



For the Lifespan: The Caregiver Guide

Module 10

Eating Healthy for Life

Leader Guide

Module 10

Eating Healthy for Life



PURPOSE

Module 10 will help caregivers become more educated about the importance of nutritious meals and physical activity for both the caregiver and the care recipient. Healthy eating and an active lifestyle improve overall health, reduce the risk for major diseases, improve immune function, decrease blood pressure, and increase strength, resulting in higher energy levels and an enhanced sense of well-being.

OBJECTIVES

After completing this module, participants will be able to:

- Understand the purpose of the Dietary Guidelines.
- Learn that nutrition is directly linked to health outcomes.
- Identify the steps in building a healthy plate.
- Identify ways to cut back on foods high in solid fats, sugars, and salt.
- Understand the importance of dehydration awareness.
- Identify the right amount of calories for you.
- Learn the importance of physical activity.
- Understand modified diets and allergies.

SLIDE 1

UCare
For the Lifespan: The Caregiver Guide
Module 10
Eating Healthy for Life

INTRODUCE

Introduce yourself and ask each person in the room to do the same and explain their roles.

NOTE

Introductions are an excellent time to set the tone of the session. Be relaxed and focused. Remember names or use name tags.

TELL

The Participant Guide is yours to take home. There is room to write on the Guide during the session.

ASK

What would you like to get out of the session today?

NOTE

Put responses on a white board or a flip chart and during the session refer back to them. Put a check by specific topics discussed.

SLIDE 2

Introduction

- Healthy Living is Important for Everyone:
 - Improves health
 - Reduces the risk of major diseases
 - Improves immune function
 - Decreases blood pressure
 - Increases strength
 - More energy
 - Enhances sense of well-being

NOTE

Read and review Slide 2.

SLIDE 3

Objectives

After completing this module, participants will be able to:

- Understand the purpose of the Dietary Guidelines.
- Learn that nutrition is directly linked to health outcomes.
- Identify the steps in building a healthy plate.
- Learn how to cut back on foods high in solid fats, sugars, and salt.
- Understand the importance of dehydration awareness.
- Identify the right amount of calories for you.
- Learn the importance of physical activity.
- Understand modified diets and allergies.

NOTE

Read objectives on Slide 3.

Refer to any additional objectives requested by participants.

If participants request topics that are covered in other UCare modules, tell them they can request additional training. Point to the list of UCare modules listed at the end of their Participant Guide.

TELL

Any personally identifiable information discussed in the group must be kept confidential. Please try not to use the name of the care recipient that you are a caregiver for.

Offer to meet with participants after the workshop to discuss information needs that cannot be covered in this workshop and to discuss where and how to obtain appropriate information.

SLIDE 4

2010 Dietary Guidelines for Americans

- Guide to an overall healthy eating pattern
- 23 key recommendations
- Balance calories with physical activity
- Eat more healthy foods
 - Vegetables, fruits, whole grains, fat-free and low-fat dairy products
 - Less sodium, saturated fats, and trans fats

TELL

The 2010 Dietary Guidelines for Americans, from the U.S. Department of Health and Human Services, provide guidelines to help consumers achieve an overall healthy eating pattern. There are a total of 23 key recommendations for the general population and 6 additional key recommendations for specific groups, such as women who are pregnant. The new guidelines focus on balancing calories with physical activity, and encourage Americans to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood. It also recommends consuming less sodium, saturated and trans fats, added sugars, and refined grains.

SLIDE 5

Key Recommendations We Will Discuss

- Building a healthy plate

- Cutting back on foods high in solid fats, added sugars, and salt
- Eating the right amount of calories
- Being physically active your way

TELL

We will discuss the following key recommendations:

- Building a healthy plate
- Cutting back on foods high in solid fats, added sugars, and salt
- Eating the right amount of calories
- Being physically active your way

SLIDE 6

Nutrition is Directly Linked to Health Outcomes

- Improved immune function
- Higher energy levels and a desire to participate in activities
- Well-being and more socialization
- Decreased blood pressure
- Fewer UTI's
- Increased strength and endurance
- Faster wound healing
- Improved disease management

TELL

A healthy diet can reduce the risk of major chronic diseases such as heart disease, diabetes, osteoporosis, and some cancers. Good nutrition provides:

- Improved immune function
- Higher energy levels and a desire to participate in activities

- Well-being and more socialization
- Decreased blood pressure
- Fewer UTI's
- Increased strength and endurance
- Faster wound healing
- Improved disease management

