A Healthy Diet

EATING HEALTHY IN A FAST-PACED, FAST-FOOD WORLD

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Benefits of a Healthy Diet

Healthy eating is important for everyone, at every stage of life.

Proper nutrition is important for children to grow and develop. It continues to be important into adulthood, to help manage or lose weight as well as control or prevent diabetes, heart disease, cancer, or other health problems.
Building Blocks

What does a healthy diet look like?

You can build a healthy diet with six basic building blocks, arranged in the right proportions:

1. **Eat fruits and vegetables.** In a typical meal, half your plate should be fruits and vegetables.
2. **Choose whole and unprocessed grains.** Grains and starches together should fill about ¼ of your plate for most meals.
3. **Choose heart-healthy proteins.** A healthy portion will take up about ¼ of your plate.
4. **Choose low-fat dairy products or dairy alternatives.**
5. **Limit your sodium (salt), sugar, and alcohol.**
6. **Choose unsaturated fats and oils.**

- *Intermountain LiVe Well*
That Sounds Easy Enough, But…
Roadblocks

Navigating through hectic schedules with healthy choices is still possible.

To change what goes on your plate (and in your mouth) and eat healthy, you’ll need to change how you:

- Shop for groceries
- Cook your meals
- Select and order your food at restaurants
Shopping Healthy

Grocery shopping can be a daunting task, simply because there are so many choices. It helps to know ahead of time how to read food labels to make comparisons and to understand how and where to select the healthiest options.
Shopping Healthy

Food label breakdown

- **Serving Size:** When you compare calories and nutrients between brands, check to see if the serving size is the same.
- **Calories:** Different people need a different number of calories each day. Look here to see how a serving adds to your count.
- **% Daily Value:** A general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. A 5% or less means the food is low in that nutrient; a 20% or higher means the food is high in that nutrient. The * means the % DV is based on a 2,000-calorie diet; you may need more or less.
Shopping Healthy (cont.)

Food label breakdown (cont.)

- **Total Fat:** Choose foods lower in total fat.
- **Saturated Fat:** Aim low; saturated fat raises blood cholesterol.
- **Trans Fat:** Eat as little of this as possible, as it raises blood cholesterol and lowers HDL ("good") cholesterol.
- **Cholesterol:** Too much can lead to heart disease.
- **Sodium:** Limit sodium to help reduce risk of high blood pressure.
- **Dietary Fiber:** Aim for 25 to 30 grams of fiber each day.
- **Sugars:** Products high in sugar are not the best choice.

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**Nutrition Facts**

Serving Size 1/2 of recipe 312g (312 g)
Servings per container 2

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<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Calories 321</td>
<td>5%</td>
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<tr>
<td>Sodium 84mg</td>
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<tr>
<td>Cholesterol 0mg</td>
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</tr>
<tr>
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</tr>
<tr>
<td>Vitamin C 21%</td>
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</tr>
<tr>
<td>Calcium 53%</td>
<td></td>
</tr>
<tr>
<td>Iron 21%</td>
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</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Shopping Healthy (cont.)

A quick (and healthy) trip to the grocery store

- **Shop the perimeter of the grocery store**, where fresh foods like fruits, vegetables, dairy, meat, and fish are usually located. Avoid the center aisles where junk foods—chips, cookies, sodas—lurk.

- Choose *"real" foods*, such as 100% fruit juice or 100% whole-grain items with little processing and additives.

- **Pick frozen, “low-sodium” veggies or fresh produce**. Frozen veggies are usually flash-frozen, which suspends their aging and nutrient losses, and are lower in sodium content than canned veggies.
Shopping Healthy (cont.)

What to avoid

• **Stay clear of foods with cartoons** on the label that are targeted to children. If you don't want your kids eating junk foods, don't have them in the house.

• **Avoid foods containing more than 5 ingredients**, artificial ingredients, or those you can't pronounce.

