



HEALTHY EATING

MOVING FORWARD



OUR 2024 WEBINAR SERIES



WELLNESS WITHOUT BARRIERS



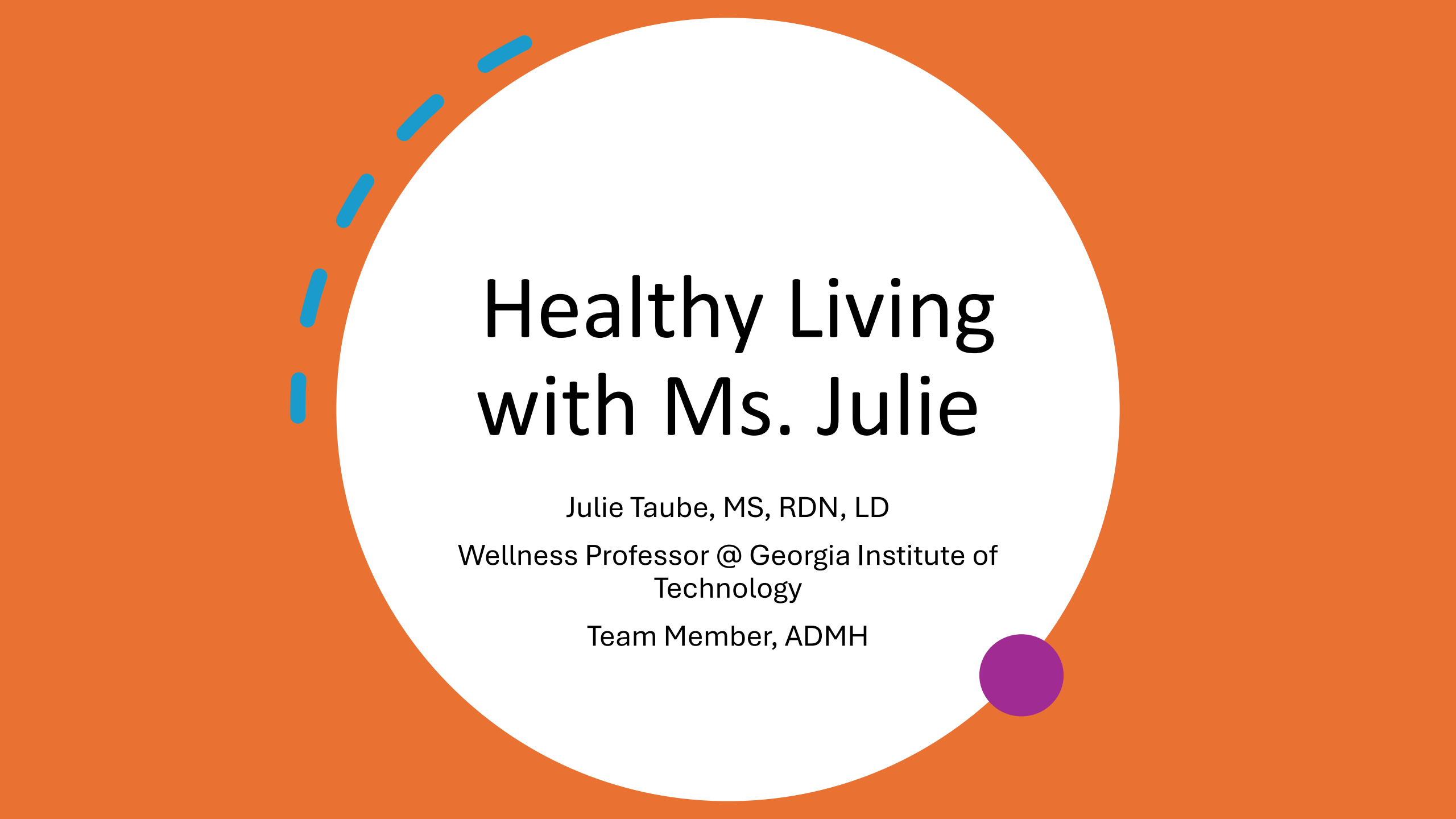
Our Mission:

ADMH provides comprehensive, coordinated, person-centered healthcare for teens and adults with developmental disabilities. We strive to empower individuals and their families to become advocates for their own health and wellness needs.



