

HEALTHY EATING AND DOCTOR PRESCRIBED DIETS

Resource Guide

**Updated
July 2017**

ACKNOWLEDGEMENTS

Appreciation is expressed to all participants of the original Nutrition Workgroup for their dedication and commitment to assisting with the design and content of this resource guide.

This workgroup consisted of the following:

- Home and Community Based Waiver Registered Dietitians and therapists
- Family members
- Advocates
- Independent Support Coordinators (ISCs)
- Long-term care provider agency representatives
- Representatives from TennCare
- Department of Intellectual and Developmental Disabilities (DIDD) Regional and Central Office staff

Additional appreciation is expressed to everyone who provided feedback and suggestions on recent revisions and update to the nutrition resource guide.

TABLE OF CONTENTS

INTRODUCTION	4
SECTION I: OVERVIEW OF HEALTHY EATING	6
Overview of Healthy Eating and the MyPlate	7
SECTION II: DOCTOR PRESCRIBED DIETS & ADDITIONAL RESOURCES	8
Doctor Prescribed Diets	9
Heart Healthy Diet	10
Weight Gain Diet	16
High Calorie High Protein Recipes	18
Weight Loss Diet	21
Low Fat Diet	29
Low Salt Diet	33
Diabetic Diet	37
No Concentrated Sweets Diet	44
Gastroesophageal Reflux Disease (GERD) Diet	47
High Fiber Diet	49
High Fiber Recipes	50
How to Manage Constipation	51
Fluids and Water	52
Calcium	54
Iron	55
Potassium	56
SECTION III: DIETARY TOOLS, SUPPORTS, AND GUIDELINES	57
Food Budgeting	59
Menu Planning	61
Sample Menu Planning Form	64
Grocery Shopping	65
Making Healthy Food Selections	66
Reading Food Labels	68
Healthy Menu Ideas	70
Food Safety and Storage	74
Eating Away From Home	78
Receiving Nutrition Through a Feeding Tube	80
Understanding Portion Control	81
Food and Drug Interactions	84
Staying Healthy with Exercise	85
Healthy and Accurate Weights	87
SECTION IV: PROBLEM SOLVING NUTRITION ISSUES	91
Problem Solving	92
Communication	99
Resources for Nutrition Education	98
CONCLUSION	99
GLOSSARY	100

INTRODUCTION

This resource guide provides general information and guidelines regarding basic nutrition and common doctor prescribed diets. It is the supplement to the foundational training entitled *Basic Nutrition and Doctor Prescribed Diets*, which was developed by the DIDD.

The intended use of this resource guide is as a reference tool for those responsible for supporting persons in the community with intellectual and developmental disabilities and it is written in this format. However, it can also be used by individuals who want to learn about healthy eating. This resource guide is divided into five main sections:

- **Overview of Basic Nutrition**
- **Doctor Prescribed Diets**
- **Dietary Tools, Supports, and Guidelines**
- **When A Diet is Not Working**
- **Additional Nutrition Resources**

Information sheets and forms that can be reproduced for use as tools and handouts are included throughout the guide and in the additional nutrition resources section. While this resource guide is intended to be used as a reference, a referral to a Registered Dietitian for consultation may be needed to address more complex nutritional issues and assist with follow-through of a diet.

NOTE: The resource guide only addresses doctor prescribed diets such as diabetic, low calorie, low fat, low salt, and high fiber. It does not address special needs related to the texture (size of food pieces) or consistency of the diet. If there are concerns regarding a person's ability to safely swallow, a referral to a Speech Language Pathologist (SLP) or Occupational Therapist (OT) with expertise working with swallowing issues should be considered.

Section I:

OVERVIEW OF HEALTHY EATING

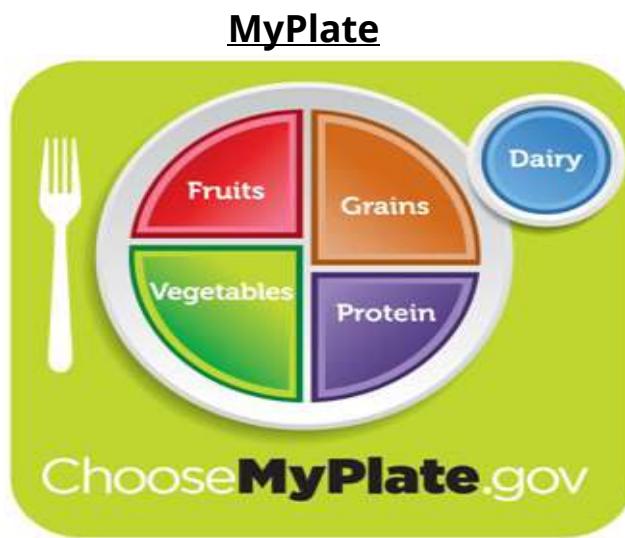


OVERVIEW OF HEALTHY EATING

A healthy diet is one of the keys to a healthy lifestyle. Persons with intellectual and developmental disabilities need to be supported to eat healthy whether they are on a special diet or not, just as anyone else. A healthy diet can help support an active lifestyle, maintain energy levels, and prevent health and medical problems. Those who support persons with intellectual and developmental disabilities have the responsibility to assist with achieving and maintaining a good health status in life through sound nutrition.

The pathway to good health is not the same for everyone and may change over time. It is best to take reasonable steps along the way to stay healthy or to achieve a better state of health rather than trying to take on too many changes at one time. Each reasonable step toward healthier living will add up and help you reach your health goals. The **MyPlate** food guide provides us with good direction in accomplishing this. More information on **MyPlate** can be found at:

<http://www.choosemyplate.gov/>



MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting. The sections on the place setting suggest what food groups to include and how to portion them on your plate. For good health you should eat a variety of foods from each food group every day (think about “eating the rainbow” with different colors). This will help you get the various nutrients that you need each day to stay healthy. These nutrients include carbohydrates, protein, fats, minerals, vitamins, fiber, and water. Each food group is discussed next.

FRUITS:

Eat a variety of fruits (try to get as many colors of the rainbow throughout the week). Choose fresh, frozen, canned, and/or dried fruits and go easy on fruits juices and choose 100% fruit juices.

Serving Size: 1 cup raw, 1 cup 100% juice, $\frac{1}{2}$ cup cooked, or $\frac{1}{2}$ cup dried

VEGETABLES:

Just like with fruits, think about the rainbow and eat a variety of vegetables. Choose fresh, frozen, and/or canned.

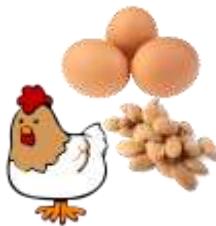
Serving Size: 1 cup raw, $\frac{1}{2}$ cup cooked, or 2 cups leafy vegetables

GRAINS:

It is recommended to eat 6 ounces of grains each day and to make at least half of the grains, whole grains. Therefore, eat at least 3 ounces of whole grain bread, cereal, crackers, rice or pasta every day. Look for "whole" before the grain name on the list of ingredients.

Serving Size: A 1-ounce portion is about 1 slice of bread, about 1 cup of breakfast (dry) cereal, or $\frac{1}{2}$ cup of cooked rice, cereal, or pasta.

* To limit calories starch vegetables, such as white/sweet potatoes, corn, green peas, dried beans/peas, and winter squash can be substituted for the grain.*

PROTEIN:

Choose low fat or lean meats and poultry. Trim visible fat from meat and remove skin from poultry. It is best to bake, roast, broil, or grill it. Vary your choices with more fish, beans, peas, nuts, and seeds. It is recommended to get about 5-6 ounces (35-42 grams) of protein per day.

Serving Size: 1 ounce of meat, poultry or fish, $\frac{1}{4}$ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or $\frac{1}{2}$ ounce of nuts or seeds can be considered as 1 ounce-equivalent

MILK/DAIRY:

Go low fat or fat free to keep your diet more heart healthy. If you don't or can't consume milk, choose lactose free products or other calcium sources such as fortified foods and beverages. It is recommended to get 3 cups a day.

Serving Size: 1 cup of milk, yogurt, or soymilk (soy beverage), 1 $\frac{1}{2}$ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup

OILS:

Make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening, and lard. It is recommended to have no more than 6 teaspoons of fat per day.

Section II:

DOCTOR PRESCRIBED DIETS & ADDITIONAL NUTRITION RESOURCES





DOCTOR PRESCRIBED DIETS

Persons with intellectual and developmental disabilities may require a special diet for many reasons. Nutrition-related problems may be identified by a doctor, staff, family, or others supporting the person and can result in a doctor prescribed diet. This means certain foods may need to be avoided or limited in the diet.

When there is a change in diet good communication is very important. Doctors may use different words when ordering a diet, for example portion control instead of weight loss, double portions instead of high calorie high protein, and ADA (American Diabetes Association) instead of diabetic. In addition, someone may have more than 1 health issue and there may be 2 or more dietary needs, for example, low fat low salt or 1500 calorie. If you are unclear as to what the doctor has ordered, ask him or her for clarification. It's also helpful to ask the doctor what the reason for the diet is and what he/she expects. For example, does the doctor want the person to lose weight, lower his/her cholesterol or improve his/her blood sugar level?

Communication between the person and those who support him or her is also very important. Reasons for the diet should be discussed with the person, and his or her support staff, family and/or conservator before the diet is started. The additions or limitations in a person's diet should be clearly communicated to the person and all staff supporting the person, so everyone involved understands the diet. Good communication helps to ensure that everyone is working together to improve the person's overall health.

Food choices and food preferences of the person are important to their health. Even when on a doctor prescribed diet, a person has the right to choose foods that he/she likes. It's important that the person be included when planning menus and those food preferences of the person are taken into consideration when planning for doctor prescribed diets. Although it's important to consider a person's food preferences efforts need to be made to offer foods that are allowed by the diet. Often a person's favorite food can be included in the diet just by changing the way it is prepared, for example grilling or baking chicken instead of frying. Staff needs to be careful that their personal food preferences not limit or influence what is purchased or served, and that they are supporting the person in following a diet in an effort to maintain the best state of overall health.

For information needed on any doctor prescribed diet that is not addressed in this resource guide, contact your Regional Dietitian. For assistance in carrying out doctor prescribed diets, request the guidance of a Registered Dietitian. The following pages highlight diets that may be ordered by a doctor. Following each diet is one week of sample menus.



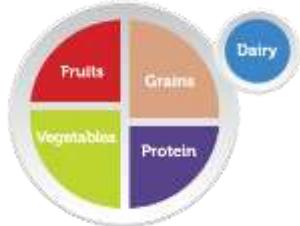
HEART HEALTHY DIET

A heart healthy diet is for anyone not on a doctor prescribed diet and uses the My Plate and the Dietary Guidelines for Americans and tips from the American Heart Association to help you prepare healthy meals.

Heart Healthy Diet Tips

✓ **Build a Healthy Plate (let the MyPlate model be your guide)**

- Make half of the plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half of grains whole.
- Vary protein food choices; aim to include fish such as salmon or tuna at least twice a week.



✓ **Cut back on certain foods**

- Choose foods and drinks with little or no **added sugars** (added sugars are sugars not already found in the food; fruits already have sugar naturally).
- Look out for **salt (sodium)** in foods; lowering salt intake can help to lower blood pressure.
- Limit foods with **saturated fat** (animal fats, full fat cheese, dairy, etc.) or **trans-fat** (found in bakery goods, frozen pizza, donuts, etc.)
- Cut back on **red meat** intake; if red meat is preferred, select lean cuts (ex: top round).



✓ **Balance calories in with calories used or expended**

○ **Calories In**

- Start by learning how many calories a day the person you support needs; this depends on age, gender, and level of physical activity. Talk with a registered dietitian to learn about calorie needs!
- Overeating? Control portions by using measuring cups. If second helpings are an issue, try waiting 20 minutes after the first helping and/or going on a walk after the first helping to see if the individual is truly still hungry. Sometimes our brains take 20 minutes to register we are actually full!

○ **Calories Used or Expended**

- It is recommended to get 150 minutes (or 30 minutes, 5 days a week) of moderate exercise or 75 minutes of vigorous exercise, or some combination of the two. This exercise can be completed in 10 minute segments!

Heart Healthy Diet

Food Group	Daily Servings	Serving Sizes for 1 serving	Examples	Notes
Grains and Grain Products; Starchy Foods	5-6 servings per day	1 slice bread ¾ cup dry cereal ½ cup cooked cereal ½ cup cooked rice, pasta, potatoes white or sweet, corn, green peas 6 crackers 1/2 cup beans	Whole grain bread with 3 grams of fiber per slice, cereals with 3 grams fiber per serving, oatmeal, grits, brown rice, whole wheat pasta, whole grain crackers, Pinto beans, black beans, white beans, kidney beans	When cooking potatoes leave the peel on. Use the old fashioned oatmeal instead of the instant. Use margarine and oils sparingly in cooking.
Vegetables	3-5 servings per day	1 cup raw vegetables ½ cup cooked vegetables	Carrots, squash, broccoli, all greens, spinach, green beans, asparagus, beets, tomatoes, cabbage, all salad greens, cucumbers, cauliflower, okra, onion	Use margarine and oils sparingly in cooking.
Fruits	3-4 servings per day	½ cup fruit juice, 1 small raw fruit, ¼ cup dried fruit, ½ cup fresh, frozen, or canned fruit	Apples, bananas, apricots, berries, melons, cherries, dates, figs, grapes, kiwi, mango, peaches, pears, plums, raisins	Eat the peels on the fruits if edible. Limit juice to 1 serving per day.
Low fat or nonfat dairy foods	2-3 servings per day	1 cup milk or yogurt, 1 ounce cheese	Skim, ½%, 1% milk, buttermilk, or yogurt; part skim milk cheese or nonfat cheese.	

Food Group	Daily Servings	Serving Sizes for 1 serving	Examples	Notes
Meats, poultry, and fish	2-3 servings per day limit to 6 ounces of meat per day.	2-3 ounces cooked meat, poultry, or fish. 1 egg is one serving	Lean meats: skinless turkey and chicken, fresh pork such as pork chops and pork roasts, fresh or frozen fish, lean beef and ground beef that is 96% lean meat and 4% fat.	Choose lean meats and trim off excess fat; bake, broil, roast or grill meats. Remove skin from poultry. Any kind of hot dog, luncheon meat, and canned meat is high in sodium/salt. Cheese and cottage cheese are high sodium foods.
Fats and oils	3-4 servings per day	1 teaspoon soft tub margarine, oil, regular mayonnaise; 1 tablespoon regular salad dressing, low fat mayonnaise; 2 tablespoons low fat salad dressing	Soft tub margarines where the first ingredient listed is liquid oil. Oils: canola or olive oil.	Use margarine and oils sparingly in cooking.
Beverages	At least 8-10 (8 ounce) cups per day	Sugar free beverages without caffeine or carbonation	Water, Sugar free Kool Aid, Crystal Lite, caffeine free coffee and tea	
Desserts May use 3 per week Each one is equal to 1 serving.	5 vanilla wafers, 5 ginger snaps, $\frac{1}{2}$ inch thick slice angel food cake, 3 squares graham crackers, $\frac{1}{2}$ cup fat free ice cream			

Important Information

Your diet has been ordered by your doctor to keep you healthy. Your diet has several different types of foods that you will need to limit. The diet includes:

- Aim for a low intake of fat and to reduce saturated fat in the diet. Following the diet as listed will help with cutting back on saturated fat. The current recommendation is to consume less than 10% of the daily calories as saturated fats. Saturated fats are found in animal fats and some plants such as palm oils and coconut oils.

- Limit added sugars to 10% of total calories per day. Replace beverages with added sugar with water. Limit sugar by using fruit for snacks and sweets instead of desserts and sugary foods. Use sugar substitutes in place of sugar such as Splenda, Equal, Sweet and Low, Truvia, or Monk fruit.
- A “low salt/sodium” diet limits the sodium in your diet. Salt is half sodium and supplies the most sodium to the diet. Sodium helps control the water in our bodies. Sodium controls the water in our blood. Too much water in the blood can cause problems with blood pressure, heart problems, kidney problems, and breathing problems. High sodium foods include sports drinks like Gatorade, canned meats, boxed dinners such as macaroni and cheese, hamburger helper type meals, and pasta meals, cured/smoked meats such as ham, bacon, and sausage, luncheon meats, canned vegetables, tomato juices and tomato beverages, pickles, cheese, and herbs and spices with salt as part of the name such as garlic salt. Read the food label; any food that is 400 milligrams or more for 1 serving is a high sodium food.
- A “portion controlled” diet is to help you learn how much of each food group to eat. The diet lists how many servings per day/week you should eat. The diet also lists the amount for 1 serving so that you eat the right amount of food; not too much or too little.
- A “high fiber” helps you add more fiber to the diet. Fiber helps control the time it takes food to go all the way through the body. Fiber with water can help reduce constipation, lower cholesterol, help with weight loss, and lower blood pressure. Therefore, increasing fiber in the diet helps make the diet healthier. Read the food label; any food that has 3-5 grams of fiber per serving is a high fiber food, (don’t go by the brown color, not all brown foods are high in fiber). Also look at the serving size, if it takes the whole box to equal 3-5 grams of fiber then find another food item with a smaller serving size.

FREE FOODS

A free food or drink contains less than 20 calories per serving. You may eat 2-3 servings per day of these items. Some have portion sizes; do not go over the portion size listed.

- Drinks: bouillon or broth without fat
 - bouillon, low sodium
 - carbonated drinks, sugar free
 - carbonated water, sugar free
 - club soda
 - cocoa powder, unsweetened (1 tbsp.)
 - coffee/tea, unsweetened or sugar free
 - sugar free drink mixes
 - sugar free tonic water
- Nonstick pan spray, Butter Buds

- Sweet substitutes:
 - sugar free hard candy (1)
 - sugar free gelatin
 - sugar free gum
 - sugar free jelly/jam (2 tsp)
 - fruit spreads (2 tsp)
 - sugar free pancake syrup (2 tbsp.)
 - sugar substitutes-Equal, NutraSweet, Sweet & Low, etc.
 - whipped topping (2 tbsp.)
- Condiments
 - ketchup (1 tbsp.)
 - horseradish
 - soy sauce, low sodium
 - mustard
 - Worcestershire sauce, low sodium
 - fat free salad dressing (2 tbsp.)
 - taco sauce (1 tbsp.)
 - fat free mayonnaise (1 tbsp.)
 - fat free margarine (1 tbsp.)
 - vinegar

Seasonings can be very helpful in adding flavor, but be careful of how much sodium you use. Read the label, and choose those seasonings that do not contain sodium or salt.

Basil	Herbs
Celery Seeds	Lemon and Lemon Juice
Chili Powder	Lime and Lime Juice
Chives	Mint
Cinnamon	Onion and Onion Powder
Curry	Oregano
Dill	Paprika
Garlic and Garlic Powder	Peppers

The menus have several abbreviations including: ww-whole wheat; oz.-ounce; c-cup; w/-with; w/o-without; st-soft tub; tbsp.-tablespoon; tsp.-teaspoon; sf-sugar free; sm-small; sq-square; sfff-sugar free fat free; ff-fat free.

Heart Healthy Sample Menu

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Cheese toast-1 oz low fat cheese/1 slice ww bread $\frac{1}{2}$ c cream of wheat $\frac{1}{2}$ c pears 2 tsp st margarine 1 tbsp jelly 1 cup skim milk	1 pancake w/syrup $\frac{3}{4}$ c dry cereal $\frac{1}{2}$ c strawberries 2 tsp st margarine 1 c skim milk water	1 oz breakfast pork chop $\frac{1}{2}$ c grits 1 small biscuit $\frac{1}{2}$ c cinnamon cooked apples 2 tsp st margarine jelly 1 cup skim milk	2 waffle/syrup $\frac{1}{2}$ cup blue berries 2 tsp st margarine 1 c skim milk	$\frac{1}{4}$ c Scrambled eggbeater $\frac{1}{2}$ c Hashbrowns 1 small biscuit $\frac{1}{2}$ c Orange slices 2 tsp st margarine 1 c Skim milk Water	2 pancakes w/ $\frac{1}{2}$ cup strawberries syrup 2 slices turkey bacon $\frac{1}{2}$ c Cream of wheat 2 tsp st margarine 1 c Skim milk Sf koolaid	1 c Oatmeal 1 small biscuit $\frac{1}{2}$ c Cooked apples 2 tsp st margarine jelly 1 c skim milk water
Lunch	Turkey Sandwich w/3 oz meat 2 slices ww bread 2 tsp mayonnaise/lettuce/tomato 1 c tomato/onion salad $\frac{1}{2}$ c cooked zucchini $\frac{1}{2}$ c strawberries	Meat loaf sandwich-3 oz meat & 2 slices ww bread/2 tbsp FF mayo 1 c carrots $\frac{1}{2}$ c Fruit cocktail 1 c skim milk water	Chicken Salad Sandwich 3 oz meat, 2 slices ww bread 1 c broccoli salad 2 halves Blushing pears Lettuce/tomato Sf Lemonade	Black bean tortilla-1/2 c black beans/1/4 c shredded low fat cheese/1 small soft tortilla 1/4 c mild salsa $\frac{3}{4}$ c Shredded lettuce/diced tomatoes $\frac{1}{2}$ cup pears 1 tbsp fat free sour cream Decaf Tea	3 oz. Baked chicken breast $\frac{1}{2}$ c Macaroni salad 1 c Asparagus $\frac{1}{2}$ cup strawberries 1 ww roll/2 tsp st margarine 1 c skim milk Water	1 c Cheese Manicotti 1 slice Garlic bread w/2 tsp st margarine and 1 tsp garlic powder 1 c tossed salad w/2 tbsp fat free dressing $\frac{1}{2}$ c Peaches Decaf Tea	Turkey sandwich-3 oz turkey 2 ww bread 2 tbsp ff mayo/lettuce/tomato 1 c Greek Cucumber salad $\frac{1}{2}$ c Fruit cocktail 1 c skim milk Water
Dinner	3 oz. Meatloaf 1 c mashed potatoes 1 c California Mixed Vegetables $\frac{1}{2}$ c cantaloupe 2 tsp st margarine 1 c skim milk	3 oz. Baked Pork Chop $\frac{1}{2}$ c Scalloped potatoes-homemade not from a box 1 c asparagus 1 roll/2 tsp st margarine $\frac{1}{2}$ c applesauce	3 oz. Roast Beef w/ $\frac{1}{2}$ c potatoes w/ 1 c carrots and onions $\frac{1}{2}$ c fruit cocktail 1 Roll/ 2 tsp st margarine 1 c skim milk Decaf Tea	BBQ Pork Sandwich-3 oz meat 1 ww Bun 1 c coleslaw 1 c green beans $\frac{1}{2}$ c watermelon 1 c skim milk Water	1 c Homemade Beef Stew 2 c Tossed salad/2 tbsp ff dressing $\frac{1}{2}$ cup cantaloupe 1 ww roll/2 tsp st margarine 1 c Skim milk Sf Lemonade	1 c Turkey pot pie (homemade, not purchased or from box) 1 c Carrots $\frac{1}{2}$ c Watermelon 1 small square Cornbread 2 tsp st margarine Decaf Tea	1 c Pinto beans 1 c Turnip greens $\frac{1}{2}$ c Pineapple 1 small square Cornbread 2 tsp st margarine 1 c Skim milk Decaf Tea
Snack	1/2 c tuna salad 6 crackers no salt added Water	6 oz fat free yogurt water	1 small banana water	$\frac{1}{2}$ c fat free ice cream water	3 graham crackers $\frac{1}{2}$ c sherbet water	5 vanilla wafers water	$\frac{1}{2}$ c jello 3 graham crackers water



WEIGHT GAIN DIET



If underweight, why is it important to gain weight?

People who lose weight without trying could be very sick. People who are underweight may not be getting enough nutrients to be healthy. A lack of nutrients may cause a person to be tired all the time, irritable and make it difficult for the body to fight off infections. Gaining weight can relieve stress on the body and help to replenish calorie and protein stores, which can help to prevent malnutrition.

How to gain weight?

To gain weight you must eat more food than your body will use as fuel. A diet high in calories and high in protein will help you gain weight. When trying to gain weight it's important to keep track of a person's weight.

