

# Beaumont

## OPTIMAL NUTRITION

*Elise Kowalski, RDN*

# EAT REAL FOOD!



# A REAL FOOD MEAL



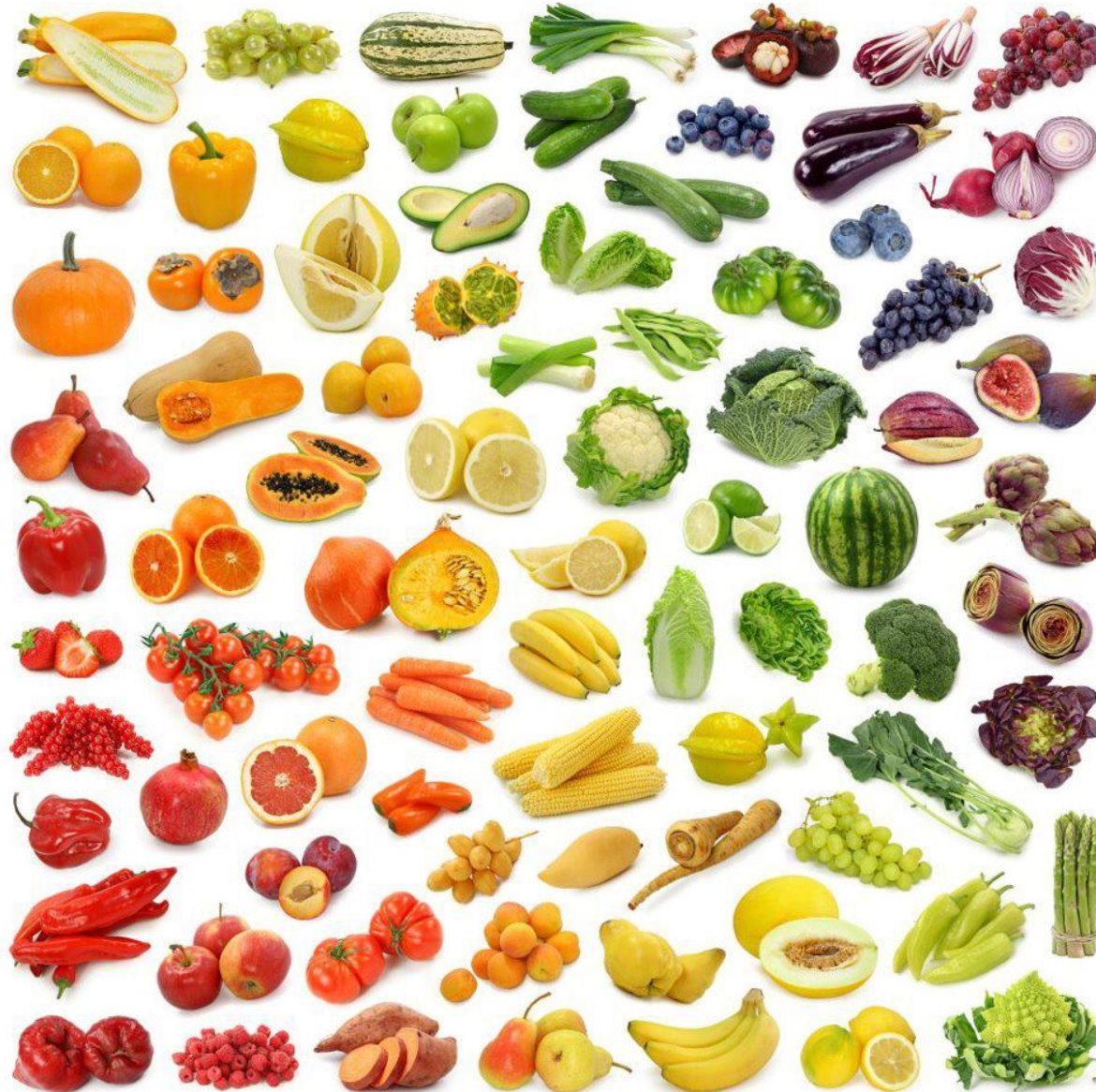


# MORE VEGETABLES





# EAT THE RAINBOW!



<b>Orange foods</b>	<p><b>These foods are high in antioxidants, vitamins, fiber and phytonutrients:</b></p> <ul style="list-style-type: none"> <li>• Beta-carotene is an antioxidant that gives the fruit and vegetables their brilliant color. It is good for eye health, can protect your skin from sun damage and keep your brain healthy as you age.</li> <li>• Vitamin A is important for night vision, decreases your risk of cancer and helps protect you from getting sick.</li> <li>• Vitamin C also boosts your immune system, protects you from heart disease and keeps your skin healthy.</li> </ul>	
<b>Red foods</b>	<p><b>These foods are known to protect from various health conditions including prevention of cardiovascular diseases and reduction of cancer risks.</b></p> <ul style="list-style-type: none"> <li>• The red group of fruits and vegetables are rich in iron and potassium.</li> <li>• They also contain phytochemical such as lycopene and anthocyanins, which helps our body to fight several diseases.</li> <li>• These phytochemicals in the red group of fruits and vegetables have unique anti-aging and cancer protecting functions.</li> <li>• Red fruits and vegetables are great for the immune system and can help when one is weak, anemic and are vulnerable to viruses.</li> </ul>	
<b>Yellow foods</b>	<p><b>Yellow fruits and vegetables are full of carotenoids and bioflavonoids, which represent a class of water soluble plant pigments that function as antioxidants.</b></p> <ul style="list-style-type: none"> <li>• Along with antioxidants, sunny-colored foods also have an abundance of vitamin C. Studies suggest that these bountiful nutrients will help your heart, vision, digestion and immune system.</li> <li>• Other benefits of naturally yellow foods include maintenance of healthy skin, wound healing and stronger bones and teeth.</li> </ul>	
<b>Green foods</b>	<p><b>Green fruits and vegetables are colored by natural plant pigment called chlorophyll.</b></p> <ul style="list-style-type: none"> <li>• Some members of the green group, including spinach and other dark leafy greens, green peppers, peas, cucumber and celery contain lutein, which helps keep eyes healthy.</li> <li>• The indoles in broccoli, cauliflower, cabbage and other cruciferous vegetables may help protect against some types of cancer.</li> <li>• Leafy greens such as spinach and broccoli are excellent sources of folate, a B vitamin that helps reduce risk of birth defects.</li> </ul>	