SLIDE 7

Build a Healthy Plate

- USDA MyPlate website includes resources:
 - Tips and strategies
 - On-line tools
 - Menus and recipes
 - Nutrition education materials
 - Fully interactive

www.ChooseMyPlate.gov

TELL



Before you eat, it is important to think about what goes on your plate, in your bowl, or in your cup. The USDA MyPlate icon is a user friendly tool for individuals to develop healthy eating habits. A great plate includes choices from each food group. There is a consumer website with resources including tips and strategies, on-line tools, menus and recipes, and nutrition education materials that promote healthier eating. The MyPlate website is fully interactive. It helps consumers plan, analyze, and track their diet and physical activity. To access this website, log on to: www.ChooseMyPlate.gov.

SLIDE 8

Make Half Your Plate Fruits and Vegetables

- Eat red, orange, and dark green vegetables in main and side dishes
- Eat fruit, vegetables, or unsalted nuts as a snack
- Choose fresh, frozen, canned, or dried, and go easy on 100% fruit juice

TELL

- Eat red, orange, and dark green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes
- Eat fruit, vegetables, or unsalted nuts as a snack—they are nature's original fast foods
- Choose fresh, frozen, canned, or dried, and go easy on 100% fruit juice

SLIDE 9

Why Fruits and Vegetables?

- Full of nutrients that help us grow, prevent disease, and keep up energy and mood
- Key vitamin nutrients include:
 - Vitamin A
 - Vitamin C
 - Folic acid
 - Potassium

TELL

Fruits and vegetables are full of nutrients that help us grow, prevent disease, and keep up your energy and mood.

SLIDE 10

Key Nutrients

- Vitamin A: tomatoes, cantaloupes, orange vegetables including carrots, sweet potatoes, butternut squash, and dark green leafy vegetables
- Vitamin C: strawberries, citrus fruits, broccoli, spinach
- Folic acid: leafy vegetables such as spinach, asparagus, turnip greens, lettuce
- Potassium: bananas and oranges

TELL

- Fruits and vegetables are a good source of some key vitamin nutrients. These include: Vitamin A, C, folic acid, and potassium
- Bananas and oranges are good sources of potassium
- Strawberries and citrus fruits are good sources of Vitamin C
- Tomatoes and cantaloupes are good sources of Vitamin A
- Broccoli and spinach are good sources of Vitamin C
- Orange vegetables including carrots, sweet potatoes, butternut squash, and dark green leafy vegetables are good sources of Vitamin A



SLIDE 11

Make at Least Half Your Grains Whole

- Choose 100% whole grain cereals, breads, crackers, rice, and pasta
- Limit refined grains: white flour, white rice
- Check ingredients on the package
- Make simple changes

TELL

- Choose 100% whole grain cereals, breads, crackers, rice, and pasta
- Limit refined grains: white flour and white rice
- Check the ingredients list on food packages to find whole grain foods—make sure that whole grain is the first ingredient listed
- Make simple changes: To make half your grains whole grains, substitute a whole grain product for a refined-grain product

SLIDE 12

Vary Protein Food Choices

- Twice a week, make seafood the protein on your plate
- Eat beans, which are a natural source of fiber and protein
- Keep meat and poultry portions small and lean
- Choose soy products such as veggie burgers or tofu
- Spread hummus (chickpeas) on pita bread
- Choose unsalted nuts or seeds for snacks, salads, or main dishes

TELL

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- Eat beans, which are a natural source of fiber and protein
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SLIDE 13

Switch to Skim or 1% Milk

- They have the same amount of calcium and other essential nutrients as whole and 2% milk, but less fat and calories
- Try calcium fortified soy products as an alternative to dairy foods

TELL

- They have the same amount of calcium and other essential nutrients as whole and 2% milk, but less fat and calories
- Try calcium fortified soy products as an alternative to dairy foods

SLIDE 14

Fix Healthy Snacks

- Make snacks from at least two food groups
- Steer clear of chips, soda, and sugary foods

TELL

- Make snacks from at least two food groups
 - For example: milk and fruit or yogurt and fruit, or raw vegetables and cheese
- Steer clear of chips, soda, and sugary foods

SLIDE 15

Keep Food Safe to Eat

- Wash hands and surfaces often
- Don't cross-contaminate. For example, after cutting meat, wash the knife before using it to cut vegetables. Do not use

the same cutting board for vegetables that you use to cut meat

- Cook to the proper temperature using a food thermometer
- Refrigerate promptly

TELL

- Wash hands and surfaces often
- Don't cross-contaminate. For example, after cutting meat, wash the knife before using it to cut vegetables. Do not use the same cutting board for vegetables that you use to cut meat
- Cook to the proper temperature using a food thermometer
- Refrigerate promptly

