

Healthy Eating The Basics



MABLE EVERETTE, REGISTERED DIETITIAN

Registered Dietitian(R.D.)



Minimum Qualification:

- **Bachelors Degree from accredited college/university**
- **Completion of 900 hours in a supervised internship**
- **Completion of Registration Examination**
- **Maintain continuing education credit (75 credit hours during a 5-year period).**

Focus of Presentation



This presentation is focused on the basics of healthy eating . It is not intended to provide guidance on modified or therapeutic diet changes required for specific medical conditions.

MY Plate



- **Healthy Eating Tips**
- **Starting Points**
- **Your food and physical activity choices each day affect your health — how you feel today, tomorrow, and in the future.**



Start Here!



Grains



Make at $\frac{1}{2}$ of grains whole grains

Bulgur (cracked wheat)

Whole wheat flour

Whole oats/oatmeal

Whole grain corn/corn meal

Popcorn

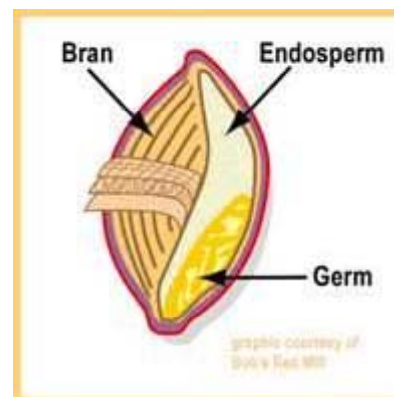
Brown rice

Whole rye

Whole grain barley

Wild rice

Whole Grains



Grains



Whole grains help reduce the risk of:

- **Heart disease**
- **High blood pressure**
- **Bowel disorders (constipation and diverticulosis)**
- **Diabetes**
- **Cancer**
- **Stroke**
- **Obesity**

Vary Your Vegetables



- **Buy vegetables that are in season for maximum flavor at a lower cost. Consider visiting your local farmer's market.**
- **Choose vegetables rich in color. Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals.**
- **Try something new. Choose a new vegetable—add it to your recipe or look up how to fix it online.**



Growing your own vegetables is easy to do. Get advice at any home and garden store to get ideas for planting in your yard or in a container.



Grow Your Own Vegetables

Focus on Fruits



- **Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.**
- **Think about variety :buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh.**
- **Be a good role model by eating fruit every day with meals or as snacks.**



Many fruits grow right
in our own backyard.



Grapefruit

Lycophene



- **Lycopene is an antioxidant that gives tomatoes, watermelon and pink grapefruit, their red color.**

Phytochemicals or Phytonutrients



- **Phytochemicals, or phytonutrients, are plant compounds that contain protective, disease-preventing properties.**
- **These are found in fruits and vegetables containing lycopene.**

Go Lean with/Protein



- **Eat plant protein foods more often. Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds.**

They are naturally low in saturated fat and high in fiber.

Go Lean with/Protein



Choose seafood twice a week

- **Eat seafood in place of meat or poultry twice a week.**
- **Select a variety of seafood—including some that are higher in oils and low in mercury, such as salmon, trout, and herring.**

Fish



Go Lean with/Protein



- **Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean.**

***Iron* is contained in these “red meats”. This mineral helps red blood cells carry oxygen to all parts of the body.**

- **Trim or drain fat from meat and remove poultry skin.**

Go Lean w/Protein



Have an egg

- **One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices.**
- **Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want. Please note that the yolk is a source of iron.**



Protein Food Sources



Get Your Calcium Rich Foods



- **Drink fat-free (skim) or low-fat (1%) milk. Children under 2 years of age require regular milk.**
- **Choose cheeses with less fat. Look for “reduced-fat” or “low-fat” on the label.**



Dairy Cow



Get Your Calcium Rich Foods



- **Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars.**
- **If you are lactose intolerant, try soymilk (soy beverage). Check the Nutrition Facts label for about 300 mg of calcium.**



Reading Food Labels

Nutrition Facts

Serving Size 2 tortillas (51g)
Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **9%**

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

What's On A Label?



- **The Nutrition Facts Label tells you about the food inside the package.**
- **How many servings are you eating?**
- **All information on the label is for one serving.**



Know Your Portion Sizes



Calories



- **Calories are a measure of how much energy you get from food. The amount of calories you need depends on your size and how active you are.**
- **The more you move, the more food energy(calories) you need.**

Percent Daily Value



Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need.

