



Make Healthy Choices

Objectives

- Learn the importance of a healthy, balanced diet
- Understand Age and Gender Nutrition
- Learn to make daily nutritious choices
- Identify food energizers and energy busters
- Commit to S.T.A.R.T.
- Practice makes perfect

What Makes a Healthy Diet?

Understand the Basics

- **Focus on whole fruits (1-2 cups/day)**
 - Choose fresh or frozen when possible!
 - If canned, choose 100% juice to avoid added sugars.
- **Vary your veggies (1-3 cups/day)**
 - Eat colorfully to increase important nutrients in the diet.
 - Fresh, frozen or canned vegetables? Use in a variety of for a healthy diet.
- **Make half your grains whole grains (3-8 oz/day)**
 - Whole grains provide complex carbohydrates, fiber, B vitamins and minerals.
 - Each are essential to support heart health and healthy digestion.
- **Vary your protein routine (2-6 oz/day)**
 - Mixing up protein sources can ensure a variety of nutrients:
 - Seafood for omega-3 fatty acids for heart health
 - Nuts, seeds, and beans for extra fiber, vitamins & minerals
- **Move to low-fat or fat-free dairy (2-3 cups/day)**
 - Dairy provides nutrients vital for bone health! Calcium, vitamin D, potassium and protein.
 - Choosing low-fat or fat-free dairy reduces saturated fats.

Did you know?

#1 Fact: Fruits are naturally low in calories, sodium and cholesterol, but HIGH in fiber, vitamins & minerals!

#2 Fact: Certain veggie colors contain specific nutrients.

#3 Fact: Mixing up your protein sources reduces saturated fat and calories.

What Makes a Balanced Diet?

Understand the Basics

- All food and beverage choices matter!
 - An overall healthy and balanced diet depends on the choices made over time, not just a single meal!
- Each food group is important.
 - Each provides specific and necessary nutrients, but they are most powerful when combined as part of an overall balanced diet.
- Nutrient dense choices matter.
 - Eat a variety of fresh, canned, dried and frozen foods for important nutrients as part of a balanced diet.
- One size does not fit all.
 - A balanced diet should be tailored to cultural, personal, and financial preferences.
- Avoid the “all or nothing” attitude!
 - Balanced diets are made by the habitual choices you make and encourages limited sodium, added sugars, and saturated fat, The goal is not zero!

Age and Gender Nutrition

Age

- Nutrition and physical activity needs change as the body changes with age.
 - As activity levels decrease with age, daily calorie needs to decrease.
 - The sense of thirst can decrease with age. TIP! Use the color of urine as a gauge. If dark yellow, increase daily fluid intake.
 - Foods may lose their flavor with age.
 - Sense of smell and taste can diminish as a side effect of some medications. Herbs and spices will add appeal.
 - Certain vitamins or supplements may be needed. Vitamin D is often low in older adults, your doctor can run blood tests to confirm if a supplement is necessary
 - Maintaining a healthy weight is important for preventing chronic diseases and putting excess stress on the body's organs and muscles.