The next slide is a visual of these four steps to food safety

SLIDE 16

CHECK YOUR STEPS: FOUR SIMPLE STEPS TO FOOD SAFETY



www.foodsafety.gov

TELL

Briefly review the four steps as covered on the previous slide and remind them about the website: www.foodsafety.gov

Decrease Foods High in Fats, Added Sugars, and Salt

- Choose foods and drinks with little or no added sugars
- Compare sodium in foods: look at the label
- Eat fewer foods that are high in solid fats
- Eat less than 300 mg of cholesterol daily
- Eat fruit for dessert
- Drink 100% fruit juice instead of fruit-flavored drinks
- Add spices or herbs to season food – not salt
- Eat fewer empty calories

TELL

Added sugars and fats load foods with extra calories you don't need. It is important to decrease foods high in fats, added sugars, and salt.

- Choose foods and drinks with little or no added sugars. There are about 10 packets of sugar in a 12 ounce soda can.
- Compare sodium in foods like soup, bread, and frozen meals. Look for salt (sodium) in the foods you buy: read the food label. Choose the foods with lower numbers.
- Eat fewer foods that are high in solid fats such as: butter, milk fat, beef, pork, chicken fat, cream, shortening, stick margarine, hydrogenated and partially hydrogenated oils, coconut oil, palm and palm kernel oils.
- Eat less than 300 mg of cholesterol per day.
- Select fruit for dessert. Eat sugary desserts less often.
- Choose 100% fruit juice instead of fruit-flavored drinks.
- Add spices or herbs to season food – not salt.
- Eat fewer empty calories--for example:

Food with <u>some</u> empty calories	Food with <u>few or no</u> empty calories
Sweetened applesauce (contains added sugars)	Unsweetened applesauce
Regular ground beef (75% lean, contains solid fats)	Extra lean ground beef (95% or more lean)
Fried chicken (contains solid fats from frying and skin)	Baked chicken breast without skin
Sugar-sweetened cereals (contains added sugars)	Unsweetened cereals
Whole milk (contains solid fats)	Fat-free milk

<http://www.ChooseMyPlate.gov/weight-management-calories/calories/empty-calories.html>

ASK

What are you going to change in how you prepare and serve meals for yourself and your care recipient?

SLIDE 18

Reading Food Labels

SLIDE 19

Reading Food Labels (cont.)

SLIDE 20

Reading Food Labels (cont.)

TELL

Food labels give information about products. Each label may vary with each food product. The following Nutrition Facts label is from:
<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>.

Each section has been divided up to help you understand and look at each area of the label. More detailed information about how to read a food label can be found at the above website.

Review the sample label for macaroni and cheese for understanding of how to read a food label.

Sample label for
Macaroni & Cheese

Nutrition Facts

1 **Start Here** → Serving Size 1 cup (228g)
Servings Per Container 2

2 **Check Calories** **Amount Per Serving**
Calories 250 Calories from Fat 110

3 **Limit these Nutrients**

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%

4 **Get Enough of these Nutrients**

Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

5 **Footnote**

* 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
Sat 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

SLIDE 21

Signs of Dehydration

Mild dehydration:

- Dryness of mouth; dry tongue with thick saliva
- Unable to urinate or pass only small amounts of urine; dark or deep yellow urine
- Cramping in limbs
- Headaches
- Crying but with few or no tears
- Weakness, general feeling of being unwell
- Sleepiness or irritability

TELL

It is important for caregivers to be more aware of ways to prevent dehydration, recognize its signs, and treat it properly. As we age, our thirst response becomes blunted and our body does not receive the signal that fluid is needed until it is too late. The body is made

of 60% fluid. Dehydration is one of the most frequent causes of hospitalization among those over 65. Fluid loss can be serious, even fatal.

Dehydration can lead to confusion, weakness, drowsiness, labored speech, sunken eyeballs, UTI's, pneumonia, bedsores in bedridden patients, and even death. Other effects of dehydration include: loss of muscle tone, excess weight gain, slow metabolism, increased toxicity, and organ failure.

