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Area Agency on Aging

Optimal Nutrition: Healthy Eating on a Budget

March 4, 2021

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No Disclosures

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Objectives

- **Define a Science-Based Healthy Eating Pattern**
- **Review the 2020-2025 Dietary Guidelines for Older Adults**
- **Explore Budget Friendly Options**
- **Become familiar with the MyPlate tools**

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WHAT A RACKET-- THEY JUST WANT YOU TO LIVE LONGER SO YOU'LL SPEND MORE MONEY.
OPEN
NATURAL FOODS
Facebook.com/RhymesComic
Get this cartoon framed at Rhymeswithorange.com
HILARY B. PRICE w/ STRAHL 2-21 ©2021 RWOstudios Dist. by King Features

Food Marketing

- **About $14 billion per year**
- **80% or more advertises fast foods, sugary drinks, candy, unhealthy snacks**
- **Marketing impacts perceptions of a product's healthfulness**

(UConn Rudd Center for Food Policy & Obesity, n.d.)

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Grocery Shopping Statistics

- **INSTORE**
- **$55.18 – avg spent**
- **37.2% - purchase influenced by packaging**
- **Frozen food sales**
  - **21% in dollars**
  - **13% in units**

- **ONLINE**
- **$90.61 – avg spent**
- **16.3% - purchase influenced by packaging**
- **Shoppers by Generation**
  - **38% Millennials**
  - **29% GenX**
  - **14% Baby Boomers**
  - **4% Others**

(Supermarket News, (June 03, .2020)

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Competing Messages

Ranked Diets

- **Best Overall Diets**
  - **Mediterranean**
  - **Flexitarian**
  - **DASH**

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Healthy Eating

- **Protects against malnutrition in all forms**
- **Protects against chronic conditions**
- **Eating a variety of foods provides nutrients needed to maintain your health and have energy**

(*Healthy Diet*, 2020; BreastCancer.org, 2020; photocredit: kindpng.com, 2019)

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American Diet

- **Saturated Fat**
  - **Heart disease**
    - **Depression, osteoporosis, cognitive decline, multiple sclerosis, chronic conditions**
- **Added Sugars**
  - **Weight gain, T2 diabetes**
    - **heart disease, chronic conditions**
- **Sodium**
  - **Heart Disease, high blood pressure, stroke**
    - **Calcium loss, stomach cancer**

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Needs As We Age

- Plenty of nutrients, but **FEWER** calories
- Manage chronic conditions
- Drink plenty of fluids
- Utilize herbs and spices instead of salt
- Enjoy meals as a social event

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Food and Nutrition Research

- **1926**
  - **First Vitamin is Isolated**
- **1950 – 1970**
  - **Fat vs Sugar**
- **1977**
  - ***Dietary Goals for the United States***

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Dietary Guidelines 2020 - 2025

