

Unhealthy Eating: Breaking the Cycle

Melissa DeVera

Registered Dietitian, certified Wellness Coach

Dominican Hospital

Center for Lifestyle Management

457-7077



Dignity Health[™]



Class Objectives

What do you want out of today's class?



- Discuss what unhealthy and healthy eating means to you.
- Learn what diseases are impacted by diet.
- Explore challenges to eating well and strategies to overcome these challenges
- Gain tips for eating better
- Learn how to set S.M.A.R.T goals
- Set a healthy/ lifestyle eating goal

What does “unhealthy eating” mean to you?



Some Possible Responses

- Eating out at fast food restaurants
- Skipping meals
- Late night eating
- Eating at my desk, while watching TV, or in the car
- Eating sweets in excess
- Eating a lot of bread and other white carbs
- Eating too quickly
- Eating out of loneliness, stress/worry; boredom; guilt for eating etc
- Not eating the recommended amounts of fruits and vegetables
- Eating large portions
- Eating out too often
- Eating what my (kids/spouse) wants to eat rather than what I know is healthier for all of us to eat
- Overeating

The “Westernized” Standard American Diet (S.A.D.)

High in saturated and trans fatty acids

Shifts Fatty Acid composition toward inflammation- Sinopoulos AP. *J Am Coll Nutr* 2002; 21:495-505

Low in fiber/high refined grains

Alters glycemic load/shifts metabolic function toward diseases of inflammation- Rifai N et al. *Curr Opin Lipidol* 2002;13:383-9



High sodium/low fruit and vegetables

Supports sodium dominance /low potassium and other micronutrients- Antonios TF et al. *Lancet* 1996: 348:250-1.

High in refined sugars

Alters glycemic load/shifts metabolic function toward diseases of inflammation Lui S, Williet WC. *Curr Atheroscler Report* 2002;4:454-61.

“Super Sized” – high quantity/poor quality

Supports imbalances in Macronutrient Composition and Micronutrient density- Franzo E. *US Dept. of Agri* 1999

WHAT ARE WE EATING?

What the Average American Consumes in a Year



That includes:

(every year)

French Fries
29 lbs



Pizza
23 lbs



Ice Cream
24 lbs



Soda
53 gallons
(about a
gallon/week)



**Artificial
Sweeteners**
24 lbs



Sodium
2,736 lbs
(47% more than
recommended)



Caffeine
0.2 lbs
(90,700 mg)