- ✓ **Eat healthful foods** and follow the MyPlate guidelines. Try to eat the recommended servings from each food group listed below. More servings may be needed for weight gain.
 - **Grains:** 6 oz. per day including 3 oz. of whole grains
 - **Vegetables:** 2 ½ cups per day
 - **Fruits:** 2 cups per day
 - **Milk:** 3 servings per day
 - **Meat and Beans:** 2-3 servings per day
 - **Fats, Oils, and Sweets:** may need to be added to assist with weight gain
- ✓ **Eat more often:** 5-6 meals and snacks may be needed each day instead of 3 large meals. *Eating more often keeps you from getting discouraged with trying to eat a big plate of food.*
- ✓ **Offer more calorie and nutrient-rich foods.** Drink milk, milkshakes, instant breakfast drinks, juice, and nutritional supplements in place of some of the water, tea, coffee, and colas normally consumed. Choose high calorie, nutritious options such as nuts, avocado, and dried fruits.
- ✓ Limit the drinking of fluids before and at meals to save room for more food. Drink fluids 30 minutes before or after meals.
- ✓ Top meals with **high calorie condiments** to foods such as sour cream, cheese, and cream sauces to increase calories without increasing the volume when you are unable to eat a lot at one time.
- ✓ Can't get enough calories from your regular meals? Try a **commercial supplement** or make your own **high calorie, high protein shakes and snacks.**

Tips for Increasing Calories and Protein

- ✓ **Cottage Cheese and Cheese:** Mix with or use to stuff fruits or vegetables, add to casseroles, use in gelatin or pudding type desserts, or add to pasta shells or manicotti.
- ✓ **Milk:** Add to water used in cooking or use in place of water in preparing foods such as oatmeal and soups.
- ✓ **High Calorie, High Protein Milk:** Blend any type of milk with dry skim milk powder using 1 cup dry powder for each quart of milk or 1 cup of any type milk plus 1/4 cup dry skim milk powder (1 cup milk plus 1/4 cup dry skim milk powder provides 220 calories and 18 grams of protein). Substitute this mixture for milk in beverages and in cooking whenever possible, and substitute for the water in soups, pudding mixes and use on cereals, gelatin, and stewed fruits.
- ✓ **Powdered Milk:** Add to meatloaf, breads, and muffins.
- ✓ **Eggs:** Add chopped or hard-cooked eggs to salads, sandwiches, and vegetables.
- ✓ **Ice Cream:** Use in beverages such as sodas, milk drinks; may mix with cereals, fruit and gelatin. Blend or whip with bananas or other fruits and flavors.
- ✓ **Sweetened Yogurt or Frozen Yogurt:** Add to fruits and desserts, use to top cereal, and add to milk beverages and gelatin dishes.
- ✓ **Peanut Butter:** Mix with jelly or honey and spread on bread or toast, crackers or fruit.
- ✓ **Margarine and oil:** add extra margarine or oil to vegetables, cooked cereals, breads, rice, noodles, potatoes, and casseroles.
- ✓ **Sour cream, mayonnaise, salad dressings:** use liberally on sandwiches, salads, potatoes, casseroles, and in dips.
- ✓ **Gravies:** use liberally on potatoes, meats, breads, rice, and pasta.
- ✓ When eating out, pick foods with gravies or sauces on them. Add extra oils or butter to foods. Foods with cheese, sour cream, or fried foods will be higher in calories and good choices.
- ✓ It is important to do your best to choose **healthful**, high calorie options, (*nuts, dried fruit, and milk*), versus trying to fill up on less healthy, high calorie options (*donuts, cookies, cake*).

What if someone who needs to gain weight has to limit saturated fats?

For this type of person, it may be necessary to select foods low in saturated and *trans*-fat and provide larger portions as well as offer more frequent meals and snacks throughout the day.

Because this type of situation can be more difficult, it's best to talk to the doctor and/or a Registered Dietitian.

High Calorie High Protein Recipes

Vanilla Shake

½ cup vanilla ice cream
1 cup *high calorie high protein milk
1/8 teaspoon vanilla
¼ cup egg substitute
Mix all ingredients in a blender. Chill. Makes one 8 ounce serving.
Calories: 415 Protein: 28 grams

Sherbet Shake

2/3 cup sherbet
2/3 cup *high calorie high protein milk
½ cup canned fruit or ripe banana
Mix all ingredients in a blender. Chill. Makes one 12 ounce serving.
Calories: 513 Protein: 22 grams

Caramel Peanut Butter Milkshake

½ cup *high calorie high protein milk
½ cup vanilla ice cream
2 tablespoons smooth peanut butter
3 tablespoons caramel syrup
Mix all ingredients in a blender. Chill. Makes one 12 ounce serving.
Calories: 735 Protein: 30 grams

Frozen Yogurt Milkshake

1 cup *high calorie high protein milk
½ cup frozen yogurt, any flavor
Mix all ingredients in a blender. Chill. Makes one 12 ounce serving.
Calories: 400 Protein: 24 grams

*see page 17 for high calorie high protein milk recipe

High Calorie High Protein Recipes continued**Chocolate Peanut Butter Milkshake**

½ cup heavy whipping cream

½ cup vanilla ice cream

2 tablespoons smooth peanut butter

3 tablespoons chocolate syrup

Mix all ingredients in a blender. Chill. Makes one 12 ounce serving. If milkshake is too rich, you can substitute the high calorie high protein milk for the whipping cream. This will reduce the calorie content, but the protein will be higher.

Regular milkshake-Calories: 870 Protein: 14 grams

*with *high calorie high protein milk-Calories: 680 Protein: 32 grams*

Fortified Cereal

Mix 1 cup cooked cereal with *high calorie high protein milk instead of water.

Calories: 420 Protein: 22.5 grams

Super Cereal

¾ cup water

½ cup dry oatmeal, cream of wheat or grits

¼ cup margarine

¼ cup sugar, white or brown

¼ cup powdered milk (like Carnation instant nonfat dry milk)

Boil water and add cereal. Cook according to package directions on hot cereal box. After cooking add margarine, sugar, and milk. Mix well. Makes 1 cup.

Calories: 600 Protein: 15 grams

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 fried egg 2 slices bacon 1 slices raisin toast ½ c Peaches 2 tsp st margarine 1 tbsp jelly 1 c high protein milk Coffee/Water	1 oz tenderloin 1 sm biscuit ¾ c dry cereal ½ c strawberries 2 tsp st marg 1 tbsp jelly 1 c high protein milk Coffee/water	2 oz Canadian Bacon ½ c Grits 1 slice Toast 2 Blushing pears halves 2 tsp st marg 1 c high protein milk Coffee/water	½ c Cream of Wheat 1 small Cinnamon Muffin ½ c Cooked apples 2 tsp st marg 1 tbsp jelly 1 c high protein milk Coffee/water	Cheese toast/ 2oz cheese, 1 slice ww bread ¾ c dry cereal ½ c blue berries 1 c high protein milk Coffee/water	2 Scrambled Eggs ½ c Grits 2 slices turkey bacon 1sm biscuit ½ c Orange slices 2 tsp st marg 2 tbsp jelly 1 c high protein milk Coffee/water	1 slice French toast ¾ c dry cereal ½ c peaches 2 tsp st marg 2 tbsp syrup 1 c high protein milk Coffee/water
Lunch	1 c Chili-Pasta Skillet- 1 c California Mixed Veggies ½ c cantaloupe 1 sm square Cornbread 2 tsp st marg 1 c high protein milk Water	3 oz. Quick Orange Chicken ½ c Parsley Potatoes 1 c Italian Vegetables ½ c Orange slices 1 ww roll 2 tsp st marg 1 c high protein milk Tea	3 oz. Southwestern Sloppy Joes 1 ww bun 1 c Beet Salad ½ c Honeydew melon 1 c high protein milk Water	1 c Beef & Broccoli ½ c brown rice 1 c Asian Mixed Veggies ½ c Peaches 1 Ww roll 2 tsp st marg 1 c high protein milk/tea/water	Tuna Salad Sandwich w/3/4 c tuna salad, 2 slices ww bread 1 c Coleslaw ½ c Cherries 1 c high protein milk Tea/water	1 c Taco Soup ¼ c cheese, 1 tbsp sour cream to go into taco soup 1 c Beet salad ½ c Watermelon 1 sm square cornbread 1 c high protein milk Water	3 oz. Ham Salad Sandwich 2 slices ww bread 1 c Broccoli Salad Lettuce and tomato Blushing pears 2 halves 1 c high protein milk Water
Dinner	3 oz. Pecan Breaded Fish 10 French fries 1 c Coleslaw ½ c Pineapple 1 tbsp. Tartar Sauce 1 ww Roll 2 tsp st margarine 1 cup high protein milk	3 oz. Pork Roast 1/8 c gravy ½ c Sweet Potatoes 1 c Green Beans ½ c Cherries 1 ww roll/2 tsp st marg 1 c high protein milk/water	1 c Ham and Vegetable Casserole 1 c Tossed Salad 2 tbsp salad dressing ½ c pineapple 1 sm sq Cornbread /2 tsp st marg Tea/1 cup high protein milk	½ c Spaghetti noodles / 1 c spaghetti sauce 1 c Tossed salad 2 tbsp salad dressing ½ c Fruit cup 1 slice garlic toast w/2 tsp st marg and garlic powder 1 c high protein milk/water	1 c Chicken &Vegetable stir fry ½ c Rice ½ 1 c Marinated Cucumber Salad ½ c Cantaloupe 1 Ww roll 2 tsp st marg 1 c high protein milk/Tea/water	3 oz. Cubed Steak w/1/8 c gravy ½ c mashed potatoes 1 c carrots ½ c Peaches 1 ww roll/2 tsp st marg 1 c high protein milk	3 oz. Roasted Turkey 3 1/8 c gravy ½ c Sweet potatoes 1 c Green Beans ½ c fruit cocktail 1 ww roll/2 tsp st marg 1 c high protein milk/tea
Snack	1 sm sq angel food cake 1 c high protein milk	5 vanilla wafers ½ c peaches 1 cup high protein milk	3 graham crackers 1 c high protein milk	6 oz yogurt ½ c peaches water	1 banana ½ c vanilla pudding made with high protein milk water	1 sm sq Angel food cake ½ c strawberries water	6 oz Yogurt ½ c peaches water

Weight Gain Sample Menu

WEIGHT LOSS DIET



Why is it important to lose weight and have a healthy weight?

Being overweight is unhealthy. Losing weight is one of the best ways to reduce your risk of developing problems. The dangers of being overweight include:

- Stroke
- Gallbladder disease
- Cancer
- Congestive heart failure
- Renal disease
- High cholesterol
- Diabetes
- Gout
- Cirrhosis of the liver
- Osteoarthritis
- High blood pressure
- Shortened life span
- Enlarged heart
- Sleep apnea
- Loss of mobility
- Bone spurs

How to lose weight?

To lose weight, you must burn more calories than you eat. A safe weight loss is slow and gradual and considered to be no more than 2 pounds per week.

Tips for Losing Weight

- ✓ Eat healthy; a good place to start is by using MyPlate.
- ✓ Don't starve yourself. Cutting calories too low makes losing weight hard to accomplish and it slows down your metabolism. Lose it slow to keep it off.
- ✓ Eat breakfast; add in fresh fruits and whole grain foods. Skipping breakfast also slows your metabolism.
- ✓ Add in fresh vegetables, fresh fruits, and whole grains at lunch and supper.
- ✓ Choose reduced fat dairy, milk or yogurt, at each meal.
- ✓ Add lean meats, fish, poultry, nuts, and beans to the diet
- ✓ Be creative, skinny down your favorite foods including beverages to reduce calories but still enjoy your favorite foods.
- ✓ Add foods high in fiber to your diet.
- ✓ Drink water before your meal and keep a pitcher of cold water in the fridge. Drink 8-10 glasses of water each day.
- ✓ Use a smaller plate for meals instead of a large dinner plate. This helps to cut down on portion sizes.
- ✓ Eat at the dinner table and not in front of the TV.
- ✓ Eat at the same time each day including snacks. Eat at least 3 meals per day.
- ✓ Get moving. Dance to your favorite music, lift weights using canned food items such as canned vegetables or fruit as weights, enjoy a walk in your favorite park or the mall, and/or play ball for fun.

Get Moving

Regular physical activity is important for good health, especially if you are trying to lose weight or to maintain a healthy weight.

- ✓ Physical activity increases the number of calories your body uses. Combining physical activity with reducing what you eat helps you lose weight.
- ✓ Physical activity also helps to reduce blood pressure, blood sugar, makes bones stronger, and helps reduce the risk for diabetes, heart attack, stroke, and some types of cancer.
- ✓ Work your way up to 150 minutes of moderate intensity activity or 75 minutes vigorous activity, weekly.
- ✓ **Moderate intensity:** walking briskly, light yard work, actively playing outdoor games.
- ✓ **Vigorous intensity:** jogging, swimming laps, jumping rope

How many calories are used in typical activities?

approximate calories used per 30 minutes in moderate physical activity for a 154 lb. person
(calories burned will be higher for persons weighing more than 154 lbs. and lower for persons who weigh less)

Hiking: 185 calories

Light gardening: 165 calories

Dancing: 165 calories

Golf: 165 calories

Bicycling (less than 10 mph): 145 calories

Walking (3.5 mph): 140 calories

Light weight lifting: 110 calories

approximate calories used per 30 minutes in vigorous physical activity for a 154 lb. person
(calories burned will be higher for persons weighing more than 154 lbs. and lower for persons who weigh less)

Running/jogging (5 mph): 295 calories

Bicycling (more than 10 mph): 295 calories

Swimming (slow laps): 255 calories

Aerobics: 240 calories

Heavy yard work: 220 calories

Vigorous weight lifting: 220 calories

Vigorous basketball: 220 calories

For more information on exercise see the “Staying Healthy with Exercise” section!

FOOD GUIDE FOR WEIGHT LOSS DIET

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Grains: 1 serving is: $\frac{1}{2}$ cup rice, pasta, cooked cereal, $\frac{3}{4}$ cup dry cereal, 1 slice bread, $\frac{1}{2}$ English muffin or bagel, 1-2 inch biscuit, 4-6 crackers		
<ul style="list-style-type: none"> Whole grain or enriched breads, bagels, tortillas, English muffins, and dinner rolls Whole grain or enriched ready-to-eat cereals and cooked cereals like oatmeal, grits, and farina Whole grain or enriched rice, spaghetti, macaroni, or other type of noodles Pretzels, soda crackers, and rice cakes 	<ul style="list-style-type: none"> Biscuits, cornbread, muffins Croissants, Danish, sweet rolls, doughnuts Sugar-coated cereals, granola type cereals, cooked cereals with sugar added High fat snacks, potato chips, tortilla chips Foods prepared with gravies, cream sauces or cheese 	<ul style="list-style-type: none"> Look for low fat versions of bread products Look for whole grain products that provide at least 3 or more grams of fiber per serving Limit margarine, oils and fats when preparing pasta and rice dishes
Vegetables: 1 serving is: $\frac{1}{2}$ cup cooked or 1 cup raw		
<ul style="list-style-type: none"> All fresh, frozen, or canned vegetables, prepared without salt/sugar; may be seasoned with a small amount of fat Starchy vegetables include: white & sweet potatoes, green peas, corn, and winter squash and should be limited since they contain more calories 	<ul style="list-style-type: none"> Deep-fried vegetables Vegetables prepared with meat grease, bacon, fat back, gravies Vegetables with cream or cheese sauces 	<ul style="list-style-type: none"> Can season vegetables with spray <i>trans</i>-fat free margarine or small amounts of <i>trans</i>-fat free margarine or oil
Fruits: 1 serving is : $\frac{1}{2}$ cup canned fruit or juice, $\frac{1}{4}$ cup dried, 1 medium piece fresh fruit		
<ul style="list-style-type: none"> All fresh, frozen, or canned fruits in their own juice and without added sugar Dried fruits Unsweetened fruit juices 	<ul style="list-style-type: none"> Fruit prepared with added sugar Canned fruit in heavy syrup Fruit juices with added sugar 	<ul style="list-style-type: none"> Drain and rinse canned fruit in light, medium, or heavy syrup Some dried fruit mixtures can be high in calories; eat in moderation Limit intake of fruit juice due to calorie content

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Milk: 1 serving is: 1 cup milk, 1 cup yogurt, 1 ½ ounces cheese		
<ul style="list-style-type: none"> • Skim, ½%, or 1% milk • Low fat buttermilk • Low-fat or non-fat flavored yogurts without sugar added • Skim evaporated milk • Plain yogurt with fruit added • Low-fat cheese and cottage cheese 	<ul style="list-style-type: none"> • Whole milk, 2% milk, chocolate milk • Cream, half and half, condensed milk • Whole milk sweetened yogurt • Regular cheese 	<ul style="list-style-type: none"> • Chocolate milk can be low in fat but high in sugar • Use small amounts of cheese
Meat and Protein: 1 serving is: 2-3 ounces of chicken, fish, beef, pork; 1 egg, ½ ounce nuts, ¼ cup cooked dry beans or peas, ¼ cup tofu, or ¼ cup of tuna count as 1 ounce of protein		
<ul style="list-style-type: none"> • Lean cuts of beef and pork • Chicken and turkey without skin • All fresh, frozen, or canned fish and shellfish packed in water • Lean low fat deli and packaged meats • Eggs, egg substitutes • Dry beans and peas cooked without added fat • Tofu 	<ul style="list-style-type: none"> • High fat meats such as fried and battered meats • Sausage patties and links, polish sausage, hot dogs • Packaged meats such as bologna and salami • Canned meats such as Spam, Vienna sausage • Convenience foods such as frozen and packaged meats, TV type dinners, and packaged foods such as "Hamburger Helper" 	<ul style="list-style-type: none"> • Trim all fat from meat and remove skin from poultry • Use low fat cooking methods such as baking, broiling, roasting, stir-frying and grilling • If pan-frying use nonstick pan spray and a very small amount of oil • Prepare dry beans with Butterbuds and season with bouillon and herbs • Eat nuts in moderation due to fat content
Fats and Oils: 1 serving is: 1 teaspoon regular margarine, mayonnaise, or oil, 1 Tablespoon regular salad dressing, low calorie margarine, or low calorie mayonnaise, 2 Tablespoons sour cream, low calorie salad dressing		
<ul style="list-style-type: none"> • Vegetable oils, soft tub margarine, non-stick pan sprays, fat-free liquid margarine, spray margarine or Butterbuds • Reduced fat mayonnaise, salad dressings, sour cream, and cream cheese • Liquid vegetable oils in small amounts 	<ul style="list-style-type: none"> • Butter, stick margarine • Regular mayonnaise, salad dressings, sour cream, cream cheese • Shortening, lard, bacon, salt pork, and meat fat 	<ul style="list-style-type: none"> • Use all fats (regular, reduced fat, fat-free) in moderation

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Sweets Select low fat desserts and sweets and eat in moderation	<ul style="list-style-type: none"> • Sugar-free beverages or beverages with artificial sweetener • Desserts, made with low fat ingredients, in small amounts • Frozen yogurt, sherbet, Italian Ice, Popsicles <ul style="list-style-type: none"> • Regular desserts, such as cakes, pies, cookies • Candy, frosting, regular gelatin, honey, jam, jelly, molasses, regular soft drinks, sugar, and syrups. 	<ul style="list-style-type: none"> • Honey and jelly, in small amounts, are good substitutes for butter on bread

Calorie Meal Plans

The tables below show sample meal plans for different calorie levels.

1200 Calories

Food Groups	Breakfast	AM Snack	Lunch	PM Snack	Supper	Evening Snack
Meat	1 oz		2 oz		2 oz	
Starch/grains	1 serving		1 serving		1 serving	1 serving
Vegetables			2 servings		2 servings	
Dairy	1 serving					1 serving
Fruit	1 serving		1 serving		1 serving	
Fats	1 serving		1 serving		1 serving	
Calories per meal						

1500 Calories

Food Groups	Breakfast	AM Snack	Lunch	PM Snack	Supper	Evening Snack
Meat	1 oz		2 oz		2 oz	
Starch/grains	2 servings		2 servings		2 servings	1 serving
Vegetables			2 servings		2 servings	
Dairy	1 serving		1 serving			1 serving
Fruit	1 serving		1 serving		1 serving	
Fats	2 servings		2 servings		1 serving	
Calories per meal						

1600 Calories

Food Groups	Breakfast	AM Snack	Lunch	PM Snack	Supper	Evening Snack
Meat	1 oz		2 oz		2 oz	
Starch/grains	2 servings		2 servings		2 servings	1 serving
Vegetables			2 servings		2 servings	
Dairy	1 serving		1 serving			1 serving
Fruit	1 serving		1 serving		1 serving	
Fats	1 serving		1 serving		1 serving	
Calories per meal						

1800 Calories

Food Groups	Breakfast	AM Snack	Lunch	PM Snack	Supper	Evening Snack
Meat	1 oz		3 oz		3 oz	
Starch/grains	2 servings		2 servings		2 servings	1 serving
Vegetables			2 servings		2 servings	
Dairy	1 serving		1 serving			1 serving
Fruit	1 serving		1 serving		1 serving	1 serving
Fats	2 servings		2 servings		2 servings	
Calories per meal						

2000 Calories

Food Groups	Breakfast	AM Snack	Lunch	PM Snack	Supper	Evening Snack
Meat	1 oz		3 oz		3 oz	2 oz
Starch/grains	2 servings		2 servings		2 servings	2 servings
Vegetables			2 servings		2 servings	
Dairy	1 serving		1 serving			1 serving
Fruit	1 serving		1 serving		1 serving	1 serving
Fats	2 servings		2 servings		2 servings	
Calories per meal						

2200 Calories

Food Groups	Breakfast	AM Snack	Lunch	PM Snack	Supper	Evening Snack
Meat	1 oz		3 oz		3 oz	2 oz
Starch/grains	2 servings		2 servings		2 servings	2 servings
Vegetables			2 servings		2 servings	
Dairy	1 serving		1 serving		1 serving	1 serving
Fruit	2 servings		1 serving		1 serving	1 serving
Fats	2 servings		2 servings		2 servings	
Calories per meal						

In addition to making the right food choices, it's also important to:

- ✓ Read food labels when shopping
- ✓ Eat 3 meals per day; try not to skip meals
- ✓ Use low fat cooking methods and added fats in small amounts
- ✓ Limit added fats and high fat foods
- ✓ Limit sugar and foods with high sugar content
- ✓ Increase flavor of foods with broth, bouillon, herbs, spices, Butterbuds, mustard, lemon juice, vinegar, and condiments such as ketchup, taco sauce, salsa and low sodium soy sauce
- ✓ Practice portion control by serving smaller portions and limiting second helpings
- ✓ Make healthy choices when eating out

Low Calorie Snacks

Snacks should always be planned as part of the diet and portion control is the key to snacking.

Each portion contains approximately 80-100 calories per serving.