Gender

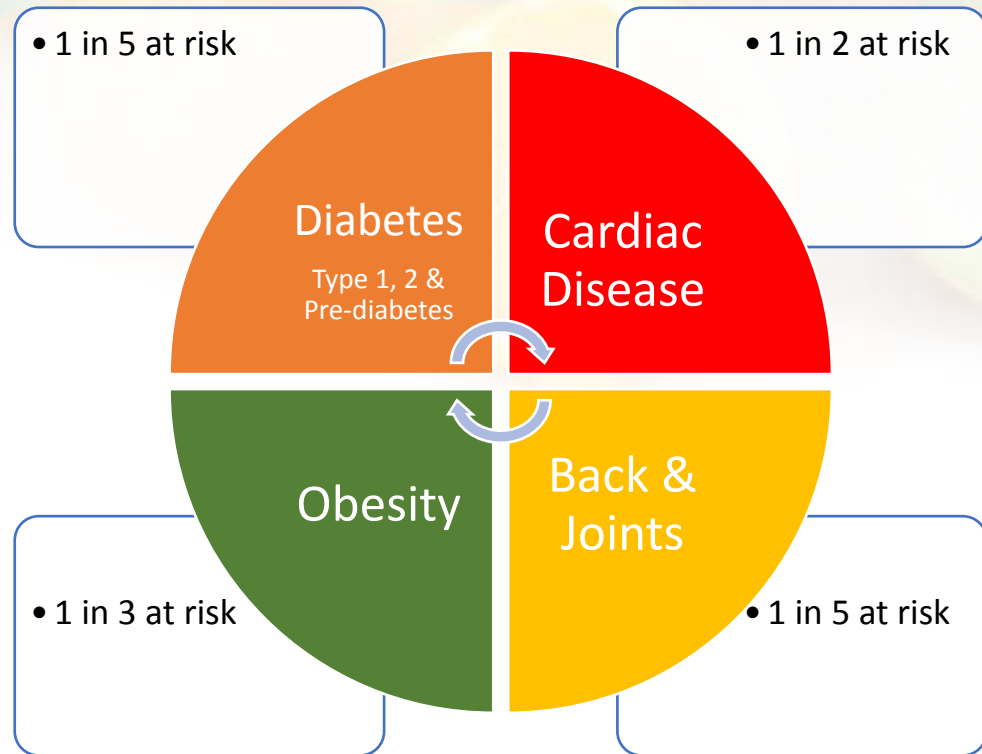
- Nutrition needs are determined by age, height, weight and gender. There are differences in a healthy diet for men and women!
 - Men generally have higher needs due to larger bodies and a lower percentage of body fat.
 - Personality traits and cultural differences can also determine varying needs in nutrition education.
 - In some cultures, men tend to spend less time planning and preparing meals.
 - Awareness and knowledge about good nutrition should be considered.
 - Women have a higher risk for developing osteoporosis and should therefore make getting adequate calcium and vitamin D in their diet a priority.
 - Pregnant and breastfeeding moms have higher calorie and nutrient needs.
 - NOTE: It is important to discuss with a doctor any supplements during pregnancy.

Healthy, Balanced Diets

Understanding Risks, at any Age!

YOUR Life as a Statistic

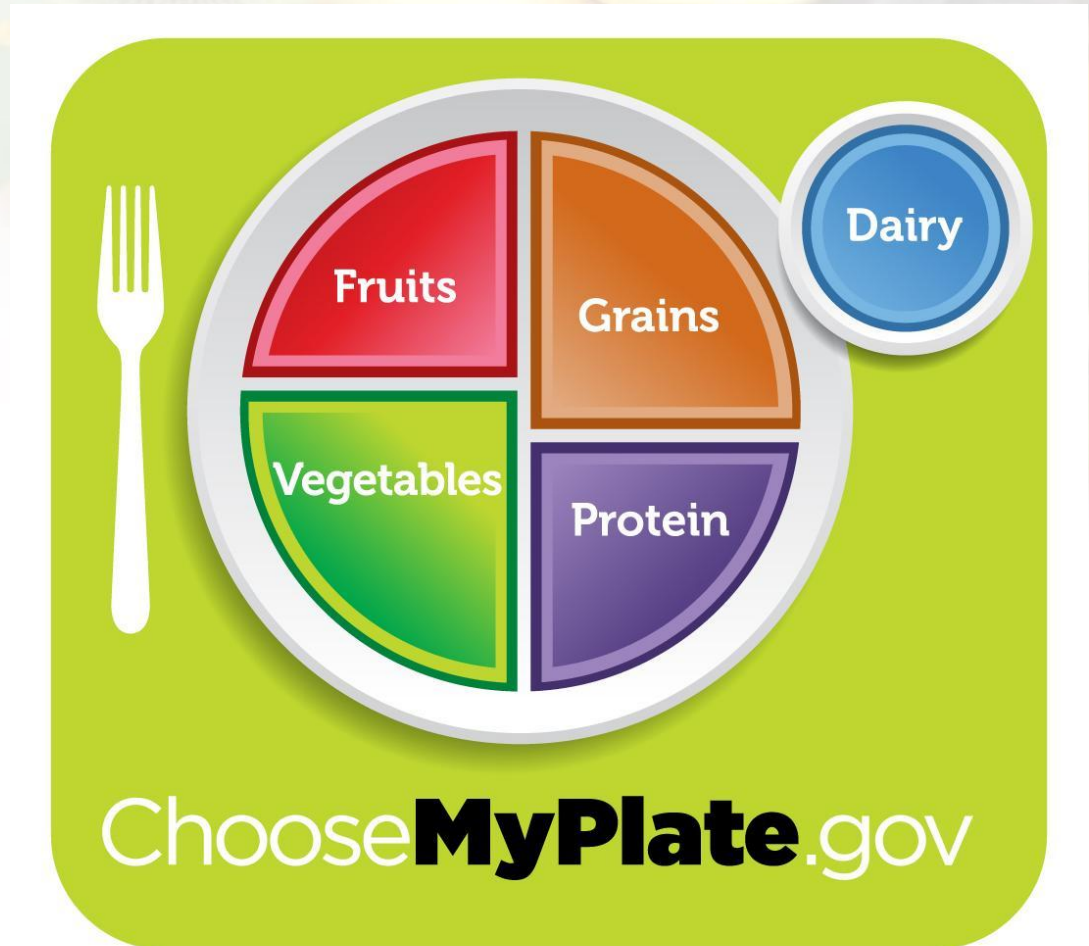
- It is never too late to start making your diet a priority!
- Eating a balanced and healthy diet can reduce your risk for developing chronic diseases at any age.



