



Nutrition and You

Melissa Vondrak, RDN, LN

Hy-Vee Registered Dietitian



In this session you will learn:

- A virtual grocery store tour on healthy eating + how to read a food label.
- Healthy Recipes & Hy-Vee Services that can be beneficial.
- Healthy options within the work setting with resources and challenges.

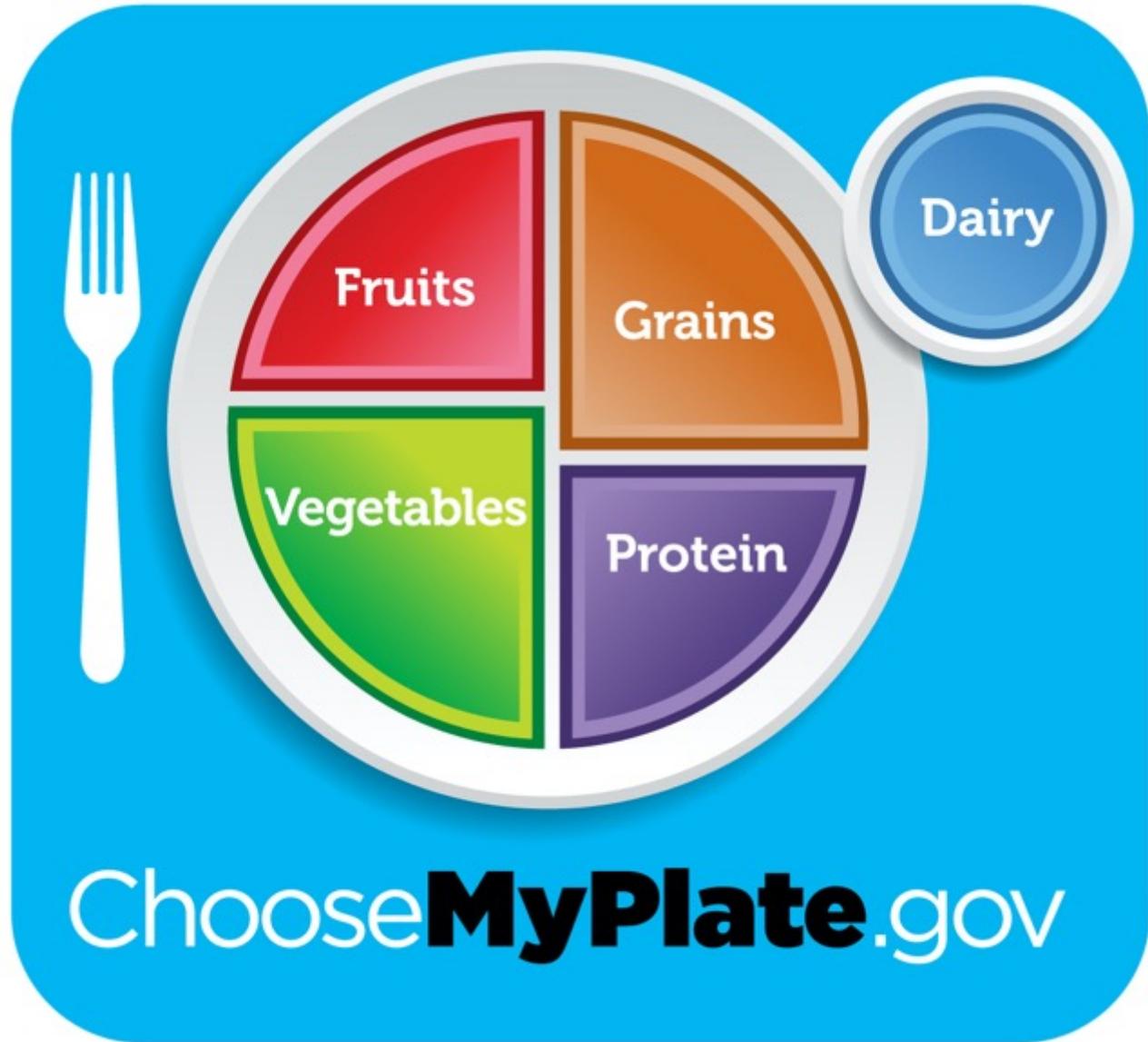
2015-2020 Dietary Guidelines

- Follow a healthy eating pattern across the lifespan. Eating patterns are the combination of foods and drinks that a person eats over time.
- Focus on variety, nutrient-dense foods, and amount.
- Limit calories from added sugars and saturated fats, and reduce sodium intake.
- Shift to healthier food and beverage choices.
- Support healthy eating patterns for all.

