



# Nutrition know how

Smart nutrition choices to help maintain a healthy diet and lifestyle for you and your family.

Claudia Graetsch-Vasquez, RDN, CDE, CHWC

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**“They revised the Food Pyramid again.”**

# RDN's: your Food & Nutrition Experts



- Why a Registered Dietitian Nutritionist?
- Registered dietitian nutritionists, or RDNs, are *the* food and nutrition experts, translating the science of nutrition into practical solutions for healthy living.
- We provide food and nutrition information based on fact.
- We separate facts from fads and translate nutritional science into information you can use.



# Dietary guidelines 2010

- Dietary Guidelines for Americans is reviewed, updated, and published every 5 years (since 1980) in a joint effort between the U.S. Department of Health and Human Services (HHS) and the U.S. Department of Agriculture (USDA).
- HHS and USDA have appointed a Dietary Guidelines Advisory Committee (DGAC) consisting of nationally recognized experts in the field of nutrition and health. This Committee reviews the scientific and medical knowledge current at the time.



# Dietary guidelines continued

- The Dietary Guidelines encourage Americans to focus on eating a healthful diet—to help achieve and maintain a healthy weight, promote health, and prevent disease.
- The *Dietary Guidelines for Americans, 2010*, emphasize three major goals for Americans:
  - Balance calories with physical activity to manage weight
  - Consume more of certain foods and nutrients such as fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood
  - Consume fewer foods with sodium (salt), saturated fats, *trans* fats, cholesterol, added sugars, and refined grains



# Steps towards a healthy lifestyle

People have the most success when they:

1. Weigh regularly
2. Keep accurate food records
3. Monitor portion sizes
4. Limit alcohol
5. Do not skip meals
6. Limit added fats and sugar
7. Read food labels
8. Consume whole grains
9. Include high fiber foods
10. Increase produce intake
11. Limit red meat, include fish and plant proteins
12. Eat out less often
13. Choose whole foods over pills
14. Exercise regularly



# Weight

- Weigh yourself regularly. Do not let those pounds sneak up on you...
- Initial goal of weight loss is 5-10%. This has a significant impact on health:
  - Reduces blood pressure, glucose and cholesterol
  - Increases life span, energy, self esteem and quality of life
  - Improves arthritis, knee and back pain.
    - **For every 1 lb lost, 4 lbs of pressure is relieved from the knees!**



# Weight

- ½ lb to 1 lb weight loss goal/week
- Pay attention to calories
  - 3500 calories = 1 lb of fat
  - To lose 1 lb/week, create a 500-calorie deficit/day.
  - ½ lb/week, create a 250 calorie deficit/day



# DRI's

- Daily nutrient recommendations are based on the Dietary Reference Intakes (DRIs) by age and gender. Nutrient recommendations based on the DRIs are meant to be applied to generally healthy people of a specific age and gender set.
  - Carbohydrate
  - Fiber
  - Protein
  - Fat (Saturated Fats)



# Carbohydrates

- Fuel, energy for the body. Primary energy source for the brain.
- All carbohydrates convert to glucose in the bloodstream.
- children and adults should consume 45 to 65 percent of their calorie intake as carbohydrates, and at least 130 grams of carbs per day.
- Considering a typical caloric intake of 2,000 to 2,200 calories a day for a moderately active woman, this recommendation corresponds to 225 to 358 grams of carbohydrates a day.



# Fiber

- Improves GI motility, reduces risk of coronary heart disease, assists in maintaining normal blood glucose levels.
- The recommended daily amount of fiber is 25 grams for women and 38 grams for men. After age 50, your daily fiber needs drops to 21 grams for women and 30 grams for men.
- You can meet your daily fiber needs with 2 cups of fruits and 2 ½ cups of vegetables every day, along with whole grains and beans.



# Whole grains

- Buy breads that are 100 percent whole grain or at least have a whole grain first in the list of ingredients.
- Check the fiber content. A slice of whole-grain bread will contain about 2 or 3 grams of dietary fiber per slice.
- Think outside the slice. Choose whole-wheat pitas, whole-wheat English muffins and whole-wheat tortillas

# Whole Grains

- Diets rich in whole grains are associated with a reduced risk of heart disease, high blood pressure, stroke, diabetes and some cancers.
- People who eat more whole grains also have a lower risk of obesity. You should thus try to make at least half of your daily grains “whole grains.”



