick activities that you like and start by doing what you can, at least 10 minutes at a time.
- Every bit adds up, and the health benefits increase as you spend more time being active.



United States Department of Agriculture

10 tips Nutrition Education Series



MyPlate MyWins

Based on the
Dietary
Guidelines
for Americans

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it for a lifetime. Choose foods and beverages from each MyPlate food group. Make sure your choices are limited in sodium, saturated fat, and added sugars. Start with small changes to make healthier choices you can enjoy.

1 Find your healthy eating style
Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need. MyPlate's tips help you create your own healthy eating solutions—"MyWins."

2 Make half your plate fruits and vegetables
Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.

3 Focus on whole fruits
Choose whole fruits—fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.



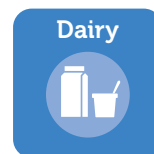
4 Vary your veggies
Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes. Choose a variety of colorful vegetables prepared in healthful ways: steamed, sautéed, roasted, or raw.



5 Make half your grains whole grains
Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice. Limit grain-based desserts and snacks, such as cakes, cookies, and pastries.



6 Move to low-fat or fat-free milk or yogurt
Choose low-fat or fat-free milk, yogurt, and soy beverages (soymilk) to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



7 Vary your protein routine
Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry. Try main dishes made with beans or seafood like tuna salad or bean chili.



8 Drink and eat beverages and food with less sodium, saturated fat, and added sugars

Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars. Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.



9 Drink water instead of sugary drinks
Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

10 Everything you eat and drink matters
The right mix of foods can help you be healthier now and into the future. Turn small changes into your "MyPlate, MyWins."

Portions¹³

The key is many SMALL portions



1 serving of meat, poultry or fish = 3 oz.



1 serving of rice or pasta = $\frac{1}{2}$ C



1 serving of cereal = 1 C



1 serving of cheese = $1\frac{1}{2}$ oz.



1 serving of vegetables = $\frac{1}{2}$ C
or 1 C leafy greens



1 serving of fruit = 1 C fresh,
 $\frac{1}{2}$ C cooked/canned or 1
medium-sized piece

Tips to stay on track:

- Use a smaller plate.
- Weigh portions on a scale.
- Check Nutrition Facts label for serving sizes.
- Measure the amounts bowls, glasses, cups and plates hold.