© ImLuckyGuy, Dreamstime.com, 2020

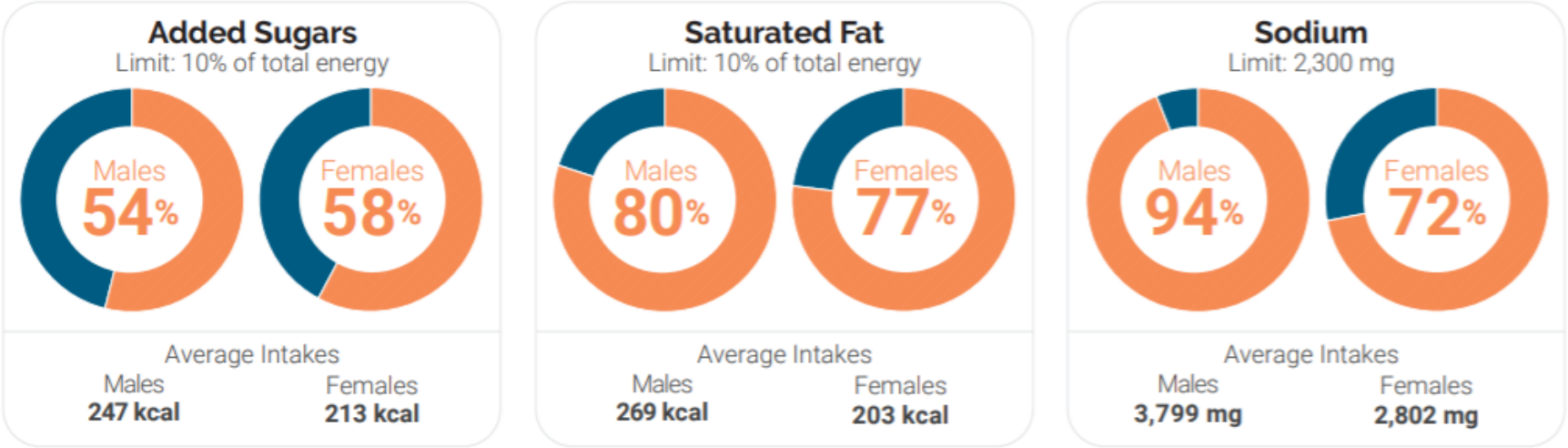
- **Limit Added Sugars**
  - < 10% of daily calories
- **Limit Saturated Fat**
  - < 10% of daily calories
- **Limit Sodium**
  - < 2300 mg per day
- **Limit Alcoholic Beverages**
  - 2 drinks or less for males
  - 1 drink or less for females

Dietary Guidelines for Americans

Average Intake in USA

Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

Exceeding Limit | Within Recommended Limit



Data Sources: *Average Intakes and HEI-2015 Scores*: Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. *Recommended Intake Ranges*: Healthy U.S.-Style Dietary Patterns (see ***Appendix 3***). *Percent Exceeding Limits*: What We Eat in America, NHANES 2013-2016, 2 days dietary intake data, weighted.

Dietary Guidelines for Americans, 2020-2025 | **Chapter 6: Older Adults** | Page 126

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Is Processed Food Okay

- 1) **Unprocessed or minimally processed foods**
  - **Fresh fruits, vegetables, whole grains, nuts, meats, milk**
- 2) **Processed culinary ingredients**
  - **Oils from plants, seeds, & nuts, flour & pastas from whole grains**
- 3) **Processed foods**
  - **Foods from Groups 1 & 2 with added sugar, salt, or fat**

(Monteiro et.al., (2019), FAO, United Nations)

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Ultra Processed Foods

Groups 1, 2, & 3
Emulsifiers
Preservatives
Thickeners
Artificial colors & flavors

(Harvard.Edu, Processed Foods and Health, 2021)

(Image Credit: : Healthy Women, 2016)

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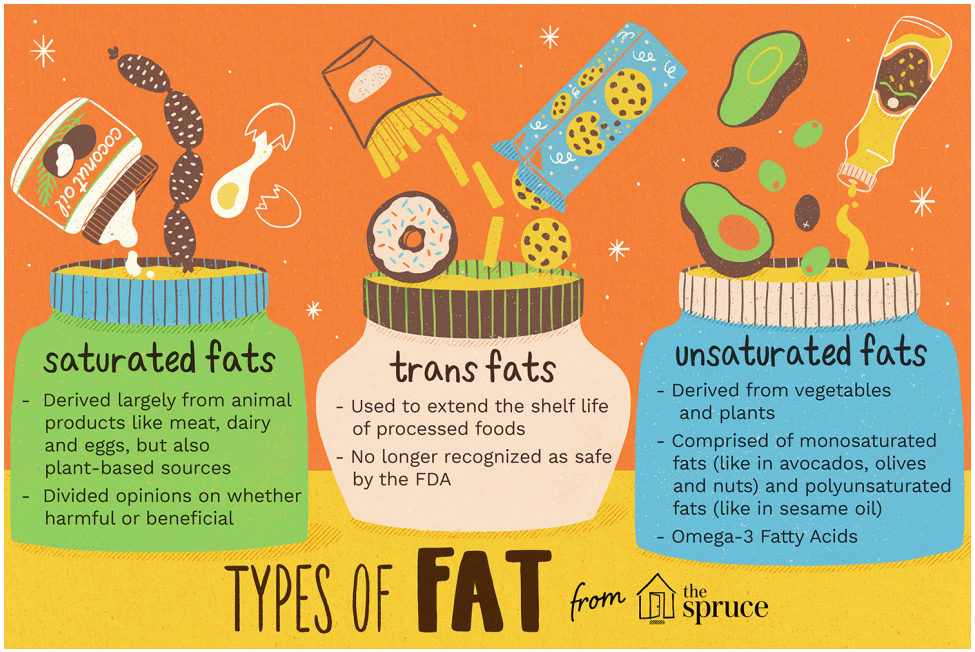
Trans Fats Ban

