Busy, busy, busy!
Healthy eating, who has time?

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Joe R. Utley Heart Resource Center
At Spartanburg Regional HealthCare System
Who shared resources for this presentation
Objectives:

- The participant will understand what makes up a healthy meal or snack
- The participant will have at least 2 more ways to incorporate mindfulness in his or her busy day
- The participant will be able to choose from best, reasonable or the worse in frozen and pre-prepared foods
- The participant will have a better understanding how to save money and time with shopping and meal preparation
Diet and health

• The nutritional content of what we eat determines the composition of our cell membranes, bone marrow, blood, and hormones.
• Consider that the average adult loses roughly 300 billion cells to old age.
• Our bodies are literally manufactured out of the food we consume.
• That's why what we put in them is of utmost importance — and why "clean food" is an urgent priority and "junk" food is neither cute nor innocuous.
• In short, our bodies are only as clean as the food we feed them.
What does it mean to eat healthy?

To promote health diets must achieve balance and provide enough:

- **Calories** (for growth and repair)
- **Vitamins/minerals**
- And other nutrients to support normal metabolism and prevent deficiencies

It **MUST NOT** provide excessive amounts of things which might promote chronic diseases

The meals we eat **MUST** fuel our activity

IF IT’S NOT GROWN IN nature,

MAKE SURE TO CAREFULLY CHECK ITS LABEL
Mindful Thought And Choice

Mindfulness:

“The intentional, accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment.”

• If you can focus on the way your body feels (hunger, satiety, cravings, etc.) then you can make the best choices.

• Healthy options:
  – Whole foods, brightly colored foods, mixed foods (i.e. source of protein, fat, and carbohydrates).
Mindful Thought and Choice

- **Carbohydrates (CHO)**
  - Brain preferentially utilizes glucose
    - ~120 g/d
  - Focus on complex CHO
    - So what should you eat?
      - Brightly colored vegetables
      - Whole grains (oatmeal, pasta, and whole-grain bread)
      - Starchy vegetables (potatoes, sweet potatoes, corn, pumpkin)
      - Beans, lentils, and peas
      - Whole fruit
Mindful thought and Choice

• **Fat and Protein**
  - Delay digestion of CHO → stay fuller, longer
  - Fat – can also be utilized by the brain
    - Omega-3 fatty acids → memory
    - Choose low-fat (not non-fat) options
  - **Sources:**
    - Eggs
    - Nuts and seeds (especially walnuts)
    - Yogurt
    - Chicken, Turkey, lean cuts of pork and beef
Stress Management

Don’t stress eat! Be mindful!

**Exercise**, stock healthy foods in your home
Journal, call a friend, spend 30 minutes on a hobby.....
What are your health goals and or needs?

- Are you hydrated?
- Do you exercise?
- Is your weight and height in balance?
- Do you sleep at least 6 to 7 hours per night?
- Do you shut off the blue screens 11/2 hours before bed
- How many times per day do you eat?
- How often do you eat vegetables?
Eat Better on a Budget!

So, **start with smaller plates**....

Recall it takes ~ **30 minutes** once you start eating for your body to digest enough to signal you are filling up!

- The Average Shopper Discards 12% of What They Buy
- That’s 44/365 days per year
- It’s like 1/10 meals!
For about $20, you could buy...

X

8 – piece KFC chicken meal with 2 sides & 4 biscuits
=$21.99

OR

$23.55

2# chicken breast (8 svgs)
• Potatoes
• Corn
• Peaches
• Skim milk
• 1# 96/4 lean ground turkey (4)
• Yogurt
• Oats
• Frozen peas (10 svgs)
• Kidney beans (12 svgs)
Whopper Combo Meals x 4 = $26.72

or

- Strawberries
- 1# 96/4 lean turkey
- Cashews
- Potatoes
- 100% orange juice 64oz.
- Frozen mixed veggies
- Pinto beans
- Fresh broccoli
- Veggie burgers
= $26.16
Chicken Taquitos
=$11.93

or

•100% whole wheat bread
•1# chicken breast
•Baby carrots
•Corn
•Bananas
=$9.52
Eat Better on a Budget

• Come with a list – and stick to it
• Don’t come hungry
• Use coupons
  – Store-brand + manufacturers
    • Publix
    • BILO Meal Deals**when non-food items - the food deals are rarely nutritious
    • Reduced for sale
• Use Unit Pricing
• Stretch your meat (or eat less in general!)
• Try new stores like Aldi’s
Unit Pricing

• Bigger packages are generally, but not always cheaper
• Helps with store-to-store comparison
  – Costco vs. BILO
• Compared per ounce, same way meat would be compared per pound
Stretch Your Meat

• For 21 g protein:

3 oz chicken
• $3.28/pound
• $0.61/3 ounces

1 1/3 – 1 ½ cup beans
• $0.88/pound Laura Lynn pinto beans – regular $1.28
• $0.17/3 ounces

Stick to your portion
Fill up on veggies & fruits

Use fillers:
Oats, brown rice, barley in meatloaf, meatballs, burgers, tacos, sloppy joes, etc!
Whole Wheat Pasta!

- On sale for $0.80 per box at BILO last week
- 5g fiber & 7-9g protein
- Potassium, iron, magnesium, phosphorus
- 0mg sodium, 0mg cholesterol
- **Uses**: Asian stir-fry, tuna noodle salad, Tuscan pasta salad, mac & cheese, Italian dishes
Eggs!

- 4 eggs = ~$1.00
  - 18 XL Eggland’s Best
- Most easily absorbable & digestible form of protein our bodies can use
- Hard boiled eggs will stay fresh for 1 week
Canned Salmon!

