

# Wellness and Nutrition



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# Why does Balanced Nutrition matter?

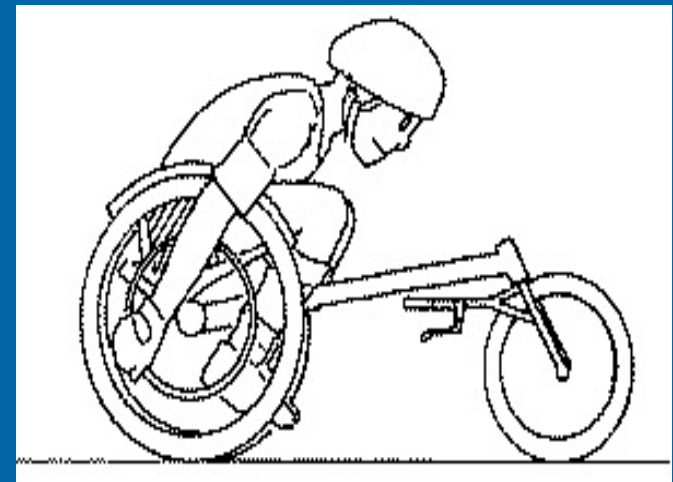
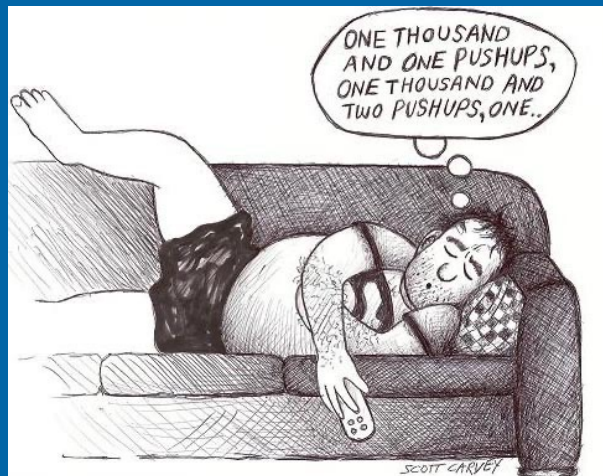
- A healthy diet and adequate hydration is important for...
  - Energy
  - Strength
  - Ability to Focus
  - Preventing, reducing or managing chronic diseases such as heart disease and diabetes.
- Maintaining a balanced diet also improves mood.



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# Nutrition affects

- Pressure Sore Prevention
- Body Weight
- Prevent Obesity, High Cholesterol, Diabetes



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# Pressure sore prevention

- People that are overweight or underweight tend to have more problems with skin breakdown.
- Good nutrition will help make your skin more resistant to breakdown and you will be more likely to heal and fight off infection should it occur.
- For healthy skin it is especially important to get enough of the following nutrients in your diet:
  - ***Omega 3 fatty acids*** (salmon, mackerel, flaxseed)
  - ***Vitamin C*** (citrus fruits, strawberries, broccoli)
  - ***Vitamin A*** (Vegetables that are dark green or dark orange in color)
  - ***Zinc*** (seafood, meat and eggs)
  - ***Protein*** (meat, eggs, cheese, and soy products)
- Extra calories, especially from protein, are important for repairing damaged tissues if you do have skin breakdown.



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# Protein Recommendations

- Add high protein foods into each meal
- Protein helps your body build tissue, muscle, and repair damage

Protein rich foods
3 oz poultry- 26 g
3 oz canned tuna 26 g
3oz fish 21 g
1 cup beans 15 g
1 cup low fat yogurt – 11 g
½ cup cottage cheese 14 g
2 Tbsp peanut butter – 8 g



