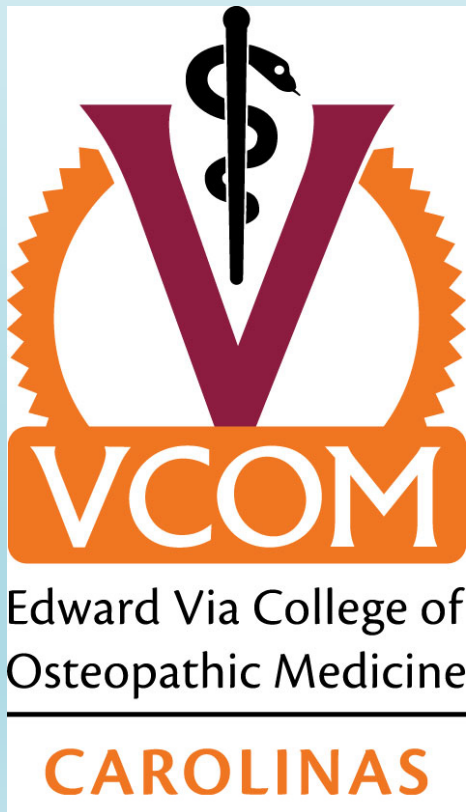


Busy, busy, busy!

Healthy eating, who has time?



JuliSu DiMucci-Ward MPH, RD, CDE, LD
Faculty in-service 9/26/17

Special thanks to Kerri Stewart, RDN,LD
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:

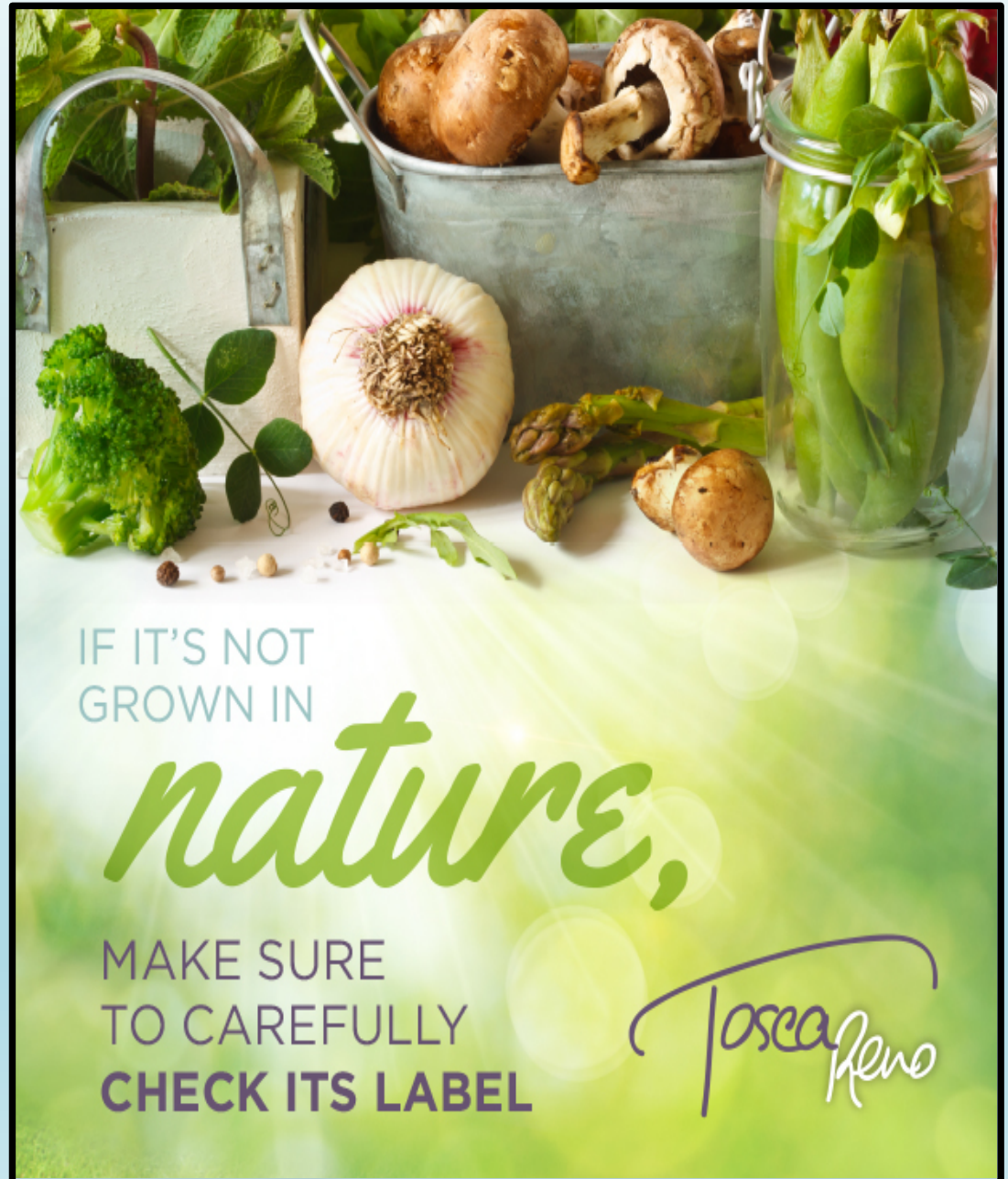
Calories (for growth and repair)

