

Deanna Campbell RDN, MS

- Offering Nutrition Consultations that may be covered by Anthem BCBS or United Health Care health insurance with no referral or diagnosis needed. Self Pay is available.
- Call for an appointment- 765-543-4732 or email at alwaysnutritionworks@gmail.com
- Check out my Website at www.alwaysnutritionworks.com or my Facebook page at www.facebook.com/alwaysnutritionworks



Healthy Lifestyle Nutrition

Without feeling deprived

Outline

What is healthy eating

Is anyone at risk

Eating out and continuing
to make healthy choices

Make habits work for you

How to be successful



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HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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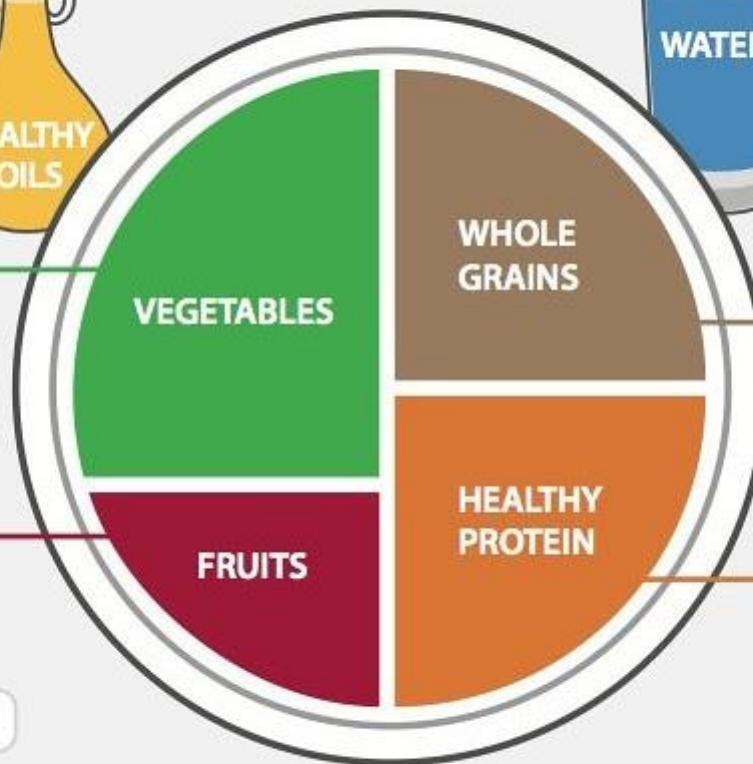
Harvard School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat whole grains (like brown rice, whole-wheat bread, and whole-grain pasta). Limit refined grains (like white rice and white bread).