Snack	Portion	Snack	Portion
Animal Crackers	12	Frozen Fruit bars	1
Teddy Grahams	12	Low fat/fat free frozen yogurt, ice cream or pudding	$\frac{1}{2}$ cup
Angel Food Cake	1/12th cake	Fat free yogurt	6 oz.
Sugar free and/or fat free cookies	3	Reduced fat crackers	6
Graham Crackers	3 squares	Cheese crackers	15
Vanilla Wafers	5	Gold fish crackers	1 oz.
Fig Newton's	2	Melba Toast	6
Gingersnaps	3	Pretzels	1 oz.
Nutrigrain Bar	1	Broth type soups	1 cup
Low fat Granola Bar	1	Sugar free gelatin	Negligible calories
Fruit	1 fresh or $\frac{1}{2}$ canned/frozen	Raw Vegetables Served with fat free dressing	Negligible calories 2 tablespoons
Raisins/Dried Fruit	$\frac{1}{4}$ cup	Snack chips, fat free or baked	15-20
Low Fat Popcorn	3 cups popped		
Bagel	$\frac{1}{2}$ small		
Breadsticks	2		
English muffin	$\frac{1}{2}$		
Dry Cereal not sugar sweetened	1 cup		
Rice Cakes	2 large		
Low sugar low fat Cocoa	1 package		

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 Egg omelet w1/4 c /onions and ¼ c mushrooms 2 ww toast ½ c Kiwi 2 tsp st margarine 1tbsp sf jelly 1 c Skim milk Coffee/water	1 Hard Boiled Egg 1 sm bran muffin ½ c oatmeal ½ cup peaches 2 tsp st margarine 1 c skim milk Coffee/water	1 Waffle 1/2 c cream of wheat 1 slice turkey bacon ½ c applesauce 1tsp st marg/2 tbsp sf syrup 1 c skim milk coffee	¾ c Dry Cereal 2 ww toast ½ c blue berries 1 tbsp sf jelly 2 tsp st margarine 1 c skim milk Coffee	1 scrambled egg ½ c grits 1 sm biscuit 1 slice turkey bacon ½ c cooked apples 1 tsp st margarine 1 tbsp sf jelly 1 c skim milk/coffee	¾ c dry cereal 1 blue berry muffin ½ c apricots 2 tsp st margarine 1 c skim milk 1 tbsp sf jelly coffee	1 tbsp peanut butter spread on 1 slice ww toast ½ c cream of wheat 1 sm banana 1 c skim milk 1 tsp st margarine coffee
Lunch	3 oz. Hamburger (96% lean, 4% fat) 1 c lettuce/tomato/ onion 1 tbsp lite mayo/mustard 1 c asparagus salad ½ c cantaloupe 1 ww bun 1 c Skim Milk Sf tea/water	3 oz. Turkey sandwich 2 slices ww bread 1 c marinated tomatoes/onion salad ½ c pears 2 tbsp lite mayo/mustard 1 c Skim Milk water	3 oz. Grilled cheese Sandwich made w/pam 2 slices ww bread 1 c homemade Veggie soup made w/o potatoes, corn, peas ½ c mixed fruit Sf tea	3 oz. Grilled chicken strips 2 slices ww bread 2 tbsp lite mayo/mustard 1c Greek cucumber salad 1 c lettuce/tomato 1 sml banana 1 c Skim Milk Sf soft drink/water	1 cup cheese Manicotti 1 slice Garlic bread w/2 tsp st Marg/1 tsp garlic powder 1 c tossed salad w/2 tbsp ff salad dressing ½ c peaches Sf tea/water	3 oz. BBQ on 1 sm ww bun 1 c Coleslaw ½ c Cherries 1 c skim milk Sf soft drink water	¾ c Chicken salad 2 slices ww bread 1 c Beet salad ½ c Tropical fruit mix ½ Lettuce/tomato 1 c skim milk Sf lemonade/water
Dinner	3 oz. Herbed turkey cutlets ½ c Pinto bean 1 c Beet salad ½ c Sliced apples 1 sm sq Cornbread 1 tsp st margarine Sf lemonade	3 oz baked tilapia ½ c homemade mac & cheese 1 c broccoli ½ c mandarin oranges 1 roll/2 tsp st marg sf tea	1 Ground Beef Burrito 1 c tossed salad/2 tbsp lite salad dressing ½ c kiwi 1 c Skim milk	3 oz. Baked pork chop ½ c brown rice 1 c spinach ½ c cantaloupe 1 ww roll/2 tsp st marg Sf tea/water	1 c Homemade turkey pot pie 1 c carrots ½ c Watermelon 1 sm sq Cornbread 2 tsp st margarine Crystal Light	3 oz. Herbed lean steak ½ c Corn 1 c Broccoli ½ c Kiwi 1 Ww roll 2 tsp st marg Sf tea/water	1 c Lasagna 1 c Tossed salad/2 tbsp ff salad dressing ½ c Pears 1 Ww roll 2 tsp st marg Sf tea
Snack	1 Tbsp. Peanut butter 5 vanilla wafers 1 c skim milk	3 graham crackers 1 c skim milk	1 Tbsp. Peanut butter 3 gingersnaps 6 oz. Sfff yogurt	1 sm sq angel food cake 1 c skim milk	5 gingersnaps ½ cup peaches 6 oz. Sfff yogurt	1 tbsp peanut butter 5 vanilla wafers 1 cup skim milk	½ c Sfff ice cream ½ c strawberries

Weight Loss Sample Menu



LOW FAT DIET

What does a low fat diet look like?

- ✓ Eat less than 10% of calories from saturated fat
- ✓ Plenty of vegetables, whole grains, low fat dairy, seafood, legumes and nuts
- ✓ Maintain a healthy weight
- ✓ Exercise 30 minutes each day

Why do I need to eat less fat?

- ✓ Saturated fats and trans fats can lead to cardiovascular disease.
- ✓ Saturated fats can be found in animal sources such as meats and whole milk products as well as in cocoa butter, palm oil, and hydrogenated products such as shortening and stick margarine.
- ✓ Reduce your intake of saturated fats and Trans fats and replace them with better fats such as monounsaturated and polyunsaturated fats.
- ✓ The list of healthy foods below will help you to cut back on the fat in your diet.
- ✓ If you are overweight, losing weight can help prevent cardiovascular disease
- ✓ Bonus tip: regular exercise helps prevent cardiovascular disease.

What are triglycerides and how are they managed?

Triglycerides are another type of fat in the blood stream and are derived from fats eaten in foods or made in the body from energy sources such as carbohydrates. In addition to the above guidelines for lowering saturated fat intake, reduce your intake of alcohol and simple carbohydrates like sugar, candy, honey, and jelly.

FOOD GUIDE FOR LOW FAT DIET

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Grains		
<ul style="list-style-type: none"> Whole grain enriched breads, bagels, tortillas, English muffins, & dinner rolls Whole grain enriched ready-to-eat cereals and cooked cereals like oatmeal, grits, and farina Whole grain enriched rice, spaghetti, macaroni, or other type of noodles Waffles or pancakes made with low fat ingredients Pretzels, low fat or fat free soda crackers, & rice cakes 	<ul style="list-style-type: none"> Breads prepared with eggs or cheese Regular waffles or pancakes Biscuits, cornbread, muffins Croissants, Danish, sweet, rolls, doughnuts Granola type cereals High fat snacks, potato chips, tortilla chips Foods prepared with gravies, cream sauces or cheese 	<ul style="list-style-type: none"> Look for whole grain products that provide 3 or more grams fiber per serving
Vegetables		
<ul style="list-style-type: none"> All fresh, frozen, or canned vegetables; may be seasoned with a small amount of allowed fat 	<ul style="list-style-type: none"> Deep-fried vegetables Vegetables prepared with meat grease, bacon, fat back, and/or gravies Vegetables with cream or cheese sauces 	<ul style="list-style-type: none"> Season vegetables with spray <i>trans</i>-fat free margarine or small amounts of <i>trans</i>-fat free margarine or oil May need to limit starchy vegetables such as potatoes, green peas, and corn if weight loss needed
Fruits		
<ul style="list-style-type: none"> All fresh, frozen, and canned fruits Dried fruits Unsweetened fruit juices 	<ul style="list-style-type: none"> Eat avocados in small amounts due to high fat content. 	<ul style="list-style-type: none"> May need to drain and rinse canned fruit in light, medium, or heavy syrup if weight loss needed Some dried fruit mixtures can be high in calories; eat in moderation
Milk		
<ul style="list-style-type: none"> Skim, ½%, or 1% milk Low fat buttermilk Low-fat or non-fat flavored yogurts without sugar added Skim evaporated milk Plain yogurt with fruit added Low-fat cheese and cottage cheese 	<ul style="list-style-type: none"> Whole milk, 2% milk, chocolate milk Cream, half and half, condensed milk Whole milk sweetened yogurt Processed cheeses and regular cheese Pimento cheese 	<ul style="list-style-type: none"> Chocolate milk can be low in fat but high in sugar

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Meat and Protein		
<ul style="list-style-type: none"> Lean cuts of beef and pork Chicken and turkey without skin All fresh, frozen, or canned fish packed in water Lean low fat deli and packaged meats Egg whites or egg substitutes Dry beans and peas cooked without added fat or with small amount of allowed fat Tofu 	<ul style="list-style-type: none"> High fat meats such as fried and battered meats Sausage patties and links, polish sausage, hot dogs Packaged meats such as bologna and salami Canned meats such as Spam, Vienna sausage Convenience foods such as frozen and packaged meats, TV type dinners, and packaged foods such as "Hamburger Helper" Limit organ meats (liver, kidneys, heart, and giblets) 	<ul style="list-style-type: none"> Trim all fat from meat and remove skin from poultry Use low fat cooking methods such as baking, broiling, roasting, stir-frying and grilling If pan-frying use nonstick pan spray and a very small amount of oil Prepare dry beans with Butterbuds and season with reduced sodium bouillon and herbs Keep meat portions small (2-3 ounces)
Fats, Oils, and Sweets		
<ul style="list-style-type: none"> Canola, olive oil, vegetable oils Soft tub margarine, non-stick pan sprays, liquid margarine, spray margarine, Butterbuds Reduced fat mayonnaise, salad dressings, sour cream, and cream cheese Avocados, nuts Liquid vegetable oils in small amounts Frozen yogurt, sherbet, Italian Ice, popsicles 	<ul style="list-style-type: none"> Butter, stick margarines Regular mayonnaise, salad dressings, sour cream, cream cheese Shortening, lard, bacon, salt pork, and meat fat Regular desserts (cakes, pies, cookies, and pastries) Limit sugar and sweets such as candy, frosting, regular gelatin, honey, jam, jelly, molasses, regular soft drinks, sugar, and syrups if weight loss needed or triglycerides are high 	<ul style="list-style-type: none"> Use sugar substitutes or unsweetened beverages to reduce sugar and calories Reduce foods containing partially hydrogenated vegetable oils to reduce <i>trans</i>-fat in your diet

In addition to making the right food choices, it's also important to:

- ✓ Read food labels when shopping
- ✓ Use low fat cooking methods and added fats in small amounts
- ✓ Choose foods low in saturated fat and *trans*-fats
- ✓ Eat more fruits and vegetables
- ✓ Limit portions of meat and offer meatless meals occasionally
- ✓ Increase flavor of foods with broth, bouillon, herbs, spices, Butterbuds, mustard, lemon juice, vinegar, and condiments such as ketchup, taco sauce, salsa, and soy sauce
- ✓ If weight loss needed, practice portion control by serving smaller portions and limiting second helpings
- ✓ Make healthy choices when eating out
- ✓ Limit sugars and sweets

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 fried egg (use nonstick spray) 2 slices turkey bacon 1 slice raisin toast ½ c Peaches 2 tsp st margarine 1 tbsp jelly 1 c skim milk Coffee/Water	1 oz tenderloin 1 sm biscuit ¾ c dry cereal ½ c strawberries 1 c skim milk 2 tsp st marg 1 tbsp jelly Coffee/water	1 oz Lf Cheese on 1 slice ww toast ½ c Grits 2 Blushing pears halves 2 tsp st marg 1 c skim milk Coffee/water	½ c Cream of Wheat 1 sm Cinnamon Muffin ½ c Cooked apples 2 tsp st marg 1 tbsp jelly 1 c skim milk Coffee/water	1 oz. turkey sausage 1 sm croissant ¾ c dry cereal ½ c blue berries 1 c skim milk Coffee/water	1 Scrambled Egg ½ c Grits 2 slices turkey bacon 1sm biscuit ½ c Orange slices 2 tsp st marg 2 tbsp jelly 1 c skim milk Coffee/water	French toast-made with 1 egg and 1 slice ww bread ¾ c dry cereal ½ c peaches 2 tsp st marg 2 tbsp syrup 1 c skim milk Coffee/water
Lunch	1 c Chili-Pasta Skillet 1 c California Mixed Veggies 1 sm sq Cornbread ½ c cantaloupe 2 tsp st marg 1 c skim milk Water	3 oz. Quick Orange Chicken ½ c Parsley Potatoes Italian Vegetables ½ c Orange slices 1 ww roll 2 tsp st marg 1 c skim milk Tea	3 oz. Southwestern Sloppy Joes 1 ww bun 1 c Beet Salad ½ c Honeydew melon 1 Skim Milk 1 c Water	1 c Beef & Broccoli ½ c brown rice 1 c Asian Mixed Veggies Ww roll 1 2 tsp st marg Peaches ½ c 1 c skim milk milk/tea/water	¾ c Tuna Salad Sandwich 2 slices ww bread 1 c Coleslaw ½ c Cherries 1 c skim milk Tea/water	1 c Taco Soup ¼ c Lf cheese, 1 tbsp ff sour cream to go into taco soup 1 sm sq cornbread 1 c Beet salad ½ c Watermelon 1 c skim milk water	3 oz. Ham Salad Sandwich made with ff mayo 2 slices ww bread 1 c Broccoli Salad 2 Blushing pears halves Lettuce and tomato 1 c skim milk water
Dinner	3 oz. Pecan Breaded Fish 10 Baked French fries 1 c Coleslaw ½ c Pineapple 1 tbsp Tartar Sauce 1 ww Roll 2 tsp st marg water	3 oz. Pork Roast 1/8 c gravy ½ c Sweet Potatoes 1 c Green Beans ½ c Cherries 1 ww roll/2 tsp st marg 1 c skim milk water	1 c Ham and Vegetable Casserole 1 c Tossed Salad 2 tbsp ff salad dressing ½ c pineapple 1 sm sq Cornbread 2 tsp st marg Tea	½ c Spaghetti noodles 1 c spaghetti sauce 1 c Tossed salad 2 tbsp salad dressing ½ c Fruit cup 1 slice garlic toast w/2 tsp st marg and garlic powder 1 c skim milk water	1 c Chicken & Vegetable stir fry ½ c Rice 1 c Marinated Cucumber Salad ½ c Cantaloupe 1 Ww roll 2 tsp st marg 1 c skim milk Tea/water	3 oz. Cubed Steak w/ 1/8 c gravy ½ c mashed potatoes 1 c carrots ½ c Peaches 1 ww roll/2 tsp st marg 1 c skim milk water	3 oz. Roasted Turkey 1/8 c gravy ½ c Sweet potatoes 1 c Green Beans ½ c fruit cocktail 1 ww roll/2 tsp st marg 1 c skim milk/tea
Snack	1 sm sq angel food cake 1 c skim milk	5 vanilla wafers ½ c peaches 1 c skim milk	3 graham crackers 1 c skim milk	½ c peaches 6 oz ff yogurt Water	½ c ff vanilla pudding 1 banana water	1 sm sq Angel food cake ½ c strawberries water	½ c peaches 6 oz ff Yogurt water

Low Fat Sample Menu



LOW SALT DIET

Sodium Facts

- ✓ Salt is made up of two minerals - sodium and chloride. Sodium is the part of salt that some people have to limit in the diet. Sodium is not salty! Chloride is the salty part of salt.
- ✓ Sodium is needed to help maintain the water balance in the body. A healthy body keeps this balance and will get rid of extra sodium. The average person eats **a lot** more sodium than we need. Our body requires approximately **500 milligrams** of sodium each day, which is less than 1/4 of a teaspoon of salt.
- ✓ Sodium is found in almost all foods. The majority of sodium consumed, (more than 75%), is found in processed foods and foods eaten outside the home.

Why should I limit salt?

- ✓ Excess sodium can draw fluid into the body and trap it there. The trapped fluid can cause a person's blood pressure to go up, or a person's hands, feet, and/or abdomen to swell.
- ✓ Fluid can also be trapped in the lungs causing difficulty breathing.
- ✓ Excess sodium causes the arteries to lose their elasticity. So the arteries become hard and rigid.
- ✓ A low salt diet is used in the treatment of diseases such as hypertension, cirrhosis, renal disease, heart disease, and respiratory diseases.

How do I cut back on salt?

- ✓ Most of the sodium in the diet comes from processed foods such as boxed meals, canned soups, and other processed foods. Not adding salt in cooking or at the table will also cut back on amount of sodium consumed.
- ✓ The nutrition labels on foods tell you how much sodium is in the food. If the sodium content is **400 milligrams or more** per serving, then it is a **high sodium** food. Any word that has sodium in its name tells you that sodium is in the food. The next page has a list of healthy food choices that will help you follow a low salt diet
- ✓ Limit eating out, since many foods are often prepared with salt and salty ingredients.

Did you know?

Did you know that we are not born craving salt? The more salt we eat, the more salt we will crave. Therefore, the less salt we eat the less salt we will crave!

FOOD GUIDE FOR A LOW SALT DIET

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Grains		
<ul style="list-style-type: none"> Breads and rolls without salted tops, muffins Dry cereals without nuts, plain cooked cereals Unsalted crackers and breadsticks Plain rice and pastas Low salt snack foods 	<ul style="list-style-type: none"> Breads, rolls, and crackers with salted tops Quick breads, self-rising flour, and biscuit and cornbread mixes Instant hot cereals Seasoned rice, pasta, or stuffing mixes 	<ul style="list-style-type: none"> Prepare rice and pasta without salt; may use herbs and seasonings without salt to add flavor
Vegetables		
<ul style="list-style-type: none"> All fresh, frozen, and low salt canned vegetables Low salt and salt-free vegetable juices 	<ul style="list-style-type: none"> Regular canned vegetables and juices Sauerkraut and pickled vegetables Frozen vegetables with sauces Seasoned potato and vegetable mixes 	<ul style="list-style-type: none"> May use low salt bouillon or broth to flavor vegetables
Fruits		
<ul style="list-style-type: none"> All fresh, frozen, and canned fruits All fruit juices 	<ul style="list-style-type: none"> Dried fruits, processed with salt 	
Milk, Yogurt, and Cheese		
<ul style="list-style-type: none"> Limit milk to 2 cups per day Yogurt Most low-sodium cheeses including ricotta, cream cheese, Swiss cheese and cottage cheese 	<ul style="list-style-type: none"> Limit buttermilk to 1 cup per week Malted and chocolate milk Evaporated and condensed milk Regular and processed cheese, cheese spread and sauces 	
Meat and Protein		
<ul style="list-style-type: none"> Any fresh or frozen beef, pork, poultry, and fish Eggs and egg substitutes Low-sodium peanut butter Dry beans and peas prepared without salt 	<ul style="list-style-type: none"> Smoked, cured, salted, or canned meats, fish, or poultry Shellfish Ham, bacon, sausage Packaged processed meats such as chipped beef, luncheon meats, Deli meats, hot dogs, sardines, and anchovies Frozen breaded meats, meats injected with salt solutions Salted nuts TV type dinners (unless low salt) Canned and packaged meals such as "SpaghettiOs, "Hamburger Helper" and macaroni and cheese 	<ul style="list-style-type: none"> Choose frozen dinners with less than 500 mg sodium per serving

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Fat, Oils, and Sweets		
<ul style="list-style-type: none"> Low salt or unsalted butter, margarine, salad dressings, soups, soy sauce, condiments, and snack foods Pepper, herbs, and spices, vinegar, lemon or lime juice Low salt soft drinks 	<ul style="list-style-type: none"> Regular salad dressings Regular and low salt soups Gravy and sauce mixes Olives Salted snack foods Salt, sea salt, lite salt, MSG, herbs and spices with salt added Cake mixes, and instant dessert mixes Gatorade, sports drinks, and commercially softened waters 	

In addition to making the right food choices, it's also important to:

- ✓ Read food labels when shopping and check nutritional information listed on restaurant and fast food websites before eating out. When eating out make healthy choices and ask that salt not be added to your food
- ✓ Instead of adding salt, increase flavor of foods with herbs, spices, seasonings without sodium, lemon juice, and vinegar
- ✓ Eat more fresh fruits and vegetables which are low in sodium and high in potassium
- ✓ Salt can be omitted or reduced in most recipes
- ✓ Do not use convenience foods and packaged meats often as they contain a lot of sodium per serving
- ✓ Check poultry ingredient labels as well as nutrition facts label since poultry is often enhanced with salt water

Sodium Terms and Meanings

Sodium Free: Less than 5 milligrams (mg) of sodium per serving and contains no salt

Very low sodium: 35 mg or less per serving

Low sodium: 140 mg or less per serving

Reduced (or less) sodium: At least 25% less sodium per serving than the usual sodium level

Light (for sodium reduced products): If the food is “low calorie” and “low fat” and sodium is reduced by at least 50% per serving

Light in sodium: Sodium is reduced by at least 50% per serving

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 fried egg (use nonstick spray) 2 slices turkey bacon 1 slice raisin toast ½ c Peaches 2 tsp st margarine 1 tbsp jelly 1 c skim milk Coffee/Water	1 oz tenderloin 1 sm biscuit ¾ c dry cereal ½ c strawberries 1 c skim milk 2 tsp st marg 1 tbsp jelly Coffee/water	1 oz Lf Cheese on 1 slice ww toast ½ c Grits 2 Blushing pears halves 2 tsp st marg 1 c skim milk Coffee/water	½ c Cream of Wheat 1 sm Cinnamon Muffin ½ c Cooked apples 2 tsp st marg 1 tbsp jelly 1 c skim milk Coffee/water	1 oz. turkey sausage 1 sm croissant ¾ c dry cereal ½ c blue berries 1 c skim milk Coffee/water	1 Scrambled Egg ½ c Grits 2 slices turkey bacon 1sm biscuit ½ c Orange slices 2 tsp st marg 2 tbsp jelly 1 c skim milk Coffee/water	French toast-made with 1 egg and 1 slice ww bread ¾ c dry cereal ½ c peaches 2 tsp st marg 2 tbsp syrup 1 c skim milk Coffee/water
Lunch	1 c Chili-Pasta Skillet 1 c California Mixed Veggies 1 sm sq Cornbread ½ c cantaloupe 2 tsp st marg 1 c skim milk Water	3 oz. Quick Orange Chicken ½ c Parsley Potatoes Italian Vegetables ½ c Orange slices 1 ww roll 2 tsp st marg 1 c skim milk Tea	3 oz. Southwestern Sloppy Joes 1 ww bun 1 c Beet Salad ½ c Honeydew melon 1 Skim Milk 1 c Water	1 c Beef & Broccoli ½ c brown rice 1 c Asian Mixed Veggies Ww roll 1 2 tsp st marg Peaches ½ c 1 c skim milk/tea/water	¾ c Tuna Salad Sandwich 2 slices ww bread 1 c Coleslaw ½ c Cherries 1 c skim milk Tea/water	1 c Taco Soup ¼ c Lf cheese, 1 tbsp ff sour cream to go into taco soup 1 sm sq cornbread 1 c Beet salad ½ c Watermelon 1 c skim milk water	3 oz. Ham Salad Sandwich made with ff mayo 2 slices ww bread 1 c Broccoli Salad 2 Blushing pears halves Lettuce and tomato 1 c skim milk water
Dinner	3 oz. Pecan Breaded Fish 10 Baked French fries 1 c Coleslaw ½ c Pineapple 1 c Green Beans ½ c Cherries 1 tbsp Tartar Sauce 1 ww Roll 2 tsp st marg water	3 oz. Pork Roast 1/8 c gravy ½ c Sweet Potatoes 1 c Green Beans ½ c Cherries 1 ww roll/2 tsp st marg 1 c skim milk water	1 c Ham and Vegetable Casserole 1 c Tossed Salad 2 tbsp ff salad dressing ½ c pineapple 1 sm sq Cornbread 2 tsp st marg Tea	½ c Spaghetti noodles 1 c spaghetti sauce 1 c Tossed salad 2 tbsp salad dressing ½ c Fruit cup 1 slice garlic toast w/2 tsp st marg and garlic powder 1 c skim milk water	1 c Chicken &Vegetable stir fry ½ c Rice 1 c Marinated Cucumber Salad ½ c Cantaloupe 1 Ww roll 2 tsp st marg 1 c skim milk Tea/water	3 oz. Cubed Steak w/1/8 c gravy ½ c mashed potatoes 1 c carrots ½ c Peaches 1 ww roll/2 tsp st marg 1 c skim milk water	3 oz. Roasted Turkey 1/8 c gravy ½ c Sweet potatoes 1 c Green Beans ½ c fruit cocktail 1 ww roll/2 tsp st marg 1 c skim milk/tea
Snack	1 sm sq angel food cake 1 c skim milk	5 vanilla wafers ½ c peaches 1 c skim milk	3 graham crackers 1 c skim milk	½ c peaches 6 oz ff yogurt Water	½ c ff vanilla pudding 1 banana water	1 sm sq Angel food cake ½ c strawberries water	½ c peaches 6 oz ff Yogurt water

Low Sodium Sample Menu

HEALTHY EATING WITH DIABETES



What is diabetes?

Diabetes is a disease in which the body does not produce or properly use insulin, which is a hormone that is needed to convert sugar, starches and other food into energy. When someone has diabetes his or her body has difficulty controlling blood sugar levels.

Eating Healthy with Diabetes

Having a good healthy diet is one of the most important ways to help control blood sugar, (along with medication and exercise). A good diet and exercise go hand in hand to improve your blood sugar levels. Good control of your blood sugar helps protect your health. Healthy foods for eating with diabetes are divided into three main groups: **carbohydrates, proteins, and fats**. While each group is important for good health, carbohydrate is what has the greatest impact on blood sugar control. By following a meal plan a person's intake of carbohydrate as well as calories should be consistent and constant.

