



Nutrition

The Basics



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Group Class Confidentiality Agreement

Privacy is something everyone is concerned about when they come to a group class. Everyone who participates in the group wants what is said in the group to be treated with respect and complete discretion. Along with Kaiser Permanente's commitment to foster a respect for all participants, each participant individually has a responsibility to respect and protect each other's privacy.

Please share useful general information outside of the group, but what you hear and learn about individual group members should stay here.



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Important Disclaimer

The information provided in this presentation is **NOT** a substitute for the advice of your personal physician or other qualified health care professional.

Always seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.

Never disregard professional medical advice or delay in seeking it based on information contained in this presentation.



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About Your Facilitator

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- Kaiser Permanente Health Educator



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Agenda

1

- What is a healthy plate?

2

- What are the Dietary Guidelines for Americans?

3

- How to make smart choices from each food group

4

- Why is water important?

5

- Kaiser Permanente resources



Food for thought



“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”

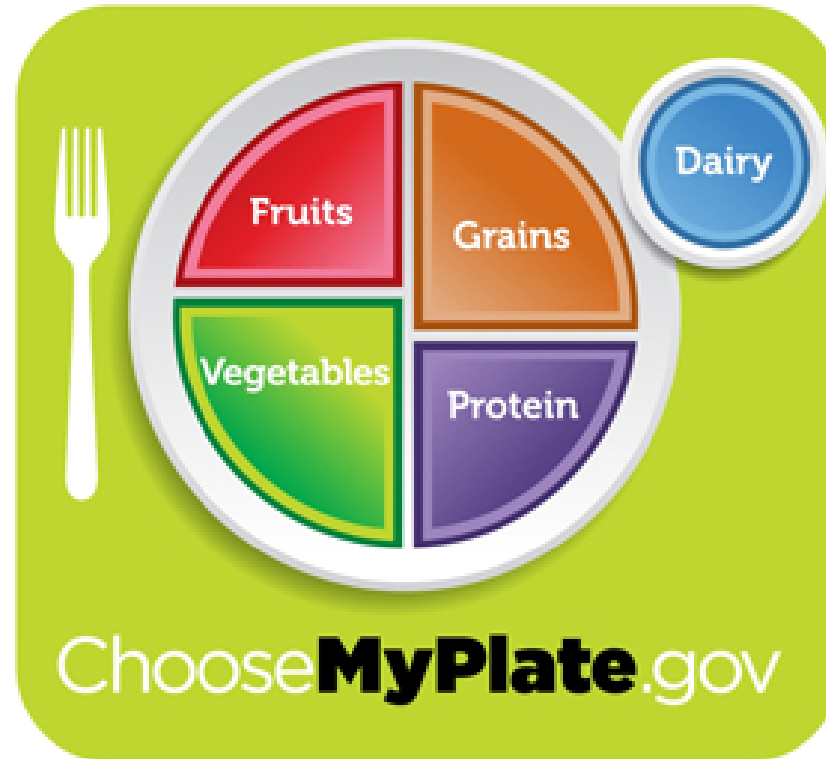
~ Thomas Edison



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What is a healthy plate?



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2015 - 2020 USDA Dietary Guidelines for Americans

- Variety of veggies
- Whole fruits
- Make half of your grains whole
- Fat-free or low-fat dairy
- Go lean on protein



Balance your calories with physical activity to manage weight



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Vary your veggies

Aim for about 2 ½ cups of vegetables daily

- Eat a variety of vegetables
- Choose dark green, red and orange, dry beans and peas, and starchy vegetables
- Include vegetables at lunch, dinner and snacks
- Choose entrées, side dishes and salads that include cooked dry beans or peas



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Focus on fruit

Eat a variety of colorful fruits. Aim for about 2 cups daily.

- Use fruit as topping for desserts, cereals, pancakes or snacks
- Buy fresh fruit in season
- Keep a bowl of whole fruit near you



For organic fruits and vegetables visit www.foodnews.org



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Make grains whole

Choose at least half your grains to be whole. Aim for at least 3 servings daily.

- 100% whole grain should be the first ingredient
- Look for at least 2-3 grams of fiber per serving
- Add whole grains to soups, stews and casseroles
- Consume foods rich in fiber



Find more ideas and portion sizes on www.choosemyplate.gov



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Getting calcium-rich foods

Aim for 3 cups of calcium rich food every day

- Milk, yogurt, and cheese provide protein, calcium, potassium, and vitamin D
- Limit high-fat cheeses, full-fat and sweetened milk products and yogurts
- Choose fat-free or low-fat milk products
- Lactose-free or lactose-reduced products are available



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Getting calcium-rich foods

Other sources of calcium include:

- calcium-fortified juices
- cereals
- breads
- fortified soy/rice/almond milks
- canned fish (sardines, salmon with bones)
- soy yogurt
- tofu
- dried beans
- collard and turnip greens



