

# Nutrition and Healthy Eating

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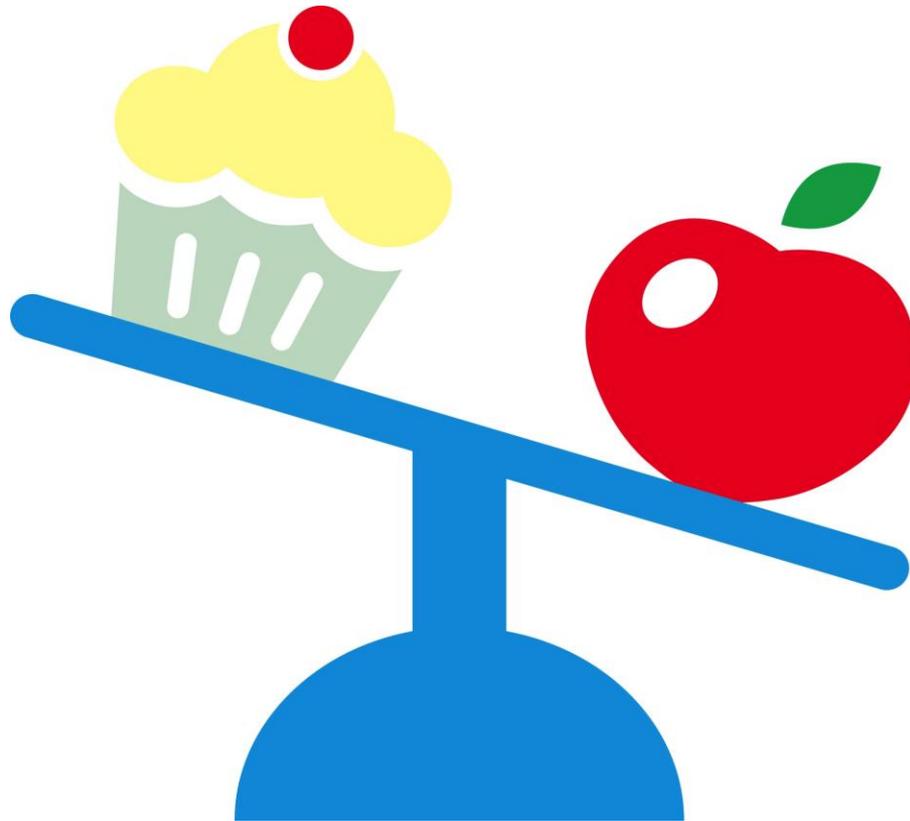
Louisiana

# March is National Nutrition Month

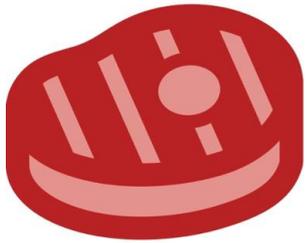


# Calories Add Up!

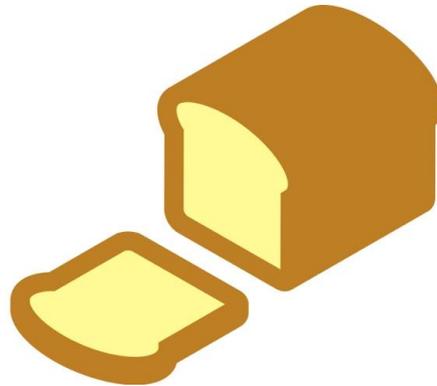
100 extra calories per day = 10 extra pounds per year



# Food Breakdown



Protein



Carbs



Fats

# Carbohydrates



# High Fiber Foods

- 1 cup of Navy Beans = 19g
- 1 cup of Black Beans = 15g
- Half of an Avocado = 9g
- 1 cup of Raspberries = 8g
- 1oz of Flax Seed = 8g
- ½ cup of Figs = 8g
- Pear = 6g
- 1 cup of Whole Wheat Pasta = 6g



# Proteins



# Healthy Fats

## Monounsaturated

- Olive Oil
- Canola Oil
- Sunflower Oil
- Peanut Oil
- Sesame Oil
- Olives
- Avocados
- Nuts
- Peanut Butter

## Polyunsaturated

- Soybean Oil
- Corn Oil
- Safflower Oil
- Walnuts
- Sunflower Seed
- Sesame Seed
- Pumpkin Seed
- Flaxseed
- Fatty Fish
- Soy Milk
- Tofu



# Limit foods with saturated and trans fats



# What does it mean to eat right?

Limit salt to less than 2300mg/day – that's 1 teaspoon



# How much sugar do you drink?

Soft drinks, fruit juice, sports drinks and energy drinks can contain 5-7 teaspoons of sugar in a 250ml glass.



