

Nutrition 101

ASCD Symposium

September 24, 2008

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The Menu

- ◆ Healthy Eating – The Basics
- ◆ Mindless Eating
- ◆ What's to drink - Fluid Requirements
- ◆ Achieve Balance

The Basics of Healthy Eating

Healthy eating means:

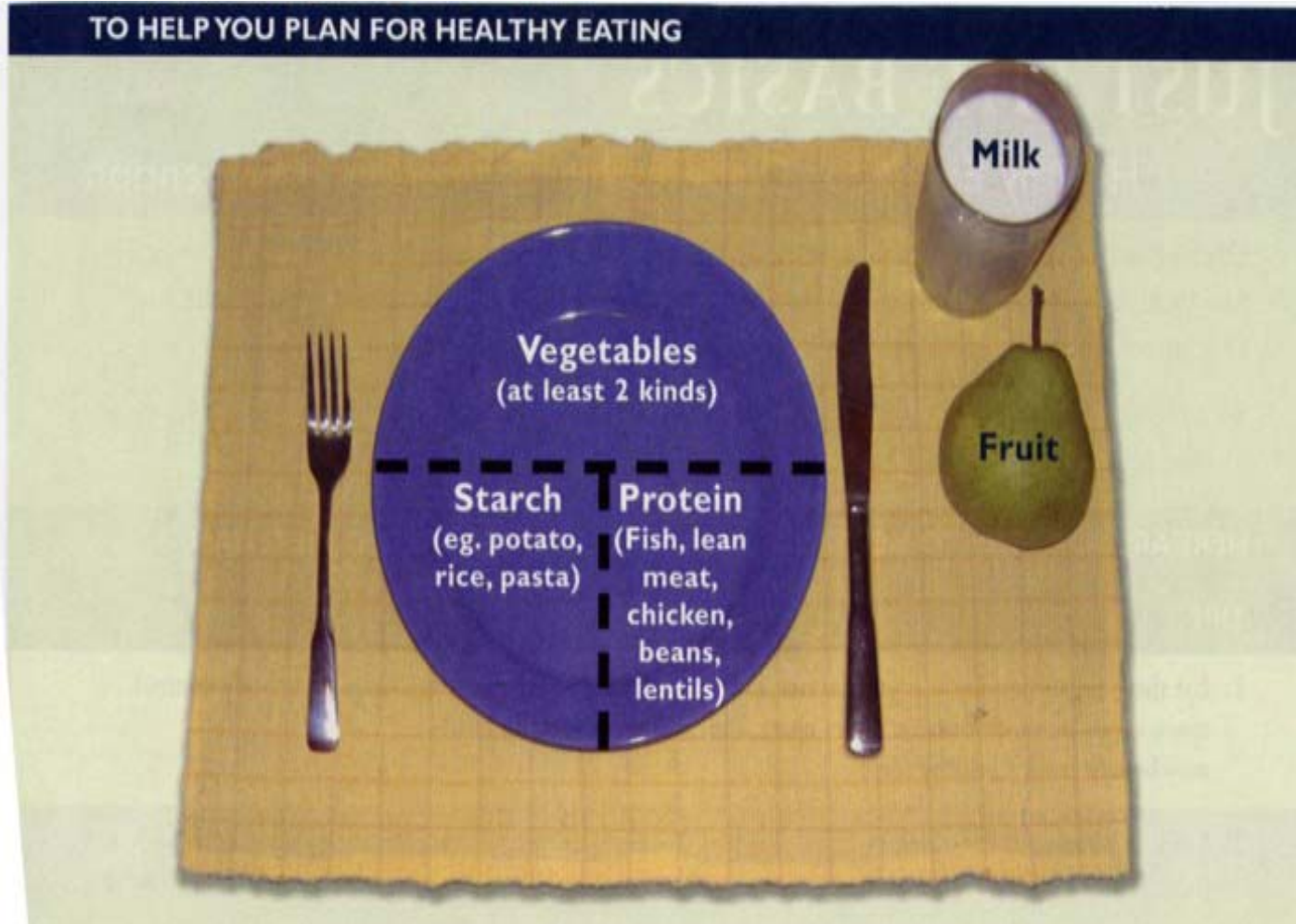
- ◆ Eating a variety of foods from each food group. This helps:
 - develop acceptance and enjoyment of different foods
 - develop healthy food habits that will last a lifetime.
- ◆ Having the right amount of nutrients to grow properly, be active and feel good.
- ◆ Limiting foods that are high in sugar, fat and salt and empty of vitamins, minerals and building nutrients.