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





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 CHOs
 - 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

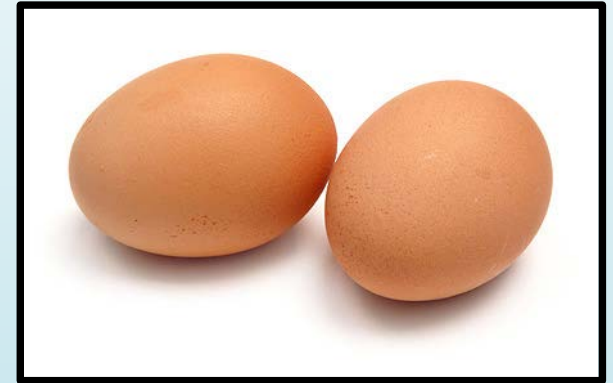
- **Sources:**

- Eggs

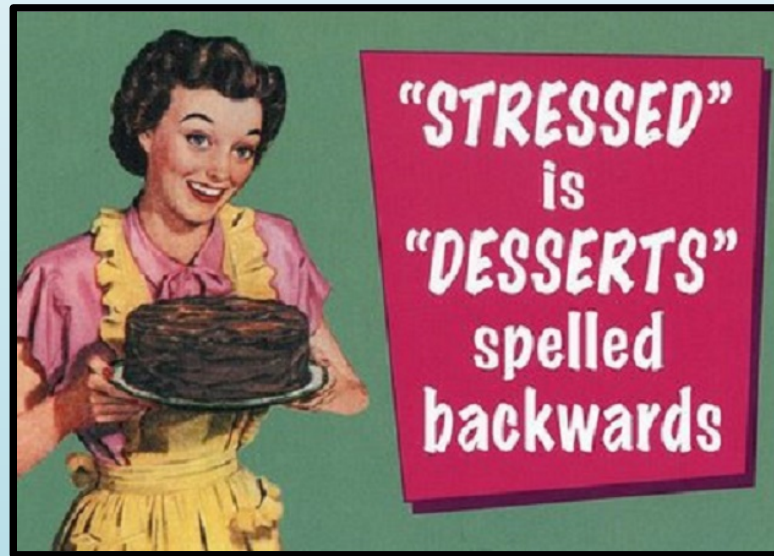
- Nuts and seeds (especially walnuts)

- 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 1 1/2 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
- 4 biscuits
- 2 sides



OR

✓



- 2 pounds chicken breasts (\$1.96)
- 10 pounds potatoes (\$2.97)
- 8 ears corn (\$2)
- 1 pound peaches (98 cents)
- 1 gallon skim milk (\$2)
- 1 pound 96% lean ground beef (\$2.98)

- 32-ounce tub of 99% fat-free Yoplait yogurt (\$2.27)
- 18-ounce canister of oats (\$1.18)
- 2 pounds frozen sweet peas (\$1.98)
- 1 pound of dried kidney beans (\$1.22)



SPARKPEOPLE.com

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

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)
=\$23.55

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

For about \$20, you could buy...

