



# Nutrition for Rehab Patients

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# Why is nutrition important for our patients?

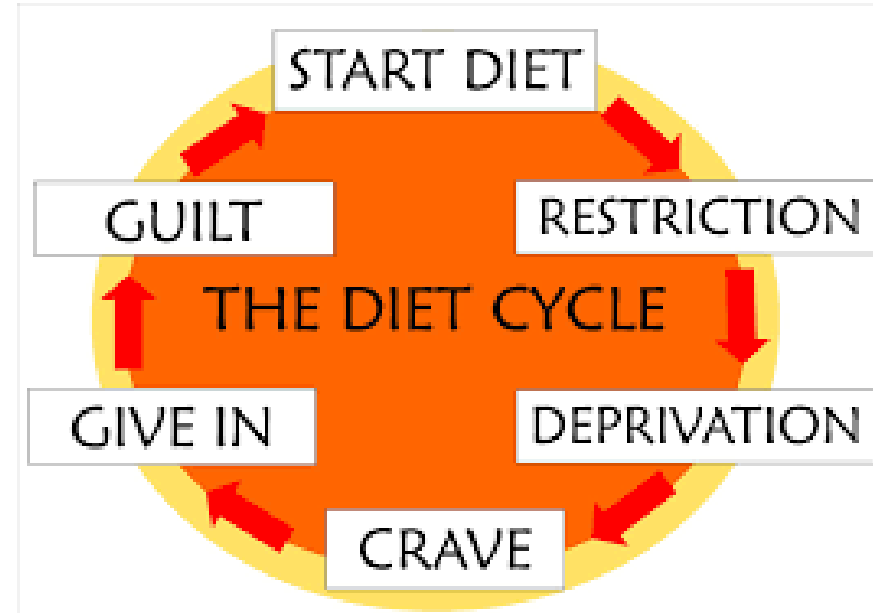
- Adequate nutrition protects quality of life and helps maintain strength and energy for all.
- Reduce hospital admissions
- Respond better to treatment
- Improve quality of life
- Nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease, obesity, diabetes and cancer), and promote your overall health.



# Why do you need an RD?

## What about all those diets?

- **Gimmicks**
- **Vicious cycle**
- **Start & End date but NO follow up**
- **No long term results**
- **May cause more harm than good**
- **Not sustainable / Does not establish a Healthy Lifestyle**



# It's not rocket science

**The Mediterranean (Diet) Lifestyle is recommended to reduce your risk of all disease**

- Plant based foods
- Whole grains
- Lean proteins
- Low fat dairy foods
- Healthy fats



How do we make this important to our patients?

*They don't care what you know until they know that you CARE!*



# Why should they listen to us?

*We need  
to practice  
what we  
preach!*



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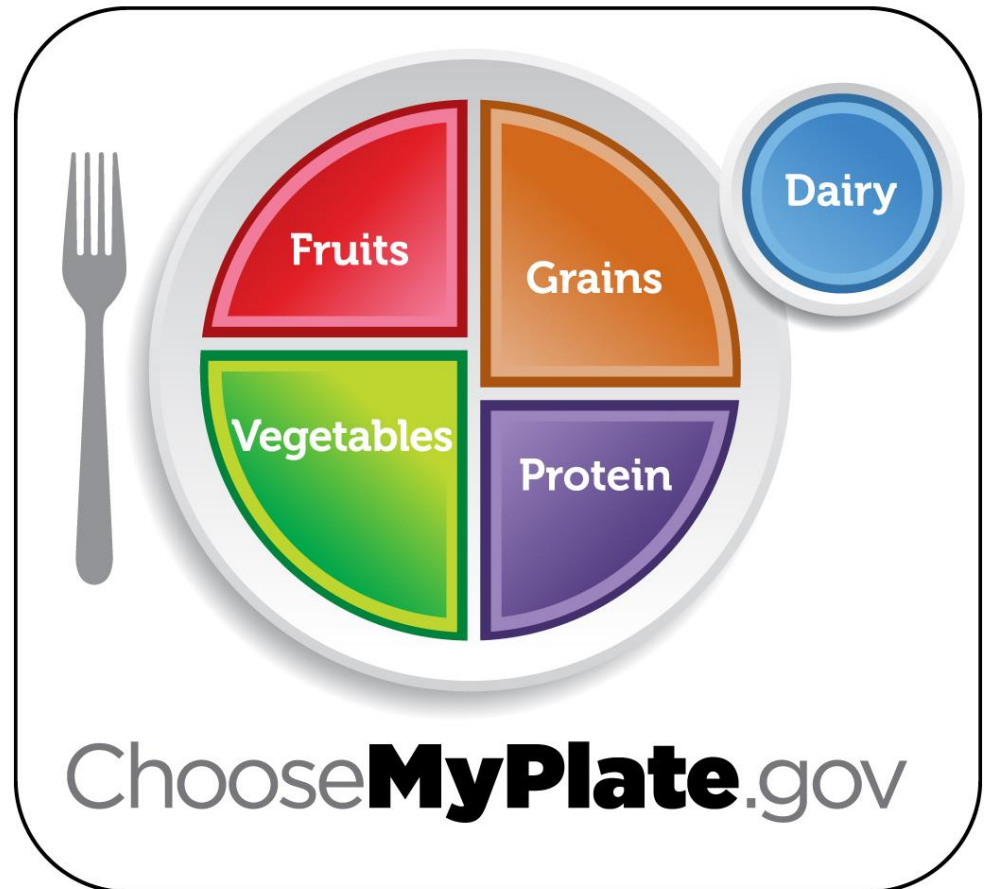
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# Mediterranean-American Food Plan