Healthy Growth and Development

- ◆ Children are not shaped the same and grow and develop at different times.
- ◆ Best way to measure how a child is doing is by a growth chart kept at clinic, at daycare or at the doctor's office

Balance your plate



Grain Products (Starches)



**Portion Size
= Size of
your fist**

- ◆ **Best Buys include:**
- ◆ Plain rice, pasta, oatmeal
- ◆ Potatoes
- ◆ Bulk grains
- ◆ Stock up when on sale
- ◆ Day old products

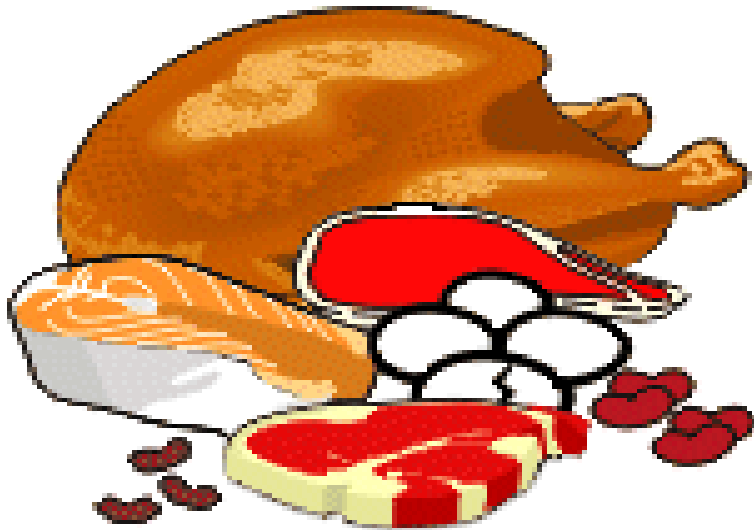
Vegetables



- ◆ **Best Buys include:**
- ◆ Fresh, seasonal
- ◆ Root vegetables
- ◆ “Harder” vegetables
- ◆ Frozen vegetables
- ◆ Plain vs. with sauce
- ◆ Whole vs. pre-cut & washed
- ◆ Buy in bulk from local growers in season & preserve

Portion Size = 1-2 handfuls

Protein



Portion size = Size of your palm

◆ Best buys include:

- ◆ Look at cost per serving
- ◆ Plain vs with sauce/marinade
- ◆ Whole vs pre-cut
- ◆ Beans, eggs or tofu

Calcium Rich foods



**Portion Size =
Size of your fist
for milk**



Best buys include:

- Milk, cheese & yoghurt in largest size you can use
- Powdered milk
- Whole vs. pre-prepared
- Buy only what you will use
- Other sources:** Soy milk, salmon w bones, sardines, nuts, seeds, tofu, kale

Which calories are recommended?

- ◆ Majority from carbohydrate & protein
- ◆ Less than 30% of calories should come from fat.
- ◆ For example: no more than 65 grams of fat if you need 2000 calories a day.
- ◆ Estimated that 50% of calories young adults fill up on is from fat + sugar.
- ◆ Fat = "dirty fuel" & Sugar = short term energy



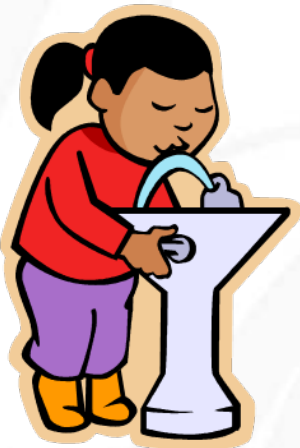
Read The Label

- ◆ Read it before you eat it!
- ◆ 5 g of Fat = 1 teaspoon
- ◆ 4 g of Sugar = 1 teaspoon
- ◆ Look for lower amounts of calories, fat, salt, sugar
- ◆ Look for higher amounts of fiber and nutrients

