

# Simple Steps Towards Better Health

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# Why Eat Healthy?

- Disease prevention
- Improved quality of life
- More energy and improved concentration
- Maintenance of a healthy body weight
- Become a role model for family and friends



# Physical Costs of Obesity

- Coronary artery disease
- Type 2 diabetes
- Hypertension
- Dyslipidemia
- Higher prevalence of certain cancers
- Sleep disorders
- Gastric Reflux
- Changes in mood and behavior
- Stroke
- Gall bladder, liver, and kidney disease
- Arthritic pain
- Work impairment

# Balancing Your Energy Needs

- Overall diet should consist of 50-55% carbohydrate
  - Provides energy needed for brain and cognitive function
  - Choose high fiber sources to maintain a steady blood sugar
- Protein should make up 15-20% of calorie needs
  - Building block of muscle
  - Plays a role in satiety and burns more calories through digestion
- The remaining 25-30% of calories needed should come from healthy fats
  - Promotes vitamin A,D,E,K absorption
  - Protects against heart disease
  - Plays a role in managing inflammation

# Carbohydrates

- Choose whole grain options over processed and refined carbohydrates
  - Whole grains provide fiber and essential vitamins and minerals needed for heart health
  - Processed carbohydrates/simple sugars should be limited: increased intake associated with high incidence of disease
- Inadequate intake leads to poor concentration, fatigue, irritability, depression
- Good sources include whole grain breads and cereals, brown rice, quinoa, oats, legumes, and fruit

# Protein



- Should be included in meals and snacks to increase satiety
  - Those who include small amount of protein in meals and snacks are more successful at weight management
  - Essential for individuals trying to control blood sugar
- Builds lean body mass
  - Muscle burns more calories at rest compared to fat
- Choose lean sources such as chicken, fish, turkey, and low fat dairy

# Fats

- Choose heart healthy unsaturated fats
  - Good sources include nuts, seeds, avocados, fish oil, olive oil
- Raises “good” HDL cholesterol
- Natural anti-inflammatory: arthritis, cardiovascular disease
- Limit saturated and trans fat intake
  - Fried foods, high fat/processed meats, cakes, cookies
- Increases “bad” LDL cholesterol
- Associated with a higher risk of certain cancers, stroke, vascular disease, fatty organs



# Fruits & Veggies

- Loaded with disease fighting anti-oxidants and phytochemicals
- Aim for 4-6 servings of vegetables per day
  - ½ cup cooked or 1 cup raw
  - Try a wide variety to find one that you really like
- Aim for 2 servings of fruit per day
  - 1 cup berries. ½ banana, baseball sized apple





# Frequent Feedings

## Consequences of Skipping Meals

- Fluctuations in blood sugar = poorly controlled diabetes, fatigue, increased sugar cravings
- Less likely to make healthy choices when hungry
- Increased body fat percentage and slower metabolic rate

## The Benefits of Eating Frequently

- Well controlled blood sugar for diabetics
- Improved energy throughout the day
- Better concentration
- Digestion burns calories and increases metabolism
- Easier to practice portion control

# The breakfast of champions

- Breakfast eaters are more successful in managing their weight
- Eat within an hour of waking up to jumpstart your metabolism
- Choose foods high in fiber and include protein
- Prepare in advance to save time in the morning



# Give Your Meals a Makeover

## Instead of...

- Buying lunch every day
- Fast food burgers
- Adding chips or fries to your meal
- Soda or a sweetened beverage
- Eating in front of the computer or TV
- Eating the entire portion when out

## Try...

- Packing lunch 3x/week
- Whole wheat wrap with grilled chicken or turkey
- Add fruit or chopped veggies with hummus
- Water, unsweetened iced tea, seltzer
- Eat with family or co-workers
- Split an entrée or take half to go for a future meal

# Keep Healthy Snacks Handy

- Prepare snacks ahead of time and store in individual bags
- Have trail mix, whole grain crackers, low fat yogurt, or fruit close to your desk to avoid a trip to the vending machine
- Plan ahead for long days



# Limit Your Sodium Consumption

- American Heart Association recommends <2,300 mg/day
- Certain individuals may need <2,000 mg/day
- Excess intake leads to vascular diseases including hypertension and stroke
- 1 tsp table salt = 2,325 mg
- 1 cup soup = 850 mg
- Medium serving of fries = 993 mg
- 1 slice pizza = 572 mg
- Medium movie theater popcorn = 750mg





**Measure up** How much do you eat? Here is a handy way to measure portion sizes.



1 cup, small  
deck of cards

1/4 cucumber or  
quarter of cucumber

1 cup, small  
light bulb

1 tennis ball  
tennis ball

1 fist  
fist

**Bigger isn't better**

A portion isn't necessarily the size of the cup or bowl. Here are some rules of thumb to help you measure.