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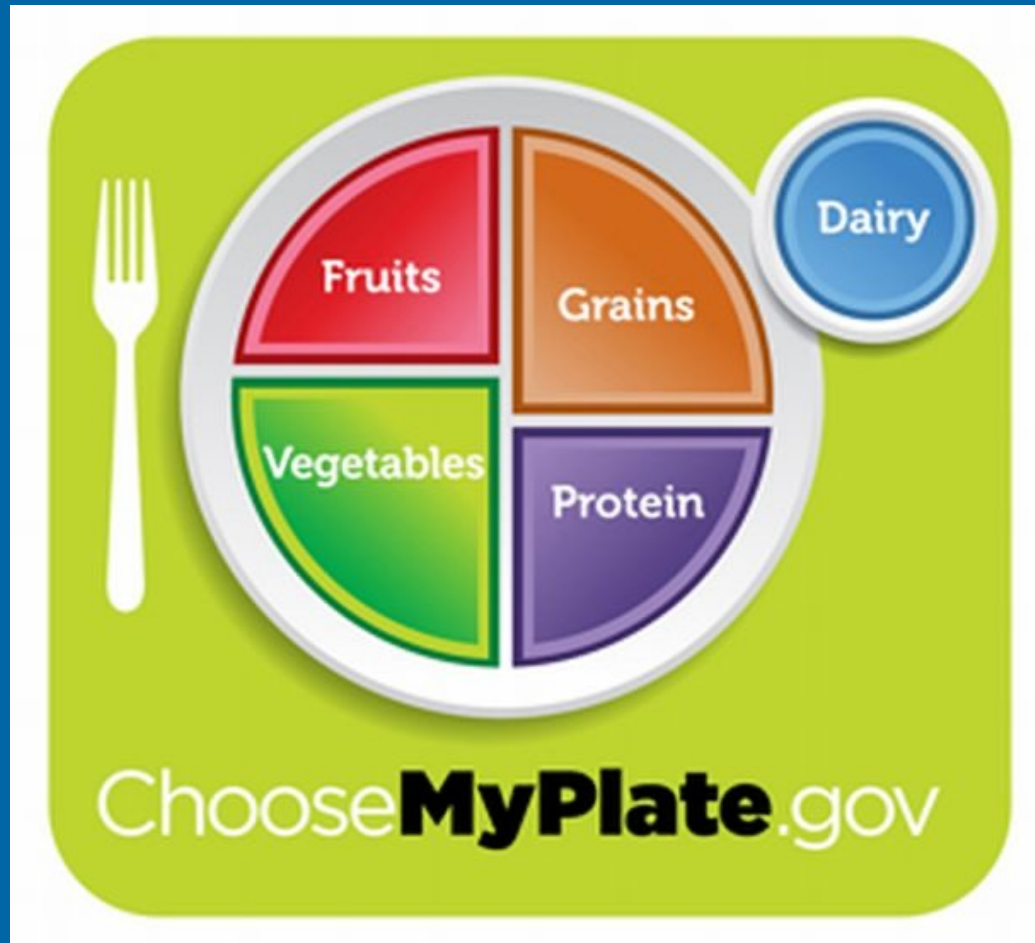
# Define a Good Balanced Diet

- Emphasize fruits, vegetables, whole grains, and fat-free or low-fat dairy
- Includes lean meats, poultry, fish, beans, eggs, nuts
- Low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.



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# Define a Good Balanced Diet



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# Common Portion Sizes

Measurement	Size
1 ounce(oz)	4 stacked dice
3 oz	Deck of Cards
1 teaspoon(tsp)	Tip of little finger
1 tablespoon(Tbsp)	Tip of thumb
2 Tbsp	Golf ball
½ cup	Half of a fist
1 cup	A fist



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# Foods to Avoid

The foods listed below may result in GI upset and may cause involuntary bowel movements for those without bowel control. Be cautious with these foods until you know how your body tolerates them.

- Fried or greasy/high fat foods
- Spicy foods
- Caffeinated drinks
- Alcohol
- Lactose (dairy)



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# Examples of Fiber in Foods

Food	Serving size	Grams of fiber
Black beans (boiled)	1 cup	15
Broccoli (boiled)	1 cup	5.1
Oatmeal, instant, cooked	1 cup	4.0
Spaghetti, whole-wheat, cooked	1 cup	6.3
Apple, with skin	1 medium	4.4
Bread, whole-wheat	1 slice	1.9



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# Soft stool?

## Eat: insoluble fiber



## Examples:

- Whole grain bread, pasta, and rice
- Bran cereal
- Nuts and seeds
- Vegetables (with skin) like green beans or zucchini
- Leafy greens, celery, broccoli, and cauliflower
- Fruit (with skin) like tomatoes, apples, pears, grapes, and blueberries



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# Hard stool?

**Eat: soluble fiber**



**Examples:**

- Peas/beans
- Oatmeal
- Fruits (without the skin) like apples, bananas, pears, and melons
- Vegetables like broccoli, carrots, squash
- Root vegetables like potatoes and sweet potatoes (without the skin)



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# Fiber needs water!



- Both types of dietary fiber -- soluble and insoluble -- depend on water
- Soluble fiber
  - Absorbs water to become a gel-like mass
  - Enables it to slow down the rate at which food leaves your stomach, which helps you feel full
  - Prevents spikes in blood sugar by moderating the absorption of carbohydrates and lowers cholesterol by carrying it out of your system
- Insoluble fiber
  - doesn't absorb fluid, but traps and retains water pulled from your intestine, which adds bulk and moisture to waste and prevents constipation



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# Drink WATER!!



