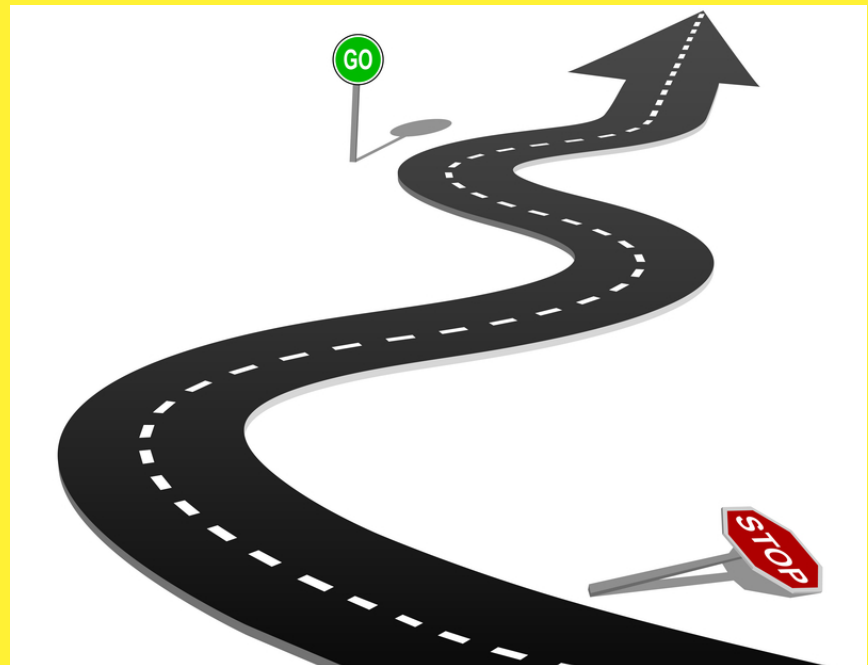




The Road to Better Health- One Bite at a Time.



Team Agreement:

- Have fun and laugh often
- Be present and participate
- This is a judgment free zone
- Others?





Healthy Eating Roadmap







Healthy Eating Roadmap

Why I want to eat healthy is....

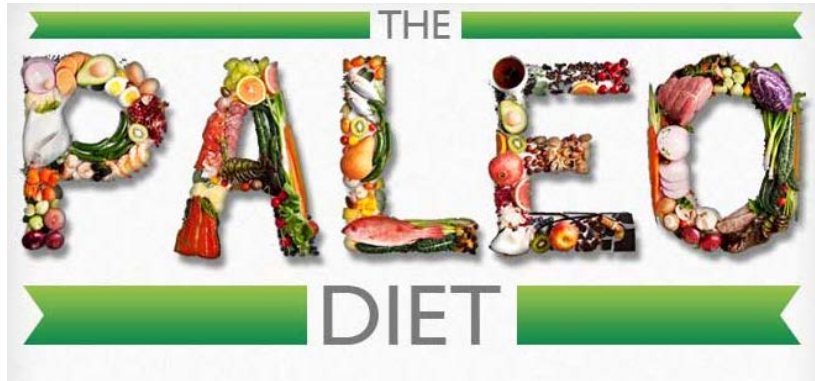


ToonClips.com

#6212

service@toonclips.com

Which plan should you follow?