<b>Purple foods</b>	<p><b>Purple or blue fruits and vegetables are colored by natural plant pigments called anthocyanins.</b></p> <ul style="list-style-type: none"> <li>• Anthocyanins in blueberries, grapes and raisins act as powerful antioxidants that protect cells from damage.</li> <li>• They may help reduce risk of cancer, stroke and heart disease.</li> <li>• Studies have shown that eating more blueberries is linked with improved memory function and healthy aging.</li> </ul>	
<b>White/ tan/ brown foods</b>	<p><b>These fruits and vegetables contain essential vitamins and phytochemicals that keep heart disease and cancer away.</b></p> <ul style="list-style-type: none"> <li>• Garlic lowers cholesterol and blood pressure, and also reduces the risk of heart attacks and strokes.</li> <li>• Bananas are full of potassium, which helps keep our heart, veins and arteries strong.</li> <li>• Walnuts are good for heart and you stay smart.</li> </ul>	





# MORE HEALTHY FATS

# OMEGA-3

Eating more omega-3 fatty acids can help protect your body and keep your brain, eyes, and heart healthy

Good sources of omega-3 include:  
Herring, mackerel, salmon, and trout  
Ground flaxseed and flaxseed oil  
Walnuts and chia seeds

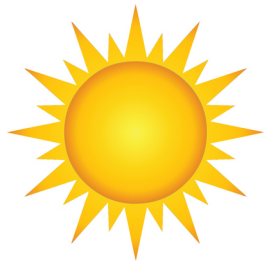


Eating fatty fish twice a week, like salmon, will give you a healthy amount of omega-3



# INCLUDE PROTEIN





# VITAMIN D

**Essential for bone, muscle, and nerve health.**

**You can get vitamin D from sun exposure, fatty fish, or from fortified foods.**

**Your doctor can test your blood levels to see if a supplement would be right for you.**





# FIBER

**Eating more fiber can lower your risk of heart disease and cancer, help with blood sugar control, and prevent constipation**

**Women older than 50: 21 grams daily  
Men older than 50: 30 grams daily**



**Good sources of fiber include:**  
**Kidney beans and other legumes**  
**Broccoli and other vegetables**  
**Raspberries and other fresh fruits**  
**Ground flaxseed and other nuts and seeds**



# FLUIDS

**Discuss your hydration needs with your doctor.**

**As we get older, our sense of thirst diminishes. Symptoms of dehydration include dry mouth, fatigue, dizziness, and muscle cramps.**

**Aim for 8 glasses of water or other beverages per day. Caffeinated beverages should not count towards this goal. You may need more in hot weather.**

## Sip often!





# ANTIOXIDANTS

Vitamin C, E, flavonoids, tannins, and carotenoids



Good sources include  
cranberries, blueberries,  
blackberries, artichokes,  
beans, potatoes, pecans,  
walnuts, hazelnuts, cloves,  
cinnamon, oregano, green  
tea, and dark chocolate



