Helping Your Clients Make Healthy Choices

By

Elizabeth Wolfe, MA RD CDE

Major Health Issues Facing the U.S.

- Diabetes

1 out of 3 persons born after 2000 are predicted to end up w/ Diabetes. 700,000 residents of Indiana have diabetes about 13% of the population (ADA, 2019)

- Obesity

39.6% of adults and 18.5% of children (NHANES 2018)

Indiana 34.1% (ranked 15 highest in the U.S.) youth (ranked 11th)

(StateofObesity.org, 2019)

In the early 2000's public health professionals observed the epidemic of obesity. Although it affected all socioeconomic levels excess weight was most prevalent among the low income population (Flegal et al, 2012)

"Hunger-Obesity Paradox" Phenomena – observers stated that many of those who were overweight were also undernourished and food insecure (Flegal et al, 2012)

Hypertension, Hyperlipidemia, Cancer, Gastrointestinal Issues, ETC

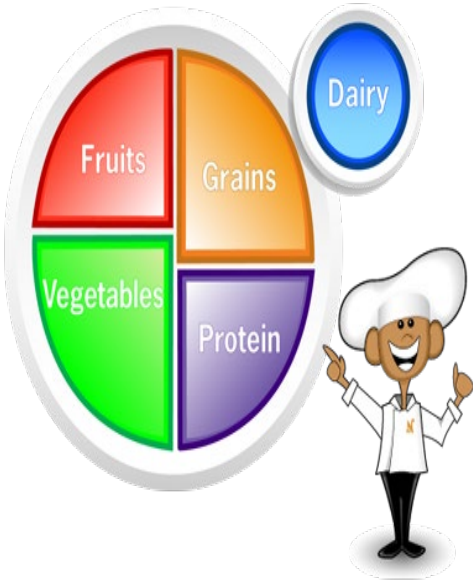
In the Short Term

- Poor Nutrition affects our every day life
- Ample evidence shows that students who face a deficit of nutritious foods have less favorable academic outcomes (AJPH, 2001)
- When food insecure children had better access to nutritious foods they experienced increases in both reading and math performance (JON, 2016)

What is a Healthy Food?

- A nutrient dense food- which means a food that gives you something beneficial- vitamins, minerals, complex carbohydrates, antioxidants, lean protein, healthy fats, fiber, etc.

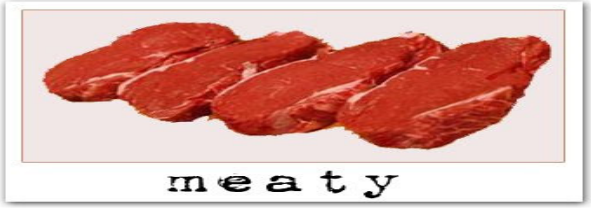
- Fruit
- Vegetables
- Lean Meats
- Dairy
- Whole grains
- Unsaturated Fats



Fruits and Vegetables

- A combined 5 servings per day is what is recommended for most. “Strive for 5”
- A serving is generally a cup of fresh or frozen or ½ cup of juice, dried fruit or canned
- Making Fruits and Vegetables an important part of meals and snacks is crucial. According to the plate method about ½ of your plate should be fruits and vegetables
- Fruits and vegetables are excellent sources of vitamins and minerals as well as fiber and are naturally low in sodium and fat.
- Berries and low carb vegetables are the best options for most people.
- 2014 Hunger in America survey showed in their study that 55% of the clients identified fruits and vegetables as the most sought after items (Webb et al, 2012)
- The same survey showed that the next highest category of sought after items with 47.1% were Meat and Dairy (Webb et al, 2012; Campbell et al, 2011)

Meats



- Most people need about 6 oz of meat per day
- The best types of meat are lean meats like pork loin, chicken, lean beef, fish, turkey, and deer
- Vegetarian meat substitutes are also counted as a meat like tofu, hummus, veggie burgers, etc. Also eggs and nut butters can also fit into the meat category.
- Best cooking methods are baking, broiling, or grilling
- Avoid processed meats like ribs, hot dogs, bologna, sausage, bacon, and bratwurst as they have a lot more sodium and fat and a lot less iron then the lean meats.
- Meats are a good source of iron, zinc, niacin, B12, and protein.