What represents a healthy eating pattern?

- A variety of vegetables: dark green, red and orange, legumes (beans and peas), starchy and other vegetables.
- Fruits, especially whole fruit.
- Grains, at least half of which are whole grain.
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, and nuts and seeds.
- Oils, including those from plants: canola, corn, olive, peanut, safflower, soybean, and sunflower. Oils also are naturally present in nuts, seeds, seafood, olives, and avocados.

MyPlate



Choose **MyPlate**.gov

Half Your Plate Fruits and Vegetables

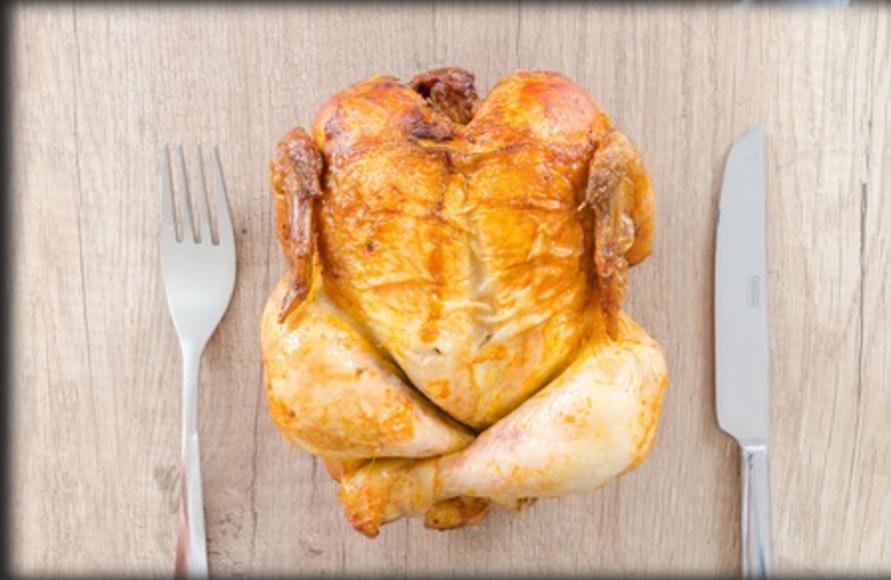
- Fresh, frozen, and canned are all nutritious options
- Low in calories
- High in fiber and water
- Recommended servings:
 - Vegetables: 2 ½ - 3 cups/day
 - Fruits: 2 cups/day



Lean Protein



- Eat 3-4oz/meal
- Choose lean proteins
- Vary your proteins
- Eat fish at least 2x/week
- Recommended serving:
 - 5 ½ - 6oz/day



Grains/Starches



- At least half should be whole grains
- Good source of fiber, iron, zinc, & other B-vitamins
- Choose whole grains like whole wheat bread, oatmeal, and quinoa
- Recommended servings:
 - 6oz/day (or 2oz/meal)



Low-Fat Dairy

- Fat-free and low-fat dairy
- Low-fat cheese
- Low-fat or non-fat yogurt
- Good source of calcium, phosphorous, Vitamin A, & Vitamin D
- Recommended servings:
 - 3 cups/day



Food and Food Components to Limit

○ Salt

- Adults and children ages 14 years and over should limit sodium to less than 2,300 mg per day, and children younger than 14 years should consume even less.

○ Saturated and trans fats

- Less than 10% of your daily calories should come from saturated fats.
- Butter, whole milk, meats that are not labeled as lean, and tropical oils such as coconut and palm oil.

○ Added sugars

- Less than 10% of your daily calories should come from added sugars.
- Sugars and syrups added to foods or beverages when they are processed or prepared.
- No more than:
 - Men: 9 tsp (36 grams)
 - Women: 6 tsp (24 grams)

Serving Size vs. Portion Size

Serving Size



Portion Size



Hand Measurement Method

Easy and convenient way to estimate food portion sizes

VISUAL HAND GUIDE TO PORTION SIZES

@THEFLEXIBLEDIETINGLIFESTYLE

The front of your closed fist is about 1/2 cup

Your fingertip is about 1 teaspoon

Your thumb is about 2 tablespoons
* Measure one tablespoon from your knuckle to the tip of your thumb

A clenched fist is the size of a 1 cup serving

Your palm is 3-4oz, which is a standard serving of meat

The infographic features four hand gestures with dashed blue outlines. 1. A closed fist with a line pointing to a pile of almonds. 2. A clenched fist with a line pointing to a small bowl of white rice. 3. An open hand with a line pointing to a fingertip, accompanied by a butter pat and a spoon. 4. An open hand with a line pointing to the palm, accompanied by a piece of grilled meat. The text is in a clean, sans-serif font.

