

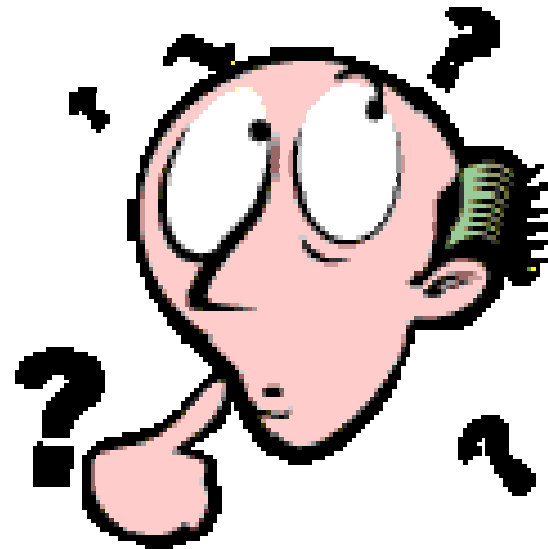


The ABC's of Good Nutrition

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What am I supposed to eat??

- Mixed nutrition messages
- Bad food vs. good food
- Get back to basics
- Amount, Balance, Cost/Convenience



Portion Distortion

- The right foods, but too much
- Restaurant portions
- Tour of Italy: 1450 calories, 33g saturated fat, 3830mg sodium
- Plate size
- Drinks-Lg Coke 32 oz 310 Cal; Lg Carmel Frappe 680 Cal



Bagel

20 Years Ago

Today



3-inch diameter

140 calories



6-inch diameter

350 calories

Guess the calorie difference!

210 calories!



Spaghetti and Meatballs

20 Years Ago

Today

1 cup spaghetti
with sauce &
3 small meatballs



500 calories



2 cups spaghetti
with sauce &
3 large meatballs

1,025 calories

Guess the calorie difference!

525 calories!



Soda

20 Years Ago

Today

6.5 ounces



20 ounces

85 calories

250 calories

Guess the calorie difference!

165 calories!



Keeping an Eye on Portions

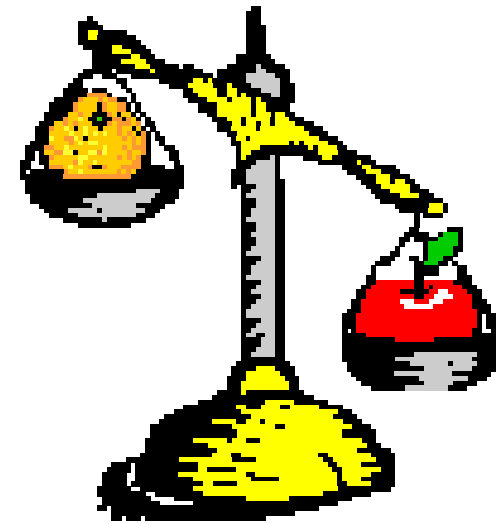


- $\frac{3}{4}$ plate from plant origin
- Tips for recognizing appropriate portions



A Balancing Act

- Target 3 regular meals per day
- Snacks are OK
- Fruits and Vegetables- at least 5 per day!
- www.fruitsandveggiesmatter.gov



Water

- 6-8 cups per day
- What about caffeine?
- Thirst sometimes mistaken for hunger



Cost and Convenience

- Meal Planning with Sales Ad
- Online Resources
- Recipe Bank
- Keep “back-ups” on hand



Reach Your Wellness Goals

- Keep Nutrition Simple
- Start with Small Steps
- Feel Better!

WIN
with
WELLNESS

