



# Tips for a plant-centered diet cont'd

*Traveling, Eating out, Label reading, Portions, Cravings & More*

# Nutrition Facts

4 servings per container

**Serving size** 1 cup (227g)

Amount per serving

**Calories** 280

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# LABEL READING

Top tips

1. Serving Information →

2. Calories →

3. Nutrients →

# Nutrition Facts

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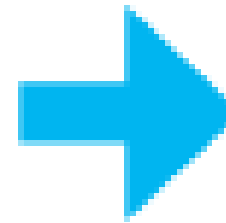
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4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

# Servings

1. Serving Information



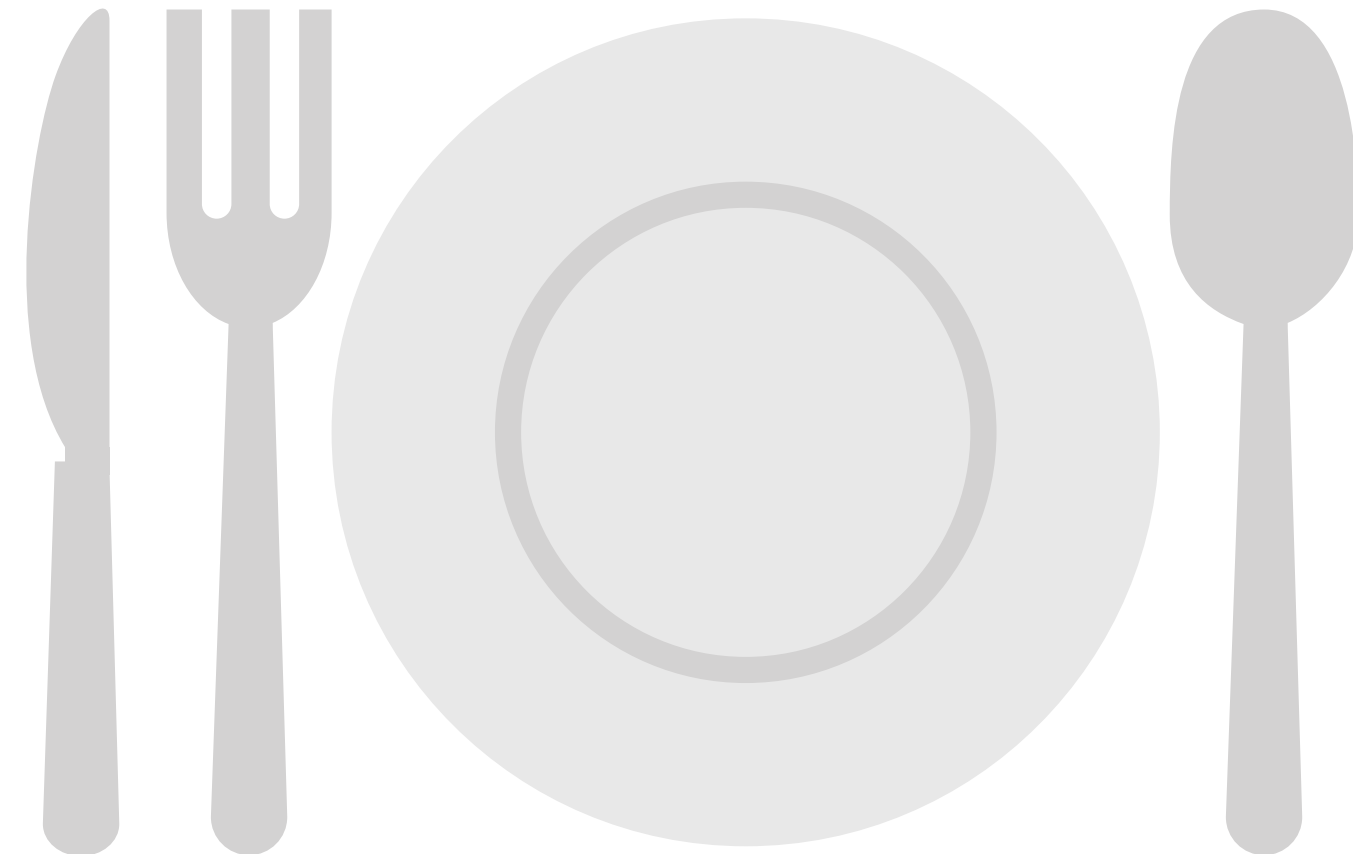
## Nutrition Facts

4 servings per container

**Serving size**      **1 cup (227g)**

**Serving size & servings per container**

Pay attention to the serving size, especially how many servings there are in the food package.





Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container		<b>Total Fat</b> 7g	<b>9%</b>	<b>Total Carbohydrate</b> 21g	<b>8%</b>
<b>Serving size</b> 2 cookies (29g)		Saturated Fat 2g	<b>10%</b>	Dietary Fiber 0g	<b>0%</b>
<b>Calories</b> per serving <b>140</b>		Trans Fat 0g		Total Sugars 13g	
		<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 13g Added Sugars	<b>26%</b>
		<b>Sodium</b> 85mg	<b>4%</b>	<b>Protein</b> Less than 1g	
Vitamin D 0mcg 0% • Calcium 9mg 0% • Iron 0.92mg 6% • Potassium 35mg 0%					

**Sneaky Servings**  
**560 cals in package**

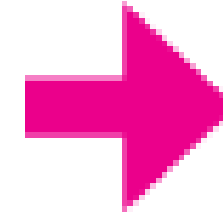
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# Calories

1. Serving Information



2. Calories



## Nutrition Facts

4 servings per container

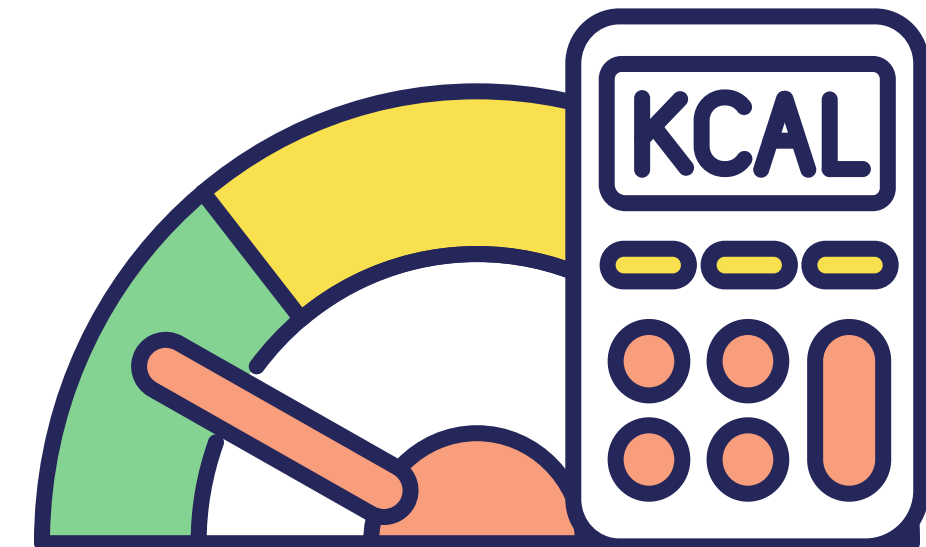
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Amount per serving

**Calories** 280

### Calories **per serving**

Pay attention to the serving size, especially how many servings there are in the food package. 1120 cals in package.



