

Nutrition, Diet and Menu Planning

Peggy Burns, RDN, CD

Low Fat Cooking Tips:

- Choose lean cuts of meat and remove all visible fat
- Remove skin from chicken or purchase skinless chicken
- Grilling, Baking, Steaming and microwave are low fat cooking methods
- Roast meat on a rack to allow fat to drain away
- Avoid cream sauces and high fat gravies
- Use low fat dairy products
- Use low calorie salad dressing or balsamic or wine vinegar as dressing
- Cook AND Serve vegetables without added fat - use seasonings and spices

Menu Planning Template:

<https://thenourishinghome.com/meal-planning/>

It has a free download of a template to use for meal planning!

Food Security:

- Control access to Refrigerators, Freezers, Pantries and even Kitchen
 - Keep track of keys, combinations etc
- No food should be left out
- No snacks on demand – they need to be planned and scheduled
- It is helpful to have pre packaged or pre portioned condiments
- It can be very stressful to the clients if they know there is food around that they can access

Food Security outside the Home:

- Number one- controlled access to money
- Vending machines
- At stores – food isn't just at the grocery store!
- When dining out – look at menus before you go and decide what will be ordered. Dining out should be planned – and not on a regular basis
 - Make other meals “lighter” that day to make up for any extra calories when dining out

Consistent!

- Clients with PWS have a hard time when plans change
- Don't use food as a reward!
- Don't allow unplanned treats – the clients will begin to expect it
- Follow the menu, follow the meal, and snack times
- Move (exercise) daily!

Portion Sizes

- Meat, Poultry, Fish are measured in ounces. You will use a food scale to weigh these foods. Weigh after cooking
 - Portion sizes can range from 1 – 5 ounces
 - Pasta, Rice, Legumes are measured in cups. You will use measuring cups to measure these. Weigh after cooking
 - Portion sizes range from $\frac{1}{4}$ cup to 1 cup
 - Vegetables are measured in cups. You will use measuring cups to measure these.
 - Raw usually 1 cup
 - Cooked usually $\frac{1}{2}$ cup
 - Fruits are measured either by size or measuring cup. Fruit should be peeled and cored before serving.
 - Fresh – usually medium size
 - Canned in own juice, cut up fresh fruit, or berries usually $\frac{1}{2}$ cup
- Milk is measured in ounces. You will use a fluid measuring cup.
 - Portion size $\frac{1}{2}$ to 1 cup
- Fats such as margarine, oils, mayonnaise, salad dressing. You will use measuring spoons for these.
 - Portion size is 1 teaspoon – 1 Tablespoon

Different Meal Plans ~ Same Menu

- Each client will have their OWN meal plan with portion sizes that add up to their calorie level.
- The same menu will be used for all – just some may have bigger or smaller portions than others.
- Sometimes different types of milk for example Whole vs Skim to help increase calories if needed. Or regular bread is used instead of light bread.
- Not all clients are on meal plans to lose weight, some are on a meal plan to maintain their current weight. And believe it or not some are on a meal plan to gain weight!

General APPROXIMATE Calories

Lean Meat	75 calories per ounce
Bread	80 calories per slice
Rice, Pasta, Noodles	80 calories per ½ cup
Fruit, canned in own juice	60 calories per ½ cup
Fruit 1 medium piece	60 calories per ½ cup
Milk, skim	90 calories per 1 cup
Vegetables, raw	25 calories per 1 cup
Vegetables, cooked	25 calories per ½ cup
Fats	45 calories per teaspoon
Soup, broth type	90 calories per cup

But when available it is BEST to check the Nutrition Label!

For example, some breads are higher or lower in calories.

Aldi carries a Fit&Active 100% Whole Wheat Whole Grain bread that is 35 calories per slice!

Look For Ingredient Lists that are Short and Contain Ingredients that you would Cook with in Your Own Kitchen

Pay attention the most to the first three to five ingredients. This is because ingredients on food labels are listed by weight. That means the things show up highest on the ingredient lists are the things that this product contains the most of.

Nutrition Labels

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	<small>% Daily Value*</small>
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

Start with the serving size

- **Serving Size** AND the **number of servings** per package
- The nutrients on the label refer to the Serving Size

Compare the Calories to the Meal Plan

- **Calories** are made up of the **Nutrients** listed
- The Percent Daily Value can be used as a guide even though they are based on a 2000 calorie diet. Percent DV are for the ENTIRE Day not just this food item or one meal.
- Low is 5% or less.
 - Aim for Low in:
 - Saturated Fat
 - Trans Fat
 - Cholesterol
 - Sodium
- High is 20% or more.
 - Aim for High in:
 - Vitamins
 - Minerals
 - Dietary Fiber

Estimated Calories

Use these calculations as a starting point and adjust as needed:

For Weight Loss:

Height (cm) x 7 - 9 calories = total calories needed per day

For Weight Maintenance:

Height (cm) x 9 - 10 calories = total calories needed per day

For Weight Gain:

Height (cm) x 10 – 11 calories = total calories needed per day

RESOURCES:

<https://www.lathamcenters.org/what-we-do/livinghealthypwscookbook/>

<https://www.opwsa.com/buy-red-yellow-green-nutritional-guide>

<https://www.eatright.org/>

<http://www.melaniesilverman.com/>