## Basic Dietary Goals

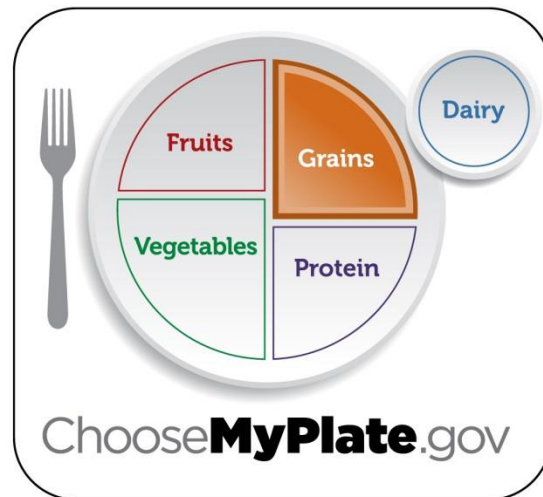
- Choose whole grains
- Eat more fruits and vegetables
- Eat low-fat dairy
- Eat lean protein
- Eat the right fats
- Eat less sugars and sweets
- Achieve and maintain a healthy weight



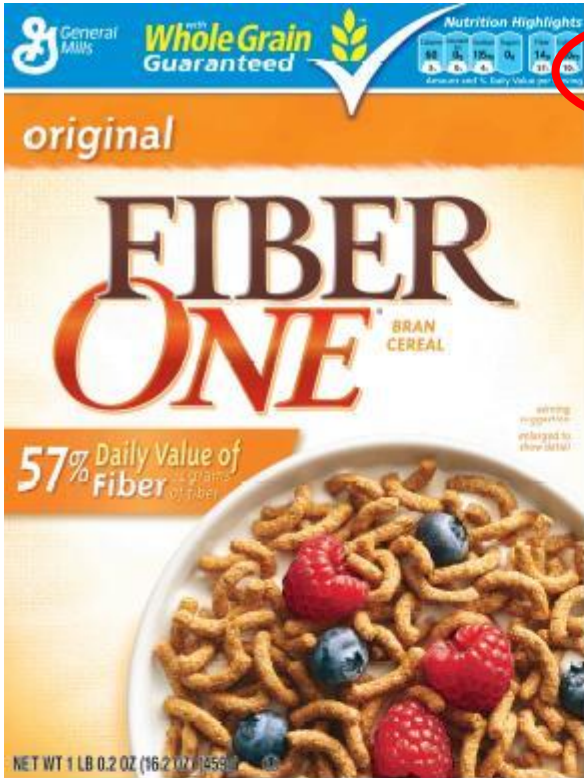


# Grains

- Includes:
  - Breads, cereals, rice, pasta, crackers, flour
  - 5-9 servings/day
- What is a serving?
  - 1 slice bread
  - 1/2 cup cooked pasta or rice
  - 3/4-1 cup cold cereal
  - 1/2 cup beans or legumes



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**Ingredients:** Whole Grain Wheat, Corn Bran, Modified Wheat Starch, Guar Gum, Color Added, Cellulose Gum, Salt, Baking Soda, Corn Oil, Aspartame\*.

**Vitamins and Minerals:** Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin B<sub>2</sub> (riboflavin), Vitamin B<sub>1</sub> (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B<sub>12</sub>.

**\*PHENYLKETONURICS: CONTAINS PHENYLALANINE**

**CONTAINS WHEAT INGREDIENTS.**

## Nutrition Facts

Serving Size ½ cup (30g)  
Servings Per Container about 15

Amount Per Serving	Fiber One	with ½ cup skim milk
<b>Calories</b>	60	100
Calories from Fat	10	10
	<b>% Daily Value**</b>	
<b>Total Fat</b> 1g*	<b>1%</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>
<b>Sodium</b> 105mg	<b>4%</b>	<b>7%</b>
<b>Potassium</b> 100mg	<b>3%</b>	<b>9%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>	<b>10%</b>
Dietary Fiber 14g	<b>57%</b>	<b>57%</b>
Soluble Fiber 1g		
Sugars 0g		
Other Carbohydrate 11g		

### Protein 2g

Vitamin A	0%	4%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	0%	10%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B <sub>6</sub>	25%	25%
Folic Acid	25%	25%
Vitamin B <sub>12</sub>	25%	35%
Phosphorus	6%	15%

# Cheerios

## Nutrition Facts

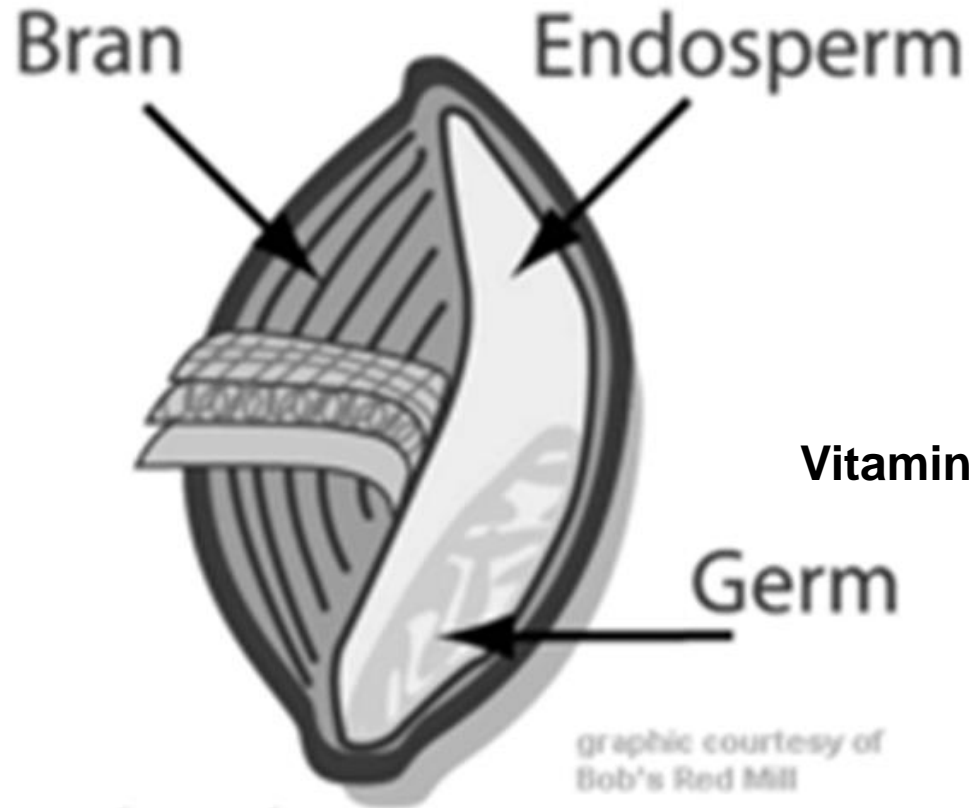
Serving Size 1 cup (28g)  
Children Under 4 - ¾ cup (21g)  
Servings Per Container about 14  
Children Under 4 - about 19

