



Nutrition 101 Part 1

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Agenda Part 1

- Introductions
- Introduction to Title VI – Shelly & Jean
- Break
- National Resource Center on Nutrition and Aging – Uche
- Basic Nutrition & Title VI – Jean & Uche
- Lunch – 11:45 to 1:00

Introductions



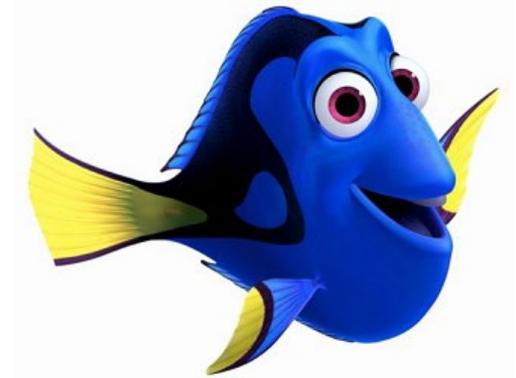
Shelly Zylstra



Cooking in Shelly's Backyard
Shelly's Stew



Jean Lloyd



Uche Akobundu

Tell Us

- Your name, program, your position
- Where you are located
- How many meals you produce a day
- Something your program does well
- Your biggest challenge





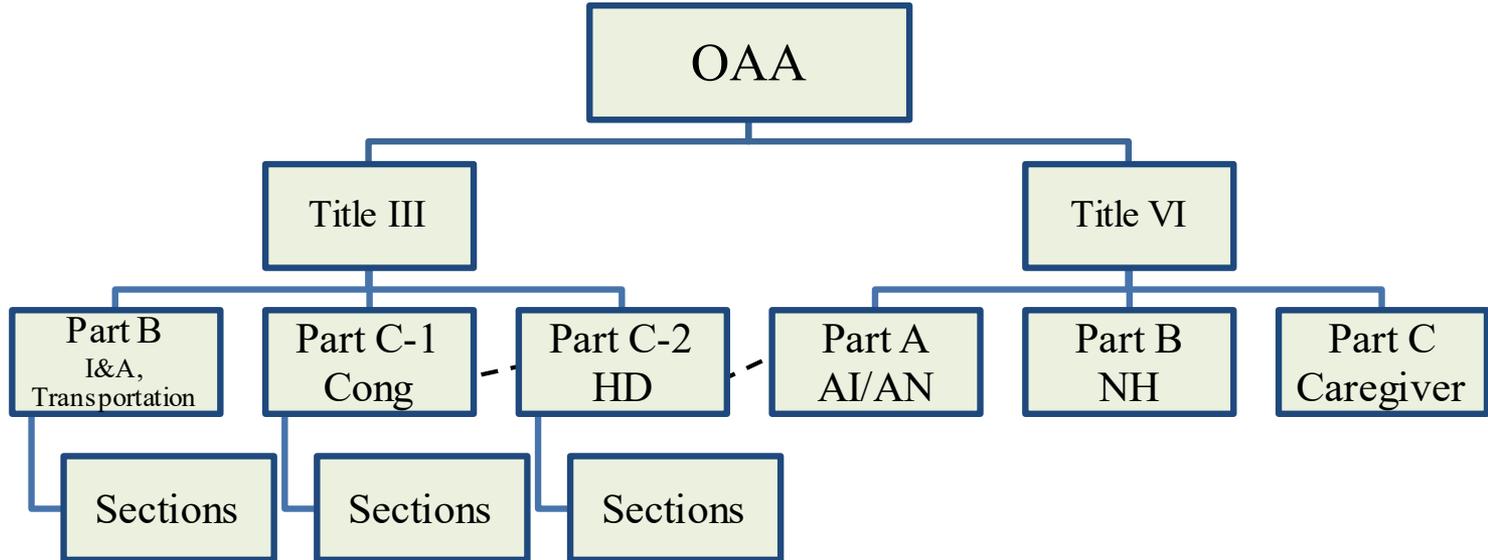
INTRODUCTION TO TITLE VI

The Older Americans Act-Title VI

<https://www.acl.gov/node/650/>

- The Older Americans Act (OAA) enacted by Congress in 1965
- The “Act” is divided in to separate chapters called “Titles”
 - Like in a book, each Title (chapter) deals with a different subject
 - Under each Title, there are separate sections called “Parts”
 - Under each Part, there are separate sections called “Sections”
- Nutrition Programs were added in 1972
 - Originally as Title VII, then included under Title III, Part C-1 and C-2
- Title VI programs were added in 1978

How it Stacks Up!



Title VI

- In order to get a grant for Title VI services (also known as Part A) Tribes must submit an application
- Tribes are required to have at least 50 elders aged 60 and up = **grant eligibility**
- Tribes may determine the **age of participation**:
 - Title III= over age 60
 - Title VI=Tribe determined, even as low as age 45+
- American Indians who are not enrolled in your Tribe are eligible to participate in your program
 - The Title VI Sections specify that the program is for American Indians, Alaska Natives and Native Hawaiians, not enrolled Tribal members
 - Some of your enrolled Tribal elders may be served in other communities where they live

Uche Asks



An Indian elder who is not a member of your tribe, lives in your area, and is homebound, can this person get a HDM?

Title VI

- Tribes determine which services are to be provided
 - Required services are Congregate meals, Home delivered meals, and Information and Assistance/Referral
 - Other common services include transportation, chore
- Title VI does not specify how much funding is to be allocated for various services, does not allocate funding for components of services such as food, etc.

Title VI Rules

- If you read the OAA, you won't find much detail under Title VI
- Programs are designed to follow the OAA Title III Program requirements and Tribes will find most of the requirements in the Title section of the OAA
- For specific Title VI implementation requirements, look at the Title VI manual on line at <https://olderindians.acl.gov/>
- You may want to ask your local Area Agency on Aging for copies of their standards or policy and procedures manual, the rules are the similar for both programs.
- Or look to your State Unit on Aging for assistance

Jean Asks



What are the rules if
my program gets
Title III and Title VI?

Title VI and Title III Requirements

- If your Tribe receives only Title VI funds, you are required to meet the requirements of Title VI, using the guidelines that are provided in the Title VI Manual on the Administration for Community Living's (ACL) website and reporting and fiscal instructions from the ACL
- If your Tribe receives Title III funds from your State Unit on Aging (SUA), you need to meet the Title VI requirements **PLUS** the programmatic, fiscal and menu requirements of the State
- If your Tribe receives Title III funds, the SUA may tell you
 - What to spend Title III funds on, such as Congregate or Home-delivered meals, or transportation, chore, etc.
 - Who to serve with the Title III funds such as non-Indians who come to the Title VI site and expect service

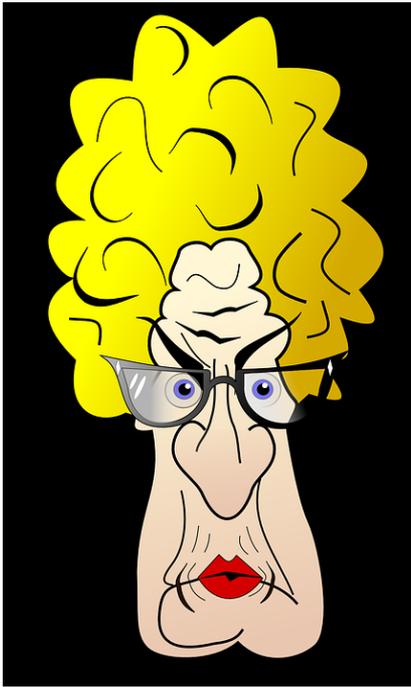
Title VI Congregate Meals Sections 339, 601, 602, 614



Eligibility

- Elder, Tribally determined age
- Spouse, regardless of age & ethnicity
- Dependent children with disabilities who live with the elder or accompany them to the meal site
- Volunteers of any age
- Individuals who are disabled and reside in a building primarily occupied by elders where congregate meals are served
- Caregivers if Title VI C funds are available and there is a policy and procedure for this use

Jean Asks



The congregate site produces about 30 congregate meals per day. About 10 people stay for lunch, the rest pick up their meals as a take-out meal? Is this permissible?

