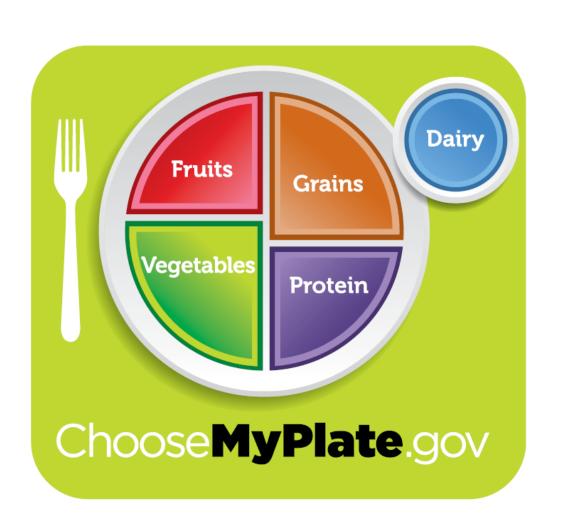


## Objectives



- Review My Plate
- Highlight nutrient rich foods
- Provide tools for healthy eating:
  - Meal planning tips
  - Recipe resources
  - Grocery shopping advice
  - Eating better when eating out

# Exercise



## Goals for Activity and Exercise

- Aim for 10,000 steps/day
- Move for a few minutes every hour to avoid prolonged sitting
- Exercise goals:
  - Cardio/aerobics: 150 minutes/week or 30 minutes 5 days/week
  - Strength training 2-3 days/week working major muscle groups
  - Stretching or balance exercises daily, or 3x/week



#### Resources for Activity and Exercise

#### YouTube is a great resource!

- Silver Sneakers program
- Sit and Be Fit
- Walking at Home with Leslie

#### Exercise Apps:

- Map My Walk (free)
- SilverSneakers GO (free)
- 7-Minute Chi (free)
- Sworkit (free)
- C25K (free)
- Daily Burn (paid)





#### Chair exercises

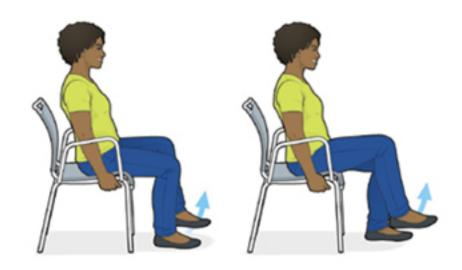


#### **Seated March**

- Start by sitting upright and marching your feet in place.
- Right foot and then left foot.
- Swing your arms back and forth with your elbows bent while you march.
- Let's continue marching for about 1 minute.

#### **Seated Foot Drill**

- Now we are going to pick up the pace by tapping your feet faster.
- You are still sitting upright.
- Keep tapping for 45 seconds.



#### Chair exercises

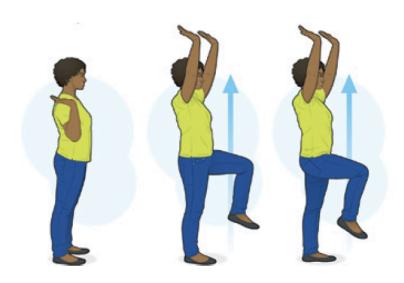


#### **Seated Arm Curls**

- Next, we are going to give our feet a rest and do some arm curls.
- Keeping your elbows at your sides, start with you fists beside your legs.
- Move your fists in front of your body and up toward your shoulders.
- Make sure those elbows stay firmly planted at your sides and bring your fists back down to your legs.
- We're going to repeat the arm curls for 30 seconds (about 30 arm curls).

#### **Seated Raise the Roof**

- While we continue to march in place, we're going to bend our elbows and push both our hands toward the ceiling.
- Our palms should be up, while we straighten our elbows.
- Bring your hands back to shoulder level and then push them back up toward the ceiling.
- Let's continue for about 45 seconds.



#### Chair exercises

#### **Seated Overhead Punches**

- Now we're going to start with our fists in front of our shoulders.
- Punch the right fist up overhead and bring it back down.
- Then punch the left fist up overhead and bring it down.
- Switch form right-to-left-side punches for 45 seconds (about 20 times for each arm.