Nutrition Facts	
Per 1 cup (264 g)	
Amount	% Daily Value
Calories 260	
Fat 13 g	20%
Saturated 3 g	
+ Trans 2 g	25%
Cholesterol 30 mg	
Sodium 660 mg	28%
Carbohydrate 31 g	10%
Fibre 0 g	0%
Sugars 5 g	
Protein 5 g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

Meals and snacks

- ◆ Meals – Include 3-4 food groups. Vary foods within groups.
- ◆ Snacks – should include 2 food groups



	Mon	Tues	Wed
Snack	Banana oatmeal cookies + ½ cup milk or water	Zucchini bread + ½ cup milk	Apple wedges + pretzels + ½ cup milk
Lunch	Baked chicken, rice, broccoli & cheese sauce ... + pears	salmon sandwich + soup (cream of tomato) +canned peaches or orange slices in jello	Chili (beans, tomatoes, spices, onions) on rice/ couscous/ or bun with yogourt or melted cheese + fruit dessert

Choose the following ANYTIME



- ◆ Vegetables & Fruit
- ◆ Whole grains and grain products
- ◆ Lean meat, chicken & fish
- ◆ Low fat milk, yoghurt and cheese
- ◆ Water!
- ◆ Have moderate portions!

Limit Fatty Foods



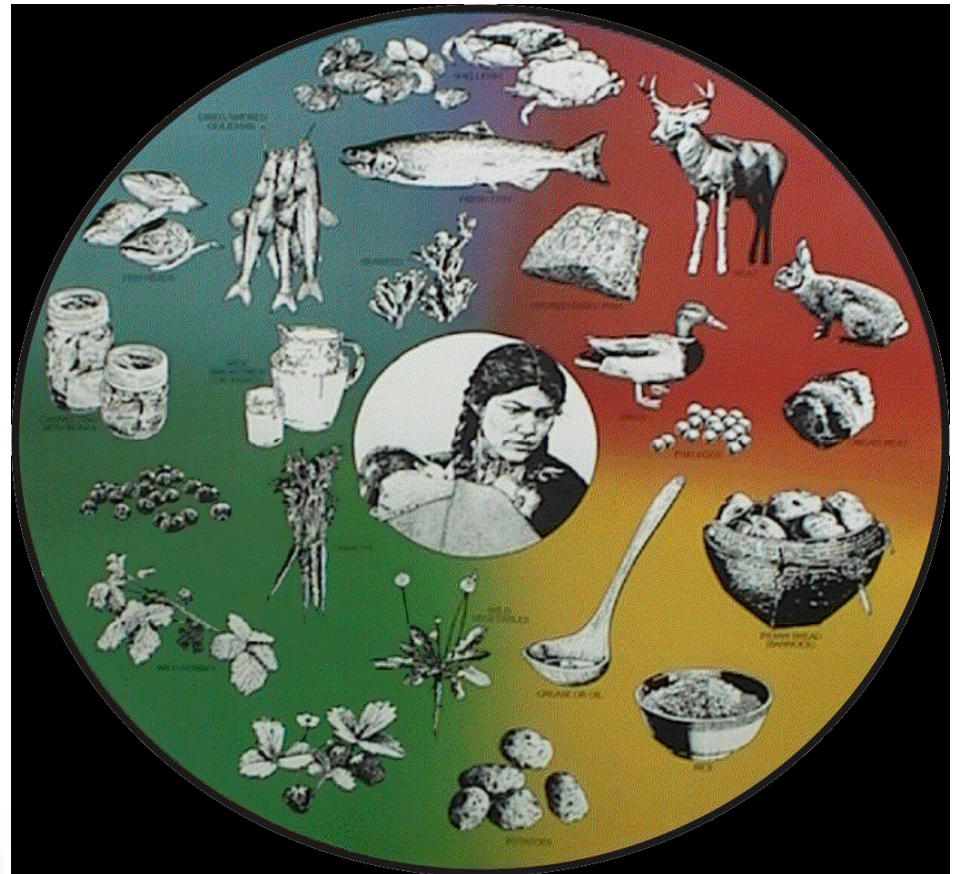
- ◆ Hamburgers & Pizza
- ◆ Hot dogs
- ◆ French Fries
- ◆ Chips
- ◆ Combo meals
- ◆ Chocolate Bars
- ◆ Donuts
- ◆ Margarine & Butter



Traditional Food

- ◆ Important source of many nutrients that are not consumed in sufficient amounts.
- ◆ Diets are healthier when traditional food is eaten than if just market foods are eaten

Coastal FN Food Guide



Mindless Eating

Do you clean your plate?