Dehydration: Recognize the Symptoms

Mild dehydration:

- Dryness of mouth; dry tongue with thick saliva
- Unable to urinate or pass only small amounts of urine; dark or deep yellow urine
- Cramping in limbs
- Headaches
- Crying but with few or no tears
- Weakness, general feeling of being unwell
- Sleepiness or irritability

SLIDE 22

More Serious Dehydration

- Low blood pressure
- Convulsions
- Severe cramping and muscle contractions in limbs, back, and stomach
- Bloating stomach
- Rapid but weak pulse
- Dry and sunken eyes with few or no tears
- Wrinkled skin; no elasticity

- Breathing faster than normal

TELL

The signs of more serious dehydration may include:

- Low blood pressure
- Convulsions
- Severe cramping and muscle contractions in limbs, back, and stomach
- Bloated stomach
- Rapid but weak pulse
- Dry and sunken eyes with few or no tears
- Wrinkled skin; no elasticity
- Breathing faster than normal

SLIDE 23

Causes of Dehydration

- Medications
- As body ages, less efficient in using and/or retaining water
- Harder to get up to get a drink

TELL

Because some medications actually act as a diuretic, it is important to be aware if any medications that are being taken fall into this category.

As our bodies age, the body is less efficient in using or retaining water. Seniors have a harder time getting up to get a drink. They rely on caregivers who may not sense that they need fluids. Adults need at least 6-8 cups of water per day depending on their health status. It is important to know if there is a fluid restriction.

SLIDE 24

Offer Water Frequently

- As a caregiver
 - Be creative
 - Offer foods that have high water content
 - Fruits
 - Vegetables
 - Watermelon
 - Yogurt
 - Jell-O

TELL

As a caregiver, it is important that you not try to change a person's behavior, but to get creative. If you see an opportunity to introduce water, like after a walk or when sitting in the sun, take the opportunity to offer water. 'Timing is everything.' The good news is that most effects of dehydration are preventable. Water definitely has a lot of benefits for the elderly.

There are other sources that can help with dehydration. Foods that have high water content should be included in the diet. These include fruits, vegetables, watermelon, yogurt, or even Jell-O.

SLIDE 25

Eat and Serve the Right Amount of Calories

A person's calorie limit is available at:

www.ChooseMyPlate.gov

Use this number to decide what to eat

TELL

Everyone has a personal calorie limit. Get your personal calorie limit at www.ChooseMyPlate.gov. Use that number when deciding what to eat. Some people are able to manage their weight by keeping track of what they eat each day. Enjoy your food but eat the right amount of calories.

SLIDE 26

Guidelines to Eating

- Think: Is the item worth the calories?
- Eat breakfast
- Avoid oversized portions
- Use smaller plates, bowls, or glasses
- Stop eating when you are satisfied, not full
- Cook more often at home versus eating out
- If you eat out, use wisdom
- If you drink alcoholic beverages—do so sensibly

TELL

- Think before you eat, is it worth the calories?
- Eat breakfast
- Avoid oversized portions
- Use smaller plates, bowls, or glasses
- Stop eating when you are satisfied, not full
- Cook more often at home: this gives you more control of what is in your food
- If you drink alcoholic beverages, do so sensibly—limit to one drink a day for women and two drinks for men
- When eating out:
 - Choose lower calorie options

- Choose dishes that include vegetables, fruits, and/or whole grains
- Order smaller portions or share

SLIDE 27

Be Physically Active

- Physical activity improves health
- Start with 10-15 minutes every day
- Check with a doctor before starting any exercise program

TELL

Physical activity is important at any age. Physical activity improves your health. Pick activities that you like. You can start by doing 10-15 minutes at a time and increasing as you are able. The more you do, the greater the health benefits and the better you will feel. Fitting activities into a daily routine is recommended. Keep it interesting by trying new things or alternating what you do each day. Be sure to check with your doctor before you enter into any exercise program.

SLIDE 28

Be Physically Active (cont.)

If you are able:

- Join a gym
- Hire a trainer
- Go for a walk
- Sittercise
- Zumba
- Find a class near you
- Swim



- Bike
- Hike
- The important thing is just get moving!

TELL

If you are able:

- Join a gym
- Hire a trainer
- Go for a walk
- Sittercise
- Zumba
- Find a class near you
- Swim
- Bike
- Hike
- The important thing is just get moving!

SLIDE 29

Be Physically Active (cont.)

- If you can't do any of these activities, try doing one or several of the exercises in the Participant Guide at home.

TELL

Review the following exercises with the participants. If there is time, practice one or two.

Exercise 1: Chair Push Ups

Sit on a firm surface with arms at side. Push downward with both hands, raising buttocks off the chair or seat, and return to start position.

