Healthy Eating for Healthy Elders

Jean Lloyd, Consultant & Shelly Zylstra, ACL
Fairbanks, AK Title VI Cluster Training, September 28, 2018
Session Overview

- Why do we care about nutrition?
- What do Tribal Elders need?
- How does that relate to Title VI?
- What are some healthy eating tips?
Why Do We Care about Nutrition?
Why Do We Care about Nutrition?

• Adequate, good nutrition and regular physical activity is related to:
  • Maintaining basic physical and mental functioning
  • Promoting health and functionality
  • Reducing the risk of chronic disease
  • Helping to treat and manage chronic disease
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?

- **Physical health**: sight, hearing, smell, oral health, heart, lungs, nerves, brain, gastrointestinal tract, skeleton, muscles, immune system
- Disease
- Functionality/disability
- Mental health/cognitive ability
- 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
Why Do We Care about Nutrition in Indian Country?

• Nutrition is related to health & multiple chronic diseases/conditions

• American Indian (AI) & Alaska Native (AN) communities compared to all Americans have higher rates of:
  • Obesity/overweight
  • Diabetes
  • Heart disease
  • Cancer
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

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

*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*

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

*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.
# Health Conditions in Alaska (AK)

<table>
<thead>
<tr>
<th>Health Condition</th>
<th>AK Adults (%)</th>
<th>AK Native Adults (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity (greater than 30 BMI)</td>
<td>31</td>
<td>36</td>
</tr>
<tr>
<td>Diabetes</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Pre-Diabetes</td>
<td>11</td>
<td>15</td>
</tr>
<tr>
<td>Cancer</td>
<td>8</td>
<td>4</td>
</tr>
</tbody>
</table>

Alaska 2016 Behavioral Risk Surveillance Study  
[http://dhss.alaska.gov/dph/Chronic/Pages/brfss/default.aspx](http://dhss.alaska.gov/dph/Chronic/Pages/brfss/default.aspx)
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
All Americans Need to Be More Physically Active: Physical Activity Recommendations*

- Be moderately physically active
  - 30 minutes per day most days of the week to maintain weight, can be broken into 10 minutes at a time
  - 1 hour per day most days of the week to lose weight
- Include activities that are
  - Strengthening the heart, aerobic, 150 min/week
  - Strengthening muscles, 2 times/week
  - Strengthening balance, 3 times/week
  - Increasing flexibility, 3 times/week

*https://health.gov/paguidelines/guidelines/
National Needs Assessment Title VI Data Indicates Walking is the Most Prevalent Physical Activity*

<table>
<thead>
<tr>
<th>Physical Activity</th>
<th>Aggregate Title VI Tribal Data (age 55+) %</th>
<th>National US Data (age 55+) %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>64.0</td>
<td>4.8</td>
</tr>
<tr>
<td>Yard Work</td>
<td>29.6</td>
<td>2.8</td>
</tr>
<tr>
<td>Gardening</td>
<td>12.7</td>
<td>1.1</td>
</tr>
<tr>
<td>Traditional Dance (Pow-wow)</td>
<td>5.2</td>
<td>1.6</td>
</tr>
</tbody>
</table>

*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
Physical Activity Materials

• Physical Activity Kit: Book 7 for Older Adults

• IHS Walking Program:
What Kind of Food do Tribal Elders Need?
Elders Need Healthy Food and Adequate Nutrients

• What do nutrients do in the body?
  • Provide energy
  • Build and maintain cells
  • Build and maintain muscles, bone, teeth, skin, heart, blood, kidneys, gastro-intestinal tract, brain, nerves, eyes, sight, hearing, smell
  • Maintain immune system, fight off infection, repair wounds
  • Maintain fluid balance
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

- To live we need nutrients contained in food:
  - Calories
  - Carbohydrates/fiber
  - Protein
  - Fat
  - Vitamins (15)
  - Minerals (14)
  - Water
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
Dietary Guidelines for Americans 2015 - 2020

Professional Advice

• Federal guidance for eating & drinking patterns for a healthy life for all ages
• What to emphasize & what to minimize
• https://health.gov/dietaryguidelines/2015/

Consumer Advice

• Federal guidance using a plate showing how a consumer can put together the 5 food groups to have a healthy food intake
• Specific planning ideas for all ages
• https://www.choosemyplate.gov
Older Americans Act Nutrition Requirements
Sections 339, 601, 602, 614

- Meals are to meet:
  - 2015-2020 Dietary Guidelines for Americans (food)
  - Dietary Reference Intakes (nutrients)
  - Food Safety Code
  - Appeal to program participants
  - If practical, meet special dietary needs
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
How Do We Plan Menus for Healthy Eating, 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

Elk Roast  Sunflower Seed Bread  Squash  Tomatoes  Salmon, Brown Rice, Spinach, Corn
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

Acorn squash, baked chicken, tomato/pepper salsa
1 slice whole wheat bread
Orange
Fat-free milk
What are Food Variety, Nutrient Density?

