



Eat Well, Be Well: Nutrition Tips for Food Outreach Clients



Keep Foods Safe

- Keeping food safe is recommended for everyone
- Some folks are at a higher risk of foodborne illness
 - Those living with HIV, cancer, diabetes, pregnancy, older adults, children, or who have received an organ transplant
- There are several things we can do to prevent foodborne illness:
 - Hand washing
 - Separating raw meat from fresh produce and ready to eat foods
 - Rinsing produce items
 - Cooking foods to proper temperatures
 - Refrigerating foods within 1-2 hours

Safe Meat Internal Temperatures

Chicken

165

Turkey

165

Ground Meats

160

Beef

160

Fish

145

Pork

145

Fridge layout food safety

Arrange shelves by cooking temperature - highest cooking temperature on the bottom.

Ready-to-Eat Foods
(top shelf)

Lowest cooking temperature

135°F

Any food that will be hot held that is not in other categories

145°F

Whole seafood; beef, pork, veal, lamb (steaks and chops); roasts; eggs that will be served immediately

155°F

Ground, injected, marinated, or tenderized meats; eggs that will be hot held

165°F

All poultry (chicken, turkey, duck, fowl); stuffing made with foods that require temperature control; dishes with previously cooked foods (casseroles)

Highest cooking temperature



HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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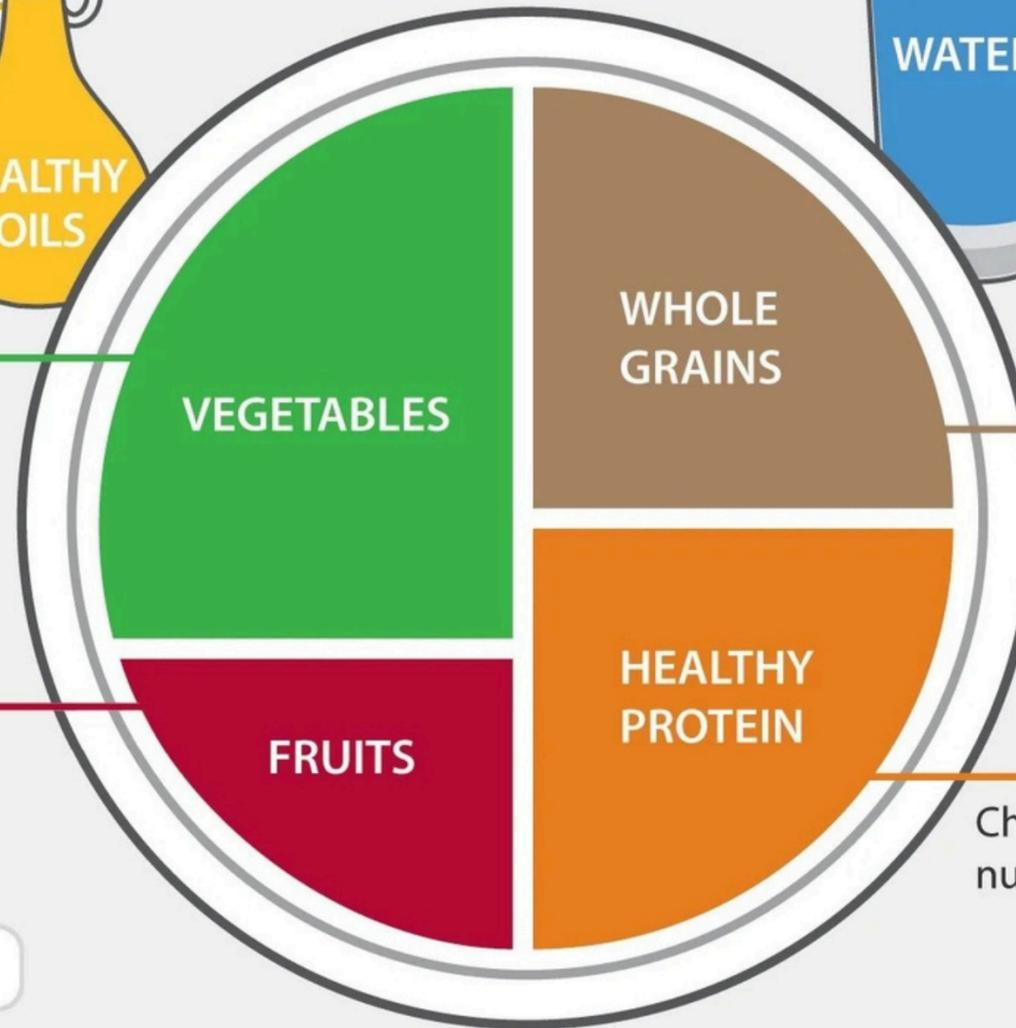
Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard Medical School
Harvard Health Publications
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Phytonutrients

