

NUTRITION FOR BUSY PROFESSIONALS



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FitLife// March 29, 2017

Kendall Reagan Nutrition Center

College of Health and Human Sciences

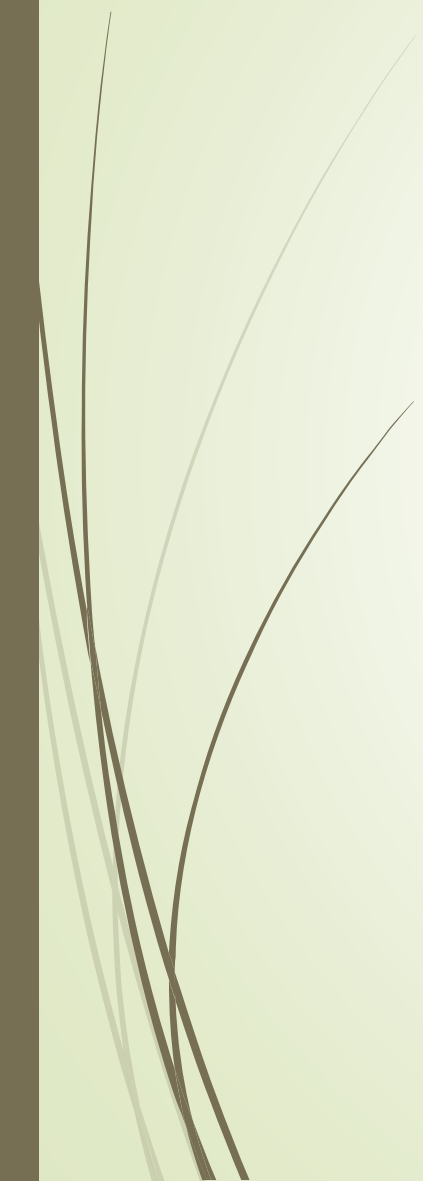
Introduction – about the KRNC

- ▶ Registered Dietitians
- ▶ All services discounted for CSU affiliates
- ▶ Individual nutrition appointments - **\$37.50 for faculty and staff**
- ▶ Resting metabolic rate testing
- ▶ Cooking classes
- ▶ Group programs
- ▶ Great website
 - ▶ www.nutritioncenter.colostate.edu



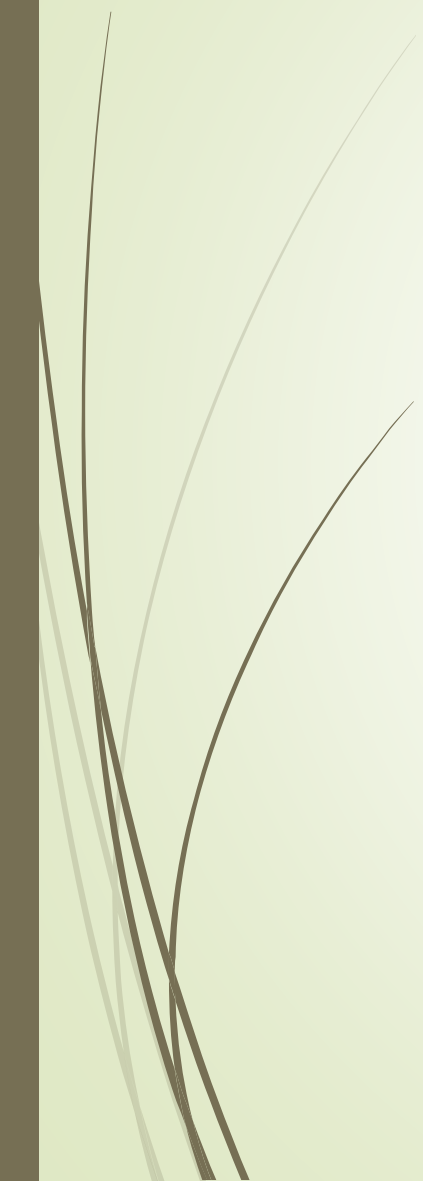


Today's Objective

- ▶ Learn how to plan, prepare and fit in healthful meals and snacks... for a healthier you and a more productive workplace
 - ▶ These are general nutrition recommendations for a healthy adult population
 - ▶ There are other conditions that impact your nutrition needs
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Tips

