

NUTRITION

Self-Care Module

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Introduction

- As you have taken a nutrition course, we will focus on the implementation of the materials taken in that course and go forward with supportive selfcare and nutrition...



Seven Major Nutrition Groups review

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Dietary fiber
- Water



- EACH OF THESE 7 MAJOR GROUPS PERFORM DIFFERENT AND UNIQUE FUNCTIONS IN OUR BODY AND THEY WORK TOGETHER TO CONTRIBUTE TO OUR GOOD HEALTH.



nutritionstore.com

Vegetables

Vary your veggies.

Any vegetable or 100% vegetable juice counts as a member of the vegetable group.

Fill half your plate with fruits and vegetables.



Fruits

Focus on fruits.

Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.

Fill half your plate with fruits and vegetables.



Grains

Make at least half your grains whole.

Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.



Protein

Go lean with protein.

Keep portion to 1/4 of the plate.

Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



Dairy

Get your calcium-rich foods.

Remember to choose skim milk or 1% milk.

Try nonfat yogurt.

Keep choices low in fat, sodium and sugar.



Why is self care and nutrition important.....

- You eat (possibly)three times a day, but may not think about it
- Eating is important as we become the food we eat
- Food fuels our body our mind and our emotions
- **and also remember** our sense of smell and sight will often effect our appetite

- M.B Janssen, The Book of Selfcare, 2017



Products useful for your body

- Skin = Blueberries, Salmon, Green tea
- Hair= Green Vegetables
- Eyes= Eggs, Corn, Carrots
- Muscles= Bananas, Red Meat, Fish, Eggs
- Brain= Salmon, Tuna, Sardines, Walnuts
- Bones= Oranges, Celery, Milk
- Bowels= Prunes, Yogurt
- Heart= Tomatoes, Potatoes
- Lungs= Broccoli, Brussel sprouts



Mindful eating... Reflect on your eating habits

- Slow down when you eat...enjoy each bite and think about the food your eating
- Choose foods that speak to your senses (smell , taste and choose foods that feed the body.
- Avoid processed foods .items engineers with chemicals to last on store shelves for a long time
- Consider what you eat in a typical dt at work or school and why you eat the food...is it stress or hunger
- Eat when hungry, listen to your appetite
- Eat at a comfortable pace
- If possible go for a short walk after eating as will optimize digestion and brush floss after meals if possible

Healthy eating tips for college students:

- **Eat a good breakfast.** Studies show that skipping breakfast detracts from scholastic achievement. When there isn't time to sit down and enjoy your morning meal, grab a bagel, piece of fruit and some juice. Most of these items can be easily stored in your residence hall room.
- **If you must eat fast foods, choose wisely.** Choose pizza with half the cheese, a regular size roast beef sandwich, baked potato or green salad with reduced calorie dressing. Limit high fat offerings like French fries, fried chicken or fish sandwiches.
- **Keep healthy snacks on hand.** This way, if hunger strikes during a late night study session, you won't be tempted by vending machine candy, chips or ice cream. Possibilities include fresh or dried fruit, pretzels, unbuttered popcorn, rice cakes or whole wheat crackers. If you have a refrigerator, consider raw vegetables with low-fat yogurt or cottage cheese dip.
- **Eat plenty of foods rich in calcium.** People in their early twenties need to be building up stores of calcium in their bodies to prevent osteoporosis later in life. If you don't like milk, try to include ample amounts of low-fat yogurt, low-fat cheese and green leafy vegetables in your diet.
- **If you need to lose weight, do it sensibly.** Starvation and/or diets that offer a quick fix usually backfire and are harmful. There is no truth to the theories that suggest eating foods in any particular combination will promote weight loss. The only safe way to lose weight, feel good while doing it, and keep it off, is to eat a balanced diet and exercise.
- **Limit your sugar intake** – Sugar provides calories in your diet but few other nutrients, and it contributes significantly to tooth decay. Use it sparingly and consider sweetening coffee, tea, cereal, and fruit with diet sweeteners instead.
- **Visit the dining hall salad bar.** The dining hall salad bar can be either an asset or a detriment to your diet depending on how you choose from it. Of course, leafy greens, raw vegetables, and fresh fruits are beneficial. But, if you choose a lot of creamy dressings, bacon bits and mayonnaise-based salads, the calories and fat may equal or even exceed those of a burger and fries—so choose wisely!
- **Limit your alcohol intake.** If you drink alcohol, keep in mind that it supplies calories but no nutritional value. A light beer, a glass of wine or an ounce of liquor each has about 100 calories. There may also be health problems associated with drinking alcohol.
- **Drink lots of water.** Your body needs at least eight glasses a day, and, if you exercise vigorously, you may need more. To remind yourself, carry a water bottle along to class and keep it handy during late night study sessions.
- **Enjoy your food.** Food is a lot more than nourishment for our bodies, so take the time to enjoy and savor it!
- Retrieved from: <https://clarke.edu/campus-life/health-wellness/counseling/articles/advice/10-healthy-eating-tips-for-the-busy-college-student/>

During the next week challenge

- Try to improve your eating habits using the information we have presented
- Try sharing a healthy recipe with a peer.....



Wongprawmas, R., Sogari, G., Menozzi, D., & Mora, C. (2022). Strategies to Promote Healthy Eating Among University Students: A Qualitative Study Using the Nominal Group Technique. *Frontiers in nutrition*, 9, 821016. <https://doi.org/10.3389/fnut.2022.821016>