



HEALTHY EATING

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OBJECTIVES

- Discuss the benefits of eating healthy.
- Define the levels of change.
- Provide tools to create and maintain healthy habits that lead to a healthy lifestyle.
- Answer Questions at the end.



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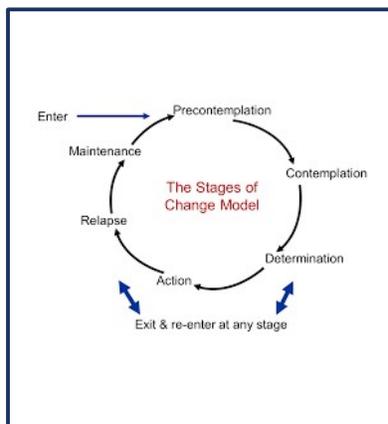
BENEFITS OF EATING HEALTHY

- Reduce the Risk of Nutrition Related Diseases (Diabetes, Cardiovascular Disease, Digestive Issues, Certain Cancers, Autoimmune Disorders)
- Improve Quality of Life (increased energy, reduce medications/trips to the doctor, stronger bones/teeth, improved mental health/memory/mood, better sleep, better skin, stronger immune system)
- Better Management of Current Diseases/Issues
- Medical Related Financial Savings



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TRANSTHEORETICAL MODEL



- Precontemplation
- Contemplation
- Preparation (Determination)
- Action
- Maintenance

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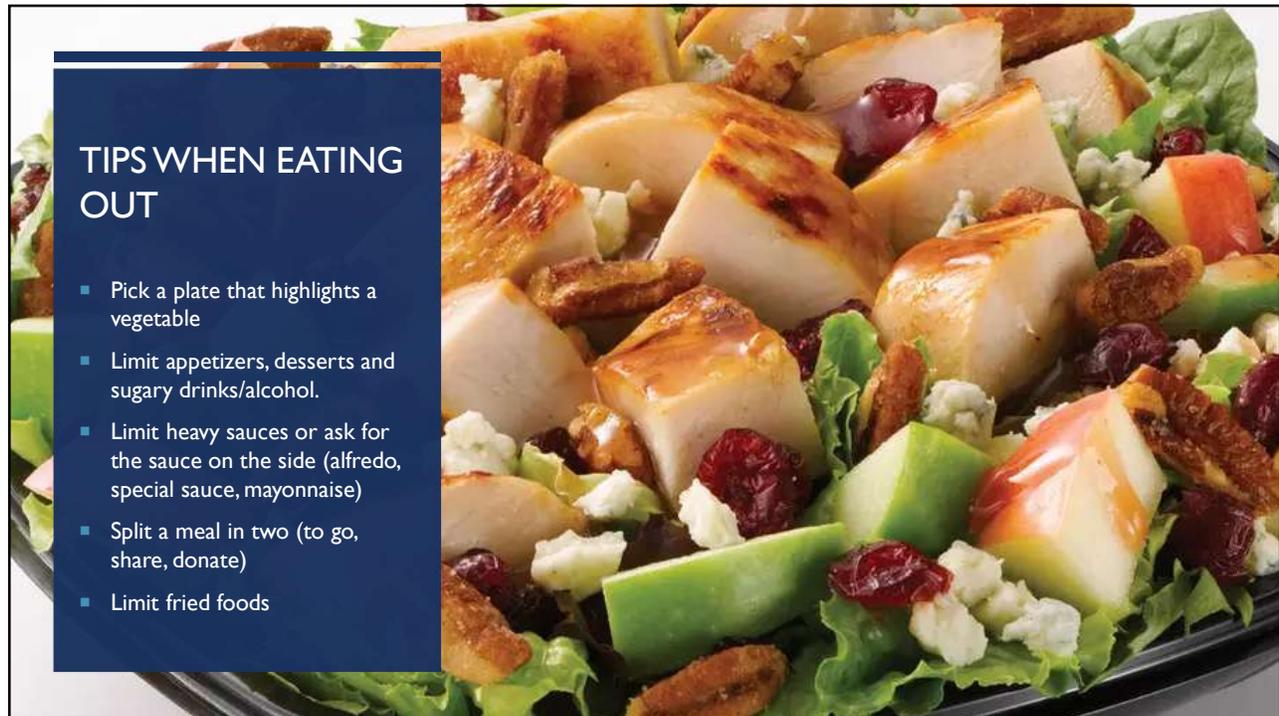
WHICH STEP HAVE YOU REACHED TODAY?

