

Nutrition and Healthy Eating

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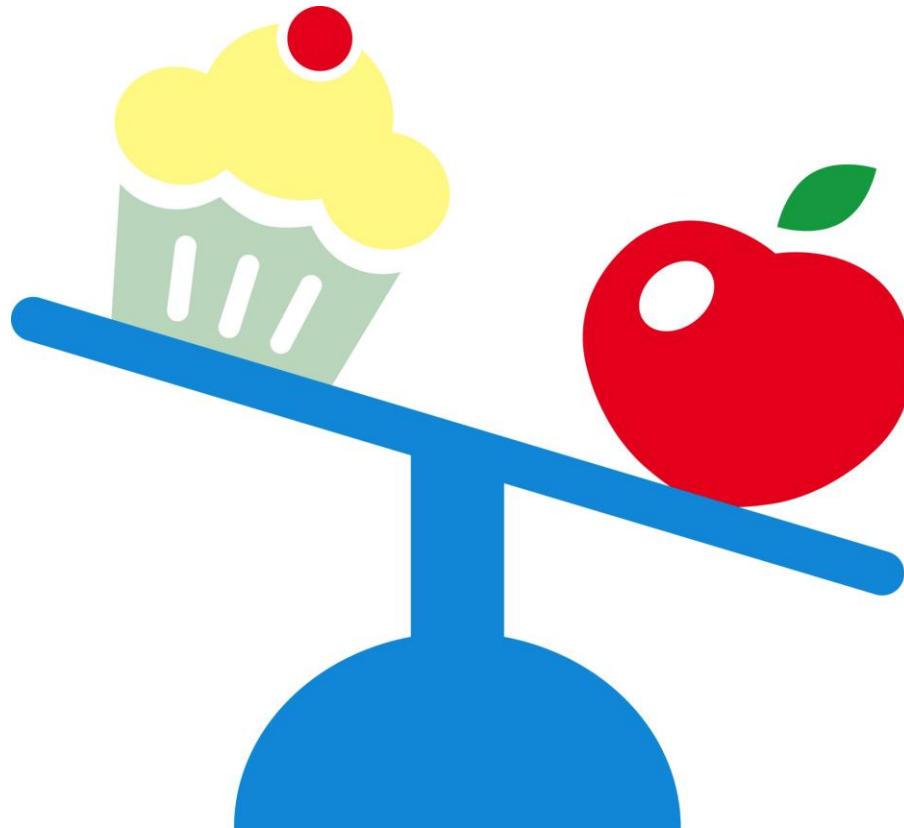
Louisiana

March is National Nutrition Month

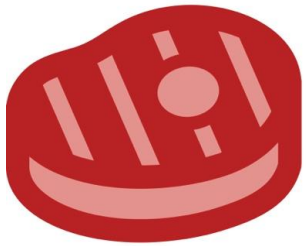


Calories Add Up!

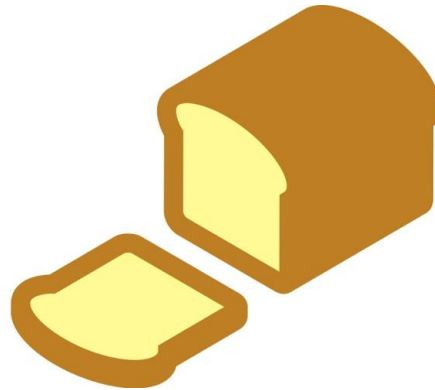
100 extra calories per day = 10 extra pounds per year



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
- 1oz 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.



Other low or no-sugar options include:



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.

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

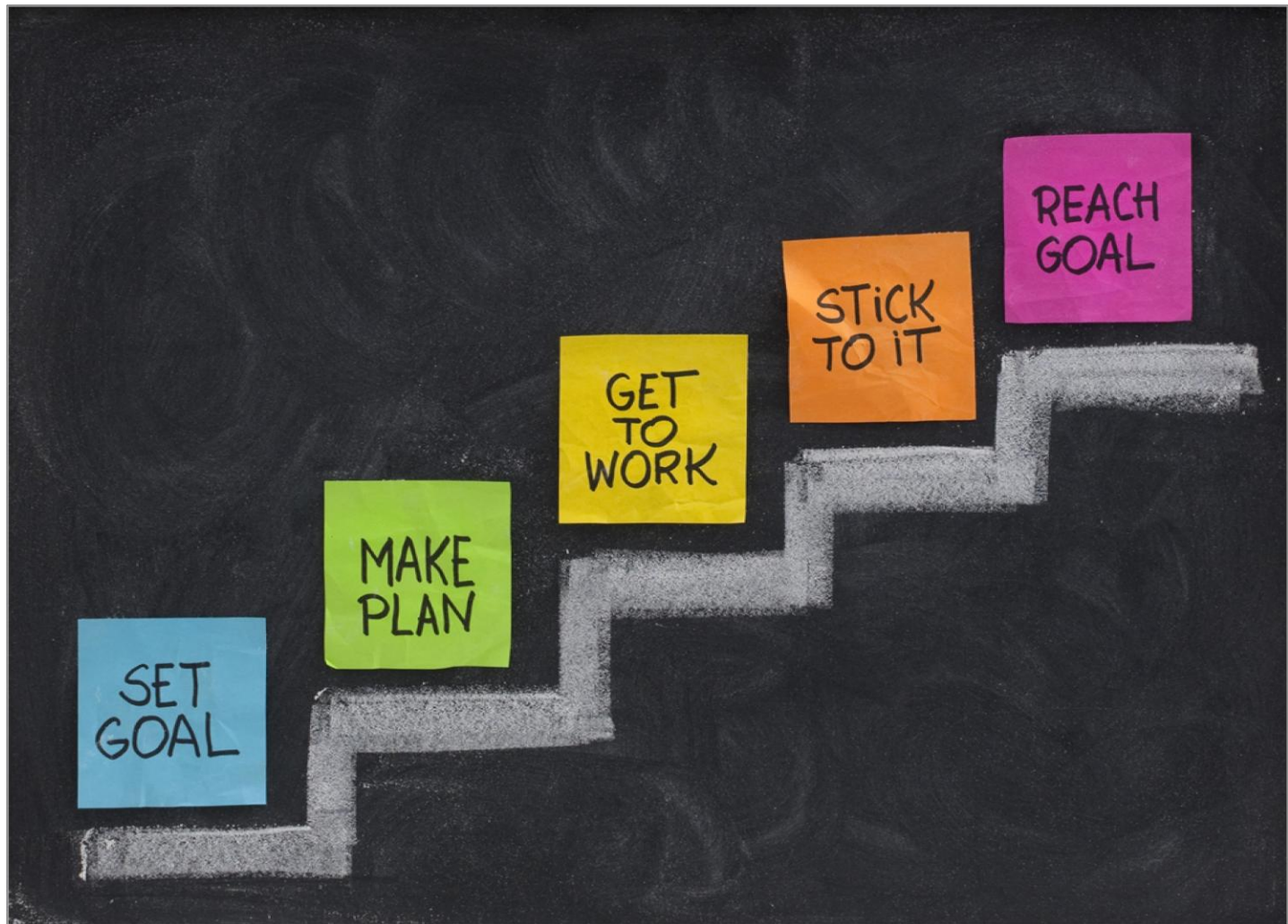
If you drink a 350ml bottle of energy drink every day, it is the same as eating an extra **45 slices of white bread** every month.

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

The Plate Method



Easier said than done?



Questions?