• **Don’t shop hungry**—an empty belly often results in impulse purchases that may not be the healthiest.
Cooking Healthy

With a little creativity and planning, you can modify recipes and preparation methods to have not only healthier, but faster meals to accommodate your busy lifestyle.
Cooking Healthy

Reach for healthier ingredients

• **Use herbs, vinegar, tomatoes, onions, and/or fat-free or low-fat sauces or salad dressings** for better health, especially if you have high blood pressure or high cholesterol.

• **Opt for healthy unsaturated oil, such as olive oil**—even soft-tub margarine with liquid vegetable oil as the first ingredient—over butter.

• **Choose whole grain in your ingredients instead of highly refined products.** Use whole-wheat flour, oatmeal, and whole cornmeal. In baking, use plain fat-free or low-fat yogurt, or fat-free or low-fat sour cream.

• **Use fat-free milk or 1% milk** instead of whole or reduced-fat (2%) milk.
Cooking Healthy (cont.)

*Use time-saving, healthy methods*

- **Use your time and your freezer wisely.** When you cook once, make it last longer by preparing enough for several other meals. Freeze it and have a ready-made healthy treat for the next time you’ll be too busy to prep.

- **Cook veggies quickly by steaming or stir-frying;** it will also preserve the nutrients and colors.

- **Make quick and easy fruit smoothies.** Throw fresh or frozen fruits, some orange or other 100% juice, and fat-free or low-fat yogurt into a blender. You can get 4–5 servings of fruit in one glass.
Cooking Healthy (cont.)

Prepare using healthy tactics

• **Steam, broil, bake, or grill foods** whenever possible.

• **If you must fry, use a nonstick cooking spray** and nonstick cookware instead of oil.

• **When cooking stews, soups, or other dishes** in which the fat cooks into the liquid, prepare food a day in advance and refrigerate it. You can easily remove the hardened fat from the food before reheating.

• **Sauté or stir-fry vegetables in liquid** rather than butter or oil (e.g. water, bouillon, or de-fatted chicken, vegetable, or beef stock).

• **Roast, bake, barbecue, or broil meat** on a rack so that the fat drips away from the meat.
Healthy eating doesn’t mean you have to prepare all your own meals at home for the rest of your life. If you enjoy eating out, you should certainly continue—it just requires a little extra thought and flexibility on your part.
Dining Healthy

Choose restaurants with healthy options

- Fast-food restaurants are notorious for serving meals high in fat, cholesterol, salt, and calories. However, most places do offer some healthier choices as well. Tips for eating at fast-food places include:

  - Choose chicken or fish entrees instead of beef or pork.
  - Avoid breaded meats.
  - Skip the “super-sized” version of your meal.
Dining Healthy (cont.)

Choose restaurants with healthy options

• **Restaurants with salad bars are a good option.** To make a healthy salad:

  ➢ Limit fatty meats and cheese; choose healthier options such as beans, nuts, and seeds.
  ➢ Choose a reduced-fat dressing or use a flavored vinegar and a drizzle of olive oil.
Dining Healthy (cont.)

Avoid restaurant excess

Restaurants tend to give large servings. To avoid eating too many calories, salt, fat, or cholesterol in one meal:

- **Drink water.** Sipping water throughout the meal can help avoid overeating or drinking too much alcohol.
- **Avoid the breadbasket** or ask for it to be removed after having a slice.
- **Ask that your food be prepared without added salt.**
- **Split a meal with a friend.**
- **Reconsider dessert.** Healthier options would be to share a dessert with a friend or two, enjoy a hot beverage instead, or order fresh fruit as a dessert.
- **Take food home.** It will also save time in prepping your next meal.
Options at Intermountain

*The Weigh to Health®*
A 12-session course on healthy eating principles, menu planning, disease and weight, eating out and special occasions, and more, with availability to start every month.

*Outpatient Nutrition Counseling*
Available at Alta View, TOSH, Riverton, and LDS Hospitals, and Intermountain Medical Center.

Call **801-507-3253** for information about The Weigh to Health and Nutrition Counseling at Intermountain.
Questions?

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