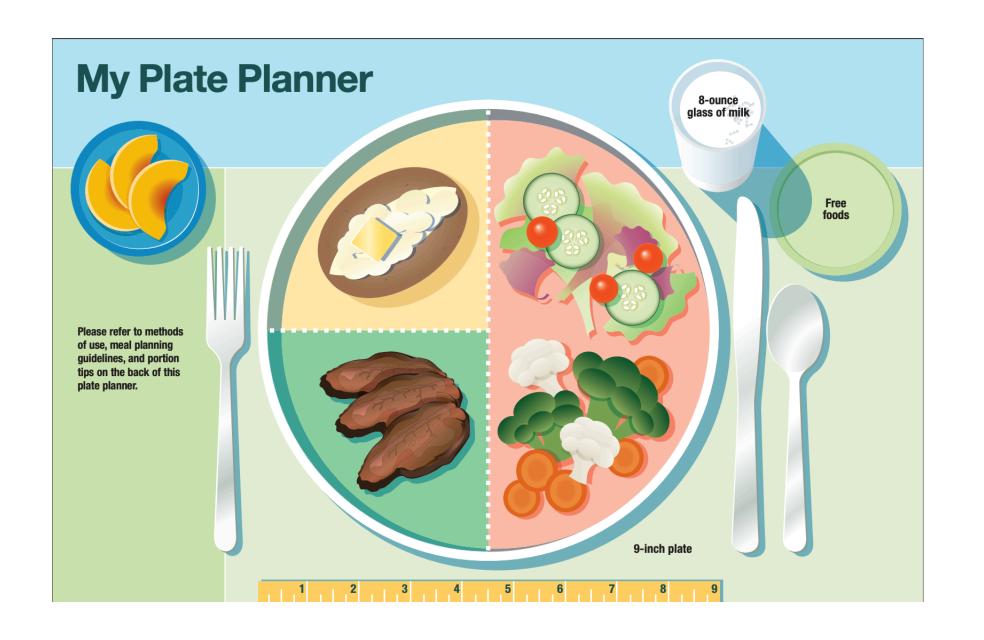


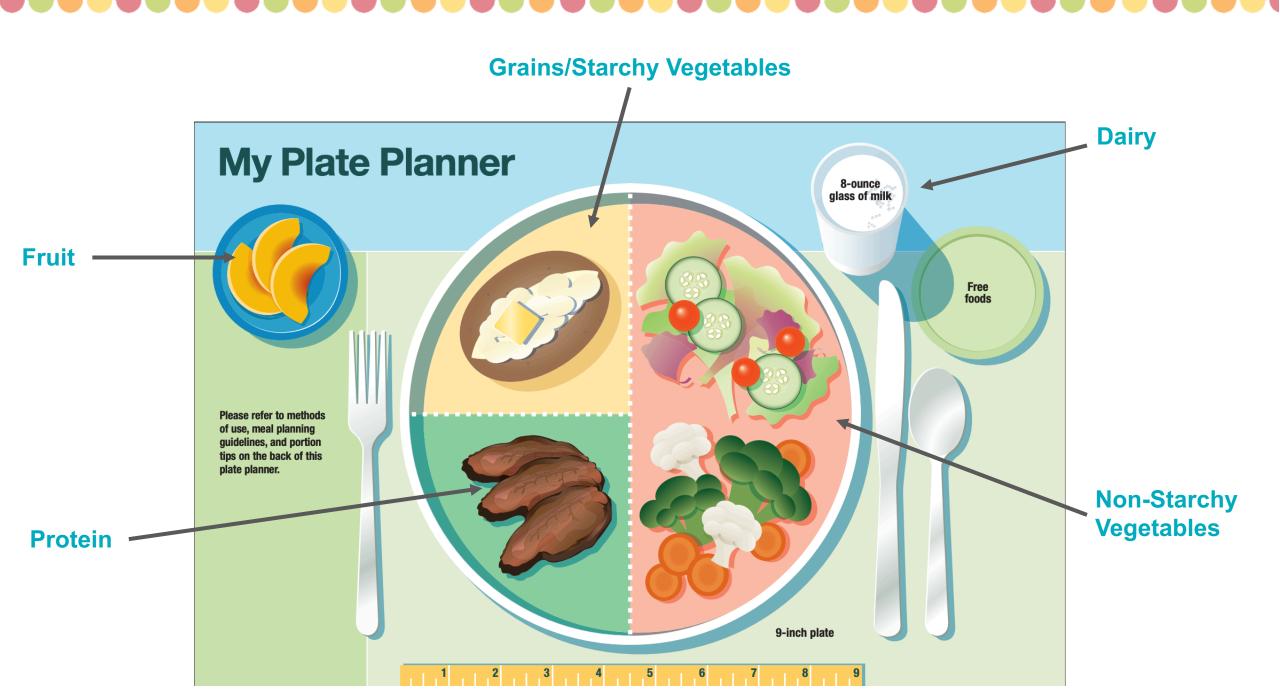
#### **Standing March**

- If you are able to stand up, we're going to do a standing march in place for 45 seconds.
- If you need to do the march from a seated position, that's fine, too.