1. Start With a Check-up
 2. Plan Ahead
 3. Increase Energy and Concentration
 4. Start New Habits
 5. Avoid Diets and Dieting
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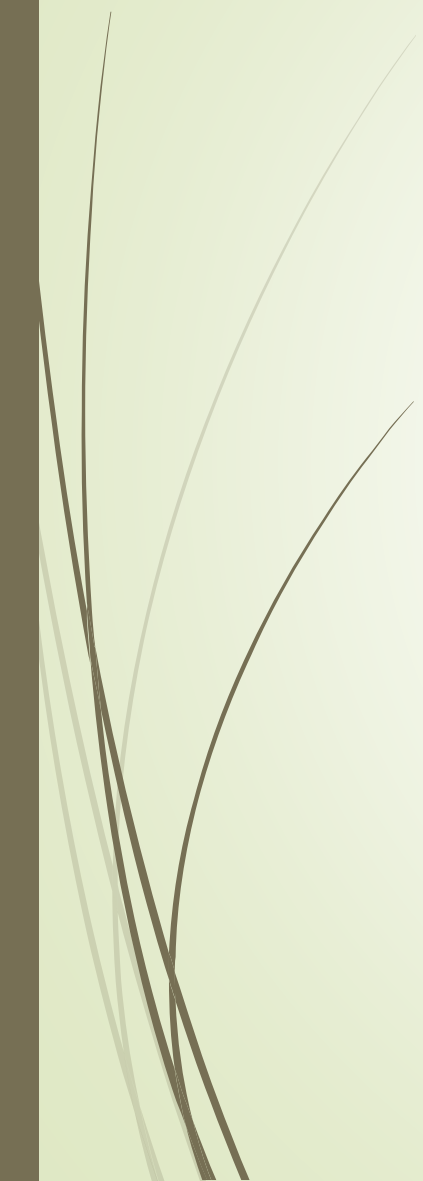


➤ True or False?

➤ About half of what you eat should be fruits and vegetables.



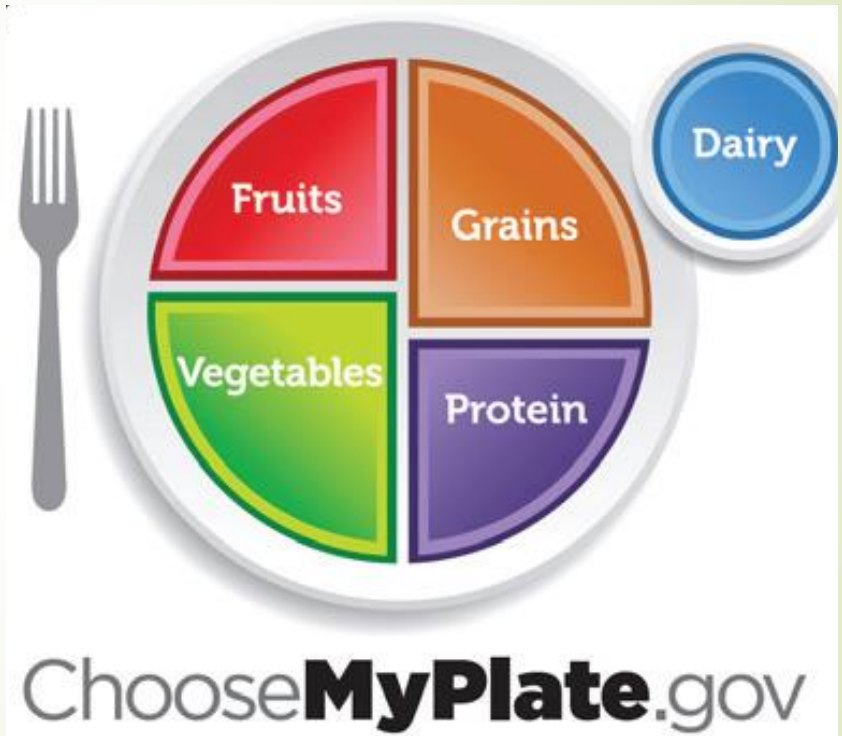
Tip # 1: Start with a check-up

- ▶ A nutrition check-up can help you determine if you are on the right track with healthy eating
 - ▶ Start your check-up by writing down everything you ate and drank yesterday (or on a typical day)
 - ▶ See how your intake compares with the following recommendations
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Take a few minutes to consider MyPlate

