

Healthy Eating: I can make healthy choices!

Emmy Clarke, MA, RD, LDN



Hello!

My name is Emmy.

I'm a dietitian.

I'm a mom.


I'm a singer.

I love to run, hike, and be outside.

My favorite fruit is watermelon.

I love Mediterranean food!





What does HEALTHY
mean to YOU?

Too much, Enough, or Not Enough?

I'll tell you about a **nutrient**, and you tell me if you think people typically eat too much, enough, or not enough of that nutrient.



FIBER

Fiber is SO IMPORTANT!

We get fiber from fruits, vegetables, whole grains, nuts and seeds. It helps us feel full, control blood sugar, and support digestion.



FIBER

**Too
much**

Enough

**Not
Enough**

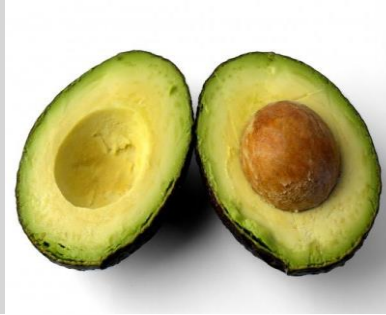
FIBER

**Too
much**

Enough

**Not
Enough**

FIBER



Sugar

A little bit isn't horrible. But, it adds lots of calories. It can hurt our teeth, our blood pressure, cholesterol, and our blood sugar.

Sugar is in candy, dessert, soda, sweet tea, lots of coffee drinks, muffins, cake, ice cream, sugary cereals, sugary yogurt, bars



SUGAR

**Too
much**

Enough

**Not
Enough**

SUGAR

**Too
much**

Enough

**Not
Enough**

SUGAR



PROTEIN

Protein is SO IMPORTANT!

We get fiber from eggs, meat, beans, whole grains, dairy, soy, seafood



PROTEIN

**Too
much**

Enough

**Not
Enough**

PROTEIN

**Too
much**

Enough

**Not
Enough**

PROTEIN



HEALTHY FAT

Healthy fat is good for our hearts, and helps other nutrients absorb.

We get health fat from olive oil, fish, nuts, seeds, avocados



HEALTHY FAT

**Too
much**

Enough

**Not
Enough**

HEALTHY FAT

**Too
much**

Enough

**Not
Enough**

HEALTHY FAT



UN-HEALTHY FAT

Un-healthy fat can hurt our hearts, add calories, and lead to many health problems

We get unhealthy fat from butter, fried foods, lots of cheeses, lots of meats, lots of processed foods



UN-HEALTHY FAT

**Too
much**

Enough

**Not
Enough**

HEALTHY FAT

**Too
much**

Enough

**Not
Enough**

UN-HEALTHY FAT



POTASSIUM

Potassium is good for our hearts, blood pressure, bones, and hydration.

We get potassium from fruits, vegetables, beans, greens, and fish



POTASSIUM

**Too
much**

Enough

**Not
Enough**

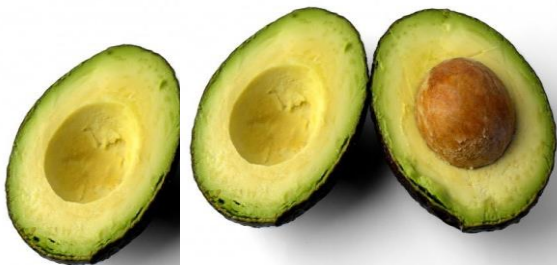
POTASSIUM

**Too
much**

Enough

**Not
Enough**

POTASSIUM



CALCIUM

Calcium is important for bone health, muscle and nerve function, and blood clottings.

We get calcium from milk, yogurt, seafood, green vegetables, and fortified foods



CALCIUM

**Too
much**

Enough

**Not
Enough**

CALCIUM

**Too
much**

Enough

**Not
Enough**

CALCIUM



VITAMIN D

Vitamin D is important for bone health, disease prevention, and may even benefit mental health!

Vitamin D is in egg yolk, fish, fortified milk, fortified yogurt, and fortified orange juice. Our bodies make it when we spend time in the sun!



VITAMIN D

**Too
much**

Enough

**Not
Enough**

VITAMIN D

**Too
much**

Enough

**Not
Enough**

VITAMIN D



Most people...

Eat too much...

- × Sugar
- × Sodium
- × Unhealthy fat
- × Dessert type foods
- × Processed foods
- × Sugary drinks

Don't eat enough...

