

Healthy Eating and You

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MS Society Talk

OBJECTIVES

- To understand the importance of choosing the right foods
- To understand the different food groups and what nutrients each food group provides
- To know what is the recommended daily serves of each food group
- To understand what healthy eating looks like

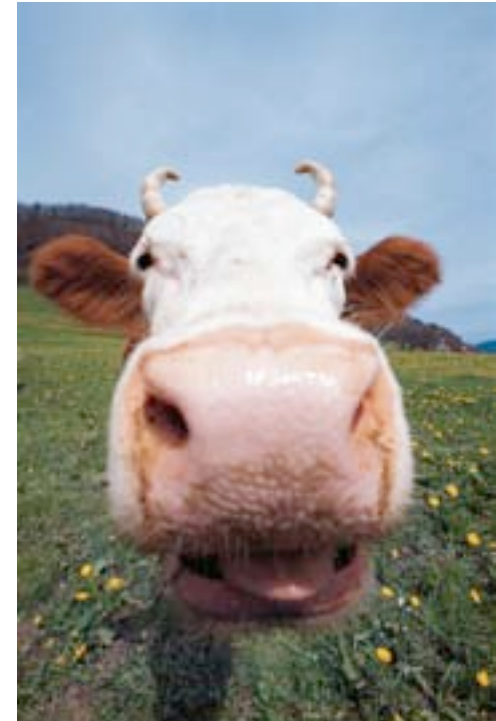
Nutrition Implications & MS

- Fat and Fatty Acids
- Antioxidants
- Vitamin D
- Sun Exposure
- Vitamin B12
- Magnesium
- Uric acid



Importance of Healthy Eating

- What you eat becomes you and your body.
- Making the best choice is a great start!
- We eat for a variety of reasons
 - Nutrients – Macro, micro nutrients
 - Fibre, water, antioxidants
 - Social and enjoyment!
- Various hypothesis about what causes MS and how to manage the illness
- Prevent other chronic diseases
- Improve health and overall sense of well-being



Healthy Balanced Diet

- Australian Guide to Healthy Eating
 - Guiding principles to guide your food choices