- Natural components in plants that can help protect us from disease, the effects of aging, and more
- Include:
 - Variety of colorful produce
 - Tea
 - Herbs and spices
 - Whole grains

Lutein and zeaxanthin,
found in green and yellow vegetables, can help protect our eyes from cataracts and age-related damage.



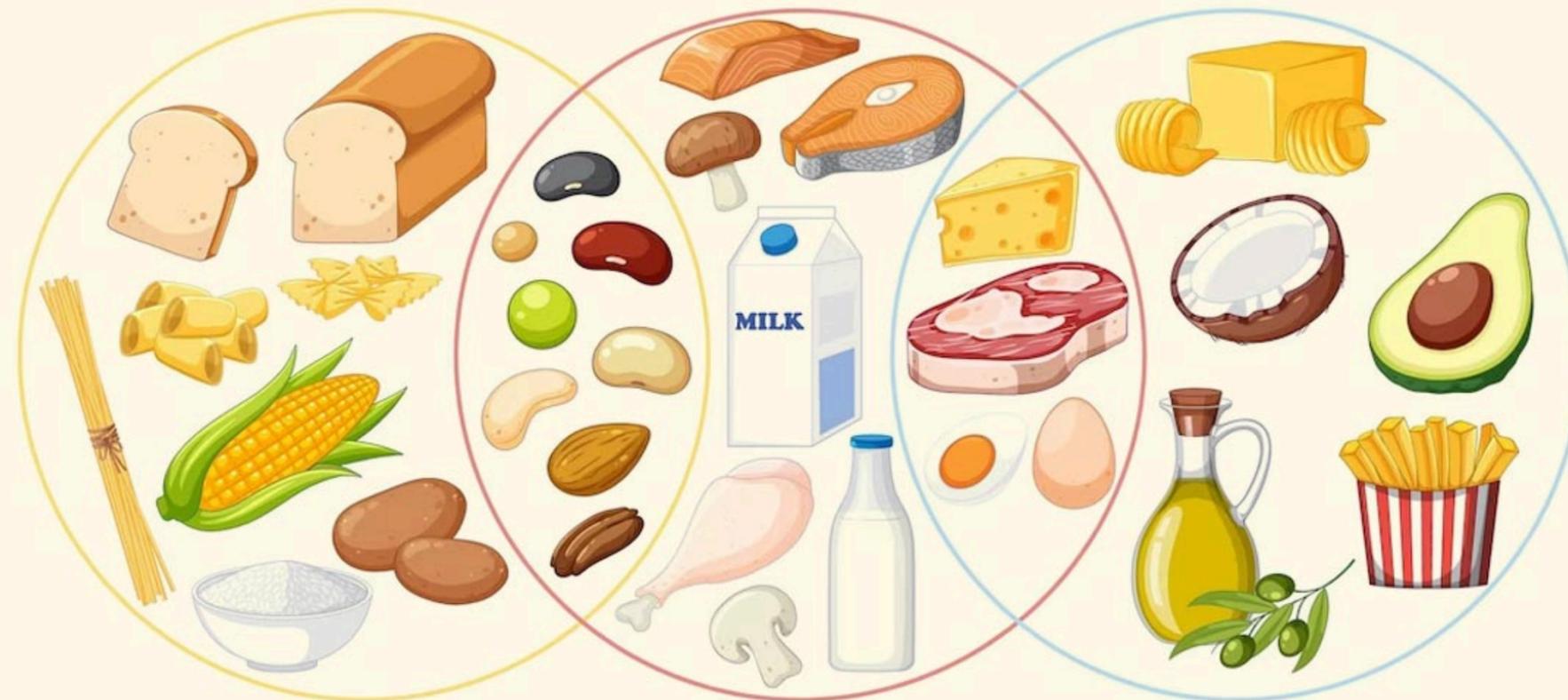
Flavonoids,
are the largest group of phytonutrients, including polyphenols, which may help fight obesity and the risk of diabetes.