Eat Less



These nutrients can cause health problems as we age

- **Total Fat-----less than 65 g /day ***
Saturated Fat-----less than 20 g/day *
Cholesterol -----less than 300 mg/day*
- **Sodium-----less than 2400 mg/day***

*** Percent daily value based on 2000 calorie diet**

Eat Less Fat and Sodium(salt)



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

Get Enough Dietary Fiber



- **Dietary Fiber- 25 grams daily value**
5% or less is low
20% or more is high
- **Based on 2,000 calorie % Daily Value**

Get Enough Vitamins & Minerals



- **Vitamin A**
 - **Vitamin C**
 - **Calcium**
 - **Iron**
-

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

- **Based on 2,000 calorie % Daily Value**

Marketing Foods vs. Nutrition Facts



Claim on front of package	Nutrition Fact Panel	Comment
Natural source of antioxidants- vitamins A, C, and lycopene	27 % sodium (salt) for a day in the specified serving	A high source of salt

The Ingredient List



- **Listed from the highest to the lowest amount of ingredient in the package according to weight.**
- **Example:**
Ingredients: Skim Milk, Cream, Sugar, Egg Yolks, Cocoa Processed with Alkali.
- **Note: Example of Allergens : contains peanuts**

RE-Think Your Drink



- **Drink water instead of sugary drinks**
- **Switch to fat free or low fat(1%) milk**

Eating Too Much Sugar May Lead To:



- **Dental cavities**
- **Weight gain and obesity, which can lead to heart disease, diabetes and other medical conditions.**

Sugary Drinks



Energy Drinks
Fruit Drinks
Fruit Nectars
Fruit Punch
Sodas
Sports Drinks
Sweetened Ice Tea

How Many Teaspoons of Sugar?



4 grams of sugar=1 teaspoon of sugar

**12 ounces of sugary drink
= 39 grams of sugar**

39/4= 10 teaspoons of sugar

10 Teaspoons of Sugar



Challenge Yourself!



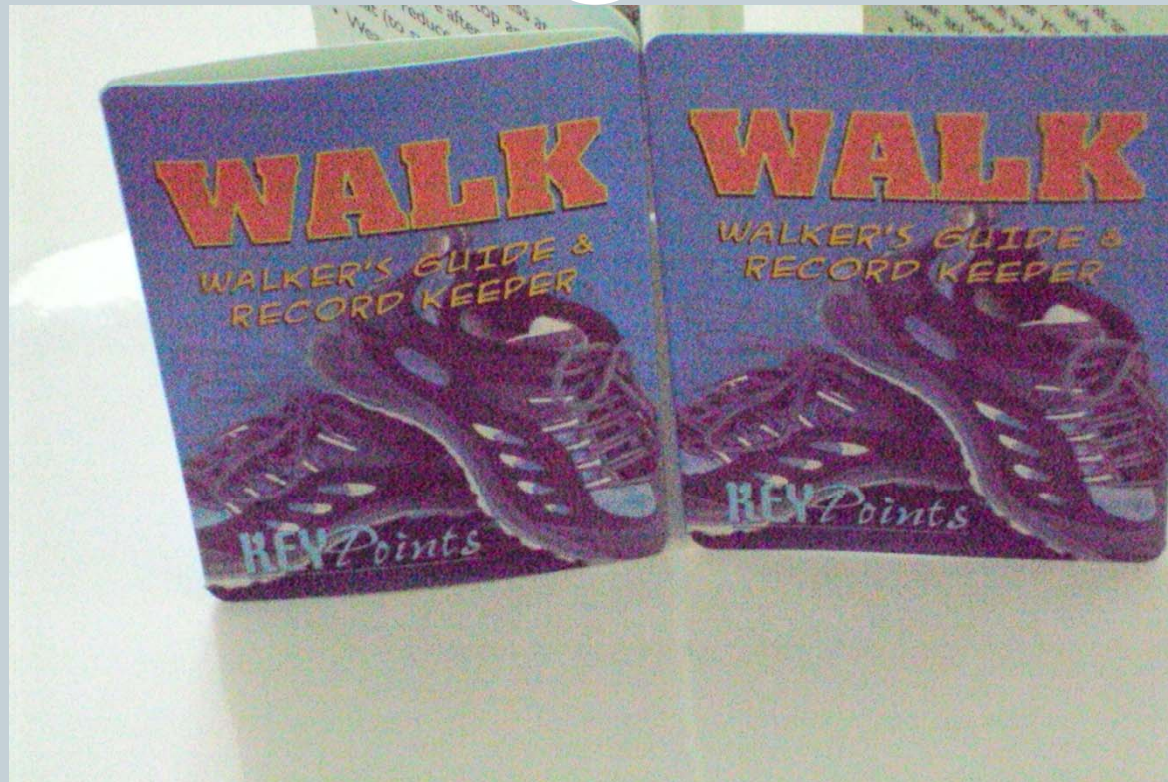
**Share information about
healthy habits with others!**

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.

Success Begins With The First Step



Eat More Vegetables in Your Meals



- (1) Do you have the space to grow vegetables in your yard or in a flower pot?**
- (2) Growing your own vegetables will increase your chances of eating more vegetables in your meals.**

Getting Started



Make gardening a fun family activity

- **Visit gardening stores for advice on seeds and plants that are in season and grown in your area.**
- **Visit the website for your County's Cooperative Extension Service-look under gardening activities.**

Start A Small Project



REMINDER!



Your food and physical activity choices each day affect your health — how you feel today, tomorrow, and in the future.