

HEALTHY EATING AND PRACTICAL NUTRITION TIPS

Diane Johnson, MS,
RD, CSSD, LDN



Hi there!

- District Campus Dietitian with Oral Roberts University Dining Services

- Arkansas
- Oklahoma
- Texas

*Evelyn Tribole from
Intuitive Eating*

"You don't have to eat perfectly to be healthy. You will not suddenly get a nutrient deficiency or gain weight from one snack, one meal, or one day of eating. It's what you eat consistently over time that matters—progress not perfection is what counts."

*Evelyn Tribole from
Intuitive Eating*

"We define healthy eating as having a healthy balance of foods AND a healthy relationship with food."

Healthy Eating Pattern

Represents totality of all foods and beverages consumed

All forms of foods, including fresh, canned, dried, and frozen, can be included in healthy eating patterns.





DAILY PERFORMANCE PLATE

Vegetables

- Key source of micronutrients like vitamins and minerals
- Key source of fiber
- Eat from the different subgroups or colors



WHOLE FRUIT OVER JUICE; ALL DAY EVERYDAY.



(1 cup juice - 250 ml)

VS.



(1 orange - 140 g)

RAW ORANGE JUICE

CALORIES	145 KCAL
FIBER	0.5 G
SUGAR	25 G
VITAMIN C	99.5

WHOLE NAVEL ORANGE

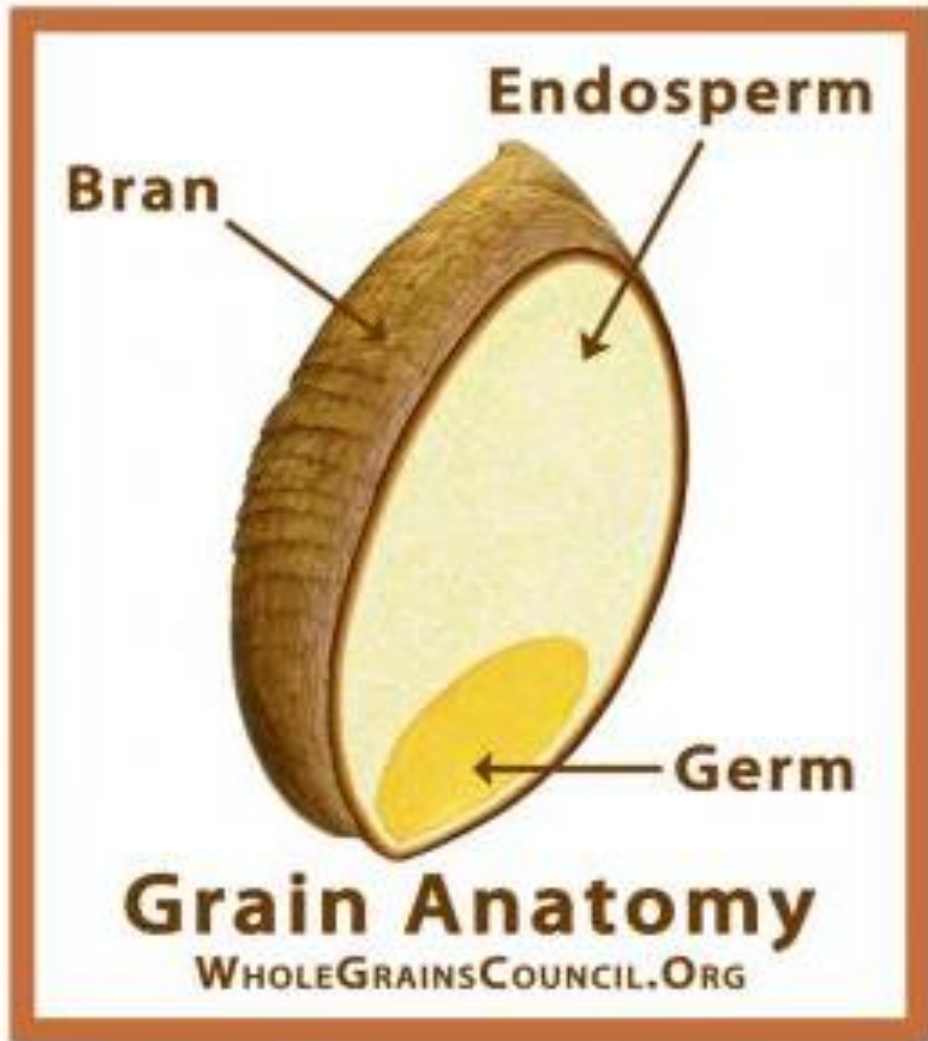
CALORIES	69 KCAL
FIBER	3 G
SUGAR	12 G
VITAMIN C	83 MG



