

NUTRITION

Nutrition is important for good health. When we care for clients, it is important to encourage and role model healthy eating habits. This in-service should help each of us to be more aware of healthy eating habits and its importance to health.

Common habits that contribute to obesity:

<ul style="list-style-type: none"> ○ Eating more and moving less. ○ Increased portion sizes ○ “Eating out” ○ Increased drinking of sweetened beverages 	<ul style="list-style-type: none"> ○ Increased calorie snacks ○ Fewer family meals at home ○ Television, Computers, Video games <i>(people move less and eat more while doing these activities)</i>
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Food portion sizes have increased:

- The amount of food we consider to be a serving size has increased.
- Many foods are packaged in multiple serving packages, but we consider them to be one serving (ex.—many “snack size” chip packages have 2-4 servings; a 20oz coke is 2 ½ servings).
- Restaurants have increased portions.

Tips for portion control:

- Eat out of smaller bowls and containers.
- Become a label reader—note how many servings are in a container and divide it into that many servings.
- Don’t eat out of the package. Put chips in a dish and then put the bag away--we often do not realize how much we are eating until the bag is gone.

Dangers of fast food:

- People often do not count fast food calories—it’s a “treat”.
- Value-sizing—you get more food for the money, so we buy the larger portion and then eat it all.
- There is increased fat and calories in the items you order, compared to cooking at home.

Ways to “eat out” healthy:

- Don’t Value-size--if you do, share with someone.
- Ask for a “to go” container when eating out and put half of the meal in the container before you start eating—we have a tendency to finish what is on our plate, even though we may have been full halfway through the meal. (A plate of pasta at the Olive Garden is equal to 9 pieces of bread!!!)
- Choose a sub sandwich over burgers.
- Order foods that are grilled, baked or broiled rather than fried or sautéed.
- Don’t get soda or sweetened beverages.

Dangers of sweetened beverages:

- Statistics have shown that one can of soda a day increases your chance of being overweight by 60%.
- Sweetened beverages increase calorie intake with NO nutritional benefit.
- Includes koolaid, fruit punch, fruit drinks, sweet tea, soda, etc.
- They do not leave your hunger satisfied.
- May leave you craving more sugar.
- Replace beverages that are good for you, such as milk or water.

- Fruit juice also has sugar—even 100% juice has natural fruit sugars in it, so they should be limited.

Ideas to replace/limit sweetened beverages:

- Don't buy them. If you do, buy the smallest possible size—if you buy large bottles, you will probably drink it all. Instead, have them as a treat (maybe once or twice a week).
- Drink milk or water with meals and snacks.
- Try adding lemon juice or a small amount of fruit juice to water to flavor it if you don't like plain water.
- Water is the best beverage to drink—no calories and it is GOOD for your body

Dangers of snacks:

- 98% of 6-17 year olds snack at least 3x's/day; 50% of 6-17 year olds snack at least 5x's/day.
- We often do not consider the number of calories we consume from snacks.
- People often snack because they are bored or to “feel better.”

Snack ideas:

- Keep a diary of everything eaten in a day—it may surprise you how often you snack!
- Snacks should be 100 calories *or less*
- Stop and ask yourself why you are snacking—if the answer is not “I'm hungry”—walk away, stay busy

Examples of Healthy Snacks

String cheese	Fat-free popcorn	Granola bar	Whole wheat cereal
Raisins	Yogurt	½ cup peanuts	Cottage cheese with
½ cup pretzels	Dried Fruits	Whole grain breads	Fruit
Fruit (fresh/frozen/canned)	Vegetables (limit dips)	Sugar-free jello (can add fruit)	

Dangers of Skipping Breakfast

- Many people with weight issues skip breakfast.
- Eating breakfast seems to decrease fat intake and limit snacking over the rest of the day—people are less likely to “binge” eat because they are not as hungry.
- Eating more later in the day does not give us time to use the calories we ingest before bed time.

Ideas for easy breakfasts (5 minutes or less)

<ul style="list-style-type: none"> ○ Instant oatmeal ○ *Cold cereal ○ Frozen waffle with yogurt 	<ul style="list-style-type: none"> ○ Low fat muffin ○ *Granola bar ○ *Breakfast bar
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*When choosing these items, choose one that is low in sugars and high in fiber.

Steps to Healthy Meals:

- Set the table and eat at the table.
- Turn off the television.
- Involve everyone in meal preparation.
- Try to stay away from pre-made “convenience foods” when possible, they tend to be higher in calories and fat.
- Plan ahead, consider having a menu for the week and buy the ingredients when you go grocery shopping. If you know what you are going to have every day, you will be less likely to eat out or buy convenience food (such as frozen pizza, fish sticks, and pot pies).

Steps to a balanced diet:

- Eat more dark, green veggies, such as broccoli; orange veggies, such as carrots and sweet potatoes; and beans and peas
- Eat a variety of fruits—whether fresh, frozen, canned, or dried—rather than fruit juice for most of your fruit choices. **Make sure canned fruits are packages in fruit juice or water, not syrup!*

- Get your calcium-rich foods. Get 3 cups of low-fat or fat-free milk—or an equal amount of low-fat yogurt and/or low-fat cheese (1½ ounces of cheese equals 1 cup of milk)—every day.
- Make half your grains whole. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.
- Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it.
- Avoid saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- Mix up your choices within each food group.

Tips for eating healthy:

- Be a role model for the people you are around.
- Make it easy to eat healthy foods by having them available.
- Be positive and encouraging.

Things to remember when reading food labels:

- Watch for added sugars. Many manufacturers add sugar to their foods. Some names to look for are: sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.
- Know your fats. Look for foods low in saturated fats, trans fats, and cholesterol.
- Be aware of the servings per package.
- Choose foods high in fiber. Fiber indicates the ingredients are not as processed and contain more whole grains. Try to eat whole grain bread and pasta. Make sure it says, "Whole grain" or "100% whole grain" and not "made with whole grain." "Made with whole grain" means some, not all, of the ingredients are whole grain.

Remember the benefits of eating healthy:

- More energy
- Better self-confidence
- Better health; less risk of developing diseases
- If kids learn to eat healthy, it will be easier to continue throughout life.

Sources:

- Educational series "Children and Teen Weight Issues" by Dr. Beery and Lisa Spooner, RD
- Kidnetic.com
- Fitnessandkids.com

(Revised 4/25/2017)