- ◆ 54% of Americans DO clean their plates
- ◆ Research shows that people will eat MORE if they are presented with a larger volume of food.

Big Bowls = Big Appetite!

- ◆ If the serving bowl is large, you will serve yourself 50% more calories than if the serving bowl is small.

Drinking Glass Size

- ◆ Which holds more liquid - a short wide glass or a tall thin glass?
- ◆ Even bartenders over pour by 28% in a short wide glass.

Which would you eat more calories at Subway or McDonalds?

- ◆ Halo effect of healthy food choices
- ◆ Halo effect lasts all day

At least I know when to stop eating?

- ◆ Would you keep eating soup if your bowl never emptied?
- ◆ Do you eat movie popcorn when it doesn't taste good?
- ◆ How much more might you eat while watching a 60 minute t.v. show compared to a 30 minute show.

The **DARK SIDE** of Variety!

- ◆ When there is a greater variety of foods available to eat – you eat more!

So what is the solution to mindless eating?

- ◆ NOT Concentration !
- ◆ NOT Willpower !

“Mindless” Solutions

- ◆ Use smaller plates
- ◆ Use tall, thin glasses
- ◆ Serve lunch on a salad plate
- ◆ Use small serving bowls for high calorie foods and make less for the family
- ◆ Use large serving bowls for low calorie foods and make lots
- ◆ Use small serving spoons with high calorie dishes and large serving spoons with low calorie dishes
- ◆ Serve high calorie foods from the kitchen
- ◆ Serve low calorie foods on the table
- ◆ Package snacks into smaller bags
- ◆ Serve a variety of healthy foods
- ◆ Limit variety of less healthy foods

What's to drink?

◆ Best choices? – Milk or water!!!!



8 GLASSES @ DAY

Fluid Requirements For exercise:

1-2 cups 1 hour prior to activity

$\frac{1}{4}$ to $\frac{1}{2}$ cup every 20 minutes of activity

1-2 cups after activity

To Juice or not to Juice...

- ◆ Blend, cocktail, punch, drink, etc. = extra sugar
- ◆ Look for 100% juice
- ◆ If you must have juice, add water & max: 1 cup/day
- ◆ Good alternatives: water and milk, mineral water, club soda, lemon water, herbal teas, black or green tea, decaf coffee

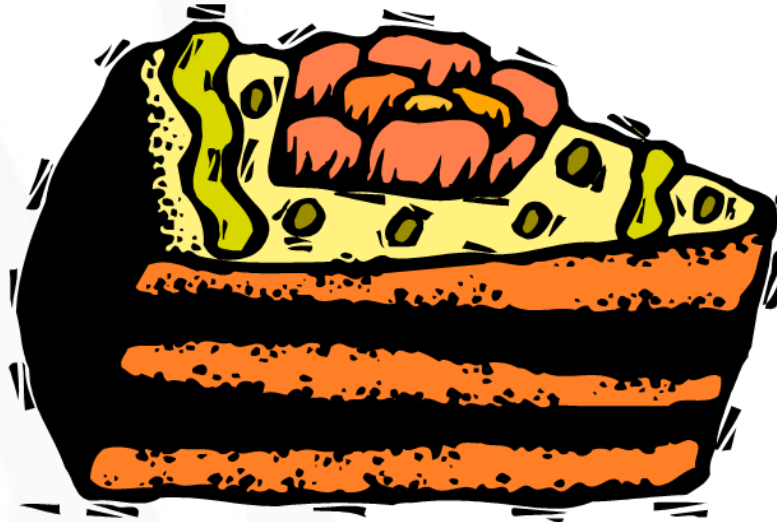


Dessert and Snack Options

- ◆ Apple sauce – no added sugar
- ◆ Canned fruit – packed in juice
- ◆ Fruit Salad (fresh and/or canned)
- ◆ Yogurt N' Fruit Parfait
- ◆ Fruit Crisp – low sugar/maple syrup
- ◆ Light Gelatin with Fruit added
- ◆ Fresh fruit in season
- ◆ Stewed Fruit