## Daily Water Intake

Weight	Water	Water Bottle= 16.9 ounces
80 lbs.	40 oz.	2
100 lbs.	50 oz.	3
120 lbs.	60 oz.	4
140 lbs.	70 oz.	4
160 lbs.	80 oz.	5
180 lbs.	90 oz.	5
200 lbs.	100 oz.	6
220 lbs.	110 oz.	7
240 lbs.	120 oz.	7
260 lbs.	130 oz.	8
280 lbs.	140 oz.	8
300 lbs.	150 oz.	9
320 lbs.	160 oz.	10

\* In average, you need 8 glasses of water every day.



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# Eat this not That!

Eat This...	Not That!
 <p>¾ cup serving, 7 g fiber</p>	 <p>¾ cup serving, 0.7 g fiber</p>
 <p>1 slice, 5 g fiber</p>	 <p>1 slice, 1 g fiber</p>
 <p>½ cup, 4 g fiber</p>	 <p>1 packet, 1 g fiber</p>
 <p>1 cup, 29 g fiber</p>	 <p>1 cup, 3.5 g fiber</p>



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# Weight Gain

- Obesity is a major risk factor contributing to the development of heart disease
- Individuals with SCI have a loss of lean muscle mass and/or a gain for fat tissue
- In a 2007 study of 7,959 individuals with SCI, 37% were overweight, 31% were obese
- In a 2018 study of 7,287 individuals with TBI, 36% were overweight, and 23% were obese



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# Diabetes

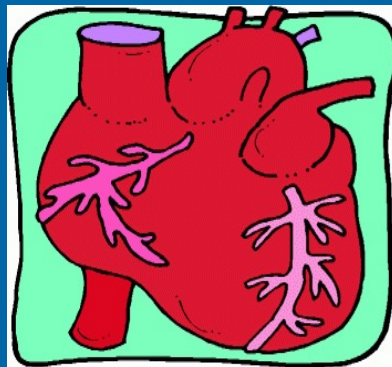
- Impaired glucose tolerance and diabetes is more prevalent after SCI and ABI
- High glucose levels are another risk factor for heart disease



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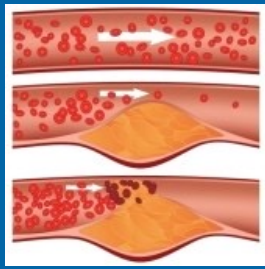
# Heart Disease

Changes in body composition and lower levels of physical activity are major contributors to an increased risk of developing heart disease after SCI.





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# Cholesterol Levels

- Total Cholesterol (TC) is made up of LDL & HDL
- LDL “bad cholesterol” should be  $<100$  (the lower the better) 
- HDL “good cholesterol” this number should be  $>60$  (the higher the better) 



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# More on Cholesterol Levels

After SCI, HDL is **typically low**



**Low HDL is a risk factor** for heart disease



**High HDL protects** against heart disease

**EXERCISE can INCREASE HDL!!!**



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# To Lose Weight

A decrease in 500 calories a day results in 1 pound weight loss per week



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# Weight Management Tips

- Eat 3 regularly scheduled meals
- Healthy diet
- Cut back on sugar
- Prepare foods with less fats, less oils
- Watch portion sizes, no “seconds”
- Eat slowly



