

Bridges to the Future Transitional Care Program

Nutrition



**KOSAIR
CHILDREN'S
HOSPITAL**
*Supported by the
Children's Hospital Foundation*



Fueling Your Body



**Face
the
Facts:**



Junk food is NOT good fuel!



Navigating Food Choices:

- ▶ What types of foods are unhealthy?
- ▶ What problems can people have if they eat the wrong types of food?
- ▶ Which foods are the healthiest?
- ▶ What benefits do healthy diets provide?



The “Right” Foods

Eating the right types of food is important, especially if you have a special diet due to:

- ▶ Diabetes
- ▶ Medication Sensitivity
- ▶ High Cholesterol
- ▶ Immune Deficiency Disorders
- ▶ Food allergies



Common Food Allergies:

- ▶ Peanuts and other nuts
- ▶ Gluten and products with wheat
- ▶ Milk and other dairy items with lactose



Just in Case:

People with extreme allergies and other medical conditions should wear a medical alert necklace and/or carry a medical alert card.



Think Before You Eat or Drink



TOO MUCH FAST FOOD

Can lead to:

- ✓ Obesity & Type 2 Diabetes
- ✓ Heart Disease & Hypertension
- ✓ Some Forms of Cancer



Is There An Obesity Epidemic in America?

Face the Facts:

More than one-third of children and two-thirds of adults in the U.S. are overweight or obese.

- U.S. Dept. of Agriculture

Due to the increased consumption of processed food, 1 in 3 Americans born after 2000 will likely develop Type 2 Diabetes.

- U.S. Center for Disease Control



Tips to Prevent Overeating & Obesity


LIMIT THESE ITEMS:

- ▶ Sweetened beverages
- ▶ Processed Fruit juice
- ▶ White flour, rice, sugar
- ▶ Chips, fries & other taters
- ▶ Bacon & other pork
- ▶ Burgers & other beef
- ▶ Processed meats
- ▶ Eat a healthy breakfast.
- ▶ Choose small portions.
- ▶ Eat slowly.
- ▶ Chew more.
- ▶ Eat home-cooked meals.
- ▶ Choose healthier foods.
- ▶ Limit alcohol use.



Know the Ingredients!

To find out what's inside your food... read the label!



Ingredients: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN), SUGAR, SOYBEAN OIL AND/OR PARTIALLY HYDROGENATED COTTONSEED OIL, HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR AMMONIUM PHOSPHATE), SALT, WHEY (FROM MILK), NATURAL AND ARTIFICIAL FLAVOR, CARAMEL COLOR. CONTAINS: WHEAT, SOY, MILK.

Size: 15.25 OZ
Upc: 4400001796

Serving Size 33g	
Servings per Container about 13	
Amount Per Serving	
Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12 %
Saturated Fat 2.5g	13 %
Trans Fat 0g	0 %
Monounsaturated Fat 2g	0 %
Cholesterol 0mg	0 %
Sodium 110mg	5 %
Potassium 45mg	1 %
Total Carbohydrate 22g	7 %
Dietary Fiber 1g	3 %
Sugars 11g	
Protein 2g	
Vitamin A 0 %	Calcium 0 %
Vitamin C 0 %	Iron 4 %

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Fiber		25g	30g



Face the Facts:

The calories, fats and carbs listed on the label are for one serving, which is about two cookies, not the entire bag!

Don't Forget When You Go Out

Ask a cashier, server or restaurant manager for a copy of nutritional info or whether the menu has items that meet your dietary requirements such as gluten-free or sugar-free foods.



Eating Healthy Food:

- ▶ Makes you feel better, grow stronger and live longer.
- ▶ Provides nutrition and vitamins that your body needs.
- ▶ Gives you energy to go places and accomplish goals.



Make the Most of Meals

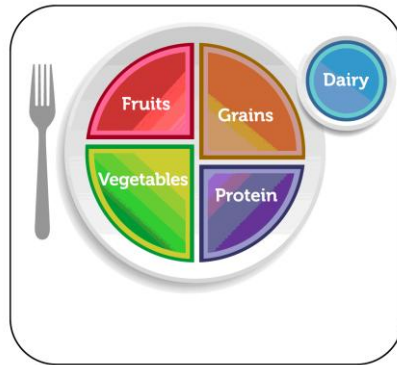
To get the nutrition you need, eat the right amount from these groups:

- ✓ Fruits
- ✓ Vegetables
- ✓ Protein/Meat
- ✓ Dairy/Cheese
- ✓ Wheat/Grains
- ✓ Fats/Oils



Creating a Colorful Plate

Fill at least half of your plate with vegetables and fruits, and one-fourth with whole grains at each meal.



