

# Healthy Eating for Joint Protection and Weight Loss



Presented By  
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# Review: Important Facts

Musculoskeletal conditions are one of the most common reasons for doctor's visits: *one in every seven* is related to musculoskeletal challenges.



"My arm hurts."

# 4 Major Musculoskeletal Conditions

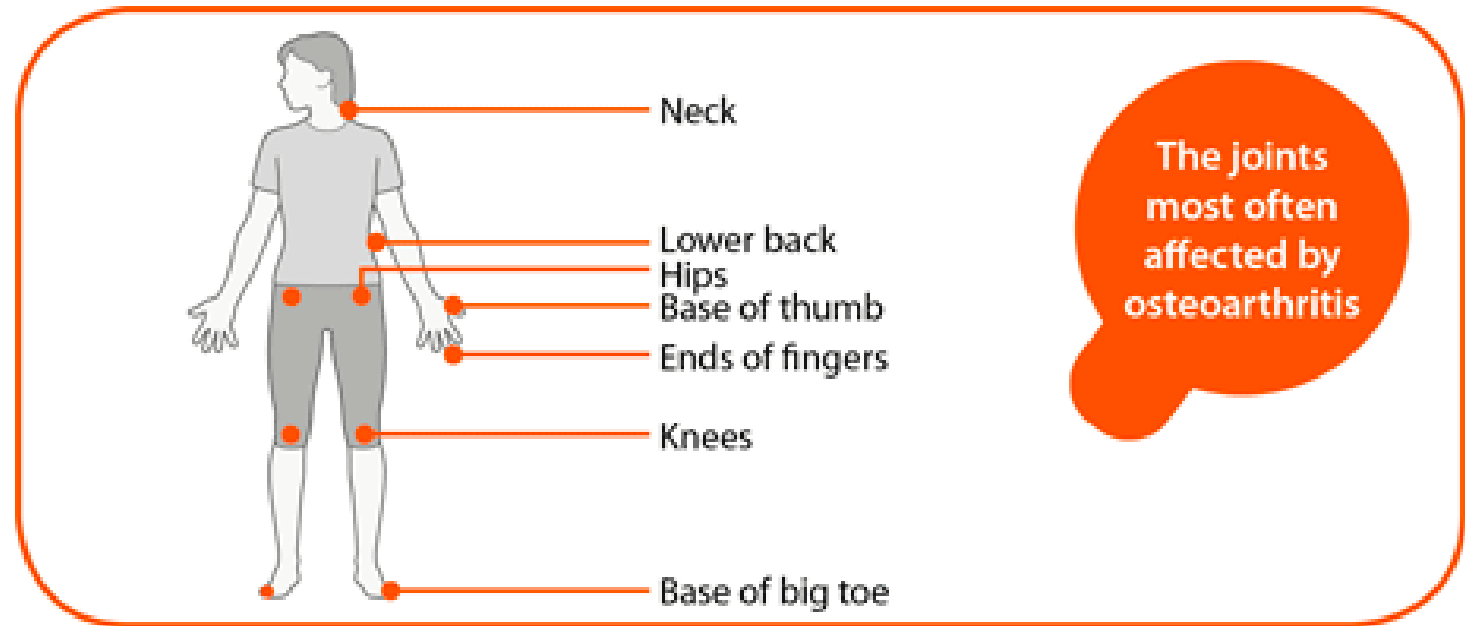
1. **OSTEOARTHRITIS** – loss of joint cartilage primarily in hips and knees
2. **RHEUMATOID ARTHRITIS** – chronic inflammatory condition typically affecting multiple joints
3. **OSTEOPOROSIS** – low bone mass promoting fracture vulnerability in hips, vertebrae, and forearm
4. **LOW BACK PAIN** – affects nearly everyone at some point in life



