



Eating Your Way to Wellness

Presenter

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Stacie Haaga is a Registered Dietitian Nutritionist practicing in Winchester, Virginia. Since graduating from Virginia Tech and becoming an RDN, she has explored the role of food in inflammation and autoimmune disease while offering a holistic approach to nutrition, health, and healing in her private practice.

Her professional interests include food allergies/intolerance/sensitivities, healthy cooking, family nutrition, and weight management. She is currently completing a Certificate of Training in Integrative and Functional Medical Nutrition Therapy (IFMNT) and a Wellcoaches Health and Wellness Coach certification.

Learning Objectives

- Discuss methods of choosing and preparing healthy food
- Consider 11 tips for eating healthily on a budget
- Identify additional resources to assist you in developing a plan for eating healthily

Activity

Envision your eating habits on a perfect day.
Now envision your eating habits on your worst day.



What eating habits do you wish to change?

Survey

With all of the diets and latest health crazes, I believe I know which foods are good to eat and which foods should be avoided.

- A. I agree
- B. I disagree

Know What Food You Need

The "new" food plate



Know What Food You Need



Eat a variety of fruits and vegetables (1/2 of your plate)



Vary your protein routine



Choose fiber-rich fruits, vegetables, and whole grain breads



Consume no more than 1 teaspoon (2,300 mg) salt daily



Drink 3 cups of fat-free or low-fat milk (or equivalent milk products) daily

The American Diet

“Typical American diets exceed the recommended intake levels or limits in four categories: calories from **solid fats and added sugars**; **refined grains**; **sodium**; and **saturated fat**.”

Source: President’s Council on Fitness, Sports & Nutrition

Food Foibles

- Fats – solid fats, trans fats, saturated fats
- Added sugar
- Refined grains
- Salt
- Caffeine
- Alcohol



Portion Size Examples

1 cup green salad = Adult-size fist



2 tbsp. peanut butter = 2 tea bags



1 oz. cheese = Pair of dice



11 Tips for Eating Healthily on a Budget

1. Eat less meat.
2. Emphasize grains and legumes.
3. Buy in bulk.
4. Make smart choices in organic produce.
Dirty Dozen = Peaches, apples, sweet bell peppers, celery, strawberries, nectarines, cherries, tomatoes, grapes, spinach, cucumbers, and potatoes
5. Clean non-organic produce with pesticide washes.
6. Buy locally.



11 Tips for Eating Healthily on a Budget

7. Invest in a community supported agriculture (CSA) program.
8. Eat seasonally.
9. Grow your own produce.
10. Preserve produce when it's cheap.
11. Forgo processed foods.



Source: <http://theartofsimple.net/11-tips-for-eating-healthy-on-a-budget>

Survey

How often do you eat out (including getting take-out)?

- A. Daily
- B. A couple of times per week
- C. Once per week
- D. Every other week
- E. Once per month or rarely



Healthy Fast Food?

- Whole wheat bread or rolls
- Single hamburger
- Grilled fish or chicken
- Fruit and yogurt
- Low-fat deli sandwiches
- Side salad



Healthier Meals on the Go

Instead of...		Try...
Danish	➡	Whole grain muffin
Cheeseburger	➡	Sliced meats
Fried chicken	➡	Grilled chicken
Chicken strips	➡	Chicken fajitas
French fries	➡	Baked potato
Potato chips	➡	Veggie chips
Milkshake	➡	Yogurt or parfait

Eating Right at Restaurants

- Order food to go
- Drink water before you go
- Ask your wait staff questions
- Request food on the side
- Watch portion size
- Share



Tips and Tricks for Busy People

- Stock up on staples and healthy snacks for your home or office
 - Instant oatmeal
 - Raisins or other dried fruit
 - Low-fat, high-fiber crackers
 - Tuna or chicken pouches
- Plan your meals ahead of time
- Pack a lunch – this will cut down on caloric intake
- Prepare meals on the weekend for the week ahead



What about Diets?

- Check out the source – is it reputable?
- Good source examples:
 - Academy of Nutrition and Dietetics
 - Mayo Clinic



For Further Assistance

Contact your Employee Assistance Program

Thank You

Questions?

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