Nutrition 101

Today's Speaker:

Terry Stowell
Registered Dietitian
Hope Hospice
www.hopehospice.com

Presenting material from Business Health Services (BHS)

Training Summary

People generally understand that to be healthy, you must eat nutritionally. Often times we have a basic understanding of what we should be consuming but it is important to fully understand the impact nutrition has on our body.

This seminar will heighten awareness about important elements of nutrition.

Training Objectives

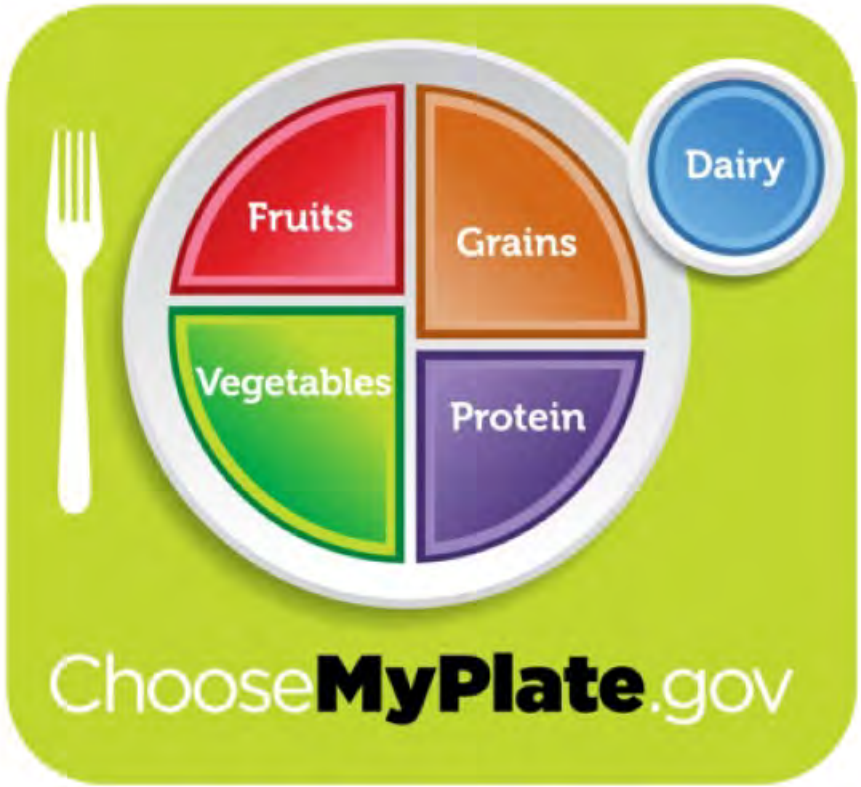
Participants will:

- Review federal nutrition guidelines.
- Understand the importance of good nutrition.
- Understand the basic nutrients in food.
- Learn how to read food labels.
- Gain tools to change eating habits and remain motivated to eat healthfully.

Why Is Good Nutrition Important?

- Decreases the risk of issues related to being overweight and obese
- Decreases the risk of diseases including heart disease, stroke, some cancers, diabetes and osteoporosis
- Vital to healthy growth and development of children and adolescents
- Simply put: good nutrition = good health

The Portion Plate



Source: U.S. Food and Drug Administration (FDA 2011)

Know your Nutrients

- Fats
- Protein
- Carbohydrates
- Fiber
- Fluids
- Vitamins and Minerals

Understanding Fats

Trans Fat – Also called trans fatty acids — both raises your "bad" (LDL) cholesterol and lowers your "good" (HDL) cholesterol.

Saturated Fat – Saturated fats not only clog our arteries, they also directly raise total and LDL (bad) cholesterol levels.

Monounsaturated Fats – Monounsaturated fats help lower LDL (bad) cholesterol while also boosting HDL (good) cholesterol.

Polyunsaturated Fats – These are often a good source of omega-3 fatty acids.

Importance of Protein

- Protein is an important component of every cell in the body.
- It is important to eat the right amount and the right kind of protein to get the health benefits.
- The amount of protein you need in your diet will depend on your overall calorie needs.
- The daily recommended intake of protein for healthy adults is 10 to 35 percent of your total calorie needs. For example, a person on a 2,000 calorie diet could eat 100 grams of protein, which would supply 20 percent of their daily calorie needs.

Source: www.nlm.nih.gov/medlineplus/ency/article/002467.htm

The Truth About Carbohydrates

- Carbohydrates are the body's ideal fuel for most functions.
- Carbohydrates are found in fruits, vegetables, beans, dairy products, foods made from grain products and sweeteners such as sugar, honey, molasses and corn syrup.
- The body converts digestible (non-fiber) carbohydrates into glucose, which our cells use as fuel. Simple carbs break down quickly while complex carbs are slowly broken down and enter the bloodstream more gradually.

Fiber is Your Friend

- Dietary fiber is a complex carbohydrate that cannot be digested and absorbed in the bloodstream.
- There are two types of fiber:
  - Insoluble fiber is mainly made up of plant cell walls, and it cannot be dissolved in water. It has a good laxative quality.
  - Soluble fiber is made up of polysaccharides (carbohydrates that contain three or more molecules of simple carbohydrates), and it does dissolve in water. It has a beneficial effect on body chemistry, such as lowering blood cholesterol and blood sugar levels.