And 2,700 calories
a day



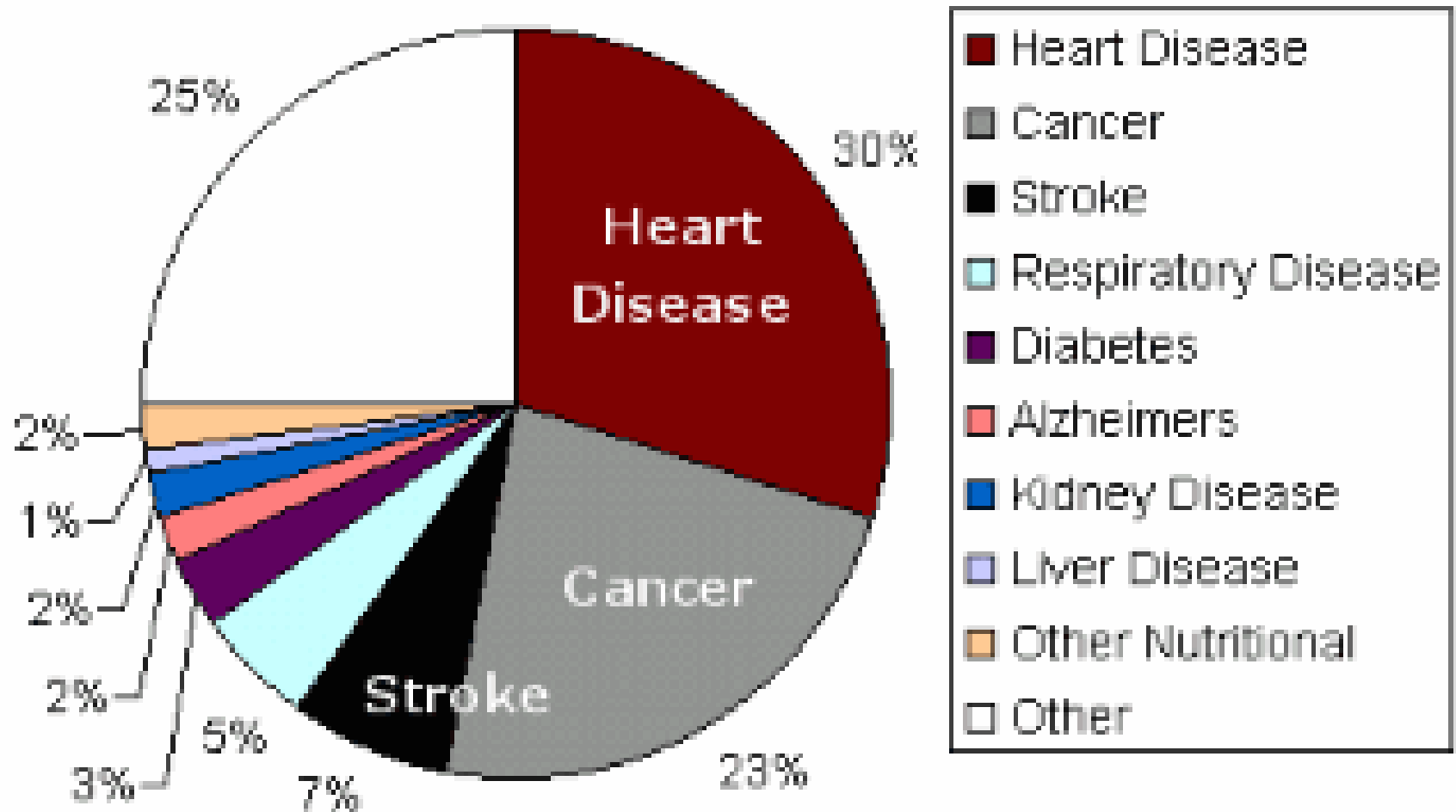
ve,
visualeconomics.com

SOURCES:

<http://www.fda.gov>
<http://www.usda.gov/factbook/chapter2.htm>
<http://www.cdc.gov/nchs/data/nhsr/nhsr010.pdf>
<http://www.thestar.com/business/article/780147--demand-for-spuds-drops-as-americans-eat-fewer-fries>
<http://wellness.blogs.time.com/2010/06/26/nine-out-of-10-americans-eat-too-much-salt/>
<http://www.bellaonline.com/articles/art8005.asp>
<http://www.fricanospizza.com/>
<http://www.scumdoctor.com/nutrition/junk-food/french-fries/Average-Number-Of-French-Fries-Eaten-By-Americans-Each-Year.html>
<http://www.infoplease.com/ipa/A0104742.html>
http://findarticles.com/p/articles/mi_m0813/s_3_26/ai_54271814/

Nutritional Disease

Mortality Rates for the Year 2000



What does “Eating Healthy” mean to you?



Some Possible Responses

- Eating most meals at home
- Eating at regular meal times and not skipping meals
- Not eating at my desk, while watching TV, or in the car
- Having treats on special occasions
- Mainly eating whole grains instead of white refined carbohydrates
- Eating meals slowly and chewing food well
- Taking care of myself when I feel lonely stress/worry; or bored instead of reaching for food
- Filling up my plate with non-starchy vegetables
- Eating until comfortably full
- Preplanning out meals and snacks
- Not eating fried foods
- Choosing fruit instead of a sweet
- Drinking water and no diet or regular sweetened drinks
- Not eating fast foods or at other restaurants that are high in fat and sodium such as Chinese food
- Eating mainly unprocessed, whole foods that I need to prepare myself
- Eating poultry and fish instead of meat, cheese, sausage, bacon etc.

Let's Explore Your Challenges

- Think about what your biggest challenge is with eating healthy.
- Share this challenge.
- As a group, please discuss ways that have worked for you to overcome similar challenges.



Tips for Eating Better

- Ask yourself before you eat to make sure that you are eating because of stomach hunger not head hunger.



- Keep track of what you are eating in a written journal or on a food app/ website such as My Fitness Pal.



Tips for Eating Better

- Shop at the farmers market. Take along your family and make it a fun outing!



- Order a CSA (Community Sustainable Agriculture) box that is delivered to your home. Farm Fresh To You is an example.

Tips for Eating Better

- If you are up late at night, drink herbal teas such as chamomile to help you relax or take a hot shower to stimulate melatonin.



- Do a hobby at night such as crossword puzzles or knitting to keep you from snacking while watching TV.
- Drink water all day long. Thirst is sometimes perceived as hunger.