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# Snacks

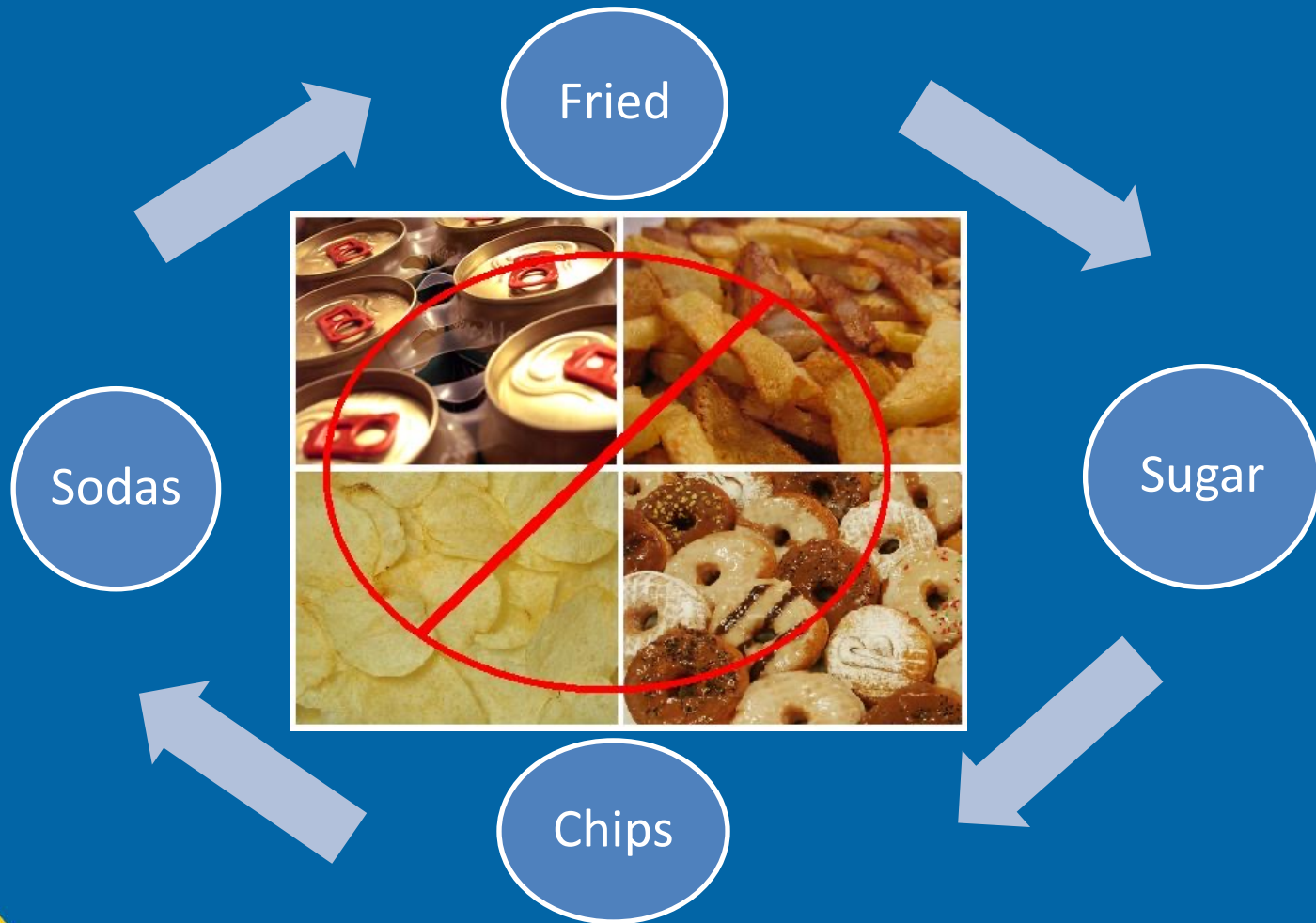
- Reduced-fat string cheese
- Fresh fruit
- Fiber bars
- Yogurt
- Almonds and walnuts
- Baked snack chips
- High fiber cereal
- Hummus and vegetable slices
- Portion controlled 100-calorie snack bags



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# Foods to Avoid



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# Dining Out Tips

- Plan ahead, use online menus
- Avoid buffets
- Don't fill up on empty calories (chips, rolls)
- Order fish and chicken baked, grilled, broiled
- Substitute vegetable side dishes instead of fries
- Ask for condiments/dressings on the side- use less
- Order smaller sizes or appetizer portions