Important Guidelines

- ✓ Eat on time. Meals should be no more than 4-5 hours apart and should be eaten at the same time each day.
- ✓ Measure your foods to learn portion sizes. Eat all the food allowed, don't eat more or less. Snacking between meals should be a planned part of your meal plan. Fruit is not a free food.
- ✓ Limit sugars and sweets. Avoid using a lot of "diabetic" or fat free foods as they can be expensive and full of sugar and (empty) calories.
- ✓ Reduce saturated fat intake.
- ✓ Increase fiber in diet by including more whole grain breads and cereals and fruits and vegetables.
- ✓ If you are overweight, losing weight can help control your blood sugar.
- ✓ Read the food labels. The total amount of carbohydrate on the nutrition label tells you how much carbohydrate (sugar) is in 1 serving.
- ✓ Exercise plays an important part in controlling blood sugar. Regular exercise also helps you to feel better physically and emotionally.

FOOD GUIDE FOR A DIABETIC DIET

The best results are achieved when a specific diabetic meal plan is followed. This assures that a consistent amount of carbohydrate is consumed each day. You may need to consult a Registered Dietitian for assistance.

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
CARBOHYDRATES		
Grains: 1 carbohydrate serving is: $\frac{1}{2}$ cup rice, cooked cereal, $\frac{3}{4}$ cup dry cereal, 1 slice bread, $\frac{1}{2}$ English muffin or bagel, 1-2 inch biscuit, 4-6 crackers, $\frac{1}{2}$ cup starchy vegetables		
<ul style="list-style-type: none"> Whole grain enriched breads, bagels, tortillas, English muffins, & dinner rolls Whole grain enriched ready-to-eat cereals and cooked cereals like oatmeal, grits, and farina without added sugar Whole grain enriched rice, spaghetti, macaroni, or other type of noodles Pretzels, soda crackers, & rice cakes White or sweet potatoes, green peas, corn, winter squash, and dry beans and peas 	<ul style="list-style-type: none"> Biscuits, cornbread, muffins Croissants, Danish, Sweet rolls, doughnuts Sugar-coated cereals, granola type cereals, cooked cereals with sugar added High fat snacks, potato chips, tortilla chips Foods prepared with cream sauces or cheese French fries, vegetables that are buttered, fried, creamed or in sauces Vegetables prepared with meat grease, bacon, fat back, or gravies 	<ul style="list-style-type: none"> Look for whole grain products that have 3 or more grams of fiber per serving Limit margarine, oils and fats when preparing pasta and rice dishes
CARBOHYDRATES		
Vegetables (non starchy): 1 serving is: $\frac{1}{2}$ cup cooked, 1 cup raw. If you eat 1 $\frac{1}{2}$ cups of cooked or 3 cups of raw vegetables, count as 1 carbohydrate serving.		
<ul style="list-style-type: none"> All fresh, frozen, or canned vegetables, prepared without sugar and seasoned with a small amount of fat 	<ul style="list-style-type: none"> Vegetables that are buttered, fried, creamed or in sauces Vegetables prepared with meat grease, bacon, fat back, or gravies 	<ul style="list-style-type: none"> May season vegetables with spray margarine or small amounts of oil
CARBOHYDRATES		
Fruits: 1 carbohydrate serving is: $\frac{1}{2}$ cup canned fruit, $\frac{1}{2}$ cup juice, $\frac{1}{4}$ cup dried, 1 medium piece fresh fruit		
<ul style="list-style-type: none"> Fresh, frozen, or canned fruits in own juice and without added sugar Dried fruits Unsweetened fruit juices 	<ul style="list-style-type: none"> Fruit prepared with added sugar Canned fruit in light, medium, or heavy syrup Fruit juices with added sugar 	<ul style="list-style-type: none"> Some dried fruit mixtures can be high in calories; eat in moderation Drink juice in small amounts due to sugar content

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
CARBOHYDRATES		
Milk: 1 carbohydrate serving is: 1 cup milk , 1 cup yogurt		
<ul style="list-style-type: none"> • Skim, ½%, or 1% milk • Low fat buttermilk • Low-fat or non-fat flavored yogurts without sugar added • Skim evaporated milk • Plain yogurt with fruit added • Low-fat cheese and cottage cheese 	<ul style="list-style-type: none"> • Whole milk, 2% milk, chocolate milk • Cream, half and half, condensed milk • Whole milk sweetened yogurt • Regular cheese 	<ul style="list-style-type: none"> • Chocolate milk can be low in fat but high in sugar • Use small amounts of cheese
Meat and Protein: 1 serving is: 2-3 ounces of chicken, fish, beef, pork; 1 egg , ½ ounce nuts, 1 ounce cheese, ¼ cup cooked dry beans or peas, ¼ cup tofu, or ¼ cup of tuna count as 1 ounce of protein		
<ul style="list-style-type: none"> • Lean cuts of beef and pork • Chicken and turkey without skin • All fresh, frozen, or canned fish and shellfish packed in water • Lean low fat deli and packaged meats • Eggs, egg substitutes • Dry beans and peas cooked without added fat • Tofu • Low fat cheese and cottage cheese 	<ul style="list-style-type: none"> • High fat meats such as fried and battered meats • Sausage patties and links, polish sausage, hot dogs • Packaged meats such as bologna and salami • Canned meats such as Spam, Vienna sausage • Convenience foods such as frozen and packaged meats, TV type dinners, and packaged foods such as "Hamburger Helper" • Regular cheese 	<ul style="list-style-type: none"> • Trim all fat from meat and remove skin from poultry • Use low fat cooking methods such as baking, broiling, roasting, stir-frying and grilling • If pan-frying use nonstick pan spray and a very small amount of oil • Prepare dry beans with butter buds and season with bouillon and herbs
Fats and Oils: 1 serving is: 1 teaspoon regular oil, mayonnaise, 1 Tablespoon regular salad dressing, low calorie margarine, low calorie mayonnaise, 2 Tablespoons sour cream, low calorie salad dressing		
<ul style="list-style-type: none"> • Vegetable oils, soft tub margarine, non-stick pan sprays, fat-free liquid margarine, spray margarine or Butterbuds • Reduced fat mayonnaise, salad dressings, sour cream, and cream cheese • Liquid vegetable oils in small amounts 	<ul style="list-style-type: none"> • Butter, stick margarine • Regular mayonnaise, salad dressings, sour cream, cream cheese • Shortening, lard, bacon, salt pork, and meat fat 	<ul style="list-style-type: none"> • Use all fats (regular, reduced fat, fat-free) in moderation

Healthy Food Choices	It's best to avoid these foods	Helpful Tips
Other Carbohydrates —Eat in moderation as part of meal plan.		
<ul style="list-style-type: none"> Low fat low sugar desserts, frozen yogurt, sherbet, ice cream can be included in meal plan as carbohydrate serving 	<ul style="list-style-type: none"> Regular desserts, such as cakes, pies, cookies, pastries, frostings, regular gelatin Sugar and sweets such as candy, frosting, regular gelatin, honey, jam, jelly, molasses, regular soft drinks, sugar, and syrups Regular soft drinks, Kool-Aid, sweetened beverages 	<ul style="list-style-type: none"> May use artificial sweeteners Free foods include sugar-free Popsicles, sugar free Jell-O, sugar free beverages, and other beverages with artificial sweetener

In addition to making the right food choices, it's also important to:

- ✓ Read food labels when shopping
- ✓ Use artificial sweeteners instead of sugar
- ✓ Use low fat cooking methods and added fats in small amounts
- ✓ Limit foods with high fat and sugar content
- ✓ Know the amounts of food allowed by meal plan; eat a certain amount of carbohydrate at each meal each day according to your meal plan
- ✓ Increase flavor of foods with broth, bouillon, herbs, spices, Butterbuds, mustard, lemon juice, vinegar, and condiments such as ketchup, taco sauce, salsa and soy sauce
- ✓ Practice portion control by serving smaller portions and limiting second helpings
- ✓ Make healthy choices when eating out
- ✓ Contact Registered Dietitian as needed for assistance

CARBOHYDRATE COUNTING

A Carbohydrate = A Carbohydrate = A Carbohydrate

EXCHANGES:	GRAMS OF CARB:
Bread	15
Fruit	15
Milk	12
Vegetables	5

1 Bread = 1 Fruit = 1 Milk = 3 Vegetables

- ✓ Eat the same amount of carbohydrate at the same time each day
- ✓ How much carbohydrate should you eat? A place to start is about 45-60 grams of carbohydrate per meal. However, you may need more or less carbohydrate at meals depending on how you manage your diabetes. A dietitian can help you plan your carbohydrates per meal that best fits for your needs
- ✓ Have a good protein source each time you eat such as a meat or dairy food
- ✓ Meat and fat have no carbohydrate, therefore the allotted portions can be moved around
- ✓ It is recommended that you still get at least 3 servings of vegetables and 2 servings of fruit each day
- ✓ Eat less fat to decrease your risk of developing heart disease
- ✓ Fiber in foods may help to lower your blood glucose and blood cholesterol levels
- ✓ Eat the right amount of calories to help you reach and stay at a healthy weight
- ✓ Use salt and sodium in moderation to remain healthy
- ✓ Eat less sugar because it is only a source of “empty calories” and adds no vitamins or minerals to your diet

MAKING ADJUSTMENTS:

This table can help you count the carbohydrate choices using the information you have available on food labels:

Carbohydrate Choices	Target Total Grams of Carbohydrate	Range of Total Grams of Carbohydrate
1	15	8 - 22 Grams
2	30	23 - 37 Grams
3	45	38 - 52 Grams
4	60	53 - 65 Grams

You can make adjustment when you use more fiber: When there are 5 grams of fiber or more per serving, subtract these grams of fiber from the total grams of carbohydrate to determine how much carbohydrate is available.

Diabetic Diet Sample Menu

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 oz meat-1 oz LF mild turkey sausage 2 starches -1/2 cup oatmeal/ 1 waffle/2 tbsp SF syrup 1 fruit-1/2 cup blueberries 2 fats-2 teaspoons soft tub (ST) margarine Beverage-8 oz water 10:00 am Snack 1 oz meat-1/4 cup fat free cottage cheese 1 starch-6 ww crackers Beverage 8 oz-8 oz Crystal Light	1 oz meat-1 scrambled egg 2 starches-3/4 cup dry cereal, 8 oz skim Milk 1 fruit-1 small banana 2 fats-2 strips turkey bacon beverage-8 oz Crystal Light <u>10:00am snack-1 oz meat-1/4 cup chicken salad w/fat free mayonnaise, 1 starch-1 small croissant</u> 8 oz Beverage-8 oz water	1 oz meat-1 egg omelet with cooked onions and mushrooms added- 1/2 cup) 2 starches-2 slices ww bread/1 tbsp sugar free jelly 1 fruit-1/2 cup cherries free-2 teaspoon st margarine-fat free <u>beverage-8 oz water</u>	1 oz meat-1 oz ham 2 starches-1/2 cup Oatmeal, 1 waffle 1 fruit-1 small banana free-2 teaspoon ff margarine <u>beverage-10 oz water</u> 2 tbsp sf syrup <u>10:00 am snack-1 oz meat-1/4 cup chicken salad (w/ fat free mayo), 1 starch-6 ww crackers</u> 8 oz beverage-8 oz sugar free koolaid	1 oz meat-1 oz reduced fat mild Turkey sausage 2 starches-2 pancake 1 fruit-1/2 cup strawberries free-2 teaspoon st margarine ff <u>beverage-8 oz water;2 tbsp sf syrup</u> <u>10:00 am snack-1 oz meat-1 oz reduced fat turkey sausage, 1 starch-1 small biscuit, 1/2 cup strawberries/ 8 oz beverage-8 oz</u> Crystal Light	1 oz meat-1 oz breakfast pork chop (boneless) 2 starches-1/2 cup grits; 1 small biscuit 1 fruit-1/2 cup cinnamon apples free-2 tsp st margarine ff; 1 tbsp sf jelly; <u>beverage-8 oz sugar free koolaid</u> <u>10:00 am snack-1 oz meat-1 oz breakfast pork chop (boneless); 1 starch-1 small biscuit/8 oz beverage-8 oz water</u>	1 oz meat- 1 egg scrambled 2 starches-3/4 cup dry cereal, 1 cup skim milk 1 fruit-1/2 cup blue berries 2 fats-2 strips turkey bacon <u>beverage-8 oz water</u> <u>10:00 am snack-1 oz meat-1 boiled egg; free-2 tsp ff mayo; 1 starch 1 slice ww bread/8 oz beverage-8 oz water</u>
Lunch	3 oz meat-Cheddar Turkey Burgers w/ lettuce 2 starches-1 whole wheat Bun2 non- starchy vegetables- cucumber salad 1 cup/1/2 cup broccoli 1 fruit-1/2 cup peaches free-2 teaspoons mayonnaise Fat free Beverage 8 oz- 8 oz Sugar free Decaf Tea <u>2:00 pm snack</u> 1 oz meat-1/4 cup tuna salad w/fat free mayo 1 tsp;1 starch-1 ww bread Beverage 8 oz- 8 oz Sugar free Decaf Tea	3 oz meat-3 oz Ham 2 starch-2 slices ww bread/lettuce 2 non starchy vegetables-1 cup coleslaw/ 1/2 cup green beans 1fruit-1/2 cup watermelon free-2 tsp mayonnaise fat free 8 oz Beverage-8 oz Crystal Light <u>2 pm snack-2 oz meat-luncheon meat; 1 starch-1 ww bread; free-2 tsp ff mayo/ 8 oz Beverage-8 oz water</u>	3 oz meat-3/4 cup tuna salad on lettuce 2 starch-20 baked chips 2 non starchy vegetable-1 cup beet salad 1 fruit-1/2 cup sf canned apricots free-2 tsp mayonnaise fat free mayo in tuna 8 oz beverage-8 oz sf decaf tea	3 oz meat-3 oz roast beef 2 starches-2 slices ww bread 2 non starchy vegetables-1 cup coleslaw, 1/2 cup Italian mix veggies 1 fruit-1/2 cup peaches free-2 teaspoons ff mayo 8 oz beverage-8 oz sugar free tea	3 oz meat-3 oz meatloaf/no tomato sauce/catsup 2 starches-2 slices ww bread 2 non starchy vegetables-1 cup carrots 1 fruit-1/2 cup fruit cocktail free-1 tbsp FF mayo, 1 tsp st ff margarine 8 oz beverage-8 oz Crystal Light	3 oz meat-3 oz ham salad w ff mayo 2 starches-2 slices ww bread 2 non starchy vegetables-1 cup broccoli salad/1/2 cup asparagus 1 fruit-blushing pears 2 halves free-2 tsp ff mayonnaise (in ham salad) <u>8 oz beverage-8 oz sf decaf tea</u>	Chef Salad-3 oz meat- 2 oz meat, 1 oz reduced fat cheese/2 starches-12 crackers 2 non starchy vegetables-1 cup lettuce, 1 cup cucumbers and raw carrots-mixed together to equal 1 cup 1 fruit-1/2 cup strawberries free-2 tbsp fat free dressing 8 oz beverage-8 oz water <u>2 pm snack- 2 oz meat- 1/2 cup ff cottage cheese; 1 starch 6 ww crackers/8 oz beverage-8 oz water</u>

Diabetic Diet Sample Menu

Dinner	3 oz meat- Grilled chicken 2 starches -1/2 cup macaroni salad/roll 1 2 non-starchy vegetables-1 cup cooked carrots 1 fruit-1/2 cup honeydew melon free-2 teaspoon ST margarine fat free Beverage 8 oz- 8 oz sugar free koolaid	3 oz meat- Chicken Casserole 1 ¼ cup (counts as 3 oz meat and 2 starches) 2 non starchy vegetables-2cup tossed salad 1 fruit-1/2 cup cinnamon apples free-2 tbsps salad dressing fat free 8 oz beverage-8 oz sugar free decaf tea	3 oz meat-3 oz Baked turkey 2 starch-1 cup baked sweet potato 2 non starchy vegetables-1 cup green beans 1 fruit-1/2 cup pineapple free-2 tsp st margarine fat free 8 oz beverage-8 oz water	3 oz meat-3 oz Baked fish w/lemon 2 starches-1/2 cup Pea salad w/ ff mayo, ½ cup wild rice 2 non starchy vegetables-1 cup asparagus 1 fruit-1/2 cup apple slices free-2 teaspoon st margarine ff 8 oz beverage-8 oz sf decaf tea 8 oz beverage-8 oz sugar free koolaid	3 oz meat-3 oz Baked Pork Chop 2 starches-1/2 cup Scalloped potatoes, 1 roll 2 non starchy vegetables-1 cup asparagus 1 fruit-1/2 cup apple slices free-2 teaspoon st margarine ff 8 oz beverage-8 oz sf decaf tea	3 oz meat-3 oz Roast Beef 2 starches-1/2 cup potatoes; 1 roll 3 non starchy vegetables-1 ½ cups carrots and onions 1 fruit-1/2 cup fruit cocktail free-2 teaspoon st margarine ff 8 oz beverage-8 oz sf decaf tea	3 oz meat-Baked Chicken 2 starches-1 small baked potato, 1 slice ww garlic toast (w/ff st margarine) 2 non starchy vegetables-1 cup Italian mixed vegetables 1 fruit-1/2 cup pineapple;free-2 teaspoon st ff margarine; 8 oz beverage-8 oz sugar free decaf tea
Snack	2 oz meat- luncheon meat fat free,1 starch- 1 ww bread,2 tsp ff mayo/1 fruit- 1/2 cup peaches Beverage 8 oz- 8 oz water	3 oz meat-Ham; 1 starch-1 ww bread, 2 tsp ff mayo 8 oz beverage-8 oz water	2 oz meat-baked turkey; 1 starch-1 ww bread, free-2 tsp st ff mayo 8 oz beverage-8 oz Crystal Light	2 oz meat-2 oz roast beef, 1 starch 1 slice ww bread, mustard 8 oz beverage-8 oz water	2 oz meat-meatloaf no tomato sauce/catsup; 1 starch-1 slice ww bread; free-2 tsp ff mayo 8 oz beverage-8 oz water	3 oz meat-3/4 cup ham salad w/ff mayo; 1 starch1 ww bread 8 oz beverage-8 oz water	2 oz meat-1/2 cup ham salad w/ 2tspff mayo in salad, 1slice ww bread 8 oz beverage-8 oz Crystal Light

*Sample menu is an 1800 calorie consistent carbohydrate menu 45-60 grams carbohydrates with meal, 15-30 grams carbohydrates with snack

No Concentrated Sweets Diet**Dairy**

3 servings per day
 1 serving = 1 cup
 skim, 1%, or
 buttermilk OR
 6 oz. fat free yogurt

**Vegetables**

2 servings per day

1 serving = 1 cup raw or $\frac{1}{2}$ cup cooked
 Asparagus, green beans, beets, broccoli,
 Brussel sprouts, cabbage,
 greens, carrots, cauliflower, celery,
 cucumbers, mushrooms, onions,
 peppers, radishes, salad greens, spinach,
 summer squash, tomatoes,
 tomato juice, vegetable juice, turnips,
 zucchini

**Protein**

5-6 oz. per day

1 serving =
 3 oz. baked, broiled, roasted meat, pork,
 fish, or poultry
 $\frac{1}{2}$ - $\frac{3}{4}$ cup dried beans or peas
 $\frac{3}{4}$ cup cottage cheese
 1 egg

**Fruit**

3-4 servings per day

1 serving = $\frac{1}{2}$ cup fruit or juice (limit)
 Apples, applesauce, apricots, banana,
 all berries, cantaloupe, cherries, dates,
 figs, fruit cocktail, grapes, honeydew,
 kiwi, oranges, mango, papaya, peaches,
 pears, pineapple, plums, raisins,
 watermelon; Juice-apple, cranberry,
 grape, orange, pineapple, prune and all
 juice blends.

Fresh, frozen, or canned packed in
 juice and/or no sugar added.

**Grains & Starchy****Vegetables/Foods**

4-6 servings per day

1 serving = $\frac{1}{2}$ cup, 1 slice, or 6 crackers
 Green peas, all types of potatoes,
 crackers, all breads, cereals, rice,
 tortillas, chips, popcorn, acorn squash,
 butternut squash, corn, pasta



No Concentrated Sweets Diet

Meat and Meat Substitutes

- Choose fish and poultry more often, remove the skin from poultry
- Select lean cuts of beef, veal, and pork
- Trim all visible fat from meat
- Bake, roast, broil, and grill instead of frying

Grains, Starchy Vegetables, and Starchy Foods

- Choose whole grain foods with 3-5 grams of fiber per serving
- Eat more low fat breads
- For snacks try pretzels or reduced fat popcorn
- Choose beans as a good source of fiber

Fruits

- Choose fresh fruits more often
- Choose frozen fruits without sugar added
- Choose canned fruits packed in juice without sugar added
- Limit juices to one serving per day. Choose 100% fruit juices without sugar added

Vegetables

- Choose fresh or frozen vegetables over canned
- Prepare vegetables without added sauces, fats, or salt
- Choose more dark green, deep yellow, and red vegetables

Dairy

- Choose low fat or nonfat dairy products such as skim or 1%
- Choose nonfat or low fat yogurt
- Choose yogurt without added sugar

Fats

- 4- 6 servings per day of unsaturated fats (fats do not appear on the MyPlate but it is important to know how much to plan into a healthy menu)
- Fats include: margarine, mayonnaise, oil (1 teaspoon is one serving), salad dressing, sour cream, cream cheese, reduced fat margarine, reduced fat mayonnaise (1 tablespoon is one serving), reduced fat salad dressing, reduced fat sour cream, reduced fat cream cheese (2 tablespoons is one serving), bacon (1 slice is one serving)

Important guidelines to know:

- Eat on time. Meals should be no more than 4-5 hours apart and should be eaten at the same time each day. Try not to skip meals.
- Measure your foods to learn portion sizes. Eat all the food allowed, don't eat more or less. Snacking between meals should be a planned part of your meal plan. Fruit is not a free food.
- Limit sugars and sweets. Avoid using a lot of "diabetic" or "fat free foods" as they can be expensive and full of sugar and (empty) calories.
- Reduce saturated fat and salt intake.
- Increase fiber in diet by including more whole grain breads and cereals, fruits and vegetables.
- If you are overweight, losing weight can help control your blood sugar.
- Read the food labels. The total amount of carbohydrate on the nutrition label tells you how much carbohydrate (sugar) is in 1 serving.
- Exercise plays an important part in controlling blood sugar. Regular exercise also helps you to feel better physically and emotionally.
- The food that is good for you is good for your family and friends.

The "No Concentrated Sweets Diet" may also be used for a "Portion Controlled Diet" by following the servings per day and the portion sizes listed for the foods.