# More On Osteoarthritis

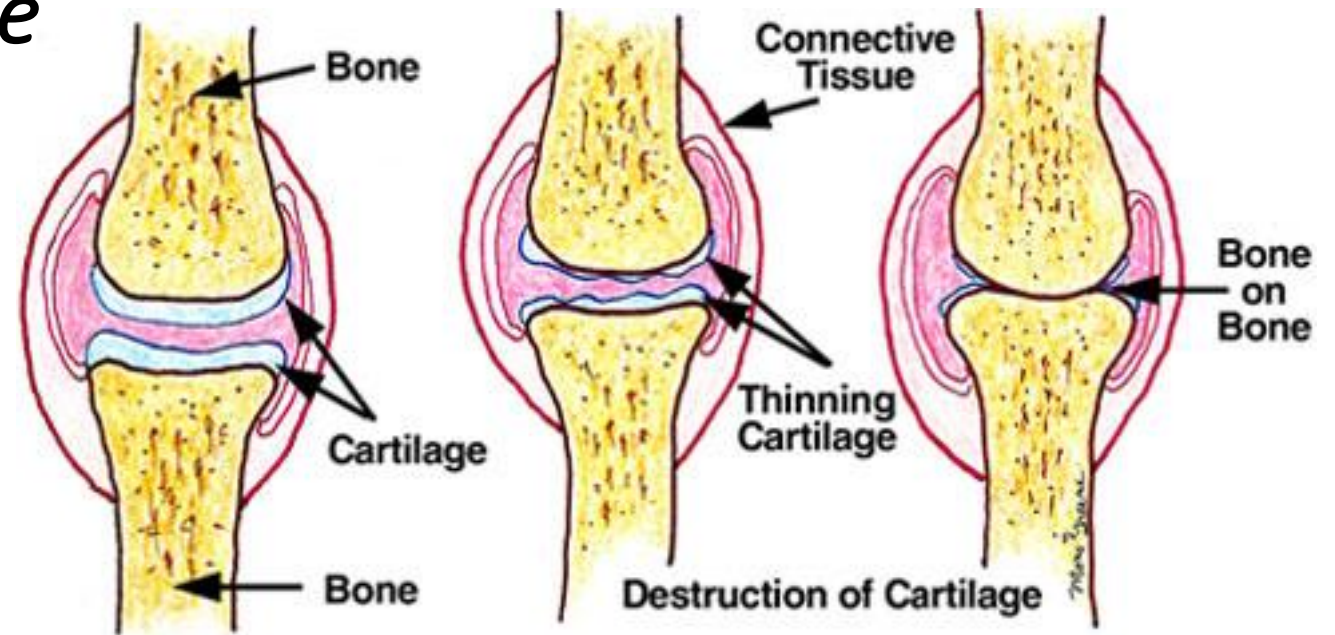
Osteoarthritis is the most common joint condition and is the leading cause of physical disability in individuals 65+.

Osteoarthritis is projected to become the **4<sup>th</sup> leading cause of disability in the population by 2020**



# Characteristics of Osteoarthritis

1. *Loss of Articular Cartilage*
2. *Synovial Inflammation*
3. *Joint Stiffness*
4. *Swelling*
5. *Pain*
6. *Loss of Mobility*
7. *Disability*