Allicin,
found in garlic and onions, may help fight cancer and control cholesterol.

Carotenoids,
such as beta carotene, are vital for vision, growth and development. Some have anti-inflammatory and immune system benefits.

Macronutrients are required by our bodies in large amounts to function well.

MACRONUTRIENTS



CARBS

PROTEINS

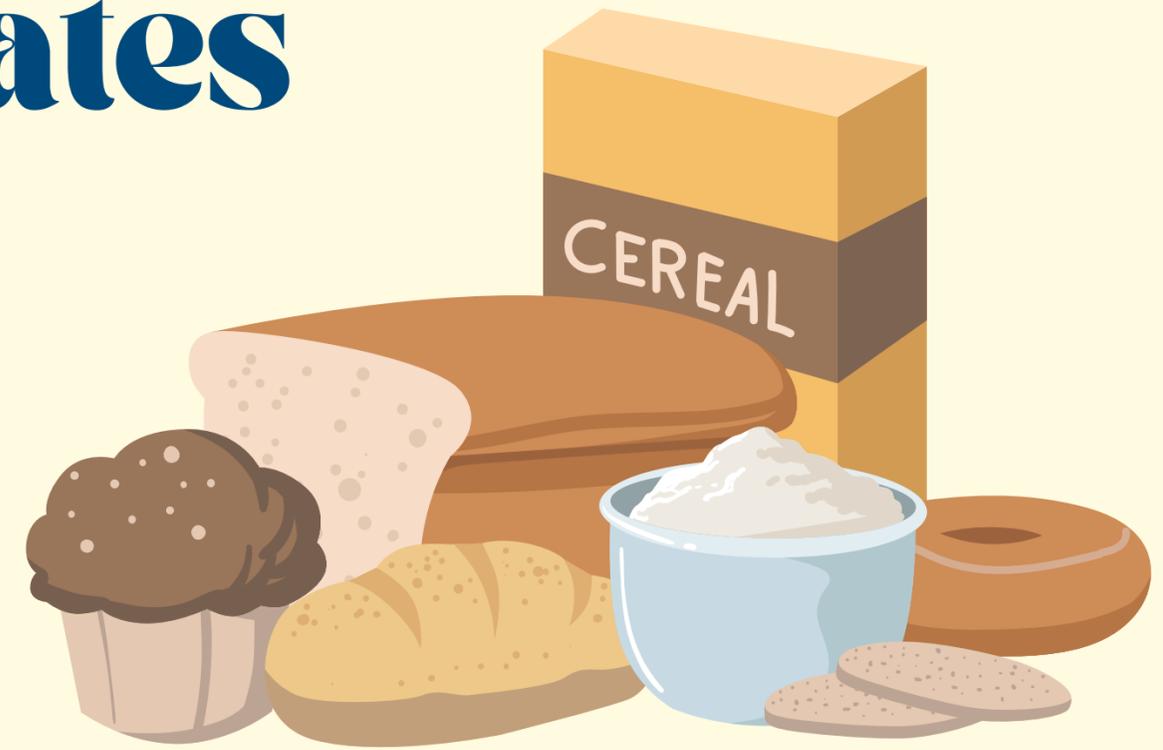
FATS

Carbohydrates in the Diet

Carbohydrates are your brain's and your body's preferred source of energy. Carbohydrates are also an important part of digestion and help to regulate blood glucose.