Cups	Arms	Elbows	Palms
Utensils	Spoons	Tea	Spoons
Knives	Always smaller	Half meal	Eggs

**By the numbers**

Here are some numbers to help you measure your portion sizes.

How much you eat	Calories, fat, carbs, and fiber	How much you eat
1,000 calories	1,000 calories	1,000 calories
10 grams fat	10 grams fat	10 grams fat

# Portion Distortion

What you're served



1/2 lb. cheeseburgers,  
French fries, lettuce, dice,  
lettuce, 5/8 cup ketchup  
1,300 calories  
83 grams fat

What's one serving



1/4 lb. cheeseburgers, with  
half the French fries, and  
2 tablespoons ketchup,  
lettuce and tomato  
660 calories  
33 grams fat

## DID YOU KNOW?

- Most adults are unaware of just how oversized portions are. In fact, a single portion can contain nearly a normal meal.
- Consuming an extra 100 calories daily for a year, without burning them up, can lead to a weight gain of 10 pounds.
- The number of overweight people in the world is 1.1 billion - that's nearly the number of underweight people.
- A portion of 50 - 75 calories.
- A 100-calorie portion of food is 1/4 of a meal.
- 100 calories is the amount of calories in a slice of pizza.
- 10 percent of Americans are overweight.
- 10 percent is the amount of calories in a slice of pizza.

**Everyday excess**

What you're served  
1/2 cup, small  
1/2 cup, small  
1/2 cup, small  
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1/2 cup, small



1/2 cup

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# Portion Distortion Cont'd

## Bagel

Calorie difference: **210 calories**



3-inch diameter  
140 calories



6-inch diameter  
350 calories

## Cheeseburger

Calorie difference: **257 calories**



333 calories



590 calories

## Soda

Calorie difference: **165 calories**



6.5 ounces  
85 calories



20 ounces  
250 calories

## French Fries

Calorie difference: **400 calories**



2.4 ounces  
210 calories



6.9 ounces  
610 calories

# Sizing Up Your Portions

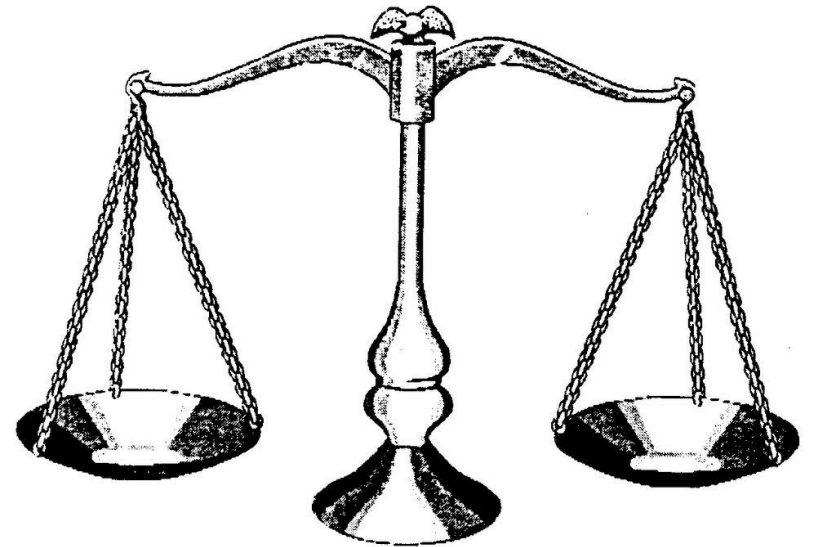
- Use the palm of your hand as a guide
- Eating every 3-4 hours keeps hunger at bay making you more likely to pay attention to your portions
- Eat on smaller plates
- Fill half of your plate with veggies,  $\frac{1}{4}$  protein,  $\frac{1}{4}$  starch
- Share entrees when dining out

# Get Moving!

- Engaging in physical activity aids in weight management, disease prevention, improved self esteem and mood
- Research shows that those who exercise have better work performance score better on cognitive functioning tests than non exercisers
- Aim for 60 minutes of physical activity per day
- Take the stairs when possible
- Park further away
- Wear a pedometer
- Find something you enjoy doing
- Schedule exercise in your daily planner as you would any other appointment
- Recruit a co-worker or family member to join you

# Balance & Moderation

- To be successful in making changes to your health, set realistic goals and expectations
- Do not deprive yourself or completely cut out food groups – this will backfire on you
- Allow yourself to enjoy treats in moderation
- Balance calories consumed with calories used



# Start Today By...

- Choose whole grain carbohydrates
- Decrease intake of saturated and trans fats
- Limit sodium consumption
- Increase intake of fruits and vegetables
- Increase intake of water and limit sugar sweetened beverages
- Practice portion control
- Don't skip meals or snacks
- Enjoy treats in moderation
- Increase daily physical activity

Questions?