Why Emphasize Congregate?

- Socialization is important
- Gatekeeping is important
- Nutrition education is important
- Activities are important
- Lunch is an important contact point for elders



If an elder isn't eligible for home-delivered meals, they should not get one. They should be encouraged to come to lunch!

Today's Program: Congregate



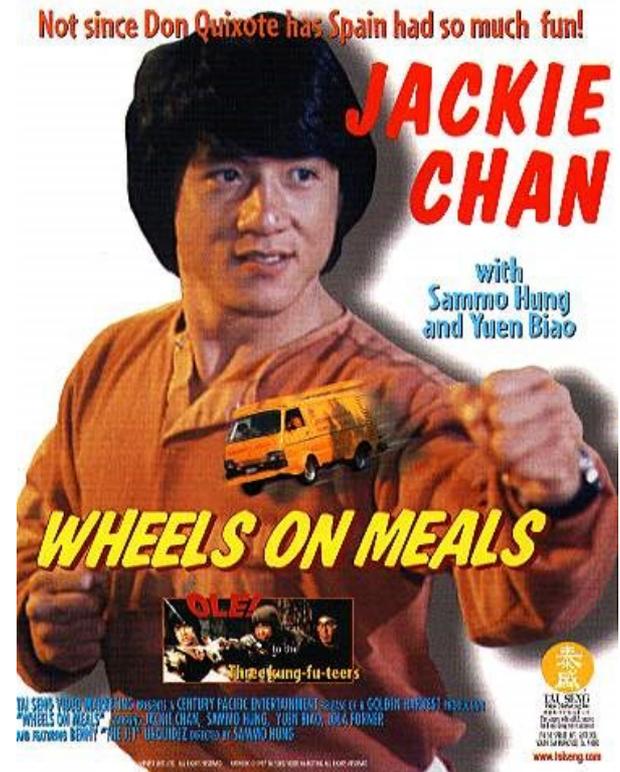
- Most Congregate Meals at Senior or Community Centers
- Self-produced in the center's kitchen
- May use restaurant vouchers
- School catering
- Simple meals that meet nutrition requirements
- Often with activities or Nutrition Education

Title VI Home Delivered Meals

Sections 336, 601, 602, 614

Eligibility

- Elder, Tribally determined age, determined to be **homebound, frail, isolated**
 - 2 activities of daily living (ADLs)
- Spouses, regardless of age & ethnicity
- Dependent children with disabilities who live with the elder
- Caregivers if Title VI C funds are available and there is a policy and procedure for this use



Activities of Daily Living

- Bathing
 - Transferring
 - Eating
 - Toileting
 - Walking
 - Grooming
 - Dressing
 - Contenance
- If an Elder cannot do two of these without “substantial human assistance”, they are eligible for Home Delivered meals.
 - May also need supervision for safety and be eligible
 - Just because a meal is “delivered” doesn’t make it a home-delivered meal!

Today's Program: Home Delivered

- Home Delivered Meals take all forms
 - Hot Daily
 - Hot and Frozen every other day
 - All Frozen
 - Shelf Stable (for emergencies)
- Include annual assessment including functional assessment & nutritional well-being



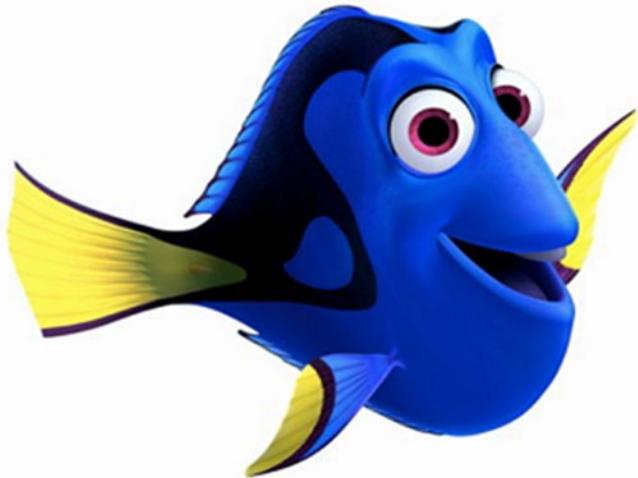
Is HD Just the Meal?

- The hot meal is important and...
- It improves health
- It provides a safety check
- It helps keep elders at home
- Provides social contact
- And helps them be a part of the community



Home-Delivered Meals are for elders who are isolated, homebound, frail

Uche Asks



An elder usually drives to the congregate site but in the winter, the roads are hazardous in this rural area, is she eligible for a HDM?

Funding for Congregate and Home-Delivered Meals

- Federal Title VI A funds, limited Title VI Part C
- Federal Nutrition Services Incentive Program (NSIP) Section 311
- Tribal funds
- State Title III funds
- State funds
- Elders' contributions/donations
- Fund-raisers, private donations, etc.
- Title VI and NSIP funding levels is found at <https://www.acl.gov/node/124>

Are there Special rules for NSIP funds?

- NSIP funds may only be used to purchase food that is **grown or processed in the US and is used to produce meals for the Title VI program**. NSIP funds may not be used for administration, indirect, labor, or other costs

Section 311

- Meals reported on the PPR receive NSIP funding and have to comply with all the Title VI rules
- Meals to be reported on the PPR whether funded by Title VI or not:
 - Eligible participants
 - Volunteers
 - Staff over the Tribally determined age that receive a meal
- Meals that are not to be reported on the PPR:
 - People who are not eligible for service, such as guests, other Tribal members
 - Staff who are not eligible for service

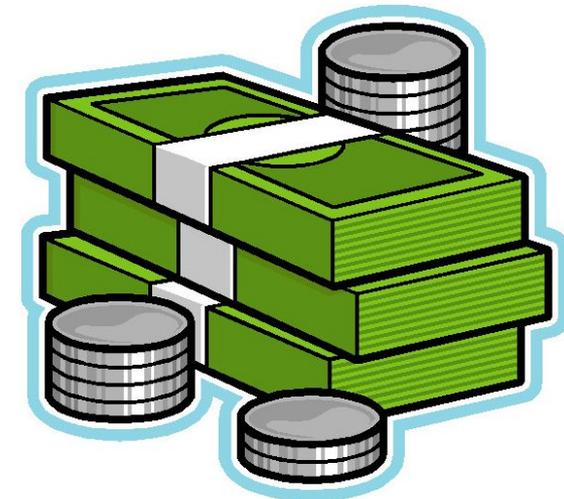
Jean Asks



Instead of using the NSIP funding in the meal program, can we use it to buy bags of groceries for the elders?