Exercise 2: Double Toe Raises

Stand using chair/table for balance, raise up on heels. Lower and repeat.

Exercise 3: Double Heel Raises

Stand using table/chair for balance, raise on toes for full range, return to start position and repeat.

Exercise 4: Partial Squat

Stand using chair/table for balance, use wall or secure object to maintain balance if needed. Bend knees to 45 degrees. Return to starting position.

Exercise 5: Chair March

Stand using chair/table for balance, lift right leg if possible bending knee then lower leg. Perform on left side. Repeat.

Exercise 6: Arm Stretch

Sit on the chair and stretch both arms above head. Then stretch both arms individually above your head.

Exercise 7: Leg Stretches

Stand using chair/table for balance, lift right leg if possible bending knee and holding onto leg, then lower leg. Perform on left side. Repeat.

SLIDE 30

Modified Diets

- If a health care provider orders a special diet
 - Follow the specific directions given
- Examples of a few special diets included in the Guide
 - Heart Healthy Diet
 - Renal Diet
 - Consistent Carbohydrate Diet
 - Calorie Restricted Diet

- Power Packing Diet

TELL

There are times when a health care provider will order a special diet. In the Guide there is ***general information*** about a few modified diets. Make sure that the participants know how important it is to follow the specific directions that have been given by the health care provider.

Review briefly the modified diets listed in the Participant Guide. Specific questions should be referred to a health care professional.

Heart Healthy Diet

Everyone should follow a heart healthy diet. However, the diet becomes an important lifestyle component for those who are overweight/obese, have high cholesterol, high blood pressure, or have diabetes. Following this diet may help prevent the development of heart disease by improving health status (i.e. lowers blood pressure, lowers cholesterol levels, and may help in weight maintenance/loss).

For a 2,000 calorie diet:

- 4-5 servings of vegetables
- 4-5 servings of fruit
- 6-8 servings whole grains
- 2-3 servings fat-free/low-fat dairy products
- 6 or less servings healthy proteins
- 4-5 servings per week of nuts, seeds, and legumes (1 serving = 1 oz of nuts)
- Limit salt (sodium) intake
 - Avoid adding salt to food during meal time
 - Limit consumption of processed foods (they are high in sodium)

Serving Sizes:

- Fruit
 - 1 medium sized piece
 - 1 cup chopped
 - ½ cup 100% juice
 - ¼ cup dried
- Vegetables
 - 1 cup raw
 - ½ cup cooked
 - ½ cup vegetable juice
- Whole Grains
 - 1 slice bread
 - ½ cup cooked oatmeal, brown rice, whole wheat pasta
- Dairy
 - 1 cup fat-free/low-fat milk
 - 1 oz cheese
 - 1 cup yogurt
- Protein
 - 3 oz lean meats, fish, poultry
 - 1 egg
 - ½ cup beans or lentils
 - 1 oz nuts
 - 2 Tbsp peanut butter
- Low sodium
 - Total per day: 1,500 mg or less

Renal Diet

The renal diet is prescribed to people with kidney disease. The kidneys help in “filtering” the blood by removing excess substances. Often, intake of foods that are high in potassium, phosphorus, and sodium are limited or eliminated from the diet. Accumulation of potassium, phosphorus, and sodium in the blood can further damage the kidneys and have detrimental effects on other organs. Sometimes fluid intake may be restricted because it can accumulate in the body causing high blood pressure and/or swelling (edema).

Recommended Foods

- Milk, yogurt, rice milk (limit to 1 per day)
- Lean meats, fish, and poultry (limit to 6 oz per day)
- White breads, pasta, rice, popcorn
- Cucumber, lettuce, peppers, broccoli, celery, mushroom, squash
- Grapes, apples, strawberries, pineapple, watermelon

Foods to Limit

- Almond milk, soy milk, buttermilk
- Hot dogs, deli meats, bacon, tuna, dried beans
- Whole-wheat breads and cereals, oatmeal, dark rye
- Avocado, potato, tomato, brussel sprouts, pumpkin
- Banana, cantaloupe, prunes, papaya, kiwi, orange, peaches

Tips to Control Thirst:

- Suck on frozen grapes
- Suck on lemon wedges
- Suck on hard candy

Consistent Carbohydrate Diet

The consistent carbohydrate diet is for people who have been diagnosed with pre-diabetes or diabetes. This diet follows a pattern of consistent carbohydrate intake throughout the day.

With this said, it is very important to eat breakfast and not skip any meals. Also, a protein source and a fiber source should be incorporated at every meal to prevent blood glucose (sugar) spikes. Following this diet will help maintain stable blood glucose levels.

