

Healthy Eating for YOU

Thursday, December 5, 2024
@ 6:30 PM



Agenda

01

Why does nutrition matter?

03

Healthy meals that take less time

05

Tips for managing blood sugar

02

Foods for achy muscles & joints

04

Meal prep

06

Q & A Session





Image Source:
Adobe Express

Question

What makes self-care difficult?





Image Source:
Adobe Express

Question

What challenges do you experience when it comes to feeding your family?





01

Why does
nutrition matter?



Food as Fuel



Image Source: Canva

Every Cell in your Body is Impacted by what you Eat

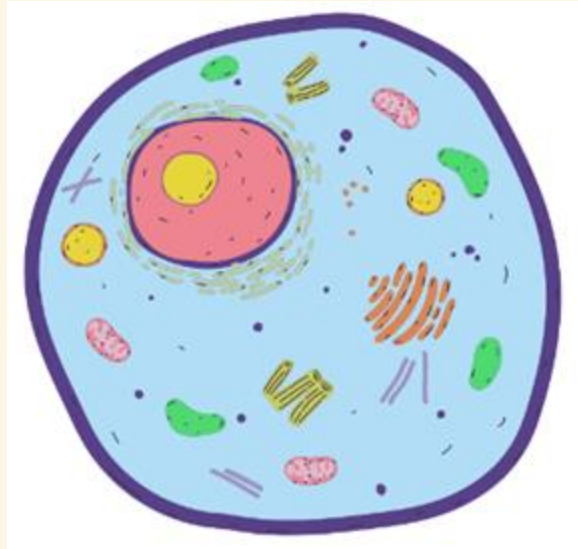


Image Source: Canva



02

Foods for achy
muscles & joints





Image Source:
Adobe Express

Question

What are some health problems you struggle with? Do you think nutrition can help?



Antioxidants¹

Anti-inflammatory foods

What are they?

- Compounds that neutralize free radicals.
- **Examples:**
 - Vitamin E
 - Vitamin C
 - Beta-Carotene
 - Selenium

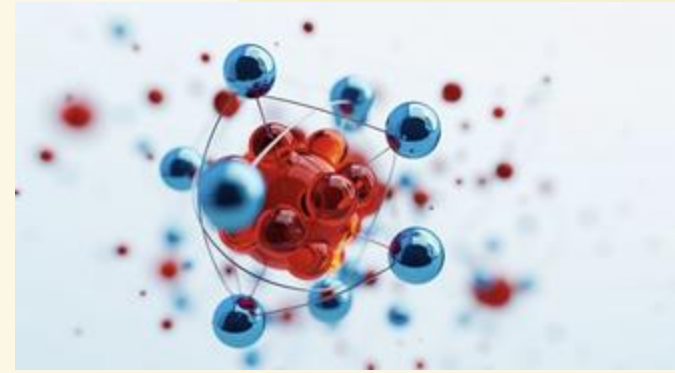


Image Source: Adobe Express

Vitamin E²

- **Food Sources:**

- Sunflower seeds
- Almonds
- Peanuts, peanut butter
- Collard greens, spinach
- Pumpkin



Image Source: Adobe Express

Vitamin C³

- **Food Sources:**

- Oranges, orange juice
- Strawberries
- Peppers
- Broccoli
- Brussel sprouts
- Potatoes



Image Source: Adobe Express

Beta-Carotene⁴

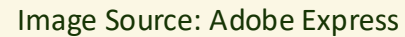
- **Food Sources:**

- Pumpkin
- Squash
- Red, orange, or yellow bell peppers
- Sweet potatoes
- Spinach
- Carrot
- Cantaloupe
- Breakfast cereals
- Eggs
- Broccoli
- Tuna



Image Source: Adobe Express

- Tuna
- Pork chop
- Beef
- Spaghetti
- Chicken
- Cottage cheese
- Eggs
- Baked beans
- Oatmeal
- Rice
- Milk





-
- A collage of various food items rich in Omega-3 fatty acids, including salmon, shrimp, avocado, walnuts, and flaxseeds, arranged around a central chalkboard that reads "Omega 3".