What do you mean there's no such thing as a free lunch?

- Most Title VI Programs do not encourage donations from the elders
- This can be one way to help the program grow
- Elders can donate what they want to pay and still get a lunch
- Remember that the program is for the elders
- No one else should eat for a donation
- Any meal served to a guest must be paid at the full price, and the money put back into the budget



Meals to “Visitors”



- This program is for **ELDERS**
- Sometimes family members show up at the meal site
- If you feed non-elders, they must pay the full cost of the meal or you pay from Tribal funds or another funding source
- Feeding non-elders at the meal sites is **STEALING FROM THE ELDERS** and violates the terms of the grant

How can contributions be used?

- Participant contributions are to be used for the service for which the funds were contributed (Section 315)
- If a participant contribution is provided for meals, the contribution is required to be used to support and expand meals. The contribution cannot be used to fund a trip to the casino or other things

Does the nutrition program have to serve anyone who comes for a meal?

- Title VI funds services for individuals who are eligible under Title VI
- Title VI funds cannot be used to provide services to individuals who are not eligible under Title VI
- If your nutrition program is serving individuals who are not eligible under Title VI with Title VI funds, the program may have audit exceptions which would mean paying back funding

Does the nutrition program have to serve anyone who comes for a meal?

- If your SUA provides Title III funds, these funds can be used to provide services to both Indians & non-Indian Title III older adults (age 60 and over) who might want to attend your site
- Your Tribal funds may be used as the Tribe decides
- Your program needs to develop Policies and Procedures to address these issues; consult with your fiscal office in developing these to ensure that they are clear, especially to auditors

Jean Asks



Am I, an old white woman eligible for a meal at your nutrition program? Do you have to serve me?

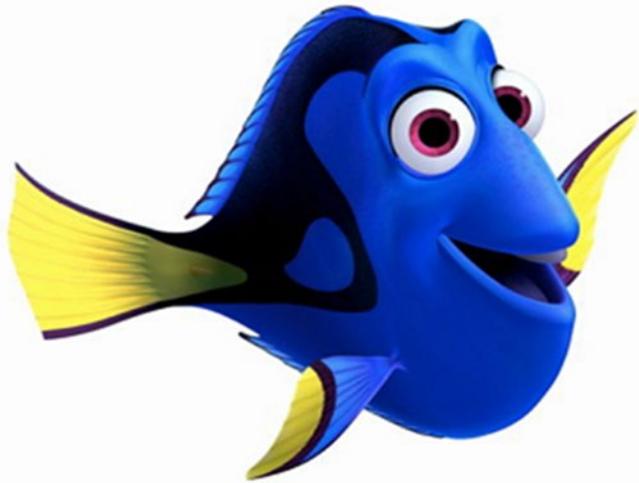
Volunteers and Staff

- If you have enough food, meal program volunteers of any age can eat meals and you can count them in your meal counts for Nutrition Services Incentive Program (NSIP).
- All of these meals count for NSIP along with elders meals.
- Under 60 Guest meals DO NOT COUNT for NSIP.
- Don't forget to include special dinners....birthday's, celebrations, Elder Honor Day—just make sure the meal meets the requirements for the Older Americans Act.

Staff Meals

- If a meal is part of the staff benefits, the staff may eat
- Under Title VI, **staff may not pay the suggested contribution** unless the staff are elders
- Under Title VI, **staff meals may not be reported on the PPR** unless the staff are elders

Uche Asks



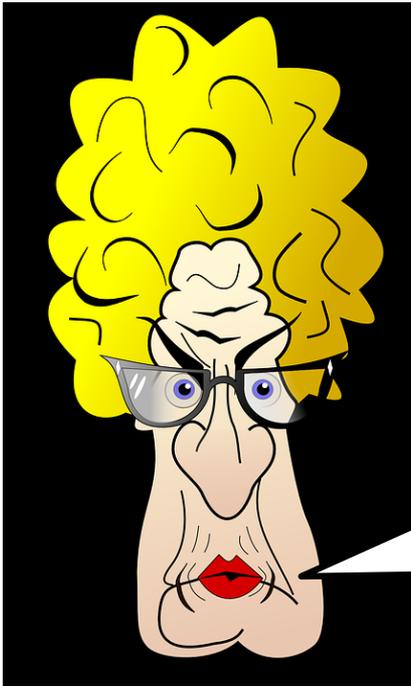
Can a 35 year old disabled American Indian veteran come to the meal site and get a meal?

Jean Asks



How do your program figure out the amount to ask for a suggested contribution/donation?

Jean Asks

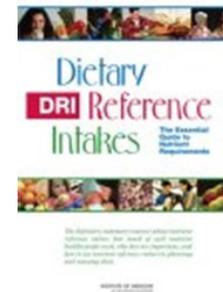
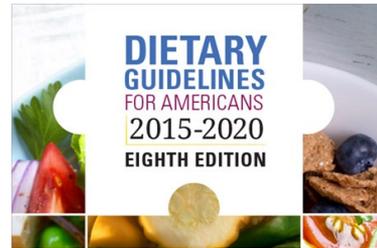


The Tribal Chair sends his assistant to the meal site for his meal, a guest of the Tribal Chair and the assistant's meal. The Tribal Chair expects that you should just send the meals. Usually this happens at least 4 times a week. How do you pay for these meals?

Older Americans Act Nutrition Requirements

Sections 339, 601, 602, 614

- Meals are to meet:
 - 2015-2020 Dietary Guidelines for Americans
 - Dietary Reference Intakes
 - Food Safety Code
 - Appealing to program participants
 - If practical, meet special dietary needs



Food Code

U.S. Public Health Service

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2017

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Public Health Service • Food and Drug Administration
College Park, MD 20740

Other Nutrition Services

- The OAA Titles III and VI require programs to provide meals of conventional foods (meat/poultry/fish, vegetables, fruit, grains, dairy) not supplements or vitamin/mineral tablets
 - A program may choose to provide nutrition supplements, but these do not count as meals and cannot be reported for NSIP funding
 - A program may not use Title VI funding to purchase vitamin/mineral tablets for program participants
- The OAA does not provide for the provision of grocery bags of food to count as meals
 - Grocery delivery may be provided as a service, but Title VI cannot pay for the groceries
 - The nutrition program can provide referral and help people access USDA programs that fund other programs to provide groceries such as
 - Supplemental Nutrition Assistance Program (SNAP), formerly food stamps
 - Food Distribution Program on Indian Reservations (FDPIR) – commodity foods
 - Commodity Supplemental Food Program (CSFP)- bags of groceries
 - The Emergency Food Assistance Program (TEFAP) – food boxes, food banks



Other Nutrition Services

Sections 331, 336, 601, 602, 614

- OAA funds other nutrition services:
 - Nutrition education
 - Nutrition counseling, as appropriate

Jean Asks



The Tribe usually provides significant funding and we got cut this year. We can't serve meals 5 days a week. What can we do?

