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We have many choices ...



...all day long



We can do this!



Yummy!





What does healthy eating mean to you?

Healthy Eating

The right kind of food
+
The right amount of food
=
Healthy bodies

Homemade food is the way to go!

- You control the ingredients
- You control the portions
- Made just the way you want it!

The brighter your plate, the better!



Easy peasy veggies!



Ideas for eating more vegetables:

- Enjoy vegetables at each meal and for snacks
- Cucumbers + carrots + celery + a plastic bag = healthy to go food
- Using frozen vegetables is a quick way to add a splash of color and nutrients to each meal. Ex: Add peas and carrots into pasta sauce.
- Thaw frozen veggies in a bowl in the fridge to snack on during the day.

Salad can be an easy and convenient way to enjoy vegetables.



Ideas for eating more fruits:

- Add fruits for sweetness to foods like cereal and yogurt
- Fruits make the perfect snack or dessert.
- Combine fruits with protein for longer-lasting energy. Ex: Apples and peanut butter, grapes and cheese.

Grapes and Cheese



Choose whole grains



Choose whole grains:

- Whole grains like rice, bread and pasta have more nutrition than the “white” ones.
- Use whole wheat tortillas for wraps and tacos

Breakfast



Breakfast

- Choose whole grains like Cheerios, oatmeal, whole wheat bread
- Fat free or 1% fat milk
- Eggs

LUNCH

Whole wheat wrap with hummus and veggies





Lunch

- Turkey and cheese sandwich on whole wheat bread with lettuce, tomatoes and cucumber slices.
- Baby carrots and sliced red peppers
- Apple



Lean fish and meat



A basic dinner



Dinner

- Low fat protein – chicken, fish, kidney bean, black beans, lean beef or turkey
- Whole grain – brown rice, whole wheat pasta, whole wheat tortilla
- Vegetables- tossed salad, steamed broccoli, corn, baked sweet potatoes, etc.
- Milk -- Glass of fat free or low fat milk
- Fruit- fresh fruit salad, apple, orange, watermelon

Junk Food V's Healthy Food



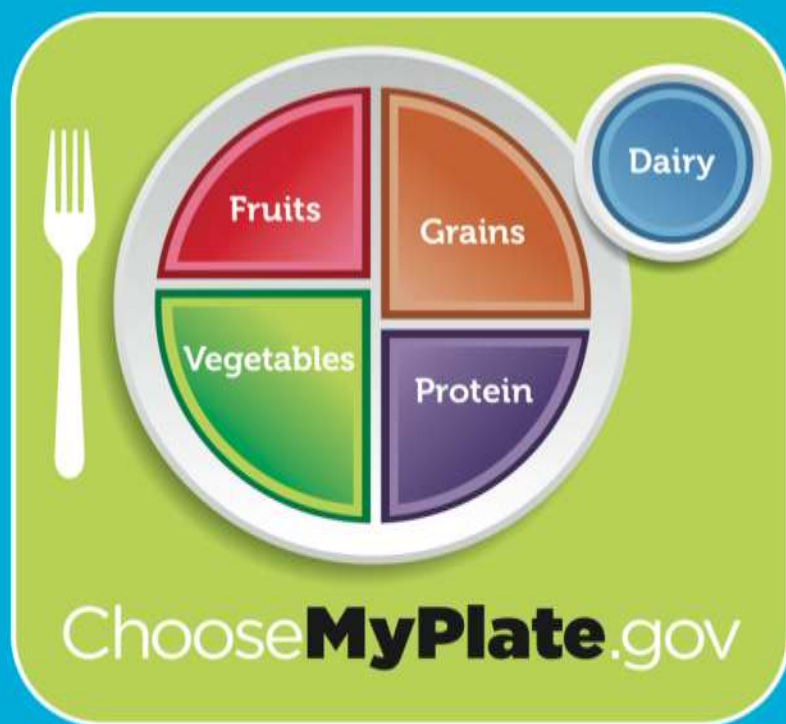
Snacks anytime of day



Snacks

- Choose snacks that have good nutrition to keep you going in between meals.
- Protein and carbohydrate is a good combo
- Apple with peanut butter
- Yogurt with sunflower seeds or chopped nuts
- String cheese and whole wheat crackers

What's on your plate?



Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.



Make half your plate fruits and vegetables.



Make at least half your grains whole.



Switch to skim or 1% milk.



Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>

For a 2,000-calorie daily food plan, you need the amounts below from each food group.
 To find amounts personalized for you, go to ChooseMyPlate.gov.

Eat 2½ cups every day	Eat 2 cups every day	Eat 6 ounces every day	Get 3 cups every day	Eat 5½ ounces every day
<p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>What counts as a cup? 1 cup of milk, yogurt, or fortified soy milk; 1½ ounces natural or 2 ounces processed cheese</p>	<p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ¼ cup beans or peas</p>



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 CNPP-25
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Cut back on sodium and empty calories from solid fats and added sugars



Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 260 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.



Dietary Guidelines 2010 Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



June 2011

Nutrition Facts food label

Nutrition Facts			
Serving Size ½ cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90		Calories from Fat 30	
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 300mg			13%
Total Carbohydrate 13g			4%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 3g			
Vitamin A 80%	•	Vitamin C 60%	
Calcium 4%	•	Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Nutrition Facts

Start here

Check the total calories per serving

Limit these nutrients

Get enough of these nutrients

Quick Guide to % Daily Value:
5% or less is low
20% or more is high

Nutrition Facts

Serving Size 1 slice (47g)
 Servings Per Container 6

Amount Per Serving

Calories 160 Calories from Fat 90

	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
<i>Trans</i> Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Resources

- Choosemyplate.gov
 - List of topics of sheets with 10 tips:
 - <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>
 - MiniPoster
 - http://www.choosemyplate.gov/downloads/mini_poster_English_final.pdf#page=1&zoom=page-fit,-15,26
 - <https://www.supertracker.usda.gov/myplan.aspx>

Resources

- Food labels

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Reading-Food-Nutrition-Labels_UCM_300132_Article.jsp

- Selected messages from Dietary Guidelines 2010

<http://www.choosemyplate.gov/print-materials-ordering/selected-messages.html>

- DASH Eating Plan

http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/dash_brief.pdf

And then we can enjoy the rewards...



Bon Appétit

- Thank you for your attention
- anita.inz@gmail.com





For further discussion...

Is eating healthfully a no brainer?

- What are some challenges we run into?

- What are some tips we can share?

Designing a menu

- Let's plan a day's menu

What would be helpful?

- Supermarket tours
 - For example – buying ground beef: lean, extra lean. What do the numbers mean– 90/10; 85/15?
 - Frozen dinners– how to find the winners
- Recipe ideas
- Cooking sessions
- Menu planning

What would be helpful?

- Food labels
- Choosing from menus
- Breakfast, lunch, dinner ideas
- Snack ideas

How do we get ideas?

- We have many tools:
 - Apps
 - Internet
 - TV
 - Professionals
 - Friends and family
 - Videos

Let's ask the hard questions ...

- Should we care about what we eat?
- What are some reasons to eat healthfully?
- What works for you?

What do you think of these?



Which have you tasted?



Have you tasted?



How does this look?

