



MedStar Washington  
Hospital Center

*Knowledge and Compassion*  
**Focused on You**

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# Nutrition, Healthy Eating, and Exercise

Presenter and Presentation Editor: Lauren Fay,  
RD, CSO, LD, CNSC  
Presentation Composed Originally by: Jessica  
Perelli, RD LD, CNSC

# Outline

- Food Groups
- Portion Control
- Weight Management
- Disease Prevention
- Exercise
- Questions



# Food Groups

- Fruits
- Vegetables
- Grains
- Protein foods
- Dairy
- Oils

# Fruits

- Try for 2 servings of fruit per day.
- Vary your fruit choices.
- Use for snacks or incorporate into your meals.
- Serving size
  - 1 cup of fruit
  - One small piece of fruit
  - ½ cup of dried fruit
  - ½ large banana



# Vegetables

- Try for 2-3 servings per day.
- Vary your veggies
- Fill  $\frac{1}{2}$  your plate with vegetables at lunch and dinner
- Serving size
  - 1 cup of raw or cooked vegetables
  - 2 cups of raw leafy greens
  - 1 medium baked potato or  $\frac{1}{2}$  large



# Grains

- Make at least  $\frac{1}{2}$  your grains whole grains
- Try for 6-8 servings per day
- Serving size
  - 1 slice of bread
  - 1 cup cereal
  - $\frac{1}{2}$  cup cooked rice, pasta, or hot cereal



# Protein Foods

- Try for 5-6 ounces per day
- Choose lean animal products
- Try to include non-animal sources of protein a few times a week
- Serving size
  - 1 ounce of meat, poultry, or fish
  - $\frac{1}{4}$  cooked beans
  - 1 egg
  - 1 tablespoon peanut butter



# Dairy

- Try for 3 servings per day
- Switch to low-fat or fat-free dairy products
- Serving size
  - 1 cup low fat milk, soy milk
  - 1 slice of cheese
  - 1 ½ ounces of cheese (this is 2 dice)
  - ¾ cup low fat yogurt
  - 1 cup low fat cottage cheese



