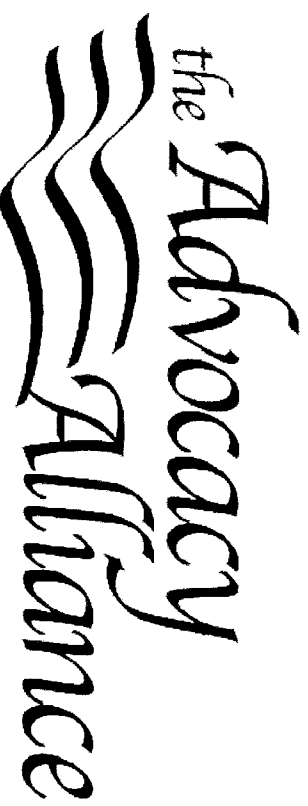


HEALTHY NUTRITION AND WEIGHT MANAGEMENT



HEALTH CARE QUALITY UNITS

1
2
3

Disclaimer

- The information presented to you today is to increase your awareness. It is not intended to replace medical advice or instruction from your health care practitioner or your agency policy.

Objectives

The participant will learn:

- Healthy nutrition and weight management as an aid in disease prevention
- Components of healthy nutrition
- My Plate as a dietary guidelines
- Healthy food choices
- Weight management

Components of Healthy Nutrition

- Nutrition - how food nourishes the body and the nutrients within the food.
- Food - any substance the body can take in and assimilate to enable the body to stay alive and grow.
- Nutrients - components of food required for the body's functioning.

Components of Healthy Nutrition

Role of Nutrients

- Provide energy
- Supply building material
- Maintain and repair tissue
- Support growth

Components of Healthy Nutrition

Protein

- Protein helps build, repair, and maintain body cells and tissues like your skin, muscles, organs, blood, and even bones.
- Protein forms enzymes and hormones that enable your body to function normally.

Components of Healthy Nutrition

Protein

- According to the recommended dietary allowance (RDA) protein should provide 10% to 25% of the daily calories in a healthy diet.
- Protein is found in meat, poultry, fish, eggs, nuts, cheese, milk, yogurt and legumes.

Components of Healthy Nutrition

Fats

- Fat carries and transports the fat-soluble vitamins A, D, E and K.
- Fat supplies essential fatty acids needed by the body.
- According to RDA guidelines 20% to 30% of your calories should come from fats with less than 10% from saturated fats.

Components of Healthy Nutrition

Fats

- Limit your intake of total fat to less than 30% of your total calories each day or about 45-65 grams.
- Limit your intake of saturated fat to less than 10% of your calories each day or about 15-25 grams.

Components of Healthy Nutrition

Carbohydrates

- A major source of energy.
- A healthy diet includes about 45% to 60% of calories from complex carbohydrates such as whole grains, fruits, vegetables and legumes.

Components of Healthy Nutrition

Fiber

- Provides feeling of fullness.
- Lowers cholesterol and improves blood sugar levels.
- Prevents constipation and diverticulosis.
- Found in plant food, brown rice, green beans, apples, carrots, whole wheat breads, cereals, corn, potatoes, and cauliflower.

Components of Healthy Nutrition

Recommended Daily Intake For Fiber

- Adult males, under age 50 38 grams daily
- Adult males, over age 50 30 grams daily
- Adult females, under age 50 25 grams daily
- Adult females, over age 50 21 grams daily
- Adult pregnant females 25-35 grams daily

Components of Healthy Nutrition

Vitamins and Minerals

- Vitamins function primarily as catalysts, regulating chemical reactions within the body.
- Vitamins are essential for the release of energy from food.
- Minerals function to regulate body processes such as heartbeat, transport oxygen, and give the body structure.

Components of Healthy Nutrition

Vitamins and Minerals

- If you focus on eating a variety of foods, your requirements of vitamins and minerals will be met.
- Center for Disease Control and Prevention
Vitamins and Minerals
- Check with your physician before taking vitamin and mineral supplements.

Components of Healthy Nutrition

Water

- Is an essential ingredient and makes up more than 60% of adult body weight.
- Is needed for all body functions such as nutrient digestion, absorption, transport, and metabolism.
- Contains no calories or fat.
- Adults should consume 8 to 12 cups daily.