Reading a Nutrition Label

Pay attention to serving size and servings per container

Calories and other nutrients are only for 1 serving

% Daily Value

5% or less = low

20% or more = high

Fat, Sodium, and Cholesterol = low amount wanted

Fiber and Vitamins and Minerals = high amount wanted

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories

240

% Daily Value*

Total Fat 4g	5%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

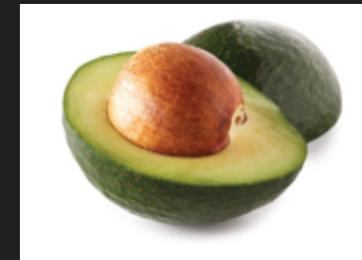
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Virtual Grocery Store Tour



Produce Section

- Eat a variety of colors
- Keep in mind serving size of fruit and potatoes
 - Not all are equal in size
- Lots of options
- Short-Cut fruits and veggies



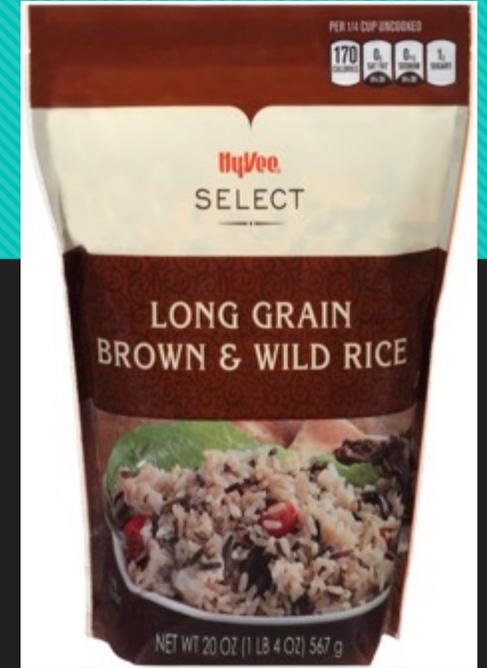
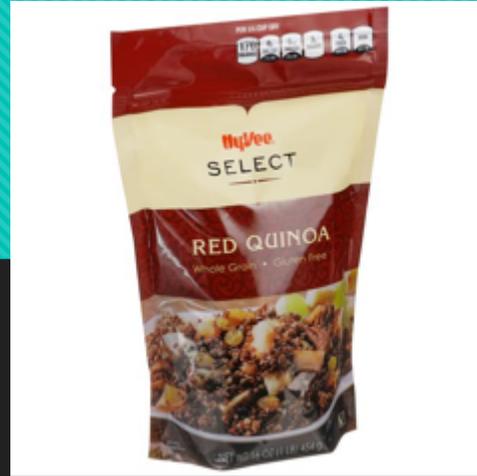
Canned Food Section

- Vegetables
 - No Salt Added
 - Rinsing under cold water for 30 seconds can reduce 30% of sodium
- Fruit
 - 100% fruit juice
 - Juice is NOT included in calories
 - Rinsing under cold water for 30 seconds can reduce 30% of sugar



Grain Section

- Choose whole grains
 - High in fiber and B vitamins
 - 3 grams or more fiber/serving
- Ancient grains
 - Quinoa
 - Farro
 - Couscous
 - Wild Rice
- Pasta
 - Whole wheat
 - 150 calorie pasta
 - Omega-3 pasta



Bread and Tortilla Section

- 100% whole wheat (or other whole grain) as 1st ingredient
- Enriched, bleached wheat flour = NOT whole grain
- At least 3 grams fiber/serving