No Concentrated Sweets Sample Menu

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 egg scrambled 1 ww toast ¾ c dry cereal ½ c blue berries 2 tsp st margarine 1 c skim milk 1 tbsp sugar free jelly Coffee/water	1 waffle ½ c Oatmeal ½ c strawberries 1 c skim milk 2 tsp st margarine 1 tbsp sugar free jelly 1 c skim milk Coffee/water	¾ c dry cereal 1 slice ww toast ½ c orange juice 2 tsp st margarine 1 tbsp sugar free jelly 1 c skim milk Coffee	½ c Oatmeal 1 small croissant 1 small banana 1 c skim milk 1 tbsp SF jelly 2 tsp st margarine Coffee	1 oz Pork Tenderloin ½ c grits 1 small biscuit ½ c cinnamon applesauce 2 tsp st margarine 1 tbsp SF jelly 1 c skim milk	1 egg omelet with ¼ c cheese, ¼ c mushrooms, ¼ c onions 1 slice ww toast ½ c apple juice 2 tsp st margarine 1 tbsp SF jelly 1 c skim milk	1 egg scrambled 1 small biscuit ½ c peaches 2 tsp st margarine 1 sf tbsp jelly 1 c skim milk Coffee/water
Lunch	Ham Sandwich w/ 3 oz ham 2 slices ww bread 1 c marinated beet salad ½ c peaches 1 tbsp FF mayo/mustard 1 c Skim Milk Water/ sugar free Tea	3 oz. BBQ Pork 1 ww bun 1 c Coleslaw ½ c pineapple 1 c Skim Milk Water/sugar free Tea	1 c Taco Soup 1 c Asparagus Salad ½ c watermelon 1 sm cornbread square 2 tsp st margarine 1 c skim milk SF Koolaid	3 oz. Chicken salad sandwich 2 slices ww bread 1 c Tomato/onion salad ½ c cantaloupe 1 c Skim Milk Crystal Light	3 oz. Tuna Salad sandwich 2 slices ww bread 1 c Tossed Salad 2 FF tbsp dressing 1 sm orange 1 c Skim Milk SF Tea/water	3 oz. Ham salad sandwich 2 sliced ww bread 1 c Marinated cucumber salad ½ cup cherries 1 c Skim Milk SF Koolaid	3 oz. Turkey Sandwich 2 slices ww bread 1 c Vegetable soup (made w/o potatoes, peas, or corn) Lettuce/tomato ½ c pineapple 1 tbsp mayo/mustard 1 c Skim Milk
Dinner	3 oz. Baked Turkey ½ c Sweet Potatoes 1 c green beans ½ c fruit cocktail 1 ww roll/2 tsp st margarine Water/sugar free Tea	1 c Chili Pasta Skillet 1 c Tossed Salad/2 tbsp FF salad dressing/ ½ c pears 1 sm square cornbread 2 tsp st margarine Sugar free Lemonade/water	3 oz. Hamburger Steak w/ 1/8 c gravy 1 sm baked potato 1 c Broccoli ½ c Mixed fruits 1 ww roll/2 tsp st margarine SF Tea/water	3 oz. Baked Pork Chops ½ c mashed potatoes 1 c California Mixed Veggies ½ c Peaches 1 ww roll/2 tsp st margarine SF Tea/water	3 oz. Grilled Chicken ½ c Rice 1 c Asian Veggies ½ c Kiwi 1 roll 2 tsp st margarine Water	3 oz. Pecan Breaded Fish 10 Baked French Fries 1 c Coleslaw ½ c tropical fruit mix 1 tbsp Tartar Sauce 1 ww roll/1 tsp st margarine SF Lemonade	3 oz. Roast Beef (cooked w/ potatoes & carrots) ½ c Potatoes 1 c Carrots ½ c fruit cocktail Roll 1 2 tsp st margarine Water/sf tea
Snack	3 Graham crackers ½ c cooked apples	½ c strawberries 6 oz SF FF yogurt	3 Graham crackers 1 c skim milk	5 vanilla wafers 1 c skim milk	½ c blueberries 6 oz SF yogurt	1-2 inch square angel food cake ½ c tropical fruit	1-2 inch square pound cake 1 c skim milk

GASTROESOPHAGEAL REFLUX DISEASE (GERD) DIET



Why is a GERD diet important?

Gastroesophageal Reflux Disease (GERD) happens when food and stomach acid come back up into the esophagus. GERD is also called heartburn or reflux. GERD can be caused by the weakening of the muscle at the end of the esophagus and this allows the food and stomach acid to splash back up into the esophagus. Heartburn, indigestion, chest discomfort, hoarseness, cough, and at times shortness of breath may be signs of GERD. A number of things including some foods may cause GERD.

GERD DIET FOOD GUIDE

These foods may need to be avoided if they make reflux worse:

- | | |
|---------------------------|----------------------------|
| ✓ Fatty or fried foods | ✓ Peppermint and spearmint |
| ✓ Spicy foods | ✓ Citrus fruits and juices |
| ✓ High fat dairy products | ✓ Caffeine |
| ✓ Chocolate | ✓ Carbonated beverages |

The following foods may be helpful:

- ✓ Low fat high protein foods (lean meats with less than 3 grams of fat, water packed tuna)
- ✓ 1% or less fat dairy products (low fat cheese or yogurt)
- ✓ Low fat carbohydrates (bread, cereal, pasta, crackers)
- ✓ Foods with calcium such as low fat milk, low fat yogurt, sherbet

ADDITIONAL TIPS

- ✓ Eat small meals 5-6 times a day
- ✓ Sit up for 30 minutes to an hour after eating
- ✓ Don't bend over or pick up heavy things after eating
- ✓ Avoid eating within 1-2 hours of bedtime
- ✓ Raise the head of the bed 6-8 inches using blocks or bed risers
- ✓ Wear clothes that are loose and comfortable
- ✓ Lose weight if overweight and exercise on a regular basis
- ✓ Cut back or stop smoking
- ✓ Cut back on chewing gum and hard candy, which can cause air to be swallowed and increase reflux

Positioning

Individuals who have reflux or a history of aspiration pneumonia and cannot position themselves, especially at night, may benefit from consulting with an occupational or physical therapist. Individuals can also be referred for custom positioning needs to DIDD Seating and Positioning Clinic.

GERD Sample Menu

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 oz LF turkey sausage 1 waffle w/1 tbsp syrup 1/2 c oatmeal 1/2 c blueberries 2 tsp st margarine 1 c skim milk water	1 scrambled egg 3/4 c dry cereal 1 slice ww toast 1 sm banana 1 strip turkey bacon 1 tsp st margarine 1 tbsp Jelly 1 c skim milk Water	1 egg omelet with 1/4 c cooked onion/mushroom 2 slices ww bread/jelly 1/2 c cherries 2 tsp st margarine 1 cup skim milk water	1 Cheese toast-1 oz low fat cheese/1 slice ww bread 1/2 c cream of wheat 1/2 c pears 2 tsp st margarine 1 tbsp jelly 1 c skim milk	1 pancake w/1 tbsp syrup 3/4 c dry cereal 1/2 c strawberries 2 tsp st margarine 1 c skim milk water	1 oz breakfast pork chop 1/2 c grits 1sm biscuit 1/2 c cinnamon cooked apples 2 tsp st margarine 1 tbsp jelly 1 c skim milk Water	3/4 c dry cereal 1 sm croissant 1/2 c blue berries 2 tsp st margarine 1 tbsp jelly 1 c skim milk water
Lunch	3 oz. Cheddar Turkey Burger 1 ww Bun lettuce/tomato 1 c cucumber salad 1/2 c Broccoli 1/2 c peaches 2 tsp mayonnaise 1 c Skim Milk Decaf Tea	3 oz. Ham Sandwich 2 slices ww bread lettuce/tomato 1 c coleslaw 1/2 c green Beans 1/2 c watermelon 2 tsp mayonnaise 1 c skim milk water	3/4 cup tuna salad on lettuce/tomato 12 crackers 1 c beet salad 1/2 c canned apricots 1 c skim milk Decaf Tea	3 oz. Turkey Sandwich 2 slices ww bread lettuce/tomato 1 c tomato/onion salad 1/2 c cooked zucchini 1/2 c strawberries 2 tsp mayonnaise 1 c Skim Milk	3 oz. Meat loaf sandwich 2 slice ww bread/cup carrots 1/2 cup Fruit cocktail 2 tbsp FF mayo 1 cup skim milk water	3 oz. Ham Salad Sandwich 2 slices ww bread Lettuce/tomato 1 c broccoli salad 2 Blushing pears halves 1 cup skim milk Decaf Tea	Chef Salad-w/ 2 oz meat, 1 oz cheese, 1 c of lettuce, 1 c tomatoes, cucumbers, raw carrots-mixed together to equal 1 cup 12 crackers 1/2 c strawberries 2 tbsp fat free dressing 1 c skim milk
Dinner	3 oz. Grilled Chicken 1/2 c ww macaroni & cheese 1c broccoli 1/2 c honeydew melon 1 roll/2 tsp st margarine 1 cup skim milk	1 1/4 c Chicken Casserole 2 c tossed salad 1/2 c cinnamon apples 2 tbsp salad dressing 1 c skim milk Decaf Tea	3 oz Baked Turkey 1 c baked sweet potato 1 c green beans 1/2 c pineapple 2 tsp st margarine 1 cup skim milk water	3 oz. Meatloaf 1 c mashed potatoes 1 c California Mixed Vegetables 1/2 c cantaloupe 2 tsp st margarine 1 c skim milk	3 oz. Baked Pork Chop 1/2 c Scalloped potatoes-homemade not from a box 1 c asparagus 1/2 c orange slices 1 roll 2 tsp st margarine 1 c skim milk Decaf Tea	3 oz. Roast Beef 1/2 c potatoes 1 c carrots and onions 1/2 c fruit cocktail 1 Roll/ 2 tsp st margarine 1 c skim milk Decaf Tea	1 c Spaghetti sauce w/meat, 1/4 c parmesan cheese 1/2 c spaghetti noodles 1 c Italian mixed vegetables 1/2 c pineapple 1 slice ww garlic toast 1 tsp st margarine Decaf Tea/water
Snack (water with all)	3 Graham crackers	1/2 c FF ice cream	3 Graham crackers 1/2 c cherries	1/2 c tuna salad 6 crackers	6 oz fat free yogurt	1 small banana water	5 vanilla wafers 1/2 cup van. pudding



HIGH FIBER DIET

Why is eating enough fiber important?

- ✓ Fiber is important to the body to help prevent constipation
- ✓ Fiber can help to lower cholesterol
- ✓ Fiber may reduce risk of some kinds of cancer
- ✓ Fiber can help with blood sugar control
- ✓ Fiber can assist with weight loss

How do I increase fiber in the diet?

- ✓ A person should eat 25-38 grams of fiber each day
- ✓ Increase the fiber in your diet gradually
- ✓ Add unprocessed bran or a high fiber cereal such as All Bran to low fiber foods such as yogurt or other dry and cooked cereals
- ✓ Along with increasing fiber try to drink at least 8 cups of water every day

HIGHER FIBER FOOD CHOICES

Grains

Look for whole grain or whole wheat as the first ingredient and look for grain products with 3 or more grams of fiber per serving.

- Whole grain breads, muffins, bagels, rye bread, whole wheat crackers
- Whole grain or bran cereal such as: All Bran, Bran Buds, Raisin Bran, 100% Bran, Oat Bran, grits, oatmeal
- Whole wheat pasta, brown rice

Vegetables

- All vegetables: especially celery, asparagus, broccoli, cabbage, carrots, cauliflower, squash, greens, green pepper, onions, tomatoes

Fruits

- All fruit: especially apples, bananas, berries, oranges, peach, pear, grapefruit, raisins, prunes

Milk

- Yogurt with fresh fruit, whole grain or bran cereals, nuts, and seeds added

Meat and Protein

- All beans and peas: especially kidney, lima, pinto
- All nuts and seeds: especially almonds, cashews, walnuts, sunflower

Snacks and Desserts

- Whole wheat pretzels, popcorn or trail mix made with dried fruit, nuts, and seeds
- Cakes, breads, and cookies made with oatmeal, bran and nuts

In addition to making the right food choices, it's also important to:

- | | |
|---|---|
| <ul style="list-style-type: none"> ✓ Read food labels checking for foods high in fiber ✓ Include whole grain breads and cereals, fruits, and vegetables ✓ Include dry beans and peas | <ul style="list-style-type: none"> ✓ Include high fiber snacks such as fresh vegetables, fruit or popcorn ✓ Drink plenty of fluids each day ✓ Exercise regularly ✓ Make healthy choices when eating out |
|---|---|

High Fiber Recipes

Some foods are natural laxatives. Listed below are some recipes to help reduce constipation. Remember to add extra water when using these recipes or for any medicine that is a laxative.

Fruit and Bran

1 cup bran (wheat bran or 100% bran is best)

2/3 cup applesauce

1/3 cup prune juice or orange juice

Mix together. Eat 3 times a day or as needed to help promote bowel movements. *This tastes good on toast!*

Fruit Butter

1 cup raisins (soaked in water overnight, then drain)

1 cup pitted prunes

2 tablespoons honey

1 ½ teaspoons vanilla

1 ½ cups apple juice

Puree all of the above ingredients together. Give 2 1/2 ounces of fruit butter per day, followed by 1/2 cup of water. When beginning, it is best to start with a small amount and work your way up to the full dose.

This can be served with breakfast, snacks, or the evening meal. May be mixed with cereal at breakfast.

Prune Fluff

1 cup prune juice

2-2 ½ ounces raisins

18 ½ ounces prunes

Combine ingredients and mix in blender until smooth. Store in refrigerator.

Power Pudding

1 cup applesauce

1 cup unprocessed bran (example Miller's unprocessed bran)

½ cup prune juice

Combine ingredients and mix in blender until smooth. Serve 2 tablespoons and drink a cup of water with power pudding serving. Store in the refrigerator

HOW TO MANAGE CONSTIPATION



What can cause constipation?

- ✓ Not drinking enough water and other liquids
 - Most adults lose about 10 cups of water every day; therefore, the water needs to be replaced!
- ✓ Not getting enough exercise
- ✓ Medications
- ✓ A diet low in fiber
- ✓ Poor muscle tone (Down Syndrome) or high muscle tone (cerebral palsy)
- ✓ Taking too many laxatives

Side effects of constipation?

- ✓ Dehydration
- ✓ Impaction
- ✓ Bowel obstruction
- ✓ Increased seizures
- ✓ Individuals with intellectual disabilities can experience serious consequences when constipation leads to a bowel obstruction. This situation can be life threatening.

Ways to decrease constipation?

- ✓ Drink at least 8 to 10 (8 ounce) cups of water and liquids each day. Most of the liquids you drink should be water.
 - Add extra water when it is hot, when you are sick, and/or when your diet is high in fiber.
 - Caffeine should be limited because it can cause water loss.
 - Hot beverages, (even hot water), will sometimes stimulate a bowel movement.
- ✓ Eat at about the same time each day and do not skip meals.
- ✓ Eat a diet that is high in fiber. High fiber foods include whole grain breads and cereals, fruits and vegetables (raw is best but canned or cooked can be used), dried fruits, and dry beans.
- ✓ Add daily exercise since this helps with bowel regularity.
- ✓ Get plenty of sleep.
- ✓ Allow enough time for a bowel movement and make sure individuals who need physical support are well positioned when using the toilet.
- ✓ Lying over a firm pillow on stomach can help with constipation by providing gentle pressure.
- ✓ Individuals who cannot position themselves on their stomach may benefit from a custom position called quadruped on forearms. Contact a regional occupational or physical therapist or one of the DIDD Seating and Positioning Clinics for more information.

Fluids and Water



Key Points:

- Water is important for life.
- Over half of our body is made up of water. Even our bones contain water. To keep our body running, we need a daily supply of water.
- Most people lose about 10 cups of water a day. You need to replace the lost water each day. The more water you lose, the more you need to drink.
- When you are sick, constipated, exercising, or it is hot outside you need to add extra water. If you eat a diet high in fiber, you need extra water.
- Being thirsty tells us to get a drink, but thirst is not always a reliable signal that your body needs water.
- So drink plenty of liquids each day.

Water Loss:	
Urine	4-6 cups
Perspiration	2-4 cups
Breathing	1 ½ cups
Feces	2/3 cup

Water Gain:	
Water and other fluids	4-6 ½ cups
Solid Food	3-4 1/3 cups
Water the body makes	¾-1 1/3 cups

How much?

- Drink at least 8-10 (8 ounce) cups of water eat day
- Juice, milk, and beverages such as flavored water have a lot of water and may be counted toward the daily water amount.
- Some solid foods do have water in them but this can be difficult to count. Just make sure to get enough water through beverages.

Not drinking enough water?

- If a person doesn't want to drink try offering favorite beverages.
- Beverages can be flavored with fruit or flavorings such as vanilla and caramel.
- Try offering a favorite beverage whenever you are thirsty and get something to drink.

Caffeine or No Caffeine?

- Caffeine containing beverages (coffee, tea, soft drinks, chocolate drinks) should be limited.
- Caffeine causes the body to lose water; beverages without caffeine do not cause the body to lose water.

High Fiber Sample Menu

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	¾ c Bran Cereal 1 ww toast ½ cup blue berries 1 tbsp jelly 2 tsp st margarine 1 c low fat milk Coffee	½ c grits 1 scrambled eggs 1 small biscuit 1 slice turkey bacon 1 tsp st marg 1 tbsp jelly ½ c cooked apples 1 c low fat milk/coffee	¾ c high fiber cereal 1 blueberry muffin ½ c apricots 2 tsp st margarine 1 tsp sf jelly 1 c low fat milk coffee	½ c cream of wheat 1 tbsp peanut butter spread on 1 slice ww toast 1 sm banana 1 tsp st margarine 1 c low fat milk coffee	1 Egg omelet w/ ¼ c onions and ¼ c mushrooms 2 ww toast ½ c Kiwi 2 tsp st margarine 1tbsp sf jelly Skim milk 1 cup Coffee/water	1 Egg-scrambled 1 small bran muffin ½ cup peaches 2 tsp st margarine ½ cup old fashioned oatmeal 1 cup skim milk Coffee/water	Whole wheat Waffles 1 1/2 cup cream of wheat 1 slice turkey bacon 1tsp st marg/2 tbsp sf syrup ½ cup applesauce 1 cup skim milk coffee
Lunch	Grilled chicken strips 3 oz 2 slices ww bread 1 tbsp lite mayo/mustard 1 c Greek cucumber salad (see recipe)/lettuce/tomato 1 small banana Sf soft drink/water	1 cup Manicotti (see recipe) Garlic bread 1 slice w/2 tsp st Marg/1 tsp garlic powder 1 cup tossed salad w/2 tbsp ff salad dressing ½ cup peaches Sf tea/water	BBQ 3 oz on 1 sm ww bun Coleslaw 1 cup Cherries ½ cup Sf soft drink water	Chicken salad ¾ cup 2 slices ww bread Beet salad 1 cup Tropical fruit mix ½ cup Lettuce/tomato Sf lemonade/water	Hamburger 3 oz (96% lean, 4% fat) w/ww bun 1 cup lettuce/tomato/onion 2 tbsp lite mayo/mustard ½ cup cantaloupe Sf tea/water 1 cup asparagus salad	Turkey sandwich 3 oz 2 slices ww bread 1 cup marinated tomatoes/onion salad ½ cup pears 2 tbsp lite mayo/mustard water	Grilled cheese Sandwich 3 oz 2 slices ww bread made w/pam 1 c homemade Veggie soup ½ cup mixed fruit Sf tea
Dinner	Baked pork chop 3 oz ½ cup brown rice 1 cup spinach 1 ww roll/2 tsp st marg ½ cup cantaloupe Sf tea/water	Homemade turkey pot pie 1/6 th of recipe 1 cup carrots Cornbread 1 sm square Watermelon ½ cup 1 tsp st marg/Crystal Light	Herbed lean steak 3 oz Broccoli 1 cup Corn ½ cup Ww roll 1 2 tsp st marg Kiwi ½ cup Sf tea/water	Lasagna 1 cup Tossed salad/2 tbsp ff salad dressing Ww roll 1 1 tsp st marg Pears ½ cup Sf tea	Herbed turkey cutlets 3 oz Pinto bean ½ cup Beet salad 1 cup Cornbread 1 sm square 2 tsp st margarine Sliced apples ½ cup Sf lemonade	3 oz baked tilapia ½ cup homemade mac & cheese made with ww macaroni/1 cup broccoli 1 roll/2 tsp st marg ½ cup mandarin oranges/ sf tea	Ground Beef Burrito 1 burrito 1 cup tossed salad/2 tbsp lite salad dressing ½ cup kiwi Skim milk 1 cup

Calcium

Key points:

- Calcium is a mineral that our bodies need.
- Calcium helps to keep our bones and teeth strong.
- Our muscles also need calcium to work right and one of the biggest muscles in our body is the heart. Without calcium the heart would have trouble beating.
- Calcium helps the nerves to send messages to the brain and help your blood to clot.
- If you do not get enough calcium, the body will take the calcium from your bones to keep the heart and muscles working. This weakens your bones and causes them to break easily.

**Calcium Rich Foods**

Milk: whole, 2%, 1%, skim, chocolate

Cheese, Cottage cheese, Yogurt

Broccoli, Collard greens, Turnip greens, Kale, Bok choy, Dry beans

Foods that have calcium added: cereal, orange juice, soymilk, tofu

Foods made with milk: pudding, ice cream, and frozen yogurt

Tips for Adding Calcium to the Diet

- Eat cereals with milk for breakfast or snacks.
- Drink milk with meals or snacks.
- Use milk to fix cream soups and oatmeal in place of water.
- Yogurt makes a great snack.
- Add cheese to foods such as tacos and sandwiches.
- Add cheese to vegetables such as broccoli or potatoes
- Use dried milk in sauces, casseroles, and even in regular milk for extra calcium.

Iron

Key Points

- Iron is a mineral that your body has to have.
- Iron is part of the blood and it carries oxygen from your lungs to every part of your body.
- Too little iron in the body may cause you to become anemic.
- Signs of anemia include feeling tired all the time, being too weak to do things, and just not feeling well.

How much iron do you need?	
Males	Iron (milligrams needed daily)
11-18 years	12
19+ years	10
Females	
11-50 years	15
51+ years	10

Iron Rich Foods

- Beef, pork, liver, fish, and eggs
- Meat, poultry and fish contain iron that the body can use better than the iron found in fruits and vegetables.
- Eating meat with fruits and vegetables helps to get more iron out of the fruits and vegetables.
- Raisins, prunes, and prune juice
- Eating oranges, cantaloupe, green peppers, and broccoli (these foods are high in Vitamin C) along with iron rich foods will help your body take in more iron.
- Coffee, tea, and other drinks with caffeine may cut back on the iron your body can use; so drink them in between meals, not with meals.
- Cereals that have iron added to the cereal. Pick foods that have iron added to them such as flour and cereals. If the food has added iron the label will tell you.
- Lima beans, dry beans, green peas, and dry peas
- Collard greens, mustard greens, turnip greens, broccoli, cauliflower, Brussels sprouts
- Cooking foods with tomato sauce or vinegar in iron pots or pans helps add iron to the food.



Potassium

Key Points

- Potassium is a mineral that your body has to have.
- Potassium helps control the water in the body.
- Potassium is needed to keep the blood pressure normal.
- Potassium help muscles contract and nerves to function normally.
- Your body may need more potassium if your potassium is low, you have high blood pressure, or you take certain medicines that cause the body to lose potassium.
- Your body may need less potassium if your potassium is high or you have kidney disease.

Foods High in Potassium

Fruits

Apricots
Avocado
Banana
Cantaloupe
Dates
Figs, dried
Grapefruit juice
Honeydew
Kiwi
Mango
Nectarine
Orange
Orange juice
Papaya
Pomegranate
Pomegranate juice
Prunes
Prune juice
Raisins

Vegetables

Acorn squash
Artichoke
Bamboo shoots
Beets
Black beans
Broccoli
Brussels sprouts
Chinese cabbage
Carrots
Dried beans and peas
Greens (except kale)
Hubbard squash
Kohlrabi
Lentils
Legumes
Mushrooms, canned
Parsnips
Potatoes, white and sweet
Pumpkin
Rutabagas
Spinach
Tomatoes
Tomato products
Vegetable juices

Other Foods

Baked beans
Bran/bran products
Chocolate
Granola
Milk
Molasses
Nuts and seeds
Peanut butter
Refried beans
Salt substitute
Lite salt
Salt free broth
Yogurt



Nutritional supplements: use only under the direction of your doctor or dietitian

Section III:

DIETARY TOOLS, SUPPORTS AND GUIDELINES



DIETARY TOOLS, SUPPORTS AND GUIDELINES

To successfully plan, prepare and follow a doctor prescribed diet as well as practice healthy eating habits, you need the right tools. In the sections to follow you will find information and guidelines on food budgeting, how to plan menus, grocery shopping and reading food labels, and meal preparation. Additional tools in this resource guide include food safety and food preparation, proper food storage, and tips on eating away from home.

FOOD BUDGETING TIPS

- ✓ Make a list of foods needed based on your **menus** and stick with it.
- ✓ Shop at a store that gives you the best price and quality for products you typically buy.
- ✓ Avoid shopping when you're **tired, hungry, or rushed**. You may end up spending more money or fail to purchase needed items.
- ✓ **Unit pricing** can help to find best buys. The unit price is on the shelf edge, directly below or above the item. Compare the unit price (cost per ounce, pound, or pint) of foods.
- ✓ Use grocery receipts to help keep track of food costs.



- ✓ Look for specials in the newspaper ads for the stores where you shop. Use **coupons** for products you usually buy.
- ✓ Stock up on store specials such as day-old bread, in **reasonable amounts**. Keep in mind the sell-by-date and length of storage time on quality, flavor, texture, and nutritional value.
- ✓ Buy **store brand** and **generic** items. They usually cost less than name brands, but taste as good and generally have the same nutritional value.

- ✓ **Plan purchases from the Meat/Protein group first, since the largest share of food dollars goes for meats.**
 - Look for specials at the meat counter and buy cuts of meat on sale.
 - Buy chuck or bottom round roast instead of sirloin. These cuts usually cost less.
 - If you have the time buy whole chickens and cut them into serving size pieces, otherwise buy chicken already cut up.
 - Consider the price per serving. (A serving usually is 2-3 ounces and should provide approximately 20 grams of protein).
 - Substituting dry beans and peas for meat, poultry, or fish will reduce cost.



