

# THE POWER OF SMART CHOICES: NUTRITION TIPS THAT MATTER

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1. **Eat a Variety of Colors**
  2. **Eat a Balanced Diet**
  3. **Consume Dairy & Dairy Alternatives**
  4. **Limit Added Sugars**
  5. **Practice Portion Control**
  6. **Adequate Hydration**
  7. **Reducing Processed Foods**
  8. **Healthy Snacks**
  9. **Bump up the Fiber**
  10. **Cut Back on Sodium**
  11. **Plan your Meals**
  12. **Small Changes = Big Results**
  13. **Mindful Eating**
  14. **Adequate Sleep**
  15. **Physical Activity**
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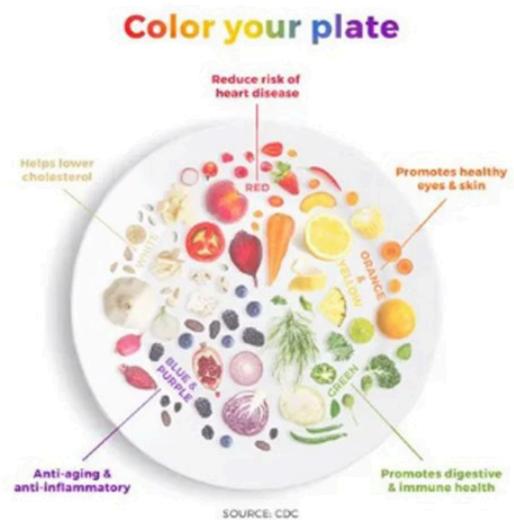
## OBJECTIVES

- Provide 15 Nutrition Tips that matter
- Understand the role of nutrition in maintaining overall health
- Learn simple strategies for making healthier food choices
- Recognize the benefits of balanced eating habits for disease prevention
- Motivate lifestyle changes that support long-term wellness through better nutrition

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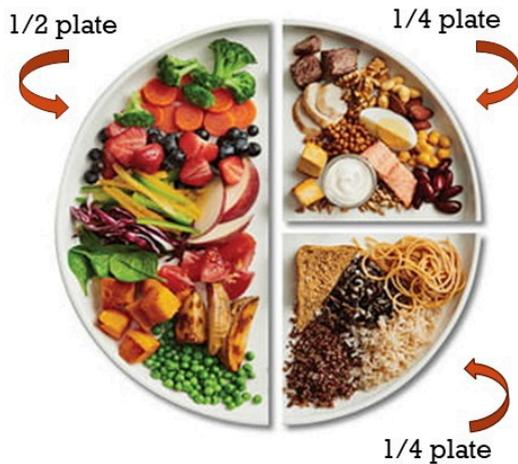
## NUTRITION TIP #1: EAT A VARIETY OF COLORS

- Fruits and vegetables
- Aim to eat a RAINBOW of colors
- Use the seasons as inspiration
  - summer dishes can feature bright berries
  - fall meals can focus on deep orange squash
- Boost flavor with colorful spices
  - basil
  - parsley
  - oregano
- Make it fun for the whole family



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## NUTRITION TIP #2: EAT A BALANCED DIET



- Incorporate fruit, vegetables, whole grains and lean protein in your daily meals
- Key to maintaining a healthy lifestyle
- Whole grains:
  - oats, corn tortillas, brown rice, 100% whole wheat bread
- Lean protein:
  - Beans & legumes
  - Nuts
  - Fish (salmon, cod, tuna, herring)
  - Chicken, beef, pork, turkey

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## NUTRITION TIP #3: CONSUME DAIRY & DAIRY ALTERNATIVES

- Traditional Dairy Sources
  - Low fat or fat free milk
  - Greek yogurt
  - Cheese (soft or hard)
- Plant-Based Milk Alternatives
  - Soy milk, almond milk, oat milk
- May drink lactose-free milk if lactose intolerant
- Try adding these favorites to your meal plan
  - cereal with milk, cheese and crackers, yogurt and berries

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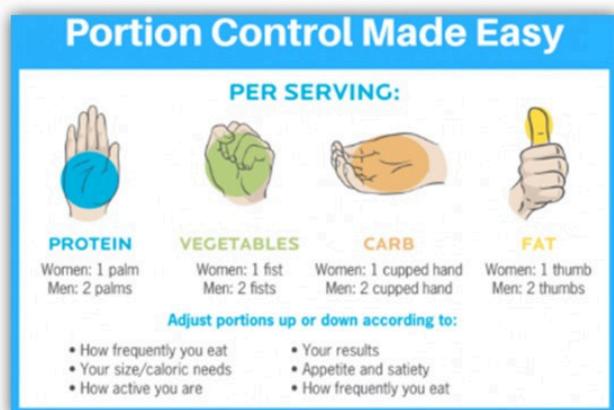
## NUTRITION TIP #4: LIMIT ADDED SUGARS



- Too much added sugar can cause adverse health outcomes
- **Recommendation:** limit added sugar intake to <10% of total calories
- Does not discriminate to only overweight or obesity
- Added sugars have many names
  - Cane sugar
  - Corn syrup
  - Dextrose
  - Fructose
- Top contributors of added sugars
  - Sugary snacks
  - Sugary beverages

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## NUTRITION TIP #5: PRACTICE PORTION CONTROL