@bigsscoopfood

Fruit

- Focus on whole fruits
- Limit juice, dried fruit
- Key source of vitamins, minerals, fiber



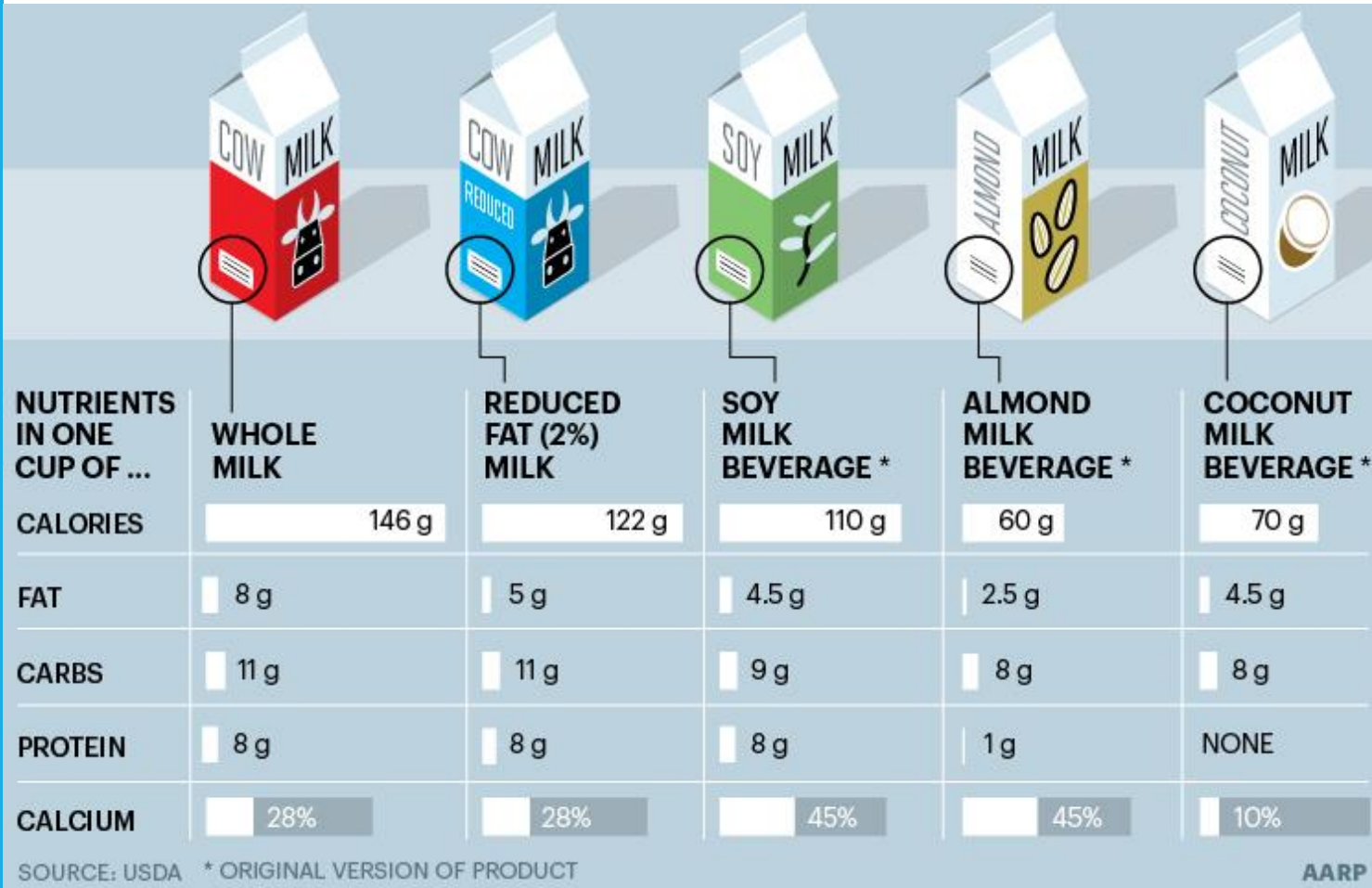
Whole Grains

- ½ grains should be whole grains
- Whole grain vs Refined grain
- Key source of antioxidants, Vit E, B, iron and fiber



Protein





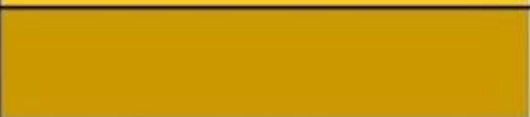
- Protein
- Iron
- Aids in satiety
- Focus on protein from a variety of sources from all subgroups



Dairy

- Calcium and protein are main concern of this group
- Milk, yogurt, cheese, fortified soy beverages
- Other sources of calcium
- Other milk alternatives may be fortified with calcium, but do not have nutrition profile like milk

Hydration

1		If your urine matches these colors, you are drinking enough fluids
2		Drink more water to get the ideal color in Shade 1 and 2.
3		Dehydrated
		
4		You may suffer from cramps and heat-related problems
5		Health risk! Drink more water.
6		Health risk! Drink more water.
7		Health risk! Drink more water.
8		Health risk! Drink more water.

Added Sugar



Include: brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, molasses, raw sugar, sucrose, trehalose, and turbinado sugar.



Limit to no more than 10% of total calories per day



Overall healthy diet lower in added sugar are associated with:

- Lower CVD risk
- Lower Type 2 Diabetes
- Some types of cancer

Sodium

- No more than 2,300 mg per day
- Blood pressure is affected by sodium intake



Plant-based

Appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases.