Meal service Frequency Sections 331, 336, 601, 602,614

- Both Titles III and VI require meals to be served 5 days per week, but there are exceptions
- When a Tribe applies for funding, the application indicates the services to be provided and how often, if meals are to be served less than 5 days per week, the application explains why

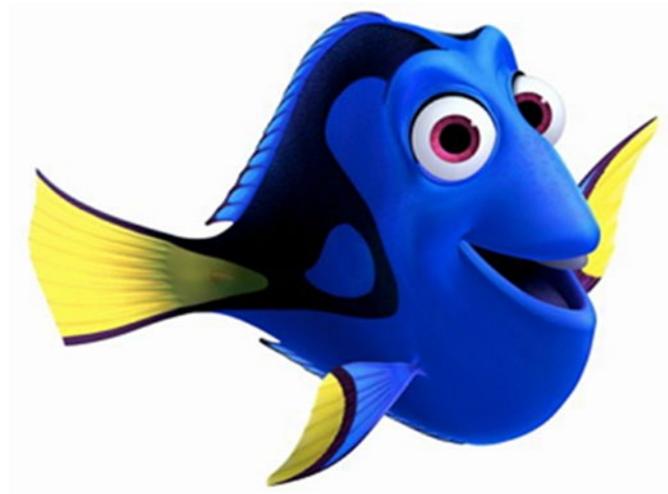
Meal service Frequency Sections 331, 336, 601, 602,614

- Although meals are usually provided 5 days a week, a Tribe may indicate that it wants to provide meals less often
- If after the application is approved, the Tribe wants to decrease the number of days per week that it provides meals, the Tribe needs to notify the ACL regional office, stating that it plans to decrease the number of days per week that meals are served and the reason for the decrease; ACL has to approve the modification

Your Nutrition Program is Just the Beginning

- More than meatloaf....
- Checking in with elders
- Referral to services
- Activities
- Health Education
- Clinic Connection
- Exercise
- Cultural Activities





BREAK

IS NEXT



NUTRITION & TITLE VI



NUTRITION



Questions

- Why do we care about nutrition?
- What influences what you eat?
- Do you make a difference in the lives of Tribal Elders?
How?



Nutrition: An Integral Part of Health

Necessity:

- Need adequate nutrition to:
 - Maintain physical & mental functioning
 - Promote health & functionality
 - Reduce risk of chronic disease
 - Help treat & manage chronic disease
 - Remain home in the community

Purposes of Older Americans Act Nutrition Program

Section 330, 601

- Reduce hunger & food insecurity
- Promote socialization
- Promote health and well-being
- Delay adverse health conditions

Why Do We Care about Nutrition?

- **Physical health:** sight, hearing, smell, oral health, heart, lungs, nerves, brain, gastrointestinal tract, skeleton, muscles, immune system
- **Disease**
- **Functionality/disability**
- **Mental health**
- **Social, cultural, familial well-being & traditions**
- **Emotional well-being**
- **Spiritual, religious needs**
- **Affected by lifestyle, geographic location, family, income, culture & traditions, business, food industry, agriculture, & health care**

Nutrition and Health are Closely Related

- About half of all American adults—**117 million individuals**—**have one or more preventable chronic diseases, many of which are related to poor eating and physical activity patterns.**
- All people, even those with chronic conditions, can benefit from healthy eating patterns and increased physical activity, especially older adults.
- Physical activity for older adults include endurance or aerobic, strength, balance and flexibility training.



Why Do We Care about Nutrition in Indian Country?

- **Nationally, participants in Title VI programs when compared to national U.S. data** have higher rates of:
 - Obesity/overweight
 - Diabetes
 - Osteoporosis
 - Stroke, high blood pressure
- **Nationally, participants in Title VI programs** stated that they:
 - Had a condition that changed the kind or amount of food they ate -23 %
 - Ate few fruits/vegetables or milk products – 26.3%
 - Ate fewer than 2 meals/day – 16.3%

National Title VI Needs Assessment Data, University of North Dakota

National Needs Assessment Title VI Data Indicates High Rates of Disability Due to Chronic Disease in Title VI Participants

70.6% of Title VI participants are not disabled

29.4% of Title VI participants are disabled

For those who are disabled, the primary cause is **chronic disease**

Disability Cause	Aggregate Title VI Tribal Data (age 55+) %	National US Data (age 55+) %
Congenital or from birth	4.0	Not available
From military service	6.6	Not available
From chronic disease	58.6	Not available
From accident/injury	30.8	Not available

National Title VI Needs Assessment Data, University of North Dakota

National Needs Assessment Title VI Data Indicates High Rates of High Blood Pressure, Diabetes and Obesity in Title VI Participants

Chronic Condition Related Nutrition	Aggregate Title VI Tribal Data (age 55+) %	National US Data (age 55+) %
Stroke	7.5	6.3
High Blood Pressure	56.5	55.2
Osteoporosis	9.6	4.6
Diabetes	39.3	18.0
Obesity	43.3	24.6
Overweight	34.8	37.3

National Title VI Needs Assessment Data, University of North Dakota
Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Survey Data. Atlanta GA. DHHS.

Indian Health Service Recommendations for Elders

- Increase physical activity
- Decrease TV viewing
- Decrease food portion sizes
- Eat healthier foods
- Limit fast food & take out foods
- Maintain a healthy weight
- Physical Activity Kit: Book 7 for Older Adults



National Needs Assessment Title VI Data Indicates Walking is the Most Prevalent Physical Activity

Physical Activity	Aggregate Title VI Tribal Data (age 55+) %	National US Data (age 55+) %
Walking	64.0	4.8
Yard Work	29.6	2.8
Gardening	12.7	1.1
Traditional Dance (Pow-wow)	5.2	1.6

IHS Walking Program:

<https://www.ihs.gov/diabetes/clinician-resources/diabetes-education-lesson-plan-outlines/physical-activity/>

National Title VI Needs Assessment Data, University of North Dakota
Centers for Disease Control and Prevention. National Health and Nutrition Examination Survey Data. Atlanta GA.
DHHS



OAA NUTRITION REQUIREMENTS, FOOD, MENU PLANNING



Elders Need Healthy Food and Adequate Nutrients

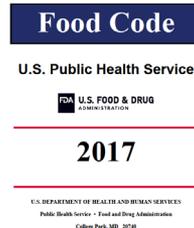
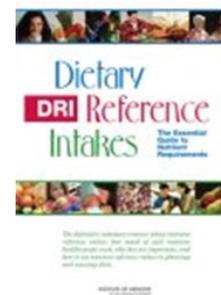
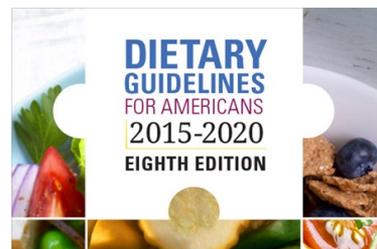
- Foods are conventional items that we eat
- Experts recommend that we eat foods from 5 different groups
 - Vegetables
 - Fruits
 - Grains
 - Protein foods
 - Dairy or dairy alternate foods
- Nutrients are contained in food
- To live, we need
 - Calories
 - Carbohydrate, fiber
 - Protein
 - Fat
 - Vitamins (15)
 - Minerals (14)
 - Water



Older Americans Act Nutrition Requirements

Sections 339, 601, 602, 614

- Meals are to meet:
 - 2015-2020 Dietary Guidelines for Americans
 - Dietary Reference Intakes
 - Food Safety Code
 - Appeal to program participants
 - If practical, meet special dietary needs



Uche Asks



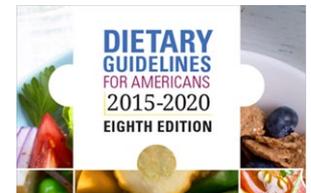
Does this mean that Title VI meals & services have to be exactly the same as Title III?