If it looks like you're biting into a rainbow, you're on the right road!



Think
GREEN
YELLOW
ORANGE
RED
PURPLE!



Don't Drown Your Veggies!



DON'T fry your veggies or cover them in salt and high-fat toppings such as cheese or ranch dip!



Fruits have vitamins and antioxidants that are vital. For example, fresh oranges have Vitamin C, which helps your body fight germs and colds.



Keep fresh fruit or 100% real fruit juice handy at all times!



Easy Ways to Add More Veggies:

- ▶ Add frozen, canned or fresh vegetables to other dishes such as soup and spaghetti sauce.
- ▶ Skip the potato chips! Snack on fresh veggies like sliced carrots, celery, broccoli – without any dip!
- ▶ Microwave a sweet potato for an easy dinner or healthy dessert, but don't bury it in butter or sugar.



Go with Whole Grains:

Breakfast: Oatmeal, whole grain cereal or whole grain snack bars

Lunch: 100% whole wheat or oatmeal bread for sandwiches

Dinner: Whole grains such as brown rice or barley in soups, stews, casseroles and stir fry



Pick Lean Protein:

- ▶ Eat less meat and more beans and other proteins.
- ▶ Remove skin and fat from poultry and meat.
- ▶ Broil, grill or roast meat to avoid frying.



Numerous scientific studies show that eating too much meat, especially red meat and processed meat, can greatly increase your risk of cancer and heart disease.

Go Low-Fat for Dairy:

- ▶ Use fat-free or low-fat milk when you make oatmeal, hot cereals or soups such as cream of tomato.
- ▶ Snack on low-fat or fat-free yogurt, and use it as dip for fruits and veggies.
- ▶ Order your latte or hot chocolate with fat-free (skim) milk.
- ▶ Use fat-free milk for pudding.



Fight Saturated Fats:

- ▶ Avoid butter, cream cheese, fatty meat, & whole fat milk/cream
- ▶ Use olive oil and healthy margarine options – not butter
- ▶ Use olive oil and flavored vinegar instead of high-fat salad dressings.
- ▶ Try thin slices of avocado on a sandwich instead of mayonnaise.



Healthy Eating Habits for Life

- ▶ Pay attention to portions
- ▶ Limit saturated fats
- ▶ Use fresh ingredients



Calories, Carbs & Fats... Oh My!

- ▶ Carbohydrates, fats and proteins are nutrients that contain calories.
- ▶ Your body burns the calories as fuel.
- ▶ Extra calories you consume that are not burned up by physical activity remain “stored” in your body as fat.



What is Dietary Fiber?

- ▶ Dietary fiber, also known as roughage, is the indigestible portion of plant foods.
- ▶ Adults should eat at least 20 grams of fiber daily to maintain a healthy digestive system.
- ▶ Fiber can help lower blood sugar, cut cholesterol and reduce risk of digestive disorders and various diseases including colon cancer .



Smart Sources of Dietary Fiber:

- ▶ Oatmeal
- ▶ Nuts & seeds
- ▶ Legumes
- ▶ Beans
- ▶ Dried peas
- ▶ Lentils
- ▶ Apples
- ▶ Strawberries
- ▶ Blueberries
- ▶ Whole wheat
- ▶ Barley
- ▶ Couscous
- ▶ Brown rice
- ▶ Bulgur wheat
- ▶ Whole grains
- ▶ Wheat bran
- ▶ Seeds
- ▶ Carrots
- ▶ Cucumbers
- ▶ Zucchini
- ▶ Celery



Cutting Calories:

Losing weight isn't easy, but cutting calories can be as simple as 1, 2, 3...

1. Talk with your doctor first.
2. Get a pocket size calorie/carb guide or find an online calorie/carb calculator so that you know the best foods!
3. Reduce portion sizes.



Let's Talk About: Portions

Healthy Portion of Meat = 6 ounces = Deck of Cards



Healthy Tip: Save the extra serving of meat at dinner for lunch or a snack the next day!

Stay Smart with Food Safety

- ▶ Separate raw, cooked and ready-to-eat foods while shopping, preparing or storing.
- ▶ Never allow raw meat to touch other food.
- ▶ Wash hands and surfaces often.
- ▶ Cook all food to proper temperatures, even frozen foods.
- ▶ Refrigerate leftovers promptly.



What else do we need to know?



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