Fiber

- **What is fiber?**
 - Complex carbohydrates the body can't digest⁸
 - Bacteria in colon feed on fiber
- **How much do I need to eat?**⁷
 - **21-28 grams per day***
- **Benefits:**⁸
 - Promote bowel regularity
 - Manage diabetes
 - Reduce risk of cardiovascular disease & cancer
 - Lower cholesterol



Foods with Fiber⁹

Fruit

Raspberries
Pears
Banana
Orange
Strawberries

Grains

Whole wheat pasta
Popcorn
Oatmeal
Brown rice
Whole wheat bread

Vegetables

Peas
Broccoli
Greens
Potatoes
Corn



Fluid & Hydration

How much do I need?^{10,11}

- 1.6 L per day

Considerations:¹⁰

- Exercise
- Physical environment
- Chronic conditions

What to Drink:

- Water
- Coffee
- Tea
- Try to avoid sugar-sweetened beverages
- You can eat your fluid too!



Image Source: Canva



Signs & Symptoms of Dehydration¹²

Source: Abbott Nutrition Health Institute.
Dehydration Infographic for Patients. Published
22 April 2024. Accessed 20 September 2024.
<https://anhi.org/resources/printable/dehydration-infographic-for-patients>



Staying Hydrated¹²

TIP

To see if you're dehydrated, check the color of your urine. Dark yellow to amber typically indicates dehydration, while pale yellow means you're properly hydrated.

< DEHYDRATED

HYDRATED >



Source: Abbott Nutrition Health Institute. Dehydration Infographic for Patients. Published 22 April 2024. Accessed 20 September 2024. <https://anhi.org/resources/printable/dehydration-infographic-for-patients>

Staying Hydrated, cont'd¹²

WAYS TO HELP YOU MAINTAIN PROPER HYDRATION LEVELS



Drink a glass of water when you wake up, before each meal, and 1 hour before bed.



Eat fruits and vegetables with a high water content (eg, watermelon, lettuce, cucumber, strawberries).



Avoid waiting until you're thirsty to take a drink. Being thirsty can be a sign that you're already dehydrated.



Check your urine. If dark yellow to amber, drink more fluids!



Take fluid breaks during exercise.



Stay hydrated in the winter. You may not feel as thirsty or sweaty, but your body loses fluid performing everyday functions even when it's cold.

Source: Abbott Nutrition Health Institute. Dehydration Infographic for Patients. Published 22 April 2024. Accessed 20 September 2024. <https://anhi.org/resources/printable/dehydration-infographic-for-patients>

Helpful Tools to Stay Hydrated

Water Bottles with Motivational Text Reminders

Apps

- Water Drink Reminder
- WaterMinder
- Plant Nanny



Source: Adobe Express



03

Healthy Meals that take less Time





Image Source:
Adobe Express

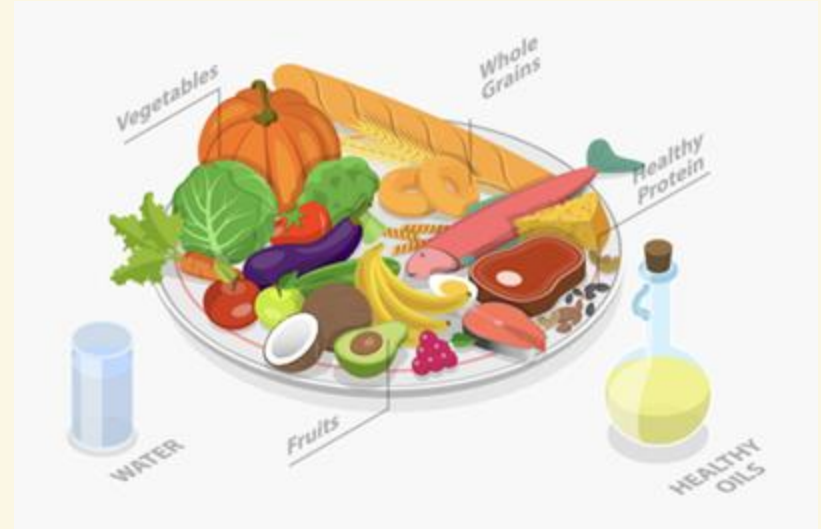
Question

What does a “healthy” meal mean to you?



Tips for making a Meal “Healthy”

- Think colorfully
- Don't forget the protein!
- Whole grains
- Want something sweet - incorporate fruit as your go-to



Source: Adobe Express

Banana Roll-Ups



Breakfast | Dairy-Free | Kid Approved | Quick & Easy | Snacks | High in Fiber | Vegan | Vegetarian | WIC Friendly | Egg-Free
Putting banana and tortilla together may not seem obvious, but, in this dish, it just makes sense!