Amount Per Serving	Cheerios	with ½ cup skim milk	Cereal for Children under 4
<b>Calories</b>	100	150	80
Calories from Fat	15	20	10
	<b>% Daily Value**</b>		
<b>Total Fat</b> 2g*	<b>3%</b>	<b>3%</b>	1.5g
Saturated Fat 0.5g	<b>3%</b>	<b>3%</b>	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0.5g
Monounsaturated Fat 0.5g			0.5g
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>1%</b>	0mg
<b>Sodium</b> 140mg	<b>6%</b>	<b>8%</b>	105mg
<b>Potassium</b> 180mg	<b>5%</b>	<b>11%</b>	135mg
<b>Total Carbohydrate</b> 20g	<b>7%</b>	<b>9%</b>	15g
Dietary Fiber 3g	<b>11%</b>	<b>11%</b>	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
<b>Protein</b> 3g			2g
	<b>% Daily Value**</b>		
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C			

# The Grain Kernel

**Fiber, B-vitamins, Iron,  
and antioxidants**

**Mostly starch, some protein**



**Vitamin E, fatty acids**

# Nutrition Facts Label: Bread

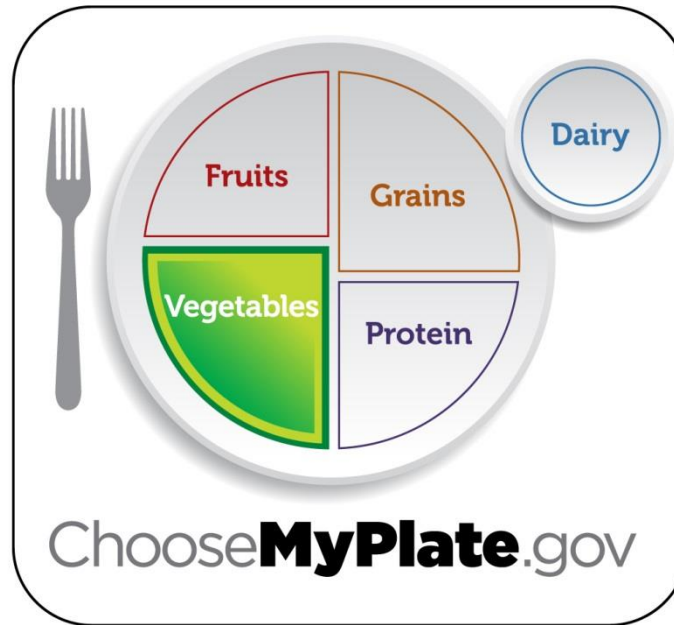
## Is it really Whole Grain?

**INGREDIENTS:** ENRICHED BLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], WATER, WHOLE GRAINS [WHOLE WHEAT FLOUR, BROWN RICE FLOUR (RICE FLOUR, RICE BRAN)], HIGH FRUCTOSE CORN SYRUP, WHEY, WHEAT GLUTEN, YEAST, CELLULOSE. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: HONEY, CALCIUM SULFATE, VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED OILS), SALT, BUTTER (CREAM, SALT), DOUGH CONDITIONERS (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: MONO- AND DIGLYCERIDES, ETHOXYLATED MONO- AND DIGLYCERIDES, ASCORBIC ACID, ENZYMES, AZODICARBONAMIDE), GUAR GUM, CALCIUM PROPIONATE (PRESERVATIVE), DISTILLED VINEGAR, YEAST NUTRIENTS (MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, AMMONIUM SULFATE), CORN STARCH, NATURAL FLAVOR, BETA-CAROTENE (COLOR), VITAMIN D3, SOY LECITHIN, SOY FLOUR.  
**CONTAINS WHEAT, MILK AND SOY**



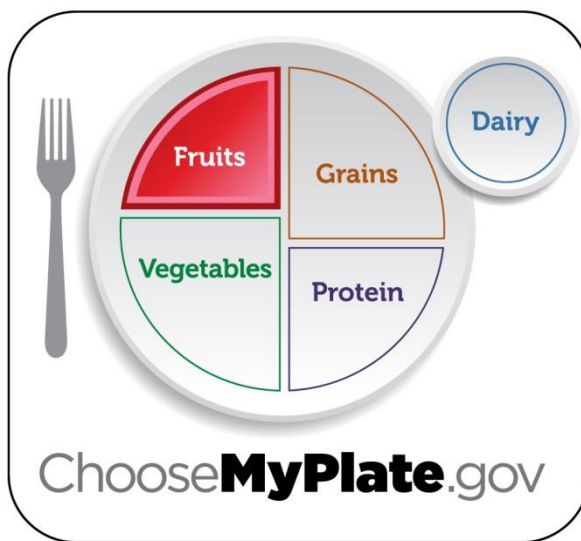
# Vegetables

- 3-5 servings or more per day
- Variety of health benefits in each color



# Fruits

- 2-4 servings per day
- Whole fruit instead of juice
- Limit high sugar fruits...If needed
  - Bananas
  - Pineapple
  - Watermelon
  - Anything dried



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# Nuts and Seeds

- $\frac{1}{2}$  to 1 ounce per day
- Walnuts, almonds, peanuts, pistachios
- $\frac{1}{4}$  cup = 170 to 200 calories
- Natural nut butters
  - 1 serving = 2 tablespoons



# Fats and Oils

- **5-7 servings per day**
  - 1 tsp = 40 calories
  - 1 tsp = 1 serving
- **Healthy:** Mono or poly unsaturated oils
- **Unhealthy:** Saturated Fat
  - 12 grams or less/day
- **Unhealthy:** Trans Fat
  - NONE!