Have plenty of
vegetables and fruits

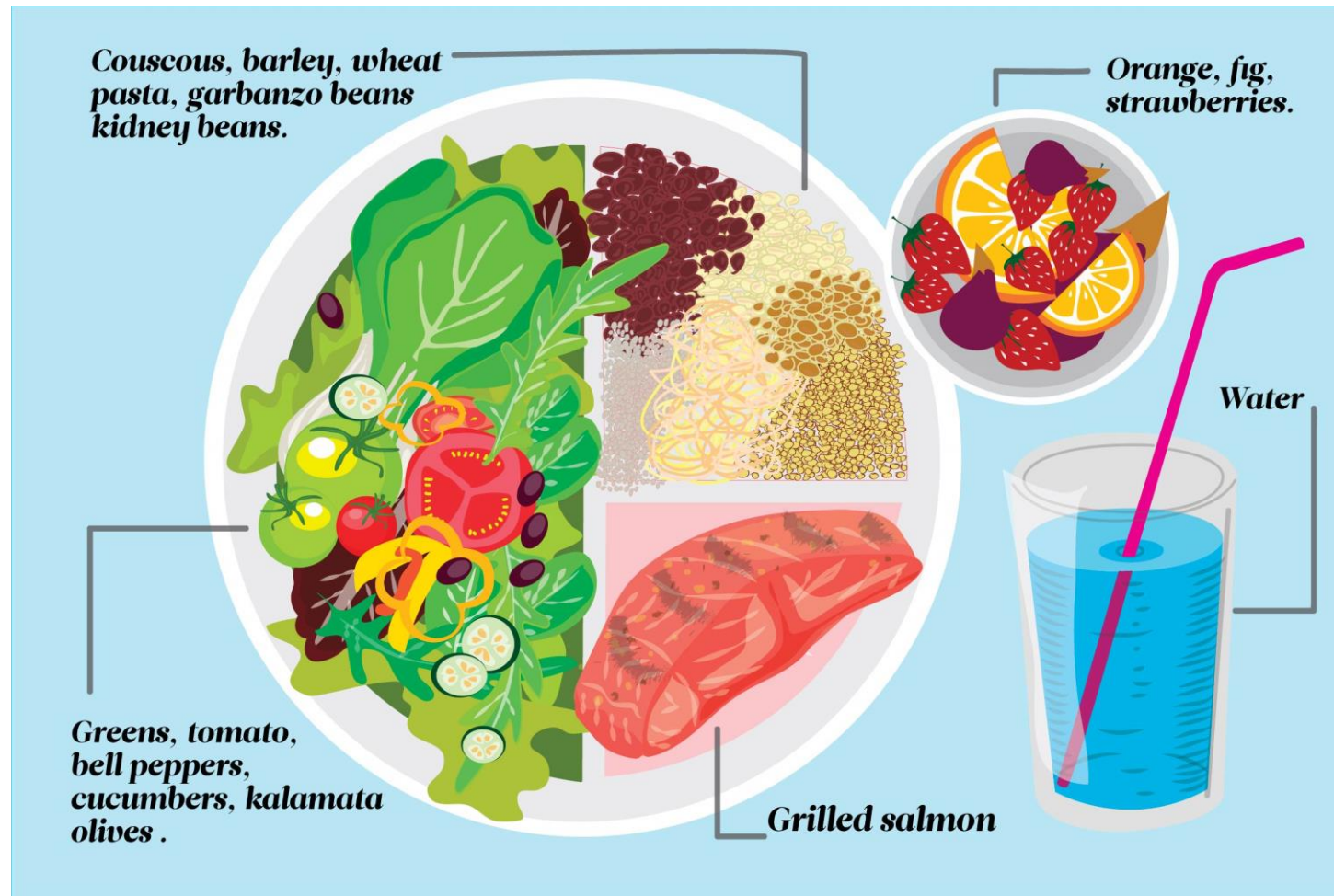
Eat protein foods

Make water
your drink
of choice



Choose
whole grain
foods

Mediterranean Diet



**WHAT'S YOUR BIGGEST EATING
CHALLENGE?**

PUTTING IT TO PRACTICE

EATING HEALTHY DAY TO DAY

Meal Timing

Need to eat within 2 hours of waking up

Need to eat every 3-4 hours

3 meals, 2 snacks per day

Planning Ahead!!



Snacks

Pick options with protein and carbohydrates



Meals

Make sure to have at least 3 of the 5 main food groups



Ingredients

Single ingredient items tend to be cheap
Come with a specific plan and recipes



Healthy Eating Guidelines

Hydrate, hydrate, hydrate. Water makes up about 60% of our body weight and is vital for almost every function in the body. 6 reasons to stay hydrated:

1. Reduces fatigue.
2. Improves performance/training sessions.
3. Lowers your maximum heart rate.
4. Helps you lose weight.
5. Improves your mood.
6. Boosts your brainpower .

Challenge: Drink 1 gallon of water a day (4 Liters / 32 oz nalgene bottles)

Eat low-fat, fiber-rich foods!

- Minimizes constipation and load up on vitamins & minerals.
- **Challenge:** Snack on dried fruit, cut up veggies, apples, bananas, and
- nuts/seeds. Aim for 5 servings of fruits & vegetables per day.

Eat regularly throughout the day.

Challenge: Eat every 3-4 hours. Make sure to alter meal and



snack sizes according to changes in training volume (likely



training less over winter break so eat smaller meals, not less



meals).



Choose high quality proteins and antioxidant-rich fruits and vegetables.

Challenge: Eat a variety of immune-boosting fruits and vegetables. Eat protein regularly to maintain muscle strength and mass.



Hit Me Up!



diane.johnson@sodexo.com



Instagram: @fuelyourfeet