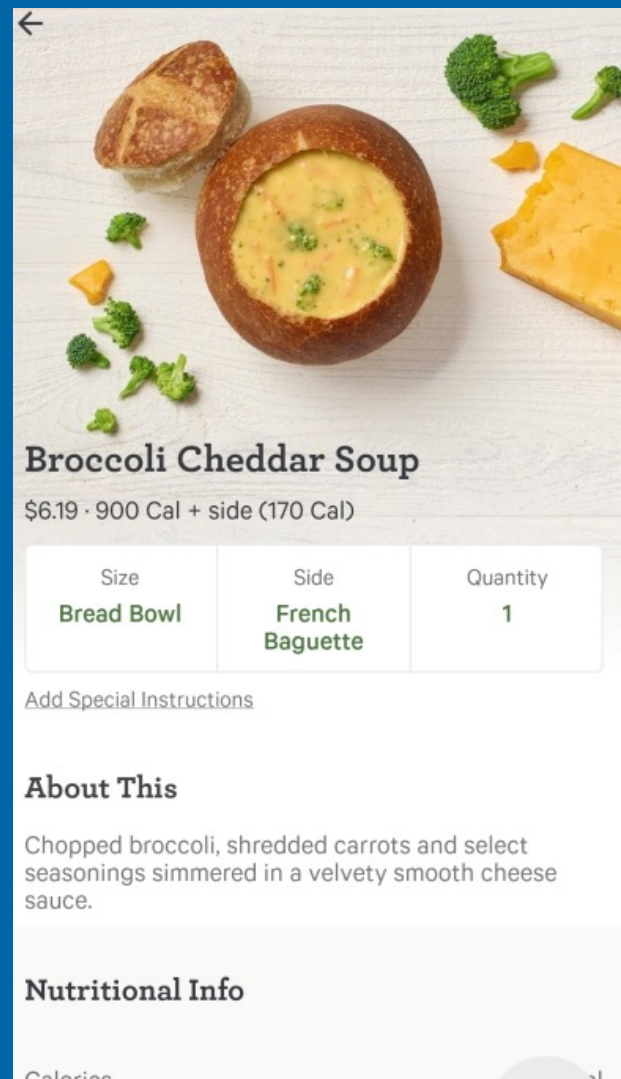
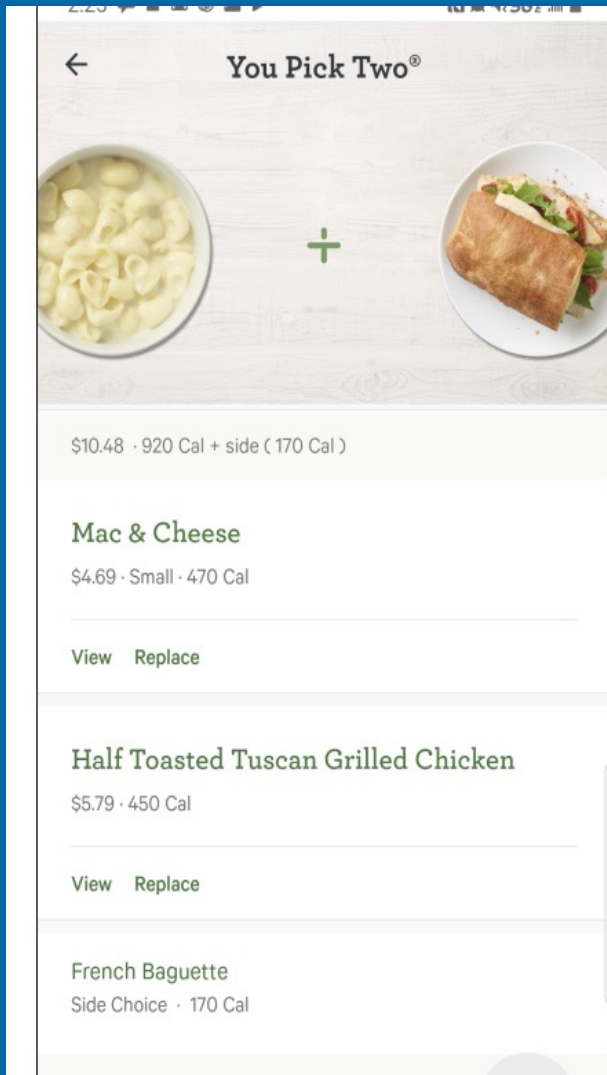
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# Fast Food Options




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**Broccoli Cheddar Soup**  
\$7.78 · 360 Cal + side (60 Cal)

Size <b>Bowl</b>	Side <b>Fresh Fruit Cup</b>	Quantity <b>1</b>
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Add Special Instructions

**About This**  
Chopped broccoli, shredded carrots and select seasonings simmered in a velvety smooth cheese sauce.


**Nutritional Info**

Calories 360 Cal

Calories from Fat 190 Cal

**Add to Order \$7.78**

Saturated Fat 13 g



\$9.48 · 470 Cal + side (60 Cal)

**Half Seasonal Greens Salad**  
\$3.99 · 80 Cal

[View](#) [Replace](#)