# Trans Fat



**Ingredients:** Granola (whole grain rolled oats, whole grain rolled wheat, sugar, partially hydrogenated soybean and cottonseed oils with TBHQ and citric acid added to preserve freshness and/or sunflower oil with natural tocopherol added to preserve freshness, whole wheat flour, molasses, cultured whey, soy lecithin, natural flavor, partially hydrogenated soybean oil), crisp rice (rice, sugar, salt, barley malt), peanut butter (peanuts, sugar, hydrogenated cottonseed and/or rapeseed oil, salt), semisweet chocolate chunks (sugar, chocolate liquor, cocoa butter, soy lecithin, vanillin [an artificial flavor]), corn syrup, peanut flavored chips (sugar, partially hydrogenated soybean and cottonseed oil, partially defatted peanut flour, lactose, whey, dextrose, corn syrup solids, soy lecithin, salt, artificial flavor), oligofructose, polydextrose, glycerin, corn syrup solids, water, sorbitol, high fructose corn syrup, calcium carbonate, salt, partially hydrogenated vegetable oil (soybean and/or cottonseed oil), natural and artificial flavors, sucralose, BHT (a preservative), citric acid. (5509-1)

**CONTAINS WHEAT, SOY, MILK AND PEANUT INGREDIENTS.**

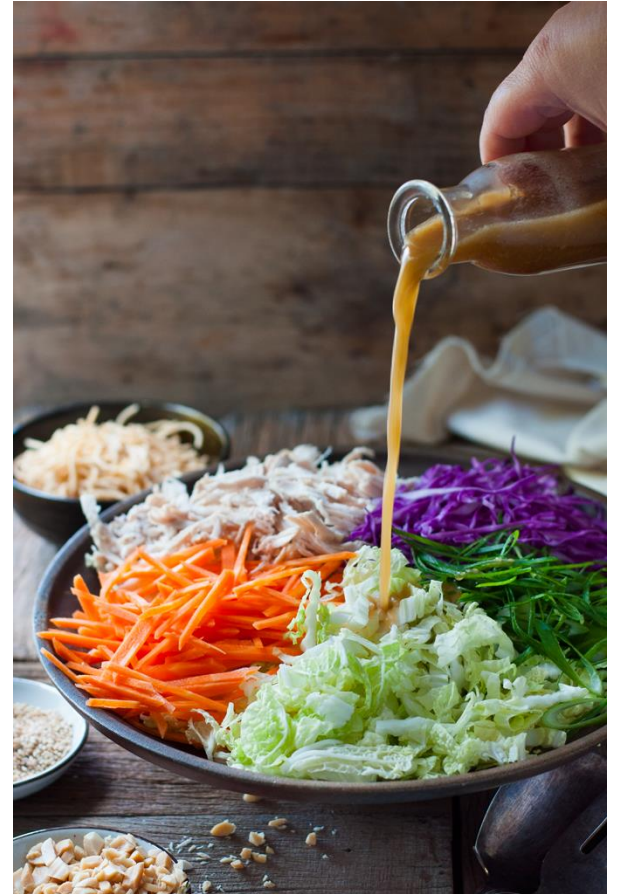
# Fats and Oils

## Salad dressing:

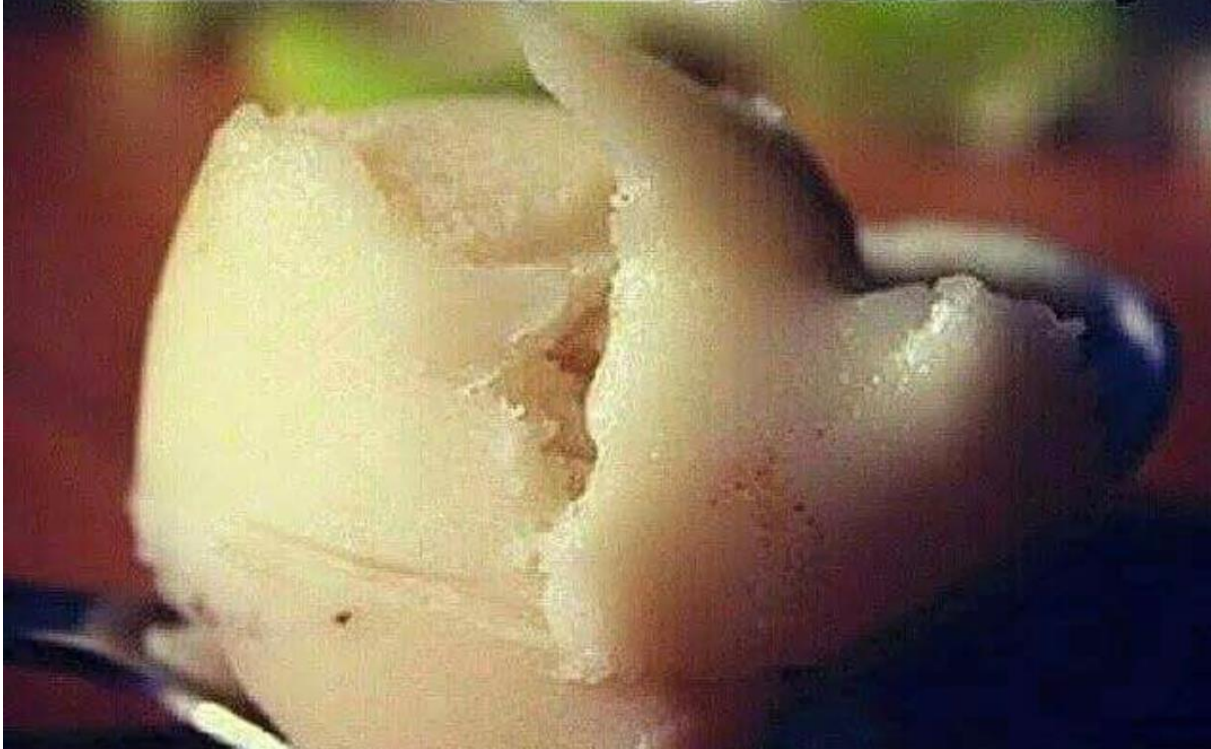
Reduced fat, light, fat-free or ones  
with acceptable oils