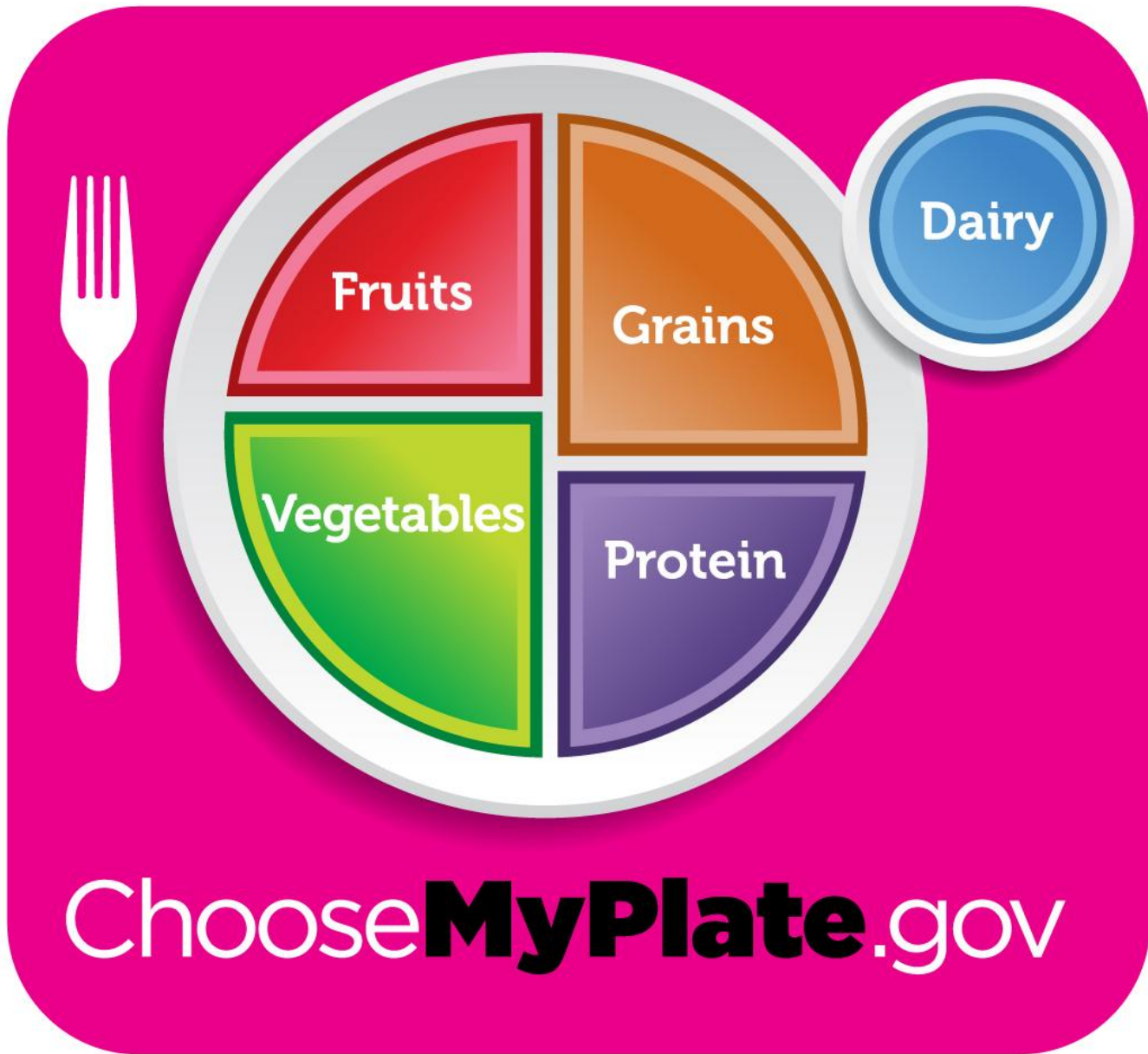


# Oils

- No more than 5-6 teaspoons per day
- Sources of oils in your diet
  - Nuts
  - Fish
  - Cooking oil
  - Salad dressing
- Not all oils are bad!

# Types of Fats

- Saturated fats
  - Come from animal products
  - Increase risk for heart disease
- Unsaturated fats
  - Found in vegetables, nuts, fish, and seeds
  - They do not increase risk for heart disease and may be protective
- Trans-fats
  - Try to avoid.
  - Found in snack foods, baked goods, French fries, and some stick margarines