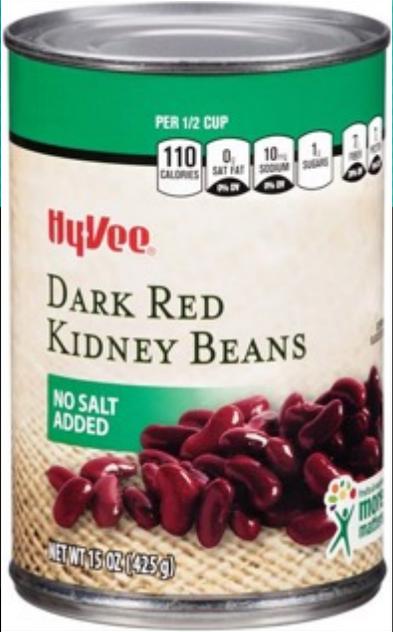
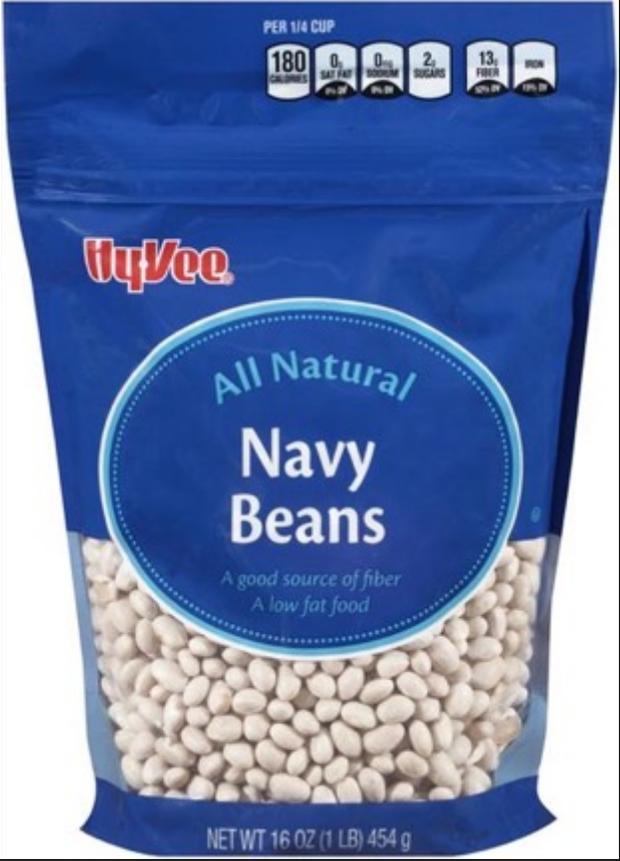


Meat/Poultry/Seafood Section

- Vary your proteins
- Beef and Pork
 - Loin and round = leaner cuts of meat
- Eat fish/seafood 2x/week
 - Omega-3's = heart health
- Remove skin off poultry
- Grill, bake and broil instead of frying and breading meat



Other Protein Options



Dairy Section

- Choose non-fat or low-fat dairy
 - 1% or skim milk
- Low-fat cheese
 - Watch serving size
 - Watch sodium
- Yogurt
 - Greek = more protein
 - Watch for added sugars



Frozen Section

- No added salt veggies
- Watch for veggies w/sauce added
- Steamfresh veggies
- Veggie Spirals
- Unsweetened fruit
- Economical, nutritious, and less food waste



Health Market Section



Beneficial Hy-Vee Dietitian Services

- Grocery store tours
 - Diabetes
 - Heart Health
 - Food Allergies
 - Prenatal Health
 - Celiac disease/gluten-free
 - Low Sodium
 - And many more!



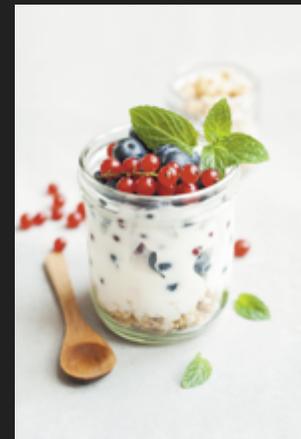
Beneficial Hy-Vee Dietitian Services

- Celiac Support Group
- School Presentations
- Worksite Wellness Presentations
- Kids in the Kitchen cooking classes
- Available to answer any nutrition-related questions and concerns



Healthy Swaps

- Plain, non-fat Greek yogurt instead of sour cream
- Riced cauliflower instead of rice
- Mix zucchini noodles into whole wheat noodle dish to increase volume without significantly increasing calories
- Kale chips instead of potato chips