X



• 4 Whopper Combo Meals at
Burger King (\$5.44 each)

5

OR

✓



- 1 box Momingstar Farms Grillers Original Meatless Burgers (\$2.98)
- 1 pound 96% lean ground beef (\$2.98)
- 16 ounces cashews (\$4.18)
- 1 pound of strawberries (\$1.67)
- 10 pounds of potatoes (\$2.97)

- 1 gallon of 100% orange juice (\$3.26)
- 1 pound of frozen mixed vegetables (98 cents)
- 1 bunch of broccoli (\$1.58)
- 1 pound bag of dried pinto beans (\$1.08)

Total: \$21.68

SPARKPEOPLE

Chicken Taquitos
=\$11.93

or

- 100% whole wheat bread
 - 1# chicken breast
 - Baby carrots
 - Corn
 - Bananas
- =\$9.52

For under \$10, you could buy...

X



- 1 box (30 ounces) Delimex Chicken Taquitos



OR

✓



- 1 loaf Brownberry 100% whole wheat bread (\$2.50)
- 1 pound of chicken breasts (98 cents)
- 1 pound of baby carrots (\$1.44)
- 1 pound of bananas (47 cents)
- 4 ears of fresh corn (\$1)



Eat Better on a Budget

- Come with a list – and stick to it
- Don't come hungry
- Use coupons
 - Store-brand + manufacturers
 - Publix
 - BILLO 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 1/2 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 BIL0 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 Egghand'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

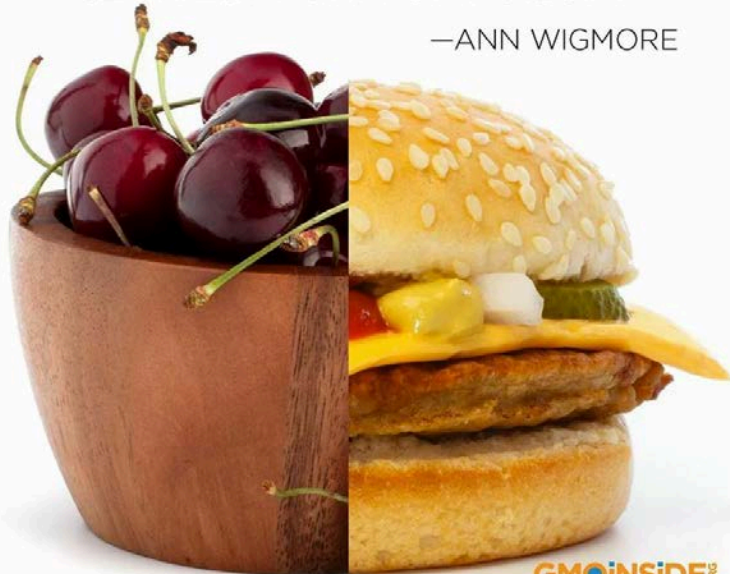


In a study done by the Miriam hospital & the Rhode island community food bank, it was demonstrated that a healthy diet rich in fruits, vegetables, beans, nuts, grains & olive oil saved consumers almost \$_____ Per Person.

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!

More options

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Fiber (g)
Amy's Asian Noodle Stir Fry	240	4.5	0.5	680	4
Ethnic Gourmet Bowl Pad Thai w/ shrimp	350	7	1	650	3
Michelina's Budget Gourmet Chinese Style Vegetable & Chicken w/ rice	300	7	1.5	690	3
Seeds of Change Chicken Teriyaki	300	3.5	1	770	4
Lean Cuisine Salmon with basil	260	8	2.5	680	5
Trader Joe's Chicken Tandoori with spinach	360	N/A	2	520	5
Celentano Roasted Vegetable lasagna	300	N/A	3	350	5
Healthy Choice Cajun Shrimp and Chicken	240	3.5	1	800	3
Smart Ones Rigatoni with Broccoli and Chicken	290	8	3	690	2
Gardenburger Meals Meatless Citrus Glazed Chicken with green beans and rice	220	2	0	610	5
Healthy Choice Mushroom Roasted Beef	280	8	3	600	5
Michelina's Lean Gourmet Chicken Alfredo Florentine	270	6	3	610	2

Besides Cooking At Home, What Else Can I Do?

- Make wise choices eating out.
- Split an 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!