PATIENT
CENTERED
MEDICAL
HOME





Healthy Living with Ms. Julie

Julie Taube, MS, RDN, LD

Wellness Professor @ Georgia Institute of
Technology

Team Member, ADMH



Health Priorities

Activity


Diet

Mindset


Importance of Activity


Health Benefits of Physical Activity for Adults

IMMEDIATE

 A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM

 Regular physical activity provides important health benefits for chronic disease prevention.



Sleep
Improves sleep quality

Less Anxiety
Reduces feelings of anxiety

Blood Pressure
Reduces blood pressure

Brain Health
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression

Heart Health
Lowers risk of heart disease, stroke, and type 2 diabetes



Cancer Prevention
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach

Healthy Weight
Reduces risk of weight gain

Bone Strength
Improves bone health

Balance and Coordination
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function.
Meyer, "The Compelling Link," 201-207.
Jones, "Exercise, Immunity, and Illness," 207-264.

Source: Physical Activity Guidelines for Americans, 2nd edition.
To learn more, visit <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

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SMART GOALS

S

SPECIFIC

State exactly what you want to accomplish.

M

MEASURABLE

Use smaller, mini-goals to measure progress.

A

ACHIEVABLE

Make your goal reasonable.

R

REALISTIC

Set a goal that is relevant to your life.