- ✓ **Salad bars and pre-packaged salad** ingredients can be costly. Buy only those items you need in small amounts. Pick up basic ingredients (lettuce, cabbage, peppers, tomatoes, celery, carrots, cucumbers, onions) in the produce section of the store.
- ✓ Instead of packing single servings of canned fruit, chips, puddings, gelatin, and snacks in lunches, buy these foods in larger amounts and **portion out** into single servings.
- ✓ Compare fresh, frozen, and canned foods to see which is cheapest. Large bags of frozen vegetables are often bargains and you can cook just the amount you need.

- ✓ **Nonfat dry milk** is the least expensive way to buy milk. Mix it several hours ahead and refrigerate it so it can get cold before drinking. Buying fresh milk in large containers ($\frac{1}{2}$ to 1 gallon) generally costs less than quarts; however, occasionally stores will have specials on quarts of milk.
- ✓ **Bulk foods**, (or foods sold in large amounts), can be lower in price than similar foods sold in packages or individual servings plus you can cook just the amount you need.
- ✓ Some foods such as packaged mixes, canned vegetables, and frozen juice concentrates are good buys, while frozen dinners, vegetables with seasonings and sauces, and fancy baked goods, may be expensive. **Most convenience foods cost more than the home-prepared versions.**

Food waste is often overlooked as a factor in food costs. To cut down on food waste:

- ✓ Buy and prepare food according to menus.
- ✓ When shopping purchase perishables last (salad ingredients, frozen vegetables, meats, and dairy products) in amounts that can be used before they begin to spoil or lose their nutritional value.
- ✓ Cook large amounts and freeze in single portion servings for re-heating for another meal.
- ✓ Use leftovers in other meals. For example, if $\frac{1}{2}$ can of green beans is used for supper, the other $\frac{1}{2}$ can be added to a salad the next day.
- ✓ Plan to return home right after shopping in order to keep foods from spoiling.

Some think that doctor prescribed diets are more expensive. Often times the opposite is true. Healthier diets recommend less packaged and convenience foods with more home cooked foods in the right portion sizes, which saves money.

MENU PLANNING

Why plan menus?

- ✓ Improves compliance to doctor prescribed diets.
- ✓ Intake of calories and nutrients are likely to be more consistent making for a healthier intake.
- ✓ Saves money and helps to control the food budget.
- ✓ Saves time and effort because you have foods that you need on hand and make fewer trips to the grocery store.
- ✓ Makes grocery shopping easier and more efficient, because you have a list that is based on the menu.

Who should be involved in menu planning?

- ✓ The person (so that food preferences and nutritional needs can be included and food dislikes, intolerances, and allergies can be excluded)
- ✓ Agency staff
- ✓ Family members
- ✓ A Registered Dietitian's services if needed

How do I plan healthy menus?

1. Use menu planning form to plan menus. (See menu form on page 64)
2. The **MyPlate** should serve as a foundation when planning menus, for any type of diet. Each meal should contain a food from each food group:
 - **Grain**
 - **Vegetables (can be added to omelet at breakfast)**
 - **Fruits**
 - **Milk**
 - **Meat and Beans**
 - **Beverages—menus should specify beverages served at meals such as milk, juice, and/or water**
3. Use added fats, (soft tub margarine, mayonnaise, sour cream, gravies, oils, etc.), in moderation. Use low fat versions for weight management and low fat diets.
4. Use sweets and sugar, which include desserts, cookies, candies, sugar, jelly, syrups, regular soft drinks and high sugar drinks, in moderation.
5. **Variety** of foods should be included daily in every diet in order to provide different colors and textures of foods and fluids. This makes mealtime more enjoyable.
6. Favorite foods can be allowed on doctor prescribed diets but in moderation and/or by modifying the food. For example, oven “frying” chicken instead of deep frying.

7. Take advantage of **freezing single portion meals** to use when short on time. Add a salad and/or healthy dessert choice and a beverage to balance the meal.
8. **Involving** the person in the **preparation of meals** with supervision can be an opportunity for learning more about nutrition and healthy eating.
9. **Dividing preparation** of menu items among staff can make mealtime easier. (For example the main entrée might be prepared by one staff person while another staff person prepares the side items such as salad, vegetable, and dessert.)
10. **Plan ahead** and make menu items in advance, so they are ready to cook and serve. This will save time.
11. Make mealtime enjoyable by setting the table with colorful place mats, dishes, glasses or cups and flatware. Turn off the television and radio so the mealtime experience is **enjoyable**.

What if I need to make changes or substitutions in the menus?

- Changes/substitutions can occur for a variety of reasons such as:
 - To include food preferences
 - To exclude food allergies/intolerances
 - When a person dislikes a menu item/requests something else
 - When a menu item or beverage is unavailable
- Any changes in menus should be in compliance with the doctor prescribed diet and/or texture of the diet.
- When foods and beverages are substituted, write them in on that day's menu. You may also want to record menu changes, the date, reason for change, and what was substituted.
- When changing the menu make sure an appropriate substitution is made for whatever item or items are deleted.

How do I plan for individuals who live together who are on different diets?

So it is clear to direct support staff what foods and portions of foods to offer each individual, a separate menu for each person should be developed.

Frequently when individuals are on different diets, they are able to eat the same food item but the diets may require the food to be prepared and cooked differently. To avoid having to cook two separate meals, the best approach is to prepare food without added salt, fat, or sugar and then after the food is cooked to add seasoning allowed by the diet. For example if you are preparing food for a low fat diet and a low sodium diet, the person on a low fat diet may add salt to his food and the person on the low sodium diet may add fat to his food after cooking.

Sometimes, when menus are being developed for different diets, certain foods may have to be omitted on certain diets and appropriate substitutions made. For example ham may be served on a low calorie diet but needs to be avoided on a low sodium diet, since ham is high in sodium. A pork chop or chicken breast could be served on the low sodium diet. Another example would be regular coffee could be served on a low fat low sodium diet but should not be served on a GERD diet. Decaffeinated coffee could be served on a GERD diet.

Portions of food may be different based on the diet. For example if a person is following a low calorie diet (i.e. 1500 or 1800 calories) or carbohydrate controlled diet (i.e. 60 grams carbohydrate per meal), the menu should specify portions of each food item to assure that the menu provides the specified amount of calories or carbohydrate.

MENU

Meals	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>BREAKFAST</u> Meat/protein Grain Fruit Milk Beverage							
<u>LUNCH</u> Meat/Protein Grain Vegetable(s) Fruit Milk Beverage							
<u>DINNER</u> Meat/Protein Grain Vegetable(s) Fruit Milk Beverage							
<u>SNACK</u>							

*This is a sample. Will need to reproduce on 8 1/2 x 14 paper.



GROCERY SHOPPING

A trip to the grocery store can be confusing. Use the guidelines below to help make grocery shopping easier. Small changes in your shopping habits may make it easier to prepare healthy meals.

Before shopping:

- ✓ Use menu to develop a grocery list. Check cupboards, refrigerator and freezer to see what foods you need, and make a list of food items.
- ✓ Check recipes for ingredients you may need.
- ✓ Plan food purchases to keep amounts of fat, sugars, and sodium moderate.
- ✓ Shop on days when foods are freshest and most plentiful.
- ✓ Shopping time can be reduced by arranging your list in the same sequence as the aisles of the store.

While shopping:

- ✓ Shop the “outer perimeter” of the grocery store. Although there are healthy food choices throughout the grocery store, more fresh foods and fewer convenience and processed foods are found here.
- ✓ Read food labels.
- ✓ Check sell-by date, expiration or use-by date or pack date to assure you’re buying fresh food.
- ✓ Refer to Food Budgeting section for guidelines on reducing food costs.

After shopping:

- ✓ Store foods promptly and properly to maintain their nutritive value and quality.
- ✓ Place newer foods in the back of the refrigerator, freezer, and cabinet shelves, so older foods will be used first.
- ✓ Use perishable foods in a timely manner to avoid food waste.



Making Healthy Food Selections

The following foods are considered healthy food choices for most doctor prescribed diets. When shopping refer to sections on specific diet and real labels to make sure they are good food choices.

GRAINS

- **Whole grain** or **whole wheat** bread, higher fiber breads listing the first ingredient as whole grain, whole wheat, stone ground wheat, whole meal, cracked wheat, or rye flour. Look for whole grain breads that provide 3 or more grams of fiber per slice.
- Look for **whole grain** versions of these items: rolls, pita bread, medium-size bagels, corn and flour tortillas, French bread, and English muffins.
- Regular or quick-cooking brown rice, whole grain pasta, or egg-free noodles. If using rice and pasta mixes, use only $\frac{1}{2}$ of the seasoning packet to reduce the sodium content.
- Cooked and ready-to-eat cereals with at least 3 grams of fiber and 2 grams or less fat per serving. Compare sizes and calories on cereal labels.

CRACKERS/COOKIES/SNACKS

Look for 3 grams of fat or less per serving.

- **Crackers:** Graham crackers, saltines or unsalted soda crackers, oyster, melba toast, rusks, whole wheat crackers, bread sticks, rye crisp, zwieback
- **Cookies:** Animal crackers, ginger snaps, fig bars, vanilla wafers, gingerbread cookies, graham crackers. Health Valley, Entenmann's, and Snack Wells have a variety of low fat cookies, cakes, and pastries.
- **Snacks:** Rice cakes, salted or unsalted pretzels, baked chips, dried fruit, light microwave popcorn

FRUITS AND VEGETABLES

- All fruits and vegetables are good choices since they all contain different nutrients and can be good sources of fiber.
- Choose deep green, yellow and orange vegetables for vitamins A, C, and folic acid.
- Choose darker salad greens such as spinach, romaine, red leaf, endive, or Bibb over iceberg lettuce for more nutrition.
- For variety include fresh, frozen, and canned fruits and vegetables.
- **Fresh:** Cook and prepare with little or no fat. Flavor with seasonings and herbs as desired.
- **Frozen:** Look for products without added fat or sauces unless low fat.
- Canned fruits packed in their own juice or water. Fruits in syrup can be drained and rinsed.
- **Fruit juice:** look for 100% pure juice, either canned or frozen concentrate.
- **Canned vegetables:** if on low sodium diet can purchase unsalted or drain regular canned vegetables and rinse well

MILK AND MILK PRODUCTS

- Fat-free or skim or 1% low fat milk
- Low fat buttermilk
- Powdered fat free milk (non-fat dry milk)
- Low fat chocolate milk (contains more sugar and calories)
- Evaporated skim milk
- Low fat, fat free or fruit yogurt with 100 calories or less per serving
- Lower fat cheeses made with fat-free or part skim milk, with less than 3 grams of fat per ounce, low fat cottage cheese, fat-free or low fat Ricotta cheese
- Non-fat nondairy creamer

MEAT AND BEANS

- Select **lean meats** and trim all visible fat: Beef- flank, round (all cuts), Sirloin (all cuts), Tenderloin (all cuts) chuck roast, rump roast, lean stew meat, well-trimmed, at least 85% lean ground beef Pork- Loin chops, tenderloin, lean ham Lamb- leg, loin (all cuts), chops, shank Veal- all except other than ground.
- Check label on turkey sausage and bacon since they are not always lower in fat. Limit high fat meats such as ribs, corned beef, sausage, and bacon.
- Select grades of meats have less fat than **Choice or Prime grades**
- **Fish:** Fresh or frozen fish and shellfish without breading and added fat, canned fish in water
- **Poultry:** Remove skin from poultry, fresh ground turkey meat
- **Dry beans and peas:** Cook yourself or buy canned and rinse well.
- **Egg whites or egg substitutes**
- **Deli meats:** Sliced roast beef, turkey and lean ham are good low-fat choices
- **Packaged meats:** 95% fat-free, fat-free hot dogs and kielbasa sausage. Check label on turkey and chicken hot dogs since they are not always less fat than beef franks.

FAT, OILS, AND DRESSINGS

- Use cooking oils low in saturated fat such as Canola, olive oil, and vegetable oils, corn, sunflower, peanut, soybean and safflower oil in place of butter, stick margarines, and meat fats.
- Non-stick cooking sprays
- Soft, tub "light" margarines with 6 grams or less total fat and no more than 1 gram saturated fat per tablespoon. Look for one with no Trans fatty acids.
- Butter flavored granules for seasoning vegetables, potatoes, and popcorn
- Spray or fat-free liquid margarines
- Light or fat-free cream cheese and light or fat-free sour cream
- Reduced-fat or fat-free salad dressings
- Light or fat-free mayonnaise, fat-free tartar sauce

BEVERAGES

- Decaffeinated coffee and tea
- Sugar-free drinks (Kool-Aid), diet soft drinks and drink mixes such as Crystal Light
- 100% fruit juices and vegetables juices (limit on weight loss/diabetic diet)
- Flavored bottled water (sugar free for those on weight loss/diabetic diet)
- Skim or 1% low-fat milk

MISCELLANEOUS

- **Dessert suggestions:** Sherbet, sorbet, low fat frozen yogurt, ice milk, Italian ice, fruit and juice bars, popsicles, gelatin (also comes in sugar-free form), pudding or custard made with skim or 1% milk, angel food cake with fresh or canned fruit.
- **Soups:** Healthy Choice, Campbell's Healthy Request, and Health Valley.
- All types of candy should be eaten in moderation. Low fat choices are jelly beans, gum drops, hard candies, marshmallows, maple sugar, peppermint patty, candied fruits, chuckles candy, lifesavers, and products made by Healthy choice and Simple Pleasures.
- **Condiments** that add flavor but little fat and few calories include all types of vinegar, lemon juice, mustard, ketchup, barbecue sauce, horseradish, light soy sauce, bouillon cubes and granules, salsa, chutney, low-sugar jams and jellies, pancake syrup, chocolate syrup, honey, and sweet or dill pickles. Check the label of these items for sodium if on a low salt diet.
- **Seasonings:** natural herbs and seasonings. Avoid seasoned, onion, and garlic salts, smoke salt, lemon pepper, and Lite salt if on low salt diet



READING FOOD LABELS

Reading food labels can help you make wiser food choices.

Nutrition Facts

Reading the Nutrition Facts labels on packaged foods can help you to compare the **fat, sodium, calories** and **other nutrients** in similar products.

Using the sample Nutrition Facts label on the next page, use the following steps when reading food labels:

- Check the **serving size** on the label. *The example is 2/3 cup.*
- Look at the **number of servings** in the product. *The example has 8 servings.*
- Look at the **calories** in a serving size. *This product has 230 calories per serving.*
- Look at the **total fat**. *This example has 8 grams of fat per serving.*
- Look at the **saturated fat** and **cholesterol**. *This example has 1 gram saturated fat and no cholesterol. Healthy choices have less than ½ the total fat as saturated fat.*
- Look at the milligrams of **sodium**. *This example has 160 mg per serving. Healthy choices contain 400 mg or less per serving.*
- Look at the **total carbohydrate**. *This example has 37 grams per serving. Carbohydrates and sugar are the same thing. The only time a product is sugar free is when the total carbohydrate is 0.*
- Look at the **fiber** content. *This product provides 4 grams per serving.*
- Look at the **total protein**. *This example has 3 grams of protein per serving. When looking at labels on meats or protein food choices, a serving should provide approximately 14 to 21 grams per serving.*
- Remember if you eat 2 servings, the calories, fat, protein, and other nutrients will **double**. If one consumed 2 servings of the sample product, it would provide:
 - 460 calories, 16 grams of total fat, 320 milligrams of sodium, 74 grams of carbohydrate, 8 grams of fiber and 6 grams of protein.
- At the bottom of a Nutrition Facts label you will see a section on Percent Daily Values. The values listed are based on a 2000 calorie per day diet. Your daily values may be higher or lower depending on your calorie needs. Based on the label below, this product provides 12% of fat, 5% of saturated fat, 0% of cholesterol, 7% of sodium, 12% of total carbohydrate, and 16% of dietary fiber based on a 2000 calorie diet.

Example Nutrition Label

Nutrition Facts

Serving Size 2/3 cup (55g)

Servings Per Container About 8

Amount Per Serving**Calories** 230

Calories from Fat 40

% Daily Value*

Total Fat 8g**12%**

Saturated Fat 1g

5%

Trans Fat 0g

Cholesterol 0mg**0%****Sodium** 160mg**7%****Total Carbohydrate** 37g**12%**

Dietary Fiber 4g

16%

Sugars 1g

Protein 3g

Vitamin A

10%

Vitamin C

8%

Calcium

20%

Iron

45%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value 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

HEALTHY MENU IDEAS



A healthful eating plan includes preparing foods in a healthy way. Instead of frying, try the following. There are many good simple cookbooks available to help you with cooking healthy meals.

KEY POINTS

- Use cooking methods that require little or no fat.
- Try different recipes from cookbooks that are healthy but are simple to prepare.
- When following recipes use ingredients that have little or no fat.
- Season foods with little or no salt. Use natural herbs and salt-free seasonings.

Healthy Cooking Methods

Cooking Method	Description of cooking method
Broil or Grill	Food is placed in a baking dish on a rack in the oven or placed on an outdoor grill so fat drips away from the food.
Bake	Placing food in a baking pan or on a baking sheet in the oven. This is a great way to “oven-fry” chicken, pork chops and fish with little or no added fat.
Braise or Stew	Food is browned in a skillet on top of the stove and then cooked using varying amounts of liquid at low heat for a long period of time. Great for lean meats, such as round or flank steak.
Poach	Food, often chicken or fish is immersed in simmering liquid. Keeps food moist and tender without adding the fat.
Roast	A rack is used so the meat or poultry doesn’t sit in its own fat drippings. Oven is normally set around 350°F to avoid searing. Baste with fat-free liquids like broths, tomato juice, or lemon juice.
Sauté	Cooking food in an uncovered skillet over high heat, using nonstick vegetable spray, a small amount of broth or liquids, or a tiny bit of oil.
Steam	Cook in a basket over simmering water. This method does not require added fat.
Stir-fry	Cooking food in a Chinese wok with a minimum amount of fat. Food is cooked over high heat while constantly moving the food to prevent burning/sticking.
Microwave	Needs no extra fat. You can reduce fat content by placing it between paper towels while it cooks.
Crock pot	Food is cooked very slowly over a period of several hours in a crock pot or slow cooker.

Recipes

People often learn to cook by first following recipes. Don't feel you need to be an expert cook to prepare tasty healthy foods. By following steps outlined in recipes you can cook almost anything. Recipes can show you exactly how to prepare and cook specific foods. Look for easy to follow but healthy cookbooks such as the American Heart Association and the American Diabetes Association cookbooks.

Recipe modification: Recipes can be modified to decrease fat, salt, and calories without losing flavor. Below are some common modifications that reduce fat, calories, and salt.

Instead of this...	Try this...
1 cup whole milk	1 cup of skim milk
1 whole egg	$\frac{1}{4}$ cup egg substitute or 2 egg whites
1 cup heavy cream	1 cup evaporated skim milk
1 cup sweetened condensed milk	1 cup light or fat-free sweetened condensed milk
1 cup sour cream	1 cup plain nonfat yogurt, 1 cup blended low-fat cottage cheese, or 1 cup reduced fat or fat-free sour cream
1 cup regular mayonnaise	1 cup plain nonfat yogurt, 1 cup reduced fat or fat-free mayonnaise or 1 cup blended low-fat cottage cheese
1 oz. regular cheese	1 oz. low-fat cheese or non-fat cheese
1 oz. chocolate	3 tablespoons Cocoa Powder + 1 tablespoons oil
1 oz. cream cheese	1 oz. low fat or fat-free cream cheese
$\frac{1}{2}$ cup oil	$\frac{1}{2}$ cup applesauce, mashed banana or plain yogurt
2 tablespoons oil	2 tablespoons wine or broth
1 cup walnuts, chopped	1 cup raisins, $\frac{1}{2}$ cup walnuts, or $\frac{1}{2}$ cup Grape Nut Cereal
1 cup sugar	Slowly reduce sugar in recipe by $\frac{1}{4}$ to $\frac{1}{2}$. Use cinnamon, nutmeg, or vanilla for sweetness. Sprinkle sugar on top to enhance sweetness.
Salt	Omit (except in yeast breads). Add seasoning and herbs not containing salt.
1 cup flour	Use $\frac{1}{2}$ cup all-purpose flour and $\frac{1}{2}$ cup whole wheat flour.
1 cup shortening	$\frac{3}{4}$ cup vegetable oil

HEALTHY MENU IDEAS



Main Dishes and Meats

- ✓ Chill soups, stews, sauces and broths; skim off congealed fat.
- ✓ Trim fat from meat and remove skin from poultry.
- ✓ Use water-packed fish.
- ✓ For sauces and dressings, use vinegar, mustard, tomato juice, or fat-free broth instead of cream, fats, oils, and regular mayonnaise.
- ✓ When making cream soups, use skim milk and thicken with breadcrumbs, pureed potatoes, pureed vegetables, cornstarch or flour.
- ✓ After browning ground meat put into strainer lined with paper towels. After draining rinse ground beef under hot water to reduce the fat content.
- ✓ Make gravy without fat by blending a tablespoon of cornstarch with a cup of room-temperature broth by shaking them together in a jar. Heat the rest of the broth and add the blended liquid, simmering until thick.
- ✓ Instead of seasoning with bacon and salt pork, substitute lean ham, spices, and/or onion.

Breads and Grain Products

- ✓ Use ready to heat or ready to serve rolls or bread. Biscuits, cornbread, and muffins usually contain more calories and fat.
- ✓ Use light tub margarines, fat free liquid or spray margarines.
- ✓ Add small amount of jelly instead of margarine or butter.
- ✓ Whole wheat or whole grain provides more fiber.
- ✓ Use plain brown rice, macaroni, spaghetti or other pasta products instead of packaged rice and pasta dishes. Brown rice and whole grain pasta provide more fiber.
- ✓ Use old-fashioned oatmeal and other cooking cereals instead of instant.

Vegetables

- ✓ Use vinegars, (apple cider, wine, or balsamic) to enhance vegetables.
- ✓ Go easy on added fat and salt. Instead, dress up vegetables with herbs or spices.
- ✓ Microwave or cook fresh or frozen vegetables in a small amount of water. Use simple seasonings to add flavor, (ginger with carrots, mint leaves with peas, dill seed with green beans, and marjoram or celery seed with cauliflower).
- ✓ Use “no-salt-added” canned vegetables or drain and rinse well regular canned vegetables.
- ✓ Serve sliced tomatoes or cut whole tomatoes in half and sprinkle with basil leaves and broil.
- ✓ Serve vegetable or tomato juices occasionally for breakfast
- ✓ Add mushrooms, peppers, onions, etc. to omelets and home-fried potatoes.
- ✓ Dress up meals with carrot sticks, celery sticks and broccoli and cauliflower florets. They can be used as a relish to accompany a meal, as a snack, in a salad, or for a vegetable stir fry dish.
- ✓ Add onions, tomatoes, lettuce, sprouts, and cucumbers to sandwiches.
- ✓ Add chopped or pureed vegetables to soups, sauces, chili, stews, and casseroles.
- ✓ Top baked potatoes with vegetables such as broccoli in a low fat sauce.

Fruits

- ✓ Serve canned fruit packed in juice or water.
- ✓ Add sliced fresh fruit, canned or dried fruits to hot or ready-to-eat cereals.
- ✓ Top pancakes, waffles, and French toast with fruit instead of jam, jelly or syrup.
- ✓ Blend fruits with low fat milk or yogurt for a nutritious, refreshing shake.
- ✓ For a snack or dessert, serve fruit kabobs or alternate with low fat cheese cubes on skewers.
- ✓ Serve fruit salad as a side item or dessert.
- ✓ Dress up entrees with fresh fruit slices or pieces.
- ✓ Add a fruit like banana slices to peanut butter sandwiches or chopped apples to tuna salad.
- ✓ Add fruits by serving ethnic dishes such as Hawaiian pizza topped with pineapple, or Oriental dishes like orange chicken, lemon chicken, and sweet and sour dishes.
- ✓ Serve pudding or frozen yogurt with fruit toppings. Add chopped fruit or berries to muffins, cakes, quick breads or cookies.