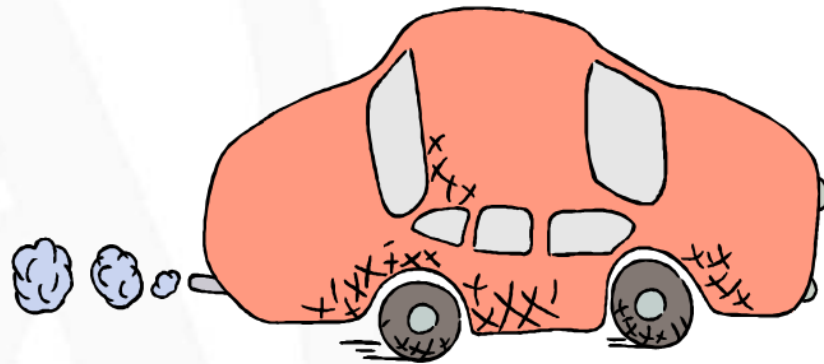


We are programmed to like foods that are high in calories



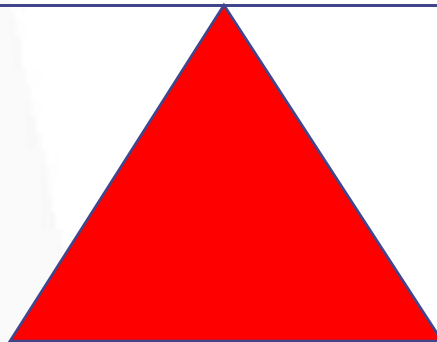
This was needed for survival when food was not so abundant. We needed high calorie foods to “stock up” before going without.

What happens when you put too much fuel in your car?



Eat It Up!

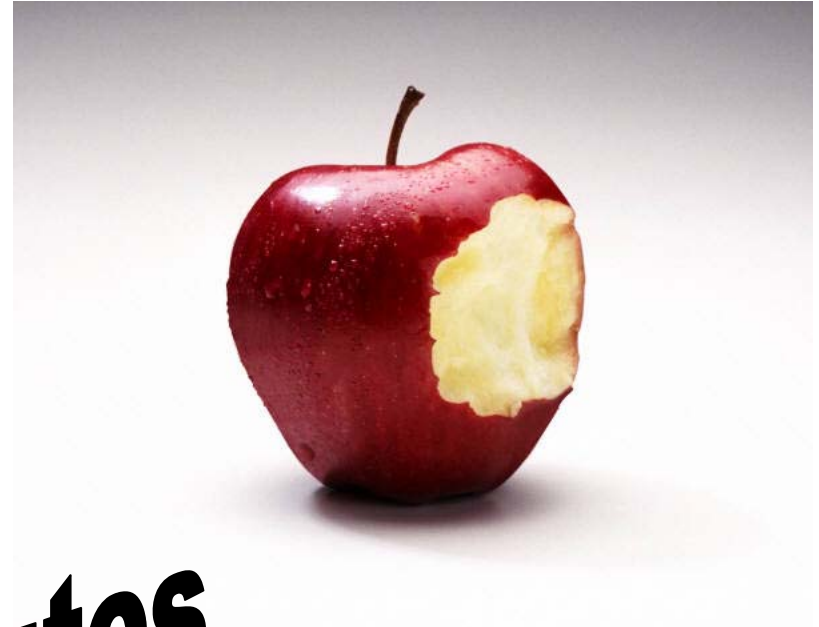
Burn It Up!



ACHIEVE BALANCE

Burn It Up! – The Apple

- ◆ How many minutes of jump-rope/swimming (stair stepping) is required to use up the calories in one apple?