Share recipe



Nutrition Facts



Recipe PDF



Large Print Recipe PDF

Ingredients

- 1 whole wheat tortilla
- 1 tablespoon peanut butter OR nut butter
- 1 sprinkle ground cinnamon
- 1 banana
- 1 tablespoon raisins
- 1 tablespoon unsalted nuts, chopped (optional)

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Spread a layer of peanut butter across the tortilla, leaving an inch of space around the edge.
3. Sprinkle with raisins, nuts (if using), and cinnamon. Place the banana in the middle of the tortilla.
4. Roll the tortilla tightly around the banana and slice into 8 pieces.



1

Servings

5 minutes

Total Time

\$0.91

Cost per serving *

Temperature: N/A

Serving size: Entire recipe

Prep time: 5 minutes

Cook time: N/A

Total time: 5 minutes

Equipment: Cutting board

Utensils: Knife

Measuring cups and spoons

* Cost and availability of recipe ingredients may vary across different regions of Ohio. Cost per serving information should be used as a general guide when considering recipe cost.

Image
Source:
<https://celebrateyourplate.org/recipes>

Apple Tuna Sandwich

Gluten-Free | Main Dishes | Quick & Easy | Low Fat | WIC Friendly | Egg-Free | Nut-Free

This refreshing and satisfying meal requires no cooking and is loaded with big flavor and lots of crunch.

Share recipe

Nutrition Facts

Recipe PDF

Large Print Recipe PDF

Ingredients

- 1 apple
- 1 5 ounce can tuna in water
- 1/2 cup vanilla low-fat yogurt
- 1 teaspoon mustard
- 1 teaspoon honey
- 4 slices whole grain: bread slices, English muffins, tortillas, crackers etc. OR 4 lettuce leaves for serving

Instructions

1. Before you begin wash your hands, surfaces, utensils, and fruit.
2. Chop apple into small pieces.
3. Drain the water from the can of tuna or chicken.
4. Add tuna, apple, yogurt, mustard, and honey to a medium bowl and stir to combine.
5. Put 1/2 cup tuna mixture on your choice of whole grain bread or lettuce to make a sandwich or wrap.



4
Servings

15 minutes
Total Time

\$0.41
Cost per serving *

Temperature: N/A

Serving size: 1/2 cup tuna/chicken mixture + 1 whole grain piece of toast, muffin, wrap, or on lettuce

Prep time: 15 minutes

Cook time: N/A

Total time: 15 minutes

Equipment: Cutting board

Medium bowl

Can opener

Utensils: Knife

Measuring cups and spoons

Mixing spoon

Image
Source:
<https://celebrateyourplate.org/recipes>

4-Ingredient Vegetable Beef Soup

Dairy-Free | Gluten-Free | Main Dishes | Quick & Easy | Soups | Low Sodium |
No Added Sugars | High in Fiber | WIC Friendly | Egg-Free | Nut-Free

Spoiler alert! You only need four simple ingredients to make this hearty and delicious vegetable soup.

Share recipe    

 Nutrition Facts

 Recipe PDF

 Large Print Recipe PDF

Ingredients

1/2 pound protein: 85% lean ground (beef or turkey) meat OR 1 15 ounce can no salt added kidney beans, drained and rinsed

1 64 ounce bottle low-sodium vegetable juice

1 32 ounce package frozen vegetable mix

1 tablespoon Italian seasoning OR [Celebrate Your Plate Italian Seasoning](https://celebrateyourplate.org/recipes)

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. If using ground beef or turkey, cook in a medium frying pan until no pink remains, about 6 minutes. Drain fat into a paper-towel lined bowl and throw away.
3. Combine your protein of choice (either cooked ground beef, turkey, or beans), vegetable juice, frozen vegetables, and Italian seasoning in a slow cooker and cook on low for 4 hours. If using a stovetop, combine ingredients in a large pot and simmer over medium heat for 10 minutes.

Tips

- If using a stove top, combine ingredients in a large pot and simmer over medium heat on the stove top for 10 minutes.



6
Servings

20 minutes
(stovetop)
or 4 hours
(crockpot)
Total Time

\$1.01
Cost per serving *

Temperature: Medium heat (stovetop) or low (crockpot)
Serving size: 2 cups
Prep time: 5 minutes
Cook time: 16 minutes (stovetop) or 4 hours (crockpot)
Total time: 20 minutes (stovetop) or 4 hours (crockpot)
Equipment: Frying pan
Small bowl
Paper towels
Large pot or slow cooker
Utensils: Spatula or mixing spoon
Measuring cups and spoons



04

Meal Prep





Image Source:
Adobe Express

Question

Have you ever tried meal prepping? If so, can you share your experience? How did it go?