Men need to consume 4-5 carbohydrate exchanges per meal. Women need to consume 3-4 carbohydrate exchanges per meal.

*1 carbohydrate exchange = 15 grams of carbohydrates

Food groups that contain carbohydrates are:

- Starches: bread, rice, cereal, and grains
- Starchy vegetables: corn, potatoes, and peas
- Fruits: banana, apples, grapes, pineapple, etc.
- Dairy products: milk and yogurt
- Non-starchy vegetables (only 5 grams per serving): carrots, broccoli, spinach, etc.
- Sweets and desserts: doughnuts, brownie, ice cream, chocolate, etc. (limit intake to 5 or less per week)

Food groups that are carbohydrate-free:

- Proteins: Lean meats, fish, poultry, and cheese
- Fats and oils: olive oil, avocado, mayonnaise, vegetable oil, and butter

A Carbohydrate Exchange is:

- Starches and starchy vegetables
 - 1 slice of bread
 - ¼ bagel
 - ½ cup oatmeal
 - ½ cup corn
 - ¼ potato
- Fruit
 - ½ banana
 - 1 small apple
 - 17 grapes
- Dairy
 - 8 oz milk
 - 6 oz yogurt
- Non-starchy vegetables
 - 3 cups raw broccoli
 - 3 cups spinach
 - 3 cups carrots
- Sweets
 - ½ cup ice cream
 - 5 chocolate Kisses
 - 1 ¼ inch by 1 inch brownie

Calorie Restricted Diet

Calorie restricted diets are recommended for people who are trying to lose weight. Calorie restrictions can be difficult because you often are left feeling hungry. However, this diet is doable if you know how to increase the volume of your food, while lowering your calorie intake*.

*Women need a minimum of 1,200 calories per day and men need a minimum of 1,500 calories per day. Falling below the minimum intake of calories puts the body in starvation mode and can result in headaches, muscle break down, and slow down the body's metabolic rate.

Increase volume, decrease calories:

Eat more fruits and vegetables
Eat whole grains
Snack in between meals (pair a protein with a high-fiber carbohydrate source)
Drink water instead of juice or soda
Use portion control

Proteins:

- Beans and nuts
- Lean meats, poultry, and fish
- Fat-free/low-fat milk, yogurt, and cheese
- Cottage cheese
- Legumes
- Peanut butter

High-fiber Carbohydrates:

- Whole grain bread
- Whole wheat tortilla
- Popcorn
- Brown rice
- Wheat thins
- Whole grain cereals
- Fruits and vegetables
- Flaxseed

Power Packing Diet

The power packing diet is needed when a person has a poor appetite or high volumes of foods are not tolerated. This diet consists of packing a lot of calories and protein into a small meal. Calories are needed for energy, and protein is needed for wound healing, growth, and many other cellular functions.

How to Power Pack:

- Use whole milk
- Add milk powder to milk and cooked dishes
- Add sour cream, butter, olive oil, gravies, dressings, and cheese to meals
- Drink 100% fruit and vegetable juices instead of water
- Eat dried fruits and nuts
- Eat peanut butter or cottage cheese with toast, apple slices, bananas, etc.

Allergies

- Brief tables are included in the Guide of different food allergies, symptoms, risk factors, complications, prevention, and substitutions for the following allergies:
 - Egg
 - Milk
 - Wheat
 - Peanut

TELL

The person the participant is caring for may have food allergies. Following is a table describing different types of food allergies, symptoms, risk factors, complications, prevention, and substitutions. These are very brief tables. **It is important to always follow the guidance of a medical care provider.**

Review briefly the following tables. Again, specific questions should be referred to the health care provider.

Food Allergies

Type	Symptoms	Risk Factors	Complications	Prevention	Substitutions
Egg	<ul style="list-style-type: none"> • Hives • Nasal inflammation • Abdominal cramps • Nausea • Vomiting • Shortness of breath • Chest tightness 	<ul style="list-style-type: none"> • Family history • Age (more common in children) • If other allergies exist 	<ul style="list-style-type: none"> • Hay fever • May develop other food allergies • Atopic dermatitis • Asthma • Anaphylaxis 	Avoid foods that contain egg as an ingredient. Carefully read food labels and avoid consuming those that contain the prefixes <i>ova</i> or <i>ovo</i> in the ingredient list. When eating out, ask if egg products have been used to cook your meal.	In recipes replace 1 egg with: <ul style="list-style-type: none"> • 2 Tbsp cornstarch • 2 Tbsp potato starch • 1 banana (in cakes) • ¼ cup mashed potatoes • 1 Tbsp ground flaxseed simmered in 3 Tbsp water