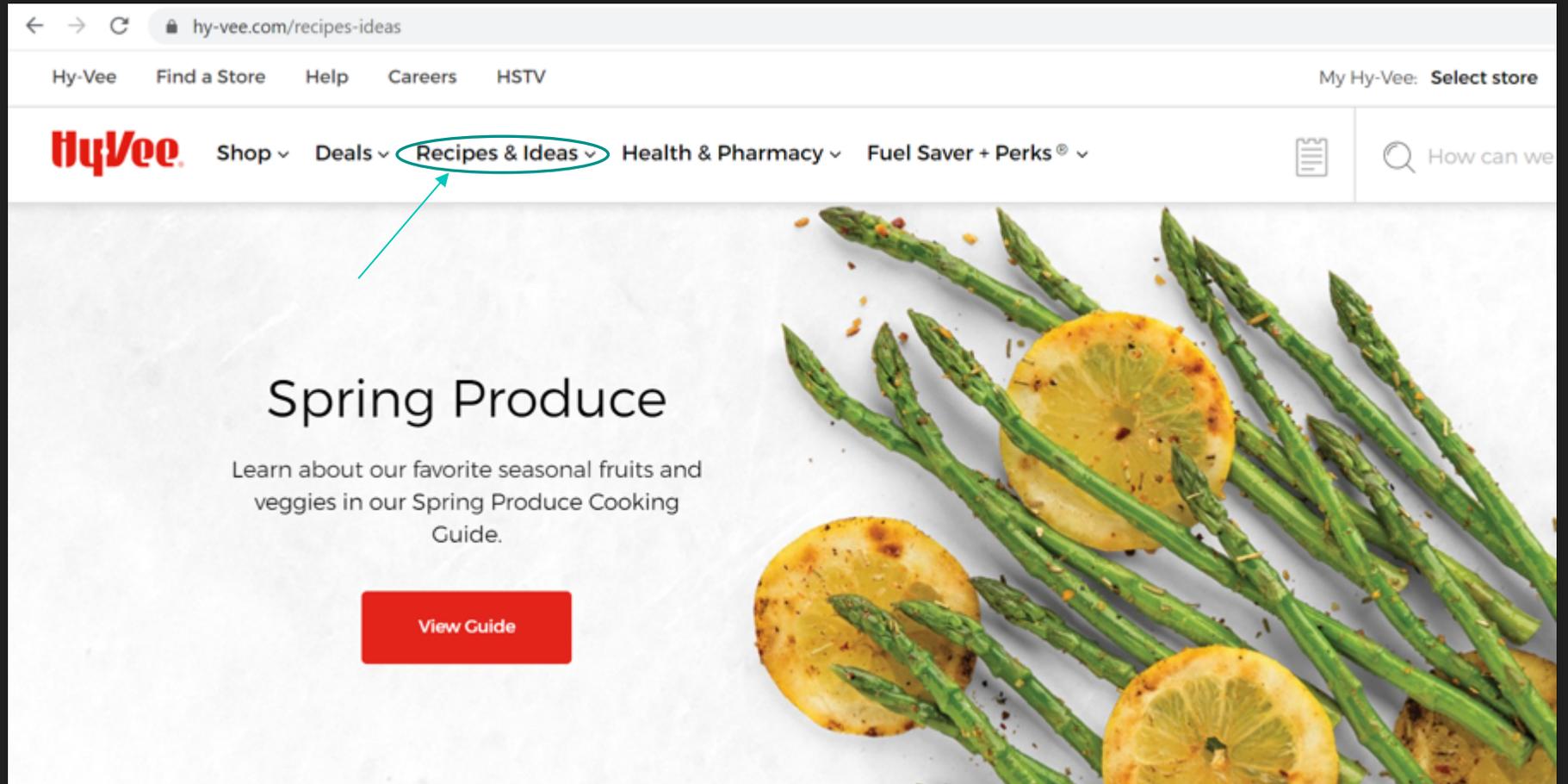
Healthy Swaps



- Add “No Salt Added” tomato sauce into regular pasta sauce to reduce sodium/serving
- Lightly salted popcorn instead of potato chips or pretzels
- Hummus, mashed avocado, or mustard instead of mayonnaise for sandwiches or wraps
- Sugar-free maple syrup instead of maple syrup
- Spaghetti squash or zucchini noodles instead of pasta