# Nutrients



3. Nutrients →

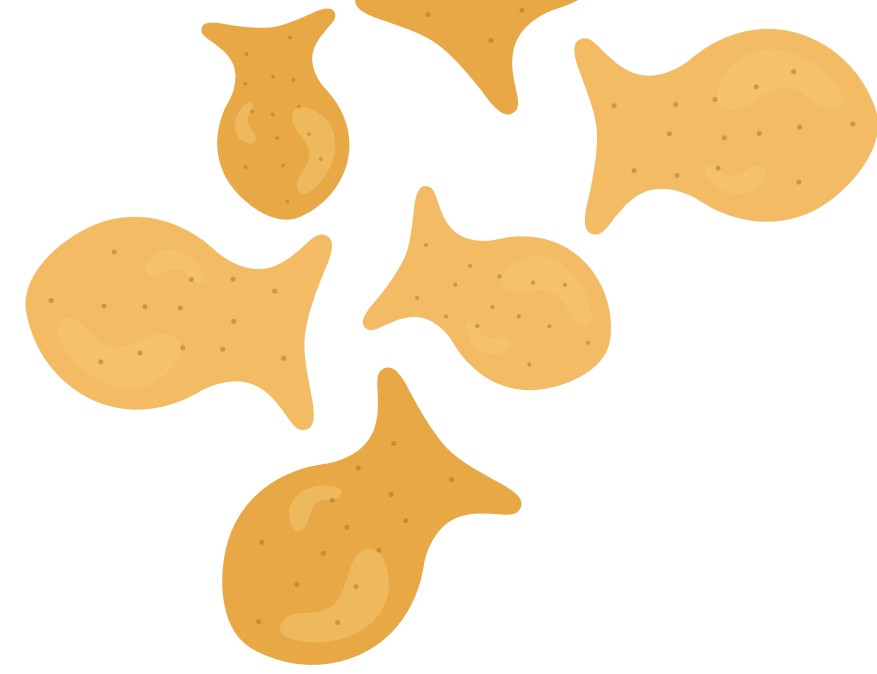
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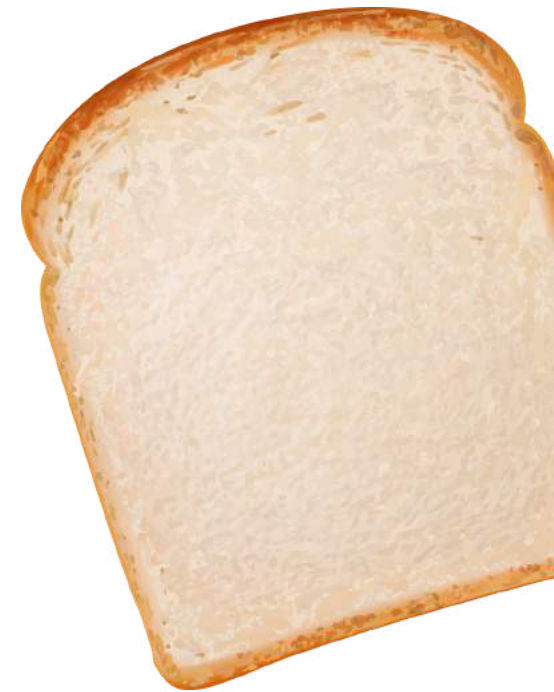
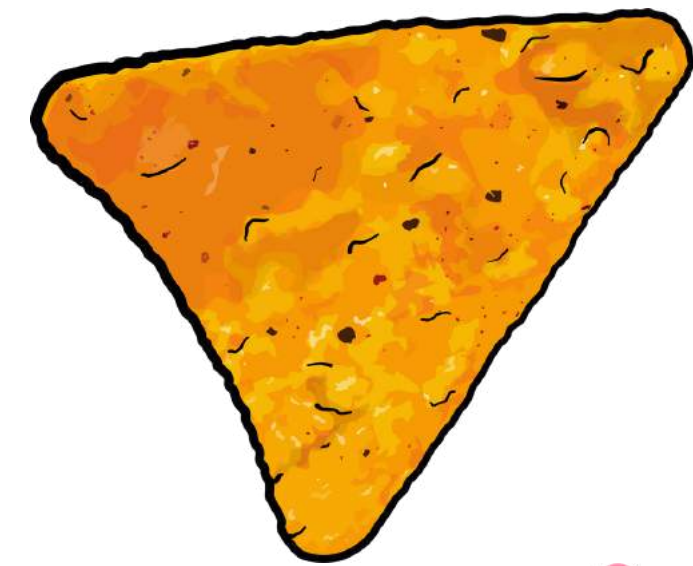
- 5% or less is **low**
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## Nutrients

1. Nutrients to **get less of**: Saturated Fat, Cholesterol, Sodium, and Added Sugars
2. Nutrients to **get more of**: Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium.