8 Minutes

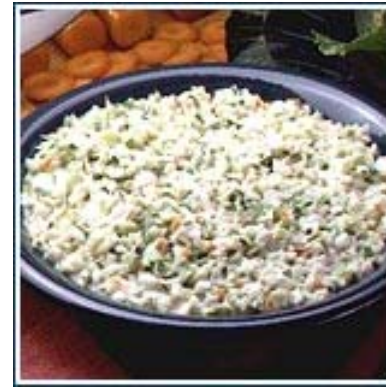
Burn It Up! – The Bag of Chips

- ◆ How many minutes of jump-rope/swimming (stair stepping) is required to use up the calories in one bag of chips (60g size)?

30 Minutes



The KFC Meal Deal



- ◆ 2 Piece Meal (Thigh and Wing)
- ◆ Potato Wedges
- ◆ Cole slaw
- ◆ Large Pepsi

1220 Calories
116 minutes

The Personal Pizza

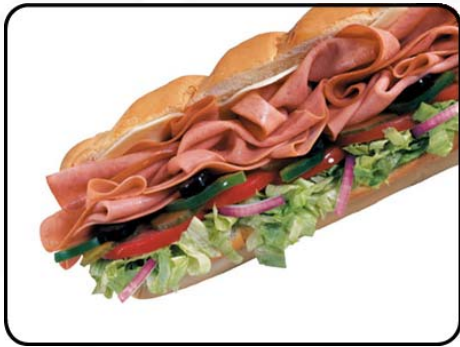


- ◆ Individual 6" Meat Lovers Pan Pizza
- ◆ Large Pepsi

1080 Calories
103 Minutes

Subway Sandwiches

Which one offers the most calories?



Cold Cut
Combo

460 Calories
44 Minutes



Ham

290 Calories
28 Minutes



Tuna

530 Calories
50 Minutes

Subway Meal



- ◆ 6" Ham Sub
- ◆ Bag of Chips
- ◆ Fountain Drink

890 Calories
85 Minutes

Brown Bagging It



- ◆ Ham, Cheese, Lettuce
Tomato Sandwich
- ◆ Apple
- ◆ Carrot Sticks
- ◆ Small Milk

536 Calories
51 minutes

**An extra 10 potato chips
or 10 candies each day
= a weight gain of 10 pounds in 1 year!**



Habits for health

- ◆ Caregivers need to:
 - Provide a variety of nutritious foods from the 4 food groups
 - Prepare food in ways that a child finds easy to manage;
 - Create a comfortable, positive eating atmosphere;
 - Plan 3 meals and 2-3 snacks daily at routine times.

- ◆ Let the child decide how much to eat.

- ◆ Encourage physical activity:
 - Involve your child in daily physical activity.
 - Limit computer and television time for everyone
 - Be a good role model for active living.



Food For Thought,...



Small Iced Cap:

250 cal, 11 g Fat,
7 tsp sugar

Medium Iced Cap:

400 cal, 17 g Fat,
11 tsp sugar

Large Iced Cap:

500 cal, 21 g Fat,
14 tsp sugar



Tall
Frappuccino:

340 cal, 11 g Fat,
11 tsp sugar

Grande
Frappuccino:

470 cal, 16 g Fat,
15 tsp sugar

Venti
Frappuccino:

580 cal, 17 g Fat,
20 tsp sugar



Small Blizzard:

680 cal, 28 g Fat,
18 tsp sugar

Medium Blizzard:

750 cal, 31 g Fat,
20 tsp sugar

Large Blizzard:

980 cal, 44 g Fat,
25 tsp sugar

Which one is the better choice?



When you must ...go for “ICE” vs “ICE CREAM”

In today's world we can eat a lot of calories without doing any work



We are eating more and doing less than we ever have.



Get Moving!!!!