Healthy Recipes



← → ↻ hy-vee.com/recipes-ideas

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☰ 🔍 How can we

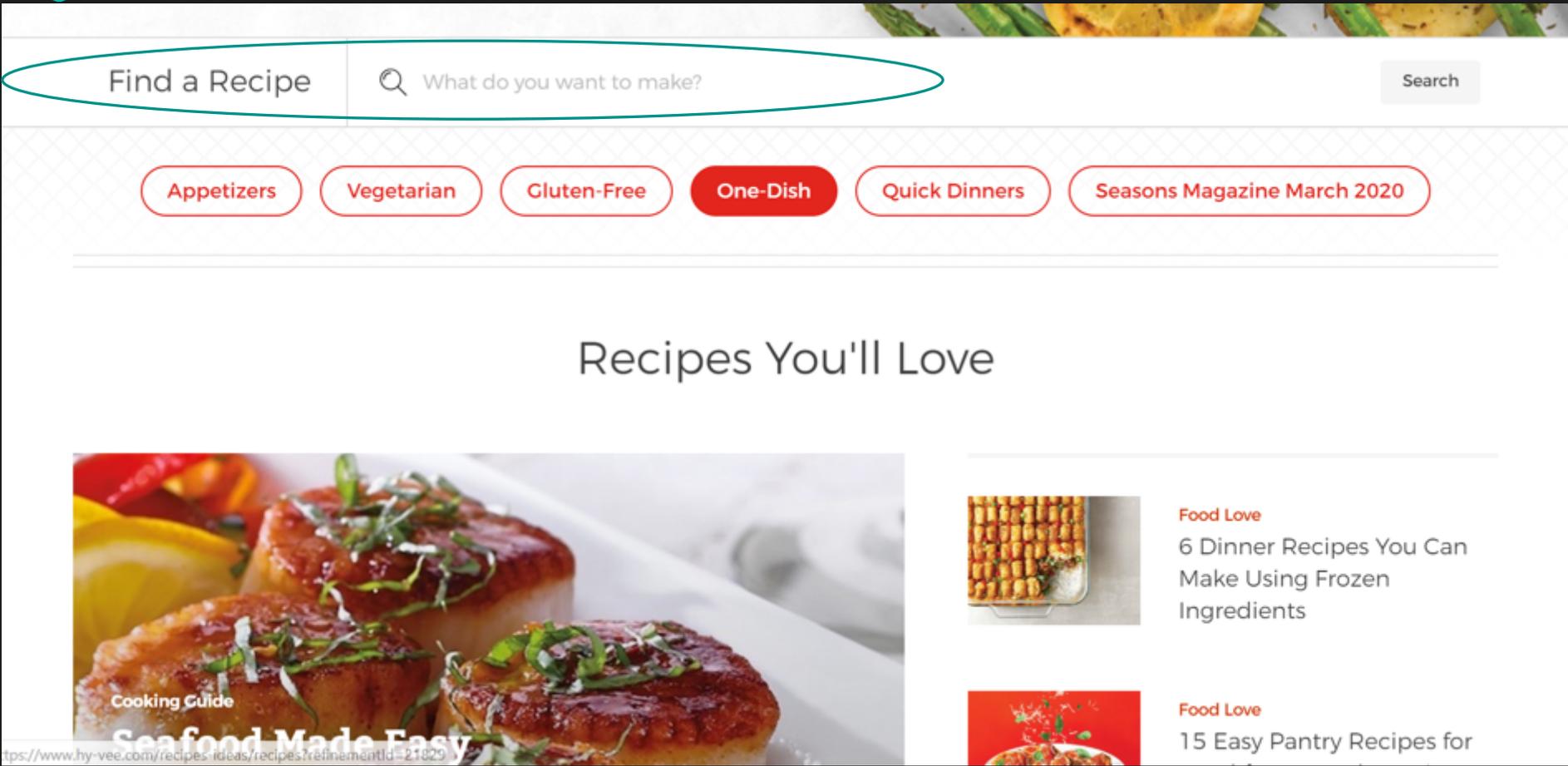
Spring Produce

Learn about our favorite seasonal fruits and veggies in our Spring Produce Cooking Guide.

[View Guide](#)



Healthy Recipes



Find a Recipe Search

Appetizers Vegetarian Gluten-Free **One-Dish** Quick Dinners Seasons Magazine March 2020

Recipes You'll Love



Cooking Guide
Seafood Made Easy

<https://www.hy-vee.com/recipes-ideas/recipes/refinementId=21829>



Food Love
6 Dinner Recipes You Can Make Using Frozen Ingredients



Food Love
15 Easy Pantry Recipes for

Healthy Recipes

Food Love

6 Dinner Recipes You Can Make Using Frozen Ingredients



Hy-Vee Test Kitchen · March 16 2020



Should you be keeping more frozen foods on hand? Yes! We love keeping frozen fruits, vegetables, and meat on hand so we can whip something up in a flash. Here are some of our favorite meals to make using frozen

Related Ideas



Living

6 Unexpected Recipes

Healthy Recipes

New Recipes!