Benefits of Fiber

- Improves bowel function
- Reduces bowel transit time
- Lowers cholesterol
- Reduces risk of colon cancer
- Improves diabetes
- Helps weight loss
- Lowers triglycerides

Water, Vitamins and Supplements

Water

- Water is the most important nutrient in the body because it supports many of the body's processes.
- To stay hydrated, the human body needs a minimum of one liter per day, preferably two.
- Fruits and vegetables consist of 90 percent water and, therefore, are a good source of water.

Vitamins & Supplements

- Vitamins are natural substances found in plants and animals and are used by the body to support many of its functions
- The best way to get all of the vitamins you need is through a balanced diet.
- It is possible to overdose on vitamins.

The Power of Antioxidants

- Antioxidants work to prevent/slow oxidative damage to our body.
- Common Antioxidants:
  - Vitamin A and Carotenoids
  - Vitamin C
  - Vitamin E
  - Selenium

Superfoods

- Foods that contain an exceptionally high nutrient count when compared to calories per serving.
- Blueberries are an antioxidant superfood.
- Fish rich in Omega-3 fatty acids support heart, joints and memory.
- Soy lowers cholesterol.
- Fiber aids in weight loss and maintains cholesterol.
- Green tea helps lower cholesterol and may disrupt the metabolism of cancer cells.

Source: www.webmd.com; www.medicalnewstoday.com/articles/277583.php

Your "Superfoods" Color Chart Should Include

- Deep Green – Cruciferous vegetables like broccoli may help prevent colon cancer, while spinach and kale are good sources of calcium. Kale also helps fight against age-related macular degeneration, the leading cause of blindness in older Americans.
- Red – Red tomatoes, especially when cooked, are beneficial sources of lycopene, which helps protect against prostate and cervical cancer.
- Orange/Yellow – Squash, carrots, sweet potatoes and yams promote healthy lungs and help fight off skin cancers such as squamous cell carcinoma.
- Deep blue/purple – Eggplant, plums, blueberries, blackberries (strawberries, raspberries and cherries come under this category as well) lower your risk of heart disease by helping the liver absorb extra cholesterol, as well as improve your mental functioning.

Source: www.webmd, Foods for Long Life and Well-Being.

Going Organic?

- Organic meat, poultry, eggs and dairy products come from animals that are given no antibiotics or growth hormones.
- Organic food is produced without using most conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering or ionizing radiation.
- Before a product can be labeled "organic," a government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards.
- Organic does not mean "more nutritious."

Source: University of Wisconsin Cooperative Extension; Organic Food Standards & Labels

Mercury and Fish Advisory

- Eat up to 12 ounces (two average meals) a week of a variety of fish and shellfish that are lower in mercury.
- Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers and coastal areas. If no advice is available, eat up to six ounces (one average meal) per week of fish you catch from local waters, but don't consume any other fish during that week.
- The Environmental Protection Agency cautions pregnant or breastfeeding women to avoid four types of fish because of high mercury levels: shark, swordfish, king mackerel and tilefish from the Gulf of Mexico.

Source: epa.gov

Reading a Nutrition Label

Serving Size

Calories

% Daily Value

Chicken Noodle Soup

Nutrition Facts

Serving Size 1/2 cup (120 ml) condensed soup
Servings Per Container about 2.5

Amount Per Serving

Calories 60		Calories from Fat 15	
			% Daily Value*
Total Fat 1.5g			**2%**
Saturated Fat 0.5g			**3%**
Trans Fat 0g			
Cholesterol 15mg			
Sodium 890gm			**37%**
Total Carbohydrate 8g			**3%**
Dietary Fiber 1g			**4%**
Sugars 1g			
Protein 3g			
Vitamin A	4%	**Calcium**	0%
Vitamin C	0%	**Iron**	2%

*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	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400m	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrients

Servings vs. Portions

- Serving size is the amount of food listed on a product's Nutrition Facts label. So all of the nutritional values you see on the label are for the serving size the manufacturer suggests on the package.
- Portion is how much food you choose to eat at one time, whether in a restaurant, from a package or in your own kitchen. A portion is 100 percent under our control.

Source: www.heart.org; Portion Size Versus Serving Size, 2014.

Measuring with Your Eyes

Top 10 Tips for Healthy Eating

1. Try Something New
2. Choose Healthy Fats
3. Cook More Often
4. Eat Less Processed Meat
5. Eat More Whole Foods
6. Eat Breakfast
7. Indulge Adventurously
8. Eat Out Creatively
9. Be Portion-Aware
10. Drink Water

Source: cookinglight.com/eating-smart/smart-choices/healthy-resolutions.html and WebMD- 6 Reasons to Drink Water

Making a Change

- Commit for 21 days
- Become Aware
- Want to Change
- Consistent Action
- Perseverance

Personal Action Plan

Based on today's training, what are two strategies you can begin working on to better your life?
1. 2.
List obstacles that may get in your way (i.e. cost, time, fear), and identify plans to get around them.