## Mayonnaise:

Choose light, low-fat, fat-free or ones  
with acceptable oils



**IF YOU DON'T POUR BACON GREASE DOWN  
THE DRAIN FOR FEAR OF CLOGGING IT,**



**WHY ARE YOU EATING IT?**

# COOKING OILS

1 Tablespoon



## Olive Oil

Calories: **119**  
Total Fat: **14g**  
Sat Fat: **1.9g**  
Poly Fat: **1.4g**  
Mono Fat: **10g**

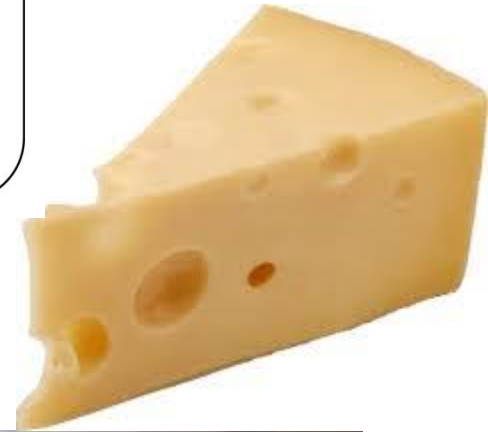
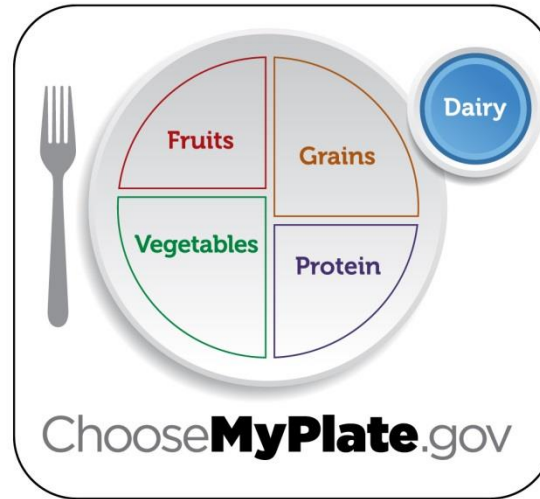


## Coconut Oil

Calories: **117**  
Total Fat: **14g**  
Sat Fat: **12g**  
Poly Fat: **0.2g**  
Mono Fat: **0.8g**

# Dairy

- **3 servings per day**
- **Cheese:**
  - Made with 2% milk or less
  - 1 oz = 1 serving
- **Low-fat yogurt:**
  - 7 grams of sugar or less
- **Low-fat milk:**
  - 1 cup = 1 serving



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# Dairy



**Nutrition Facts**  
Serving Size 1 container (113g)  
Servings Per Package 4

Amount Per Serving		% Daily Value*
<b>Calories</b> 120	Calories from Fat 20	
<b>Total Fat</b> 2g		3%
Saturated Fat 1.5g		8%
Trans Fat 0g		
<b>Cholesterol</b> 5mg		2%
<b>Sodium</b> 60mg		3%
<b>Potassium</b> 150mg		4%
<b>Total Carbohydrate</b> 22g		7%
Sugars 18g		
<b>Protein</b> 4g		8%
<b>Calcium</b> 15%	<b>Vitamin D</b> 15%	

Not a significant source of Dietary Fiber, Vitamin A, Vitamin C and Iron.  
\*Percent Daily Values are based on a 2,000 calorie diet.

**INGREDIENTS:** CULTURED GRADE A REDUCED FAT MILK, SUGAR, WATER, FRUCTOSE, MODIFIED FOOD STARCH, CONTAINS LESS THAN 1% OF MILK PROTEIN CONCENTRATE, MODIFIED CORN STARCH, NATURAL VANILLA FLAVOR, KOSHER GELATIN, AGAR AGAR, GUAR GUM, LACTIC ACID, CALCIUM LACTATE, VITAMIN D<sub>3</sub>, SODIUM CITRATE.



**Nutrition Facts**

	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size				
1 Container (150g)				
<b>Calories</b> 120				
Calories from Fat 0				
<b>Total Fat</b> 0g		0%	<b>Potassium</b> 210mg	6%
Saturated Fat 0g		0%	<b>Total Carbohydrate</b> 14g	5%
Trans Fat 0g			Dietary Fiber 6g	24%
<b>Cholesterol</b> <5mg		1%	Sugars 6g	30%
<b>Sodium</b> 65mg		3%	<b>Protein</b> 15g	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 0% • Vitamin D 15%