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Main Dish
Go-Fish Tacos

30 min



Drink
Rainbow Rum Slushies

2 hr 30 min



Main Dish
Sesame Salmon Oven Stir-Fry

30 min



Main Dish
Crab Rangoon Pizza

28 min



Side Dish
Braised Bacon

30 min



Browse other popular tags:

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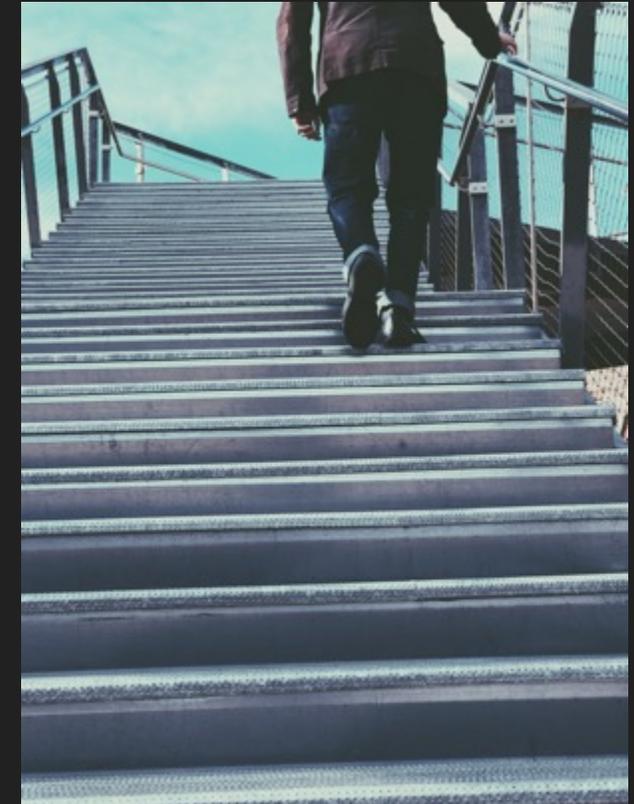
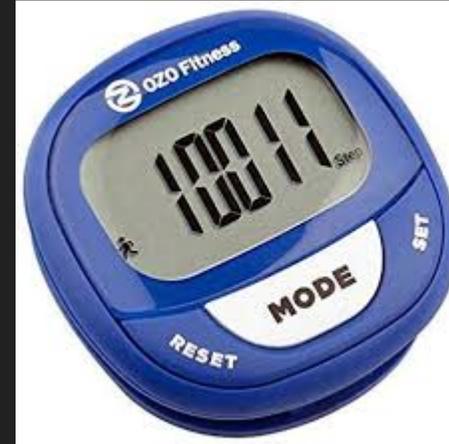
Challenges of Being Healthy at Work

- Desk job = little movement
- Snacking to stay awake
- Snacking out of boredom
- Vending machine temptations
- Unhealthy snacks in the break room
- Co-workers bringing unhealthy treats to share
- Going out to eat instead of packing a lunch from home



Tips for Being Healthier at Work

- Pack your own lunch/avoid eating out
- Use a FitBit or pedometer
- Set reminders to get up and walk around
- Use stairs instead of elevator
- Use bathroom on furthest side of the building
- Get a standing desk
- Stand up for at least 5 minutes every hour



Tips for Being Healthier at Work

- Start your day with a healthy, filling breakfast
- Chew sugar-free gum instead of mindlessly snacking
- Pre-portion out baggies of nuts, crackers, etc. to help avoid over-eating
- Keep snacks in the breakroom, away from your desk
 - Forces you to get up to get a snack and be more mindful about it
- Chair exercises
 - Leg lifts, leg extensions, etc.
- Stay hydrated – always keep a water bottle at your desk



Meal Prepping Saves Time



- Choose 1 day each week to meal prep for 1-2 hours
- Chop veggies, cook meats, cook rice, etc.
- Use Tupperware containers to have ready to grab and put in a lunchbox
- Cook extra for supper to take leftovers for lunch the next day