Title VI Requirements

- Nutrition services comparable to Title III (Section 601)
- “...provided in a manner that preserves and restores their respective dignity, self-respect, and cultural identities” (Section 602)
- Nutrition services provided to be “substantially in compliance with the requirements for Title III” (Section 614)
- The application will “contain assurances that the tribal organization will coordinate services provided under this part with services provided under title III in the same geographical area.” (Section 614)
- “...the Assistant Secretary shall provide maximum flexibility to an applicant that seeks to take into account subsistence needs, local customs, and other characteristics that are appropriate to the unique cultural, regional, and geographic needs of the Indian populations to be served.” (Section 614)

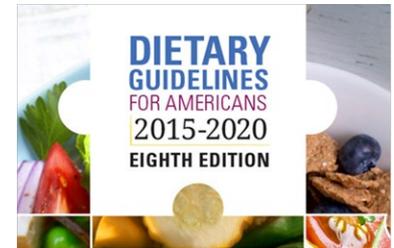
Dietary Guidelines for Americans (DGAs) 2015-2020

- Published by the Secretaries of Health & Human Services and Department of Agriculture, every 5 years, the DGAs 2015-2020 are evidence-based statements about **how to eat to maintain health and reduce the risk of chronic disease**.
- They are not designed for disease treatment, such as diabetes.
- DGAs form the basis for federal food, nutrition and health programs and policies, including menu planning and nutrition education for the Title VI program.



Key elements of the DGAs

- Follow a healthy eating pattern across the lifespan
- Focus on **food variety, nutrient density, and portions**
- Limit calories from **added sugars** and **saturated fats** and reduce **sodium or salt**
- Shift to **healthier food** and **beverage choices**
- Support healthy eating patterns for all



Dietary Reference Intakes

- Established by the Food and Nutrition Board of the National Academy of Medicine of the National Academy of Sciences and provides reference values for:
 - Vitamins and Minerals
 - Energy, total calories
 - Carbohydrates and Fats
 - Protein
 - Fiber
 - Water, electrolytes
- For older adults
 - Ages 51-70, men & women
 - Age 70+, men & women



Dietary
DRI Reference
Intakes The Essential
Guide to
Nutrient
Requirements



The definitive summary resource about nutrient reference values: how much of each nutrient healthy people need, why they are important, and how to use nutrient reference values in planning and assessing diets.

INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

2017 Food Code Is the Basis for Tribal Food Code

- Adopted by most States, Territories, Tribes & the military
- Published by the Food & Drug Administration and U.S. Public Health Service of Department of Health & Human Services,
<https://www.fda.gov/food/guidanceregulation/retailfoodprotection/foodcode/ucm595139.htm>
- Used by many Indian Health Service sanitarians & Tribal environmental health departments

Food Code

U.S. Public Health Service

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2017 Food Code Recognizes that Older American Act Nutrition Programs Serve People at Risk of Foodborne Disease

- Populations that are “**highly susceptible**” to food borne disease include:
 - Older adults
 - Individuals obtaining food at a facility such as child or adult day care, hospital, **nursing home** or nutritional or socialization services such as a **senior center**

Food Code

U.S. Public Health Service

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So What Do We Do? We Eat Food, Not Nutrients, Too Complicated....

- Eat from the 5 food groups:
 - Vegetables
 - Fruits
 - Grains
 - Protein foods
 - Dairy or dairy alternate foods &
 - Water



How Do We Plan Menus to Meet the Requirements and Still be Appealing?

- **Focus on:**
 - Food variety
 - Nutrient density or nutrients/calorie
 - Serving size
- **Limit calories from**
 - Added sugars
 - Saturated or solid fats
 - And reduce salt



Salmon, Brown Rice
Spinach



What are Food Variety, Nutrient Density?

- **Variety=diverse assortment of food**
 - 1 starchy vegetable such as corn or potatoes & 1 non-starchy like tomatoes and/or peppers or green beans or broccoli or spinach
 - Consume different colorful vegetables and fruits
 - Consume a variety of lean protein sources such as fish, poultry, game
 - Consume a variety of whole grains
- **Nutrient density=food & drink with little added sugars, solid fat, refined starch, but plenty of vitamins & minerals/calorie**
 - Orange juice but not orange drink or fruit punch (added sugar)
 - Baked, braised, grilled, stewed chicken or fish, not fried (added fat)
 - Fresh berries, not blueberry pie (added refined flour, sugar and saturated fat) with ice cream (added sugar, saturated fat)



Serving Size: Portions Today & 20 Years Ago



610 calories (6.9 oz)

+



590 calories

+



220 calories (20 Oz)

=

1420 calories

Today



210 calories (2.4 oz)

+



333 calories

+



85 calories (6.5 Oz)

=

628 calories

20 Years Ago

**792 calories
more today**

Are Portion Size and Serving Size the Same?

- **Portion size=**

Amount of food served at an eating occasion



- **Serving size=**

A serving size is a standard amount of food served like an ounce or cup or the number of crackers, often listed on food labels

What would be the serving size for the dessert at the left?

Serving Sizes Used in the Title VI Program

Food	Servings	Examples
Protein foods	1 oz/ 3-4 oz/meal	3 oz meat/poultry/fish; 1 egg=1 oz protein; 1 T peanut butter=1 oz protein; or ½ oz nuts/seeds=1 oz protein
Grain	2/meal	1 slice bread, 1 small piece cornbread, 1 small tortilla, 1 roll, ½ c rice/pasta
Vegetables	2/meal	½ c cooked or raw; 1 c leafy greens; serve 1 starchy, 1 non-starchy
Beans/legumes	1 or more/week	½ c; ¼ c=1 oz meat
Fruit	1	1 small raw; ½ c canned/frozen; ½ c juice, ¼ c dried
Milk/alternate	1	1 c fluid, 1 c yogurt, 1.5 oz natural cheese, 2 oz processed cheese
Nuts/seeds		½ oz
Oils	1	Fat is liquid at room temperature, 1 T such as olive oil on vegetables, 1-2 T salad dressing

Title VI Meal – Are These the Right Serving Sizes?



Traditional Native Recipes www.aihd.ku.edu/recipes/index.html
(American Indian Health & Diet Project)

What are Added Sugars, Saturated Fats & Sodium?

