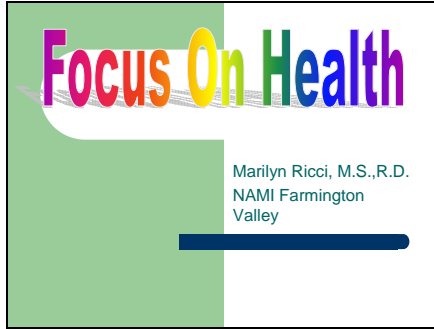


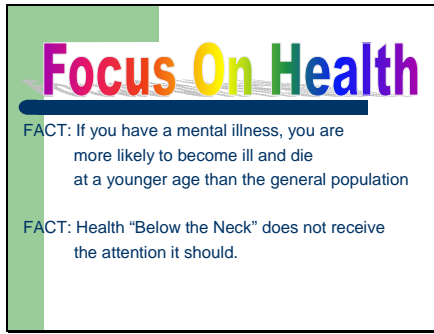
Slide 1



Focus On Health

Marilyn Ricci, M.S., R.D.
NAMI Farmington
Valley

Slide 2

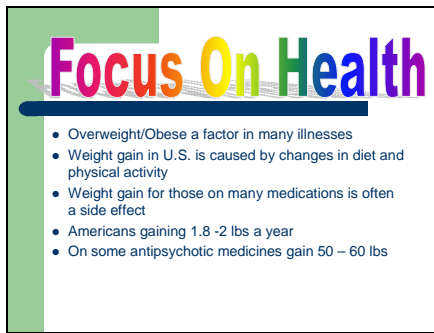


Focus On Health

FACT: If you have a mental illness, you are more likely to become ill and die at a younger age than the general population

FACT: Health "Below the Neck" does not receive the attention it should.

Slide 3



Focus On Health

- Overweight/Obese a factor in many illnesses
- Weight gain in U.S. is caused by changes in diet and physical activity
- Weight gain for those on many medications is often a side effect
- Americans gaining 1.8 -2 lbs a year
- On some antipsychotic medicines gain 50 – 60 lbs

Slide 4

The Toxic U.S. Environment

- Foods most available are low cost , high in sugar, fat and sodium
- Food industry – Did anyone ever ask for a Sponge Bob cereal?
- Decline in physical activity

Slide 5

It's The Real Thing


Is this an ad for Orange Juice?

Slide 6

Coca Cola

Serving size 8 fl oz
servings per container 6
Calories 100
Total fat 0
Sodium 35 mg
Total CHO 27 g
Sugars 27 g
Protein 0 g

Ingredients
High fructose com syrup &/or
sucrose, caramel color,
phosphoric acid, natural
flavors, caffeine



Slide 7

A Spoonful of Sugar makes.....

Brain must have glucose (simplest sugar) every day. Soda is not the brains food choice. It prefers to have its sugar meted out in a very steady state – not a sugar jolt of 1/5 of its requirement in 5 minutes.

Too much sugar makes the pancreas work hard. It must produce insulin to handle the extra sugar.

Poor eating habits can contribute to mood swings.

Slide 8

THE ORANGE

Vitamin C, Fiber,	64 calories
Folate, Limonene,	83 mg vitamin C
Potassium,	Strong antioxidant
Polyphenols, Pectin,	3 gm dietary fiber
Dietary Fiber	13 mg magnesium
	40 mcg folate
	More than 170 different phytonutrients

Slide 9

METABOLIC SYNDROME

- Prevalence double for those with schizophrenia
- Diets low in fiber, fruits and vegetables and high in sweetened beverages
- Little exercise – inactive lifestyle
- Abdominal obesity
- Elevated triglycerides
- Low HDL levels
- Raised blood pressure
- Insulin resistance

Complications can develop in less than 15 years

Slide 10

When weight around stomach increase risk of

- > Type 2 Diabetes
- > Heart Disease
- > Hypertension
- > Heartburn
- > Gout
- > Hyperlipidemia
- > High Triglycerides
- > Gastric Reflex
- > Osteoarthritis
- > Sleep Apnea

