

NUTRITION AWARENESS MONTH SPOTLIGHT

MARCH 2018

NUTRITION

Not so complicated

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the *Dietary Guidelines for Americans* can help

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Minimize saturated fats, trans fats, salt (sodium) and added sugars.

Make Your Calories Count

Think nutrient-rich rather than

"good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients,

and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

Focus on Variety

Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh,

frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and

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orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

Know Your Fats

To help reduce your risk of heart disease, look for foods low

CARE MANAGEMENT CONSIDERATIONS

- Educate members about common food-drug interactions like: grapefruit juice, green leafy vegetables, natural black licorice, salt substitutes and tyramine-containing foods
- Steer members to reputable sources of information about nutrition
- Educate members about shopping for healthy foods
- Encourage members to read information that comes with medications that they are taking
- Encourage exercise and healthy weight for your members
- Educate your members on the health benefits of maintaining a balanced diet and exercise plan

in saturated fat and trans fat.
Most of the fats you eat should

be monounsaturated and
polyunsaturated oils.

REGISTERED DIETITIAN NUTRITIONIST (RDN)

What can they do for you?

The highest level of nutrition counseling. Anyone can call themselves a nutritionist, but only a registered dietitian (RD) or registered dietitian nutritionist (RDN) has completed multiple layers of education and training established by the **Accreditation Council for Education in Nutrition and Dietetics (ACEND)**. In addition to holding a bachelor's degree, an RD or RDN must fulfill a specially designed, accredited nutrition curriculum, complete an extensive supervised program of practice at a health care facility, foodservice organization or community agency and pass a rigorous registration exam. What's more, roughly half of all RDs and RDNs hold graduate degrees and many have certifications in specialized fields.

Personally tailored advice. When you see an RD or RDN, the last thing you'll get is one-size-fits-all diet advice. "A dietitian is like an investigator seeking to learn about your

current and desired state of health". "At your initial visit, expect to do a lot of talking while the dietitian does a lot of listening." After learning about your health history, favorite foods, eating and exercise habits, an RD or RDN will help you set goals and prioritize. Follow-up visits will focus on maintenance and monitoring your progress.

Help managing chronic diseases. If you have high cholesterol, high blood pressure, diabetes or cancer it can be hard to know what to eat. "An RD [or RDN] can review your lab results with you, help you understand your condition and provide education about the nutrients that affect it". "Then, he or she will help you create an eating plan that includes all the important nutrients that can help you manage your condition."

Guidance navigating food allergies, sensitivities and intolerances. When you suffer from conditions such as celiac

disease, food allergies or lactose intolerance, it's easy to be overwhelmed by what you think you can't eat. That can translate into a boring diet and may even lead to nutrient deficiencies. An RD or RDN can teach you how to read food labels so you'll know which ingredients to avoid and a help you find substitutions to keep your diet balanced and tasty, too.

A weight loss program that really works. Fad diets may sound like the quick ticket to weight loss, but they rarely work for very long. A registered dietitian or registered dietitian nutritionist will partner with you to develop a safe, effective weight loss plan that you can stick with for the long haul. To guide and motivate you, an RD or RDN will use creative and out-of-the-box strategies to help with meal planning, grocery shopping, food journaling and mindful eating.