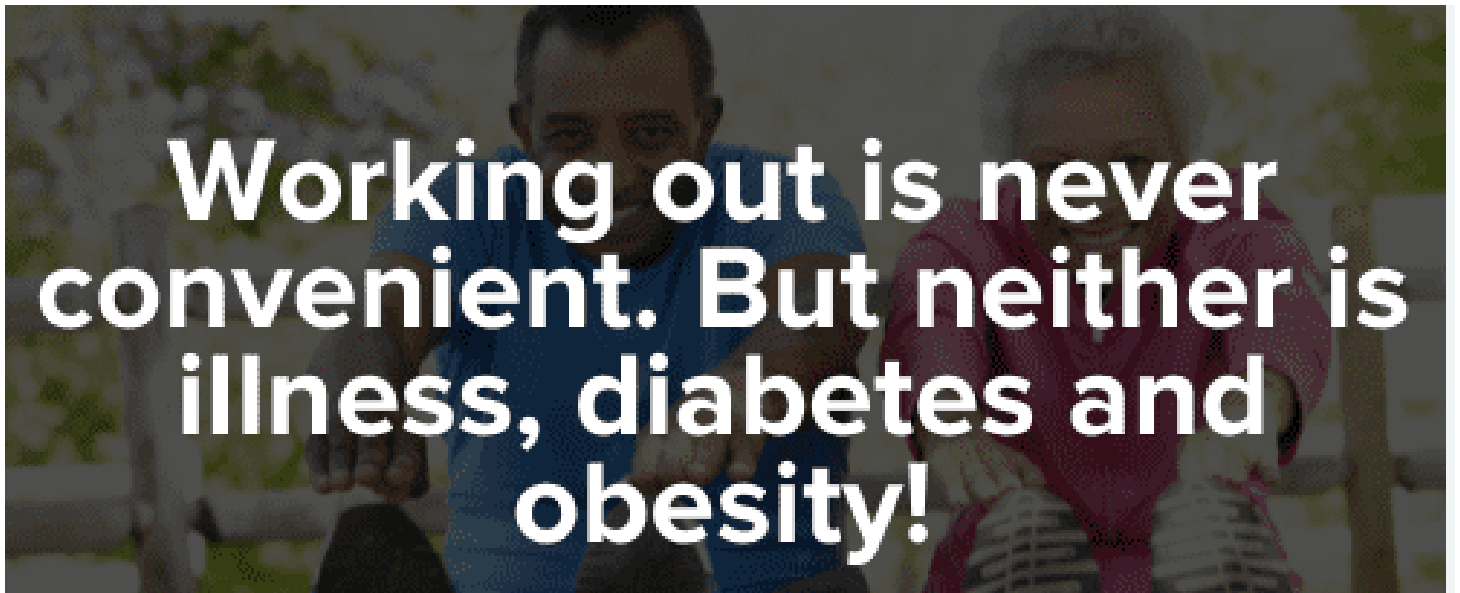
T

TIMELY

Give yourself time, but set a deadline.

Fitness Routine

- Strength training – 3 times/week
- Cardio – 15 minutes daily (walking, running, cycling, swimming, dancing, pickleball, tennis, treading water)
- Balance Activities – personal trainer, barre, yoga, pilates



Guide to Healthy Eating



Everyday

- Lots of vitamins and nutrients
- Many are NATURALLY gluten free
- **EXAMPLES:** fruits, vegetables, grilled chicken, fish, whole grains



Sometimes

- More sugar, salt, and fat
- Fewer vitamins and nutrients
- Decide with your family or caregiver how often is "sometimes"
- **EXAMPLES:** crackers, pretzels, oatmeal cookies, buttered popcorn, baked chips



Special Occasions

- A lot of sugar, salt, and fat
- Very few vitamins and nutrients
- Decide with your family or caregiver how often is a "special occasion"
- **EXAMPLES:** soda/pop, donuts, candy, fried foods, fried chips



Fruits and Vegetables

Fruits and vegetables are healthy for me. I can eat many different fruits and vegetables.



Half of my plate should be fruits and vegetables. This makes my plate colorful!



There are many ways I can eat more fruits and vegetables!



Add fruit to cereal or yogurt



Add vegetables to eggs



Add lettuce and tomato to a sandwich



Eat an apple instead of chips



Add orange and cucumber slices to my lunch



Put vegetables on pizza

Fruits and vegetables fill half my plate and make it colorful. I can eat many fruits and vegetables!

I can eat grains at every meal and make healthy choices!

For breakfast, I can choose a wheat bagel.



For lunch, I can choose wheat bread for my sandwich.



For dinner, I can choose brown rice.

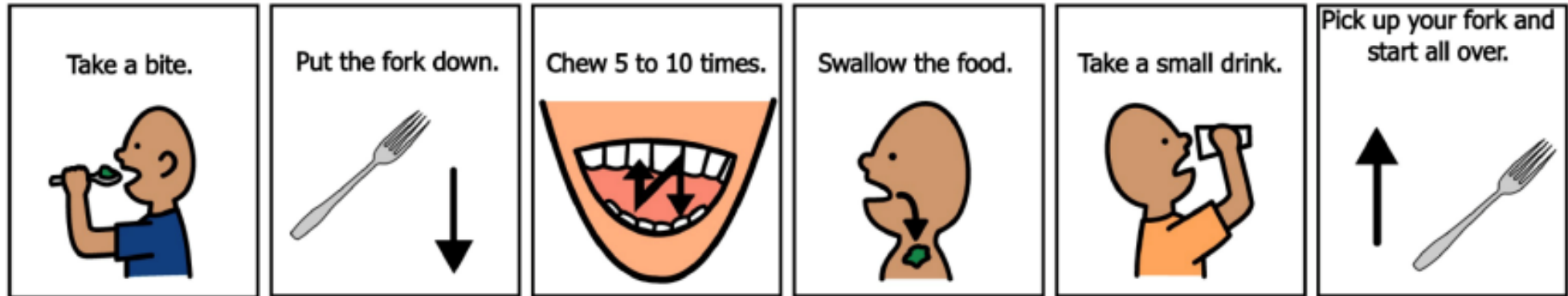


For snack, I can choose popcorn or whole wheat crackers.