**Half Chipotle Chicken Avocado Melt**  
\$5.49 · 390 Cal

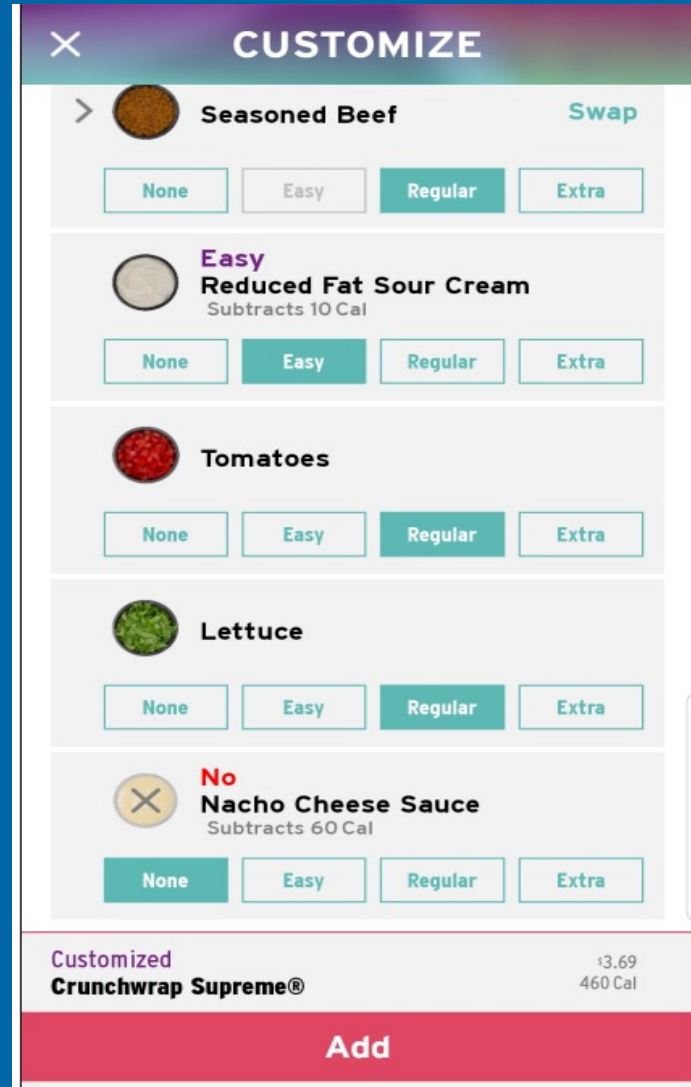
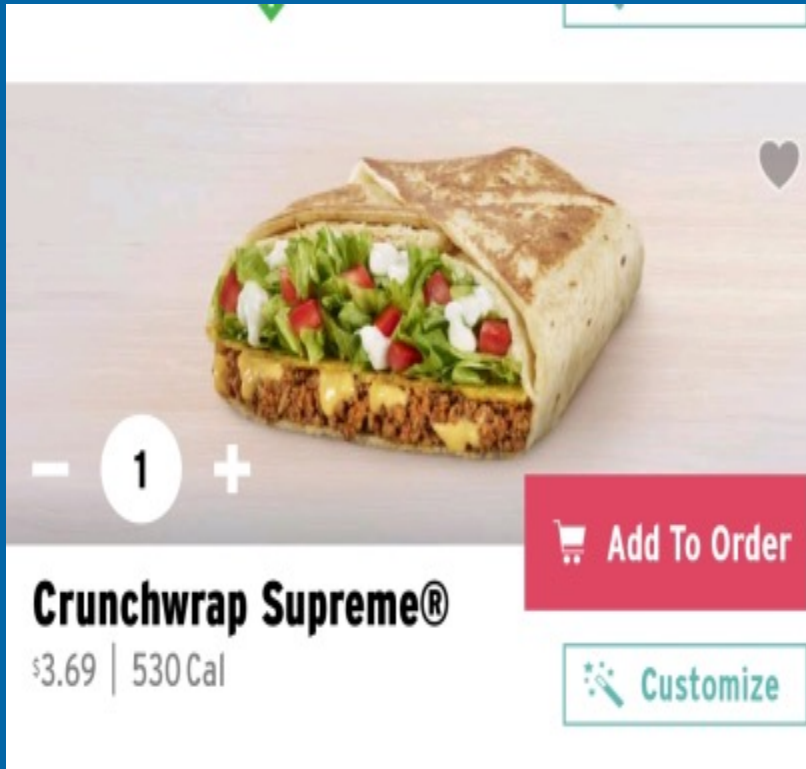
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**Fruit Cup**  
Side Choice · 60 Cal · \$1.99



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**Grande Nachos Box - Seasoned Beef**  
 \$5.00 | 1120-1400 Cal

**Medium Fountain Drink**  
 0-280 Cal

**Grande Nachos - Seasoned Beef**  
 1120 Cal

DRINKS **POWER MENU** PARTY

**Power Menu Bowl - Veggie**  
 \$5.49 | 430 Cal

**Power Menu Bowl**  
 \$5.49 | 480 Cal

◆ American Vegetarian Association certified Vegetarian food items, are lacto-ovo, allowing consumption of dairy and eggs but not animal byproducts. We may use the same frying oil to prepare menu items that could contain meat. Vegetarian and meat ingredients are handled in common, and cross contact may occur, which may not be acceptable to certain types of vegetarian diets. Neither Taco Bell®, our employees, nor our franchisees nor the AVA assume any responsibility for such cross contact.


Pricing and items may vary by restaurant. Select location to view your restaurant's pricing. Tax extra.





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Review your meal

**Chick-fil-A® Nuggets 12 Ct Meal**  
Total: 1,220 cal

 **12 ct Chick-fil-A® Nuggets**  
670 cal

 **Medium Chick-fil-A Waffle Potato Fries®**  
360 cal

 **Medium Coca-Cola®**  
190 cal


Price \$8.29


2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available on request.


- 1 + Add to order

Review your meal

**Chick-fil-A® Spicy Chicken Sandwich Meal**  
Total: 1,500 cal

 **Spicy Chicken Sandwich**  
450 cal

 **Large Chick-fil-A Waffle Potato Fries®**  
460 cal

 **Small Chocolate Milkshake**  
590 cal

Price \$8.85

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available on request.