Supplements have not shown  
benefits and are not  
recommended



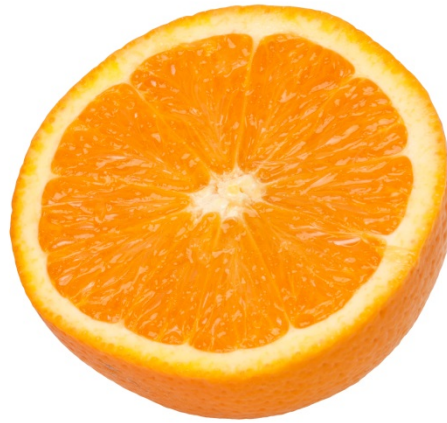


**INGREDIENTS: PARTIALLY HYDROGENATED OIL**





INSTEAD OF










INSTEAD OF



INSTEAD OF



**LESS SUGAR**

		Serving	Grams of Sugar	Teaspoons of Sugar
	Total Blood Sugar Circulating in the Average, Healthy Human	1 smuggler	5-10	1 ¼ - 2 ½
	Yoplait Original 25% Less Sugar Mixed Berry	1 container	18	4 ½
	Dole Fruit Bowl Mandarin Oranges in 100% Juice	1 container	18	4 ½
	Clif Bar Berry Pomegranate Chia	1 bar	21	5 ¼
	Quaker Real Medleys Apple Walnut Oatmeal	1 container	22	5 ½
	Naked 100% Juice Smoothie No Sugar Added Orange Carrot	1 bottle	49	12 ½
	Second Nature Mediterranean Medley	5oz bag	65	16 ¼

**MANY SNACKS  
MARKETED AS  
“HEALTHY”  
CONTAIN A LOT  
OF SUGAR!**

**4 GRAMS OF  
SUGAR = 1 TSP**





# MEDITERRANEAN APPROACH

Evidence *suggests* it may be beneficial for conditions like metabolic syndrome, atherosclerosis, cancer, diabetes, obesity, pulmonary diseases, and cognition disorders



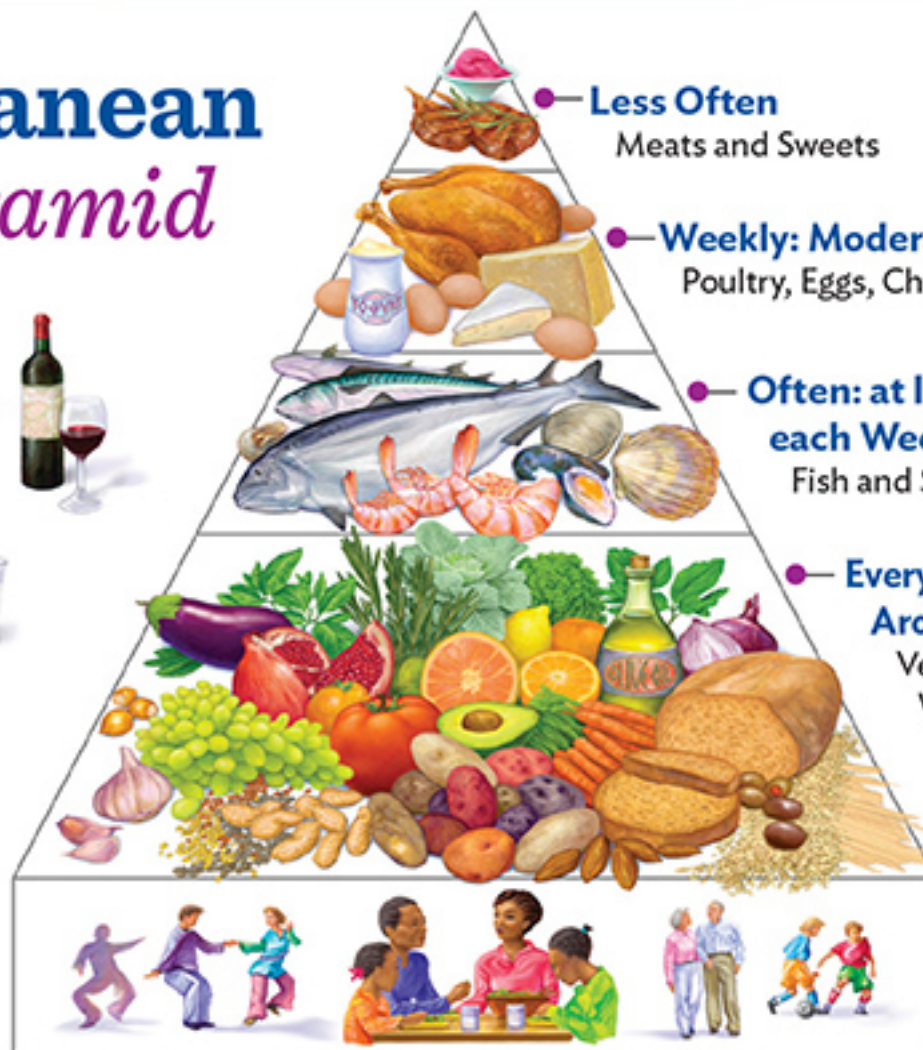
- Olive oil as the principal fat
- An abundance of plant-based foods
- Moderate amounts of fish, seafood, poultry, and eggs

# Mediterranean Diet Pyramid

In Moderation  
Wine



Every Day  
Water



Less Often  
Meats and Sweets

Weekly: Moderate Portions  
Poultry, Eggs, Cheese and Yogurt

Often: at least Twice  
each Week  
Fish and Seafood

Every Day: Base Each Meal  
Around these Foods  
Vegetables, Fruits, Whole  
Wheat Grains, Olive Oil,  
Beans, Nuts, Legumes  
and Seeds, Herbs  
and Spices

Every Day  
Be Physically Active;  
Enjoy Meals with  
Others

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# EAT FRESH, DELICIOUS, REAL FOODS!