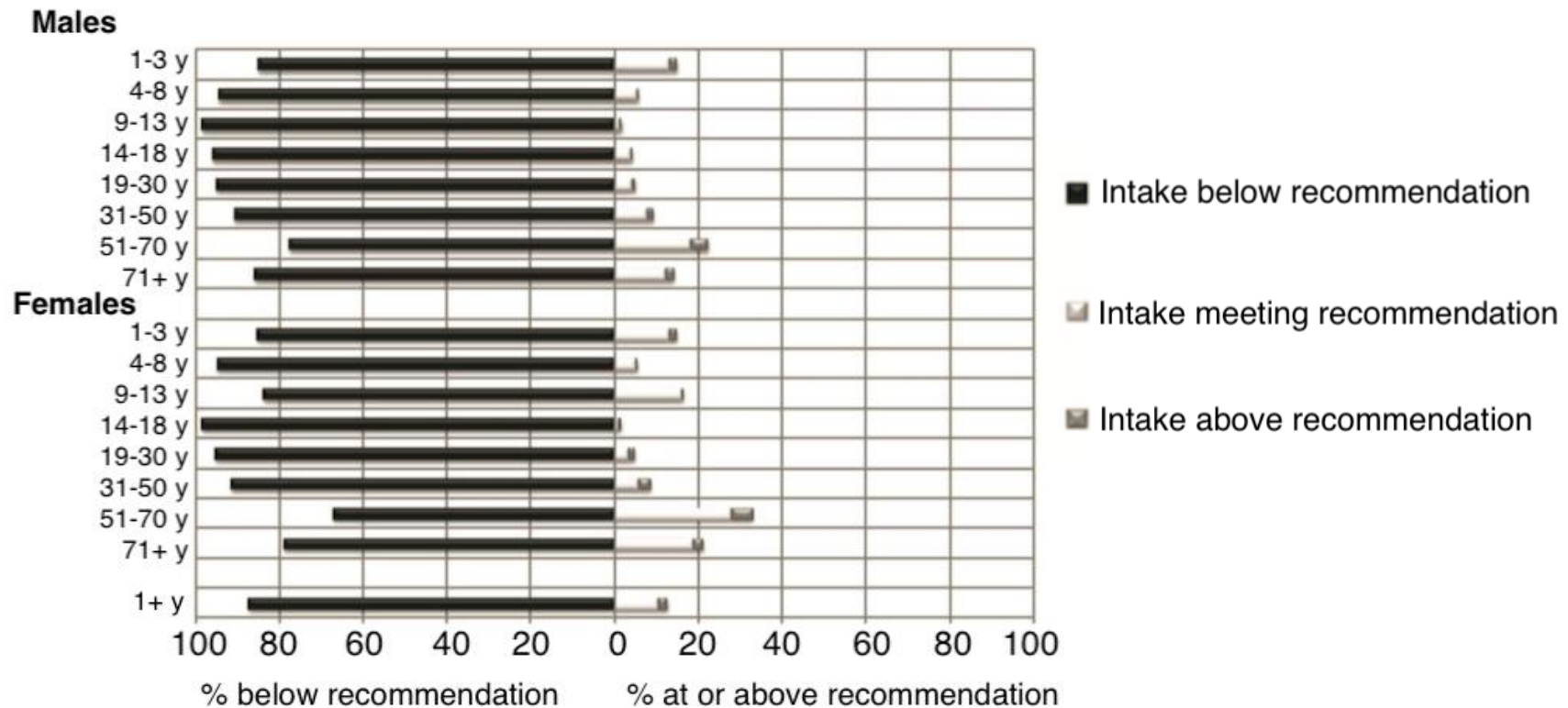
Choose fish, poultry, beans, and nuts; limit red meat; avoid bacon, cold cuts, and other processed meats.



Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Total Vegetables



Scientific Report of the 2015 Dietary Guidelines Advisory Committee

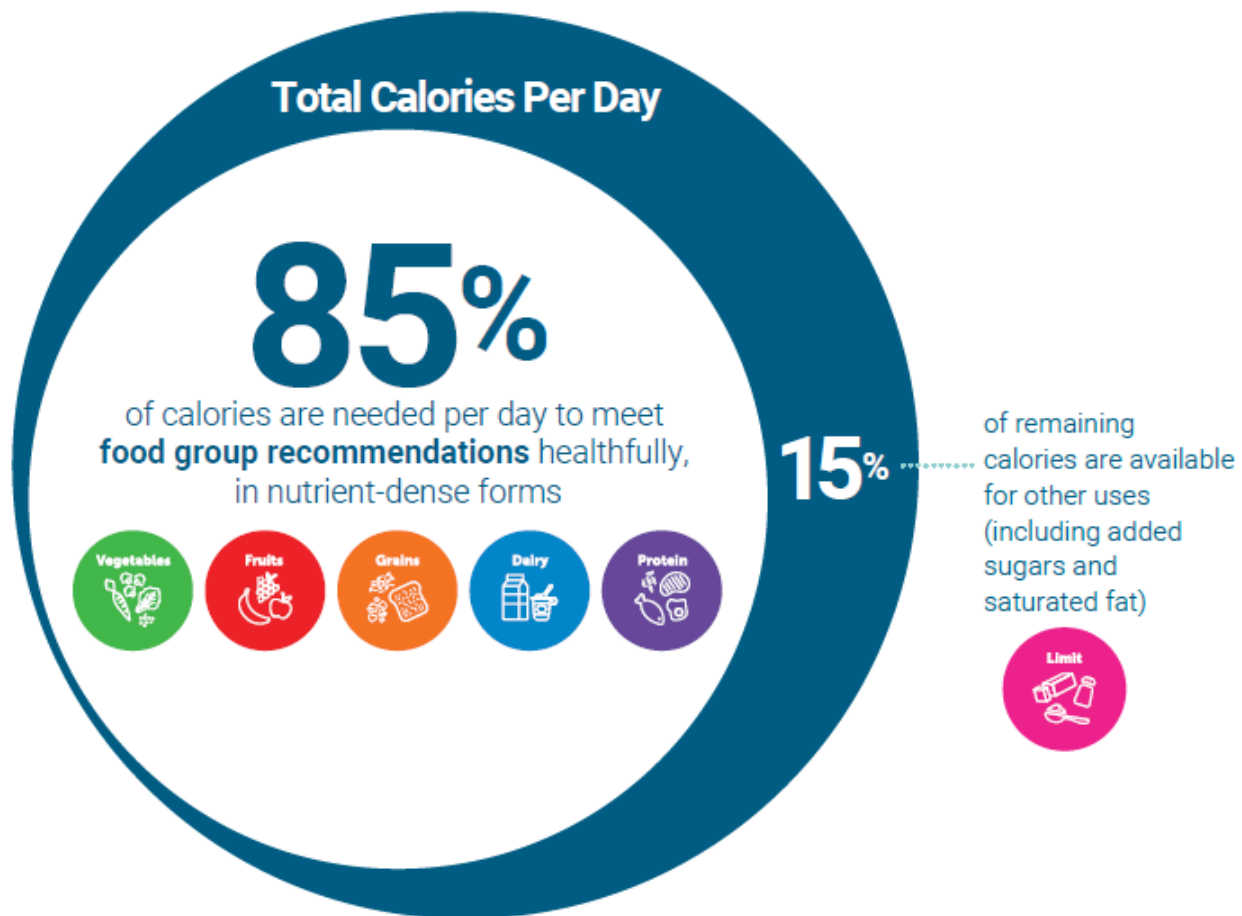
Estimated percent of persons below, at, or above recommendation