# Your Daily MyPlate

**BREAKFAST**



**SNACK**



**LUNCH**



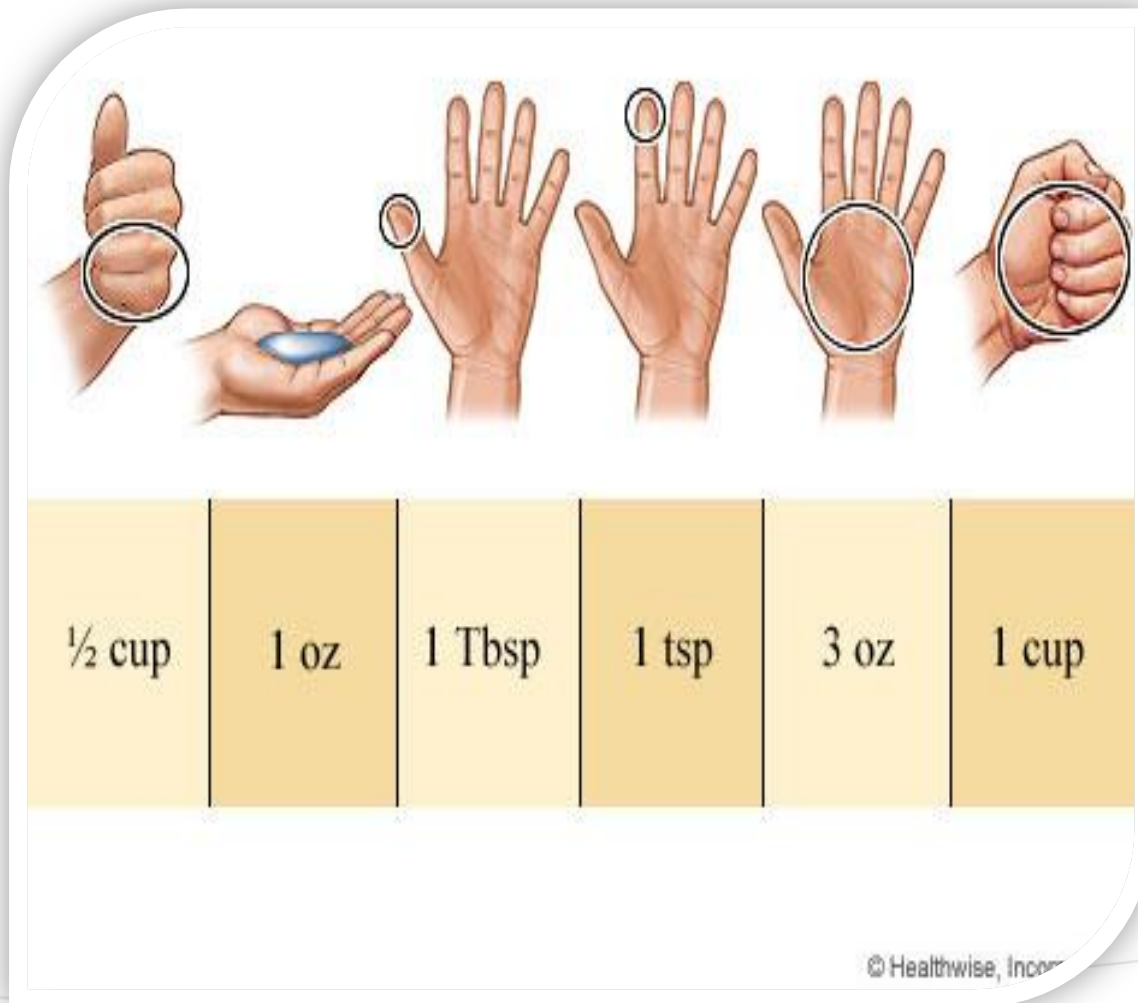
**SNACK**



**DINNER**



# Reducing portion sizes!





# Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Start here

## Amount Per Serving

Check calories

**Calories** 250      Calories from Fat 110

## % Daily Value\*

Quick guide to % DV

**Total Fat** 12g      18%  
Saturated Fat 3g      15%  
Trans Fat 3g

5% or less is low  
20% or more is high

**Cholesterol** 30mg      10%

**Sodium** 470mg      20%

Limit these

**Potassium** 700mg      20%

**Total Carbohydrate** 31g      10%

Get enough of these

Dietary Fiber 0g      0%

Sugars 5g

**Protein** 5g

**Vitamin A**      4%

**Vitamin C**      2%

**Calcium**      20%

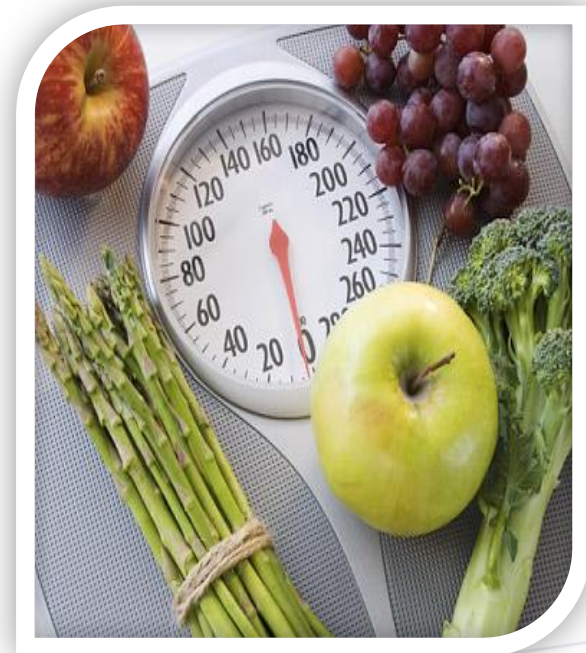
**Iron**      4%

Footnote

\* 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
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