What is meal prepping?

Planning out your meals (*breakfast, lunch, dinner, & snacks*) for the week ahead.

Source: Adobe Express



Kinds of Meal Prep¹⁴

Make Ahead Meals

Complete meals that just need to be reheated.

Batch Cooking

Make a large quantity of one or more recipes, then freeze for later use.

Individually-Portioned Meals

Grab & go - ideal for lunch & snacks.

Ready-to-Cook Ingredients

Prepare ingredients for a recipe ahead of time so that it's easier when you go to cook.



Tips¹⁴

- Look to the week ahead - *how many days will you need ready-to-go meals? How many meals will you need on each of those days? How many people are you serving?*
- Grab your favorite recipes. *Can you modify them for meal prep?*
 - *Not sure where to start?* Look for recipe repositories
 - Consider ingredients you normally have on-hand
- Get the kids involved. Find ingredients each of you likes, then incorporate them into some of your favorite recipes.
- Have fun with it. Do some experimenting in the kitchen to see what works & what doesn't.



Source: Adobe Express



Challenge

Try a recipe. Take a picture. Report back.



05

Tips for Managing Blood Sugar



Managing Blood Sugar with Nutrition

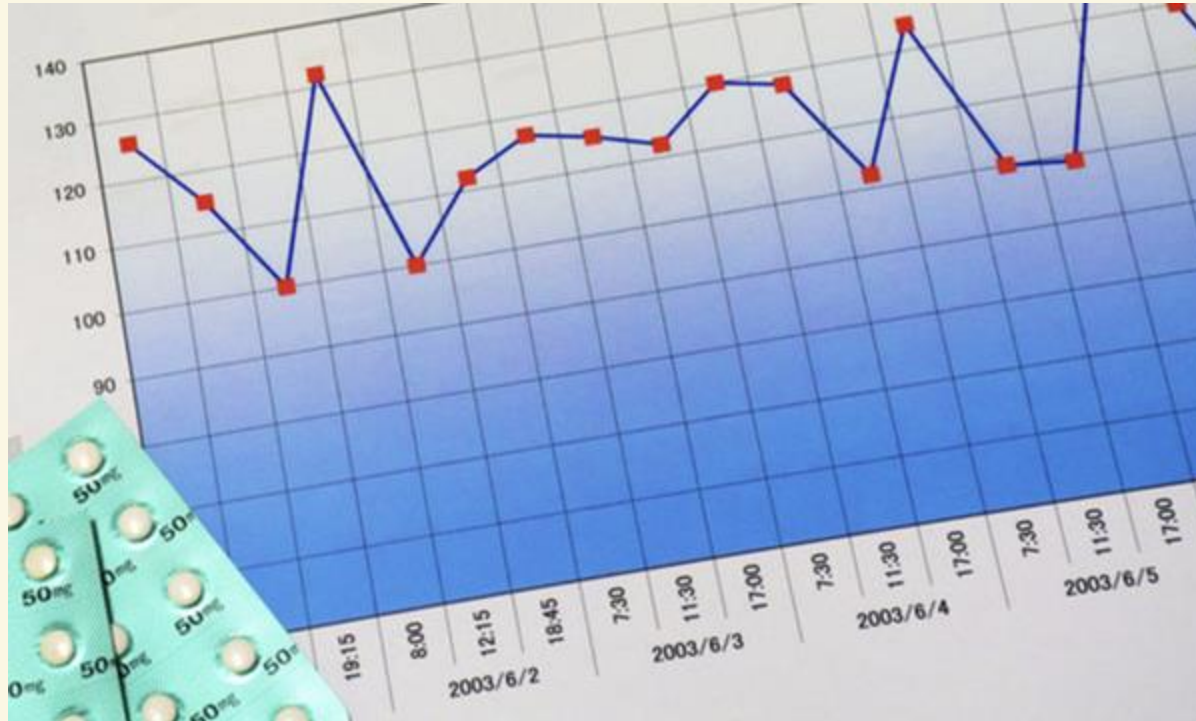


Image Source: Adobe Express

Eating Well with Diabetes¹⁵

- Non-starchy vegetables are a foundation for the plate
- Lean proteins & plant-based protein
- Quality carbohydrates (starchy vegetables, whole grains, & low-fat milk)
- **Less added sugar**
- Healthy fats
- **Less processed foods**
- Water or zero-calorie beverages



