

Nutrition

SOM & Kaiser Permanente





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

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

What is a healthy plate?

What are the Dietary Guidelines for Americans?

How to make smart choices from each food group.

Why is water is important?

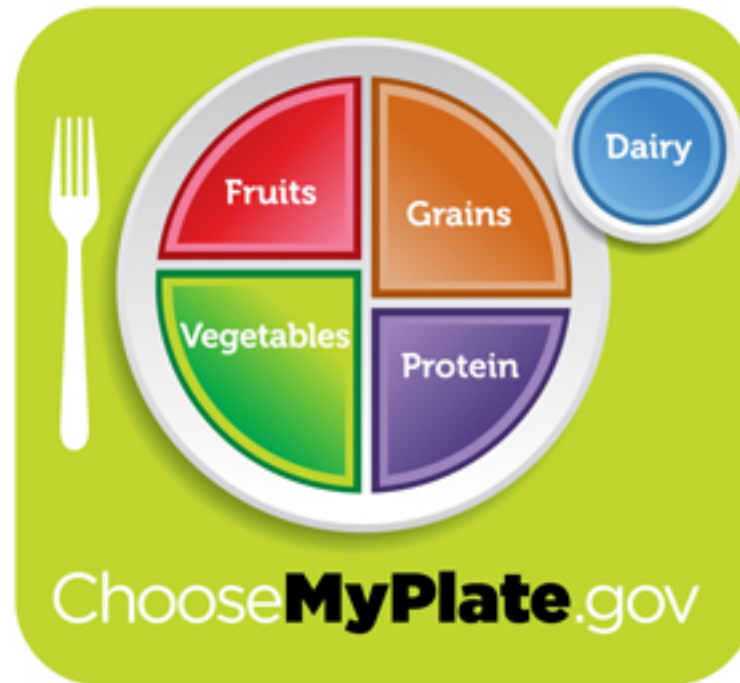
Kaiser Permanente resources

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

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



Not ready

Ready

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®

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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!

Date	Topic
June 8 th , 2017	Herbs & Other Natural Foods
July 13 th , 2017	Stress & Emotional Eating
August 10 th , 2017	Physical & Emotional Impact of Stress
September 14, 2017	Stress Management
October 12 th , 2017	Flu Awareness
November 9 th , 2017	Sleep Awareness

We appreciate your feedback.

Take Survey

