

NUTRITION Essentials for Healthy Living

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Objectives

- ▶ How is my diet effect my cholesterol levels?
- ▶ How does my diet effect my blood pressure?
- ▶ How can I incorporate more fruits and vegetables into my diet?
- ▶ How can I make good diet choices?

VIDEO



Cardiovascular Disease

- ▶ CVD = # 1 killer of men and women in the United States
 - ▶ Cardio = heart
 - ▶ Vascular = Blood Vessels
- ▶ Two ways to reduce the risk of CVD
 - ▶ Eat Wisely
 - ▶ Physically Fitness



Cholesterol : Know Your Numbers

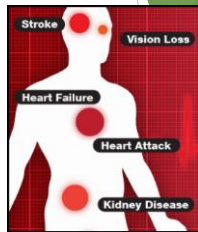
- ▶ Total Cholesterol: < 200 milligrams
- ▶ HDL : High-density lipoprotein cholesterol
 - ▶ Think “H” for healthy cholesterol
 - ▶ Goal: 60 milligrams
- ▶ LDL : Low density lipoprotein cholesterol goal 100 milligrams.
- ▶ Ratio of total cholesterol : minimum 25% of Total Blood Cholesterol should be HDL.
- ▶ Tip: Exercise BOOST HDL!!!
- ▶ Knowing your numbers will determine how strict you need to be with your diet.



Clark, M. Nancy Clark's Sports Nutrition Guidebook, 2014

Blood Pressure : Why does it matter?

- ▶ Hypertension major risk factor for heart disease; major contributor for strokes
- ▶ Risk factors for high blood pressure include:
 - ▶ High Stress
 - ▶ Obesity
 - ▶ Smoking
 - ▶ Poor Diet
 - ▶ Genetics
- ▶ Only reducing salt does not always reduce blood pressure.



Source: AHA, 2014. Why Blood Pressure Matters

Blood Pressure : Know Your Numbers ?

Blood Pressure Category	Systolic mm Hg (upper #)	and	Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Pre-hypertension	120 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 1	140 - 159	or	90 - 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

This chart reflects blood pressure categories defined by the American Heart Association. * Your doctor should evaluate unusually low blood pressure readings.

Source: AHA, 2012

Create a Winning Food Plan

Eat at least three, preferably four and ideally five different kinds of nutrient dense foods at meals

Think moderation!! Foundation should be healthy foods but don't deprive yourself of enjoyable foods.

Choose minimally processed foods as much as possible "Clean Eating"



Clark, N. Sports Nutrition Guidebook Fifth Edition, 2014.

Don't Just Eat, Eat Right!



Eat more fruits and vegetables



Half of grains should be whole grains



Variety of fats and calcium sources



Lean proteins from a variety of sources

Variety Variety Variety

Clark, N. Sports Nutrition Guidebook Fifth Edition, 2014.

Don't Just Eat, Eat Right! *Vegetables in Casserole Dishes*

- ▶ Grate vegetables or use food processor
- ▶ Add sautéed vegetables to your pasta sauce.
- ▶ Add xtra vegetables to your meatball or meatloaf recipes
- ▶ Add grated carrot and pureed butternut squash to mac n cheese
- ▶ Add xtra layer of vegetables in your baked pasta dish



Clark, N. Sports Nutrition Guidebook Fifth Edition, 2014.

Don't Just Eat, Eat Right! *Vegetables in other dishes*



- ▶ Add vegetables chopped or shredded to your favorite rice, pasta or sandwich
- ▶ Have vegetables for breakfast : add to eggs and or a sandwich. Make a savory oatmeal. Lunch items for breakfast! Vegetable dip in a greek yogurt dip
- ▶ Add pureed or shredded vegetables to muffin mix or pancake mix



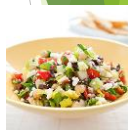
Don't Just Eat, Eat Right! *Fruits*



- ▶ Grate your hard fruits (apples, pears) to put on top of yogurt, salad, sprinkle in your sandwich, on top of cold or hot cereal
- ▶ Freeze berries, peeled bananas for smoothies
- ▶ Eat fruit as a snack paired with a fat to increase satiety
 - ▶ Apples + Nut Butter, Apples + Cheese (Dairy or Non Dairy)
 - ▶ Whole Fruit + 1 serving of your favorite nuts
 - ▶ Sliced fruit mixed with yogurt (Protein to increase satiety)
- ▶ Purchase frozen fruit to make a smoothie or fruit based ice cream
 - ▶ Smoothie = Frozen fruit + Creamy Base such as Cow's Milk or Alternative Milk
 - ▶ Add in's to smoothies: yogurt, nut butters, cocoa powder, protein powder

How to Build a Salad

- ▶ Make it easy for yourself! Cut it up BEFORE you serve it!
 - ▶ Shred the lettuce, julienne the spinach, use coleslaw cabbage
 - ▶ Put fresh carrots in food processor, Cube the cucumbers
 - ▶ Chop tomatoes, Grate Zucchini
 - ▶ Use starchy vegetables : low sodium canned or defrosted mixed vegetables
 - ▶ Left over mixed vegetables from dinner
- ▶ Add whole grains and beans : quinoa, left over rice or pasta, canned low sodium beans
- ▶ Add nuts/dried fruit : almonds, walnuts, sunflower seeds, raisins, cranberries



How to Build a Salad

- ▶ Add Chopped fruit: chopped apples, orange segments, sliced strawberries, blueberries, chopped pears
- ▶ Cheese: Feta, Parmesan, Asiago, Daiya Cheese, Nutritional Yeast
- ▶ Protein: Canned fish, canned chicken, left over meat from dinner, hard boiled eggs, tofu
- ▶ SALT AND PEPPER on the greens! Try nutmeg on darker greens such as spinach, kale, arugula

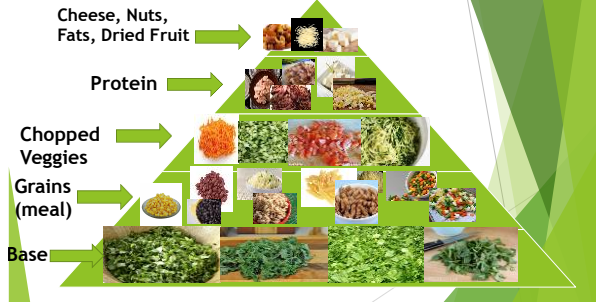


How to Build a Salad

- ▶ Salad Dressing Alternatives
 - ▶ Greek Yogurt + a touch of honey + and your favorite seasoning = your own honey mustard dressing, your own ranch dressing, your own green goddess dressing
 - ▶ Low Fat Mayo, Dijon Mustard, Pureed Vegetable Dressings Recipes, Liquid Braggis
 - ▶ Enhance your favorite dressing with frozen herb cubes from frozen food section. Use FRESH HERBS!
 - ▶ Favorite Hummus Flavor- Thin it out with fresh lemon or lime juice + water
 - ▶ Example if you have cilantro jalapeno hummus, add a little jarred salsa to your salad with the hummus for a Mexican flare
 - ▶ Kalamata Olive Hummus- thin out with lemon juice + water



How to Build a Salad



Question and Answer Session
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Thank You!