- × Calcium
- × Potassium
- × Fiber
- × Vitamin D
- × Fruits
- × Vegetables
- × Whole grains



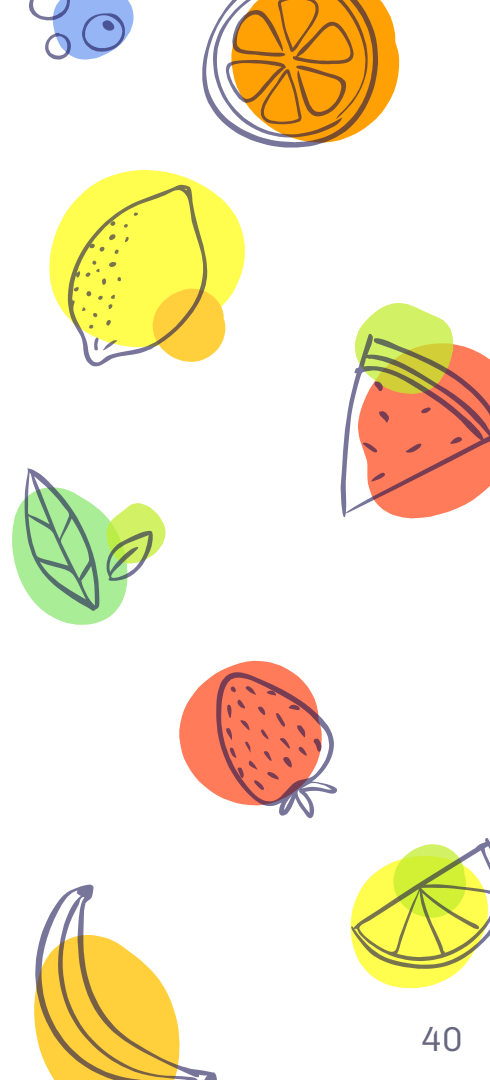


So how do we
get all the
nutrients we
need?



Eat lots of
different
foods!

Different foods do different things!





What about
serving sizes?



Fist



Fruit



Vegetables



Rice, Pasta
or Oatmeal



Palm



Meat
and Fish



Nuts and
Dried Fruit



Bread



Thumb



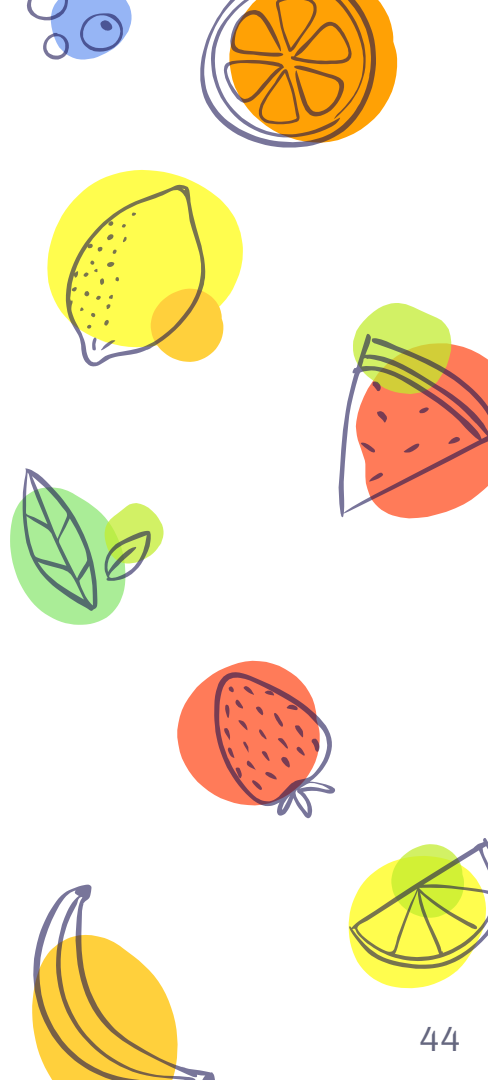
Cheese




Nut Butter

Move Your Body!

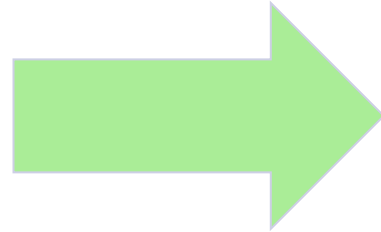
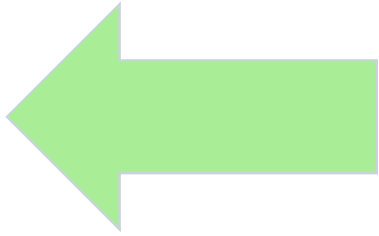
- Mix of moderate and intense
- 3-5 times a week
- Make it FUN!



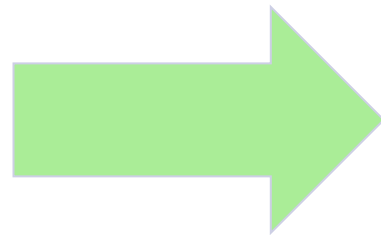
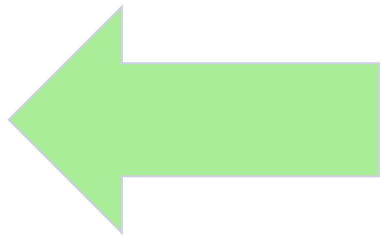


Would you Rather Game!