- 1 + Add to order






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Review your meal

### Chick-fil-A® Sandwich Meal

Total: 790 cal

-  **Chick-fil-A® Chicken Sandwich**  
440 cal
-  **Side Salad**  
160 cal
-  **Medium Sprite®**  
190 cal

**Price \$7.89**




2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available on request.

- 1 + Add to order

Review your meal

### Chick-fil-A® Nuggets 12 Ct Meal

Total: 750 cal


-  **12 ct Chick-fil-A® Nuggets**  
610 cal
-  **Superfood Side**  
140 cal
-  **Medium Diet Coke®**  
0 cal

**Price \$9.49**

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available on request.

- 1 + Add to order


Customize your item


\$8.19

### Grilled Market Salad w/ Grilled Nuggets

180 cal

**Includes**  
(tap to remove)



**2**

Fat Free Honey Mustard Dressing

-- cal

**Special Instructions**

Tap here to enter special instructions

**Extras**  
(tap to add)

- 1 + Add to order



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# Dinner Ideas for Home



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# Easy Dinner Substitutions

- Fried Chicken, mashed potatoes, macaroni and cheese



Instead- Grilled or baked chicken, baked potato or mashed potatoes, and broccoli

- Hot dog and french fries





Instead-Hot dog, baked chips, green beans



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# It's that Simple

- Pizza and breadsticks/  
cheese bread 
- Instead-Pizza (**more veggies** than meat), **side salad, no bread**
- Stouffer's Lasagna 
- Instead- **Spaghetti squash**, ground **turkey**/beef, mariana sauce, and cheese



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# Or Try

- Spaghetti w/ ground beef, sauce, and noodles, garlic bread 
- Instead: Spaghetti w/ **ground turkey**, sauce, **whole wheat noodles**, and **side salad**
- Cheeseburger and French fries 
- Instead- Cheeseburger, **broccoli or carrots or baked chips**



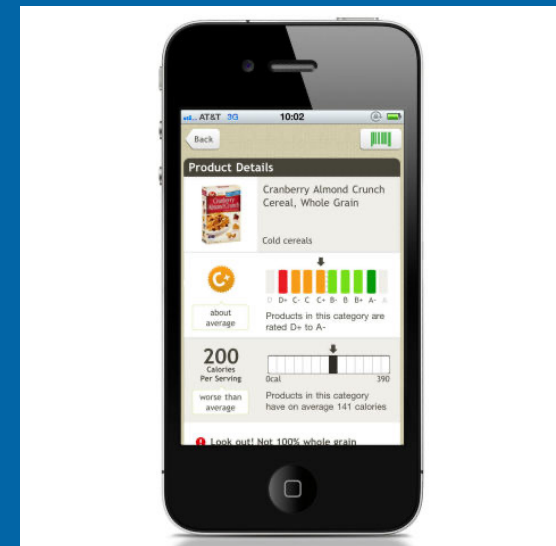
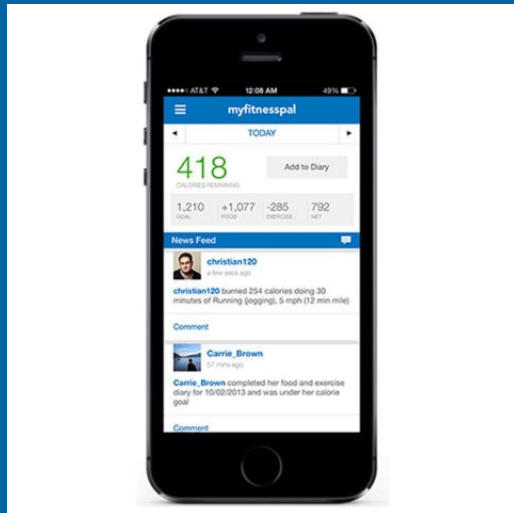
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# Frozen food

<u>Eat this...</u>	<u>Not that!</u>
Alexa Sweet potato puffs- 140 calories (2/3 cup)	Ore ida sweet potato fries-170 calories (22 pieces)
Cascadian farm shoe string fries-110 calories ( 30 pieces)	Ore ida onion rings and tater tots – 180 calories (5 pieces) 160 calories(9 pieces)
Farm rich mozzarella bites- 150 calories (2 pieces)	TGI Friday appetizers- 100 calories ( 1 piece)
Anne’s three cheese pizza poppers-180 calories (6 pieces)	Tostinos pizza rolls cheese- 210 calories (6 pieces)
Applegate organics chicken strips- 170 calories (3 strips)	Tyson chicken breast tenders- 210 calories (1 strip)
Jose ole chicken taquitos- 200 calories ( 3 rolls)	TGI Friday chicken quesadilla rolls- 250 calories ( 2 rolls)

# Apps for Losing Weight

- MyFitnessPal app
  - Can track calories, breaks down by nutrition (protein, fiber, etc.)
  - Can save meals for future recording
  - Huge database of restaurant meals
- Fooducate
  - Scan the barcode of the product and the app will give you a grade, and tell if there's added sugar, preservatives, etc.