Healthy, Balanced Diets

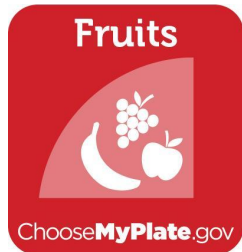
Dietary Guidelines

- Understand the food groups!
- Incorporate a variety of foods from each food group into your diet.
- Combine the food groups to build a balanced meal.



Healthy, Balanced Diets

Create your Plate!





Healthy, Balanced Diets

Calculate Your Calories

Utilize a calculator that considers age, gender, height, weight and activity level to accurately calculate your daily calorie needs

<https://www.choosemyplate.gov/resources/MyPlatePlan>

Commit to S.T.A.R.T.

- S** Reduce Solid Fats and Sugars
- T** Try half fruit and vegetables on each plate
- A** Avoid over-sized portions
- R** Refresh with water
- T** Track your sodium

Practice Makes Perfect

How to not be discouraged?

- **Remember!**
 - A healthy and balanced diet is developed over a lifetime.
 - It is determined by the choices you make habitually – not a single meal or a single day.
- **Focus on developing life-long habits...**
 - If cutting out dessert for the rest of your life is not realistic, then plan a way to incorporate small portions and enjoy in moderation!
 - Take steps to follow the dietary guidelines for ALL food groups.
- **Do not get lost in the numbers – weighing yourself daily can sometimes do more harm than good.**
 - Instead, weigh yourself weekly or even monthly and watch the overall trend.

Companion Products

Tools

- https://ncescatalog.com/Adult-Right-Sized-Portion-Plate_p_941.html
- https://ncescatalog.com/MyPlate-Food-Model-Kit-p_1152.html
- https://ncescatalog.com/MyPersonal-Plate-Wheel_p_1106.html

Handouts

- https://ncescatalog.com/NCES-Adult-Right-Size-Portion-Plate-Tear-Pad_p_952.html
- https://ncescatalog.com/MyPlate-Munch-and-Learn-Placemat_p_1083.html
- https://ncescatalog.com/USDA-MyPlate-Tear-Pad_p_1092.html

Resource Links

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6296201/>

<https://www.cdc.gov/obesity/data/adult.html>

<https://www.diabetes.org/resources/statistics/cost-diabetes>

<https://www.sciencedaily.com/releases/2017/02/170214162750.htm>