Nutrition
SOM & Kaiser Permanente
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.

Regional Health Education, Health Promotion and Women’s Health Department
Updated: May 27, 2010
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.
Welcome & Agenda!

- Cheryl Mirabella, M.A., NHC
  - Kaiser Permanente Health Educator

<table>
<thead>
<tr>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is a healthy plate?</td>
</tr>
<tr>
<td>What are the Dietary Guidelines for Americans?</td>
</tr>
<tr>
<td>How to make smart choices from each food group.</td>
</tr>
<tr>
<td>Why is water is important?</td>
</tr>
<tr>
<td>Kaiser Permanente resources</td>
</tr>
</tbody>
</table>
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
What is a healthy plate?
2015 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
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
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
Make grains whole

- Choose at least half your grains to be whole. Aim for at least 3 servings daily.
  - Consume foods rich in fiber
  - 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

- Find more ideas and portion sizes on www.choosemyplate.gov
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
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
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
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
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
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
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:
  - Control temperature
  - Lubricates and cushions your joints
  - Protects your spinal cord and other sensitive tissues.
  - Gets rid of wastes
Thinking about it…

- What are some reasons for keeping things the same, and not making changes?
Thinking about it…

- What are some reasons for making lifestyle changes to improve nutrition?
Thinking about it…

- What one change might I consider?
Readiness ruler
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?
Wellness Coaching by Phone

Topics

– Healthy weight
– Managing stress
– Physical activity
– Eating healthy
– Quitting tobacco

*Available only to Kaiser Permanente members

Telephone appointments
1-866-862-4295
Monday through Friday, 7 a.m. to 8 p.m.
Kaiser Permanente Online

- Healthy recipes
  - Kp.org/foodforhealth
- Featured Health Topics
- Podcasts
- HealthMedia® Programs*
  - HealthMedia® Balance®
  - HealthMedia® Nourish®

*Available only to Kaiser Permanente members

www.kp.org/healthylifestyles
Health Education Centers & Classes

- Class Information*
  - Nutrition for weight control
  - Online Nutrition for cholesterol control

*Available only to Kaiser Permanente members

www.kp.org/classes
Wrap Up

- Ingredients for success
- Tools for your toolbox
- Tapping your motivation
- Kaiser Permanente resources
## Upcoming Webinars!

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 8th, 2017</td>
<td>Herbs &amp; Other Natural Foods</td>
</tr>
<tr>
<td>July 13th, 2017</td>
<td>Stress &amp; Emotional Eating</td>
</tr>
<tr>
<td>August 10th, 2017</td>
<td>Physical &amp; Emotional Impact of Stress</td>
</tr>
<tr>
<td>September 14, 2017</td>
<td>Stress Management</td>
</tr>
<tr>
<td>October 12th, 2017</td>
<td>Flu Awareness</td>
</tr>
<tr>
<td>November 9th, 2017</td>
<td>Sleep Awareness</td>
</tr>
</tbody>
</table>

We appreciate your feedback.

Take Survey