- 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)
  - Baked, braised, grilled, stewed game meats, lean beef, pork
  - Fresh berries, not blueberry pie (added refined flour, sugar and saturated fat) with ice cream (added sugar, saturated fat)
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 Size: Portions Today & 20 Years Ago

Today
- 610 calories (6.9 oz)
- 590 calories
- 220 calories (20 oz)

= 1420 calories

20 Years Ago
- 210 calories (2.4 oz)
- 333 calories
- 85 calories (6.5 oz)

= 628 calories

792 calories more today
### Serving Sizes Used in the Title VI Program

<table>
<thead>
<tr>
<th>Food</th>
<th>Servings</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein foods</td>
<td>1 oz/ 3-4 oz/meal</td>
<td>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</td>
</tr>
<tr>
<td>Grain</td>
<td>Up to 2/meal</td>
<td>1 slice bread, 1 small piece cornbread, 1 small tortilla, 1 roll, ½ c rice/pasta</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2/meal</td>
<td>½ c cooked or raw; 1 c leafy greens; serve 1 starchy, 1 non-starchy</td>
</tr>
<tr>
<td>Beans/legumes</td>
<td>1 or more/week</td>
<td>½ c; ¼ c=1 oz meat</td>
</tr>
<tr>
<td>Fruit</td>
<td>1</td>
<td>1 small raw; ½ c canned/frozen; ½ c juice, ¼ c dried</td>
</tr>
<tr>
<td>Milk/alternate</td>
<td>1</td>
<td>1 c fluid, 1 c yogurt, 1.5 oz natural cheese, 2 oz processed cheese</td>
</tr>
<tr>
<td>Nuts/seeds</td>
<td></td>
<td>½ oz</td>
</tr>
<tr>
<td>Oils</td>
<td>1</td>
<td>Fat is liquid at room temperature, 1 T such as olive oil on vegetables, 1-2 T salad dressing</td>
</tr>
</tbody>
</table>
Is This a Healthy Meal? Are These the Right Portion Sizes?

Whole-wheat tortilla, topped with a Game burger, topped with fresh tomato
Oven baked sweet potato fries,
Green/onion salsa

8 oz orange juice

8 oz fat-free milk

Traditional Native Recipes
www.aihd.ku.edu/recipes/index.html
(American Indian Health & Diet Project)
What are Added Sugars, Saturated Fats & Sodium?

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Added sugars</td>
<td>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</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>Fats that are solid at room temperature, butter, lard, fat on meat/poultry, many solid (not soft) margarines, coconut oil</td>
</tr>
<tr>
<td>Sodium</td>
<td>Salt, table salt, sea salt, found in processed foods such as bread, macaroni &amp; 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</td>
</tr>
</tbody>
</table>

Why are these items important?
Which of these Foods Contain Added Sugars?

- Banana
- Hot fudge sundae
- Baked beans
- Chocolate Milk
- Commercial cookies
- Tomato ketchup
- Baked glazed ham with Pineapple
- 8 oz orange juice
Which of these Foods Contain Saturated Fats?

- Avocado, salmon filet, nuts
- Seeds, oil
- Pilot bread
- Mashed potatoes
- Apple pie
- Chicken salad sandwich
- Macaroni & cheese
- Oil
- Elk roast with carrots, onions, potatoes
Which Foods are Higher in Salt?

- 4 oz tomato juice
- ½ cup raw carrots
- ½ cup canned green beans
- ½ cup brown rice
- 1 small piece of cornbread
- 1 slice whole wheat bread
Which Foods are Higher in Salt?

- 4 oz tomato juice
  - not low-sodium
  - 308 mg sodium
  - low-sodium
  - 12 mg sodium

- ½ cup raw carrots
  - 42 mg sodium

- ½ cup canned green beans, not low sodium
  - 181 mg; low sodium
  - 17 mg sodium

- 1 small piece of cornbread
  - 428 mg sodium

- 1 slice whole wheat bread
  - 146 mg sodium

- ½ cup brown rice
  - 4 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
Banana
Sweet Potatoes
Oven-baked White Potato Spears
Fat-free Milk
Seafood Stew
What are Healthy Eating Tips for Tribal Elders?
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

More protein

Less grain
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

Tomatoes  Broccoli  Spinach  Cantaloupe  Apple
Tips for Building Healthy Meals

• **Add lean protein**
  • Choose low-fat beef/pork/large game
  • Choose poultry like chicken/turkey/game birds
  • Choose fish and other 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 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

Wild Rice  
Pumpkin Bread, partial Whole Wheat
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

Pumpkin seeds

Oil
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, flour tortillas, pasta, rice
  - Use brown rice or brown rice/white rice mixtures

• Use whole grain corn meal/whole wheat tortillas
• Serve fewer biscuits, corn bread, fry bread
• Use whole grain cereals as toppings for crisps, yogurt, pudding
• Make sure grain products are enriched

Whole-grain Rolls

Whole-wheat Tortillas

Whole-corn Tortillas
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

  Mixed herbs
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 pudding with vanilla wafers rather than cake with cream cheese frosting
  - Choose smaller portions