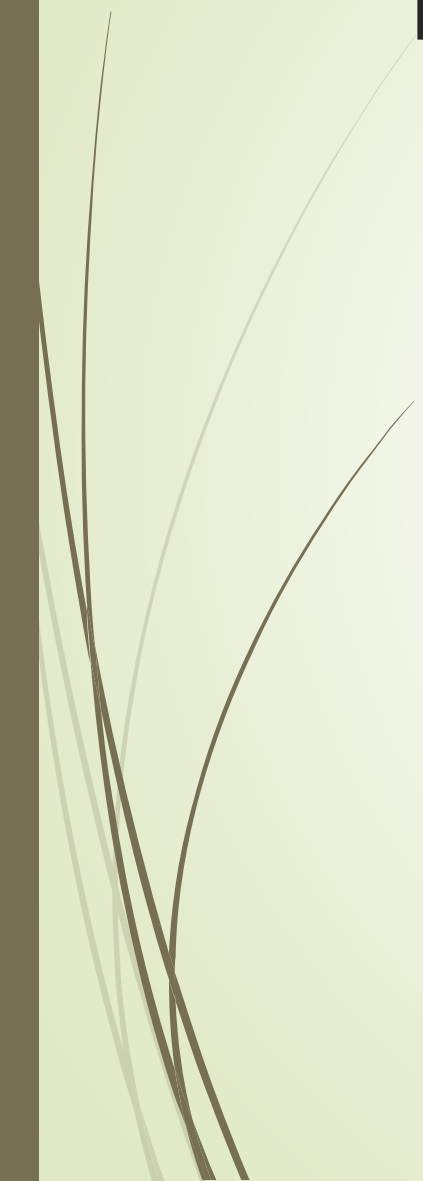
Recommendations:

- Make half your plate fruits & vegetables
- Go lean with protein
- Make half your grains whole grains
- Don't forget dairy
- Find the right fats



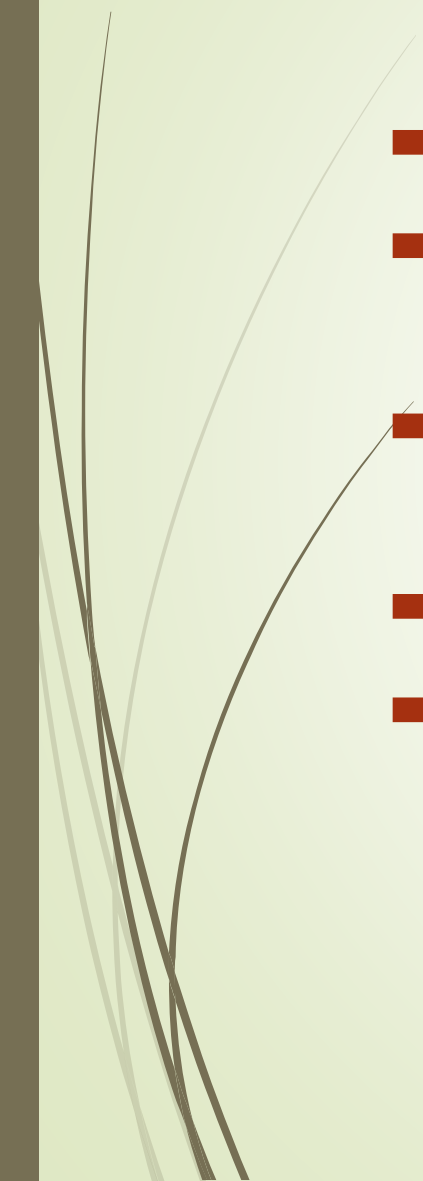


Ideas to increase fruits and veggies!