Dairy

- Recommended servings of dairy per day are 2-3.
- Servings of dairy would be an 8 oz of milk, 1 oz of cheese, 8 oz of yogurt
- Dairy as a whole is a good source of Calcium, Vitamin D, Phosphorus, Potassium, and Protein.
- For most people lowfat or light dairy products are the best options.

Whole Grains

- Most people need about 6 servings of grains per day. At least 3 of those servings should come from whole grains.
- A serving counts as a ½ cup pasta or rice, 1 slice of bread, 1 cup of cold cereal, ½ cup of hot cereal, 1 tortilla, ½ of a bun, 4” pancake or waffle, etc
- Grains are high in thiamin, riboflavin, niacin, folic acid, and carbohydrates. Whole grains contain more fiber which mean they are more filling, turn to sugar slower, and help soak up cholesterol.
- The goal for most people is to get in 30 gm of fiber per day and the average person in the U.S. only gets in 8 gm per day.

Fats

- 3-4 servings per day
- Good Versus Bad- best fats are the ones that come from plants and the worst are the ones that come from animals. For instance olive oil is better for you than lard.
- Provide fat soluble vitamins as well as satiety and the omega 3's. Also fats are needed in children for brain development.
- 45 kcal per serving – most 1 tsp or 1 tbsp or ¼ avocado or 10 nuts
- AHA Step 2 diet: 200 mg cholesterol 60 gm of fat 10 gm sat fat and no trans fat

Empty Calorie & Processed Foods

- Pop, soda, sweet tea, lemonade, caloric flavored waters, sports drinks, sugary coffee drinks
- Candy, cookies, chips
- Bologna, hot dogs, sausage, bacon
- Ramen Noodles, Rice Mixes, Hamburger Helper, Canned soups
- Hunger in America study found less healthful items like candy, sodas, and snack foods were ranked the lowest by clients in the list of preferred foods (Webb et al, 2012; Campbell et al, 2011)

Not a Perfect World!
What can we Do with What we Have?

- Portion Control- can have most things but in moderation- measuring cups, measuring spoons, use your hands as a guide!
- Rinse- give canned fruits and veggies a rinse to decrease the salt or sugar content
- Fix it in a different way- cooking method: Bake, Broil, Grill, Roast instead of Frying
- Find a different application- instead of eating a packet of ramen noodles in a setting for a meal make a crunchy salad topping out of it

You can't provide it all so what can we help people to do in order to save money

- Coupons- paper, mail, stores, or online – kroger.com
- Look at the ads
- Pace the perimeter of the store
- Use the Library to check out cookbooks
- Don't fall for gimmicks- products and supplements promising unrealistic results
- Exercise is free!!!

Resources

- You can’t do it all!
- Have handouts with information available at your sites. Get great materials for free! Cornerstone4Care.com, American Diabetic Association, American Dairy Council, Purdue Cooperative Extension, etc.
- Refer to others- have business cards or pamphlets for other programs available at your facility

Food Insecurity

- 37 million Americans still face hunger
- 1 in every 9 households encountered at some point in time during 2018 that they were not able to provide enough food for their family.
- 1/3 of people who are food insecure have incomes above 185% of the federal poverty line and may not qualify for federal nutrition assistance programs leaving them with charitable food assistance as their only option.

(USDA, September 4, 2019)

Meet and Defeat Food Insecurity with Healthy Food Options

- Might seem like a dream, but I feel as if we have no choice.
- If people have access to healthier foods they will in the short term feel better and do better in school and in life. In the long term, people having access to healthier food options can empower them to prevent chronic debilitating conditions like diabetes and obesity. These are achievable goals that could help to prevent the cycle of dependence and give way to independence.

Questions/Concerns

Contact Information:

ewolfe@woodlawnhospital.com

574-223-1058