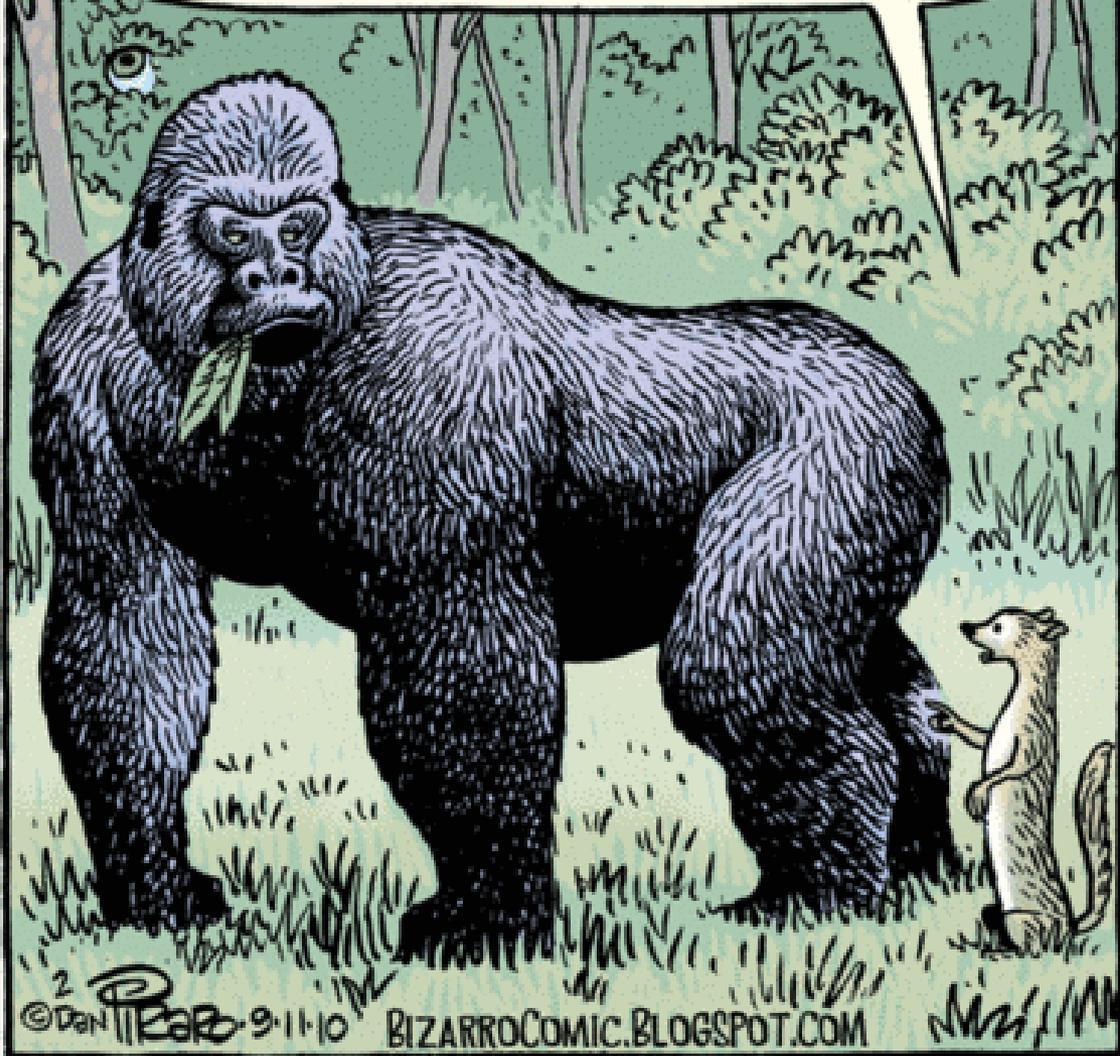


# Protein

- *“Protein is a nutrient, not a food. . .The average American consumes twice the protein needed.” – Dr. Marion Nestle, Department of Nutrition, Food Studies, and Public Health, New York University*
- 0.8 g /kg/day for adults
- Women = 46 grams/day
- Men = 56 grams/day

No meat at all? Are you sure you're getting enough protein?

Dist. by King Features





# Fats: The good the bad and the ugly

## The Good Fat: Unsaturated Fat

- Should be the dominant type of fat in a balanced diet, because these fats reduce the risk of clogged arteries.

## The Bad Fat: Saturated Fat

- Foods high in saturated fats include lard, butter, whole milk, cream, red meat, and solid shortenings.

## The Ugly Fat: Trans Fat

- An unhealthy substance, also known as trans fatty acid, made through the chemical process of hydrogenation of oils.

# Fats

We need fat for:

- Normal growth and development
- Energy (fat is the most concentrated source of energy)
- Absorbing certain vitamins (like vitamins A, D, E, K, and carotenoids)
- Provide cushioning for the organs
- Maintaining cell membranes
- Providing taste, consistency, and stability to foods



# The Unsaturated Fats (good)

Monounsaturated fat is the primary fat found in:

- olive, canola, and sesame oils
- avocado
- nuts, such as almonds, cashews, and pistachios; peanuts and peanut butter

Polyunsaturated fat is prevalent in:

- corn, cottonseed, and safflower oils
- sunflower oil
- flaxseed oil
- soybean oil
- tub margarine (no partially hydrogenated oils)
- Seafood and plant sources (Omega 3's)

# Saturated Fats (The Bad)

- The American Heart Association recommends limiting the amount of saturated fats you eat to less than 7 percent of total daily calories.
- That means, for example, if you need about 2,000 calories a day, no more than 140 of them should come from saturated fats. That's about 16 grams of saturated fats a day.