- Select a variety of fruits and veggies
 - Wash and cut up fruits and veggies right away
 - Buy pre-cut fruits and veggies
 - Store where you can see them
 - Fill half of your plate with fruits and/or veggies first
 - Add fruit to your bowl of cereal, oatmeal, or yogurt
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More Ideas

- ▶ Mix fruit into smoothies and baked goods
 - ▶ Add frozen vegetables to soup, chili, casseroles, or stir-fry at dinner
 - ▶ Encourage fruits and vegetables as snacks
 - ▶ Mix vegetables into sauces and eggs
 - ▶ Make salads more interesting
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Brain food: Antioxidants

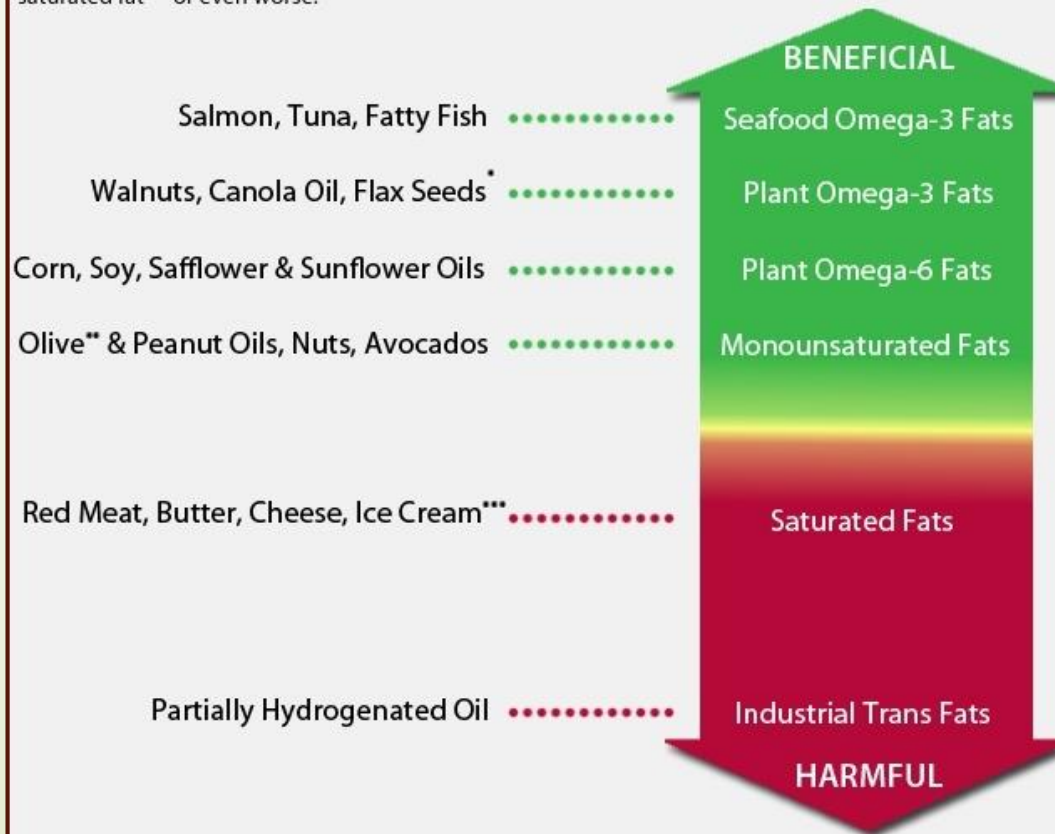
- ▶ What and why?
- ▶ Sources
 - ▶ Vegetables
 - ▶ Fruit
 - ▶ Chocolate
 - ▶ Wine



Fats

FINDING FOODS WITH HEALTHY FATS

Some foods are rich in healthy fats—and some foods aren't. The healthiest: seafood, nuts, and oils, since they have omega-3 fats and other unsaturated fats. The harmful: red meat, butter, and ice cream, since they have too much saturated fat. The worst: partially hydrogenated oil, also known as "trans fat." So choose foods rich in healthy fats. Limit foods high in saturated fat. Avoid foods with trans fat. And don't eat foods like white bread, sugar, and potatoes in place of foods that have fat: Refined carbs and starches are just as bad for health as saturated fat— or even worse.