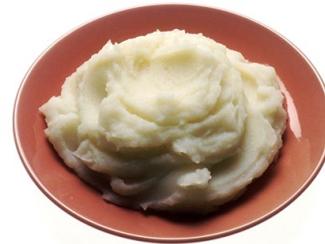
Food Item	Examples
Added sugars	Table sugar, brown sugar, syrup, corn syrup, jam, sweetened drinks like soda, energy drinks, fruit punch, sweet tea, desserts like cookies, cake, pie, ice cream, donuts, candy
Saturated fat	Fats that are solid at room temperature, butter, lard, fat on meat/poultry, many solid (not soft)margarines, coconut oil
Sodium	Salt, table salt, sea salt, found in processed foods such as bread, macaroni & cheese, pizza; canned vegetable and meat products; canned soup; processed meats like ham, sausage, lunch meat; processed dairy like cheese; mixed dishes; desserts; chips, snack foods

Why are these items important?

Which of these Foods Contain Added Sugars?



Which of these Foods Contain Saturated Fats?



Which Foods are Higher in Salt?



2, 1 oz slices deli ham



½ cup chocolate pudding



2 oz canned tuna



2, 1 Oz slices American cheese



2 oz pork chop, baked



½ cup cottage cheese
with pineapple

Which Foods are Higher in Salt?



2 1 oz slices deli ham
246 mg sodium



½ cup chocolate pudding
made with 2% milk
131 mg sodium



2 oz canned tuna, drained
236 mg sodium



2 1 Oz slices American cheese
936 mg sodium



3 oz pork chop, baked
47 mg sodium

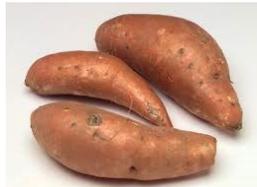


½ cup cottage cheese
with pineapple
389 mg sodium

Add Potassium to Meals

- Potassium is found in fruits, vegetables, milk, fish, meat
- Potassium helps blunt the adverse effect of sodium on blood pressure
- Consume at least 5 servings of fruits and vegetables a day, preferably 7 (women) to 10 (men)

Chicken, Brown
Rice, Green
Vegetables



Seafood
Stew



Why is it important to emphasize fruits, vegetables and low-fat dairy in the meal?

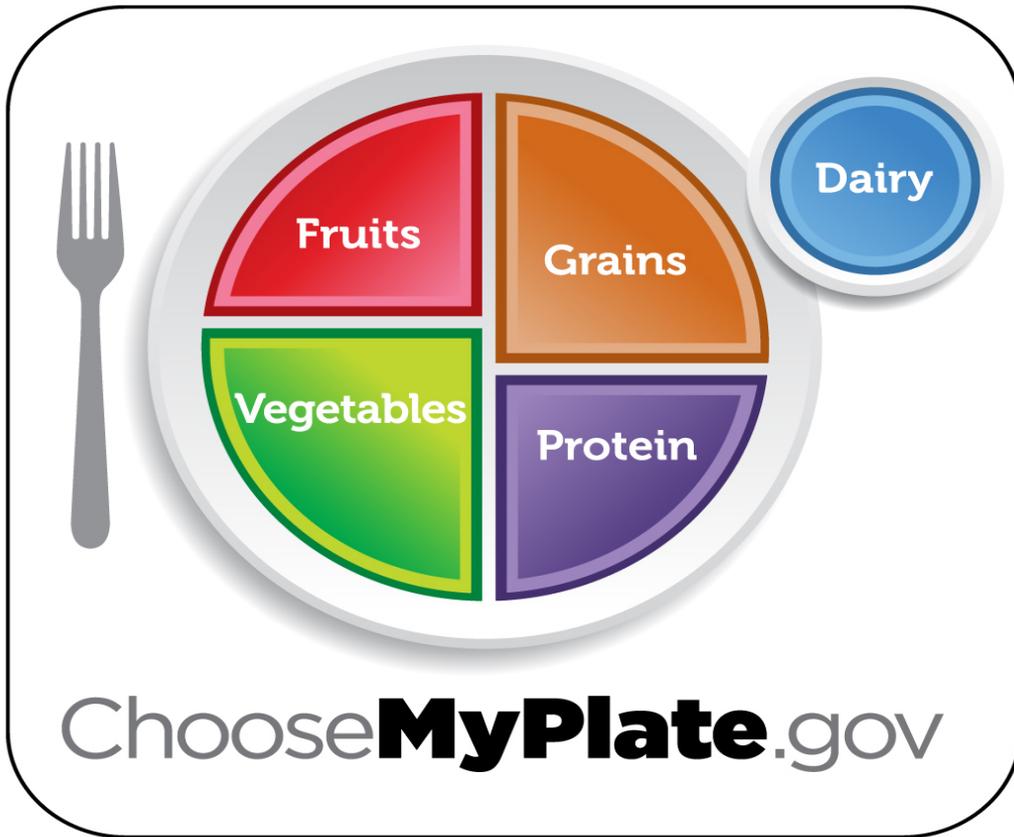
- Nationally, participants in Title VI programs stated that they:
 - Had a condition that changed the kind or amount of food they ate -23 % of participants
 - Ate few fruits/vegetables or milk products – 26.3% of participants
 - Ate fewer than 2 meals/day – 16.3% of participants

Why is it important to emphasize fruits, vegetables and low-fat dairy in the meal?

- Higher fruit and vegetable intake is related to:
 - Better weight management (Title VI -43% of participants are obese)
 - Better control of high blood pressure (Title VI-56% of participants have high blood pressure)
 - Better diabetes management (Title VI-39% have diabetes),
 - Lower rates of heart disease and cancer
- Higher consumption of lower fat dairy is related to:
 - Lower rates of osteoporosis (Title VI-10% of participants have osteoporosis)
 - Better management of high blood pressure (Title VI-56% of participants have high blood pressure)

Vegetables, Fish, Dairy, Fruit are High In Potassium; **Potassium is related to Managing High Blood Pressure** **and Heart Disease**

Include these foods in the menu	Include these foods in the menu
Potatoes, white & sweet	Tuna
Canned tomato products, paste, juice	Snapper
Beans, cooked, refried	Milk, non-fat, evaporated
Yogurt	Banana
Salmon	Dried fruit like prunes, apricots
Orange juice	Trout
Cooked greens	Pork
Acorn squash	Halibut



My Native Plate

Indian Health Service

MY NATIVE PLATE
An Easy Way to Help Your Family Know How Much to Eat

Helping your family eat in a healthy way is EASY!

Remember these 3 steps:

1. Use a 9-inch plate or 9-inch area of a larger plate.
2. Divide into quarters.
 - 1/4 plate is fruits
 - 1/4 plate is vegetables
 - 1/4 plate is grains or starch
 - 1/4 plate is meat, fish or poultry
3. Stack food no higher than 1-1 and a half inches.