Tips for Eating Better

- Allow yourself a real treat every so often since deprivation is not sustainable.
- Look up new, tasty recipes to try. When we eat flavorful foods, we tend to eat less. [Pinterest.com](https://www.pinterest.com) is a fun website to look up recipes on.
- Fill up on non-starchy vegetables at meals. Aim for ½ plate vegetables. Try them steamed, raw, added to a grain, in soup, roasted and in smoothies.



More Tips for Eating Better



- When you go out to eat, ask for a to-go box right away and put more than ½ of your meal away before you begin to eat.
- Choose a place that meets your nutrition goals. Ex: Can you get a salad with grilled chicken and dressing on the side?
- Push the chips and rolls to the other side of table so you are not tempted.
- Watch your alcohol intake. Too much alcohol often leads to over eating or mindless eating. Alcohol also is loaded with calories and is stored by the liver as FAT!



More tips for Better Eating

- Pack your lunch the night before. Consider eating last night's dinner for lunch.
- Include lean protein at all meals. Protein will provide 2-4 hours of satiety. A high carb meal, may only fill you up for 90 minutes
- At a potluck, bring a nutritious dish that you know you can eat.



Tips for Better Eating

- Get support- Join Dominican Hospital's 12- week Weigh to Go Weight Management Program!



LIFE AFTER SODAS– YOU HAVE OPTIONS

- Sparkling water
- Herbal Tea
- Naturally Flavored Waters

Raspberry Mint Water

Ingredients:

2 liters filtered tap water

2 Tbsp. raspberries, fresh or frozen

2 Tbsp. fresh mint leaves

1 lime

Drink and enjoy!



Snack Ideas

Pack snacks for the times you are hungry instead of going to the vending machine.

- Fruit
- Nuts
- Raw veggies with salsa, hummus or avocado mixed with salsa
- Hard boiled egg
- Low fat cheese with whole grain cracker
- Almond butter or old fashioned peanut butter with sliced fruit
- Air or stove popped popcorn. Drizzle over garlic flavored olive oil.
- Protein type bars tend to be loaded in sugar, high fructose corn syrup and may have other undesirables such as soy isolates so read labels carefully.

Home Meal Delivery- No Planning, Just Preparing!

- Healthy Chef Creations and Food Smith (just reheat)
- Hello Fresh
- Sun Basket
- Terra's Kitchen