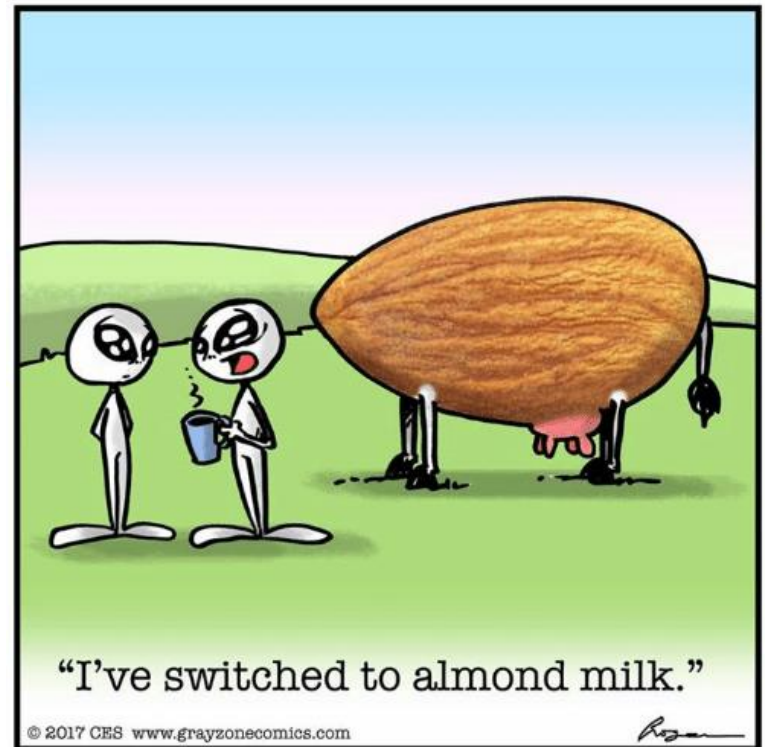
**INGREDIENTS:** CULTURED GRADE A NON FAT MILK, CHICORY ROOT FIBER, WATER, CONTAINS LESS THAN 1% OF NATURAL FLAVORS, MALIC ACID, BETA CAROTENE AND ANNATTO EXTRACT (FOR COLOR), STEVIA LEAF EXTRACT, SEA SALT, VITAMIN D<sub>3</sub>, SODIUM CITRATE.

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# Dairy

- **Milk:**

- Whole milk = 150 calories
- 2% milk = 120 calories
- 1% milk = 100 calories
- Skim = 90 calories
- 1 cup = 1 serving

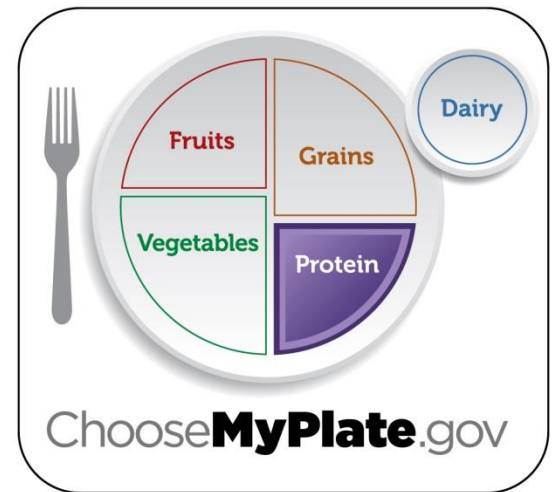


- **Unsweetened milk alternatives:**

- Soy, Almond, Cashew and Rice

# Meat

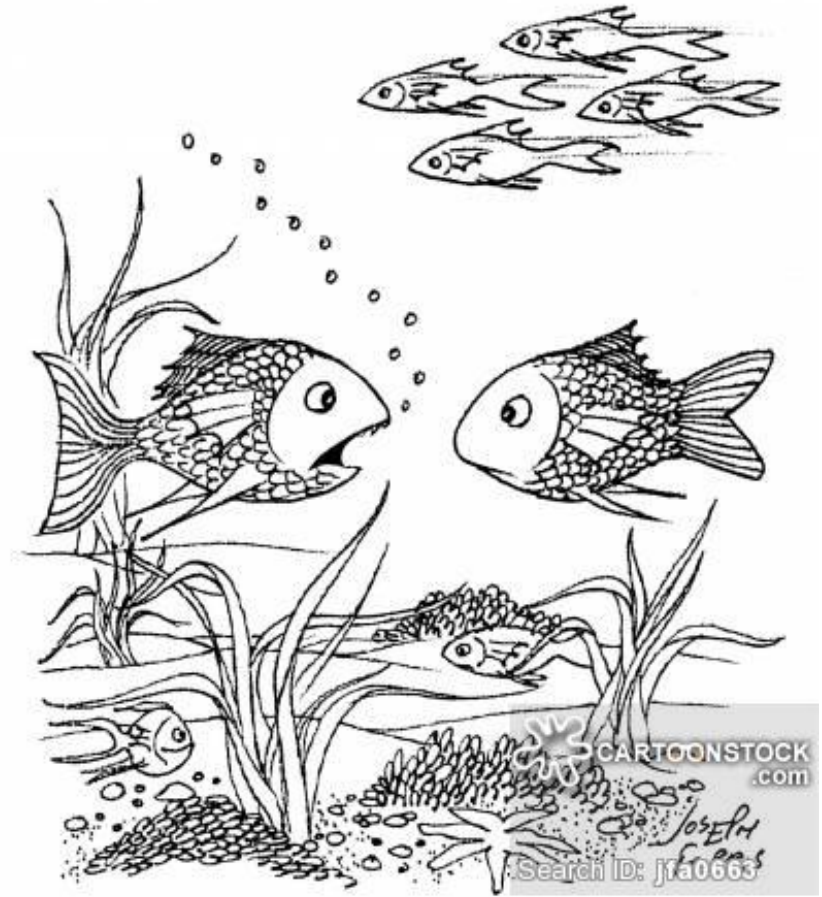
- **Poultry: skinless, white meat**
  - Serving size = 3 oz
- **Red meat: 6 oz cooked per week**
  - Beef, veal, lamb and pork
- **Meat substitutes:**
  - Peanut butter, nuts, legumes, low fat cheese, eggs, tofu, tempeh, seitan





# Fish

- 2-4 times each week
  - Salmon, tuna, trout, halibut, cod, herring, anchovies, and sardines
  - Serving size = 5 oz
- Shellfish: once a week



"Bad news! More people are switching from red meat to fish!"