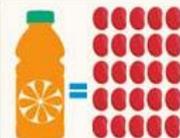
Other low or no-sugar options include:



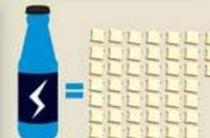
If you drink a **600ml bottle of soft drink** every day, you will drink **480 teaspoons of sugar a month**, which equals **2kg of sugar**.



You could save **\$60 a month** if you switch your daily can of soft drink for tap water.



A 350ml bottle of fruit juice contains as much sugar as **25 jelly beans**.



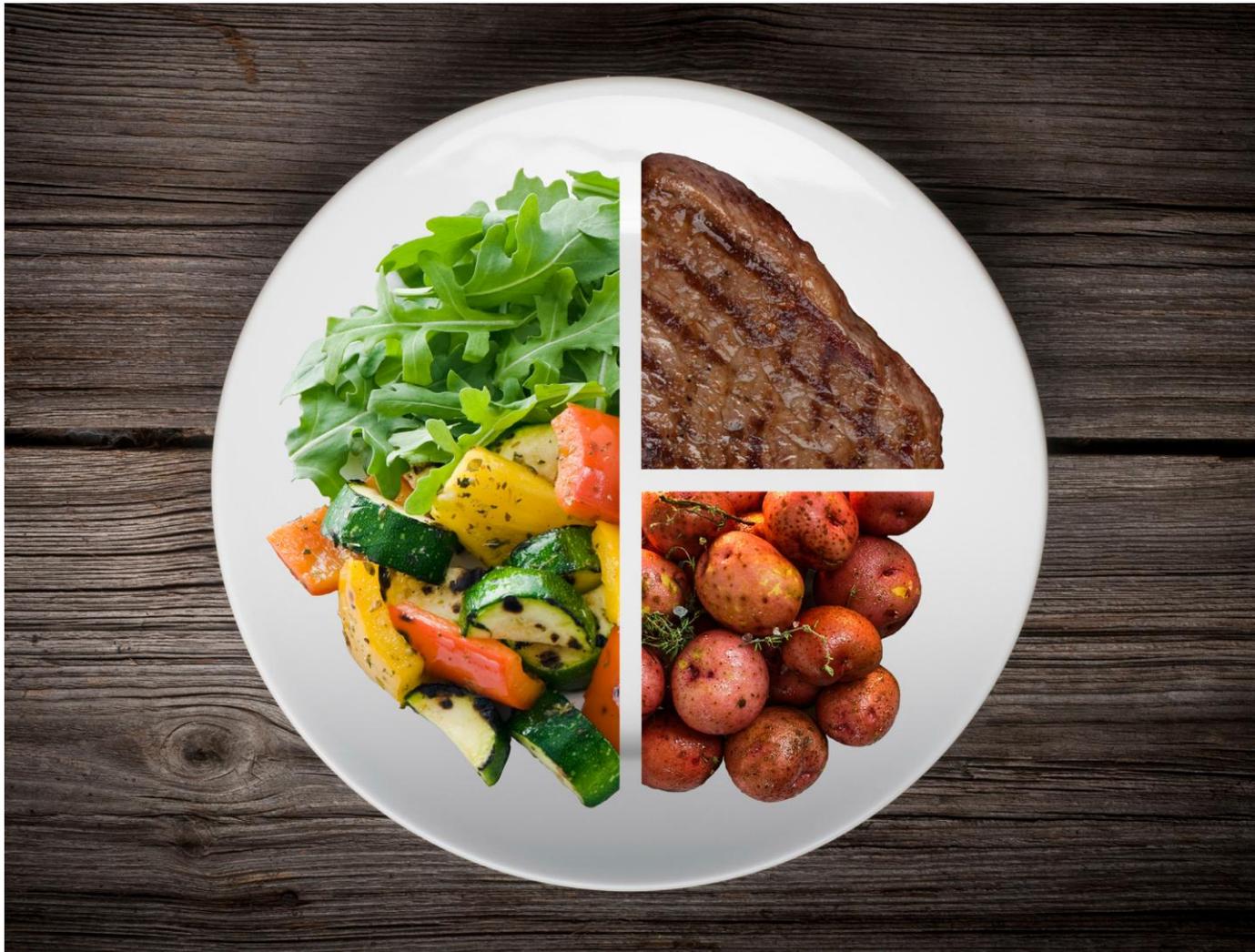
If you drink a 350ml bottle of energy drink every day, it is the same as eating an extra **45 slices of white bread** every month.