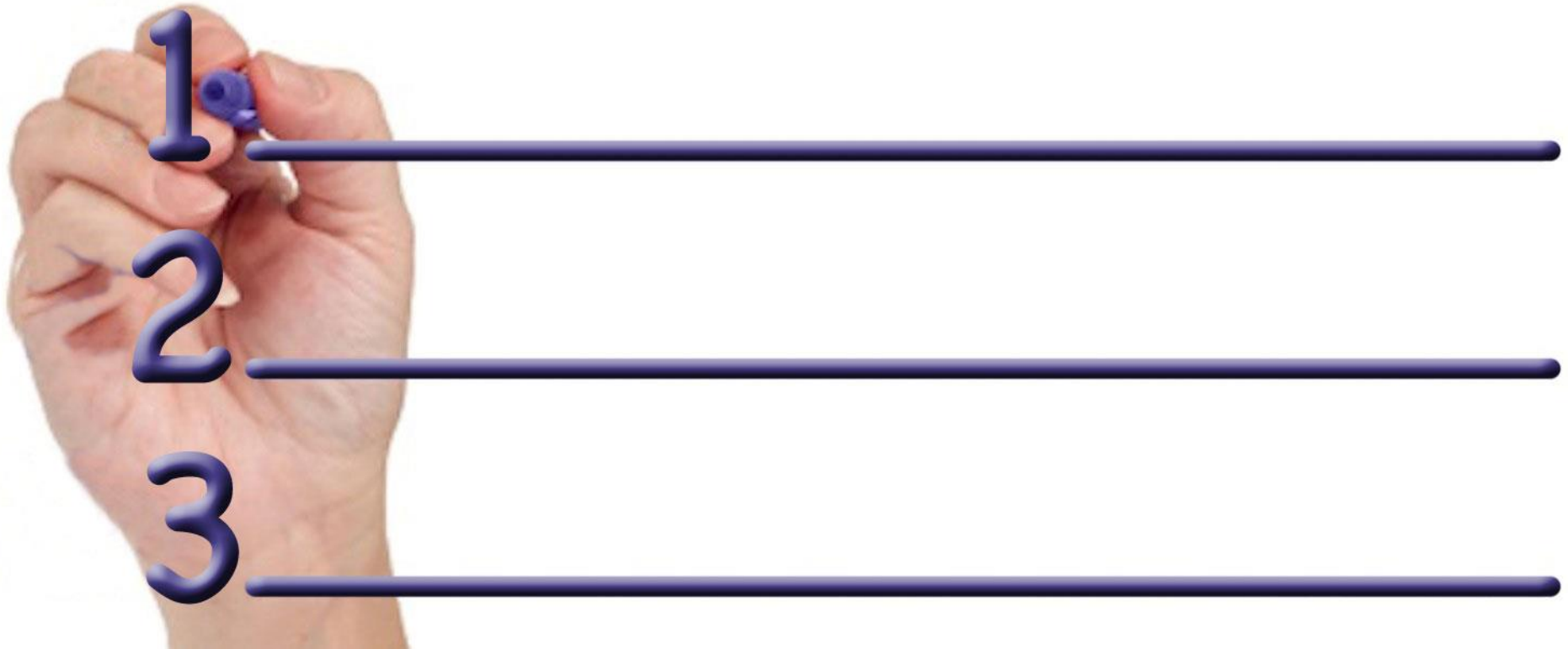
GLASBERGEN

© Randy Glasbergen / glasbergen.com



“My body is apple-shaped and yours is pear-shaped. How can we be unhealthy if we look like a fresh fruit salad?”

Setting Goals



Areas for Goal Setting

Being Active

Planning
meals &
shopping

Addressing
Emotional
Eating

Healthy
snacking

Eating
Smaller
portions

Eating 3
meals a
day

Cooking
my meals

Drinking
enough water

Eating
fruits and
vegetables

Setting S.M.A.R.T Goals

- S: Specific
- M: Measurable
- A: Achievable
- R: Realistic
- T: Time Based



S.M.A.R.T Goal

Examples:

- **Being Active:** I will walk after work three days/ week/ 30 minutes.
- **Addressing Emotional Eating**
 - I will find a counselor to work through this.
 - I will drink tea at night instead of snacking
- **Reducing Portions:** I will measure out my foods and use smaller plates and bowls.
- **Planning Meals & Shopping:**
 - I will write out a weekly menu and shopping list and then shop on Sunday.
 - I will go back to the store on Wednesday after work.
 - I will put a shopping bag in my car today so I have it handy.
 - I will save my weekly menu to modify and adjust it for the next time I use it.

S.M.A.R.T Goal

Examples:

- **Healthy snacking:** I will take a piece of fruit and $\frac{1}{4}$ c nuts to work as my snack.
- **Cooking my Meals:** I will take leftovers from dinner and pack it the night before to take to work the next day instead of going out to lunch with coworkers. OR I will get meal delivery.
- **Eating Fruits and Vegetables:** I will eat a fruit with breakfast and for my snack. I will eat $\frac{1}{2}$ plate of cooked vegetables or a salad at dinner 5 nights a week
- **Eating 3 Meals a Day:** I will set my alarm for 7:00 am so I can make myself breakfast Monday-Friday. If I sleep in, I will grab two hard boiled eggs and a piece of fruit.
- **Drinking Water:** I will drink 6- 8 cups of water a day. I will use a

Areas for Goal Setting

Being Active

Planning
meals &
shopping

Addressing
Emotional
Eating

Healthy
snacking

Eating
Smaller
portions

Eating 3
meals a
day

Cooking
my meals

Drinking
enough water

Eating
fruits and
vegetables

Do you have anyone to be accountable to?

- According to a study done at Harvard... You are 80% more likely to do your goal IF you have to report to another person!!!
- Otherwise, you are about 50% likely to do it.

So, you are on the golden path of good eating



AND then... you fall off!



All Timed Perfectly @ allperfectlytimed.com

What do you do to get back on track?

Try any one of these things

1. Make your next meal mostly vegetables
2. Choose a fruit or vegetable for your next snack
3. Take a walk outside for 15- 20 minutes
4. Remind yourself that you are human and that you don't need to be perfect. And then ask yourself what you learned from getting off track. (Everything is a learning opportunity!)
5. Sit down and plan out your next 3 meals and go food shopping.
6. Make a weekly S.M.A.R.T goal
7. Call or text a friend for support

Center for Lifestyle Management Programs

- Nutrition Counseling***
- Weigh To Go Weight Management Program
- Diabetes Management Program*
- Cardiac Risk Reduction Program*
- Medical Fitness Program
- Strides Walking Program
- Health and Wellness Coaching

Phone number: 457-7077



THANK YOU!