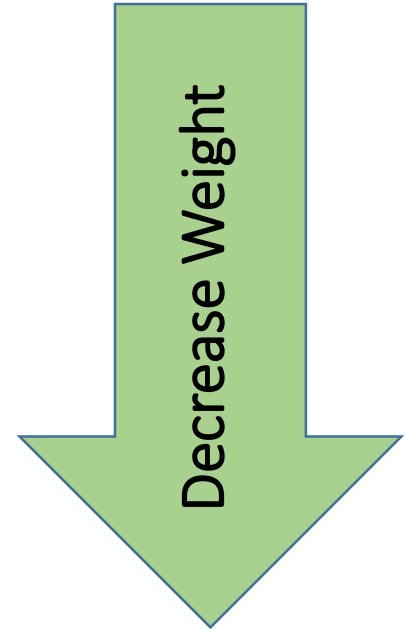
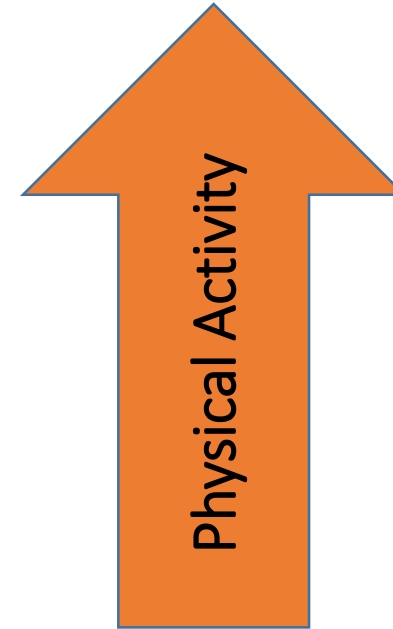
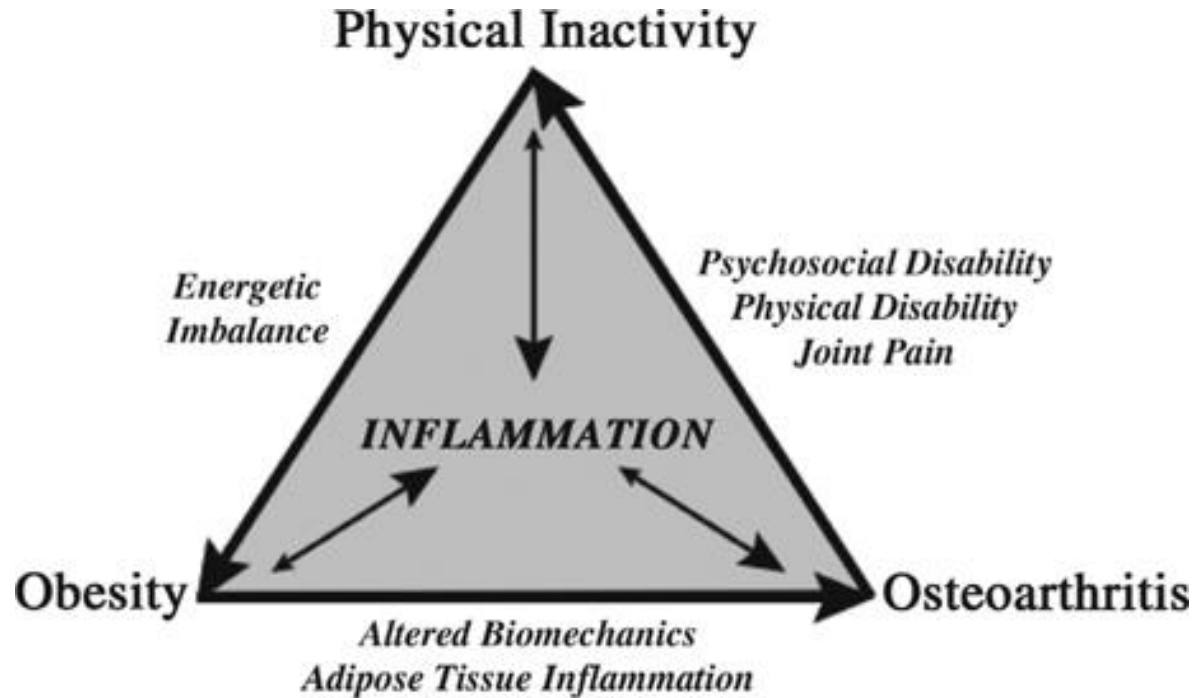
**Knee Osteoarthritis**

*Obesity is the leading cause of osteoarthritis as well as many musculoskeletal conditions due to its ability to initiate low grade inflammation*

