Nutrition and Healthy Eating

Presented by Valery Peters, RN-BSN
March is National Nutrition Month
Calories Add Up!

100 extra calories per day = 10 extra pounds per year
Food Breakdown

Protein

Carbs

Fats
Carbohydrates
High Fiber Foods

- 1 cup of Navy Beans = 19g
- 1 cup of Black Beans = 15g
- Half of an Avocado = 9g
- 1 cup of Raspberries = 8g
- 1 oz of Flax Seed = 8g
- ½ cup of Figs = 8g
- Pear = 6g
- 1 cup of Whole Wheat Pasta = 6g
Proteins
### Healthy Fats

#### Monounsaturated
- Olive Oil
- Canola Oil
- Sunflower Oil
- Peanut Oil
- Sesame Oil
- Olives
- Avocados
- Nuts
- Peanut Butter

#### Polyunsaturated
- Soybean Oil
- Corn Oil
- Safflower Oil
- Walnuts
- Sunflower Seed
- Sesame Seed
- Pumpkin Seed
- Flaxseed
- Fatty Fish
- Soy Milk
- Tofu
Limit foods with saturated and trans fats
What does it mean to eat right?

Limit salt to less than 2300mg/day – that’s 1 teaspoon
How much sugar do you drink?

Soft drinks, fruit juice, sports drinks and energy drinks can contain 5-7 teaspoons of sugar in a 250ml glass.

- **Soft drinks**: 16 teaspoons of sugar
- **Fruit juice**: 10 teaspoons of sugar
- **Sports drinks**: 15 teaspoons of sugar
- **Energy drinks**: 9 teaspoons of sugar
- **Tap water**: 0 teaspoons of sugar

Other low or no-sugar options include:

- Unflavoured milk
- Tea
- Coffee
- Diet or zero drinks

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**Daily Sugar**

- **2kg a Month**

If you drink a 600ml bottle of soft drink every day, you will drink 480 teaspoons of sugar a month, which equals 2kg of sugar.

**Daily $60 a Month**

You could save $60 a month if you switch your daily can of soft drink for tap water.

**Daily 25 jelly beans**

A 350ml bottle of fruit juice contains as much sugar as 25 jelly beans.

**Daily Extra 45 slices of white bread**

If you drink a 350ml bottle of energy drink every day, it is the same as eating an extra 45 slices of white bread every month.

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The figures are indicative only and are based on popular sugary drinks available as of February 2014.

Source: Health Promotions Agency
<table>
<thead>
<tr>
<th>Occasion</th>
<th>Instead of…</th>
<th>Calories</th>
<th>Try…</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning coffee shop run</td>
<td>Medium café latte (16 ounces) made with whole milk</td>
<td>265</td>
<td>Small café latte (12 ounces) made with fat-free milk</td>
<td>125</td>
</tr>
<tr>
<td>Lunchtime combo meal</td>
<td>20-oz. bottle of nondiet cola with your lunch</td>
<td>227</td>
<td>Bottle of water or diet soda</td>
<td>0</td>
</tr>
<tr>
<td>Afternoon break</td>
<td>Sweetened lemon iced tea from the vending machine (16 ounces)</td>
<td>180</td>
<td>Sparkling water with natural lemon flavor (not sweetened)</td>
<td>0</td>
</tr>
<tr>
<td>Dinnertime</td>
<td>A glass of nondiet ginger ale with your meal (12 ounces)</td>
<td>124</td>
<td>Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice</td>
<td>0 calories for the water with fruit slice, or about 30 calories for seltzer water with 2 ounces of 100% orange juice.</td>
</tr>
<tr>
<td>Total beverage calories:</td>
<td></td>
<td>796</td>
<td></td>
<td>125-155</td>
</tr>
</tbody>
</table>

(USDA National Nutrient Database for Standard Reference)
The Plate Method
Easier said than done?
Questions?