Eat Well, Live Well
Eating well for your health

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Checking In

- Why is eating well important to you?
Today’s Agenda

Importance of eating well
Healthy plate
Truth or myth
Action plan
Resources
A diet that restricts food groups (protein, carbs, fats) is a healthy option.
Truth or Myth

MYTH  A diet that restricts food groups (protein, carbs, fats) is a healthy option.
Healthy eating is a balance of:

- **More** vegetables, fruits, whole grains, seafood, nuts, and legumes

- **Fewer** red and processed meats, refined grains (grains that are not whole), and sugary drinks and foods
What Does a Healthy Plate Look Like?

- **Protein**: 5-6 servings a day
- **Starch**: 6 servings a day
- **Vegetables**: 5 or more servings a day
- **Milk, Yogurt, and Dairy Alternatives**: 2-3 servings a day
- **Fruit**: 2-3 servings a day
- **Fats**: 4 servings a day
- **Water**: 64 ounces a day

Use a small dinner plate (about 9 inches across)
Breakfast
Vegetable omelet with English muffin

Lunch
Vegetable soup with white beans

Dinner
Tempeh tacos with vegetables

What’s different about our healthy plates and what you normally eat?
Healthy Plates and Bowls
Truth or Myth

Animal protein is the only way to get enough protein in your diet.
Truth or Myth

MYTH

Animal protein is the only way to get enough protein in your diet.
Truth or Myth

**MYTH**

Lean animal protein

Plant-based protein
What are some healthy protein choices you eat?

- Eggs
- Soy
- Nuts and nut butter
- Fish, lean chicken or turkey
- Low-fat or nonfat dairy and alternatives
Which fats have you heard are healthy?

- Avocados
- Oils
- Seeds
- Fatty fish
- Nuts and nut butter
Carbohydrates cause weight gain.
Truth or Myth

**MYTH** Carbohydrates cause weight gain.
Truth or Myth

**TRUTH**

Choose **↑ more often**

Choose **↓ less often**

- White bread
- White pasta
- Flour tortillas
- Sugar-sweetened drinks
- Refined sugary foods: cake, cookies, doughnuts, pastries, candy
Truth or Myth

A sugar-sweetened drink can be a healthy choice.
Truth or Myth

MYTH

A sugar-sweetened drink can be a healthy choice.
**Truth or Myth**

**MYTH**

- **Cola**
  
  20 ounces = 240 calories

- **Energy drink**
  
  16 ounces = 200 calories

- **100% orange juice**
  
  16 ounces = 240 calories

- **Blended coffee drink**
  with whipped cream
  
  16 ounces = 380 calories

- 16 ¼ teaspoons of sugar
- 13 ½ teaspoons of sugar
- 14 teaspoons of sugar
- 11 ¾ teaspoons of sugar
- 3 teaspoons of fat
The Truth About Diet Drinks
What Does a Healthy Plate Look Like?

**Protein**
5-6 servings a day

**Starch**
6 servings a day

**Carbohydrates**

**Milk, Yogurt, and Dairy Alternatives**
2-3 servings a day

**Fruit**
2-3 servings a day

**Fats**
4 servings a day

**Vegetables**
5 or more servings a day

**Water**
64 ounces a day

Use a small dinner plate (about 9 inches across)
What would your healthier plate look like?

a. Filling up half my plate with vegetables
b. Getting enough water
c. Using a smaller size plate
d. Limiting starch to ¼ of my plate
e. Choosing healthy fats
What might you do next?

- Start small
- Water
- Less sugar
- Whole grains
- Balance and variety
Make It Personal

Your personal action plan should be specific, realistic, and something you can do this week.

- On a scale of 0 to 10, how important is it for you to make a change to prevent diabetes?
- On a scale of 0 to 10, how confident are you that you could make this change?
Healthy Living Resources

kp.org/centerforhealthyliving

Get information about workshops and other programs available through the Center for Healthy Living.

Find handouts with more information on today’s topic and other popular health topics under “Wellness Tools”.

Wellness Coaching by Phone

1-866-862-4295

Kaiser Permanente members can get support over the phone to make healthy changes around quitting tobacco, managing weight, reducing stress, or getting active.
Self-care at your fingertips

AT NO COST TO MEMBERS.

- Thoroughly evaluated by Kaiser Permanente clinicians
- Easy to use and proven effective
- Safe and confidential
- For adult members

Calm
An app for meditation, mental resilience, and sleep

myStrength
An app to improve your awareness and adapt to life

Get Calm and myStrength at kp.org/selfcareapps
Use the Q & A feature to submit your questions.
Eat Well Live Well

THANK YOU

for attending today’s workshop

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