# PREVENTION

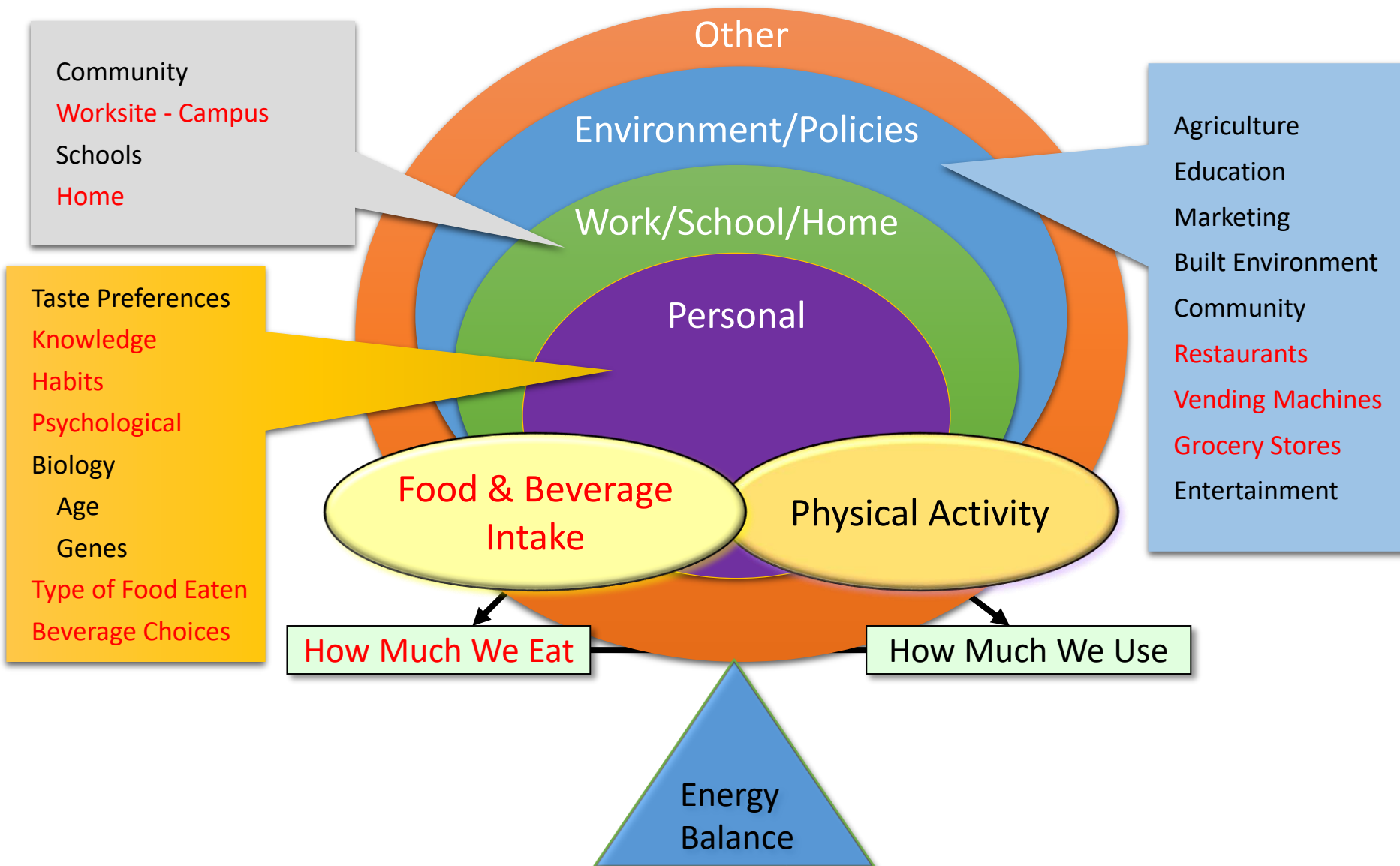


# Intervention



***MOVE MORE, EAT LESS***

# Overcoming Barriers

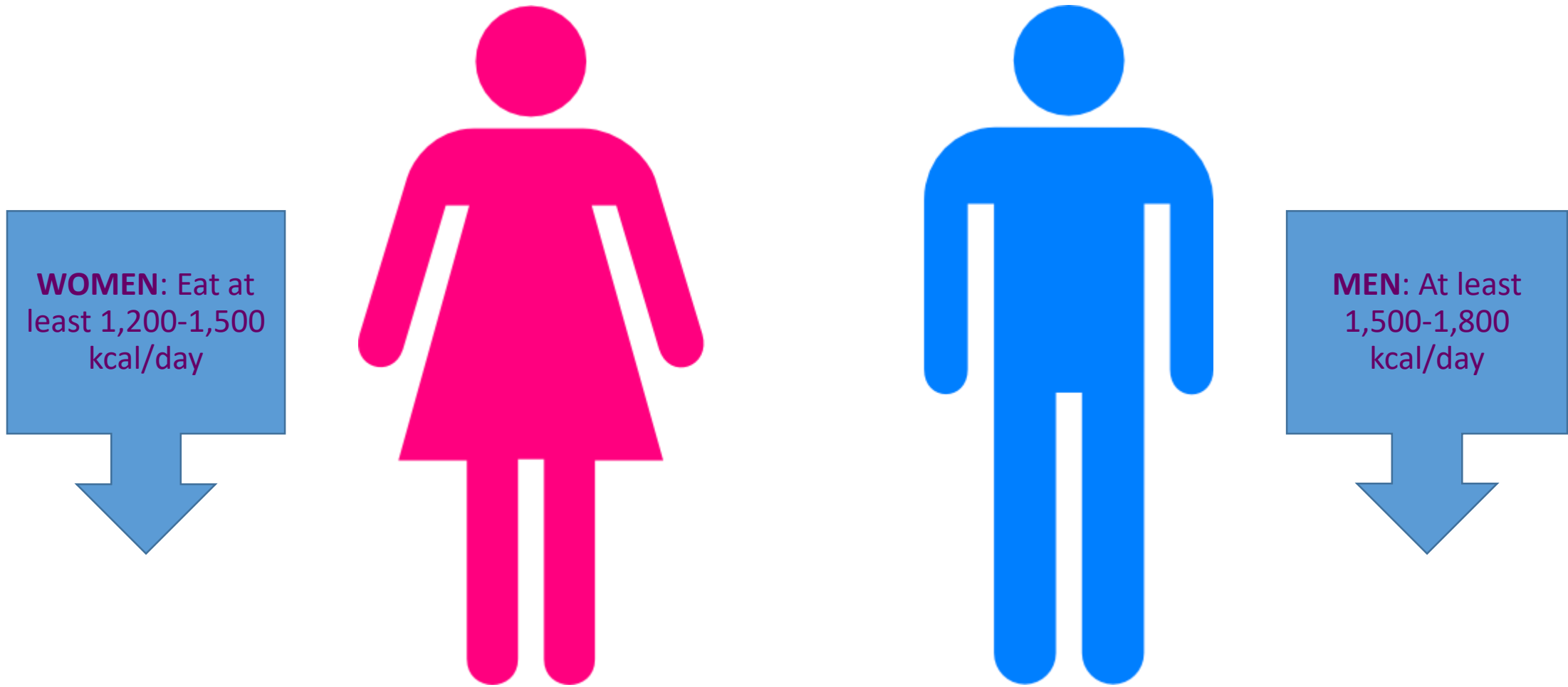




# Tips for Weight Loss



# Tips for Weight Loss



Slow and steady weight loss overtime is the key.  
Low calorie diets of fewer than 1000 calories per day should be avoided.

# Tracking Food for Success



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Look up nutrition info for over 8,000 foods and compare foods side-by-side.




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Find out what and how much to eat. Personalize your experience by creating your profile, and get a plan tailored for you.

Or, use the [general plan](#).




### My Weight Manager >

Get weight management guidance; enter your weight and track progress over time.




### My Top 5 Goals >

Choose up to 5 personal goals; sign up for tips and support from your virtual coach.