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HEALTHY EATING GOALS

- Cook Your Meals
- Eat Whole Foods
- Prioritize Fruits/Vegetables (5 servings a day)
- Plan Your Savory or Sweet Favorites (ex. Two days a week I will have one serving of Chocolate)
- Plan your meals/calories (Ex. 3 meals, 2 snacks, 1,500 calories, whole foods only)

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TIPS WHEN EATING OUT

- Pick a plate that highlights a vegetable
- Limit appetizers, desserts and sugary drinks/alcohol.
- Limit heavy sauces or ask for the sauce on the side (alfredo, special sauce, mayonnaise)
- Split a meal in two (to go, share, donate)
- Limit fried foods

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BEVERAGES



- Soda, Juice, and alcoholic beverages add sugar and calories
- Drink recommended 8 cups of water per day

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PORTION CONTROL

- Eat slowly/take several bites
- Use small plates
- Make half your plate vegetables and fruits
- Listen to your hunger/fullness cues
- Avoid distractions
- Measure your food (measuring cups, scale)
- Drink Water

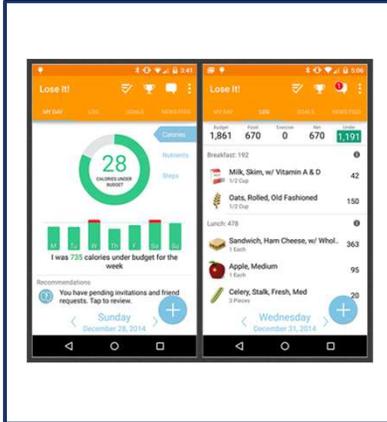
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PORTION SIZES



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FOOD LOG



- Apps (My FitnessPal, Lose It) 
- Journal (Pen and Paper)
- Create a Schedule (ex. Daily, 2x per Week, 3x per Month) 
- Create Measurable Goals (Amount of Vegetables per day, weight, blood pressure, blood sugar, exercise per week)
- Analyze and Compare (Dietitian can help)

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RELIABLE RESOURCES

- My Plate
- .GOV or .ORG (ex. American Diabetes Association, American Heart Association, USDA, Eatright.org)



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CREATE HEALTHY ENVIRONMENTS

- **Find support (fitness groups, group chats, weight loss programs, health coach, accountability buddies)**
- **Avoid temptation (eat before going to certain events/homes, control your interactions with certain people)**
- **Involve your family/friends**

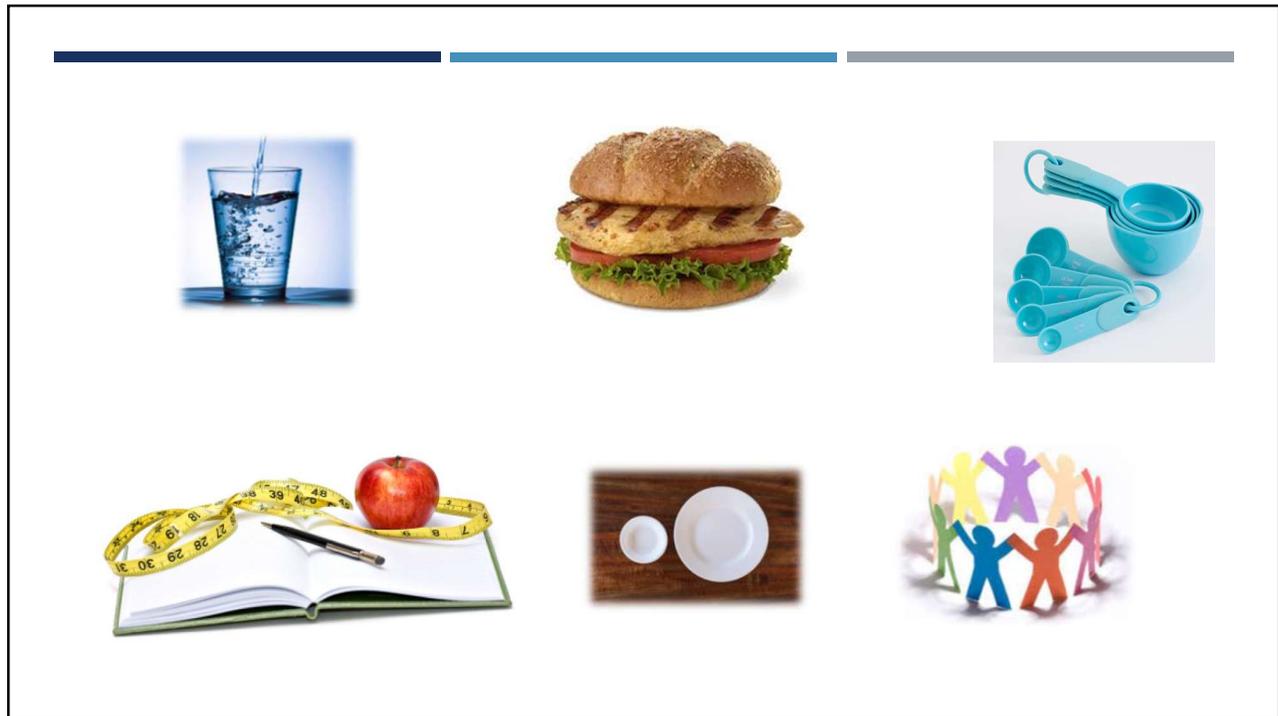
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HEALTHY HABITS LEAD TO HEALTHY LIFESTYLE

- Start small or big → Just Start Today
- Habits become part of your lifestyle after 6 months
- Expect to have “off” days. Get back “on” right away
- Adapt your eating habits to life changes.
- What works today may not work tomorrow.



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WHAT STEP WILL YOU TAKE?



