

Eating for Wellness

Today's Speaker:

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Presenting material from Wellness Concepts Inc.

EAT WELL, BE WELL: A HEALTHY APPROACH TO LIVING WELL



- Healthy Eating
- The News on Nutrients
- Shopping Mindfully
- Cooking Healthfully
- A Lifelong Wellness Plan



YOUR HEALTHY LIFESTYLE PLAN



The secret to lifelong health is to form a healthy daily eating pattern and exercise plan, not a regimented routine.



HEALTHY EATING FOR OPTIMAL WELLNESS



- Healthy Eating can prevent or manage
 - Heart Disease
 - Diabetes
 - Hypertension
 - Cancer
 - May lead to optimal wellness and weight management

BALANCE YOUR PLATE



Many good eating plans – what is right for you?

- Based on your needs and goals
- Chronic conditions
- Lifestyle

MyPlate

- Illustrates 5 food groups using a place setting
- Balances calories with physical activity
- Interactive web based tool: www.choosemyplate.gov
 - Supertracker FREE menu and calorie tracker
 - Calculates energy needs



Key Food Groups



← Focus on fruits.



← Vary your veggies.



← Get your calcium-rich foods.



← Make half your grains whole.



← Go lean with protein.



← Know the limits on fats, salt, & sugars.

THE NEWS ON NUTRIENTS



Carbohydrates

- ✓ Benefits:
 - Energy
 - Fiber: Soluble and Insoluble
- ✓ Sources: grains, cereals, fruits, vegetables. Legumes
- ✓ Rich in: vitamins, minerals, fiber, and phytochemicals



FIBER



- Fiber - A component of carbohydrates
- Helps you feel fuller, controls blood sugars, lower cholesterol levels, reduce risk of heart disease and cancer, and promotes regularity
- Aim for 30 - 40g fiber/day
- Soluble- oat bran, apples, citrus fruits, carrots, beans
- Insoluble- wheat bran, veggies, whole grains

THE NEWS ON NUTRIENTS



Fat

- Energy
- Satiety
- Adds flavor to food



DEFINING THE FATS



- Monounsaturated
- Polyunsaturated
 - Omega -3 Fatty Acids,
Omega -6 Fatty Acids
- Saturated
- *Trans* Fatty Acids



A WORD ABOUT



- Vitamins
- Minerals
 - Calcium
 - Iron
- Phytochemicals



FLUIDS



- 8-12 cups of fluid daily – How much is enough?
Benefits?
- More may be required when exercising
- Water is the best source
- Other options:
 - Decaf tea and coffee
 - Seltzer & splash of juice
 - Sugar free beverages
 - Fruit juices?



LABEL READING: HELPFUL HINTS



✓ BEST PICKS

- ✓ Whole grain breads & cereals: 3 grams of fiber or more.
- ✓ Sodium: less than 300-500mg. per serving for main courses (frozen foods, soups), less than 200mg. for snacks and sides.
- ✓ Canned vegetables vs. frozen and fresh

ORGANIC FOODS: DO THEY IMPACT WELLNESS?



Key Benefits of Organic Foods

- No synthetic pesticides, fertilizers, herbicides or toxic chemicals
 - banned in crop production
- Hormones
 - Antibiotics and hormones are banned in livestock production
 - Animals are fed organic feed and have access to the outdoors
- Prohibits the use of genetically modified organisms and irradiation
- Reduces health risks among farmers and workers



ORGANIC FOODS



- Respects and conserves natural resources
- May contain higher levels of vitamins, minerals and phytonutrients compared to conventionally grown products
- Better flavor
- More expensive.....but worth it.
- Go Organic
 - Dairy
 - Dirty Dozen vs Clean 15
 - Meats



ORGANIC SEAFOOD?



- The term “organic” is not typically used in relation to seafood and fish
 - Marketing Gimmick
- Choose wild caught over farm raised
- Fish farming has been associated with several health and safety concerns:
 - Crowded conditions / disease
 - Antibiotics which promote ecological destruction
 - Higher levels of contaminants
 - PCBs in the fishmeal used to feed farmed fish



COOKING FOR WELLNESS



DO utilize the following cooking techniques:

- **Grilled**
- **Roasted**
- **Seared**
- **Sautéed or Stir Fried with healthy fats (olive oil, canola oil)**
- **Steamed**
- **Baked**
- **Broiled**



ADD FLAVOR HEALTHFULLY



- Olive oil
- Canola oil
- Nuts
- Seeds
- Mustard
- White Wine
- Garlic
- Shallots
- Fresh Herbs
- Aromatic Spices
- Lemon



LIMIT SATURATED FATS



- Butter
- Lard
- Regular Mayonnaise
- Palm Oil
- Cocoa butter
- Margarine
- Cream
- Cheese
- Full fat Sour Cream
- Roux



SEASONAL, SIDES, SALADS, SAUCES AND MAIN COURSES



Use Seasonal Ingredients

- Typically contains more nutrition
- Supports local farms
- Comfort foods



Sides

- Use whole grains like quinoa, wheat berries, bulgur and brown rice.
- Colorful veggies prepared healthfully. Vary your vegetables.
- Salads
- Incorporate healthy oils, whole grains, legumes, vegetables and nuts

SEASONAL, SIDES, SALADS, SAUCES AND MAIN COURSES



Sauces

- stocks, fruit puree's and healthy fats

Main Courses

- Seasonal fruits and vegetables
- Lean cuts of meat
- Environmentally friendly fish
- 3-6 oz. serving of protein



STRATEGIES FOR HEALTHY LIVING



- Monitor portion sizes
- Consume more “balanced meals and snacks”
 - Fiber, lean protein sources, healthier fats
- Eat less empty calories
- Exercise at least 30 minutes daily
- Don’t skip meals!



YOUR LIFELONG EATING PLAN



Eat Well for the Health of It !

- 1) Assess your current eating and exercise habits
- 2) Compare them to MyPlate
- 3) Create your own eating plan
- 4) Shop mindfully
- 5) Cook healthfully