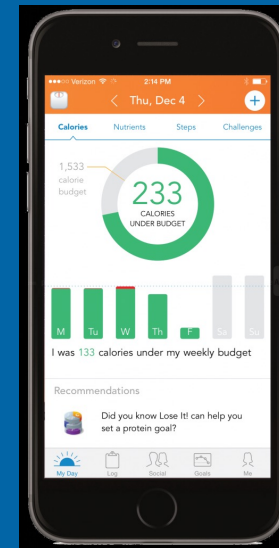
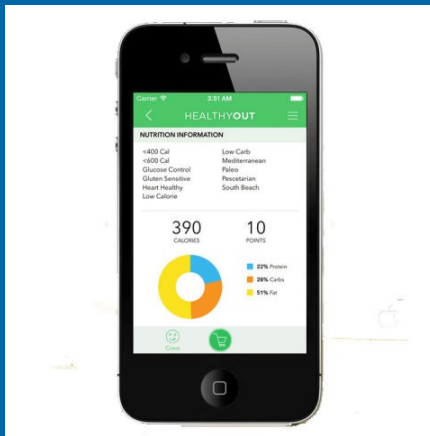


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# More Apps

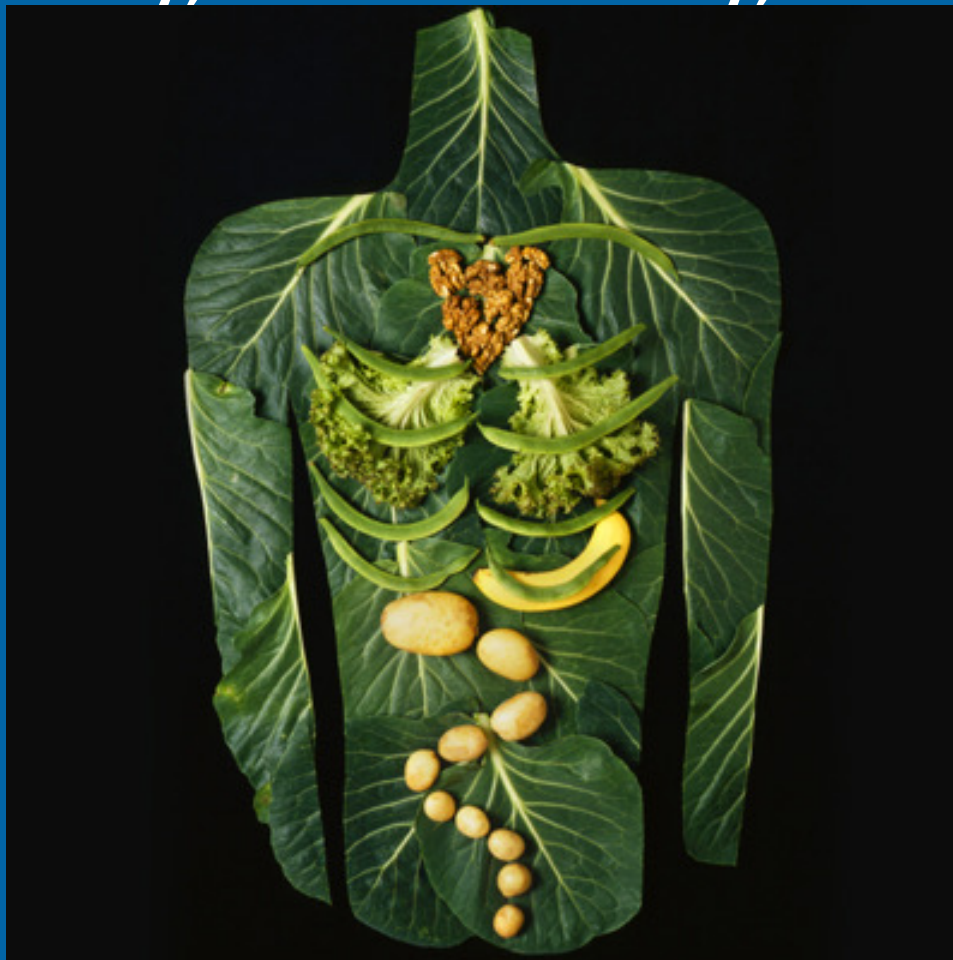
- Healthy Out
  - simply plug in your dietary restrictions and location, then filter by cuisine or type of dish
- Lose It!
  - Even allows you to take a picture of your plate and it will record calories!



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# You Are What You Eat!

## Eat Healthy, Live Healthy, Be Healthy



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# References:

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