American
Heart
Association®

life is why™



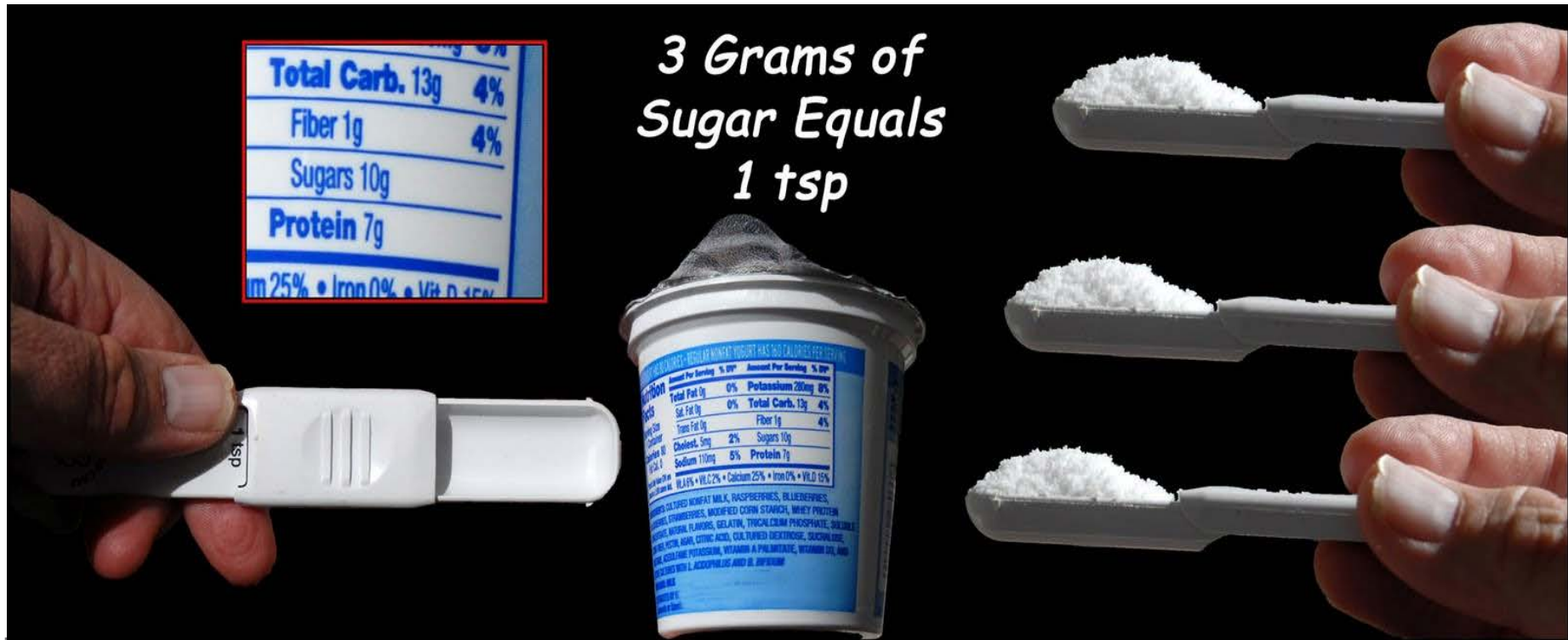
healthyworkforce
For the people who power KP

The Road Map: Dietary Guidelines 2015-2020

- **Limit** added sugar and salt
 - Sugar <10% of your calories/day (25-37 grams/day)
 - Sodium <2,300 milligrams/day
- **Include** healthy fats instead of animal fats and palm oils
- **Avoid** processed and convenience foods

Added sugars < 25-37 grams/day

- 25 grams of sugar = 8 teaspoons of sugar
- 37 grams of sugar = 12 teaspoons of sugar





Where's the sugar?

Starbucks Venti Latte twice a week



In a year....

2,288 grams of sugar
or
762 teaspoons

Coke Super Big Gulp(44 oz) once a week



130 grams or 43 teaspoons of sugar

In a year....

6,760 grams per year

or

2,253 teaspoons per year

How much salt?

Healthy Eating Guidelines 2015-2020



- 2,300 milligrams of sodium looks like:
- 1 1/3 teaspoon of salt

NUTRITION FACTS

Serving Size 1/2 cup (114g)

Servings Per Container: 4

Amount Per Serving

Calories 90 Calories From Fat 30

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g **

Cholesterol 10 mg 0%

Sodium 300mg 13%

Total Carbohydrate 13g 4%

Dietary Fiber 3g 12%

Sugars 3g

Protein 3g

Sodium

- Indicates the total amount of salt in one serving of this product.
- This food has 300 mg of salt per 1/2 cup serving.

Where is the salt hiding?



Which has more sodium?

McDonald's quarter pounder



Sbarro's Pepperoni pan pizza (1 slice)



Which has more sodium?

McDonald's quarter pounder
730 mgs of sodium

Sbarro's Pepperoni pan pizza (1
slice) 1,520 mgs of sodium





Which has more sodium?



Which has more sodium?

Cup of noodles- 1,800 mgs of sodium

Marie Callender's-pot pie 998 mgs

What doesn't contain salt or processed sugars?



Healthy Eating: Why not?



Time



Money



Money and Time Saving Tips

- Find Time (decrease screen time)
- Designate a day and time you will plan and shop for your week's meals
- Batch cook
- Frozen or prepared vegetables
- Buy local and in season
- Food delivery services

■ Other ideas?

Hangry?



Tips for avoiding Hangry

- Listen to hunger cues
- Carry healthy snacks
- Plan ahead and carry meals in lunch cooler
- Map out healthy options at popular food establishments



Mindful Eating



Resources and Tools

Kaiser Permanente:

National Healthy Workforce:

- kp.org/hwf
- GoKP

Regional:

- www.kphealthyme.com
- Health Education Classes

Apps and other tools you like?





Sample Healthy Habits UBT Goals

- 85% of Behavior Health UBT will be up to date on all THIP biometrics: blood pressure, BMI, and smoking status by November 1, 2016.

Threshold-85% Target-90% Stretch-95%

- Shared Services UBT will lead monthly, facility wide Instant Recesses 3 times in 2016.

Threshold:3 Target: 5 Stretch: 7

- 75% of the Rock Creek Lab UBT will participate in efforts to reduce their sodium intake to 2300 mg a day or less using a food logging application on their phone. Blood pressure will be measured at start and end of 60 days.

Threshold-75% (participation) Target-80% Stretch-85%

The Road to Better Health- One bite at a time.