Healthy Pace for Eating

To be healthy and enjoy my food, I should...



Guide to Healthy Drinking



Everyday

- Water is the healthiest choice
- It is OK to drink water any time
- **EXAMPLES:** water, water with fruits, sparkling water



Sometimes

- More sugar
- Decide with your family or caregiver how often is "sometimes"
- **EXAMPLES:** sports drinks, lemonade, chocolate milk



Special Occasions

- A lot of sugar
- Decide with your family or caregiver how often is a "special occasion"
- **EXAMPLES:** soda/pop, energy drinks, milkshakes



Drinking a Glass of Water



glass of water



drink



glass of water



drink



glass of water



drink



glass of water

WATER TRACKER

MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

I will drink at least 8 cups of water each day.

Each cup holds 8 ounces of water.

When I drink a cup of water, I will put an X through the cup on the tracker.



Example

I drank a cup of water!

Healthy Snacking

- Choose colorful combinations
- Protein-rich
- Eat sitting down with food on a plate







Recipe Resources

- www.skinnytaste.com
- <https://www.eatingbirdfood.com/>
- www.cantscrewthisup.com



OVERNIGHT OATS

INGREDIENTS

- 2 medium bananas
- 1 tsp vanilla extract
- 2 cups milk of choice
- 2 cups rolled oats
- 4 tsp chia seeds
- 1/4 cup walnuts

INSTRUCTIONS

1. Pour 1/2 cup oats into 4, 8oz Mason jars, then pour 1 teaspoon chia seeds into each jar.
2. Blend the milk, bananas, and vanilla until smooth, then pour an equal amount of the mixture (about 1/2 cup plus 2 tablespoons – this will vary depending on the size of your bananas) into each jar.
3. Seal the jars, shake them, and then refrigerate overnight. When you're ready to eat them, sprinkle the walnuts over top. These can be enjoyed hot or cold, depending on your preference.



Rainbow yogurt parfait

- **Ingredients**

- 1/2 cup blueberries
- 1 kiwi, peeled and diced
- 1 mandarin orange, peeled and cut
- 2-3 strawberries, sliced

- 1 cup plain 0% Greek yogurt
- 3 tablespoons chia seeds

- **Directions**

- Wash, peel, and cut all the fruit.
- Measure out chia seeds.
- In a clear container, alternate layers of yogurt, seeds, and fruit. For example, spread yogurt in the bottom, then sprinkle a small amount of seeds, and then add fruit of choice. Repeat for each type of fruit.

- **Servings: 2**



BROILED BALSAMIC SALMON

Ingredients

- half pound fillets of salmon
- ¼ cup soy sauce or tamari
- ¼ cup of balsamic vinegar
- ½ a lime
- 1 tablespoon of honey
- 3 tablespoons light olive oil
- freshly ground black pepper

Directions

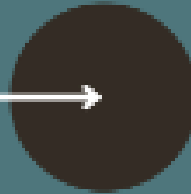
1. In a large bowl, add the honey, soy sauce or tamari, balsamic vinegar and a few cracks of black pepper from the mill. Slowly drizzle in oil until all combined.
2. Place salmon filets in a sealable container or a plate that can hold the liquid and pour marinade over the fish. Cover and refrigerate 4-12 hours.
3. When ready to cook, remove fish from marinade and place on a baking sheet. Set broiler to medium high and place fish on the rack second closets to the heat. Cook skin side up for around 2-3 minutes. Turn and cook for another 2-3 minutes. Remove from oven.
4. Serve with half a lime to sprinkle to your liking.





This is too hard

MINDSET MATTERS!



One step at a time



I don't know where to start!

QUESTIONS AND FEEDBACK

Do you have any questions
for Julie?

Thank you for your time this
evening!

Please take just a moment to
complete our Zoom poll.