Vanilla Wafers  Salmon Berries
# Usual Servings Sizes of Food Groups

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Usual Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>1 slice/1 small muffin, ½ cup pasta/rice</td>
</tr>
<tr>
<td>Vegetables</td>
<td>½ cup cooked, 1 cup leafy greens</td>
</tr>
<tr>
<td>Fruits</td>
<td>½ cup canned, 1 small raw, ¼ cup dried</td>
</tr>
<tr>
<td>Fish/seafood</td>
<td>2-3 oz</td>
</tr>
<tr>
<td>Meat/poultry/eggs</td>
<td>2-3 oz meat, 1 egg = 1 oz, ¼ cup beans=1 oz</td>
</tr>
<tr>
<td>Nuts/seeds/soy products</td>
<td>1 Tablespoon peanut butter, ½ oz nuts/seeds</td>
</tr>
<tr>
<td>Dairy Products</td>
<td>1 cup milk/yogurt, 1 1/2 oz cheese, 2 oz unprocessed cheese</td>
</tr>
<tr>
<td>Oils</td>
<td>1 teaspoon</td>
</tr>
</tbody>
</table>
Let’s count the number of servings of each group

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grain</td>
<td>2 slices whole wheat bread</td>
<td>1-2 pieces pilot bread</td>
<td>1 c wild rice</td>
</tr>
<tr>
<td>Vegetable</td>
<td></td>
<td>¼ c carrots, onion, celery in stew</td>
<td>½ c cooked green beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/2 c potatoes</td>
<td>½ c cooked carrots/parsley</td>
</tr>
<tr>
<td>Fruit</td>
<td>½ c orange juice</td>
<td>½ c unsweetened applesauce or 1</td>
<td>¼ c salmon berries on vanilla</td>
</tr>
<tr>
<td></td>
<td>½ c cloud berries</td>
<td>small apple</td>
<td>pudding</td>
</tr>
<tr>
<td>Protein foods</td>
<td>1 scrambled egg</td>
<td>1 ½ c seafood stew (2-3 oz salmon &amp;</td>
<td>3 oz roast caribou</td>
</tr>
<tr>
<td></td>
<td></td>
<td>halibut)</td>
<td></td>
</tr>
<tr>
<td>Nuts/seeds</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dairy</td>
<td>1 c fat-free milk</td>
<td>½ c low fat milk in soup</td>
<td>½ vanilla pudding</td>
</tr>
<tr>
<td>Others</td>
<td>2 t soft margarine</td>
<td></td>
<td>2 T pan juices/gravy (no added salt)</td>
</tr>
<tr>
<td>Beverages</td>
<td>1 c coffee</td>
<td>1 c coffee</td>
<td>1 c Indian tea</td>
</tr>
</tbody>
</table>
Tips to Decrease Risk of Obesity/overweight, Heart Disease, and Diabetes:

- Fill ½ your plate with vegetables & fruit
- Eat a variety of colorful vegetables & fruit
- Make half of your grains, whole grains
- Eat lean protein sources
- Consume low-fat dairy
- Eat less, focus on portion size
- Eat less added sugars, fat, salt
- Steam, braise, boil, roast, grill, don’t fry
- Drink water
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

AND THEY TASTE GOOD!!!!
Are These Healthy Foods?

Wild Rice
Mixed Berries
Broiled Trout
Hominy, Bean & Game Bird Soup
Indian Taco
Menu Planning
Principles of Menu Planning

Aesthetic appeal:

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

Beef salad with greens, tomatoes, olives

Glazed meat loaf
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

Elk Stew

Muktuk
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
# Common Menu Pattern Form, Develop One or Ask for One

<table>
<thead>
<tr>
<th>Food</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein food</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grain #1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grain #2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable #1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starchy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable #2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Starchy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk/Alternate</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dessert Optional</td>
<td></td>
<td></td>
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**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 healthy meals
- Plan menus that can be prepared safely
- 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
- Get approval of a dietitian
Common Planning Techniques

Do Plan

• 1 meat/poultry/fish/potatoes/rice meal/week
• 1 casserole/combined meal/week
• 1 soup/sandwich/salad meal/week
• At least 1 poultry meal/week
• At least 2-4 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
Pick a Healthy Meal

1 c chili (1 oz ground venison, ½ c beans, ½ c tomatoes, peppers, onions) topped with 1 oz cheese
1 small square of cornbread
½ c coleslaw
1 small baked apple with almonds
8 oz 1% milk
8 oz coffee/tea
3 oz baked chicken
3 T gravy
½ c bread dressing
½ c peas/carrots
½ c mashed potatoes
¼ c orange/cranberry sauce
8 oz 1% milk
1 bacon-cheese burger
1 bun
condiments (3 pk catsup, 1 pk mustard, 1 pk mayonnaise, 1 pk sweet pickle relish)
French fries
baked beans
vanilla pudding
8 oz coffee/tea
Summary

• Good nutrition is essential for health, functionality, management of chronic disease, and the ability to remain at home in the community

• Tribal elders can use the Choose My Plate from USDA for tips on how to eat healthy

• Dietary Guidelines for Americans (DGAs) provide a basis for healthy eating and menu planning

• The Older Americans Act requires programs use the DGAs to plan menus

• So let’s plan menus safely...