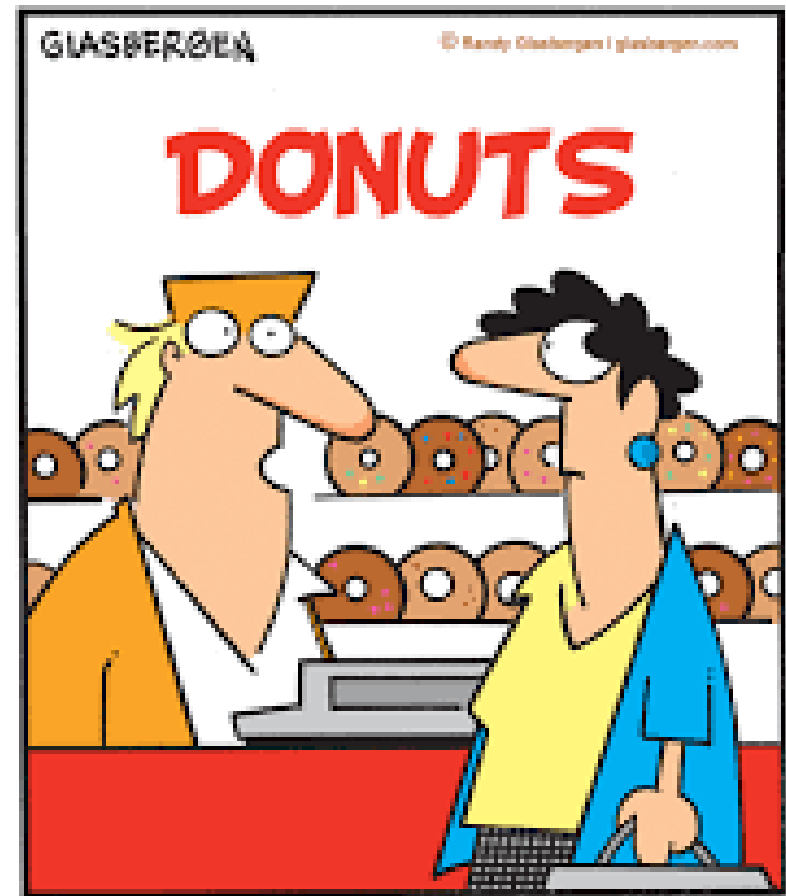
# Eggs

- Unlimited egg whites
- No more than 7 yolks per week
- No more than 3 yolks per week if you are diabetic



# Snacks

- Choose daily if heart healthy
- Choose whole grains instead of refined grains
- Snacks are not “junk food”
- Include protein



“Of course doughnuts are good for you.  
They’re hole grain!”

# Sugar

- **40 grams of sugar or less per day**
  - 10% of total calories
  - Not including fruit, vegetables, yogurt, milk
- **7 grams of sugar or less on label**
- **1 tsp = 4 grams of sugar**
  - Jams, Jellies, Syrup: look for low in sugar
  - Honey: higher in calories than sugar
  - Maple syrup



# Desserts and Sweets

- 1-2 times/week or less
- Fat-free is NOT sugar-free;
  - look for “no sugar added” treats



# EMPTY CALORIES VS WHOLE FOODS



**Protein - 0**  
**Dietary fats - 0**  
**Carbs (sugar) - 99g**

Vitamin B1 - 0	Iron - 0
Vitamin B2 - 0	Magnesium - 0
Vitamin B3 - 0	Phosphorus - 0
Vitamin B5 - 0	Potassium - 0
Vitamin B6 - 0	Sodium - 6%
Vitamin B9 - 0	Zinc - 0
Vitamin E - 0	Copper - 0
Vitamin K - 0	Manganese - 0
	Selenium - 0

per 100g serving



**Protein - 16g**  
**Dietary fats - 41g**  
**Carbs (low GI) - 31g**

Vitamin B1 - 36%	Iron - 37%
Vitamin B2 - 9%	Magnesium - 91%
Vitamin B3 - 8%	Phosphorus - 59%
Vitamin B5 - 23%	Potassium - 24%
Vitamin B6 - 17%	Sodium - 2%
Vitamin B9 - 6%	Zinc - 73%
Vitamin E - 13%	Copper - 183%
Vitamin K - 57%	Manganese - 34%
	Selenium - 33%

# Beverages

- **Avoid Sweetened Drinks**

- Regular Coke (12 oz) = 39 grams sugar

- Sweet Tea (12 oz) = 36 grams sugar

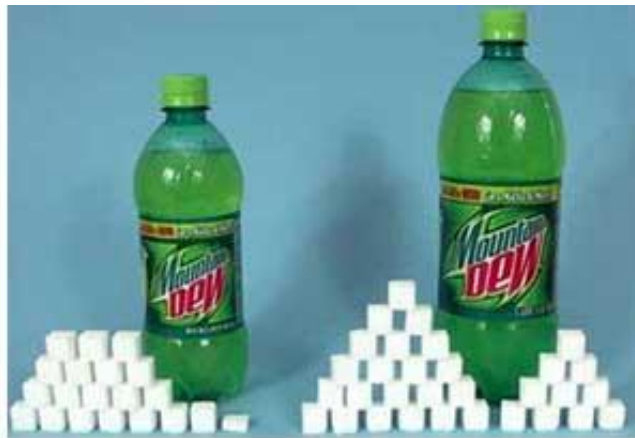
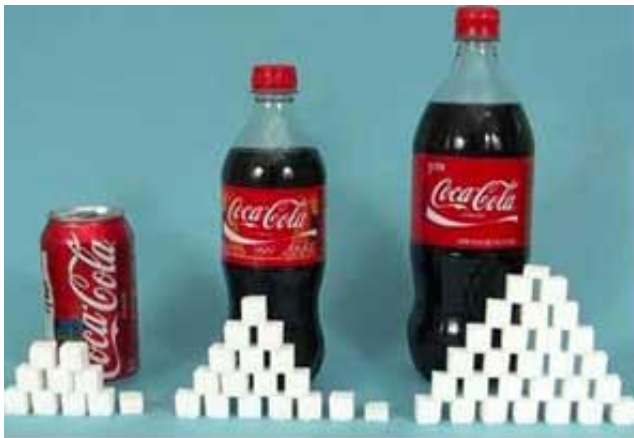
- Starbucks Grande White Chocolate