- Reducing portion sizes leads to eating less and promotes a healthy weight status
- Leads to overall better health
- Pro Tips:
  - Use smaller dinnerware
  - Use visual cues
  - Avoid eating from the package
  - Ask for smaller portions or a to-go container when eating out

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## NUTRITION TIP #6: ADEQUATE HYDRATION

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- Hydration status is often overlooked as a marker in health
- Staying hydrated ensures your body functions properly
- The amount of hydration needed is different based on the person and their physical activity level
- Rule of Thumb: aim to drink enough to quench your thirst adequately
- General Recommendation: 8 cups or 64 ounces
- Drinking water is the best way to stay hydrated



## NUTRITION TIP #7: REDUCING PROCESSED FOODS

- Packed with unhealthy ingredients
- Leads to a number of chronic diseases such as obesity and heart disease
- Processed meats (lunch meats, bacon, sausage, hot dogs) contain nitrates
- Focus on eating whole foods
- Read labels carefully to avoid unnecessary added ingredients





## NUTRITION TIP #8: HEALTHY SNACKS

- Healthy snacking provides a boost in energy when blood glucose levels drop
- Helps to prevent overeating at the next meal time when hunger sets in
- Snacking on whole foods can help provide your diet with essential nutrients
  - protein, fiber, & whole grains
- Grabbing highly processed foods can lead to increased calories and sodium; leading to weight gain
- General snacking rule → aim for about 150-250 calories per snack
- Choose based on snack standards
  - Crunchy
  - Creamy
  - Sweet
  - Savory

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## NUTRITION TIP #9: BUMP UP THE FIBER

- Fiber improves digestion and digestive health lowering diverticular disease and constipation
- Promotes satiety and helps with weight management
- Lowers cholesterol levels and helps control blood sugar levels reducing the risk of developing heart disease and diabetes
- Hydration is vital when increasing fiber intake
- Types of fiber
  - Soluble & Insoluble
- Fiber Recommendations:
  - Children and adults need 25 to 35 grams of fiber per day
- If it is difficult to eat enough fiber through food, a fiber supplement can be used



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# NUTRITION TIP #10: CUT BACK ON SODIUM

- Too much sodium can increase your risk of high blood pressure, heart attack and stroke
- Increased amounts of sodium may lead to calcium loss
- The majority of sodium in our diet comes from prepackaged and processed foods → not salt added to cooking or salt added at the table before eating
- Unprocessed, whole foods are low in sodium
- Skip the salt and add a punch of flavor by seasoning foods with salt free herbs and spices
- 1 teaspoon of table salt = 2300 mg sodium
- General Sodium Recommendation
  - <2300 mg per day



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# NUTRITION TIP #11: PLAN YOUR MEALS

- Meal planning can help promote a healthier diet with more variety helping with weight management
- Helps to avoid last minute unhealthy takeout that is packed with higher amounts of calories, total fat, and sodium
- Planning meals results in consuming more nutritious meals
- Budget friendly → spend less money on food
- Reduces food waste

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## NUTRITION TIP #12: SMALL CHANGES = BIG RESULTS



- Small changes = sustainable changes
- Focusing on small daily changes can promote a healthier, more balanced life
- It's not about perfection, it is about making better choices for your mind and body
- Starting your morning with a balanced breakfast, choosing whole foods over processed foods, or drinking more water are examples of small steps can add up to big results over time

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## NUTRITION TIP #13: MINDFUL EATING



- Encourages your body to listen to its hunger and satiety cues
- Improves digestion and helps curb cravings
- Reduces stress and overeating, which promotes weight management
- Enjoy the sensory experiences of food
  - Taste
  - Texture
  - Aroma
  - Appearance
- Free of distractions when eating

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## NUTRITION TIP #14: ADEQUATE SLEEP

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- Good sleep is just as essential as healthy eating and staying active
- Plays a vital role in brain and physical wellbeing
- Necessary for hormone regulation - including those that control hunger
- Poor sleep may lead to increased cravings of sugary and high-calorie food items
- Hours of sleep needed:
  - Children need 10-12 hours of sleep each night
  - Adults need 7-9 hours of sleep each night
- It is recommended to stick to a consistent sleep schedule, even on the weekends

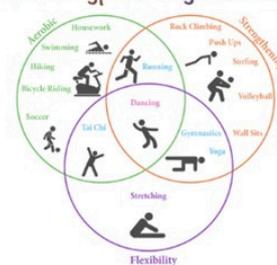


## NUTRITION TIP #15: PHYSICAL ACTIVITY

- Consistent physical activity boosts metabolism, helps regulate appetite, promotes digestion, and supports weight management
- Plays a key roll in mental health wellbeing
- Types of physical activity
  - Aerobic/Cardiovascular
  - Muscle-strengthening
  - Flexibility training
  - Balance training
- But how much physical activity is recommended?
  - Children – 60 minutes daily
  - Adults - least 150 - 300 minutes weekly (spaced throughout the week) of moderate-intensity aerobic exercise and at least 2 days weekly of muscle-strengthening exercises
  - Older Adults – Same activity guidelines as those recommended for adults but also include a focus on balance training
  - Pregnant or Postpartum Women - Aim for 150 minutes weekly (spaced throughout the week) of moderate-intensity aerobic exercise. Any activity more vigorous – consult with a physician



Different Types of Physical Activity



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