Some things stay the same...

Fruits and Vegetables are still good for you

- Don't worry about which ones
- More is better
- Canned or Frozen is fine (rinse canned vegetables to remove extra salt)
- Season to taste
- Seasonal saves money, some are usually inexpensive like carrots and apples
- Keep them in sight
- Eat them first

The 85-15 Guide: Percentage of Calories Needed To Meet Food Group Needs With Nutrient-Dense Choices and Percentage Left for Other Uses



Healthy eating works!

Adopting a healthy eating pattern improves cardio-metabolic disease risk factors.



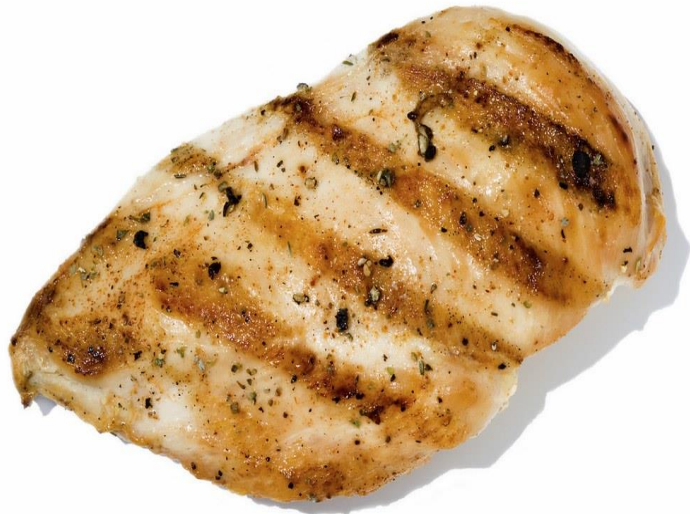
These improvements are short-lived when the healthy eating pattern is abandoned.



Re-adopting a healthy eating pattern improves cardio-metabolic disease risk factors comparably to when the healthy eating pattern was first adopted.