- Mocha without whip = 58 grams sugar

- **Avoid Fruit Juice**

- 8 oz of orange juice = 23 grams sugar









SugarStacks.com



SugarStacks.com



SugarStacks.com



SugarStacks.com



SugarStacks.com



# Beverages

- **Alcohol in moderation**

- 1 drink is equal to

- 80 proof spirits-- 1.5 oz
    - Wine-- 5 oz
    - Beer-- 12 oz

- 1 drink a day for women

- 2 drinks a day for men



Search ID: bfrn231

**"I LIMIT MYSELF TO ONE  
GLASS OF WINE A DAY."**

# Sodium

- Only need 500 mg each day
  - Less than  $\frac{1}{4}$  teaspoon
- Aim for 2,000 mg per day or less
- Look for less than 140 mg on label
- More than 75% of the sodium Americans eat comes from processed, prepackaged and restaurant foods, not from the salt shaker



# Sodium

- Sodium-free seasonings
- “Lite” salt and salt substitutes
- Limit:
  - Frozen meals
  - Eating out
  - Processed foods
- Rinse foods to decrease sodium content by 50%



# Learn the Label

- Pay attention to **SERVING SIZE**
- Fat Rule: No more than 3 grams total fat for every 100 calories
- Saturated fat should be less than ¼ of total fat; limit to 12 gm per day
- Trans Fat should be = 0
- Sodium = 2000 mg or less per day  
(look for <140 mg/serving)

## Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

### Amount Per Serving

**Calories** 250      **Calories from Fat** 110

**% Daily Value\***

**Total Fat** 12g      18%  
Saturated Fat 3g      15%  
Trans Fat 3g

**Cholesterol** 30mg      10%

**Sodium** 470mg      20%

**Potassium** 700mg      20%

**Total Carbohydrate** 31g      10%

Dietary Fiber 0g      0%

Sugars 5g

**Protein** 5g

Vitamin A      4%

Vitamin C      2%

Calcium      20%

Iron      4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

*You are* **FREE** to **CHOOSE,**  
*but you are* **NOT FREE**  
*from the* **CONSEQUENCE**  
*of your* **CHOICE**

# What should you ask your patients?

- **Do you know how many calories you need a day?**
- **Do you know about the importance of eating a variety of food?**
- **Are you eating 5 servings a day from fruits and vegetables?**
- **How could you eat a healthier diet?**
- **What baby steps are you ready to take?**
- **How can I help you set a goal and work towards it?**



# Dietary Goals

- **Decrease red meat intake to 6 oz. or less per week. Red meat includes beef, veal, lamb and pork.**
- **Increase fish intake to 3 servings a week for a total of 15 ounces a week.**
- **Limit your sodium to 2300 mg per day (1500 mg if you: have high blood pressure, are over the age 51 years, are African American, have kidney disease or diabetes); choose low-sodium options more often with less than 140 mg per serving.**
- **Eat no more than 7 egg yolks per week (no more than 3 if you are diabetic). You may have unlimited egg whites.**
- **Avoid ALL fried foods.**
- **Avoid Trans fats (listed as partially hydrogenated oils in the ingredients).**
- **Consume saturated fat in moderation. Use lean meats, low fat dairy and avoid stick butter and tropical oils like coconut oil.**



# Dietary Goals

- **Choose walnuts, almonds or peanuts daily. A serving size of nuts is ¼ cup or less.**
- **Do NOT skip meals.**
- **Incorporate healthy snacks if calorie intake daily permits. A snack should be 100-200 calories and include a lean protein.**
- **Drink at least 48-64 oz. water or decaffeinated and sugar free liquids daily.**
- **Eat 5-9 servings of whole grains daily. Replace all white flour products such as white rice, white bread, white crackers, and white pasta with whole grains.**
- **Eat at least 3 servings of vegetables daily. Choose a wide variety of non starchy vegetables such as broccoli, cauliflower, spinach or greens, asparagus, green beans, etc. Starchy vegetables include: white potatoes, corn, garden peas, and lima beans.**
- **Eat at least 2 servings of fruits daily. Limit high sugar fruits such as: bananas, watermelon, raisins, other dried fruits and pineapple.**

# Dietary Goals

- **Eat 3 servings of low fat dairy daily. Low fat dairy includes 2% or less cheese, skim or 1% milk, low fat/nonfat yogurt with sugars less than 11 grams of serving.**
- **Limit all simple sugars to no more than 10% of your total calorie intake per day (i.e. soda, juice, candy, cakes, pies, etc.)**
- **Consume alcohol in moderation. Moderation is defined as 1 drink a day for a woman or 2 drinks a day for a man. One drink is equal to: 5 oz. wine, 12 oz. beer, or 1½ oz. of liquor with a non sugared mixer.**
- **Right size portions to support your appropriate calorie level.**
- **Obtain and maintain a healthy weight.**

# It's as simple as brushing your teeth every day!



IT'S NOT THAT SOME PEOPLE HAVE  
WILLPOWER AND SOME DON'T  
IT'S THAT SOME PEOPLE ARE READY  
TO CHANGE AND OTHERS ARE NOT

CARL SANDBURG