Slide 11

FAT


- 40 billion fat cells average person
- Multiply easily – to 100 billion
- Almost impossible to kill
- Ready for a future famine
- Exchanges messages with rest of body such as "I'm full" or "Isn't there a candy bar somewhere in this house?"
- Can swell to six times their minimum size

Slide 12

FAT


- Energy storage and management involves fat cells, brain, stomach, liver, pancreas, thyroid
- Many medications interfere with energy storage and/or management – results in weight gain
 - * Olanzapine
 - * Risperidone
 - * Clozapine

Slide 13




- Strain on cardiovascular system
- Wear on joints – can lead to osteoarthritis
- Fat around windpipe can interfere with breathing when muscles relax in sleep
- Discourages exercise
- Inflammation – stomach fat more metabolically active than hip fat
- Secretes estrogen -increases risk for breast cancer
- Increases risk for Type 2 diabetes

Slide 14



- Decrease saturated fats – found in animal foods
Increase risk of coronary heart disease by raising total cholesterol & LDL
- Avoid trans fatty acids – *raise total cholesterol, LDL, lowers HDL*
- Choose unsaturated fats – olive oil, canola oil *lower total cholesterol, lower LDL*
Monounsaturated – may raise HDL
- Choose foods with omega 3 fatty acids –*lower triglycerides, lower total cholesterol*

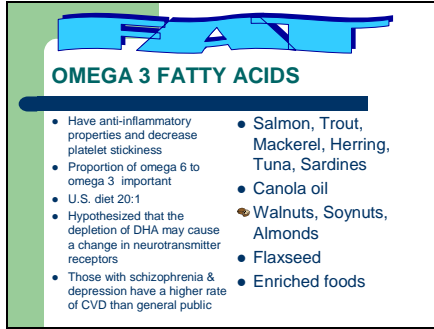
Slide 15



Total Calories per day	Total Fat in grams
1,600	53
2000*	65
2200	73
2500	80
2800	93

Percent Daily Values on Nutrition Fact Labels are based on 2000 calorie diet

Slide 16

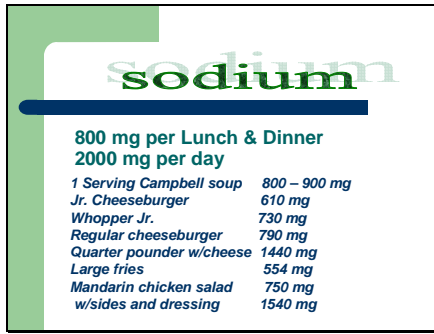


OMEGA 3 FATTY ACIDS

- Have anti-inflammatory properties and decrease platelet stickiness
- Proportion of omega 6 to omega 3 important
- U.S. diet 20:1
- Hypothesized that the depletion of DHA may cause a change in neurotransmitter receptors
- Those with schizophrenia & depression have a higher rate of CVD than general public

- Salmon, Trout, Mackerel, Herring, Tuna, Sardines
- Canola oil
- Walnuts, Soynuts, Almonds
- Flaxseed
- Enriched foods

Slide 17

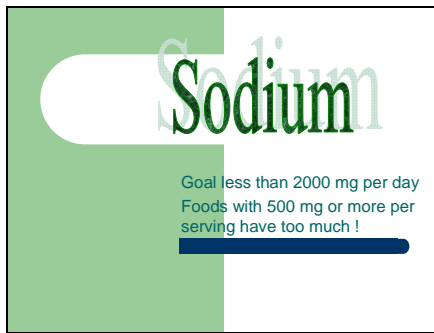


sodium

**800 mg per Lunch & Dinner
2000 mg per day**

1 Serving Campbell soup	800 – 900 mg
Jr. Cheeseburger	610 mg
Whopper Jr.	730 mg
Regular cheeseburger	790 mg
Quarter pounder w/cheese	1440 mg
Large fries	554 mg
Mandarin chicken salad w/sides and dressing	750 mg 1540 mg

Slide 18



Sodium

Goal less than 2000 mg per day
Foods with 500 mg or more per serving have too much !

Slide 19

HEALTH ALERT
Supersizing is out
Downsizing is in

- Change portion size
 SMALLER PORTIONS OF MEATS/POULTRY
 LARGER PORTIONS OF FRUITS/VEGETABLES
- Choose foods that provide nutrients
- Snack Smart
- Drink water

Slide 20

WHAT IS A PORTION

- Must read labels
- Depends on food
- Depends on whether need to lose weight
- Be aware of *How much you are eating.*

An 11 oz bag of potato chips is not a serving!
A sleeve of Oreo cookies is not a serving!

