HEALTHY EATING: IT’S NOT HARD

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OBJECTIVES

- Learn how to make small changes that turn into healthy habits
- Learn what to cut back on to improve your overall health
- Tips and Tricks for healthy eating
HEALTHY EATING: IT’S NOT HARD

The key is to start with small changes

Those small changes turn into healthy lifestyle habits
SMALL CHANGE #1: EAT LESS ADDED SUGAR

- Sugar is found naturally in some foods and drinks:
  - Fruit
  - Milk
- Sugars added to foods and beverages offer no nutritional value and only give food or drinks a sweet taste

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
SMALL CHANGE #1: EAT LESS ADDED SUGAR TIPS AND TRICKS!

- Sweeten plain Greek yogurt with fresh, frozen or canned (in its own juice) fruit in place of fruit-flavored yogurt.
- Instead of using flavored oatmeal, add cinnamon and dried fruit to plain cooked oats.
- Make your own smoothie with frozen fruit, low-fat milk and yogurt in place of ice cream.
- Substitute 100% fruit juice for fruit punch, other fruit-flavored drinks.
- Drink water, flavored waters, or plain low-fat milk instead of sweetened beverages, such as energy and sports drinks or soda.

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
SMALL CHANGE #2: EAT LESS SALT

- Most Americans consume too much sodium from the foods they eat.
- Sodium in salt plays a role in:
  - high blood pressure aka hypertension
- DASH diet: Dietary Approaches Stop Hypertension
  - American Medical Association is one of the many who report this is the best diet

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
SMALL CHANGE #2: EAT LESS SALT TIPS AND TRICKS!

- Focus on fresh foods
- Cook at home more often
- Eat processed and prepared foods less often
- Try new flavors and skip the salt
- Read food labels to find which packaged and canned foods have less salt
- Use caution with condiments

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
SMALL CHANGE #3: HEALTHY SNACKING

- Snacks can fit into a healthy eating plan
- Snacks can provide an energy boost between meals
- Choosing nutritious foods from the MyPlate food groups can help increase variety and reduce sources of empty calories and added sugars.

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
SMALL CHANGE #3: HEALTHY SNACKING TIPS AND TRICKS!

- Make a dip using low-fat cottage cheese or Greek yogurt for raw vegetables
- Hummus dip with raw vegetables
- Slice an apple and eat with 1 tablespoon of peanut, almond, or sunflower seed butter
- Top graham crackers with nut or seed butter or dunk them in low-fat vanilla yogurt
- Mix 3 cups air-popped popcorn with grated cheese or dried spices
- Cut up fruit to make kebobs and serve with low-fat yogurt dip

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
SMALL CHANGE #4: EATING HEALTHY ON THE RUN

- You may eat out a lot – many Americans do
- We look for fast, easy, good-tasting foods to fit a busy lifestyle this may include:
  - carry-out
  - food court
  - office cafeteria
  - sit-down restaurant
- There are smart choices everywhere though

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
SMALL CHANGE #4: EATING HEALTHY ON THE RUN TIPS AND TRICKS!

- Hold the bread or chips until your meal is served.
- Order the regular or child-size portion.
- Choose a salad with grilled chicken or seafood as your main course
- Ask for sauces, dressings and toppings to be served “on the side.”
- Always eating on the go? Tuck portable, nonperishable foods in your purse or backpack for an on-the-run meal.
- Choose a side of fruit or side salad instead of French Fries

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
SMALL CHANGE #5: ENJOY MORE FRUITS AND VEGETABLES

- Building a healthy plate is easy when you make half your plate fruits and vegetables.
- It’s also a great way to add color, flavor and texture plus vitamins, minerals and dietary fiber.
- Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
SMALL CHANGE #5: ENJOY MORE FRUITS AND VEGETABLES TIPS AND TRICKS!

- Variety abounds when using vegetables as pizza topping.
- Keep cut vegetables handy for mid-afternoon snacks.
- Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
- Make fruit your dessert.
- Top a baked potato with beans and salsa or broccoli and low-fat cheese.
- Add grated, shredded or chopped vegetables such as zucchini, spinach, eggplant and carrots to pasta dishes, casseroles, curries, soups, and stews.

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
EATING HEALTHY ON A BUDGET

- Lack of funds does not need to be a barrier to eating healthy
- You don’t have to be wealthy to eat healthy

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
EATING HEALTHY ON A BUDGET
TIPS AND TRICKS!

- Cook more, eat out less
- Decide how much to make or buy
  - Making a large batch by doubling a recipe will save time in the kitchen. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use.
- Plan what you’re going to eat
  - Deciding on meals and snacks before you shop can save both time and money.

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
EATING HEALTHY ON A BUDGET TIPS AND TRICKS!

- Determine where to shop
- Shop foods that are in season
  - Fresh fruits and vegetables in season are usually on sale
- Watch portion sizes
  - Eating too much of even lower cost foods and beverages can add up to extra dollars and calories.

SOURCE: ACADEMY OF NUTRITION AND DIETETICS
EATING HEALTHY ON A BUDGET
TIPS AND TRICKS!

Focus on nutritious low-cost foods
- Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna or crabmeat; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Make your own healthy snacks
- Convenience costs money
- cut your own fruit
- make your own trail mix

Start a garden or visit a farmers market

Quench your thirst with water
- Brain and Heart are composed of 70% of water
- Lungs 83% water
- Skin 64% water
- Muscles and kidneys 79%
YOU CAN DO IT!

- It’s all about making one little change at a time.
- Whether it involves making healthy choices while eating out, carrying healthy on the go snacks, or adding more fruits and veggies to your meals throughout the day.
- Make one change this week and go from there, you can do it!
RESOURCES

- Academy of Nutrition and Dietetics also known as eatright.org
ANY QUESTIONS?