- Chemically altered vegetable oil structure
- Raises LDL and lowers HDL cholesterols
- Shelf stable & fast foods

- June 18, 2018 - FDA
- manufacturers can no longer add to food products
- January 1, 2020 compliance date



(Haynes, F., the spruce Eats, 05/18/2020)

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Food as Food Groups

- Like foods have similar key nutrients
- Each group has a variety of foods
- Each group has some foods that are better sources of nutrients

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Nutrients in Food Group

Complex CHO, fiber, thiamin, riboflavin, niacin, folate, iron, magnesium, selenium

Potassium, Vit C, Vit A folic acid, fiber

Potassium, Vit C, folic acid, fiber

Protein, niacin, thiamin, riboflavin, B6, Vit E, iron, zinc, magnesium

Calcium, protein, phosphorus, Vit A, riboflavin, Vitb12, potassium, zinc, choline, selenium magnesium, sel Vit D

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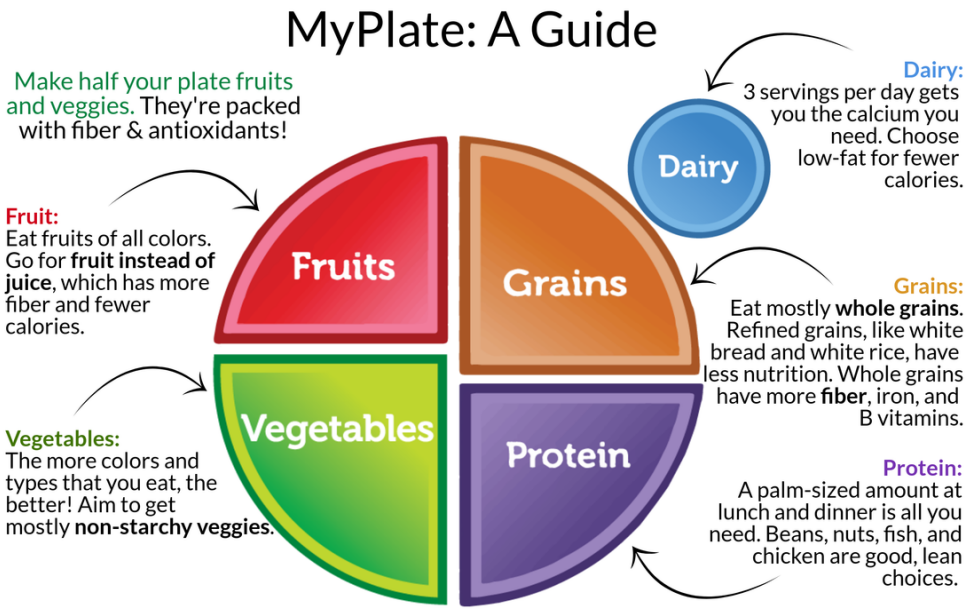
ChooseMYPLATE.gov