Enjoy a variety of foods every day



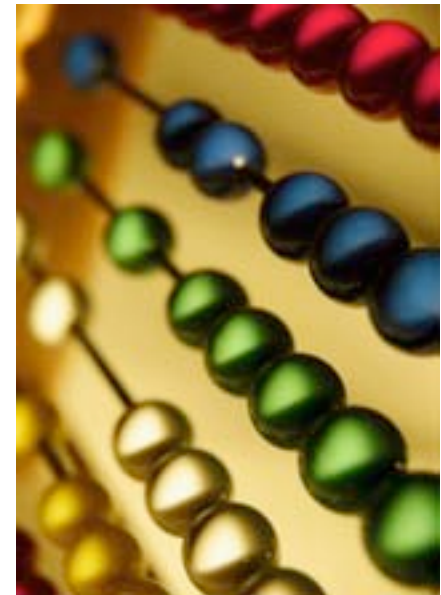
Drink plenty of water

Choose these sometimes or in small amounts

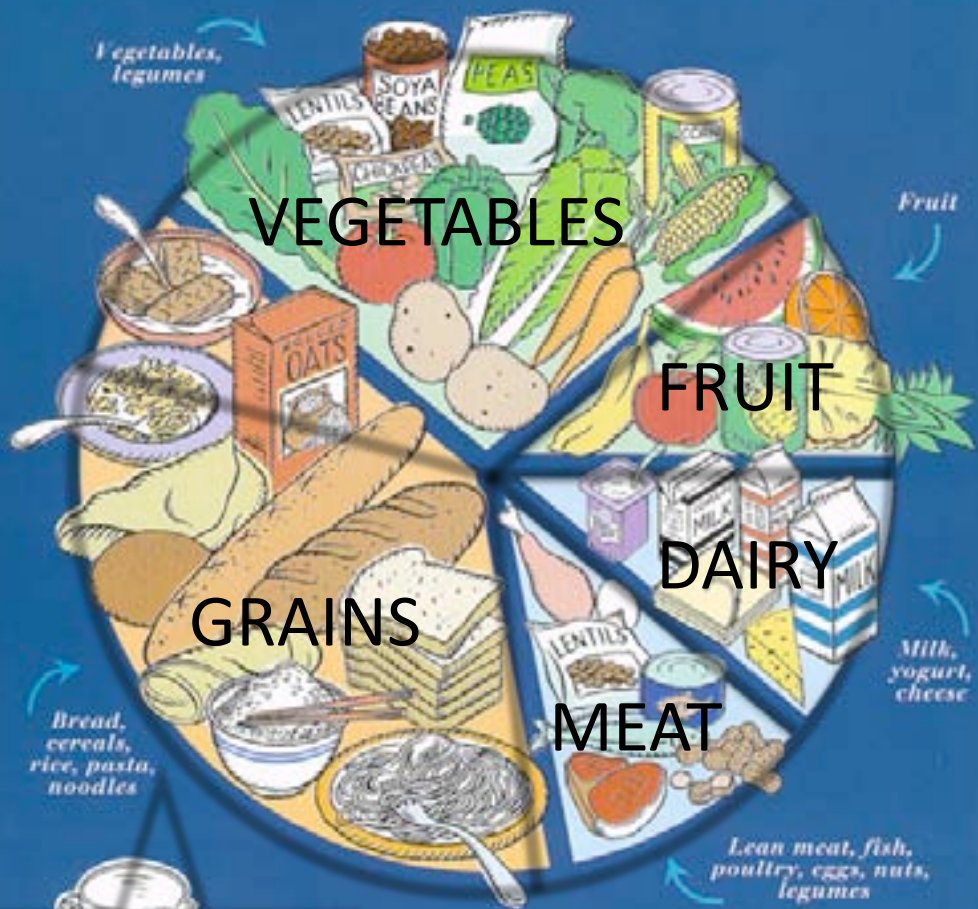


Nutrients in Foods

- What are nutrients?
 - ‘... substances in food that provide essential nourishment to maintain life.’
- Macro Nutrient / Micro Nutrients
 - MACRO = BIG!
 - Fat, Protein, Carbohydrate
 - MICRO = SMALL!
 - Vitamins and minerals
- **NUTRIENTS = SUBSTANCES IN FOOD**
- Different foods provide different nutrients



Enjoy a variety of foods every day



WATER

Drink plenty of water

Choose these sometimes or in small amounts

EXTRAS

THE FOOD GROUPS

- Vegetables
- GRAINS – Wholegrain Breads, cereals, Noodles, Rice, Pasta
- MEAT – meat and alternatives
- Fruit
- Dairy – dairy products or alternatives
- Extras – snack type foods



VEGETABLES

- Plant sources – leaves, stem, roots, pods, some fruit (tomatoes)
- Different vegetables provide different nutrients.
 - Different colours
- Carbohydrate, small amounts of fats
- Vitamin A, C, Folate
- Magnesium, non-haem iron
potassium
- Fibre
- Small amount of fluids
- Antioxidants (refer to MS booklet for a good list)



VEGETABLES

Recommended serves

- 5 serves daily
- One serve
 - ½ cup cooked vegetables
 - 1 cup loosely packed salad leaves
 - 1 small potato (with skin)
- How much vegetables do you eat everyday?



GRAINS

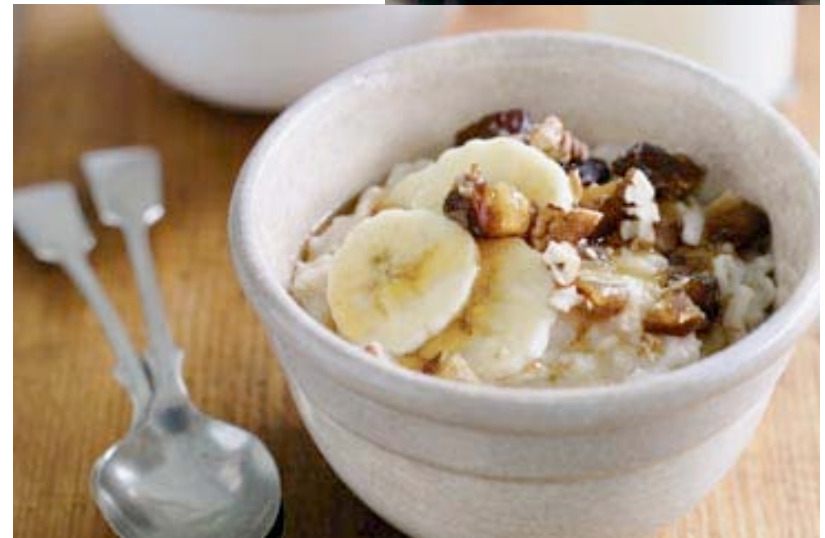
- Breads, cereals, rice, noodles, pasta
- Wheat, rye, spelt, oats, quinoa, buckwheat, millet, etc
- Choose WHOLEGRAIN 99% of the time
- Provides carbohydrates, a little protein, some essential fats
- Major source of energy
- Vitamins – Mainly B vitamins, folate
- Minerals – non-haem iron
- Fibre – soluble and insoluble
 - Helps with binding cholesterol
 - Bowel actions: Remember to drink fluids!
- Note: Some people avoid gluten grains / wheat due to intolerance or allergy.