Milk	<ul style="list-style-type: none"> • Wheezing • Hives • Vomiting • Diarrhea • Runny nose • Watery eyes • Itchy skin • Abdominal cramps 	<ul style="list-style-type: none"> • Family history • Age (more common in children) • If other allergies exist 	<ul style="list-style-type: none"> • Hay fever • May develop other food allergies • Anaphylaxis 	Avoid foods that contain milk as an ingredient. Carefully read food label ingredients and avoid consuming those that contain whey, casein, or the prefix <i>lact</i> (i.e. lactose). When eating out, ask if milk products have been used to cook your meal.	<p>For children:</p> <ul style="list-style-type: none"> • Breastmilk • Hypoallergenic formulas • Soy-based formulas (caution: some children may also be allergic to soy) <p>For adults:</p> <ul style="list-style-type: none"> • Soy, almond, or rice milk
Wheat	<ul style="list-style-type: none"> • Swelling and itching of the mouth/throat • Hives • Abdominal cramps • Nausea • Vomiting • Diarrhea 	<ul style="list-style-type: none"> • Family history • Age (more common in babies and toddlers) 	<ul style="list-style-type: none"> • May develop other food allergies • Anaphylaxis 	Avoid foods that contain wheat as an ingredient. Carefully read food labels and avoid consuming those that contain the gluten in the ingredient list. When eating out, ask if wheat products have been used to cook your meal.	<ul style="list-style-type: none"> • Gluten-free products • Rice flour • Tapioca starch • Potato starch • Bean flours
Peanut	<ul style="list-style-type: none"> • Hives • Runny nose • Abdominal cramps • Nausea • Vomiting • Shortness of breath • Diarrhea • Tightening of the throat 	<ul style="list-style-type: none"> • Family history • Age (more common in children) • If other allergies exist • Atopic dermatitis 	<ul style="list-style-type: none"> • Anaphylaxis 	Avoid foods that contain peanuts as an ingredient. Carefully read food labels and avoid consuming those that say that the food was produced in a factory that processes peanuts. When eating out, ask if peanut products have been used to cook your meal.	<p>Alternative to peanut butter:</p> <ul style="list-style-type: none"> • Nut butters (almond, cashews, macadamia, etc.)

Reference: www.mayoclinic.com

SLIDE 32

Modified Diets and Allergies

Remember to always follow the guidance of the medical provider

TELL

Remind participants, again, the importance to always follow the guidance of a medical provider.

SLIDE 33

Remember: Nutrition is Linked to Health Outcomes

- Good nutrition provides:
 - Improved immune function
 - Higher energy levels and a desire to participate in activities
 - Well-being and more socialization
 - Decreased blood pressure
 - Fewer UTI's
 - Increased strength and endurance
 - Faster wound healing
 - Improved disease management

TELL

Good nutrition provides:

- Improved immune function
- Higher energy levels and a desire to participate in activities
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- Faster wound healing

- Improved disease management

SLIDE 34

Summary: Healthy Living

- Healthy eating is important for everyone
- Follow the Dietary Guidelines for Americans
 - Eat for health
 - Eat the right calories for you
 - Physical activity daily
- Dehydration Awareness
- Brief guides for modified diets and allergies
 - Follow the guidance of the medical provider!!

TELL

Hopefully this Guide has assisted you in understanding that healthy eating is important for everyone. Improving what you eat and being active will help reduce the risk of chronic diseases such as diabetes, heart disease, some cancers, and obesity. Following the Dietary Guidelines for Americans encourages you to eat for health, understand the right amount of calories to consume daily, and the importance of including physical activity in your daily life. It is also very important to remember the importance of drinking water to prevent dehydration. In addition, we have given you brief tables of modified diets and allergies. Remember these are brief guides and you should talk to medical personnel and nutritionists for specific information for the person you care for. This module is not only for you, the caregiver, but also for the person you are caring for.

SLIDE 35

Summary: Healthy Living (cont.)

- This module is for the caregiver and the care recipient

- Remember to take care of yourself.

TELL

This module is for the caregiver and the care recipient. Healthy living is important for everyone. Most importantly, remember to take care of yourself.

SLIDE 36

Take a Break

SLIDE 37

Take a Break (cont.)