Eating out

- In general – avoid fried foods and foods with added cheese
- Grilled is better



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Start (and possibly end) with the Salad menu- ask for dressing on the side



Appetizers are usually fried

Low calorie pasta dishes are hard to find



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Pizza places- try a thin crust and focus on veggies, meats are usually processed and very high in fat and sodium



The initial
choice of
restaurant
sets you
up for
success



CHIPOTLE
Serve time 15 to 20 minutes

Build Your Own Burrito, Tacos, or Bowl Burritos are served in a flour totilla, Choose 1-3 tacos in soft flour or crispy con tortillas
Choose Your Filling Chicken, Steak, Barbacoa, Carnitas, Sofritas, or Veggies
Choose Your Beans Black Beans, Pinto Beans, No Beans
Choose Your Rice White Rice, Brown Rice, No Rice
Choose Your Toppings Queso, Guacamole, Fresh Tomato Salsa, Roasted Chili-Corn Salsa, Tomatillo-Green Chili Salsa, Tomatillo-Red Chili Salsa, Sour Cream, Fajita Veggies, Cheese, Romaine Lettuce,
Salad Chopped romaine lettuce with your choice of Meat or Sofritas, Beans, Queso, Salsa, Guacamole, Sour Cream, or Cheese, with freshly made Chipotle-Honey Vinaigrette
Paleo Salad Bowl Romaine Lettuce, Barbacoa, Fajita Veggies, Tomatillo-Green Chili Salsa, Guacamole
Keto Salad Bowl Romaine Lettuce, Carnitas, Tomatillo-Red Chili Salsa, Guacamole, Cheese
Whole 30 Salad Bowl Romaine Lettuce, Carnitas, Fajita Veggies, Fresh Tomato Salsa, Guacamole
Double-Protein Bowl Chicken, Steak, White Rice, Black Beans, Tomatillo-Red Chili Salsa, Sour Cream, Romaine Lettuce
Sides Chips & Queso (S, L), Side of Queso, Chips & Guacamole (S, L), Side of Guacamole, Chips & Fresh Tomato Salsa, Chips & Roasted Chili-Corn Salsa, Chips & Tomatillo-Red Chili Salsa, Chips & Tomatillo-Green Chili Salsa, Chips

Making Nutrient-Dense Choices: One Meal At a Time

Slight changes to individual parts of a meal can make a big difference. This meal shows examples of small shifts to more nutrient-dense choices that significantly improve the nutritional profile of the meal overall while delivering on taste and satisfaction.



Typical Burrito Bowl Total Calories = 1,120	Nutrient-Dense Burrito Bowl Total Calories = 715
White rice (1 ½ cups)	Brown rice (1 cup) + Romaine lettuce (½ cup)
Black beans (½ cup)	Black beans, reduced sodium (½ cup)
Chicken cooked with sauce (2 ounces)	Grilled chicken with spice rub (2 ounces)
No grilled vegetables	Added grilled vegetables (½ cup)
Guacamole (½ cup)	Sliced avocado (5 slices)
Jarred salsa (¼ cup)	Fresh salsa/pico de gallo (¼ cup)
Sour cream (¼ cup)	No sour cream
Cheese (½ cup)	Reduced-fat cheese (½ cup)
Jalapeño (5 slices)	Jalapeño (5 slices)
Iced tea with sugar (16 ounces)	Iced tea, no sugar (16 ounces)

Fast Food options

- Children's options or single burger sandwiches may be best eg. Whopper Junior
- Grilled chicken sandwiches
- Chicken tenders- sauces add sugar
- Vegetarian options- White Castle veggie slider
- Wendy's, Panera, Arby's Market Fresh options



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Full Service Restaurants

The Foxes Trails – Check the salads and ask for no bacon bits and have the dressing on the side

If ordering steak- choose salad, baked potato, steamed vegetables or sweet potato as sides, ask for butter or sour cream on the side

They have a grilled grouper and grilled chicken breast sandwich, get a side salad, avoid the French fries or tots