#### American Diabetes Association







## **Healthy Eating**



- Work towards a balanced My Plate at meals
- Choose snacks with a source of protein and plants (fruits or vegetables)
- Know what you will eat before you get too hungry
- Choose foods that are nutrient rich

#### **Nutrient Rich Foods - Plants**

#### Choose a variety of plant based foods

- Vegetables
  - Fresh
  - Frozen
  - Low-sodium canned
- Fruits
  - Fresh
  - Frozen
  - Canned in 100% juice
- Plant oils
  - Olive
  - Avocado
  - Canola



- Plant-based proteins
  - Beans
  - Lentils
  - Soy foods
- Whole Grains
  - Whole wheat
  - Oatmeal
  - Brown/wild rice
- Nuts & seeds
  - All nuts
  - Nut butters
  - Chia, Hemp, Flax

#### **Nutrient Rich Foods - Animals**

#### Choose a variety of lean animal foods

- Meats/Poultry/Seafood
  - Chicken without skin
  - Loin/round cuts of pork/beef
  - Ground meats at least 90% lean
  - Fish & shellfish
  - Eggs
  - Low sodium deli meats
    - Less than 3g fat per ounce



- Dairy choose low fat or fat-free
  - Yogurt
  - Greek yogurt
  - Cheese
  - Milk
  - Cottage cheese

#### Foods to Eat in Moderation

#### All Foods Fit!

- High fat options
  - Fried foods
  - High fat meats
  - High fat dairy
  - Butter
- Sugary beverages
  - Sodas
  - Sweet tea
  - Juices & juice drinks



- Refined grains & sweets
  - Cookies
  - Cakes
  - Pastries
  - Candy
  - Large amounts of crackers, chips, breads, rice, pasta
  - Sweetened breakfast cereals
- High sodium processed foods

# The tools are here... but how do you execute them?

Keep it simple!

Lower expectations to make life easier!

## Meal Planning





- Plan meals using My Plate categories
- Plan for single recipes OR component meals
- Stock your freezer
- Create a dinner deck

## Meal Planning – Dinner Deck

- 3-5 favorite quick cooking recipes
- Store the deck in visible place
  - Side of refrigerator
  - Glove box of car
  - Notes section of phone
- Make sure ingredients are always on hand



## Sample Menus

#### Mayo Clinic:

- Breakfast: Whole-wheat bread (1 medium slice)
  with 2 teaspoons jelly, ½ cup shredded wheat
  cereal with a cup of 1 percent low-fat milk, a piece
  of fruit, coffee
- Lunch: Roast beef sandwich on wheat bread with lettuce, low-fat American cheese, tomato and mayonnaise, medium apple, water
- Dinner: Salmon, 1 ½ teaspoons vegetable oil, small baked potato, ½ cup carrots, ½ cup green beans, medium white dinner roll, unsweetened iced tea, milk
- Snack: 2 ½ cups popcorn with 1 ½ teaspoons margarine

#### Very Well Health:

- Breakfast: 1 low-fat Greek yogurt (plain), ¾ cup blueberries, 12 almonds or 2 tablespoons ground flaxseed meal, coffee with milk
- Lunch: 1 whole grain wrap (can use corn or rice if gluten-free), 4 oz. grilled chicken breast, onions, peppers, spinach, 1/3 avocado, side of strawberries 1 ¼ cup
- Dinner: 4 oz. grilled turkey burger (made with 99% lean ground white turkey meat), 1 medium baked sweet potato topped with cinnamon, 1 cup sautéed spinach with garlic and 1 teaspoon olive oil, side salad with 1 tablespoon dressing
- Snack: 1 small apple (~4oz.) with 1 tablespoon all natural peanut butter, almond butter, cashew butter or sun butter

#### Recipe Resources



- Diabetes Food Hub
  - https://www.diabetesfoodhub.org/all-recipes.html
- Cooking Matters
  - http://cookingmatters.org/recipes
- SkinnyTaste
  - https://www.skinnytaste.com/recipe-index/

## **Grocery Shopping**

Keep house stocked with nutritious, easy to prepare foods:

- Vegetables
  - Frozen without sauce
  - Frozen pre-chopped
  - Canned low-sodium
  - Tomato pasta sauce
  - Diced tomatoes
- Beans/legumes
  - Canned low sodium beans
  - Dry beans
  - Peanut/nut butter
  - Nuts
  - Seeds



- Grains
  - Brown or wild rice
    - Dry
    - 90 second microwavable
    - Frozen
  - Whole wheat or bean/lentil pasta
  - Rolled or quick oats
  - Quinoa
  - Whole wheat bread, tortillas or English muffins
  - Whole wheat or corn tortillas
  - Whole wheat orzo or couscous

## **Grocery Shopping**

## Keep house stocked with nutritious, easy to prepare foods:

- Lean proteins
  - Eggs
  - Fresh or Frozen
    - Chicken breasts
    - Turkey breast
    - Pork tenderloin
    - Ground beef >= 90% lean
  - Frozen
    - Fish filets
    - Shrimp
    - Edamame
  - Canned in water
    - Shredded chicken
    - Tuna
    - Salmon

- Spices/Condiments
  - Onion powder
  - Garlic powder
  - Cumin
  - Oregano
  - Thyme
  - Ginger
  - Italian seasoning
  - Chili powder
  - Bay leaf
  - Cinnamon
  - Grill seasoning
  - Vinegars
  - Dijon mustard
  - Low sodium soy sauce
  - Salsa
  - Worcestershire sauce



#### Flavor Food Without Salt!



#### Pairings:

- Poultry: bay leaf, Italian seasoning, garlic powder, ginger, grill seasoning, poultry seasoning, onion powder, sage, thyme
- Fish: basil, dill, dijon mustard, garlic powder, ginger, oregano, thyme
- Beef: bay leaf, chili powder, cumin, garlic powder, ginger, grill seasoning, onion powder, oregano, parsley, thyme

- Tex-Mex or southwestern dishes: chili powder, cumin, garlic powder, lime juice, onion powder, oregano
- Italian dishes: basil, bay leaf, garlic powder, Italian seasoning, onion powder, oregano
- Asian dishes: garlic powder, ginger, low sodium soy sauce
- Soups: bay leaf, Italian seasoning, thyme

## Sample Quick Cooking Meals

- Pasta with frozen shrimp, pre-cut vegetables, onion and garlic sautéed in olive oil
- Veggie and 2% cheese omelet with tossed salad
- Tuna salad wrap (made with Greek yogurt) with baby carrots and dip
- Black beans, rice, shredded 2% cheese, salsa and guacamole
- Peanut butter & banana sandwich with baked chips
- Spinach salad with grilled chicken, mandarin oranges and slivered almonds

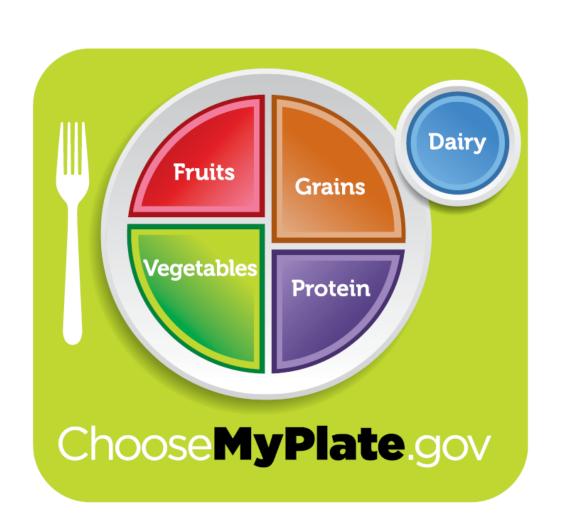


## **Eating Out**

- Look up the restaurant's nutrition ahead of time and decide what to order before arrival
- Don't scan the menu while waiting to order in the restaurant! You will talk yourself out of a pre-selected choice
- Choose zero calorie beverages
- Seek out fruits and vegetables in sides and a la carte additions



## **Review Healthy Eating Tools**



- Use My Plate as a guide
- Choose nutrient rich foods and enjoy all foods in moderation
- Find the meal planning style that works best for your house
- Create a dinner deck
- Keep a supply of easy to prepare ingredients
- Plan ahead when eating out

## Join Us for Class 4 – Staying Motivated

- Find out why its important to prioritize good health
- Identify barriers to making lasting changes in your life
- Learn about support systems
- Understand why goal setting is a tool for making changes





## Questions?

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