GRAINS

Recommended serves

- Depending on activity / exercise
- Unused energy = stored
 - Unhealthy weight gain
- 3, up to 9 serves
- One serve
 - 2 slices of bread
 - 1 cup rice/pasta/noodles
 - 1/3 cup oats cooked into porridge
 - 1 cup cereal



MEAT

- Includes chicken, lamb, beef, pork, wallaby, kangaroo
 - muscle, internal organs, etc
- Eggs, fish, other seafood
- Meat alternatives
 - Soy and soy products (e.g. tofu)
 - Legumes (e.g. chickpeas, lentils)
 - Processed meat alternatives such as ‘sausages’, ‘bacon’, ‘burgers’ usually not great choices.
- Provides protein, fat
- Vitamins
 - Vitamin Bs, B12
- Minerals
 - Iron, zinc



MEAT

Recommended serves

- 1 – 2 serves daily
- 1 serve
 - Meat: size of your palm
 - Fish: size of your palm + an index finger
 - 2 small eggs
 - 1/3 cup nuts/ cooked legumes
- Have a fish meal 2 – 3 times a week
- If concerned about fat, remove skin and visible fat before cooking
 - Not applicable to fish!



FRUIT

- ‘..structure of plants that contains seeds..’
- Provides carbohydrates
 - sugars
- Vitamin C, Folate
- Potassium
- Fibre
- Antioxidants
- Fluids



FRUIT

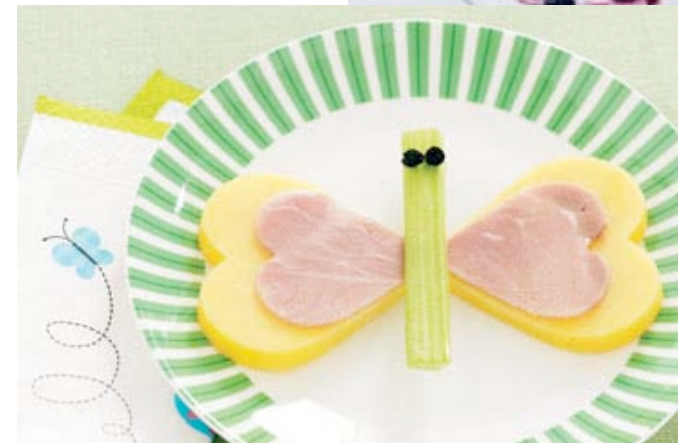
Recommended serves

- 2 serves daily
- Fresh is best!
- One serve
 - 1 medium size fruit
 - 2 small sized fruit
 - 20 grapes/cherries/ sultanas
 - 1 cup tinned fruit, drained



DAIRY

- Cow/Goat's Milk, yoghurt, cheese
- Dairy Alternatives: Calcium fortified soy/oat/rice/almond milks . Soy yoghurt
- Provides carbohydrates, protein, fats
- Calcium, magnesium



DAIRY

- Recommended serves
- 2 – 3 serves daily
- 1 serve
 - 1 glass of milk
 - 2 thin slices of cheese
 - 200g yoghurt
 - ½ cup salmon/sardines with bones
 - 1 cup almonds



- Note: plain yoghurt flavored with fresh/dried fruit is better than fruit flavored – added sweeteners.



