

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



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.



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



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



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





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

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



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





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



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 package
- Make simple changes



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



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





Fix Healthy Snacks



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



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



CHECK YOUR STEPS: FOUR SIMPLE STEPS TO FOOD SAFETY

Step 1	Step 2	Step 3	Step 4
			
CLEAN 	SEPARATE 	COOK 	CHILL 

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

Reading Food Labels

Sample label for
Macaroni & Cheese

1. Start Here

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

2. Check Calories

Amount Per Serving		
Calories 250		Calories from Fat 110

Reading Food Labels (cont.)

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%

Reading Food Labels (cont.)

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

Signs of Dehydration

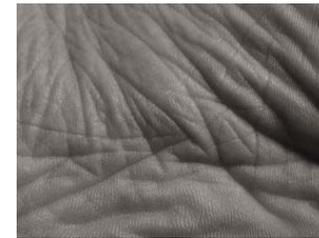
Mild dehydration:

- 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



More Serious Dehydration

- 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



Causes of Dehydration

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





Offer Water Frequently



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



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



Guidelines to Eating

- Think: Is the item worth the calories?
- Eat breakfast
- Avoid oversized portions
- Use smaller plates, bowls, or glasses
- Stop eating when 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





Be Physically Active

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





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!



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.



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



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



Modified Diets and Allergies

Remember to always
follow the guidance of
the medical provider



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



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!!



Summary: Healthy Living (cont.)

- This module is for the caregiver and the care recipient
- Remember to take care of yourself



Take a Break



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



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
 - Clean the bathroom
 - Taking out the trash
 - Ask for help with your care recipient
 - Add your own ideas.



Take a Break (cont.)



- Remember:

“YOU CAN’T DO IT ALL!”



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.

