

Proactive Health

Proper Nutrition & Healthy Living Habits



By

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Learning Objectives



- To understand that good eating habits impacts on overall health
- To be able to make small changes in your eating habits (breakfast & snack/beverage choices)
- To recognize the challenges on eating out

Why pay attention to what you eat?

- Healthy eating will help you get the right balance of vitamins, minerals, and other nutrients. It will help you feel good, have more energy. It can help you handle stress better.
- Healthy eating can help to prevent and control many health problems, such as: *heart disease, high blood pressure, Type 2 diabetes, some types of cancer.*

Make Smart Choices from Every Food Group

- Your body needs the right fuel for your hectic, stress-filled schedule. The best way to get what you need is to enjoy a variety of nutrients-rich foods that are packed with energy, protein, vitamins and minerals.

Where can you find these smart choices?

- *Fruits and vegetables*
- *Whole grains*
- *Low -fat milk products*
- *Lean proteins*

Small Change Add Up



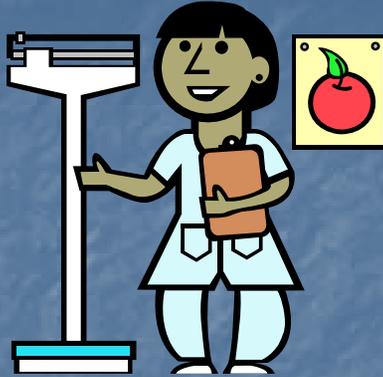
- **Downsize Your Dishes** - *use smaller plates.*
- **Savor Your Meals** – *eat slowly helps you consume only what your body needs to feel satisfied.*
- **Leave Some Food on Your Plate** - *focus on your internal signal.*
- **Don't Eat Out of a Bag or Box-** *pour one serving into a small bowl.*
- **Rethink Your Drinks-** *whenever possible, replace high-calorie beverages with plenty of water.*

Tips for Eating Out



- Instead of a large entrée, order an appetizer and a leafy green salad or choose two appetizers for a meal.
- Start with a small serving like a cup of soup
- Eat half at the restaurant, then take it home.
- Ask for to-go box as soon as your meal is served. Put half your food into the container for a second meal.

How Registered Dietitian (RD) Can Help Your Healthy Eating?



- RD provide a nutrition assessment, determine the nutrition diagnosis, determine a subsequent visits monitor and evaluate the client's progress.
 - Weight management
 - Diabetes management
 - Kidney problems
 - Cholesterol
 - High blood pressure
 - Many more