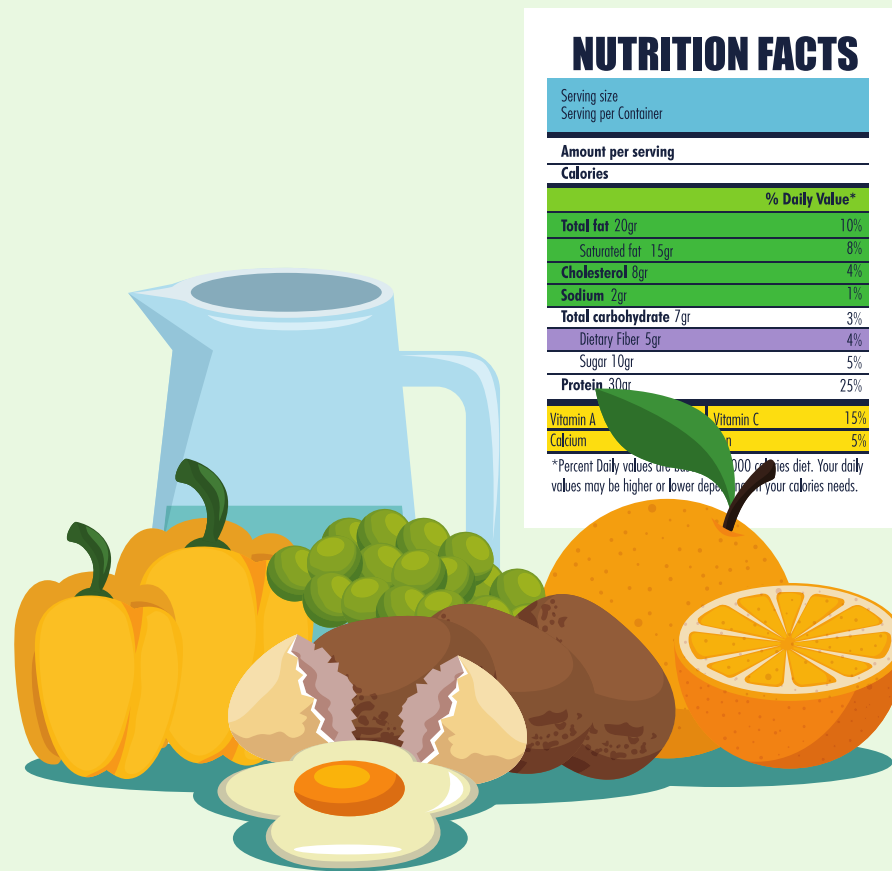


**Are all carbs  
bad?**





# Reading ingredients



**Fewer ingredients =  
generally better**

**Simple ingredients that  
can be found in your  
pantry**

**Watch Out for Hidden  
Sugars**

**Limit Artificial  
Additives**

high fructose corn syrup,  
sucrose, fructose

[foodbabe.com/ingredients-to-avoid/](http://foodbabe.com/ingredients-to-avoid/)

# Ingredients To Avoid In Processed Food

Acesulfame Potassium	Dextrose	Red 3
Artificial Flavors	Dimethylpolysiloxane	Red 40
Aspartame (Nutrasweet)	Enriched Flour	Sodium Benzoate
Autolyzed Yeast Extract	Erythritol	Sodium Nitrate
Azodicarbonamide	Fructose or Fructose Syrup	Sodium Nitrite
BHA	Gellan Gum	Sodium Phosphate
BHT	Guar Gum	Soybean Oil
Bleached Flour	High Fructose Corn Syrup	Soy Protein Isolate
Blue 1	Hydrolyzed Proteins	Sucralose (Splenda)
Calcium Peroxide	Locust Bean Gum	Stevia Extract (rebaudioside A or reb A)
Calcium Propionate	Maltodextrin	Synthetic Vitamins
Canola Oil	Methylparaben	TBHQ
Caramel Color	Monoglycerides and Diglycerides	Titanium Dioxide
Carrageenan	Monosodium Glutamate	Vanillin
Cellulose	Natural Flavors	Yeast Extract
Citric Acid	Neotame	Yellow 5
Corn Oil	Potassium Benzoate	Yellow 6
Corn Syrup	Partially Hydrogenated Oils	
Cottonseed Oil	Propyl Gallate	
DATEM	Propylparaben	