Resources Available

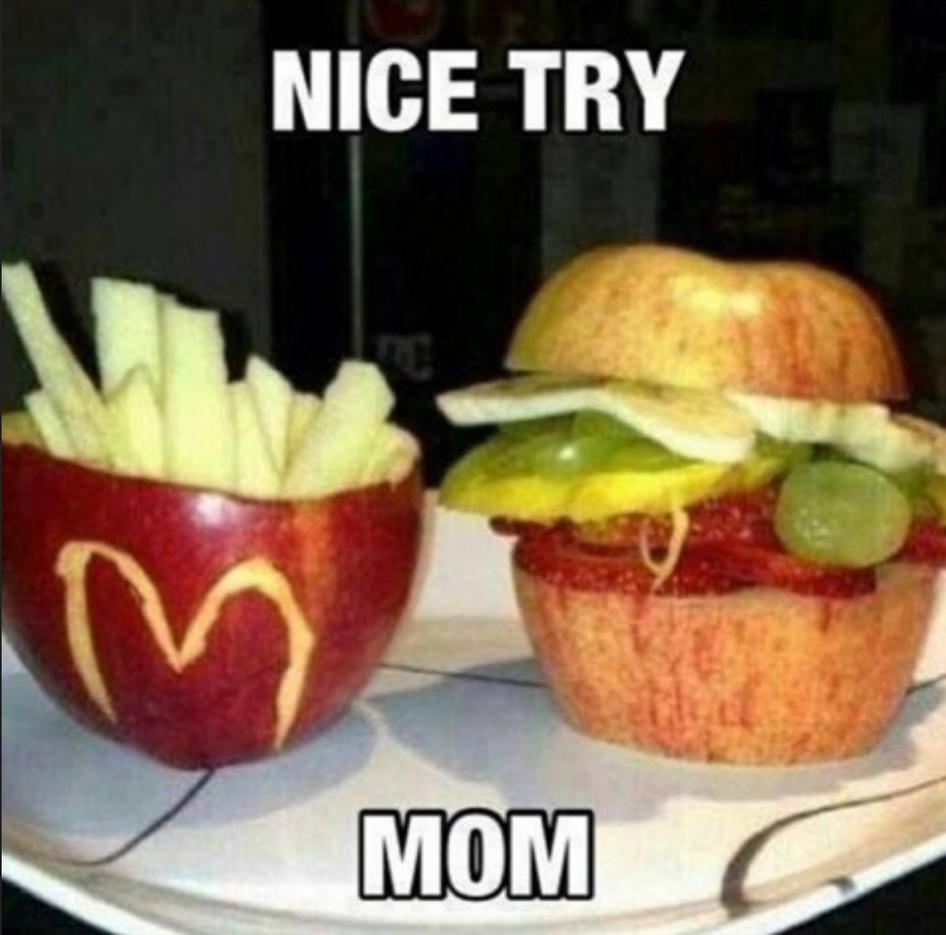
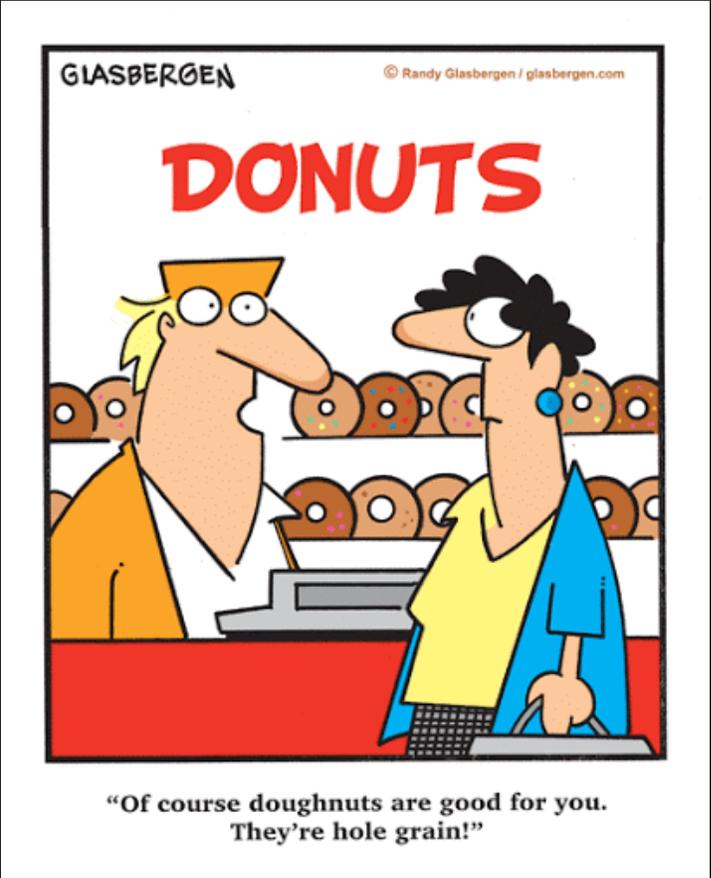
- Hy-Vee: www.hy-vee.com
- Academy of Nutrition and Dietetics: www.eatright.org
- American Heart Association: www.heart.org
- Choose MyPlate: www.choosemyplate.gov
- Dietary Guidelines: www.health.gov

Remember...

It's not a diet. It's not a phase. It's a permanent lifestyle change!



Questions?



Contact Info

Melissa Vondrak, RDN, LN

Corporate Registered Dietitian

Hy-Vee Stores

Sioux Falls, SD 57106

Contact me at:

E-mail: mvondrak@hy-vee.com

Corporate Voicemail: **515-695-3776**

Home store phone number (49th and Louise Hy-Vee): **605-361-0313**