EXTRAS



- Foods which do not fit into the other food groups
- Usually contains very little useful nutrients after being excessively processed and reconstituted
 - ‘Damaged’ foods
- Excess intake may lead to weight gain and poor health
- E.g. fried foods, potato crisps, confectionary, take-away foods (e.g. pizzas, fish and chips, most fast foods), alcohol
- Usually packaged in colourful and appealing packaging

EXTRAS

Recommended serves

- Limit to special occasions only
- 0 – 2 serves
- 1 serve
 - 1 tablespoon jam
 - 1 medium size plain cake
 - 30g potato crisps
 - 3 – 4 sweet biscuits (w/o cream or filling)
 - 1 'fun-size' chocolate bar
 - 1 tablespoon margarine
 - 1 can soft drink/ cordial
 - 2 scoops ice cream
 - ½ slice pizza
 - 1/3 meat pie



SNACK IDEAS

- Fresh fruit alone or with yoghurt
- Handful of dried fruit and nuts
- 1 slice of cheese with vegetable sticks
- 1 glass of milk/ yoghurt smoothie
- Side salad with cheese/ vinegar dressing
- 1 small tub of cherry tomatoes
- Whole grain crackers with cheese
- 1 slice wholegrain bread/crackers with avocado, tomato, cheese/ tuna etc



Essential Fats

- Omega three and omega six
- Our body are unable to make them, and therefore, we have to EAT them to supply our body with them
- Needed as building blocks to make molecules essential to good health
- Affects
 - Inflammation process
 - Clotting of blood
 - Mood
 - Support immune function
 - Affects cell to cell communication (e.g. insulin)
- Balance between omega 3 and 6 is also an important factor to consider.



Omega Three

- Sources
 - Fish, seafood, cod liver oil, flaxseeds, chia seeds, walnuts
- How much?
 - Fish meal 2 – 3 times a week
 - AND 30g walnuts OR 1 tablespoon chia seeds OR 1 tablespoon flaxseeds



Omega Six

- Sources includes nuts, seeds, vegetable oils
- There are no recommended number of serves