Brain food: Omega 3 fatty acids

- ▶ What and why?
- ▶ Sources
 - ▶ Fish
 - ▶ Flax
 - ▶ Walnuts





Next Up: Plan Ahead

- ▶ True or False?
 - ▶ Making more than you can eat is wasteful.

Tip #2: Plan Ahead

➤ This is critical! Follow these steps:

1. Think about what you want to eat next week
2. Make a menu of meals and snacks for next week
3. Make a shopping list from the menu
4. Cross off the items you have on hand already



Activity

MYPLATE PLANNER

Try to include at least THREE food groups at each meal!

Breakfast

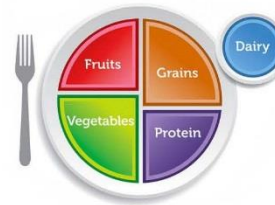
Grains: _____
Fruits: _____
Vegetables: _____
Proteins: _____
Dairy: _____
Healthy Fats: _____

Lunch

Grains: _____
Fruits: _____
Vegetables: _____
Proteins: _____
Dairy: _____
Healthy Fats: _____

Dinner

Grains: _____
Fruits: _____
Vegetables: _____
Proteins: _____
Dairy: _____
Healthy Fats: _____



Snacks

Make your snacks look like mini meals and include at least two food groups.

Snack 1: (Morning)


Snack 2: (Afternoon)


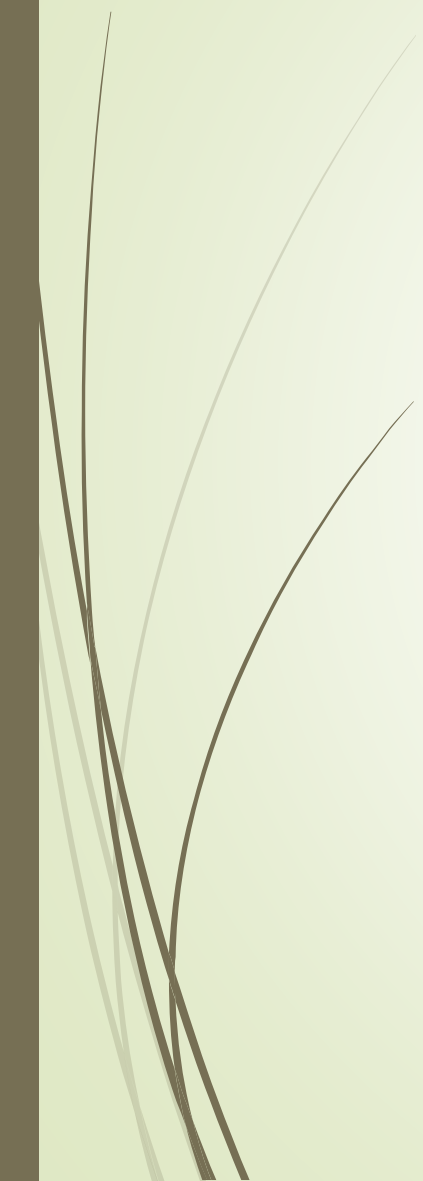
Snack 3: (Evening – optional)


