



Eating for the Health of it!

Sara Federico, MS RD

Words to think about

Appetite

The desire to have something of nourishment

Hunger

A strong desire for food or a lack of food; to feel hunger or desire greatly

Hungry

Needing food; having a strong need or desire for



- Nutrition – n, nourishment
- Nutritious – adj, good for the health of the body
- Diet – n, the type of food on which one lives; or a course of limited foods designed to lose weight or treat a medical condition; vb, to eat certain foods only, especially to lose weight
- Dietitian – n, having to do with diet

How do you boost it?

Be Active

150 minutes or more of moderate activity

5 x week

or 75 minutes of vigorous activity

3 x week to increase lean muscle

Get your sleep!

7 hours

Get enough to eat

Try not to go more than 5 hours
except for sleeping

Eat breakfast!

- (75%) life-sustaining functions such as breathing, heart rate, waste removal, cell growth and repair (RMR)
- Physical Activity
- (10%) Digestion & absorption of food (TEF)

Carbohydrates (CHO)



They are the body's main energy source and should not be denied! They are necessary for the metabolism of essential nutrients. When a certain food group is restricted such as CHO often are, the body isn't allowed to function properly.

However, not all CHO are created equal! Whole grains are absorbed more slowly and contain more nutrients than the refined CHO's most Americans consume too regularly. The whole grains are antioxidant-rich and research shows they are protective against diabetes, heart disease, improve GI health and may reduce the risk of colon cancer.

Choose wisely! Go for grains and grain products, legumes, potatoes, root veggies; skins of fruit, plant fibers, seed coverings, structural parts of plants

• Smart CHO Choices

- Whole grain breads and crackers
 - Triscuits, Corn tortillas, whole grain hot dog or hamburger buns
- Brown Rice
 - Uncle Ben's or Success Minute Brown Rice
- Whole Wheat Pasta
 - Hodskin Mill, Healthy Harvest
- Baked Potatoes, sweet or white with skin – computer mouse
- Oatmeal
- Snacks foods
 - Baked Corn chips such as Tostitos
 - Cereals
 - Popcorn
 - Triscuits or Rykrsip Crackers

Not so Smart CHO Choices

Ritz Crackers
Bunny Bread
4 oz Bagels
Potato Chips
Doughnuts
Sugar-coated cereal
Biscuits



**Easy to include in a 5 star
breakfast!**

- ½ C cooked oatmeal
- 2 T Craisins
- ½ tsp vanilla extract
- 1 T slivered almonds
- ¼ C skim or low-fat milk



- **Fruits & Veggies: Eat Plenty!**
Why? Why not! They are generally low in calories and good sources of fiber. They are full of nutrients that can protect and reduce disease risks such as heart disease and cancers.

Try letting fruits and veggies be a part of each meal or snack

- Aim for 3 to 5 a day
- A serving of fruit is ~ ½ C canned
- ½ C fruit juice
- 4 oz fresh fruit or “tennis ball” size
- 2 T dried fruit or “golf ball” size

Think outside the "meat and potatoes" box

What else is there besides lean beef and poultry without skin?

Cheeses with 3 g fat or less per oz

Cottage Cheese (1%) ¼ C

Egg Sub ¼ C

Egg Whites 2

Raw or frozen fish

Shellfish

Game (turkey, quail, ostrich, rabbit, venison)

Lamb (chops, steaks, or roast)

Oysters (fresh or frozen) 6 ea

Canadian bacon

Pork loin, Chop or Roast

Veal

Ricotta Cheese

Beans (black, garbanzo, kidney, pinto)

Edamame

Hummus

Plant Butter, Almond Butter

Black-eyed and split,

Choose Healthy Protein

Seafood (not fried), poultry, cuts of meat and plant-based proteins like beans and legumes

- Include lean protein with each meal and snack
- Advantages: Satiety! Takes more time to digest and therefore blood sugars remain stable for longer, especially when paired with a whole grain or true nature form of carbohydrate.
- Spread protein intake out over the whole day, don't save it for one meal

These out ...

- 1 oz string cheese + 15 Thin Crisp Triscuits
- 2 T hummus + ½ whole grain pita
- 2 T peanut butter + 1 whole grain slice of toast
- 1 oz Swiss cheese + 1 slice of toast
- 2 thin slices of Boar's Head lean deli meat + 1 oz Swiss cheese
- Greek Yogurt + 1 pkct melba toast
- ½ C Cottage Cheese + Mandarin Oranges (drained) + ½ C FUEL cereal
- 1 slice of toast + 1 to 2 T peanut butter

- Suggested intake for healthy individuals 0.8g – 1.0g protein per pound of weight
- To maintain lean muscle tissue you should aim for 1.0g of protein per pound of weight but not more than 1.5g at a time (~4oz = 28g protein)

... why is best to read
... protein intake over m
... snacks



Hydrating foods in foods count too!

Fruits

Apples
Berries
Watermelon
Grapefruit
Kiwis
Mangoes
Oranges
Peaches
Pears

Non-starchy Veggies

Asparagus
Cucumbers
Snap Peas
Zucchini & Summer Squash
Spinach
Tomatoes

- Keeping yourself hydrated
 - The general rule of thumb is your current body weight (or IBW) in kg X 30 ml
 - Or your body weight in pounds divided by 2 = total ounces to aim for per day
 - Choose foods as well as liquids that are hydrating
 - Water, Gatorade-type drinks
 - Add flavor to water
 - Dilute the ready-to-drinks

Milk and Other Dairy Foods

What counts as a milk choice?

1 C milk
½ C evaporated milk
6 oz or 2/3 c yogurt
Egg nog ½ c
Rice milk
Soy milk



– Keep it skim to 1 % milk fat

- 1 C of milk has 12 g CHO and 8 grams of protein
- Fat content varies

Make a Vanilla Orange Smoothie!

½ C non-fat plain yogurt
½ can frz OJ concentrate
1 C skim or soy milk
1 tsp vanilla extract

1 C serving = 180 kcal

2 cho choices (either 1 milk + 1 fruit or 2 milks)

Choices from the milk group are excellent for snacks and meals because of their easily-digested CHO and protein content

Aim for 2 to 3 servings a day!

Fit in 5 Heart-Healthy Fats

Dark chocolate (60% cocoa or more)

Avocados (think golf ball size!)

Peanut Butter

Nuts

Almonds 6

Peanuts 10

Cashews 6

Pecans 4 halves

pistachios 16

Monounsaturated: Canola, Olive, Peanut

Black Olives 8

Green Olives

Pine nuts

Walnuts 4 halves

Poly Unsaturated: corn, safflower, flaxseed

Soybean

The Healthiest Fat

– Add to snacks and meals
as a source of satiety and energy

– Keep it “portion savvy”

– Go for unsaturated fats

because they can boost the

HDL cholesterol and reduce the LDL

cholesterol

– Rich in omega-3 FA

– Avoid saturated and

hydrogenated fats, most

often

Make meal-time & shopping easy with themes!

All American Meal

Turkey Burger & Sweet Potato Fries

Italian Night

Beef & Spinach Lasagna

Mexican Night

Chicken Tacos with Black Bean, Rice & Tomato Salad

Soup and Sandwich Night

Hot Turkey & Swiss with Tomato Soup

Breakfast for Dinner

Ham & Egg Casserole with a fruit salad



What is your Nutrition Environment?

It isn't just about the food in your home...

It is also about the choices that surround you at work, travel and out to eat.

Keep it simple and basic, choose foods that are easily detected!

Start with one meal at a time

Let color be your guide!