Do I feel:

- Restless or irritable
- Exhausted or no energy
- Unable to sleep or get out of bed
- Angry
- Resentful
- Frustrated
- Abandoned

TELL

Ask the participants:

Do YOU ever feel:

- Restless or irritable
- Exhausted or no energy
- Unable to sleep or get out of bed
- Angry
- Resentful
- Frustrated

- Abandoned

SLIDE 38

Take a Break (cont.)

- Make a list of things you can delegate:
 - Grocery shopping
 - Laundry
 - Vacuuming
 - Changing bed linens
 - Fixing and/or cleaning up meals
 - Cleaning the bathroom
 - Taking out the trash
 - Ask for help with your care recipient
 - Add your own ideas.

TELL

Tell the participants:

Make a list of things you can delegate:

- Grocery shopping
- Laundry
- Vacuuming
- Changing bed linens
- Fixing and/or cleaning up meals
- Cleaning the bathroom
- Taking out the trash
- Ask for help with your care recipient
- Add your own ideas.

SLIDE 39

Take a Break (cont.)

- Remember:
“YOU CAN’T DO IT ALL!”

TELL

Tell the participants:

- Remember:
- “YOU CAN’T DO IT ALL!”

SLIDE 40

Things to Remember

- Remember to take good care of yourself by eating healthy, sleeping enough, exercising, using good body mechanics, laughing, and relaxing when you can.
- Be positive.
- Always believe in yourself and your abilities.
- Remember that you have the strength, compassion, insight, and wisdom to succeed.
- Thanks for your participation.

SUMMARY

- Remember to take good care of yourself by eating healthy, sleeping enough, exercising, using good body mechanics, laughing, and relaxing when you can.
- Be positive.
- Always believe in yourself and your abilities.
- Remember that you have the strength, compassion, insight, and wisdom to succeed.
- Thanks for your participation.

TELL

Remind participants to always take good care of themselves, and believe in their abilities. They have the strength, compassion, insight, and wisdom to succeed. Tell them you hope the information was helpful. Thank them for coming and for being such a great audience.

RESOURCES

MyPlate: This website features practical information and tips to help Americans build healthier diets

<http://www.ChooseMyPlate.gov>.

Food Labels: Reading and understanding food labels

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>.

Montana Disability and Health Update

<http://mtdh.ruralinstitute.umt.edu/blog/wp-content/uploads/Issue-7-29108-MyPlate-071212.pdf>.

Food Safety

<http://www.foodsafety.gov>.

Older Adults and Food Safety

http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/at-risk-populations/older-adults-and-food-safety/ct_index.

How to determine the correct amount of calories for you

<http://www.choosemyplate.gov/weight-management-calories/calories/empty-calories.html>.

A few sites with sample menus and recipes

<http://www.choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html>.

The resource center links include a variety of information on nutrition

http://www.cnputah.org/resource_center.

This website includes healthy and easy recipe ideas

<http://www.helpinghandsutah.com/Recipes.html>.

UCARE MODULE TOPICS

1. Providing Personal Care
2. Dementia and Memory Loss
3. A) Caring for Older Adults with Chronic Health Issues
3. B) Caring for Children with Special Health Care Needs
4. The Accessible Home
5. Taking Care of the Caregiver
6. Caring for those with Depression, Anxiety, Stress, or Mental Health Issues
7. Community Supports for Remaining at Home
8. Working Effectively with In-Home Service Providers
9. Keeping Your Home and the Person You Care For Safe
10. Eating Healthy for Life
11. Assistive Devices: Tools to Help You
12. Legal and Financial Matters: What You Need to Know

Acknowledgements

The UCare training materials were developed at the Center for Persons with Disabilities at Utah State University by:

Marilyn Hammond, Ph.D., Utah State University

Judith M. Holt, Ph.D., Utah State University

Jeanie Peck, LCSW, Utah State University

Alma Burgess, M.S., Utah State University

Tracy Golden, Ph.D., Utah Valley University

Sherry Castro, Utah State University

The following individuals played a significant role in reviewing and refining the UCare training materials:

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Elizabeth Squires

Laura Owen Keirstead

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Megan Forbush

Kathy Nelson

Carrie Schonlaw

Paula Ledford

Geri Lehnardt

Stacy Wardwell

Diane Allen

And ongoing support from the members of the Utah Coalition for Caregiver Support

Additional agencies and individuals involved in the review and editing of the ACTC materials include:

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This project was supported in part by grant number 90LR0021/01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

The Center for Persons with Disabilities at Utah State University provided additional funding.

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