- $2.42/can
  - $0.61 per 4 oz. serving

- One of the best sources of Omega 3 fatty acids

- Those containing the bones are also excellent sources of calcium

- **Uses**: salmon patties, fish tacos, on a bed of lettuce, salmon salad, casseroles, quiche, omelets, stir-fry
Organic Tea!

- $0.04-$0.14 per tea bag
- Flavanols with anti-inflammatory and anti-oxidant power!
- Use fresh herbs or fruit for flavoring
- Drink hot or cold, freeze in ice
In a study done by the Miriam hospital & the Rhode island community food bank, it was demonstrated that a healthy diet rich in fruits, vegetables, beans, nuts, grains & olive oil saved consumers almost $\text{_______} \text{Per Person.}

THE POWER OF PLANTS

THE FOOD YOU EAT CAN BE EITHER THE SAFEST & MOST POWERFUL FORM OF MEDICINE OR THE SLOWEST FORM OF POISON.

—ANN WIGMORE

$750.00
Frozen foods can be a good option

- Frozen fruit and vegetables can have a higher level of vitamins and antioxidants compared to fresh produce.
  - Because they are processed within hours of harvest!
- Purchase the ones with out sauces or cheese!
- Just adding a cup of brown rice or lentils to a low calorie frozen meal can pump up the nutrition.
- Avoid fruits frozen in syrups
- Frozen vegetables and fruits retain their nutritional content until defrosted.
Is it possible to be healthy eating frozen foods?

• Yes, you can even lose weight safely because portions are controlled.
• It is important to read food labels
  – Look for additives, preservatives, sodium and preservatives.
• Opt for frozen meals $\leq 300$ kcal and $8$ gm of fat
• Look for meals providing $5$ gm of fiber or more
• Add a side salad or fruit dessert to round out your frozen meals
• Every busy parent needs a break, especially when you’re juggling a hectic work schedule and your kid’s even more hectic load of extracurricular activities. Frozen meals can be a good alternative on those crazy school nights!
Watch the sodium

The daily recommended sodium intake is a maximum of 2300Mg/day. Many frozen foods and canned foods contain 700 to 1800mg per serving! This increase risk for individuals with hypertension.
Some good choices for frozen meals

- Amy’s organic black bean enchilada’s
- Artisan Bristol's Ginger Chicken
- Kashi Mayan Harvest Bake
- Healthy Choice Honey Balsamic Chicken
- Amy’s Roasted Vegetable Pizza

Again, round out your frozen entrée with a salad, side of fruit, even a glass of skim milk!
<table>
<thead>
<tr>
<th>Meal</th>
<th>Calories</th>
<th>Total Fat (g)</th>
<th>Sat. Fat (g)</th>
<th>Sodium (mg)</th>
<th>Fiber (g)</th>
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<tbody>
<tr>
<td>Amy’s Asian Noodle Stir Fry</td>
<td>240</td>
<td>4.5</td>
<td>0.5</td>
<td>680</td>
<td>4</td>
</tr>
<tr>
<td>Ethnic Gourmet Bowl Pad Thai w/ shrimp</td>
<td>350</td>
<td>7</td>
<td>1</td>
<td>650</td>
<td>3</td>
</tr>
<tr>
<td>Michelina’s Budget Gourmet Chinese Style Vegetable &amp; Chicken w/ rice</td>
<td>300</td>
<td>7</td>
<td>1.5</td>
<td>690</td>
<td>3</td>
</tr>
<tr>
<td>Seeds of Change Chicken Teriyaki</td>
<td>300</td>
<td>3.5</td>
<td>1</td>
<td>770</td>
<td>4</td>
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<tr>
<td>Lean Cuisine Salmon with basil</td>
<td>260</td>
<td>8</td>
<td>2.5</td>
<td>680</td>
<td>5</td>
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<tr>
<td>Trader Joe’s Chicken Tandoori with spinach</td>
<td>360</td>
<td>N/A</td>
<td>2</td>
<td>520</td>
<td>5</td>
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<tr>
<td>Celentano Roasted Vegetable lasagna</td>
<td>300</td>
<td>N/A</td>
<td>3</td>
<td>350</td>
<td>5</td>
</tr>
<tr>
<td>Healthy Choice Cajun Shrimp and Chicken</td>
<td>240</td>
<td>3.5</td>
<td>1</td>
<td>800</td>
<td>3</td>
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<tr>
<td>Smart Ones Rigatoni with Broccoli and Chicken</td>
<td>290</td>
<td>8</td>
<td>3</td>
<td>690</td>
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<tr>
<td>Gardenburger Meals Meatless Citrus Glazed Chicken with green beans and rice</td>
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<tr>
<td>Healthy Choice Mushroom Roasted Beef</td>
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<td>3</td>
<td>600</td>
<td>5</td>
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<tr>
<td>Michelina’s Lean Gourmet Chicken Alfredo Florentine</td>
<td>270</td>
<td>6</td>
<td>3</td>
<td>610</td>
<td>2</td>
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</table>
Besides Cooking At Home, What Else Can I Do?

- Make wise choices eating out.
- Split and entrée and add a side salad
- Have water with your meals
- Avoid sauces
- Choose thin crust pizza
- Take a walk after eating out 😊
Final thoughts

• Take time to enjoy your meal, and your day! Each day is a gift and you are worth taking care of!

“What day is it?”
“It's today," squeaked Piglet.
“My favorite day," said Pooh.

— A. A. Milne

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