Salads

- ✓ For creamy salad dressing, blend low-fat or non-fat plain yogurt or cottage cheese with onion, garlic and herbs in blender.
- ✓ Use colorful varieties of lettuce such as romaine and red leaf lettuce. Add cut up apples, tomatoes, cucumbers, strawberries or shredded zucchini, carrots, or beets, or drained canned grapefruit sections or mandarin oranges.
- ✓ Mix fruits and vegetables. Some good combinations include pineapple and snow peas, orange segments and sliced red onion, apple slices and spinach leaves.
- ✓ Make a main dish salad by adding meat, poultry, fish, or cooked dry beans as ingredients.
- ✓ Fill unsweetened fresh or juice-pack canned peach or pear halves with low fat yogurt or cottage cheese. Garnish with paprika or cinnamon.
- ✓ Mix several kinds of canned or cooked, chilled beans with thinly sliced onion and celery. Toss with reduced-calorie salad dressing or a vinaigrette dressing low in oil.
- ✓ Top tomato wedges with low fat cottage cheese and garnish with chopped scallions or parsley.
- ✓ Slice and combine fresh fruits such as melon, pears, apples, bananas, and strawberries. Serve plain or with a dressing made from yogurt thinned with low fat milk or fruit juice. Sprinkle ground ginger or cinnamon on top.

FOOD SAFETY CHECKLIST

- ✓ Wash your hands with soap before and after handling food and using the restroom (wash again upon returning to the kitchen).
- ✓ Wash ALL cooking surfaces before, during, and after use.
- ✓ It is best to use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- ✓ Throw out cutting boards that become excessively worn or develop hard-to-clean grooves.
- ✓ Marinate food items in the refrigerator, **NOT ON THE COUNTER**. Do not reuse marinades.
- ✓ Wash fruits and vegetables with cool tap water before eating.
- ✓ Never taste food while cooking until it has reached a safe internal temperature and is done.
- ✓ Use clean utensils each time you choose to taste food that you are cooking, otherwise you will contaminate the food.
- ✓ Never partially cook food and expect to finish it later. This will increase the risk of bacterial growth.
- ✓ Do not use raw or partially cooked eggs unless you use egg substitutes.
- ✓ All meats should be thoroughly cooked before serving.
- ✓ When using the microwave, stir and rotate food during cooking to ensure even heating. Cover the food to prevent splattering.
- ✓ Use a paper towel or clean cloth to wipe up kitchen surfaces or spills. Wash cloths in the hot cycle of your washing machine.

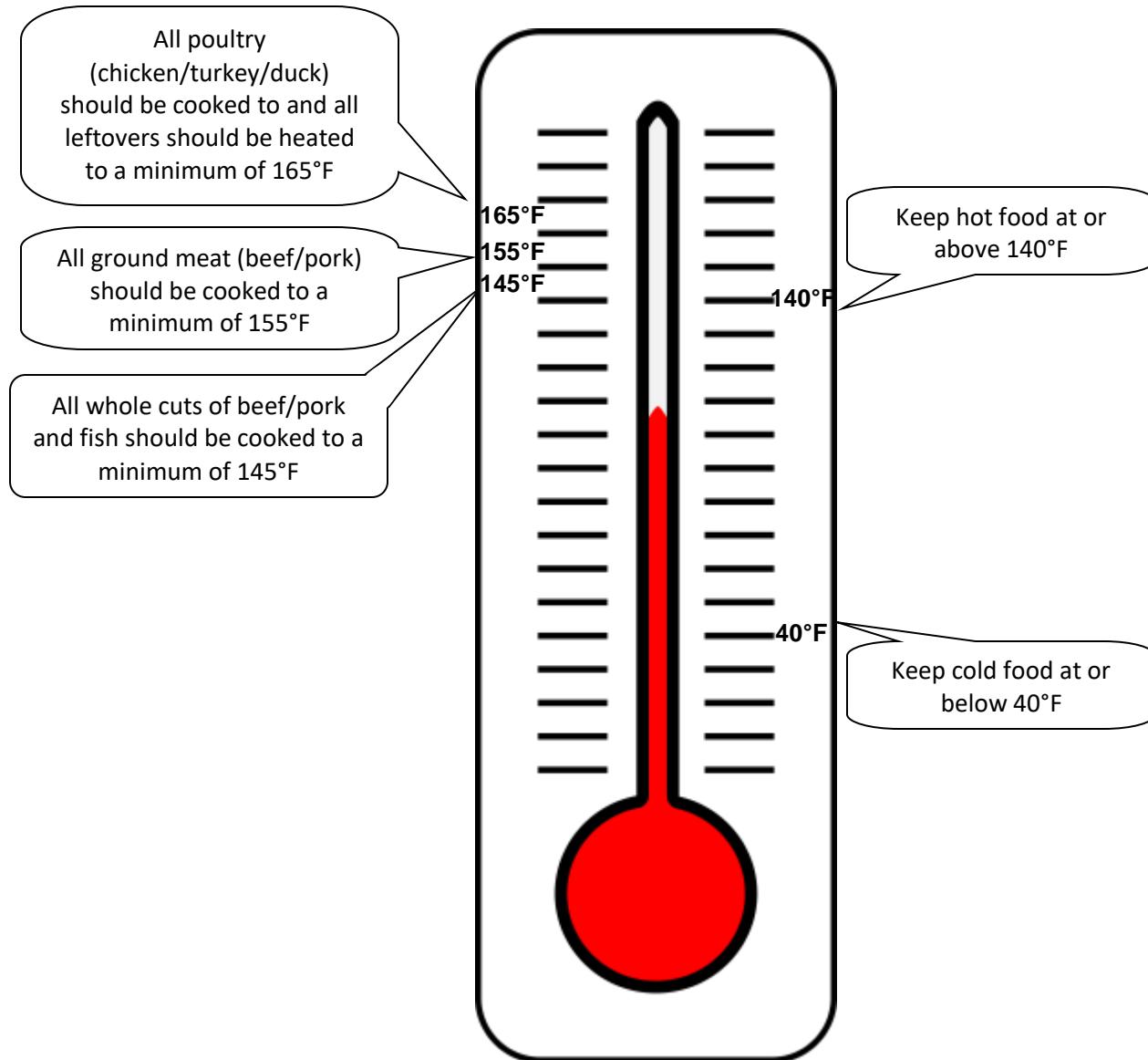


THE DANGER ZONE

Bacteria multiply rapidly between **40°F** and **140°F**

To keep food out of this “danger zone,” keep cold food cold and hot food hot.

Never leave food in the danger zone for over 2 hours.



THAWING FOODS PROPERLY

There are **ONLY** 4 acceptable ways to thaw foods.

- ✓ Refrigerator at 40°F or less
- ✓ In leak-proof package or plastic bag, submerged in **cold** tap water; change the water **every 30 minutes**
- ✓ In the microwave oven, **if** the food will be cooked immediately after thawing
- ✓ As part of the cooking procedure, as long as the product meets the required minimum internal cooking temperature

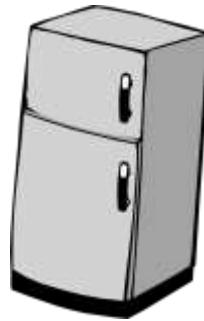
PLEASE NOTE:

Any other way of thawing food is unacceptable. **Never** thaw foods on the counter, in the sink or in any other environment other than the above. These methods can lead to bacterial contamination of food and sickness!!!

Keep all foods safe and at the right temperature!



PROPER FOOD STORAGE



Proper ways to store food in the freezer:

- ✓ Freezer temperatures should be checked on a regular basis. To ensure food safety, temperatures of freezers should be kept at **0°F**.
- ✓ Place food in an air-tight container such as a plastic container or zip-lock bags or freezer bags tightly sealed.
- ✓ Label and date food when placed in the freezer. When the food is removed from the freezer and placed in the refrigerator it should be re-dated.
- ✓ Do not keep foods in the freezer for a long period of time because food can become freezer-burned, taste odd, and lose some of its nutritional value.
- ✓ Freeze only appropriate portions in one container because once the food is thawed, it must be cooked before refreezing.
- ✓ Never store warm food that you wish to freeze in direct contact with other frozen foods, as this may cause partial thawing.

Proper ways to store food in the refrigerator:

- ✓ Refrigerator temperatures should be checked on a regular basis. To ensure food safety, temperatures of refrigerators should be kept at **<41°F**
- ✓ Food should be covered, labeled, and dated.
- ✓ All food should be used prior to expiration dates or discarded upon expiration dates.
- ✓ Follow the **"use by"**, **"keep refrigerated"**, and **"safe handling"** information on packages.
- ✓ Refrigerate meat, fish, and poultry on the bottom shelf to prevent juices from coming in contact with other foods.

Proper ways to store food in the pantry:

- ✓ Do not purchase or store canned goods that are **dented**, **cracked**, or **bulging**. This could be a warning sign that dangerous bacteria may be growing in the can. You cannot always smell this once the can is opened.
- ✓ Store dry goods in a **cool, dry area**. All dried and canned goods should be used in a timely manner.
- ✓ Once packages are opened, reseal and make sure they are airtight to ensure freshness and prevent bugs from getting into the food item. Be sure to label properly.
- ✓ Keep all packaged foods free of any contamination, insects, or rodents. Check pantry areas on a regular basis.
- ✓ Never store any food items with cleaning supplies.
- ✓ If foods are removed from their original container, make sure the food items are always labeled for safety reasons. There are food items that look like cleaning supplies.

EATING AWAY FROM HOME



Tips for eating healthy outside of the home:

Restaurants

- ✓ Select dishes that are **broiled, grilled, roasted, steamed, poached, baked, stir-fried, or garden fresh** instead of breaded or fried
- ✓ Select **fish, chicken or lean meat** instead of fatty, fried entrees
- ✓ Ask how food is prepared. Is it salted? Is butter or margarine added?
- ✓ Choose low fat dressings, small amounts of oil and vinegar, or lemon juice for salads
- ✓ Ask that butter, sauces, sour cream, salad dressings and whipped cream be served on the side
- ✓ Healthy dessert choices include **fresh fruit, sorbets, or angel food cake**. If ordering a regular dessert, order 1 serving and share.
- ✓ Ask if you can substitute another food such as fruit or vegetables to replace the one offered, such as fries
- ✓ Try “meatless” meals or **vegetarian dishes**
- ✓ Ask which foods on menu are considered low fat healthy choices
- ✓ Order child-sized or half portions if available
- ✓ Share a meal with a friend
- ✓ Request a to-go box at the time your meal is served and place $\frac{1}{2}$ the meal in the to-go box to take home
- ✓ Skip the appetizers or creamy soups and begin your meal with broth-based soups like minestrone or vegetable
- ✓ If peanuts, bread, or tortilla chips are served, take a small portion and ask for them to be removed
- ✓ At salad bar, limit high fat items like cheese, creamy dressings, chopped eggs, croutons, olives, bacon bits, and mayonnaise based salads like potato salad
- ✓ Take the skin off poultry and cut visible fat from meat
- ✓ Pass on all-you-can-eat specials, buffets, and unlimited salad bars if you tend to eat too much
- ✓ Good beverage choices include skim milk, diet drinks, unsweetened tea with or without artificial sweetener, and water with or without lemon
- ✓ For people on reduced sodium diets request that food be prepared without salt

Fast food

- ✓ Generally, good choices in fast food restaurants include a **small** hamburger, **grilled** chicken, **grilled** chicken salad, **small** subs with lean meats, and baked potatoes with a side salad or soup. Add a **small** order of French fries or tater tots, if desired, a side salad with low fat dressing, and a diet drink or water without significantly increasing fat and calories.
- ✓ Select **small** portions such as a child's meal or **small** hamburger and **small** order of fries.
- ✓ Choose **low fat** dressings for salads
- ✓ Request mayonnaise, tartar sauce or dressing be omitted from sandwiches
- ✓ When ordering a baked potato, ask for butter, sour cream, and cheese on the side and use in small amounts
- ✓ Use condiments such as mustard, ketchup, and meat sauces in moderation if on a low salt diet
- ✓ Order water, unsweetened tea, or diet drinks for a beverage

Sack lunches and picnics

- ✓ Include ice pack in lunch boxes and/or place in refrigerator
- ✓ Prepare food from home instead of taking fast foods
- ✓ Good choices for sandwiches include water-packed chicken or tuna, lean ham and roast beef, turkey, chicken, low fat or fat free bologna or hot dogs
- ✓ Add lettuce, pickles and tomatoes to sandwiches and prepare with low fat mayonnaise and/or mustard
- ✓ Healthier side options:
 - Tossed salads, three-bean salad, or fruit salad
 - Raw vegetables with low fat dip
 - Fresh or canned fruit
 - Low fat or fat free yogurt
 - Low fat cookies, puddings and brownies
 - Baked or low fat chips or pretzels
- ✓ Healthier drink options include skim milk, bottled water or diet drinks



RECEIVING NUTRITION THROUGH A FEEDING TUBE

Some persons you support may receive part or all of their nutrition through a tube.

- For the person to stay **healthy** the tube feeding formula must meet the person's nutritional needs.
- For the person to stay **safe**, careful and close monitoring is important.
- **Communication** with the doctor and with each staff person involved in the care of the person is very important.

KEY POINTS:

- Consider referral to Registered Dietitian to ensure the tube feeding is meeting the person's calorie, protein, fiber, fluid and other nutritional needs.
- Tube feedings should be given slowly and gradually.
- Head of bed should be elevated a minimum of 30 degrees, and preferably a 45 degree angle or person should be in upright position when receiving tube feeding unless a medical contraindication exists. If the individual requires specific positioning during mealtime, ask the clinician about an appropriate head of bed elevation.
- If a tube feeding must be given in sidelying, the head of the sidelyer should be at a minimum of a 20 degree angle.
- For assistance with custom positioning needs contact one of the DIDD Seating and Positioning Clinics, especially if the person has a history of aspiration pneumonia.
- Keep accurate records of the amounts and the times that the tube feeding is given.
- Keep daily accurate bowel records.
- Obtain accurate weights and keep a weight record.
- Tube should be flushed well before and after each time tube is used to give formula and medications.
- **Communicate** to your supervisor any problem relating to tube feeding.

Common tube feeding problems can include:

- ✓ Tube being pulled
- ✓ Tube clogging
- ✓ Skin irritation around the tube site
- ✓ Nausea and/or vomiting
- ✓ Diarrhea
- ✓ Constipation
- ✓ Aspiration

➔ **CLOSE MONITORING by doctor and staff is very important.**

➔ **COMMUNICATION with the doctor and between each staff person involved is very important.**



UNDERSTANDING PORTION CONTROL

Measuring food will help to yield better results!

Measuring/Weighing guidelines:

- ✓ Stock your kitchen with measuring cups and measuring spoons. These can be purchased inexpensively at a store like Dollar Tree.
- ✓ Food scales can be purchased inexpensively to weigh meats, fish, and poultry.
- ✓ Weigh and measure foods after it is cooked.
- ✓ Weigh meats without fat and bone.
- ✓ Use liquid measuring cups for measuring liquids.
- ✓ Use dry measuring cups for solid and dry foods

Visualizing and imagining these objects will help you eat the right amount.

Serving size	Food item	Visual
3 ounces	Meat, poultry, fish	Deck of cards, cassette tape, or palm of woman's hand
1 ounce	Meat, poultry, fish	Matchbook
1 ounce	Cheese	4 dice or tube of lipstick
1 cup (8 ounces)	Milk	Small Styrofoam cup
1 medium	Apple or peach	Tennis ball
1 small	Potato	Bar of soap or computer mouse
1 cup	Mashed potatoes or broccoli	Size of fist or tennis ball
$\frac{1}{2}$ cup	Ice cream, fruit, or vegetables	Ice-cream scoop or size of Dixie cup
1 standard	Bagel	6 ounce can of tuna or hockey puck
1	Pancake	Computer disk
1 teaspoon	Butter, margarine, oil, or mayonnaise	Tip of thumb
2 tablespoons	Peanut butter or salad dressing	Golf ball or ping pong ball
1 ounce	Hard candy or nuts	$\frac{1}{2}$ handful

VISUAL GUIDE TO ESTIMATE PORTION SIZE USING YOUR HANDS

FIST

Equal to 1 cup
is a portion of rice, fruits
or vegetables.



200 kcal

FINGERTIP

Equal to 1 teaspoon
is a portion of fats like
mayonnaise or butter.



35 kcal

CUPPED HAND

Equal to 1/2 cup or 1 ounce
is a portion of snacks like nuts or
dried fruits.



170 kcal

THUMB

Equal to 2 tablespoons
is a portion of dairy
and peanut butter.



170 kcal

PALM

Equal to 3 ounces
is a portion of protein
like red meat or chicken.



180 kcal

HAND SIZES VARY, SO THE COMPARISON IS JUST AN ESTIMATION & ROUGH GUIDELINE.

SOURCE: Hand Guide to Portion Control Infographic, (2013, November 13). Retrieved October 24, 2014, from <http://www.health.com/health/gallery/0,,20397,00.html#portion-size-guide>



3 oz (75 g) cooked chicken
or meat (4 oz raw):
deck of cards



1 cup (250 ml) cooked rice,
pasta or ice cream:
tennis ball



1 oz (30 g) cheese:
4 dice or 1 domino



medium piece of fruit:
baseball



1 tsp (5 ml) butter or
margarine: one die



1 small baked potato:
a computer mouse



average woman's fist:
1 cup (250 ml)



2 tbsp (30 ml) peanut butter,
jam, salad dressing: golf ball



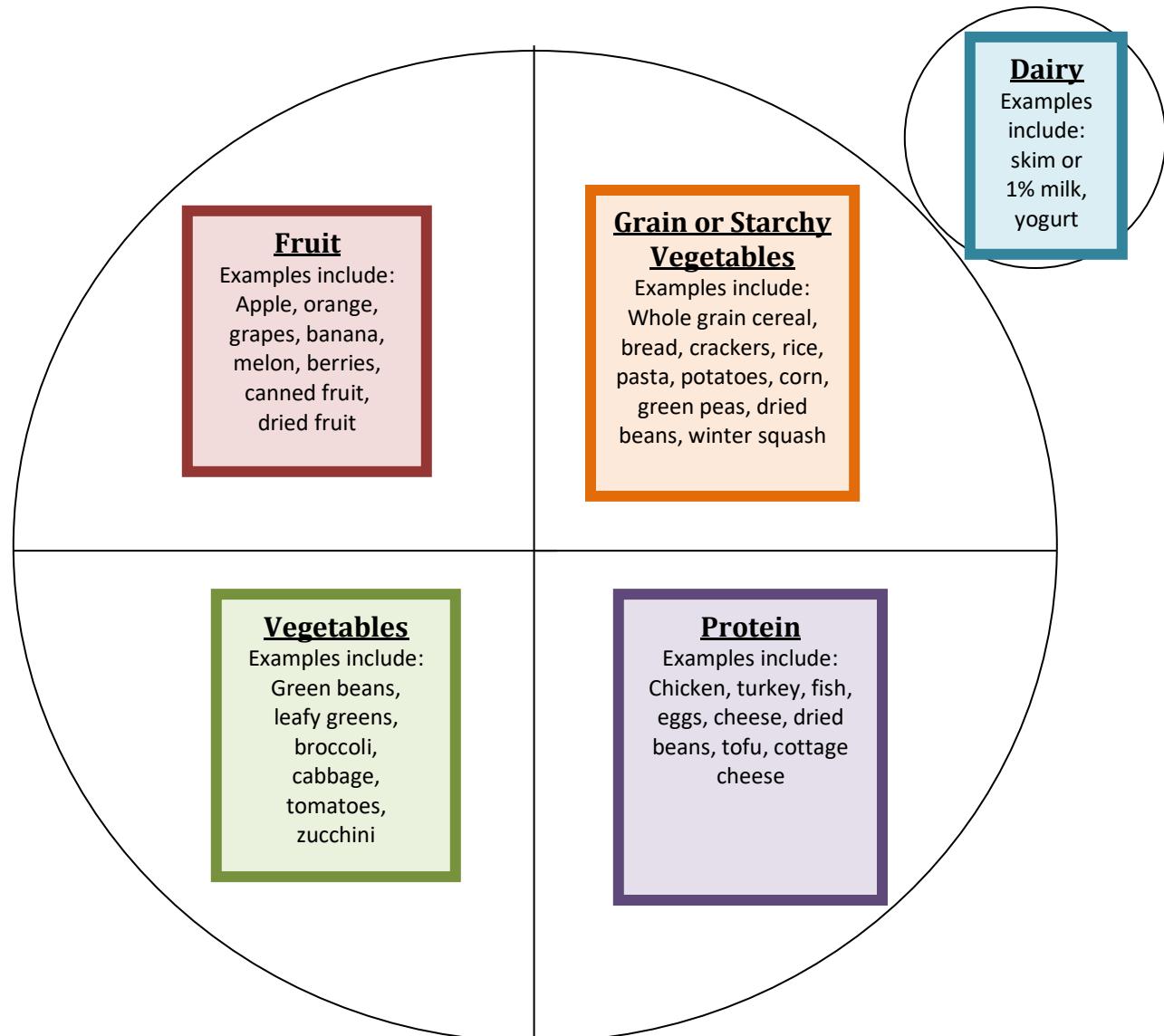
1 oz (30 g) of chocolate:
a packet of dental floss

MyPlate



Imagine a standard plate divided into 4 sections:

- ✓ Fill $\frac{1}{2}$ of the plate with fruits and vegetables
- ✓ Fill $\frac{1}{4}$ of the plate with whole grain food or starchy vegetables
- ✓ Fill up $\frac{1}{4}$ of the plate with protein
- ✓ Include a serving of dairy



FOOD & DRUG INTERACTIONS



KEY POINTS:

- Foods might change the amount of the medicine that is absorbed in the body.
- Not all medicines and foods go together well.
- Some medicines work better without food or drink.
- Some medicines work better with food or drink.
- Individuals taking medicines should be watched for possible side effects.
- Talk to the doctor about any questions or concerns about any medicines taken.

The following are types of medications that have been associated with drug-nutrient interactions:

- ✓ Anticonvulsant medications
- ✓ Antidepressant medications
- ✓ Antimanic medications
- ✓ Antianxiety medications
- ✓ Antipsychotics medications
- ✓ Medications for obsessive compulsive disorder, SSRI (selective serotonin re-uptake inhibitors)
- ✓ Medications for attention deficit hyperactivity disorder
- ✓ MAO inhibitors
- ✓ Oral hypoglycemic agents for diabetes or insulin
- ✓ Anticoagulants

What one eats or drinks or does not eat or drink may be a consideration to avoid some drug-nutrient interactions:

1. MAO inhibitors – foods high in tyramines will need to be avoided
2. Oral hypoglycemic agents for diabetes or insulin – the amount and timing of meals needs to be consistent and on time
3. Anticoagulants – the intake of vitamin K needs to be consistent in the diet. Any change should be reported to one's doctor.

Some of the potential drug-interactions might include:

- | | |
|---|---|
| <ul style="list-style-type: none">• dyspepsia• nausea and/or vomiting• diarrhea• constipation• flatulence (gas)• abdominal pain• anorexia | <ul style="list-style-type: none">• change in weight (weight gain or weight loss)• change in appetite (increase in appetite or decrease in appetite)• sore tongue• dry mouth• decrease in glucose tolerance• elevated lipids |
|---|---|

Medications may cause a change in one's physical or mental status. These changes can occur when a medication is not given correctly or not given at the right time or when a medication is increased, decreased, started or stopped. Any concerns regarding medications or possible side effects should be communicated to the physician. The provider agency, nurse, and community dietitian are helpful resources.



STAYING HEALTHY WITH EXERCISE

Why do I need to exercise?

Exercise is a big part of being healthy, helping to improve physical, emotional, and mental health.

Benefits of exercise and being fit include:

- ✓ Physical strength and endurance
- ✓ Energy to do what's important and be more productive
- ✓ Ability to reduce anxiety and tension
- ✓ Positive outlook to handle the challenges of stress and the ups and downs of daily life
- ✓ Reduced risk for many health problems, such as heart disease, high blood pressure, cancer, diabetes and osteoporosis
- ✓ Helps the blood to move through the body better
- ✓ Makes muscles, bones and joints stronger

How much physical activity is needed?

Everyone should try to include 30 minutes of moderate activity on most days. This is in addition to your usual daily activities. Increasing the intensity or the amount of time of activity can have additional health benefits and may be needed to control body weight.

Talk with a health professional about what activities can work for you in your day to day life!