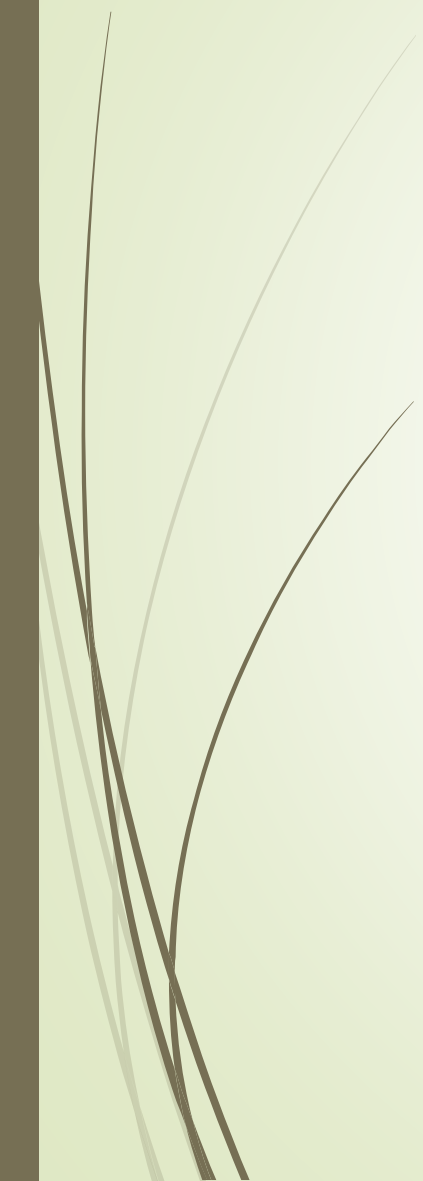




Tips for planning ahead

- ▶ Increase the size of the recipe and freeze the extra
 - ▶ Examples: lasagna, soup, or chili
 - ▶ Do meal prep on one day
 - ▶ Pre-portion lean cuts of meat
 - ▶ When ready, thaw, cook, and serve with a salad and side dish
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- ▶ Use ice cube trays to store:
 - ▶ Leftover wine for sauces
 - ▶ Leftover chicken or beef broth for sautéing
 - ▶ Pesto/pasta sauce for a quick addition to pasta
 - ▶ Herbs for stews and casseroles
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- ▶ Incorporate leftovers into the next meal
 - ▶ Example: rotisserie chicken can be served as chicken salad for lunch
 - ▶ Cook once, eat and repeat:
 - ▶ Caesar salad with grilled meat, whole-grain bread and fruit
- 



Next Up: Increase Energy and Concentration

- ▶ True or False?
 - ▶ Snacks can be a healthy and important part of your diet.



Tip #3: Increase Energy and Concentration

- ▶ Number and content of snacks are important
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How many snacks should we have?

- Three healthy meals and one or two healthy snacks is a great plan for most people
- About 60% of Americans consume three meals with two or three snacks
- Top five most consumed snacks?
 - Cookies, candy, gum, ice cream, and chips





A healthful eating pattern

- Breakfast
- **Snack**
- Lunch
- **Snack**
- Dinner
- **Snack?**

Number and timing of snacks depend on age, gender, activity level, and meals

Why are healthy snacks important?

- Provide us with energy between meals
- Prevent us from over-eating at our next meal
- Provide nutrients we need every day



What is a healthy snack?

- A snack is a “mini-meal” that contributes nutrient-rich foods for an overall balanced diet.
- How much should I eat?
 - For most people, about 200 calories is sufficient for a snack.