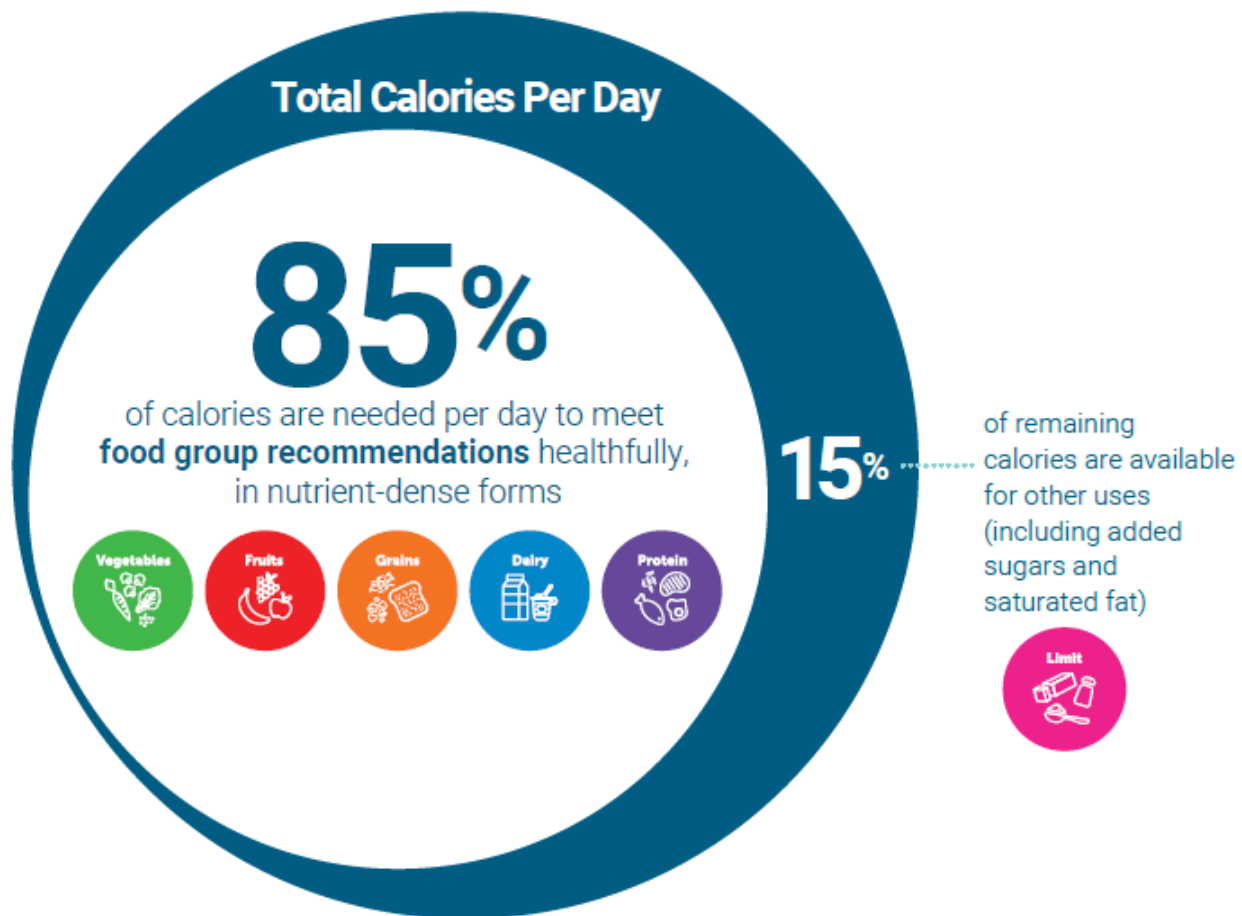
Ray's Drive In

Try a vegetable omelet, oatmeal or eggs cooked to order with wheat toast.

- **Martino's**- try a thin crust pizza, avoid the meat toppings or order a hamburger with cottage cheese, baked potato, applesauce or vegetables as a side
- **Choo Choo McGoo's** – They have many salads and also grilled chicken, steaks and pork chops. Sides- fruit is an option as well as broccoli, sweet potato, potato and cottage cheese

Regarding Mashed Potatoes or French Fries- it is hard to know how much fat and salt has been added to these and they are easy to overeat

The 85-15 Guide: Percentage of Calories Needed To Meet Food Group Needs With Nutrient-Dense Choices and Percentage Left for Other Uses





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Put this into practice

- **What doesn't work** – *doing the same thing and expecting different results, focusing on the negative instead of the positive*



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For Success

- **Set an Intention**
- **Start Small, make it convenient for yourself**
- **Plan ahead**
- **Keep track of positive changes**
- **Accountability Partner**



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Thanks Very Much!

- Preventive Nutrition Consultations may be covered by Anthem BCBS health insurance with no referral or diagnosis needed.
- Telehealth appointments are available.
- Call for an appointment- 765-543-4732 or email at alwaysnutritionworks@gmail.com
- Check out my Website at www.alwaysnutritionworks.com or my Facebook page at www.facebook.com/alwaysnutritionworks

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