- Write down one habit you can begin and how you will ensure you implement it.
- Who'd like to share?

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NEW DIETARY GUIDELINES

- Largely the same with a few exceptions
- Increased emphasis on protein, specifically animal protein to 1.2-1.6 g/kg
- Average of 100 – 135 g of protein per day based on average weight of 185 lbs
- More emphasis on whole milk
- Contraindications with saturated fat recommendation.



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PLANT BASED PROTEIN

- Lentils, Chickpeas, Beans (Black, Kidney, Pinto): Excellent protein and fiber.
- Edamame: High in protein, great as a snack or in salads (around 17g/cup cooked).
- Tofu & Tempeh: Versatile soy-based options, tofu (around 10g/half cup) and tempeh (around 15g/3oz) are rich in protein.
- Hemp Seeds: A complete protein, great source (around 10g/oz).
- Chia & Flax Seeds: Offer protein, fiber, and omega-3s (around 4-5g/2 tbsp).
- Almonds, Walnuts, Peanuts: Healthy fats and protein.
- Nut Butters: Convenient for toast, smoothies (choose natural varieties).
- Quinoa: A complete protein, good in salads or as a side (around 8g/cup cooked).
- Amaranth & Spelt: Ancient grains with significant protein.



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SNACKS

- Combine complex carbs, fiber, healthy fats and/or protein
- Examples include:
 - Yogurt w/nuts and fruits
 - PB w/WW bread
 - WW Crackers w/Cheese
 - Hummus w/ Fresh Vegetables
 - Peanut butter and Apple
 - Tortillas w/ Bean Dip
 - Half a turkey or tuna sandwich
 - Fruit and yogurt smoothie
 - Hard boiled egg w/crackers



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PICKY EATER TIPS

- Start with smaller portions of new foods
- Offer foods in a variety of ways
- Don't be a "short order cook" aka don't give alternatives
- Avoid Pressure, both positive or negative. Be mindful of language around food.
- Teach your child about food and nutrition
- Use Food Play
- Expose expose expose!



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FOOD ALLERGIES

The 9 Most Common Food Allergies



- Avoid food allergies
- Find appropriate substitutions in the same food group
- Big 9 Food Allergies:
 - milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans, and sesame
 - For multiple allergies read ingredient lists on the nutrition label and avoid mixed and processed foods

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HIDDEN VEGETABLES

- Ideas:
 - Veggie pancakes and breads
 - Mixed foods such as rice w/cauliflower, vegetables lasagna, veggie casseroles
 - Soups
 - Sauces

Important Note: Don't hide all the vegetables. It's important for children to see them, touch them, smell them, taste them and they will eventually eat them.



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SUGAR

- Carbohydrate
- Source of energy
- Delicious
- Can be included as part of a balanced diet in moderation.
- Recommend <10g of sugar per meal or <25-30 g of sugar per day (AHA,ADA)

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HEALTHY EATING ON A BUDGET

- Make a grocery list
- Buy in bulk
- Look at the store fliers for deals
- Buy sale items and store brands
- Compare fresh, frozen and canned alternatives. Be mindful of added fats and salt.
- Meatless days
- Batch cook

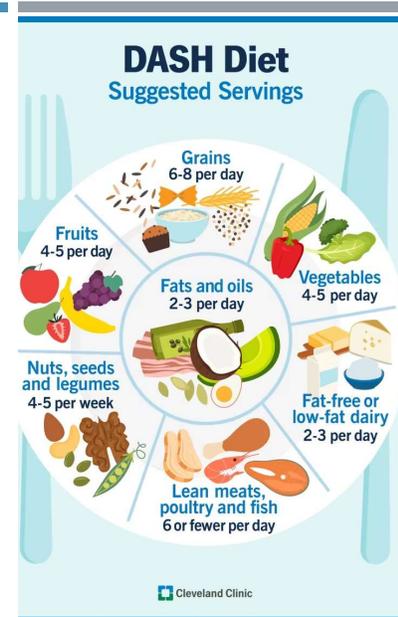
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DASH (DIETARY APPROACHES TO STOP HYPERTENSION) DIET

- **Limit Sodium:** Aim for 1,500–2,300 mg/day (or as directed) by avoiding processed foods, canned goods (rinse well), salty snacks, and not adding salt; use herbs for flavor.
- **Protein:** Moderate intake of lean meats, poultry, and fish (like chicken, turkey, fish) to reduce kidney workload, but portion sizes are crucial (e.g., deck of cards).
- **Choose Healthy Fats:** Focus on oils, nuts, seeds, and lean proteins; limit saturated/trans fats.
- **Increase Fiber:** Get fiber from fruits, vegetables, and whole grains.

Additional Considerations if combined with CKD (Chronic Kidney Disease)

- **Manage Potassium (K) & Phosphorus (P):** Monitor intake of high-K (bananas, oranges, potatoes) and high-P (dairy, nuts, whole grains, beans) foods, as damaged kidneys struggle to remove them.
- **Watch Fluids:** Fluid intake may need to be restricted, as kidneys can't excrete excess water.



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QUESTIONS?



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