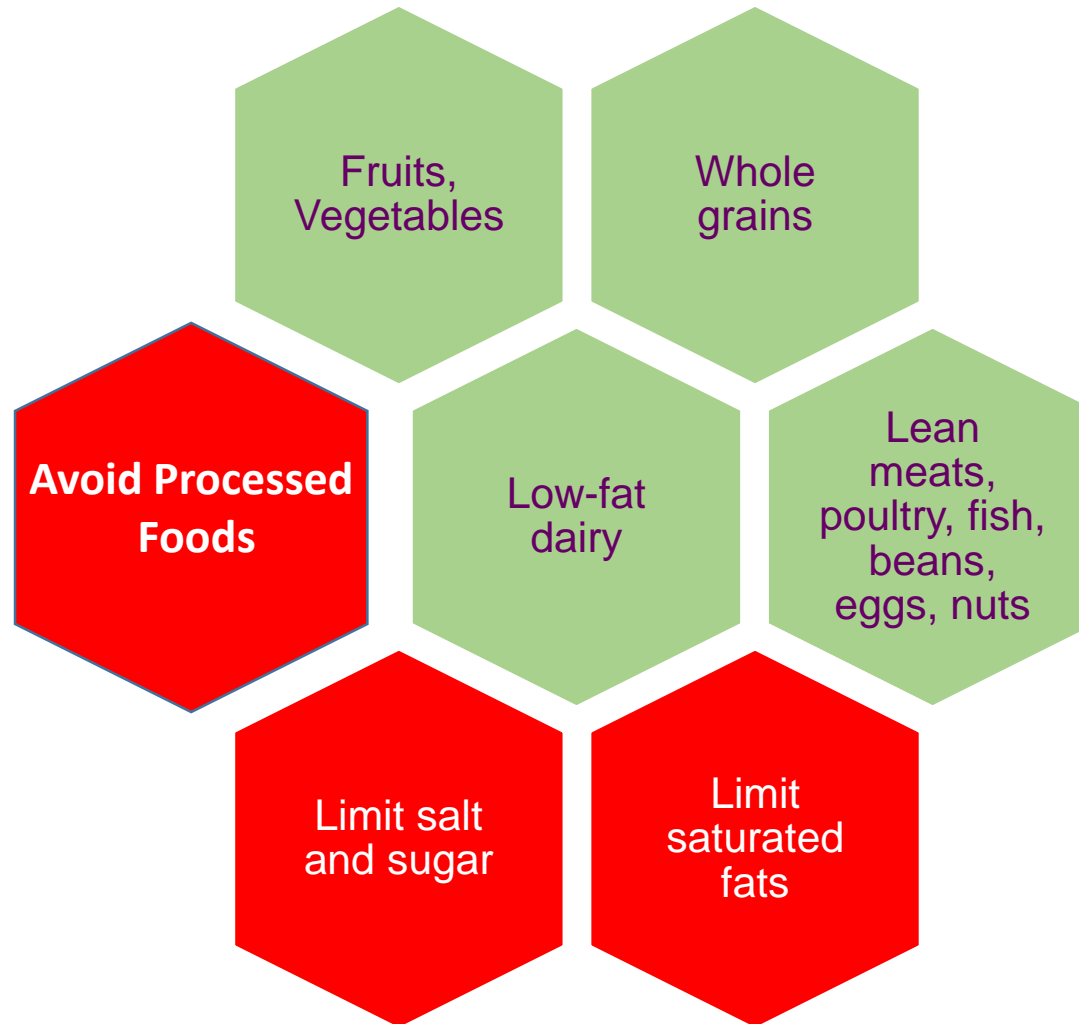
### My Reports >

Use reports to see how you are meeting goals and view your trends over time.