Slide 21

Nutrition Facts

Serving Size 1/2 cup
 Servings per Container about 3.5

Amount Per Serving		Calories from Fat 0	
		% Daily Values*	
Total Fat	1 g		2%
Saturated Fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	500 mg		23%
Total Carbohydrate	29 g		10%
Dietary Fiber	7 g		
Sugars	0 g		
Protein	7 g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	10%

*Percent Daily Values are based on a diet of other people's secrets.
 Your daily values may be higher or lower depending on your calorie needs.

	Calories	
	2000	2500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	50g	50g

Calories per gram: Fat 9 Carbohydrate 4 Protein 4

Slide 22

Focus On Health

Eat 500 calories less each day and may lose a pound in a week.
Exercise will increase loss of body fat and help you lose weight faster and keep it off.

MUSCLE BURNS MORE CALORIES EVEN WHILE YOU ARE DOING NOTHING

Eat a 6" Bagel with 1 oz cream cheese – 450 calories
Ride a bike 1 hour 25 minutes burns 500 calories

Slide 23

FRUITS and VEGETABLES

You can't eat too many

- Stand up if you have eaten one fruit or vegetable so far today
- Remain standing if had 2 servings.
- Remain standing if ate 3 servings.
- Remain standing if ate 4 servings.
- Anyone more than 4?

Slide 24

Focus On Health

PHYTONUTRIENTS – neither vitamin or mineral

- Antioxidants
- Enhance immune system
- Change estrogen metabolism
- Enhance communication among body cells
- Cause cancer cells to die
- Detoxify carcinogens
- Repair damage to DNA that's cause by smoking and other toxins

Still a lot to learn – how they work together, work with nutrients, fiber. Have only studied a few hundred.

Slide 25

Focus On Health
Key Phytonutrients

- *Allyl Sulfoxides* – onions, garlic, leeks, chives, scallions
- *Carotenoids* – deep orange & deep green
- *Lutein* – green vegetables, kiwi, egg yolks
- *Lycopene* – red fruits and vegetables
- *Zeaxanthin* – corn, spinach, winter squash, green vegetables, citrus fruits
- *Flavonoids* – blueberries, blackberries, cranberries, cherries, strawberries, kiwi, plums, red grapes, red cabbage, eggplant(skin)
- *Catechins*- tea, wine
- *Flavones* (*Hesperetin, naringenin*)- citrus fruit
- *Isoflavones*(*daidzein, genestein, glycitein*) – soybeans
- *Quercetin*- onions, tea, many vegetables, wine
- *Resveratrol*- red grapes & juice, peanuts, wine
- *Tangeritin* – citrus fruit
- *Indoles*- broccoli, bok choy, broccoli sprouts, cabbage, cauliflower, collard greens, kale, turnip, turnip greens

Slide 26

Focus On Health
Phytonutrients cont.

- *Lignan*- Flaxseed, rye, wheat, bran, oatmeal, barley
- *Limonoids*- citrus fruits – rinds, edible white membrane
- *Organic Acids* – fruits, vegetables, berries, red grapes, kiwi
- *Phytic Acid*- cereal grains, nut, seeds
- *Tannins*- cranberries, cranberry products, cocoa, chocolate
- *Oligosaccharides*- Jerusalem arichokes, shallots, onion powder
- *Phytosterols*- corn, soy, wheat
- *Saponins*- soybeans, soy-containing products, other legumes

Slide 27

Focus On Health

EAT YOUR VEGETABLES Paint Your Plate with Color

- Low in calories
- High in vitamins
- High in minerals
- High in fiber
- High in phytonutrients naturally occurring compounds

Slide 28

Focus On Health

Overwhelming evidence for the health benefits of plant-based foods


Fruits, Vegetables, Legumes (includes soy), Nuts, Seeds, Whole Grains

Count on a variety of food not supplements

Slide 29

Fiber

EAT MORE



Cereals with 5 – 7 gm per ½ cup
Popcorn 5 gm per 3 TBSP
Whole wheat pasta 3 gm per 2 oz dry
Walnuts 2 gm per ¼ cup
Bread 3-4 gm per slice