## **Fruit**

Sweetening desserts with fresh fruit is the healthiest way to go.

## **Dates**

Blending dates and other dried fruit are great options for sweetness and fiber.

## **Natural sweeteners**

Maple syrup, coconut palm sugar, agave can be part of a healthy diet but keep an eye on portion sizes and calorie density.

# Healthier alternatives to sugar



[foodbabe.com/stevia-good-or-bad/](http://foodbabe.com/stevia-good-or-bad/)

# Mystery Food

**FILTERED WATER, ORGANIC GREEN  
LENTILS, ORGANIC CELERY,  
ORGANIC CARROTS, ORGANIC  
ONIONS, ORGANIC POTATOES,  
ORGANIC EXTRA VIRGIN OLIVE  
OIL, SEA SALT, BAY LEAVES.**

# Mystery Food



# Mystery Food

ARTIFICIALLY FLAVORED VANILLA CREME SANDWICH COOKIES: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, PALM OIL, SOYBEAN OIL, PARTIALLY HYDROGENATED COTTONSEED OIL, HIGH FRUCTOSE CORN SYRUP, SALT, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), CORNSTARCH, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR (INCLUDES YELLOW 5). COOKED HAM—WATER ADDED—CHOPPED AND FORMED—SMOKE FLAVOR ADDED: HAM, WATER, CONTAINS LESS THAN 2% OF SODIUM LACTATE, POTASSIUM CHLORIDE, MODIFIED CORNSTARCH, SUGAR, SODIUM PHOSPHATE, SALT, SODIUM DIACETATE, SODIUM ASCORBATE, FLAVOR, SODIUM NITRITE, SMOKE FLAVOR. PASTEURIZED PREPARED CHEDDAR CHEESE PRODUCT: MILK, WATER, MILK PROTEIN CONCENTRATE, MILKFAT, WHEY, WHEY PROTEIN CONCENTRATE, SODIUM CITRATE, SALT, LACTIC ACID, SORBIC ACID AS A PRESERVATIVE, CHEESE CULTURE, ENZYMES, OLEORESIN PAPRIKA (COLOR), ANNATTO (COLOR), WITH SUNFLOWER LECITHIN FOR SLICE SEPARATION. CRACKERS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, SUGAR, SALT, BAKING SODA, WHEY (FROM MILK), SOY LECITHIN, NATURAL FLAVOR. VANILLA CREME SANDWICH COOKIES: CONTAINS WHEAT, SOY. PASTEURIZED PREPARED CHEDDAR CHEESE PRODUCT: CONTAINS MILK. CRACKERS: CONTAINS WHEAT, MILK, SOY.

# Mystery Food



# Mystery Food

CORN, VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), MALTODEXTRIN (MADE FROM CORN), SALT, TOMATO POWDER, CORN STARCH, LACTOSE, WHEY, SKIM MILK, CORN SYRUP SOLIDS, ONION POWDER, SUGAR, GARLIC POWDER, MONOSODIUM GLUTAMATE, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), DEXTROSE, MALIC ACID, BUTTERMILK, NATURAL AND ARTIFICIAL FLAVORS, SODIUM ACETATE, ARTIFICIAL COLOR (INCLUDING RED 40, BLUE 1, YELLOW 5), SODIUM CASEINATE, SPICE, CITRIC ACID, DISODIUM INOSINATE, AND DISODIUM GUANYLATE. CONTAINS MILK INGREDIENTS.