Tips to help fit exercise into your life

- ✓ When starting an exercise program, start with just 5 to 10 minutes of activity increasing to 2 to 3 times a day.
- ✓ Walk around the bed at least 10 times while making the bed.
- ✓ Stretch your legs while brushing your teeth.
- ✓ Push and pull, switching hands while vacuuming or sweeping.
- ✓ Do arm curls or rowing motions when you are watching TV.
- ✓ Gently squeeze a tennis ball while sitting.
- ✓ Wash the table and counters with a circular motion in both directions, alternating hands.
- ✓ Go for a brisk walk in the park or mall.
- ✓ Press the palms of your hands together as hard as you can and hold to the count of 10. Repeat several times.
- ✓ Consider joining a health facility such as YMCA.
- ✓ Take the stairs instead of the elevator.
- ✓ Buy or rent an exercise video.
- ✓ Park car at far end of parking lot to increase the distance you walk.

Get Moving

Regular physical activity is important for good health, especially if you are trying to lose weight or to maintain a healthy weight.

- ✓ Physical activity increases the number of calories your body uses. Combining physical activity with reducing what you eat helps you lose weight.
- ✓ Physical activity also helps to reduce blood pressure, blood sugar, makes bones stronger, and helps reduce the risk for diabetes, heart attack, stroke, and some types of cancer.
- ✓ Work your way up to 150 minutes of moderate intensity activity or 75 minutes vigorous activity, weekly.
- ✓ **Moderate intensity:** walking briskly, light yard work, actively playing outdoor games.
- ✓ **Vigorous intensity:** jogging, swimming laps, jumping rope

How many calories are used in typical activities?

approximate calories used per 30 minutes in moderate physical activity for a 154 lb. person
(calories burned will be higher for persons weighing more than 154 lbs. and lower for persons who weigh less)

Hiking: 185 calories

Light gardening: 165 calories

Dancing: 165 calories

Golf: 165 calories

Bicycling (less than 10 mph): 145 calories

Walking (3.5 mph): 140 calories

Light weight lifting: 110 calories

approximate calories used per 30 minutes in vigorous physical activity for a 154 lb. person *(calories burned will be higher for persons weighing more than 154 lbs. and lower for persons who weigh less)*

Running/jogging (5 mph): 295 calories

Bicycling (more than 10 mph): 295 calories

Swimming (slow laps): 255 calories

Aerobics: 240 calories

Heavy yard work: 220 calories

Vigorous weight lifting: 220 calories

Vigorous basketball: 220 calories

HEALTHY AND ACCURATE WEIGHTS

Body weight is an important indicator of a person's health.



An **accurate weight** is important to assess a person's medical and nutritional health. Monitoring weight changes over time help agencies to be proactive in identifying health risks such as unintentional weight loss or gain. Any weight change, whether gain or loss should be reviewed. A significant change in weight could be an indication of a serious medical problem(s) such as diabetes, cancer, heart disease, edema, dysphagia, or constipation. Dietitians need weights to assess nutritional and health status to determine the best intervention and weight goal. In the monitoring phase of nutrition services regular weights are needed to monitor effectiveness and progress towards goals.

People receiving **enteral nutrition** need regular weights. This helps dietitians monitor the persons response to the prescribed formula and rate and adjust the tube feeding as needed to meet nutritional needs and to achieve a healthy weight. Physicians and nursing personnel may use weight information to assess a person's health risk and to monitor the impact of medication and other treatments.

A **reliable method of weighing** with **accurate weights** should be available for all people but may be challenging for people in wheelchairs or for people unable to stand unassisted on floor scales. A scale that allows a person to sit in a chair or allows a wheelchair to be rolled onto the scale would be beneficial to these people. There can be other issues such a broken or malfunctioning scale or a scale that is difficult for the person to stand on. When issues related to obtaining weights are identified, the issues should be communicated to the agency management so a resolution to the problem can be accomplished.

For any agency that is not getting weights due to unavailability of a wheel chair scale, consider contacting the following places and ask permission to use their scales:

- ✓ Doctor's offices
- ✓ Nursing homes/assisted living
- ✓ Dialysis clinics
- ✓ Hospitals/health facilities
- ✓ Urgent care/walk in clinics
- ✓ Other provider agencies
- ✓ Local gyms
- ✓ Consider purchasing a scale; agencies in close proximity may want to purchase a scale together.
- ✓ If a person has a Hoyer lift for transfers consider purchasing a scale attachment.

Important tips to follow in getting accurate weights

- ✓ Always **balance the scales** before weighing an individual. Make sure wheelchair scale is in good working order; if battery operated, check battery.
- ✓ Always use the **same scale** every time an individual is weighed for a good comparison. If a different scale is used, a note should be made in the chart.
- ✓ Always weigh the individual at the **same time** of day. The best time to weigh someone is in the morning after the individual has emptied his/her bladder wearing the clothes he/she typically sleeps in and without shoes.
- ✓ It is best if weights can be done on a **regular basis** so staff will not forget to do this. For example, if weekly or monthly weights are ordered, it is best to always do them on the same day of the week or month (i.e. every Monday or every 1st Monday).
- ✓ If there is a **significant change** in weight when compared to the last weight taken, a staff member should reweigh the individual. Any significant changes in weight should be reported to others involved in providing care for the individual. Ask your supervisor who you should report this to.
- ✓ For individuals who are **unable to stand** unassisted on a scale efforts should be made to weigh that person on a wheelchair scale or a scale that allows the person to sit.
- ✓ If an individual has a cast or brace that cannot be removed, a note should be made in the chart.
- ✓ Replace broken/malfunctioning scales.
- ✓ Purchase floor scale with large base; some small scales are difficult for people to access.
- ✓ Place scale on floor not carpet.
- ✓ If you ever think the weight you got is incorrect for any reason, always reweigh the individual.
- ✓ If the individual is weighed in a wheelchair, the weight of the wheelchair should be subtracted from the total weight recorded.
- ✓ Remove items from person and wheelchair such as purses and backpacks before weighing.

INSTRUCTIONS FOR BALANCING SCALES

Guidelines for using a floor scale:

1. Put the needle on the scales on zero or "0"
2. Weigh an item that you know the weight:
 - a. You may choose to use a 5 pound bag of sugar or flour if unopened
 - b. You may fill an empty gallon container with water – this will weigh 8 pounds.
3. The needle should now be on that known weight. If it is not, adjust the needle on the scale to that known weight. (For example, if you weighed a 5 pound bag of sugar and the needle only moves to the "3 pound" mark, then move the needle up to the "5 pound" mark because you know that the sugar weighs 5 pounds.) Remove the item. Make a note of how many pounds "off" the scales are.
4. Do not reset the scales to zero or "0" as this will not calibrate the scales nor balance it. Leave the needle where it is.
5. Weigh the individual
6. It is best to reweigh the item with the known weight to make sure the scales are weighing consistently. You could also weigh the individual twice to check the consistency of the scales.

Guidelines for using a wheelchair scale:

1. Remove any extra items from person or wheelchair such as a coat, purse, or backpack. Parts of the wheelchair (foot rests, head rest, lap tray, etc.) should always be on or always off.
2. Make sure scale is at zero before placing wheelchair on scale.
3. Place wheelchair with person on scale (or for a person who is unsteady on floor scales, have them sit in a chair). Lock wheelchair breaks.
4. Make sure wheelchair is the center of the scale and feet are not touching floor.
5. When the weight reading is steady, record the weight of the person and wheelchair.
6. Transfer the person out of the wheelchair.
7. Place wheelchair on scale; record weight of wheelchair.
8. Subtract weight of wheelchair for combined weight of person and wheelchair and record.
9. If wheelchair has to be modified or a new wheelchair is obtained, weigh modified/new wheelchair and record new weight.



DETERMINING HEALTHY BODY WEIGHT: BODY MASS INDEX

Body Mass Index (BMI) is a tool for helping judge one's body weight and whether one is at risk for health problems associated with weight. Like other measures, BMI is only a guideline. Consult your doctor or dietitian about the weight that is healthy for you.

The table below can be used to determine your BMI:

- ✓ Locate your height in inches in the shaded area
- ✓ Move to the right to locate your weight or the closest weight to your current weight
- ✓ Then move straight down to the bottom of the chart to determine BMI

INTERPRETING YOUR BMI:

A BMI of less than 18.5 is considered **underweight**

A BMI between 18.5 and 24.9 carries little health risk
Try to keep your weight within this **healthy BMI range**

A BMI of 25 to 29.9 is considered **overweight**

This range carries some increased health risk

A BMI over 30 is defined as **obese**

This range poses the greatest risk to your health

		WEIGHT IN POUNDS															
H	59	94	99	104	109	114	119	124	128	133	138	143	148	173	198		
E	60	97	102	107	112	118	123	128	133	138	143	148	153	179	204		
I	61	100	106	111	116	122	127	132	137	143	148	153	158	185	211		
G	62	104	109	115	120	126	131	136	142	147	153	158	164	191	218		
H	63	107	113	118	124	130	135	141	146	152	158	163	169	197	225		
H	64	110	116	122	128	134	140	145	151	157	163	169	174	204	232		
T	65	114	120	126	132	138	144	150	156	162	168	174	180	210	240		
in	66	118	124	130	136	142	148	155	161	167	173	179	186	216	247		
	67	121	127	134	140	146	153	159	166	172	178	185	191	223	255		
	68	125	131	138	144	151	158	164	171	177	184	190	197	230	262		
	69	128	135	142	149	155	162	169	176	182	189	196	203	236	270		
	70	132	139	146	153	160	167	174	181	188	195	202	207	243	278		
	71	136	143	150	157	165	172	179	186	193	200	208	215	250	286		
	72	140	147	154	162	169	177	184	191	199	206	213	221	258	294		
	73	144	151	159	166	174	182	189	197	204	212	219	227	265	302		
	74	148	155	163	171	179	186	194	202	210	218	225	233	272	311		
BMI		19	20	21	22	23	24	25	26	27	28	29	30	34	40		

Section IV:

PROBLEM SOLVING NUTRITION ISSUES





Problem Solving Nutrition Issues

Once a person begins following a doctor prescribed diet, the diet plan may appear to not be working. This could mean many things such as:

- The person is unhappy with the diet
- The person doesn't understand why they should try to follow the diet
- The person is not making progress and the desired outcome is not being achieved
- Not all staff have been trained on the person's diet

Because there may be a lot of reasons why problems arise it is important to assess the situation and problem solve before giving up. This section can help you to identify areas that need improvement.

KEY POINTS

- ✓ Sometimes diets may just not work for certain people.
- ✓ We have a responsibility to the person to help them make healthy choices.
- ✓ It may take a while for the person to get used to a change in the diet.
- ✓ Ask for help. You may not be able to do this all alone.

Helping people change their lifestyle and their diet is especially challenging. For some people, making a change in diet may be a big change in their lifestyle. At first, it may be that the person just does not want to follow the diet. You should try to find out why he does not want to follow the diet. The support staff should discuss this issue with the person. The person may see the diet as taking away favorite foods and taking away choices that are made day to day. The person may feel that others are telling him what he/she can eat. He or she may be served foods that he/she never ate or liked before and does not want to start eating now.

There may be simple things that can be done to help or support the person to follow the diet. Sometimes it may take a while for the person to get used to a change in the diet. It may also take a while to help him/her to switch unhealthy foods for healthy foods most of the time. The staff should be willing to take one step at a time. It is okay to take little steps. After all, we all have our own preferred foods, and we know how long it may take to change these habits.

The staff should also be ready to work hard to help the person to reach the goal of following the diet. Too many times we tend to give up too soon. We should continue to offer positive words and try to work with the person for a while. Changes for the better in a diet do not happen very fast. We should be patient, but consistent.

To assist you and the person to identify areas in need of improvement, answer the 20 questions on the following page.

When a diet is not working ask yourself the following questions:

Question	YES	NO
1. Has the person been told why he or she is on a special diet?		
2. Have I talked to the person about why the diet is important and why it would be helpful in a way they can understand?	.	
3. If I were asked to go on this diet would I have a good attitude?		
4. Have I talked to the person about what they would like to eat?		
5. Do I understand the diet and am I offering the correct foods?		
6. Am I trying to include the person's favorite foods?		
7. Have I included the person in menu planning, grocery shopping, and/or meal preparation?		
8. Have different cooking methods and different seasonings, allowed by the diet, been tried to increase the flavor of the foods?		
9. Are meals presented in an appetizing way and served in a pleasant and calm atmosphere?		
10. Have I really encouraged the person to try to follow the diet and eat healthy foods?		
11. If the person is the only one at home on a diet, is he/she okay with that?		
12. Are other people in the home willing to avoid eating foods in front of the person that he/she can needs to avoid because of the diet?		
13. Do I set a good example and show a positive attitude towards the person's diet?		
14. Have I discussed other choices in a reasonable way?		
15. Am I trying to make diet changes slowly, just one at a time?		
16. Have I tried to get the person interested in good health by looking at healthy food pictures or going to a nutrition class?		
17. Does the person have a good appetite?		
18. Is the person free of mouth pain and dental problems?		
19. Does the person feel well?		
20. Have I asked for help from the home manager and other agency staff?		

A “**NO**” answer to any of the questions can help you to identify areas that need improvement. If you answered “**YES**” to all of the above questions and the diet still is not working, following the steps outlined on the next page, “How to Help the Person Follow a Doctor Prescribed Diet”, may assist you.

ADDITIONAL GUIDELINES TO HELP THE PERSON FOLLOW A DOCTOR PRESCRIBED DIET

Those who support the person (both natural and paid supports) have the responsibility of helping the person supported to make healthy lifestyle choices. This includes making healthy food choices. When efforts have been made to support the person in following a doctor prescribed diet, and the person continues to show signs of not wanting to follow a diet, try taking these steps.

1. First assess the situation by answering the 20 questions in the section “When A Diet is Not Working.” This can help the person and those who support him or her to see the accomplishments that have been made and to come up with other ideas to try.
2. If it has been determined that every effort has been made to follow the diet and dietary issues remain, talk with the person, doctor, guardian or conservator and other pertinent people to review the dietary issues and what dietary plans and lifestyle changes have been tried to assist the person in following the diet.
3. Consider making referral to a Registered Dietitian to provide nutrition services which includes a nutritional assessment, diet training and additional assistance with putting the diet into practice.
4. In some situations it may be helpful to seek behavioral consultation for assistance with problem solving approaches.

WHEN SHOULD I MAKE A REFERRAL TO A REGISTERED DIETITIAN?

The following clinical conditions may indicate the need for a nutritional assessment. When referring or requesting a nutrition assessment and/or services, the service plan must contain documentation that meets criteria outlined in the **DIDD Nutrition Services Protocol**.

- Problems or complications related to tube feeding
- Significant increases or decreases in weight
- Overweight/obesity
- History of low body weight or inability to gain weight
- Increased caloric needs due to activity, behavior, or neurological movement disorder
- Constipation or chronic use of laxatives, enemas, or suppositories
- Chronic diarrhea
- Poor food and/or fluid intake or sudden increase or decrease in intake
- Skin breakdown/decubitus
- GERD (gastroesophageal reflux disease)
- Diabetes/poor blood sugar control
- High cholesterol or other fat levels
- Uncontrolled high blood pressure
- Disease states such as Chronic Obstructive Pulmonary Disease (COPD), renal insufficiency/failure, Alzheimer's disease/dementia, and/or cancer which may affect food intake or nutritional status
- Osteoporosis
- Anemia
- Abnormal lab values, including iron, cholesterol, electrolytes, and/or protein/albumin levels
- Rummation
- Eating disorder or ingestion of inedible objects
- Dehydration
- Aspiration/dysphagia
- Upper respiratory infections, pneumonia
- Increased caloric needs from infection, fever, surgery, fractures, etc.
- Intestinal disorders such as malabsorption, gluten intolerance, irritable bowel syndrome, Crohn's disease.



COMMUNICATING ABOUT NUTRITIONAL ISSUES

KEY POINTS

- ✓ There are many ways to communicate eating habits and food preferences.
- ✓ The more that direct support staff talk and work with individuals, the more we can learn about eating habits and food preferences.
- ✓ All the information regarding the individual's nutritional status should be incorporated into the Individual Support Plan (ISP) each year.

Good communication is needed for a diet to be successful and must include the individual and everyone involved in supporting that individual.

Between the individual and the doctor

- Should always be open and clear as to what the diet order is and the reason for the diet
- Both parties should be able to express their concerns about the diet
- Staff should assist the individual with making a list of questions before any doctor's appointment and these could include:
 - ✓ Are the individual's concerns and questions addressed appropriately?
 - ✓ What will happen if I do not follow this diet?
 - ✓ How long will I need to follow this diet?
 - ✓ Who will help me with this diet?
 - ✓ How do I get a written copy of the diet?
 - ✓ Do I need a dietitian to teach me and my staff about this diet?
 - ✓ Is my weight a good healthy weight?
 - ✓ What about my favorite foods?
 - ✓ What will I do when I go out to eat?
 - ✓ What should I do when I go to visit my family?
- Make sure it is understood what the nutrition goals of the individual are



Between direct support staff, doctor and the individual's family

- What kind of medical problems have occurred in the family?
- Do you know what kind of diet this individual is on?
- Do you know why this particular diet was ordered?
- Can you help us to follow the diet during home visits?
- Do you see any problems with this diet order?
- Are there any food allergies that you are aware of?
- Are there any food intolerances that you are aware of?

Between direct support staff persons

- Who is responsible for purchasing foods?
- Who is responsible for meal preparation?
- What food items are enjoyed the most?
- What food items were eaten last?
- What food items are on the menu today?
- Are there specific foods that this individual asks for on a regular basis?
- Has there been any new food preferences expressed?
- What type of mood was the individual in before, during, and after meals recently?
- Have there been any desires to try new restaurants or eat out in the community?
- Has the intake of fluids been adequate?
- Has anything changed recently in eating habits or drinking habits?

Between the individual and direct support staff

- Any information gained regarding nutrition should be shared at Circle of Support meetings and be placed in the Individual Support Plan each year.
- What would you like to eat?
- Are you hungry?
- Are you thirsty?
- Do you want to help prepare your meal?
- Would you like to shop for your groceries?
- Are you having any trouble eating the food that is prepared?
- Does the individual have any food intolerances?
- Are there any barriers that keep the individual from eating certain foods?
- Does the individual have particular ideas about certain foods?
- Are you sure the individual is getting enough of the nutrients needed in the diet?

Between direct support staff and home manager

- When do you shop for groceries and how often?
- Who will shop for groceries and where will the groceries be purchased?
- What food will be purchased for the individual?
- What will happen if the supply of food does not last as expected?
- Have there been any changes in the diet order or the person's health status?
- Who is responsible for preparing meals?



RESOURCES FOR NUTRITION EDUCATION

There are many ways to learn more about nutrition and how you can improve your health. Many communities have various programs at different times of the year. Your community may have regularly scheduled programs as well. Some may be offered without a fee; others may charge for classes or programs. They may vary in how many can attend or where they are held. You may find more information on classes or programs that are available in your area through city websites, newspapers, radio, television, or signs posted in your community.

The following are some suggestions for resources that may be available in your community.

- Community health fairs
- Community exercise classes
- Health seminars held at local libraries
- Health programs held at local community centers
- Nutrition programs presented by local health department clinics
- Nutrition classes at local agricultural extension agencies
- Nutrition seminars or “brown bag lunch and learn” sessions at local hospitals
- Cooking demonstrations at specialty kitchen shops or culinary art centers
- Weight loss programs through fitness facilities, clubs, or groups such as Weight Watchers®
- Diet counseling services by a dietitian at local hospital, health department or other health facility
- Fund raisers, such as multi-mile walks or runs, held for health awareness for cancer, diabetes, heart disease, etc.
- Printed literature or brochures distributed at grocery stores, fresh food markets, or produce centers
- Nutrition newsletters
- Magazines - many provide healthy recipes and information on healthy eating, such as Better Homes and Gardens and Cooking Light.
- Cookbooks - there are a variety of cookbooks available through bookstores, department stores, and libraries that provide recipes and cooking tips on specific diets. Some of the specific dietary needs are discussed in cookbooks by organizations such as the American Heart Association and the American Diabetes Association.
- Books at local libraries or bookstores
- Consumer nutrition hotlines
- Food network television shows
- Videos of food preparation and presentations
- Food industry groups or tours
- Community based nutrition seminars held for the general public by professional dietetic organizations
- Internet sources for good nutrition



CONCLUSION

Remember that food is an important part of life for all of us! Limitations and changes related to food can mean significant adjustments in a person's life. Often food is associated with certain events in our lives. Changes in any food habit can upset anyone. Some changes may be necessary and should be handled in a positive manner. We should remember to provide support and minimize what could lead to additional pressures and behaviors. The quality of what we all do in this process will improve our chance of success.

Please note that this resource guide does not include everything about nutrition that you need to know. It is a guide for you to refer to in order to help the person(s) you support to maintain good nutrition through healthy eating habits and to improve their nutritional status. It is not intended to be a comprehensive text or to take the place of a dietitian when needed.

If further assistance is needed contact your Regional Dietitian!



GLOSSARY

<i>anxiety</i>	- a state of being afraid or nervous or jittery about something
<i>arteries</i>	- a vessel that carries blood from the heart to various parts of the body
<i>aspiration</i>	- the act of breathing in fluid or food pieces into the windpipe or lungs
<i>caffeine</i>	- a stimulant of the heart and kidneys that is found in coffee, tea, and some cola drinks that has varying effects on some people
<i>calcium</i>	- an important mineral needed to make teeth and bones strong and is mostly found in dairy products, some leafy, green vegetables, and in calcium fortified foods
<i>calorie</i>	- the measurement of food energy; all foods containing fat, carbohydrates, and/or protein will contain calories
<i>carbohydrate</i>	- the main source of energy in our diet, is often abbreviated by "CHO"
<i>cholesterol</i>	- a fat-like substance found only in animal products, such as egg yolks, liver and other organ meats, and shrimp. It also is manufactured by the liver in our bodies.
<i>diabetes</i>	- a disease in which the body does not produce or properly use insulin, a hormone that is needed to convert sugar, starches and other food into energy
<i>diet</i>	- the usual food and drink that one takes in or consumes regularly
<i>doctor-prescribed diet</i>	- a special diet or modified diet where the doctor recommends that certain things be omitted or added to someone's diet
<i>empty calories</i>	- refers to carbohydrate rich foods such as sugars, jellies, colas, and other sweets that do not contribute important nutrients to the diet
<i>esophagus</i>	- the hollow tube that allows food to travel from the mouth to the stomach
<i>fat</i>	- is a very concentrated source of calories; excessive amounts in the diet can lead to increased weight and heart disease
<i>fiber</i>	- the roughage found in foods, mostly fruits, vegetables, and whole grains that are important for good health

<i>food and drug interactions</i>	- the potential for a food and medicine to work against each other and can cause health related problems
<i>food intolerances</i>	- those food items that cause discomfort when eaten
<i>fortified</i>	- adding additional important nutrients to some foods
<i>hydrogenated</i>	-describes fats that have gone through a process which changes heart healthy fats to more solid fats that can lead to heart problems
<i>impaction</i>	- mass of dry, hard stool that can develop due to chronic constipation
<i>iron</i>	- an important mineral in the body that helps to carry oxygen in the blood
<i>laxative</i>	- a type of medication that can help to loosen or open the intestines thus relieving constipation
<i>mineral</i>	- a substance needed by the body in order for all the different processes to work correctly and includes calcium, phosphorus, potassium, sodium, and chloride
<i>modification</i>	- to make a change in something
<i>nutrient</i>	- a substance that is needed by the body for one or more reasons including providing energy, healing process, and to regulate the body processes
<i>obstruction</i>	- a blockage
<i>osteoarthritis</i>	- a bone disorder caused from too little calcium absorption in the body
<i>perishables</i>	-those foods that will spoil quickly such as milk, eggs, and meats
<i>protein</i>	- a source of energy that comes mainly from meat, eggs, milk, cheese and other dairy products, and meat substitutes
<i>renal disease</i>	- when the kidneys do not work like they should
<i>saturated fat</i>	- these fats are usually solid at room temperature and can contribute to heart disease. Although they are most commonly found in animal products, saturated fats can also occur naturally in vegetable products such as chocolate and coconut.

sodium - a mineral found naturally in some foods and in table salt. Sodium can be added in different forms in the processing of foods. Too much sodium may contribute to high blood pressure, fluid retention and other health problems.

trans fats - trans-fatty acids can contribute to heart disease by raising levels of fat in the blood stream.

vitamin - a general term for a group of substances that are found in foods in very small amounts that are important for life. Various disorders and diseases can occur if there are not enough vitamins in the diet.