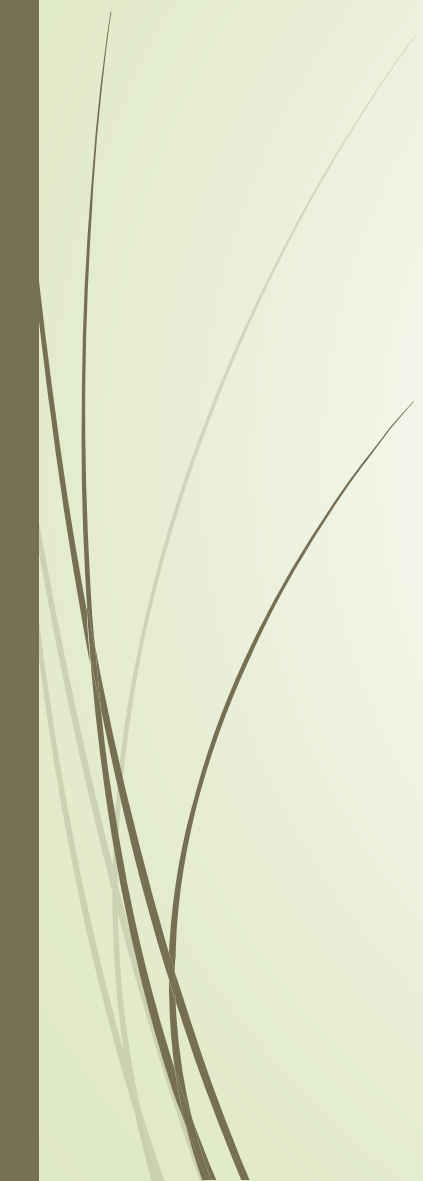


Ideas for Packable Snacks

- Trail mix, granola bars
- Nuts & seeds: almonds, walnuts, peanuts, pistachios, sunflower seeds
- Dried fruit: raisins, cranberries, apricots
- Dairy: string cheese, nonfat yogurt
- Grains: whole grain crackers, popcorn
- Vegetables: baby carrots, cucumber slices, sugar snap peas, grape tomatoes, edamame
- Fruit: clementine, apples, grapes, banana

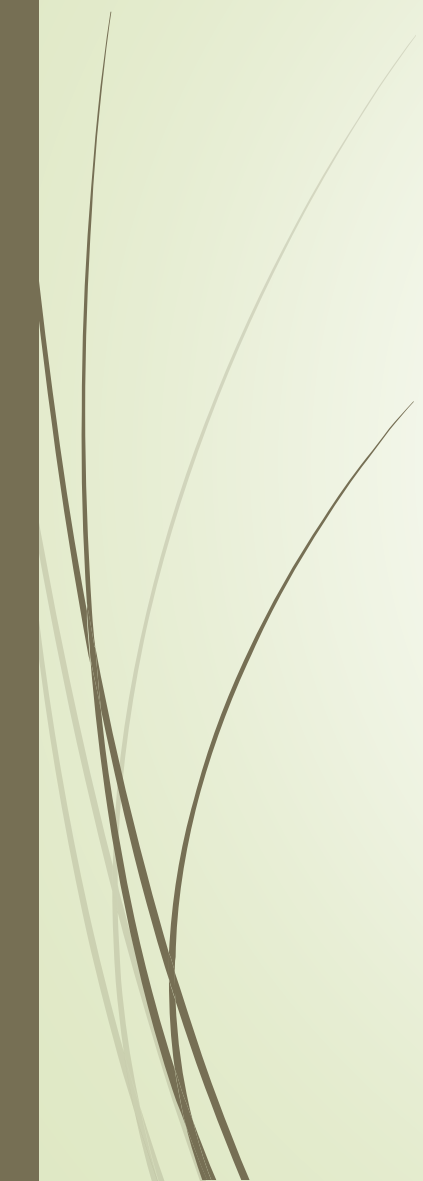


Commuter snacks

- ▶ If you snack in the car, try these convenience foods—apricots, grapes, apples, nectarines, bananas, orange segments, broccoli, pears, carrots, plums, celery stalks, strawberries, and cherries.
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Next Up: Start New Habits

- ▶ True or False?
 - ▶ It's best to make many big changes at once.
- 



Tip #4: Start New Habits

- Focus on one change per week
- Get support
- Keep track
- Easy changes to make:
 - Substitutions for frozen dinners
 - Alternatives to vending machine snacks
 - Better fast food choices





Tip #5: Avoid diets and dieting

- Diets don't work
- Overall eating pattern and healthy habits are more important




Supplements

- ▶ Not necessarily needed
- ▶ If you take a supplement, make sure it has been certified
 - ▶ USP, NSF International, or Consumer Lab



Wrap Up

1. Check-in with your nutrition- see a Registered Dietitian if needed
 2. Plan ahead!
 3. Increase energy and concentration by eating regularly, including snacking
 4. Start new habits one at a time!
 5. Avoid diets and dieting
- 



Questions?