Take the *What's on your plate? quiz*

(SNAP4CT, 2018)



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How Can I Get Started

- Quick Self-assessment Quiz
- Simple Questions
- Snapshot of Food Choices
- Sync with the *Start Simple* app

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No Cost

Individualize It

Easy to Use

Start Simple

Pick grains
within the MyPlate
food groups

Food Group Based

Budget Shopping

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Food Label

- Servings per container
- Serving size is NOT a recommendation
- Calories are PER SERVING
- %DV is based off 2000 calories Reference amount to consume each day

Servings Per Container →

Calories →

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

← Serving Size

Amount per serving

Calories 240

← % Daily Value (%DV)

	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 430mg	**19%**
Total Carbohydrate 46g	**17%**
Dietary Fiber 7g	**25%**
Total Sugars 4g	
Includes 2g Added Sugars	**4%**
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- 5% or less is **low**
- 20% or more is **high**

(Label Credit: fda.gov, 3/11/2020)

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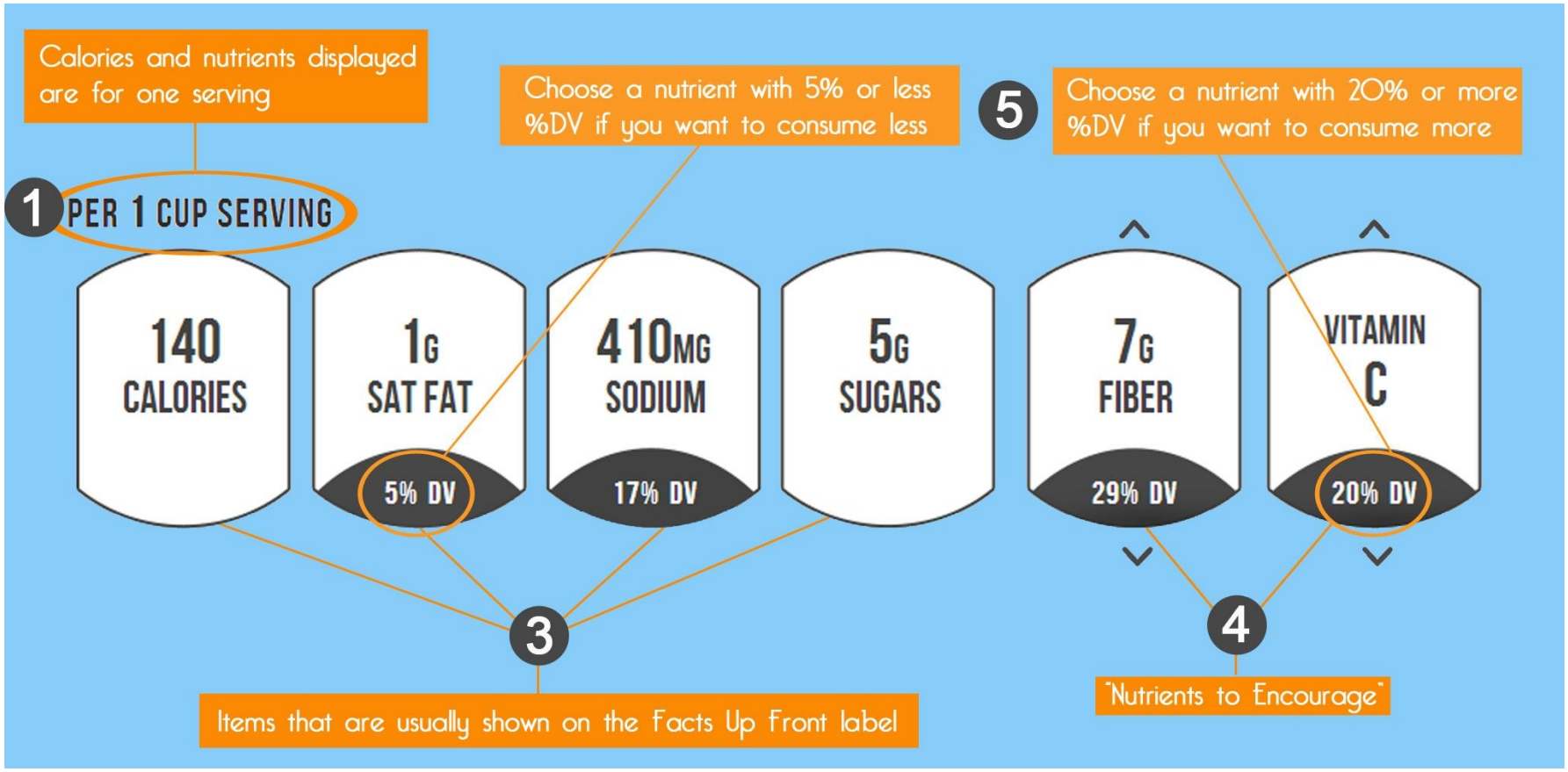
Facts Up Front