Go lean on protein



Aim for 5 - 6½ oz.. of lean and low-fat choices every day

- Seafood, fish, lean meats and poultry, dry beans and peas, eggs, nuts and seeds, and soy products
- Choose meat cuts that are low in fat or 90% extra lean
- Trim fat from meat and remove skin from poultry
- Use cooking methods that do not add fat-- baking, grilling, poaching and roasting



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Go lean on protein

Aim for 5 - 6½ oz.. of lean and low-fat choices every day

- Try substituting dry beans and peas
- Try vegetarian burgers, tempeh, tofu and texturized protein (TVP)
- Choose 1 oz. (a handful) of nuts and seeds for snacks and on salads



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Go lean on protein

Aim for 5 - 6½ oz.. of lean and low-fat choices every day

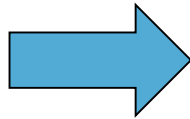
- Eat up to 12 oz. per week of fish and shellfish lower in mercury
 - shrimp, canned light tuna, salmon, pollock and catfish
- Check with your local advisories about the safety of fish caught yourself



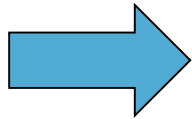
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Reading labels

Package labels give important information that can help you choose healthy, low-sodium foods.



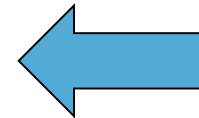
Check here for information on serving size.



Low sodium foods have less than 140 mg of sodium per serving.

Nutrition Facts	
Serving Size 1 cup (22g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 40
% Daily value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 110mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 0%
Calcium 20%	• Iron 4%

If you eat the entire container of this product, you will be getting 220 mg of sodium because there are two servings in the container with 110 mg of sodium per serving.



Limit sugars and sweets

Aim for less than 10% of total calories a day from added sugars

- Sugar is high in calories but low in nutritional value
- Substitute drinks for water and unsweetened drinks
- Look at the nutrition label for the sugar content
- Calories from added sugars and alcohol should not be more than 100 – 300 calories per day

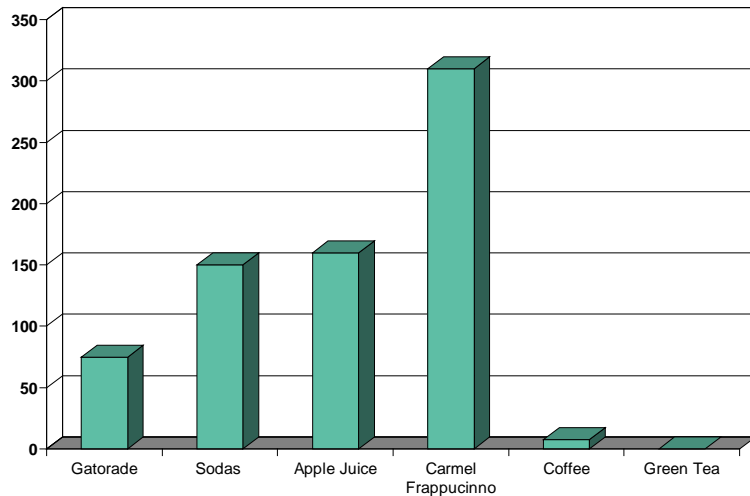


Look for added sugars on the food label

- corn syrup
- sucrose
- glucose
- lactose
- maltose
- brown sugar
- honey
- molasses
- fruit juice concentrates
- raw sugar



Limit or Avoid Sugar- Sweetened Drinks



- The scientific evidence* linking sugared beverages with weight gain is stronger than for any other food category
- Preventing obesity, particularly among children, is a key strategy for improving health
- Cut out 1 can of Cola* each day, at 140 calories, and You can loose 14 pounds in a year
- *Or other sugar sweetened beverage or juice



Trim the Saturated Fat

Aim for less than 10% of total calories a day from saturated fat

- Red meat and full fat dairy (milk, yogurt and cheese) are our biggest sources of saturated fat.
- Eat less red meat and choose non-fat or low-fat dairy to lower your intake of saturated fat



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Limit salt to about a teaspoon a day

- Look at the nutrition label for the milligrams of sodium per serving
- Foods containing less than 140 mg of sodium can be labeled “low sodium” or “no added salt”
- Prepare food without adding salt by using fresh ingredients and herbs



Foods high in salt

- Processed foods
- Luncheon meat
- Restaurant foods
- Salty snacks
- Canned soups
- Frozen dinners
- Instant food and mixes



Why is water important?

Water helps your body with the following:

- Protects your spinal cord and other sensitive tissues
- Lubricates and cushions your joints
- Gets rid of wastes
- Control temperature



Mindful eating and behavior change techniques



- Ask yourself: Am I physically hungry? What is making me want to eat? Is it time for my meal or snack?
- Pause during your meal
- Go grocery shopping on a full stomach
- Drink water during your meal: sip through-out the meal



Thinking about it...

What are some reasons for keeping things the same, and not making changes?



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Thinking about it...

What are some reasons for making lifestyle changes to improve nutrition?



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Thinking about it...

What one change
might I *consider*?