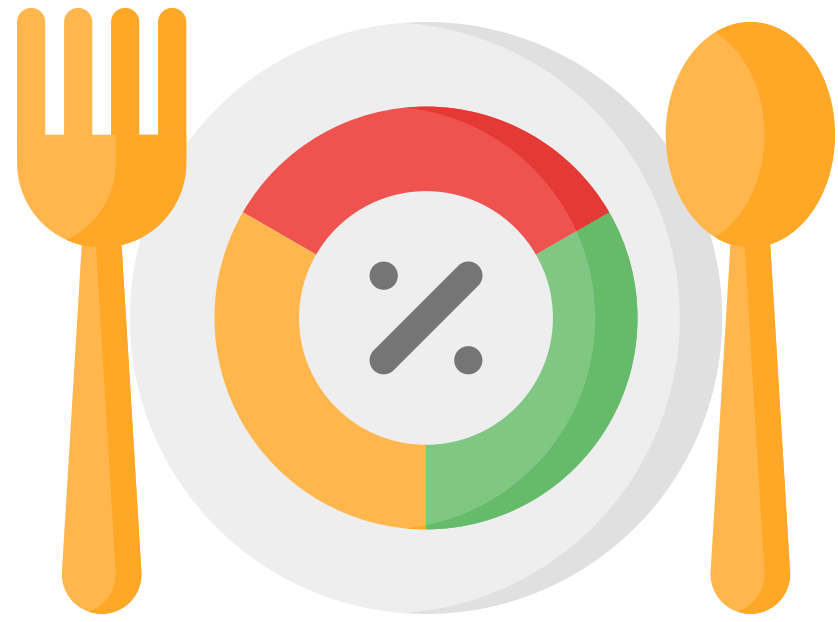
# Mystery Food



# Portions

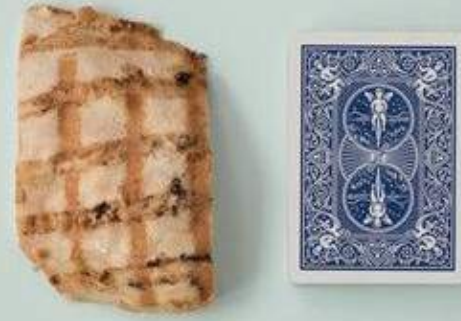
Measuring cups and spoons are your best friend....or use this easy guide.....





# Portion sizes

Cooked Protein



1 SERVING SIZE = 3 OUNCES  
— 127-230 calories —

Oil, Butter, or Margarine



1 SERVING SIZE = 1 TEASPOON  
— 34 calories —

Cereal or Rice



1 SERVING SIZE = 3/4 CUP  
— 120-160 calories —

Peanut Butter



1 SERVING SIZE = 2 TABLESPOONS  
— 70-190 calories —

Cooked Pasta



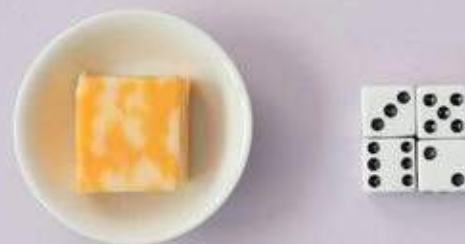
1 SERVING SIZE = 1 CUP  
— 220 calories —