Use the Diabetes Plate for Meal Planning¹⁵

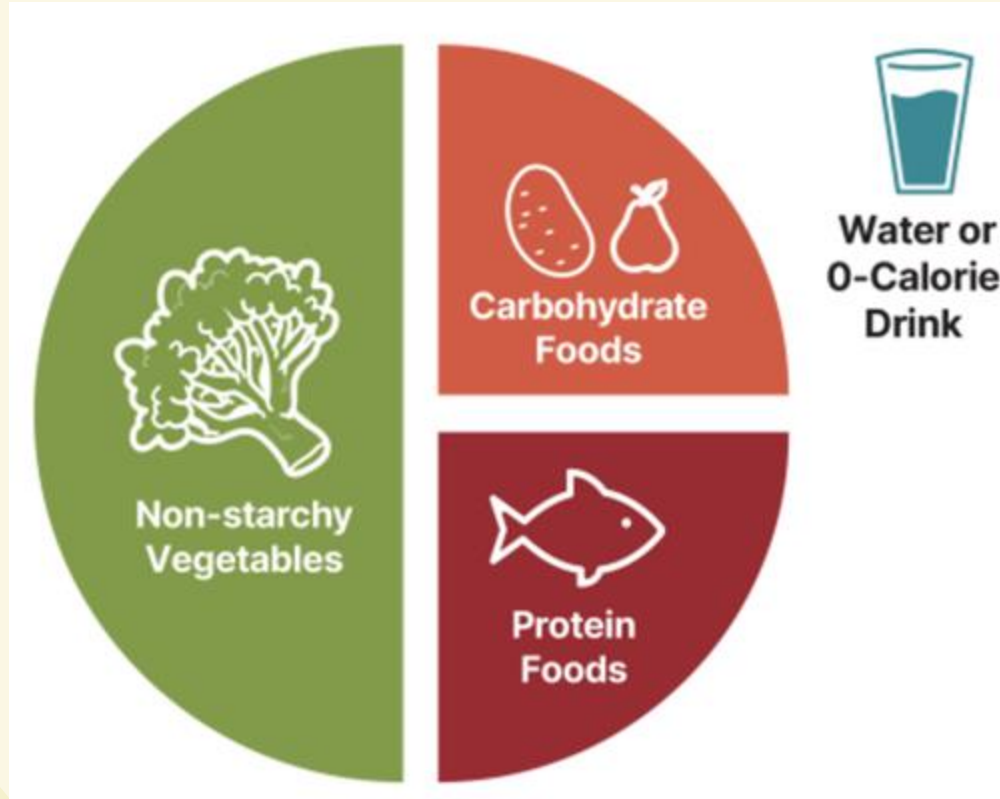


Image Source:
Diabetes.org

Tools for Eating Healthy

Nutrition Facts

Label

- Learn how to check for key nutrients

USDA, Extension

- MyPlate
- Supplemental Nutrition Assistance Program (SNAP)
- Nutrition education

Congregate & Home-Delivered Meals

- Family and Social Services Administration
- Area Agencies on Aging

Senior Centers

- Nutrition education
- Meals
- Social support

Health Department

- Nutrition education
- Medical care

Registered Dietitian

- Individualized meal plans
- Nutrition counseling
- Medical nutrition therapy

How to Read a Nutrition Facts Label



1. Serving Information → 4 servings per container
Serving size 1 cup (227g)

2. Calories → Amount per serving **Calories 280**

3. Nutrients →

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

* The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>



06

Question & Answer Session



Thanks!

QR code to evaluation:

https://osu.az1.qualtrics.com/jfe/form/SV_eEAdFE7UAPkJOC2



CREDITS: This presentation template was created by Slidesgo, and includes icons by Flaticon, and infographics & images by Freepik

Alternative resources

- Celebrate Your Plate Recipes - <https://celebrateyourplate.org/recipes>
- Seasonal Produce Guide - <https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide>
- Tips for Eating Well with Diabetes - <https://diabetes.org/food-nutrition/eating-healthy>
- Meal Planning Tips for Caregivers - https://acl.gov/sites/default/files/nutrition/Meal-Planning-Tips-for-Caregivers_508.pdf
- Cooking Tips for Caregivers - <https://www.heart.org/en/health-topics/caregiver-support/top-10-cooking-tips-for-caregivers>



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