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Readiness ruler



Not ready

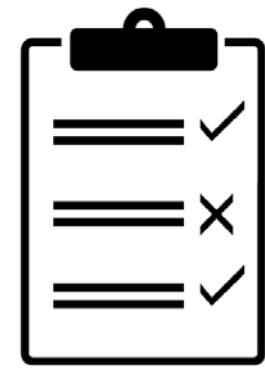
Ready



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Ask yourself...



0 – 3

What would need to happen for me to consider this in the future?

4 – 6

What might be my next steps?

7 – 10

What's my plan? What will help me be successful?



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Wrap Up

- Ingredients for success
- Tools for your toolbox
- Tapping your motivation
- Kaiser Permanente resources



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Kp.Org: A hub for managing health

➤ Tools and resources for members

- ✓ Total Health Assessment
- ✓ Health and drug encyclopedias
- ✓ Symptom checker
- ✓ Healthy lifestyle programs
- ✓ Health videos
- ✓ Total Health Radio online radio show and podcast

The collage displays four screenshots from the Kaiser Permanente website:

- Top Left:** A page titled "Check Your Symptoms" with a "Choose a Symptom" dropdown menu. The menu lists symptoms such as "Allergic reaction", "Anxiety", "Asthma", "Cough", "Chest pain", "Cold/flu", "Constipation", "Dizziness", "Ear pain", "Eye pain", "Fever", "Headache", "Heartburn", "Joint pain", "Nausea", "Rash", "Stomach pain", "Tiredness", "Vaginal discharge", "Wheezing", and "Yellow/green mucus".
- Bottom Left:** A page titled "BMI calculators for adults and children". It includes a "BMI calculator" section with a "Calculate your BMI" button and a "Child's body mass index" section with a "Calculate your child's BMI" button. The page also features a "Live healthy" section with "Tools and calculators" and "Live healthy" sub-sections.
- Top Right:** A page titled "How to form healthy habits Action plan for adults". It features a video player with a play button and a "WALK MORE" video thumbnail. The page includes sections for "How behavior works", "Walking more", and "How to eat healthier".
- Bottom Right:** A page titled "Eat healthy Nourish your body". It includes a "Start a program today" section with a "Sign up" button, a "My health manager" section with a "Sign up" button, and a "Talk, share, and learn" section with a "Connect with others" button. The page also features a "Fat healthy" section with a "Nourish your body" sub-section.



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Total Health Assessment

An interactive health awareness tool with built-in digital coaching solutions

- Provided by Johnson & Johnson Health and Wellness Solutions
- Assesses Bio, Mind, Lifestyle, Body
- Assessment results generate next steps recommendations with built-in solutions
 - Skills and action steps that can help modify behaviors that may result in personal improvements
 - Include tips on healthy eating, exercise, or stress management
 - Optional healthy lifestyle interactive coaching programs



9 Healthy Lifestyles Programs

- *Breathe - Tobacco Cessation*
- *Relax - Stress Management*
- *Balance - Weight Management*
- *Nourish - Healthy Eating*
- *Care for Your Back*
- *Care for Pain*
- *Care for Depression*
- *Care for Diabetes*
- *Dream[®] - Sleep Management*



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Make the Call, Take the Call

The State of Maryland Wellness Program offers free confidential health coaching through its "Make the Call, Take the Call" coaching program.

Trained professional coaches will help you to understand your health status and provide motivating support over the phone to help you with the following topics:



Healthy weight
Managing stress
Physical activity
Eating healthy
Quitting tobacco



Connect with your Kaiser health coach at: 1.866.862.4295

Please check out our "Make the Call, Take the Call" video located on the wellness website at <http://dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>

For a copy of this presentation

Please visit the State of Maryland Wellness website

<http://www.dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>



The screenshot shows the homepage of the State of Maryland Wellness website. The header includes the Maryland state logo and the text "DEPARTMENT OF BUDGET AND MANAGEMENT HEALTH BENEFITS". A search bar is located in the top right. Below the header is a navigation menu with links for "BENEFITS HOME", "RETIREES", "SLEOLA", "WELLNESS", "FORMS", "POLICIES", and "ASO CORNER". The main content area is divided into three columns:

- Health Benefits:** Includes links for Medical Plans, Prescription Drug Coverage, Dental Coverage, Flexible Spending Accounts, Term Life Insurance AD&D, and Wellness Program.
- Wellness Program Information:** Features a central graphic titled "Make the Call - Take the C..." with icons for a calendar, laptop, smartphone, and a person. Text below reads: "Thinking about starting a fitness routine and eating better? Or, maybe you're thinking about how to reduce stress, quit tobacco, and improve your overall health? Make The Call. Take the Call! Wellness Coaching can help!"
- News and Updates:** Lists "Wellness Program Success!!!", "2018 Spring Wellness Fair Schedule", and "2018 Wellness Activities".

Additional sections include "Quick Reference" (Benefits/Wellness Blog, DBM Homepage, State Employees Homepage) and "Wellness Programs" (CuraFirst, United Health Care, Kaiser Permanente).

Or reach out to your wellness coordinator



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THANK YOU

What questions do you have ?



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