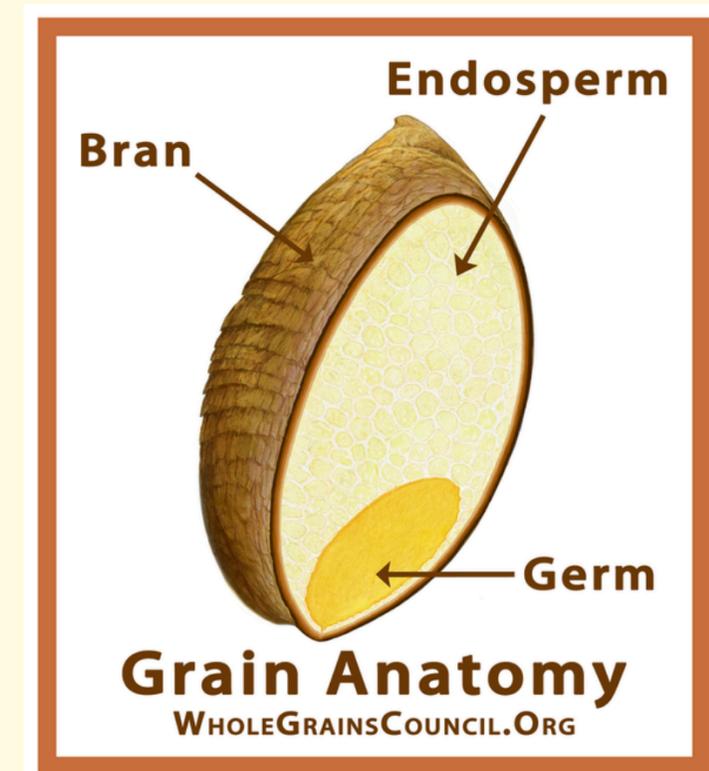
Types of Carbohydrates

- Starches
 - Pasta, rice, bread, potatoes, corn
- Sugars
 - Fruit, sugary beverages, candy, desserts



Choose Whole Grains Half of the Time

- Contains more fiber and healthy fats than refined grains
- Examples include:
 - Brown rice
 - Barley
 - Corn or popcorn
 - Oatmeal
 - Whole grain cereal, pasta and breads



Limit Added Sugars



- Added Sugars are extra sugars added to a food during production.

- Examples: dessert, soda



- Natural sugars already exist in the food.

- Fruit (fructose), milk (lactose)