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Study the Ingredient List

- **Focus on the first 3 ingredients**
- **Go for products with shorter ingredient lists**
- **Don't be fooled by healthy sounding ingredients**
- **Forget front-of-the-box claims**

SODIUM NITRATES & NITRITES

SUGAR IN ALL FORMS

ARTIFICIAL FLAVORS & COLORS

ARTIFICIAL SWEETENERS

CORN, VEGETABLE, SOYBEAN OIL

POTASSIUM OR SODIUM BENZOATE

CARRAGEENAN

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Fruits

- Buy fresh in season
- Frozen
- Canned without added sugar
- Add to fresh water
- Add avocado to smoothies
- Plant a fig tree

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Vegetables

- Variety of colors
- Buy in season
- Canned – No salt
- Frozen varieties
- Avoid sauces and butters
- Roast
- Pop wilted or leftover veggies in soups

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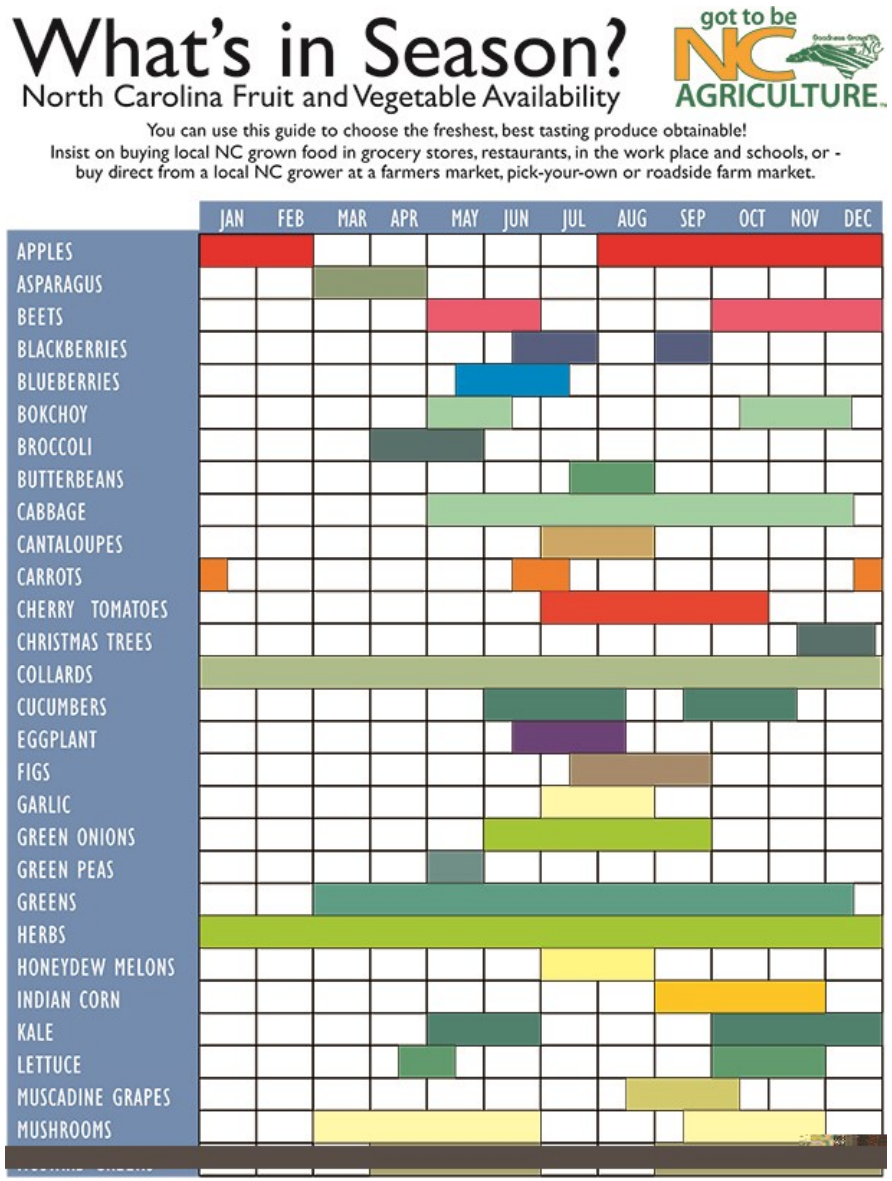
https://www.ncagr.gov/markets/chart.htm