# WEIGHT MANAGEMENT AND DISEASE PREVENTION

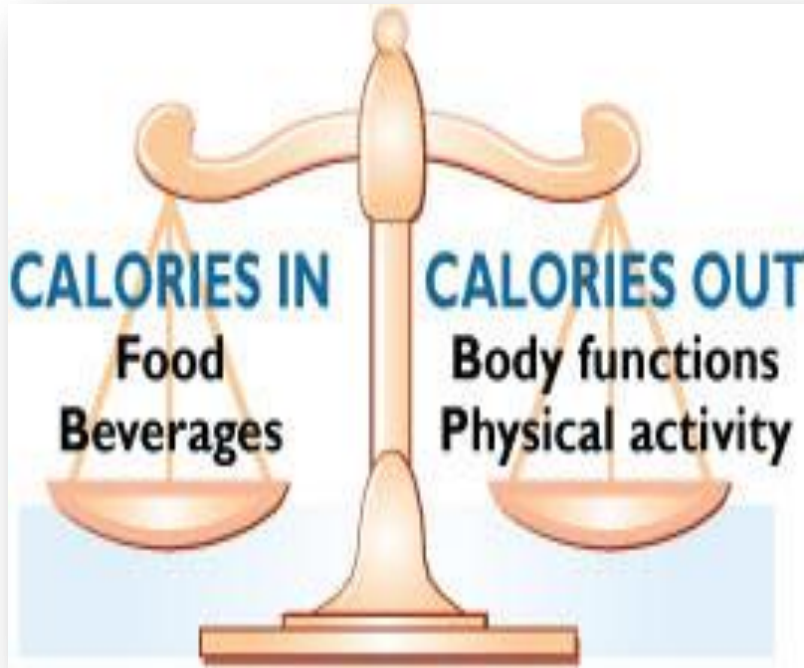


# Weight Management

- Eating a variety of foods and following MyPlate guidelines can help maintain weight or promote weight loss.
- Just by losing 10% of your body weight if you are overweight or obese can help improve your health.
- If you cut out 500 calories per day (by diet and exercise), you could lose 1 pound per week.



# Weight Loss Basics



# Benefits of a Healthy Weight for Disease Management

- Reduce the risk of certain diseases, particularly heart disease
- Lower blood pressure
- Lower blood glucose
- Improve serum lipid and lipoprotein levels



# Exercise Basics

- At least 30 minutes of moderate intensity aerobic activity at least 5 days per week.
- Muscle strengthening twice a week.
- Tips
  - Can be divided into 10-15 minute sessions
  - Park and walk when able
  - Take the stairs
  - Dance
  - Walk around your house during TV commercials

# Food Preparation



- Plan meals ahead of time
- Try cooking methods that cut calories
- Cook only what you want for one meal
- If you do make extra portions, put them away as soon as they are ready so you can save them for other meals.
- Cook when you are not hungry
- Make fruits, vegetables, and other low calorie foods apart of each meal
- Drink water while you cook

# Remember hydration!

- 8 oz glass of water 8x daily (unless prescribed differently by your doctor)\*\*\*
- Remember to account for physical activity!



# Myths

1. Starches are fattening and should be limited when trying lose weight.
2. Certain foods, like grapefruit, celery, or cabbage soup, can burn fat and make you lose weight.
3. Low-fat or fat-free means no calories.
4. Eating after 8p.m. causes weight gain.
5. Fast foods are always an unhealthy choice and you should not eat them when dieting.
6. Fad diets work for permanent weight loss.

# Reliable Information

## Websites

- [www.americanheart.org](http://www.americanheart.org)
- [www.diabetes.org](http://www.diabetes.org)
- [www.eatright.org](http://www.eatright.org)
- [www.niddk.nih.gov](http://www.niddk.nih.gov)
- [www.mayoclinic.org](http://www.mayoclinic.org)
- [www.LetsMove.gov](http://www.LetsMove.gov)

**THANK YOU!**

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Lauren Fay, RD, CSO, LDN, CNSC  
Registered Dietician, MedStar Washington Hospital Center  
Lauren.A.Fay@medstar.net

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