Portion Sizes



3 ounces of meat

is about the size of a
deck of cards



A medium apple

is about the size of a
tennis ball



1 serving of cheese

is about the size of
6 dice



1 serving of butter

is about the size of a
postage stamp



1/2 cup of ice cream

is about the size of a
tennis ball



1 cup of broccoli

is about the size of a
baseball



2 tbsp of peanut butter

is about the size of a
ping pong ball



1/2 cup of pasta

is about the size of a
tennis ball



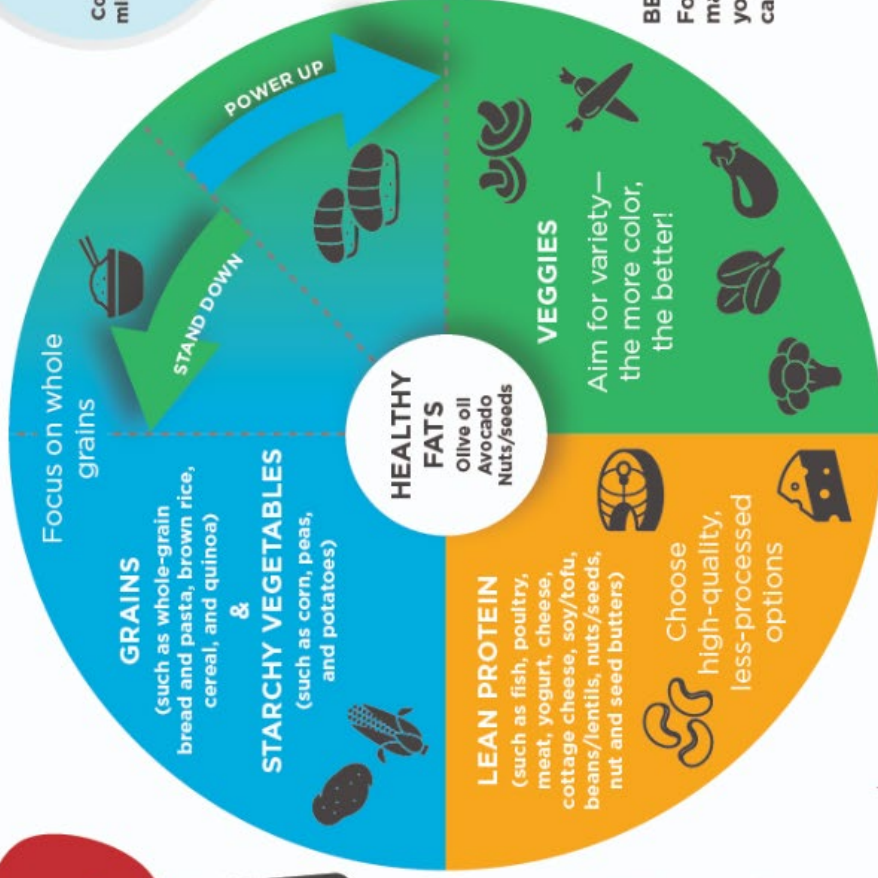
POWER PLATE

EAT TO FUEL YOUR PERFORMANCE



EAT MINDFULLY

- Slow down
- Take smaller bites
- Chew more
- Focus on flavor



POWER UP

Increase grains & starchy vegetables to 1/2 of your plate for intense training or operations

STAND DOWN

Decrease grains & starchy vegetables to 1/4 of your plate on easy/rest days or for weight loss

BE ACTIVE!

For optimal performance, match your portions with your activity level (this can change day to day)



Adapted from:
Team USA's Athlete's Plates
For more information, visit
HPRC-online.org/nutrition



HUMAN PERFORMANCE RESOURCES by CHAMP | HPRC-online.org

Recommended Resources

Healthy Nutrition Websites:

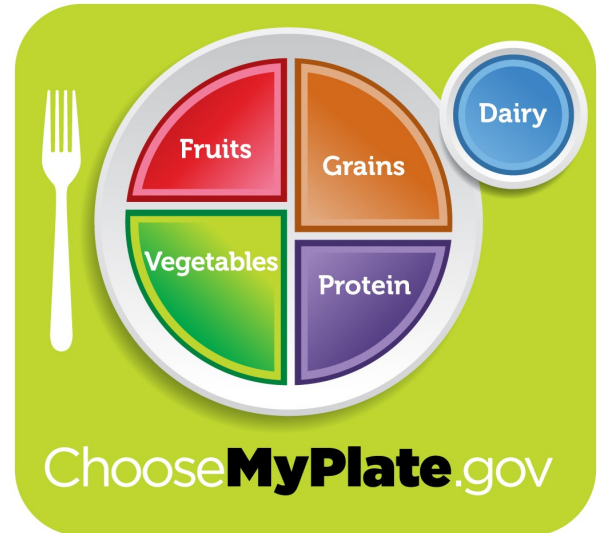
www.myfitnesspal.com

www.sparkpeople.com

www.eatright.org

www.choosemyplate.gov

www.calorieking.com



Organizations:



**AMERICAN COLLEGE
of SPORTS MEDICINE**



Physical Fitness Websites:

www.livestrong.com

www.exrx.net

www.exerciseismedicine.org

<http://www.acsm.org/access-public-information/brochures-fact-sheets/brochures>

Lose It!

myfitnesspal

fitbit

SPARKPEOPLE

CalorieKing





Eat Breakfast



Small, frequent meals



Portion control

Choose **MyPlate**.gov

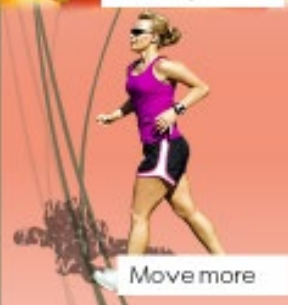


Healthy foods

Summary of Strategies



Get enough sleep



Move more



Build muscle



Organizations:

AMERICAN COLLEGE OF SPORTS MEDICINE

ACSM

ACSM

ACSM

ACSM

Physical Fitness Websites:

www.fitness.gov

www.fitness.gov

www.fitness.gov

www.fitness.gov

www.fitness.gov