Pictured Here

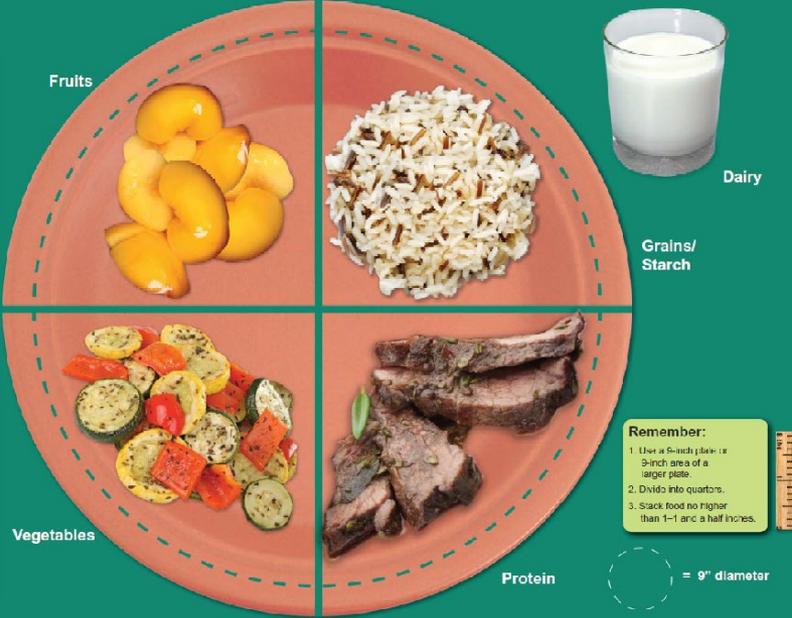
- Grilled peaches, no syrup
- Baked squash and peppers
- Stomped white and brown rice
- Baked deer meat with garlic
- Low-fat, non-fat, lactose-free or soy milk

Printed Placemats

Large, full-color printed placemats will be available by fall 2012 at www.diabetes.ihhs.gov, click on "Online Catalog." There is no charge for placemats or shipping.

Produced by Indian Health Service, Division of Diabetes Treatment and Prevention, and based on the USDA My Plate. For more information, go to www.choosemyplate.gov.





Fruits

Grains/ Starch

Dairy

Vegetables

Protein

= 9" diameter

Remember:

1. Use a 9-inch plate or 9-inch area of a larger plate.
2. Divide into quarters.
3. Stack food no higher than 1-1 and a half inches.

Fill in the Traditional Plate!

- **Bread Group**

- Bannock
- Wild Rice
- Corn

- **Meat Group**

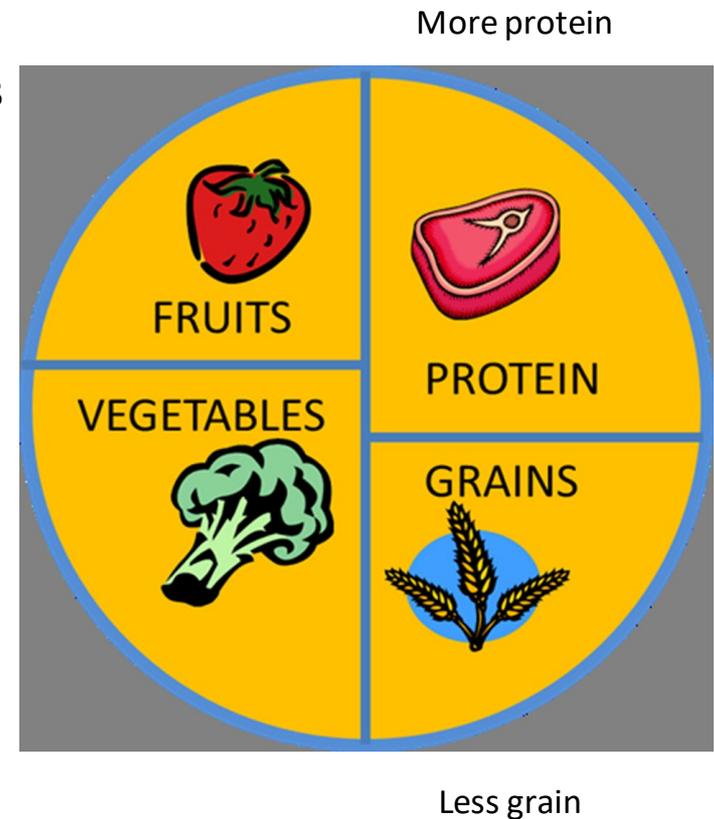
- Big game
- Game birds
- Eggs
- Nuts/Beans
- Fish/Seafood

- **Fruits and Vegetables**

- Shoots
- Roots
- Greens
- Berries
- Tree fruits
- Squash

- **Dairy**

- Breast milk
- Fish & game bones
- Greens & roots



Consider Preferences

- Culture, traditions
- Religion, holidays, celebrations
- Family
- Region of the country
- Health
- Age, generational cohort
- Gender
- What do Elders want?
- OAA – Sec. 339(2)(B): appealing



Use Customer Input



- Menu committees
- Product sampling
- Taste panels
- Food preference surveys
- Satisfaction focus groups
- “Secret diner”
- Comment cards
- OAA Sec. 339 (2)(B), (G) requires consultation with elders

Principles of Menu Planning

Aesthetic appeal:

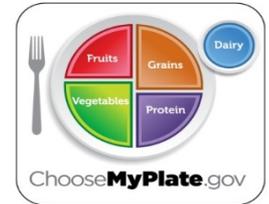
- Enhance **taste**
- Strive for **balance**
- Emphasize **variety**
- Add **contrast**: texture & temperature
- Think about **color**
- Consider eye **appeal**



Common Menu Pattern Form, Develop One or Ask for One

Food	Monday	Tuesday	Wednesday	Thursday	Friday
Protein food					
Grain #1					
Grain #2					
Vegetable #1 Starchy					
Vegetable #2 Non-Starchy					
Fruit					
Milk/ Alternate					
Dessert Optional					
Beverage					

Tips for Building Healthy Meals

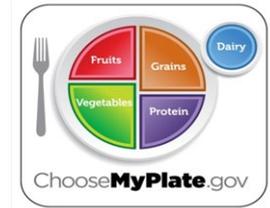


- **Make half your plate fruits & vegetables**

- Choose a variety
- Choose more **red** (tomato, watermelon), **orange** (sweet potato, winter squash, orange, cantaloupe) & **dark-green** (leafy greens, broccoli) vegetables/fruits
- Choose fresh, frozen, canned (rinsed)
- Choose cooked & raw
- Choose whole fruit/vegetables rather than juice



Tips for Building Healthy Meals

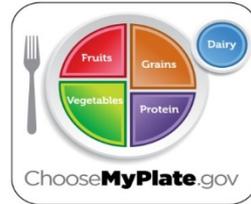


- **Add lean protein**

- Choose low-fat beef/pork
 - Choose poultry like chicken/turkey
 - Choose seafood (1 to 2 times per week)
 - Bake, roast, braise, steam, stew, broil rather than fry
 - Trim, drain fat, remove poultry skin
- Use beans with a little added meat
 - Eat smaller portions (3 oz rather than 4 or 5 oz)
 - Consume protein sources at every meal, 3 servings, up to 6 Oz per day



Tips for Building Healthy Meals



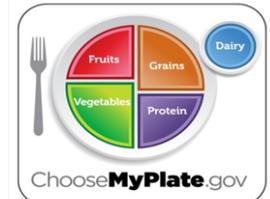
- **Include whole grains**

- Make half your grains whole grains
- Look for the words, “100% whole grain” on the label
- Look for whole grain as the first ingredient on the list



- Use brown & wild rice rather than white rice, combine white and brown/wild
- Try whole-wheat pasta
- Use oatmeal, whole-grain cornmeal
- Use whole wheat bread several times a week