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Fruits and Vegetables

- Buy in season
- Go to the farmers market at the end of the day
- Join a CSA
- Buy only what you can use
- Stock up on frozen fruits & vegetables

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Animal Protein

- Buy family pack – freeze what you don't use
- Bone in meats
- Canned & frozen fish
- EGGS
- Avoid processed meats

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Grass Fed Beef

- More expensive
- Protein
- B Vitamins
- More Vitamin C & E
- Lower in saturated fat
- 2-6 X more Omega 3
- Circumstantial Evidence

(Provenza, F. (2019) Frontiers in Nutrition. doi: 10.3389/fnut.2019.00026)

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Plant Proteins

- **Beans, Peas, Legumes**

- **Iron, zinc, folate, Omega 3**
- **Fiber and complex CHO**
- **Gluten free**
- **Vegan**
- **Mono-unsaturated fats**
- **Phytochemicals**

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Plant Proteins

- **Nuts and Seeds**

- **Unsaturated fats**
- **Omega-3 fatty acids**

- **Antioxidants**

- **Protein**
- **Fiber**

- **B Vitamins**
- **Vitamin E**

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Using Plant Proteins

- Soy products
  - Tofu, tempeh, edamame
- Nut spreads
  - Peanut butter, almond, walnut
- Seeds
  - Pumpkin, sunflower, flax, chia
- Add to:
  - Stir fry
  - Salads and soups
  - Cereal
  - Muffins
- Make:
  - Pesto
  - Pie crusts
  - Flour
  - Coating for fish