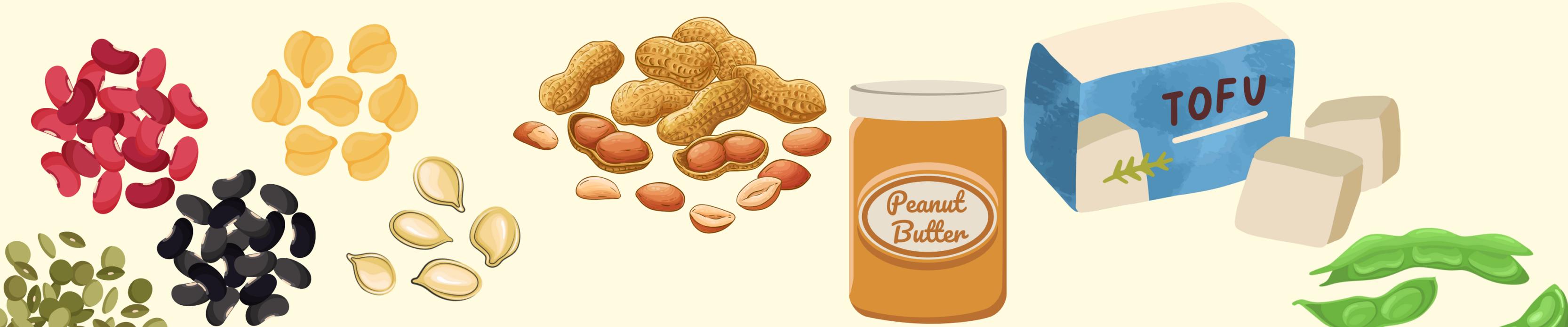
Added Sugar Recommendations



- Generally try to consume less than 25 grams per day

Tips

- Look on nutrition label for 5% or less daily value
- Choose water, seltzer, unsweet tea, plain coffee, or diet/zero sugar beverages
- When enjoying a sweet treat, chew slowly & savor it
- Use fruit or dates to flavor plain yogurt or unsweetened cereals



Protein is needed for healthy muscles, a well-functioning immune system, and for the healing process.

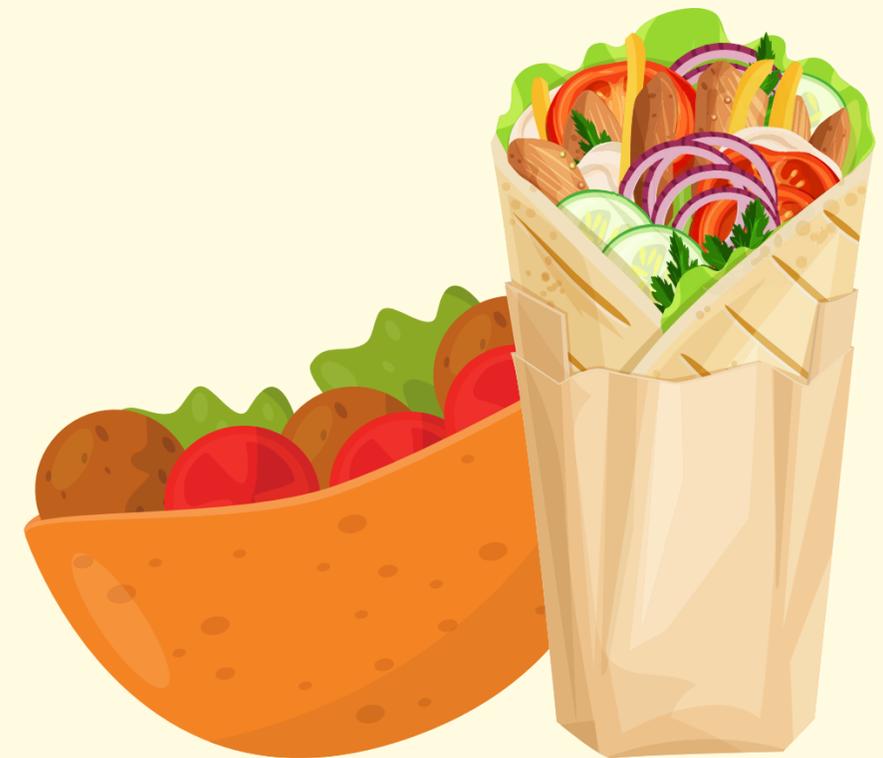


Enjoy Lean and Plant Based Proteins

Lean proteins tend to be lower in saturated fat, a type of fat that could increase cholesterol and heart disease risk.

Examples:

- Plant Based Proteins: Beans, lentils, peas, tofu
- Poultry: Chicken or turkey
- Eggs
- Fish
- Pork chop or pork loin



Fat in the Diet

We need fat in our diet for temperature regulation, vitamin absorption, hormone production, cell membrane structure, optimal brain health, and even energy.