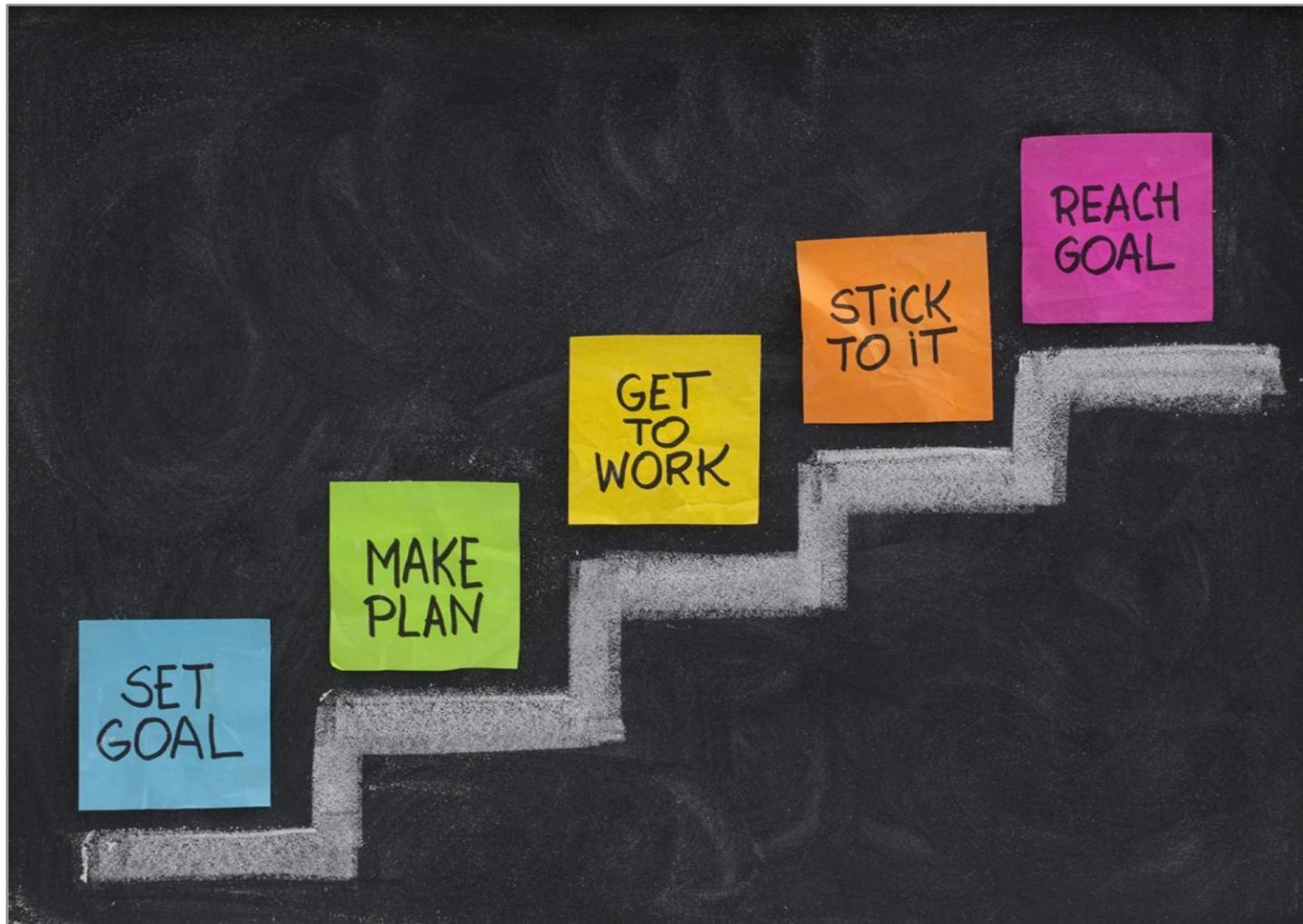
Occasion	Instead of...	Calories	Try...	Calories
<b>Morning coffee shop run</b>	Medium café latte (16 ounces) made with whole milk	265	Small café latte (12 ounces) made with fat-free milk	125
<b>Lunchtime combo meal</b>	20-oz. bottle of nondiet cola with your lunch	227	Bottle of water or diet soda	0
<b>Afternoon break</b>	Sweetened lemon iced tea from the vending machine (16 ounces)	180	Sparkling water with natural lemon flavor (not sweetened)	0
<b>Dinnertime</b>	A glass of nondiet ginger ale with your meal (12 ounces)	124	Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice	0 calories for the water with fruit slice, or about 30 calories for seltzer water with 2 ounces of 100% orange juice.
<b>Total beverage calories:</b>		796		125-155

(USDA National Nutrient Database for Standard Reference)

# The Plate Method



# Easier said than done?



# Questions?