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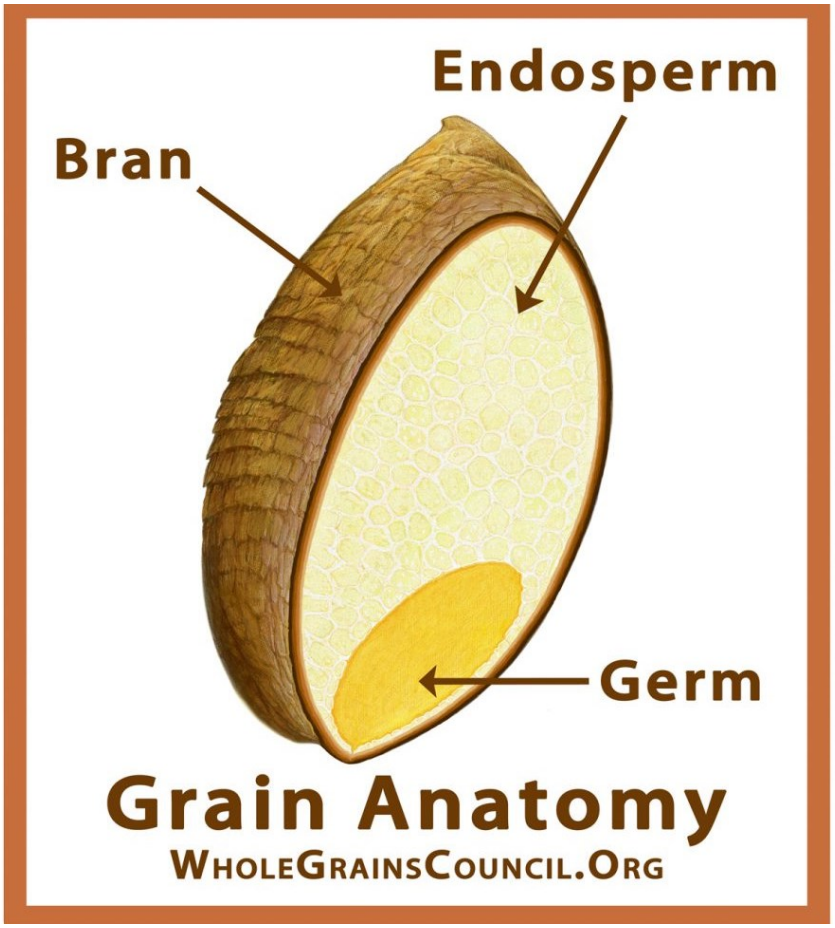
Grains

- Go WHOLE GRAIN
  - Complex Carb and Fiber

- Brown rice and pasta
- Old fashioned oats
- Cereals
- Barley
- Quinoa
- Seeded breads

I

- Pop your own popcorn
- Add to soups
- Add to ground meats



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Dairy

- **Low fat**
- **Unflavored yogurt**
- **Soft and hard cheeses**
- **Evaporated milk**

- **Avoid cheese products!**

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Seasoning on the Cheap

- Purchase at a busy store
- Buy small amounts
- Try ethnic markets
- Make your own mixes

BASICS

- Lemon
- Olive oil
- Mustard
- Vinegar

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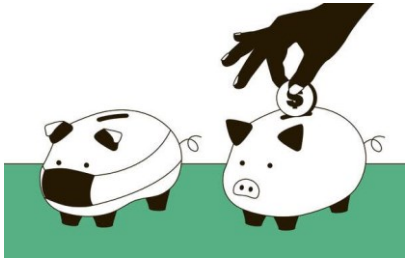
Budget Grocery Shopping

- Join the store loyalty program
- Try a CSA
- Ask around – social media
- Read stores sales flyers
- Try online shopping
- Eat before you shop
- Avoid the checkout candy and chips
- Senior discount
- Store brands
- Use coupons
- Buy what you can use
- Use leftovers
- Use your freezer



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Recipes & Info

- Eatright.org/food/nutrition
- Chefabbiegellman.com
- Chefjen.com
- Myplate.gov
- Kam's Kitchen|Kamaria Mason
- Kimrosedietitian.com
- Snaped.fns.usda.gov
- Tastenutritionconsulting.com
- Theafricanpotnutrition.com
- Wellplated.com
- Wholegrainscouncil.org

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MyPlate.com

- Anti-inflammatory
- Gut Microbiome
- Whole Food
- Hearty Healthy
- Diabetes Prevention
- Calorie Controlled
- Less Sugar
- Plant Based
- Mediterranean
- Vegan
- Flexitarian

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Thank You!

Eat plenty of fruits & vegetables
Go for healthy fats
Vary your protein
Get enough fiber
Choose carbs wisely
Buy what YOU will eat

References

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THANK YOU

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