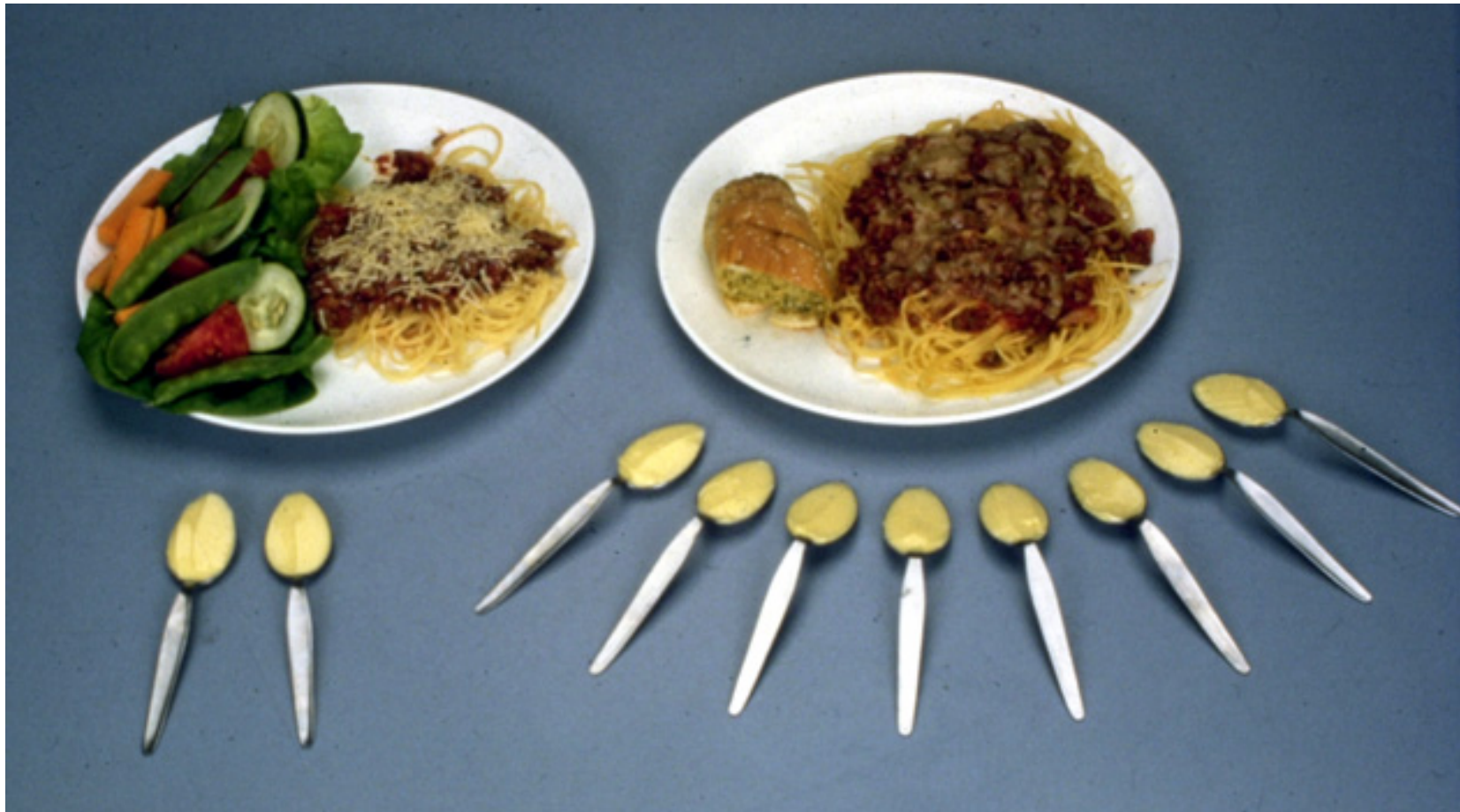


SAMPLE MEAL

- Breakfast
 - 1 cup porridge topped with blueberries & 1 tbsp yoghurt
- Lunch
 - Wholegrain Sandwich with chicken, salad, cheese
 - 1 piece of fruit
- Dinner
 - Lamb stew with vegetables and olives served with vegetables and ½ cup rice
 - Dessert: Stewed apples with sultana and cinnamon topped with toasted muesli
- Snacks: 1 tub yoghurt, cheese and crackers, dried fruit and nuts, fresh fruit

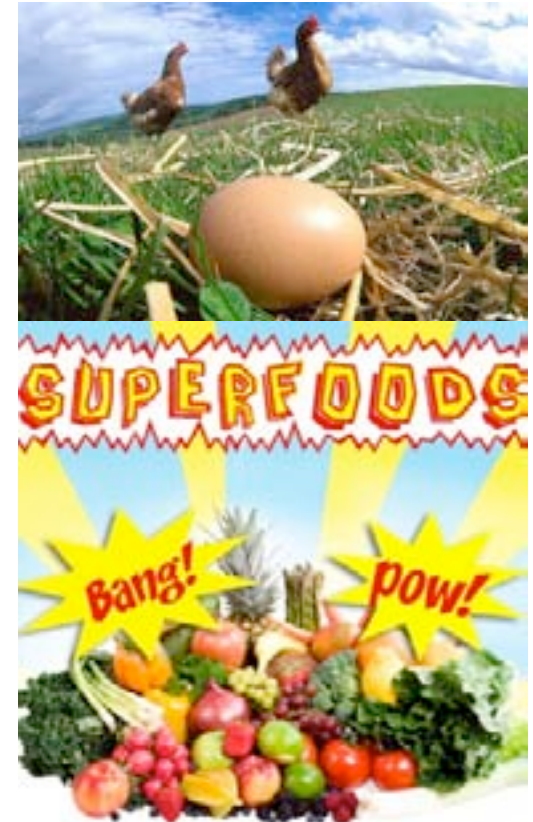


Sample meal



Other interesting nutrition facts

- Free range eggs has omega three fatty acids, whereas caged eggs are less likely to contain omega-3 because of insects!
- Eggs are wonderful source of nutrition
 - No firm link between eggs and heart disease!
- YOU NEED FATS! Brain is ~60% fats
- SUPERFOODS are generally just foods with a higher nutrient DENSITY. Almost any natural food can be called a SUPERFOOD!



Take home message

- Aim to eat all your nutrients from natural foods daily, or at least MOST of the time.
- Eat sufficient number of serves from EACH food group to gain full benefits.
- Fat is not such a bad thing if you know which type of fat to eat.

HANDY WEB LINKS

- Australian Government's Healthy Weight Website
 - www.healthyactive.gov.au/

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