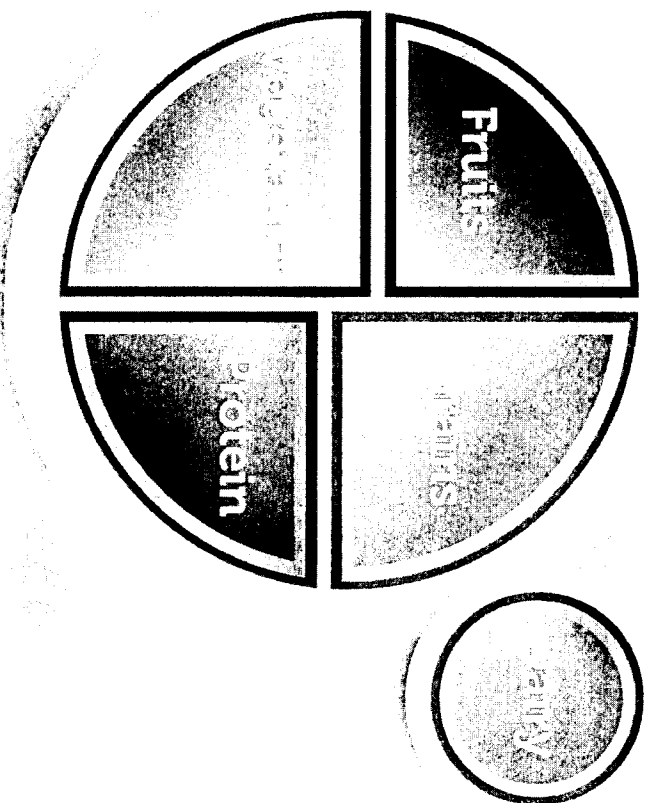
MY PLATE ICON

- The federal government's new food icon My Plate was unveiled June 2, 2011.
- My Plate is to serve as a reminder to help individuals make healthier food choices.
- My Plate is a new generation icon to help prompt individuals to think about building a healthy plate at meal times.
- My Plate works in conjunction with the 2005 My Pyramid Food Guidance System.

MY PLATE DIETARY GUIDELINES

- Enjoy your food, but eat less.
- Avoid oversize portions.
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like soup, bread, and frozen meals-choose the foods with lower numbers.
- Drink water instead of sugary drinks.

My Plate Dietary Guidelines



MyPlate

Healthy Food Choices

Nutrition Facts Labels

Sample label for
Mediterranean Cheese

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

- 1 Start Here →
- 2 Check Calories

Amount Per Serving		Calories 250	Calories from Fat 10
		% Daily Value*	
Total Fat 12g		18%	
Saturated Fat 5g		10%	
Trans Fat 0g		0%	
Cholesterol 30mg		6%	
Sodium 470mg		10%	
Total Carbohydrate 31g		6%	
Dietary Fiber 2g		4%	
Sugars 1g		2%	
Protein 5g		10%	
Vitamin A		4%	
Vitamin C		2%	
Calcium		20%	
Iron		4%	

- 3
- 4
- 5

Check Guidelines
to W.D.V.

5% or less
is low

20% or more
is high

*Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your caloric needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	less than 20g	25g
Cholesterol	less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

- 5 Footnote

Nutrition Facts Labels

- The new nutrition facts label makes it easier for people to know what is in the food they eat.
- Comparing these labels will help you to know which foods have lower or fewer calories, which foods make healthy snacks and which are acceptable for special diets.

Healthy Food Choices

- Consume a variety of nutrient-dense foods and beverages.
- Choose lean, low-fat or fat-free foods.
- Focus on fruits and vegetables.
- Make half your grains whole grain.

Healthy Food Choices

- Look at what you eat now, so you can determine what adjustments are needed.
- Start with small changes, which will help you achieve long-term success in healthy eating.

Healthy Food Choices

- Control portion size
- Limit added sugars
- Bake, broil or boil instead of frying
- Lower sodium intake

Weight Management

- About one-third of adults in the United States are overweight and are obese.
- Obesity and being overweight are known risk factors for diabetes, heart disease, hypertension, gallbladder disease, sleep apnea and osteoarthritis.

Weight Management

Assessing Your Weight

- Body Mass Index (BMI)
- Waist Circumference Test

Weight Management

Assessing Your Weight

- Body Mass Index (BMI) estimates how much you should weigh, based on your height.

Weight Management

Waist Circumference Test

- The distance around your natural waist, just above the navel.
- If your BMI is greater than or equal to 25, your goal for waist circumference is less than 40 inches (male) and 35 inches (female)

Weight Management

- Check with your physician before beginning a weight loss or exercise program.
- Estimate your calorie needs.
 - A calorie is a unit of measurement for energy.
- Eating too many calories and not burning enough through activity can lead to weight gain.

Weight Management

- Monitor the amount and kinds of food eaten.
- Pay close attention to serving sizes that are listed on the nutrition food label.
- A weight loss of even 5% to 10% of initial weight is beneficial and can help reduce blood pressure and blood sugar levels.

Weight Management

- Engage in at least 30 minutes of moderate intensity physical activity, or above usual activity, at work or at home most days of the week.
- A behavior change plan may be beneficial to help stay on track with individual goals.

Weight Management

- Set realistic goals and track your progress

Summary

- Healthy eating is associated with reduced risk for many diseases (i.e., diabetes, heart disease, and sleep apnea).
- Weight management keeps your body at a healthy level.
- Regular exercise and a healthy diet are key to a healthy lifestyle.