**American Heart Association**

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

[heartcheckmark.org](http://heartcheckmark.org)

# The (ever so confusing) Food Label

Check serving size

Low fat:  $\leq 3\text{g}$  per serving  
 Sat fat:  $\leq 12\text{g/d}$  (female)  
 $\leq 15\text{g/d}$  (male)  
 Cholesterol: 60 mg per serving ( $\leq 300\text{ mg}$  daily)

Look for at least 3g of Fiber per serving  
 High fiber:  $\geq 5\text{g}$  of fiber per serving

<b>Nutrition Facts</b>			
Serving Size 1 cup (228g)			
Servings Per Container 2			
<b>Amount Per Serving</b>			
<b>Calories</b> 250	Calories from Fat 110		
<b>% Daily Value*</b>			
<b>Total Fat</b> 12g	18%		
Saturated Fat 3g	15%		
<i>Trans</i> Fat 3g			
<b>Cholesterol</b> 30mg	10%		
<b>Sodium</b> 470mg	20%		
<b>Potassium</b> 700mg	20%		
<b>Total Carbohydrate</b> 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
<b>Protein</b> 5g			
Vitamin A	4%		
Vitamin C	2%		
Calcium	20%		
Iron	4%		
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Low Calorie  $\leq 40$  calories per serving

Low sodium:  $\leq 140\text{ mg}$  per serving ( $\geq 480\text{ mg}$  =high)

4g = 1 tsp of sugar

# Examine the Ingredient list

A list of ingredients on a food label will tell you what is in your food.

The ingredients appear in descending order by weight.



Plain  
yogurt  
contains  
no added  
sugars

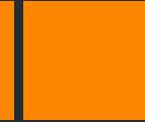
INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, WHEY PROTEIN CONCENTRATE, PECTIN, CARRAGEENAN.



Fruit  
yogurt  
contains  
added  
sugars

INGREDIENTS: ~~CULTURED GRADE A~~ REDUCED FAT MILK, APPLES, HIGH FRUCTOSE CORN SYRUP, CINNAMON, NUTMEG, NATURAL FLAVORS, AND PECTIN. CONTAINS ACTIVE YOGURT AND L. ACIDOPHILUS CULTURES.

- Other words for sugar:
  - Sucrose, fructose, lactose, dextrose, honey, juice concentrate, corn syrup, molasses





## Plant based: increase color on your plate

- Research suggests eating enough fruits and vegetables is linked to a lower risk of many chronic diseases and may help protect against certain types of cancer
- fruits and vegetables are relatively low in calories. As a result, eating more of them may help you achieve and keep your healthy weight.
- The *Dietary Guidelines for Americans* recommend filling half your plate with vegetables and fruit



# D.A.S.H. Eating Plan

## Dietary Approaches to Stop Hypertension

- Lower in sodium <2300mg, <1500mg
- The DASH diet is a plant-focused diet, rich in fruits and vegetables, nuts, with low-fat and non-fat dairy, lean meats, fish, and poultry, mostly whole grains, and heart healthy fats.
- Originally focused on lowering blood pressure, now highly recommended for all, especially weight loss



# Mediterranean Style Eating Plan

The Mediterranean diet emphasizes:

- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts
- Replacing butter with healthy fats, such as olive oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week
- Drinking red wine in moderation (optional)
- The diet also recognizes the importance of being physically active, and enjoying meals with family and friends.



# How to get started

## **Set the Right Goals**

- Successful weight managers are those who select two or three goals at a time that are manageable.
- SMART goals: Specific, Measurable, Attainable, Realistic, Timely
- Work with a Health Coach



# References

- Favorite eating plans:
  - D.A.S.H. eating plan  
([http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf))
  - Mediterranean Diet (<http://oldwayspt.org/>)

## Websites:

- <http://www.eatright.org/>
- <http://www.health.gov/dietaryguidelines/>
- <http://www.berkeleywellness.com/>
- <http://www.cspinet.org/>
- <http://fnic.nal.usda.gov/fnic/interactiveDRI/>

## Apps:

- Lose It, My Fitness Pal
- Fooducate

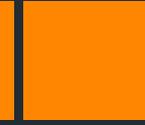


# Conclusion

“Eat food. Not too much. Mostly plants.”

Michael Pollan, *In Defense of Food: An Eater's Manifesto*

# Thank you!



Claudia Graetsch-Vasquez, RDN, CDE, CHWH

[graetschrd@gmail.com](mailto:graetschrd@gmail.com)