Tips for Building Healthy Meals

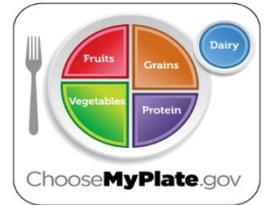


- **Include low-fat dairy**

- Use fat-free or 1% milk
- Use low fat/reduced fat cheese
- Use smaller amounts of cheese & less often
- Substitute plain yogurt for sour cream
- Use low-fat yogurt as a dessert or topping
- Use dairy desserts made with fat-free milk
- Use “lactaid” milk, or fortified soy milk, or fortified
- orange juice



Tips for Building Healthy Meals



- **Limit saturated fat**

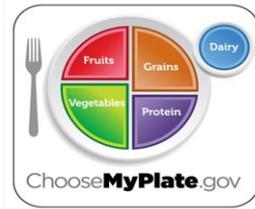
- Limit high fat meats such as deli meats, hotdogs, sausages
- Trim fat from meat
- Do not fry
- Use oil rather than solid fat
- Use soft spreads instead of butter
- Replace butter, lard,

solid margarine with oil/soft spreads

- Limit high fat desserts such as pie, cookies, ice cream
- Decrease portion sizes
- Use beans as a protein source
- Use nuts/seeds



Tips for Building Healthy Meals

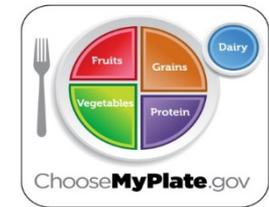


- **Reduce refined grains**

- Add more whole grains to the meal
- Use whole wheat bread, rolls, whole wheat crackers rather than saltines
- Use less white bread, tortillas, pasta, rice
- Use brown rice or brown rice/white rice mixtures
- Use whole grain corn meal tortillas rather than white flour tortilla
- Serve fewer biscuits, corn bread, fry bread
- Use whole grain cereals as toppings for crisps, yogurt, pudding
- Make sure grain products are enriched



Tips for Building Healthy Meals



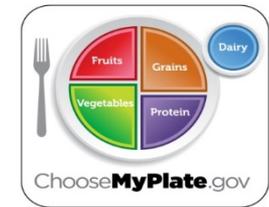
- **Reduce sodium**

- Prepare foods with little added salt, use herbs, other seasonings
- Limit frozen convenience foods like mac & cheese, limit deli meats, sausage
- Rinse canned vegetables
- Buy reduced, low sodium, or no added salt products
- Read labels, use products with lower sodium levels, especially for bread, baked products like cookies
- Add more fresh/frozen without sauces vegetables, fruits



© Can Stock Photo

Tips for Building Healthy Meals



- **Reduce added sugars**

- Cut back on foods/drinks with added sugar
- Drink few beverages such as punch, soda, etc.
- Eat fewer desserts
- Select fruit for dessert
- If serving dessert, limit the number of

- times/week and use nutrient dense foods such as vanilla pudding with berries or vanilla wafers rather than cake with cream cheese frosting
- Choose smaller portions



Steps in Planning Healthy Meals

- **Allow** a block of **time**, gather recipes & resources
- Determine length of **menu cycle**
- Identify **main dish, side dishes**
- **Visualize** what each meal will look like
- Think about **variety, day to day, week to week**
- Plan menus that can be made with **available staff, equipment, space & time**
- Use readily available food
- Use traditional foods
- **Do not plan** for second helpings

Steps in Planning Healthy Meals

- Think about **nutritional content**
- Think about **preferences**
- Think about **participants needs**
- Think about **variety, nutrient dense foods, portion size**
- Think about **the selecting lower sugar, salt, fat foods**
- Think about food safety, equipment, staff time
- Think about food cost
- **Get approval by dietitian**

Do not expect that everyone will like everything that you serve

People can refuse an item

We all have individual tastes

Common Planning Techniques

Do Plan

- 1 meat/potatoes meal/week
- 1 casserole/combined meal/week
- 1 soup/sandwich/salad meal/week
- At least 1 poultry meal/week
- At least 2 fish meals/month
- 2 colorful vegetables/meal
- 1 to 2 high sodium meals/month
- Dessert: 2-3 fruit/week; 1 pudding/jello/week; 1 baked item per week

Do Not

- Serve fried foods often
- Serve high sodium meals often
- Serve 2 starchy vegetables in 1 meal
- Repeat vegetables/meats, etc. in 1 week
- Serve high calorie desserts daily
- Over portion meals
- Use salt in cooking

Let's Evaluate

Aesthetic Appeal

- Taste
- Balance
- Variety
- Contrast: temperature, texture
- Color
- Eye appeal
- Cooking methods
- Preferences

Nutrient Content-Healthy Food Selections

- Serving size
- Fruits & vegetables
- Lean protein
- Whole grains
- Low-fat dairy
- Lower saturated fat content & preparation
- Lower sodium foods
- Lower added sugars

Are These Healthy Menus? Are They Appetizing?

1 c chili (ground venison, beans, tomatoes, peppers, onions)
topped with 1 oz cheese
1 small square of cornbread
½ c coleslaw
½ c watermelon
8 oz 1% milk
8 oz coffee/tea

4 oz baked salmon
1 c brown rice
½ c spinach
½ c tomato, cucumber, onion salad
1 small wheat roll
1 large square cherry cobbler
8 oz coffee/tea

1 bacon-cheese burger
1 bun
condiments (3 pks catsup, 1 pk mustard, 1 pk mayonnaise)
french fries
baked beans
vanilla pudding
8 oz coffee/tea

Regardless of Tradition, Native American foods are

- Low in sodium
- Low in unhealthy saturated fat
- Low in simple carbohydrates
- Low in added sugars
- High in potassium
- Higher in good fat
- High in complex carbohydrates
- High in fiber



Pineapple



AND THEY TASTE GOOD!!!!

Is This a Healthy Meal?

Onion & squash enchilada topped with salsa and peppers



Fry Bread



Iced tea

Canned Fruit Cocktail



1% Milk

Traditional Native Recipes www.aihd.ku.edu/ecipes/index.html
(American Indian Health & Diet Project)

Is This a Healthy Meal?



8 oz orange juice

Whole grain tortilla; topped with venison burger, topped
With raw tomatoes & red pepper; pepper & onion salsa
Sweet potato fries



8 oz fat-free milk

Traditional Native Recipes

www.aihd.ku.edu/recipes/index.html

(American Indian Health & Diet Project)

Is this Food or Dish Healthy?

Fried catfish



Infused water



Indian Taco



Baked salmon



Beef & Greens Salad



Elk stew



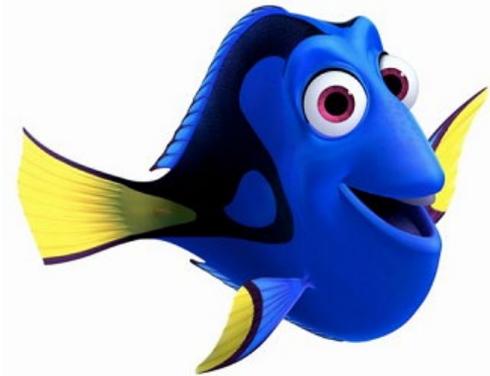
Thanks



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LUNCH