Exercise Makes you Feel Better
Recommendation: 30 minutes
most days (i.e. 5 days a week)

Picky Eating

Not wanting **to eat** a food or **much of a food** are a common occurrence in the toddler/preschool years...due to tiredness, slow growth period, new food, changing likes/dislikes

To increase willingness to try/eat foods

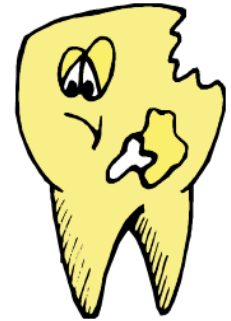
- ◆ Carry out food activities during playschool (games, gardening, cooking)
- ◆ Try...try and try a food again sometimes in different ways

To increase appetite at meals:

- ◆ Serve snacks 2 hours before
- ◆ Serve water between meals
- ◆ Serve drinks at end of meals



Soda pop, sugar and teeth



- ◆ Today, kids drink twice as much pop as milk.
- ◆ Children consume 100 more calories per day than 10 years ago. Most of these calories come from pop, juice, fast food and candy.
- ◆ A can of pop per day = $\frac{3}{4}$ pound sugar extra/week

Sugar in pop combines with bacteria in your mouth to form acid.

- **Acid in soft drinks, whether they contain sugar or not**, is the primary cause of weakening tooth enamel.
- The acid attacks your teeth. Each acid attack lasts about 20 minutes.
- The acid attack starts over again with every sip.
- Ongoing acid attacks weaken your tooth enamel.
- Bacteria in your mouth cause cavities when tooth enamel is damaged

Facts from Minnesota Dental Association

http://www.mndental.org/dental_health/sip_decay/hard_facts/

Choking

Children under 4 are at greater risk of choking

- ◆ Cut food into small pieces (1/4 inch-toddlers and 1/2 inch for preschoolers)
- ◆ Model small bites
- ◆ Insist on sitting when eating
- ◆ Encourage chewing (even for berries-if inhaled can get caught)

Avoid serving

- ◆ hard raw vegetables such as carrots, celery. (Cooked and soft vegetables should be pureed, finely chopped or cut lengthwise).
- ◆ hard candy
- ◆ popcorn
- ◆ peanut
- ◆ grapes (unless cut lengthwise)
- ◆ hot dogs (unless cut lengthwise)



Food Intolerance

- ◆ Food intolerance- might only be able to eat a bit of food before reacting (gas, cramps, diarrhea, rash, swelling)
 - Lactose intolerance (can only drink lactaid milk or need to take pills to avoid symptoms)
 - Food additives – some people react to chemicals added to processed foods
 - Fruits (strawberries, orange, tomatoes, banana, kiwi)
 - Some cheese
 - Fish (occasionally)

Symptoms can be like food allergies. The only way to not have the symptoms is to understand which food is causing the problem (food diary) and to avoid the food

Food Allergies

- ◆ Common Allergens: egg white, milk, soy, fish, shellfish, nuts, peanuts, wheat

- ◆ Food Allergy- immune system response
 - Symptoms may be one or many of following:
 - ◆ Oral system: Swelling, itching of mouth, lips
 - ◆ Digestive: Nausea, vomiting, pain, diarrhea, constipation
 - ◆ Skin: Itching, flushing, rash, hives, eczema
 - ◆ Respiratory- congestion, coughing, wheezing, sneezing, runny nose (clear mucous), asthma

- ◆ Severe (rare) reactions:
 - Anaphylactic reaction: - involves 2 or more systems and heart
 - Anaphylactic shock: -life-threatening

Nutritional supplements

- ◆ Before using a supplement for a child, **discuss** with a doctor or a registered dietitian.
- ◆ **Infants** have higher nutrient needs and may need vitamin A, D or iron supplement. **Discuss with doctor or dietitian.
- ◆ **Toddlers and preschoolers** generally don't need vitamin or mineral supplements *if they are eating a variety of foods from the four food groups*.
- ◆ Children with *food restrictions* or who are *underweight, not growing well*, or *have a poor appetite* may need supplements.
- ◆ **Supplements can be toxic to children if taken in excess and should be stored and used with caution.**

Resources

- ◆ Dial-A-Dietitian (1-800-667-3438) or www.dialadietitian.org
- ◆ For more resources to promote healthy eating and active living among preschoolers visit the Healthy Start For Life partnership website at www.dietitians.ca/healthystart
- ◆ BC Health Files www.bchealthguide.org/healthfiles
- ◆ **Visit me at the Nutrition resource table for**
 - **Online resources**
 - **Brochures**
 - **Books**
 - **Fact sheets**