Slide 30

Fiber

- Add nuts to salads
- Add vegetables like broccoli, spinach, onions to pizza
- Rinse and add a small can of drained beans to salads, soups, pasta sauce
- Use whole wheat flour when cooking
- Choose cereal with 5 or more grams fiber per serving
- Make fruit dessert
- Add lettuce, tomatoes, onion, peppers etc. to your sandwiches
- Make simple stir-fries
- Use brown rice
- Try some new grains – couscous, barley, bulgur, wheat germ, grits

Slide 31

FOOD BALANCE SHEET

Foods that contribute to poor health	Foods that are healthy for us
> Very easy to get	☹ Not as easy to get
> Very easy to eat – no preparation	☹ Less convenient
> Taste good – high in fat and sugar	☹ Not as great tasting
> Promoted as fun	☹ Not promoted
> Often cheap	☹ Often more expensive

Slide 32



Slide 33

Focus on Health
Food choices to help with weight

- High protein diet – for snacks choose low fat cheeses, a small amount of nuts, ounce of turkey, low fat yogurt
- 6-10 servings of vegetables and fruits
- Whole grain breads and cereals
- Low fat or skim milk
- Higher monounsaturated fat and omega 3
- Limit trans fats

Slide 34

Focus On Health

- Put smaller portions on your plate
- Buy less high fat and sugar foods
- Make physical activity a part of your daily routine
- Read labels to buy foods that are healthier
- Don't overdo the caffeine
- Don't turn to alcohol
- Be careful with salt

Slide 35

Focus on Brain Health

- Fish 2 – 3 times a week – salmon, tuna,
- Small portions of nuts – walnuts, almonds, pistachios
- Deep colored fruits – blueberries, strawberries, blackberries,
- Citrus fruits, oranges, grapefruits (avoid if on
- Deep green leafy vegetables – spinach, collard greens, broccoli
- Foods whose labels say NO TRANS FATS
- Foods with added omega 3 fatty acids
- Exercise
- Stimulate your brain

Slide 36

Focus On Health

Gradually increase exercise

Keep records of activity and what eat

Reduce calories by choosing high fiber, vegetable and fruit snacks

More fruits, vegetables and whole grains

Drink water

Resign from the "clean your plate club"

Slide 37

Breakfast

- ▲ Associated with better nutrient intake
- ▲ Lower BMI
- ▲ More healthful food choices

Slide 38

Focus On Health

SNACK SMART

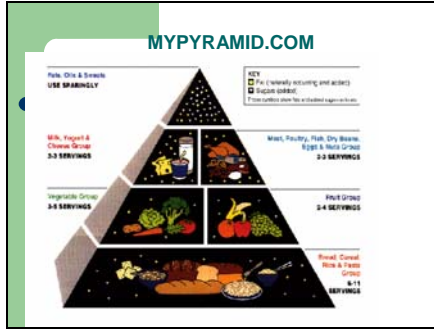
- Seeds – pumpkin and sunflower – *small quantities*
- Nuts – walnuts, almonds, pistachios, peanuts
– *1 ounce is a serving (24 almonds = 164 calories)*
- Popcorn – with no trans fatty acids
- Fruits
- Vegetables

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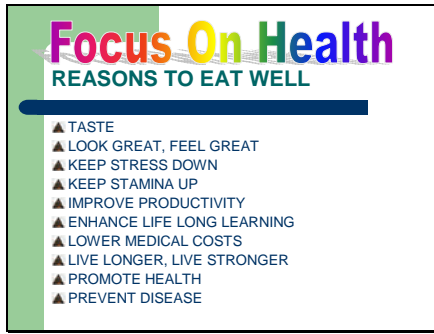
Focus On Health

- Switch from whole milk to skim or 1% milk
- Read the label on snack foods and see the number of grams of fat
- Avoid fried foods whenever possible
- Eat more vegetables
- Eat a low fat breakfast item
- Eat ice milk, sherbet, or frozen yogurt instead of ice cream
- Eat fruit in place of a high-fat snack

Slide 40



Slide 41



Slide 42