Types of Fat

- Unsaturated = liquid at room temp
 - Olive, avocado, peanut, canola oil
- Saturated - solid at room temp
 - Butter, coconut oil, meat, lard, ghee
- Trans fat
 - Hydrogenated oils



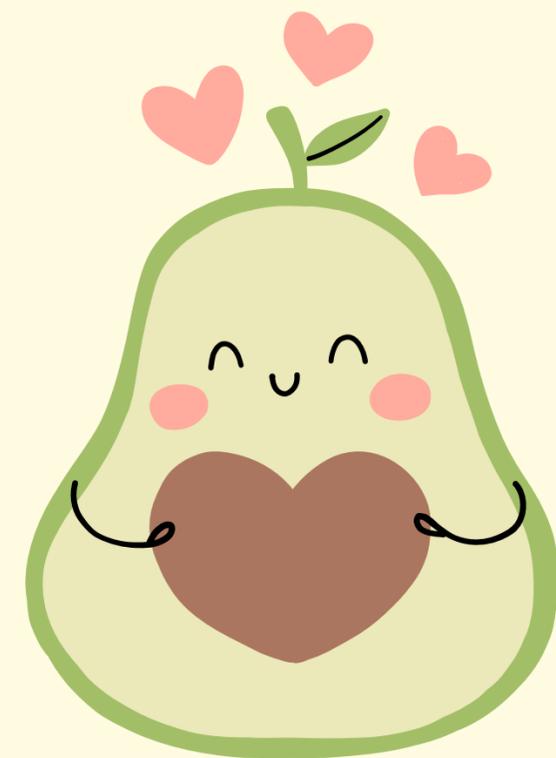
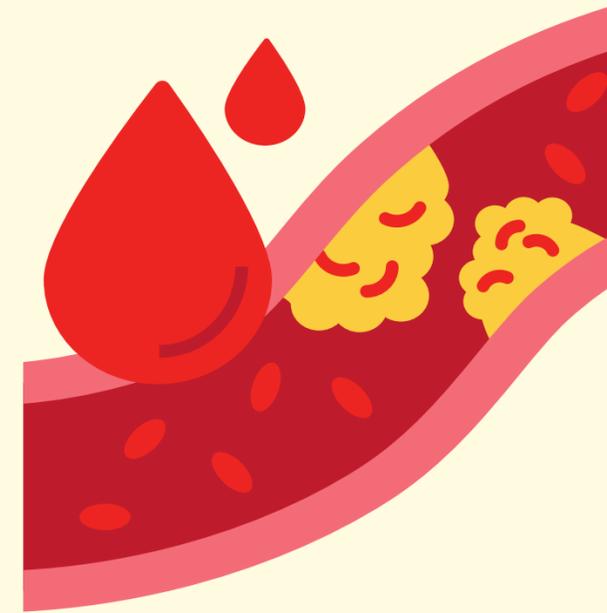
Enjoy Healthy Fats

Monounsaturated and polyunsaturated fats can:

- Lower the risk of heart disease and stroke
- Optimize our cholesterol and triglyceride levels
- Lower blood pressure
- Prevent hardening and narrowing of the arteries

examples

- Olive, canola, peanut, and sesame oil
- Avocado
- Nuts
- Sunflower, sesame, pumpkin, flax, chia, hemp seeds
- Fatty fish
 - Salmon, tuna, fish oil, sardines, mackerel, trout



Nutrition by Addition



Rather than avoiding foods you enjoy, focus on adding vegetables, fruits, and protein to what you're already eating.

Examples

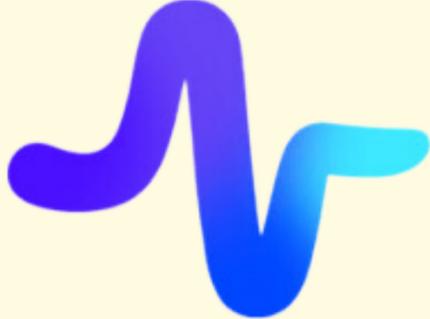
- Add peas and an egg to ramen noodles
- Serve your favorite berries with a piece of pound cake
- Add chicken and peppers to pizza



There's no “right” way of putting it all together.

- What matters to you?
- What changes are you interested in making?
 - Choose **1** thing you can start doing within the next week.
- Connect with your RD to make a plan.
- Give yourself grace; change takes time!

**Connect with us on our
online client portal**

 **Healthie**



Reach out to us with your questions!

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