Let’s Make it Appetizing
Nutrition

- Because of body changes and less physical activity less calories are needed.
- Well balanced diet: vitamins, minerals, nutrients, and calories.
- Groups: whole grain, enriched breads, tortillas, cereals, rice, pasta, fruits, vegetables, fish, poultry, meat, eggs, beans, milk, cheese and other milk products.
Healthy Diet

- Limit fat
- Increase Calcium
- Increase Fiber
- Increase Exercise
Special Diets

- Follow instructions- discuss anything that may prevent you from following diet with your doctor.
- Ask to see a Register Dietitian to help with food choices if you are having problems
- Continue to see your doctor regularly
- Take medication as prescribed. Ask pharmacist if you have any questions.
Portion Sizes

See posters
Eating Enough Everyday

- Plan meals for whole week
- Make a food budget and stick to it
- Look at sale items and incorporate them in meals
- Use coupons
- Write down items as you run out
- Keep easy prepare foods on hand
- Look at past receipts to see where most of your food budget is going
Money Wise

- Shop with a list
- Compare product
- Only buy what you know you can use (eliminate spoilage waste)
- Split cost of bulk items with a friend
- Choose nutritious but reasonably priced foods
- Healthy snacks- eat in between meals
- Extend meals-meals you can refashion with
More Money

- Make sure sale prices are actually sale prices
- Buy store brands when possible
- Buy foods that are in season
Food Safety

- Wash hands with soap
- Clean kitchen thoroughly and store food quickly
- Use refrigerator to thaw frozen foods and cool hot foods
- Keep raw meat away from other foods
- Prevent meat juice from dripping onto other foods
Food Safety

- Wash cutting boards when finish after every type of item
- Wash kitchen towels/dishcloths often
- NEVER leave food at room temperature for more than TWO hours
- Cook food until it is done
- Serve HOT foods HOT and COLD foods COLD
- Use left overs within 4 days
Healthy Eating

- Calcium: Milk, Cheese, Yogurt, Green Leafy Vegetables, Salmon and Sardines
- Iron: Lean meats, Fortified Cereals, Peanut Butter, Breads and Grains, Dried Beans and Peas
- Vitamin C: Broccoli, Cabbage, Cauliflower, Grapefruit (juice), Green Pepper, Greens, Oranges (juice), Cantaloupe, Pineapple, Potatoes, Raspberries, Spinach, Strawberries, Sweet potatoes, Tomatoes (juice), and watermelon.
Dairy

- 2 or more cups of milk per day
- Add milk to soups
- Eat cereal
- Sprinkle dry milk on casseroles and other dishes
- Dairy alternative
Cheese & Yogurt

- Try different kinds
- Add to dishes
- Use as snack
- Add fruit
- Use as dip
- Put on pancakes
- Try in recipes
Fruit

- Buy fresh-in season
- Toss in salad
- Eat with low fat ice cream
- Fresh, frozen or canned in own juice
- Add to cereal
- Use as garnish
- Eat soft foods if you have dental problems
Fruit

- Add to main dishes
- Eat dried fruit
- Try new fruits at least once a month
- Mix juice with club soda
- Heat favorite juice
- Blend with milk or juice for shake
Breads

- Try different kinds
- Use in puddings and stuffing
- Use as snack
- Homemade
- Eat different types of cereal throughout the day
- Snack on cereal, granola or popcorn.
- Find new ways to use tortillas
Breads

- Eat more grains
- Eat whole-grain product as least once a day
- Try brown rice
- Flavor with herbs and spices, cheese, nuts or favorite vegetable.
- Try new types of pasta
Snacks

- Anytime:
  - Any Fruit
  - Any Vegetable
  - Crackers
  - Cornbread
  - English Muffins
  - Gingersnaps
  - Graham Crackers

- Jell-O
- Nuts
- Popcorn
- Pretzels
- Pudding & Dips (low fat)
- Raisins
- Rice Cakes
- Vanilla Wafers
Limit These

- Any fried or Greasy food
- Bacon
- Bratwurst
- Biscuits
- Bologna
- Chocolate bars and candies
- Cookies

- Corn Chips
- Doughnuts
- French fries
- Hot Dogs
- Polish Sausage
- Potato Chips
- Salami
- Sausage links or patties
Appetite

- Choose foods that look and smell appealing
- Try new seasonings: herbs, spices and lemon juice
- Medication and dentures
- Prepare small meals and snacks
- Eat a variety of foods
- Frozen dinners with roll and glass of milk and fruit
Share

- Form a club with friends to share recipes and socialize
- When eating out ask for senior citizens discounts
- Eat lunch at a meal site in your community—it’s a great way to meet new friends!!
Low Fat

- Non-fat or low fat products
- Do not use or use small amounts of shorting, lard, margarine, oil and butter.
- Trim excess fat and skin off of meat
- Boil, bake, roast and broil meat instead of frying
Less Salt

- Use little salt while cooking
- Season foods with herbs, lemon, lime, garlic, cumin, cilantro, onion, chile peppers and other spices.
- Use lemon juice or vinegar in salads
- Limit bouillon, soy sauce, salty cheeses, olives and canned and instant soups.
- Limit pizza, fries, chips, hot dogs and sandwich meats.
References

- Learning For Better Living Handout p.11
- Check It Out! Special Diet Handout SP483-G
- Handy Portions handout
- Visualize your Portion Size poster
- Food Work handout p. 1-3SP 479
- Keys to healthy Eating handout SP 605-F
- Eat Enough Each Day handout SP485-B
- Appetite Handout SP 485-A
- Appetite handout SP 485-D
- Fruit handout SP 485-E
- Bread handout SP 485-C
- Learning For Better Living p.4
- Learning For Better Living p. 5