Walk
or
Run

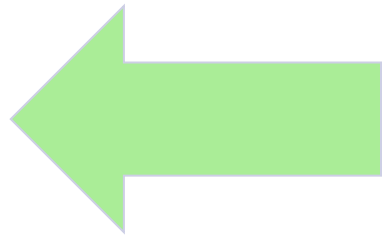


Swim
or
Hike





Dance
or
Play Basketball

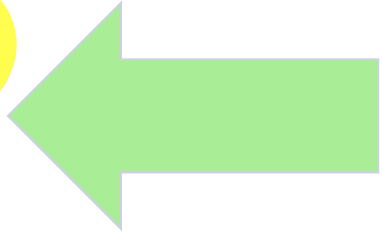


Do Yoga
or
Lift Weights





Ride a bike
or
Go Kayaking





Climb a

mountain

or

Walk on the

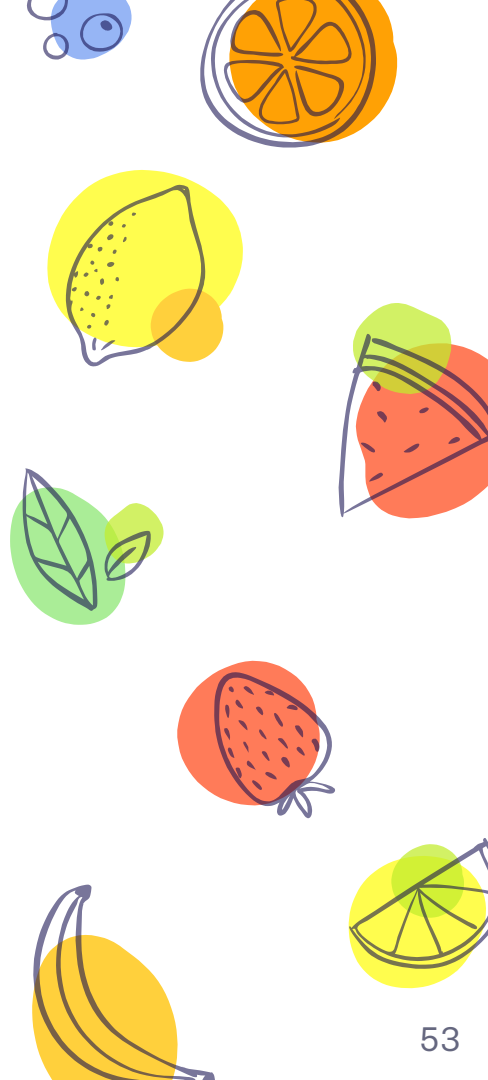
beach

Goals



Create your Goals!

- 1.
- 2.
- 3.



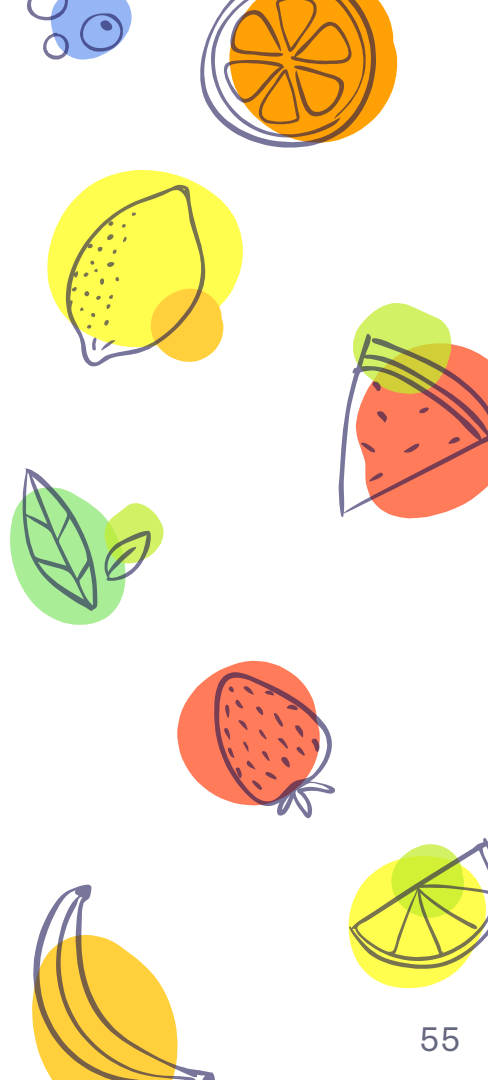
Emmy's Goals!

1. Eat a fruit or vegetable at every meal
2. Strength train 3 days a week and go for a walk every day
3. Drink water at every meal



Create your 3 Goals!

- 1.
- 2.
- 3.



Questions?



Talk with your partner about how to meet some goals!



Thank you!

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