



Eating Your Way to Wellness

Presenter

Stacie Haaga, RDN



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.

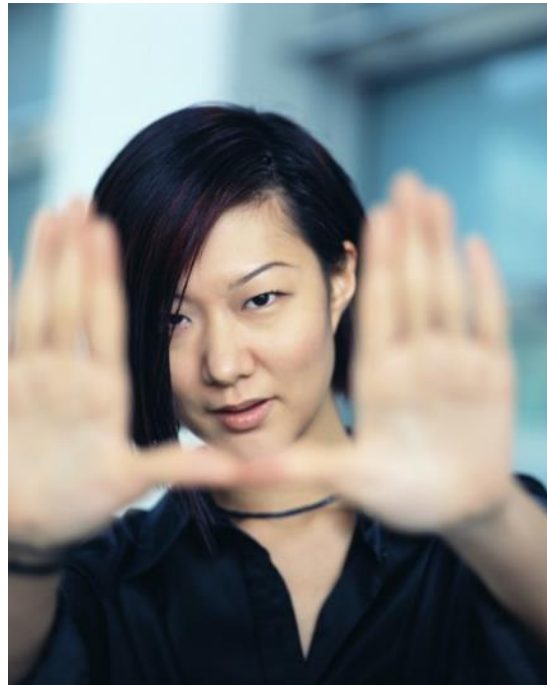
Her professional interests include food allergies/intolerance/sensitivities, healthy cooking, family nutrition, and weight management. She is currently completing a Certificate of Training in Integrative and Functional Medical Nutrition Therapy (IFMNT) and a Wellcoaches Health and Wellness Coach certification.

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?

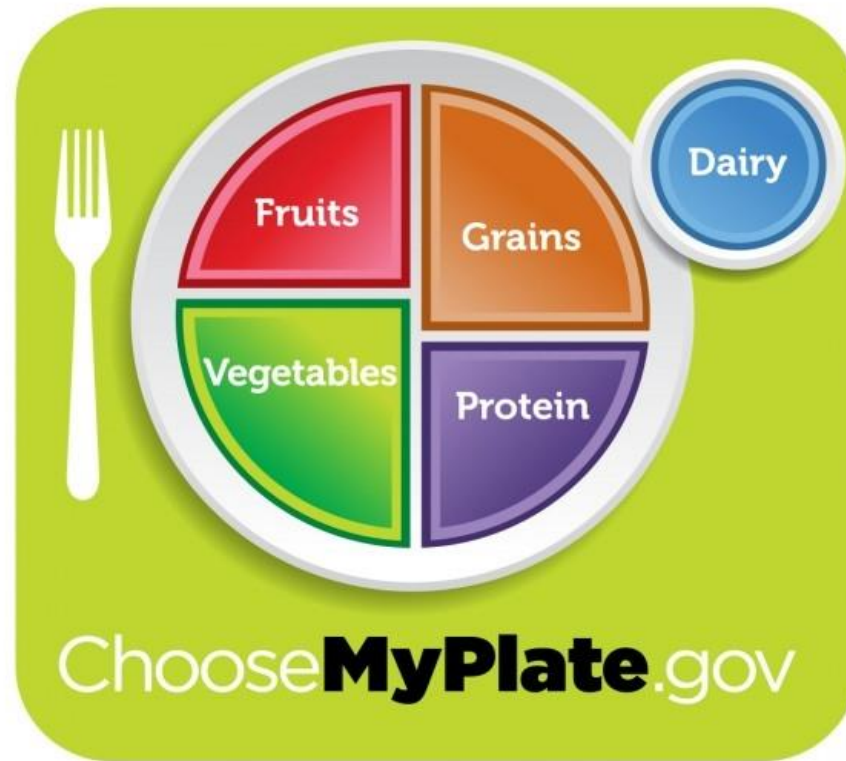
Survey

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



Additional Resources

- USDA - ChooseMyPlate.gov
www.choosemyplate.gov/budget
 - Smart grocery shopping
 - Preparing healthy meals
 - Sample menus
- Academy of Nutrition and Dietetics
<https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget>
 - “Feed Your Family Healthfully on a Low Income Budget”
 - “7 Ways to Shop Healthy on a Budget”
- President’s Council on Fitness, Sports and Nutrition
www.fitness.gov/eat-healthy/how-to-eat-healthy
 - “Eight Healthy Eating Goals”

Final Activity

Write down two ways that you can achieve a change in your eating habits based on what you learned today.

1. _____

2. _____

For Further Assistance

Contact your Employee Assistance Program

Thank You

Questions?

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