Dried Fruit & Nuts



1 SERVING SIZE = 1/4 CUP  
— 110-200 calories —

Cheese

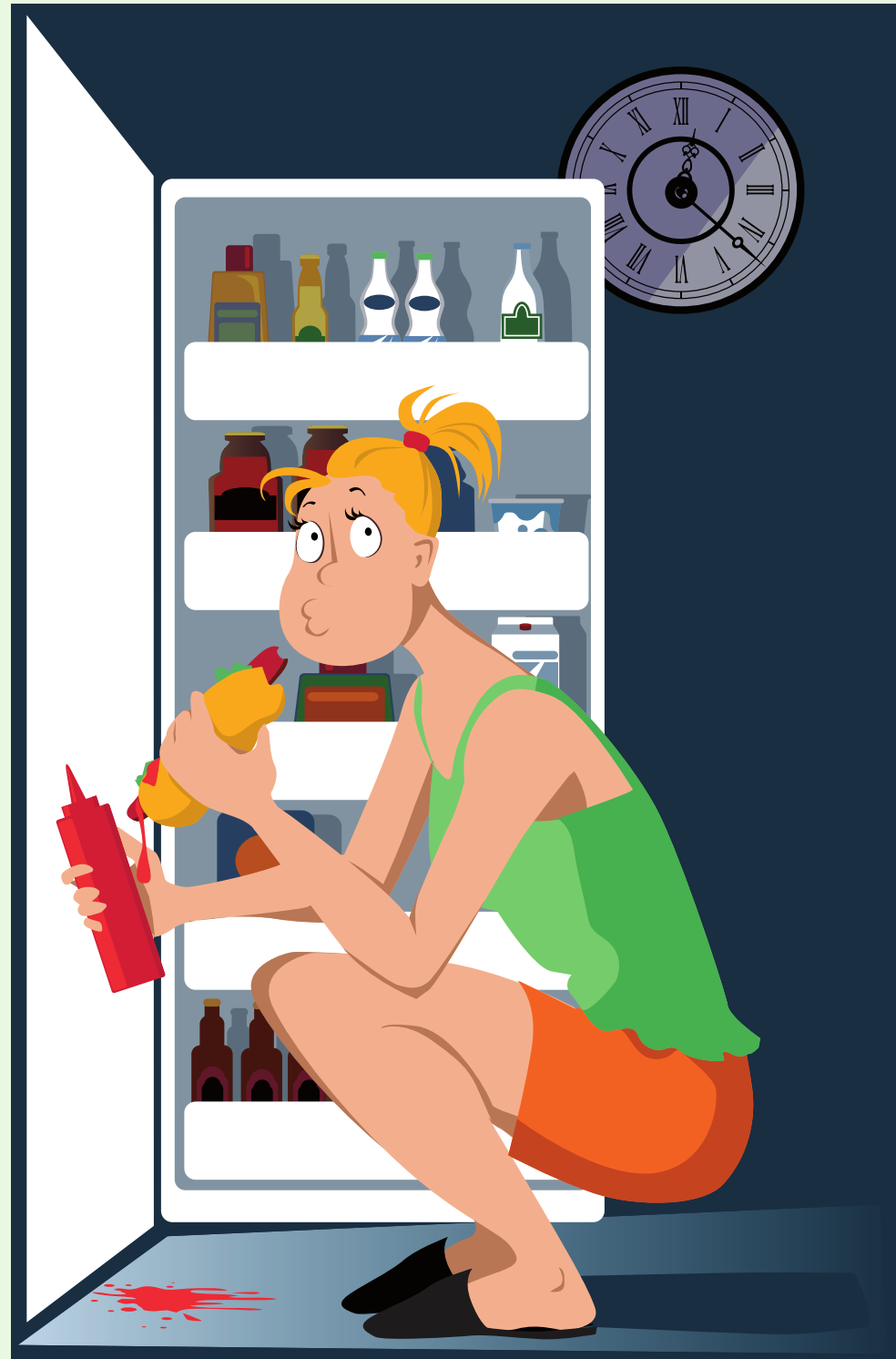


Fruit



Vegetables





# How do I deal with cravings?

Tips for sticking with your goals

# Top tips for fighting cravings

[vege-cooking.com/post/12-ways-to-deal-with-cravings](https://vege-cooking.com/post/12-ways-to-deal-with-cravings)

## All-in, or gradual?

Know yourself!

## Meal Planning and Prep

Planning is key for any new lifestyle

## Explore Plant-Based Alternatives

Don't be afraid of occasional alternatives.

## Stay hydrated

Thirst can cause hunger

## Satisfy Sweet Cravings

Use natural sweeteners, eat more fruit, try date "Snickers"





**Send more  
questions**