<https://www.supertracker.usda.gov/myplan.aspx>

# Tips for Weight Loss





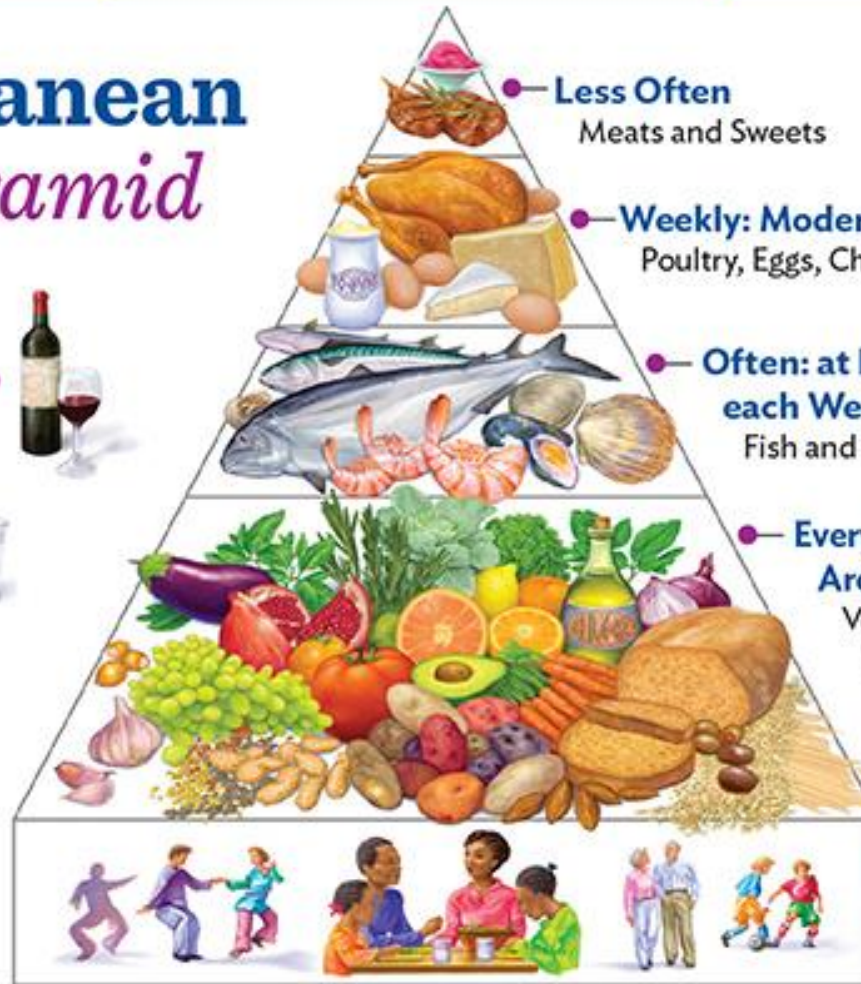
# Anti-Inflammatory Diet for Joints

## Mediterranean Diet Pyramid

In Moderation  
Wine



Every Day  
Water



Less Often  
Meats and Sweets

Weekly: Moderate Portions  
Poultry, Eggs, Cheese and Yogurt

Often: at least Twice  
each Week  
Fish and Seafood

Every Day: Base Each Meal  
Around these Foods  
Vegetables, Fruits, Whole  
Wheat Grains, Olive Oil,  
Beans, Nuts, Legumes  
and Seeds, Herbs  
and Spices

Every Day  
Be Physically Active;  
Enjoy Meals with  
Others

Illustration by George Mollison

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# Anti-Inflammatory Diet for Joints



- 1.Reduces Inflammation
- 2.Beneficial to Joints
- 3.Promotes Healthy Weight
- 4.Reduces Cardiovascular Disease Risk



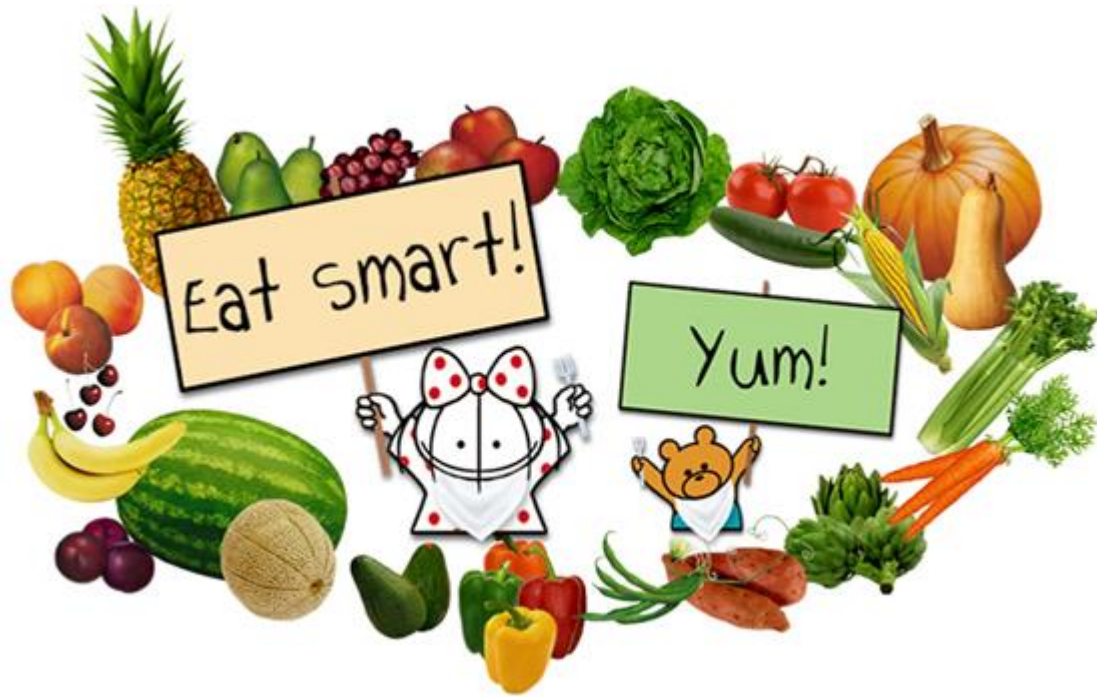
# Best Foods for Weight & Joints

# Vegetables & Fruits



For a 2000 Calorie diet  
2 cups Fruit &  
2 ½ cups Vegetables  
**DAILY**

# Tips for More Vegetables & Fruits



1. Add More Fruits and Veggie Portions to Recipes
2. Modify Your Favorite Recipes by Adding Veggies and Fruits
3. Always have Fruits and Veggies Prepped for Easy Access
4. Boost Your Smoothies with Extra Fruits and Veggies
5. Try Preparing Vegetables in Different Ways – Grilling or Roasting vs. Steaming

# Protein

## RDA Recommendations

0.8g/kg Body Weight



## Easy Conversion

Multiply Your Weight in Pounds by .36

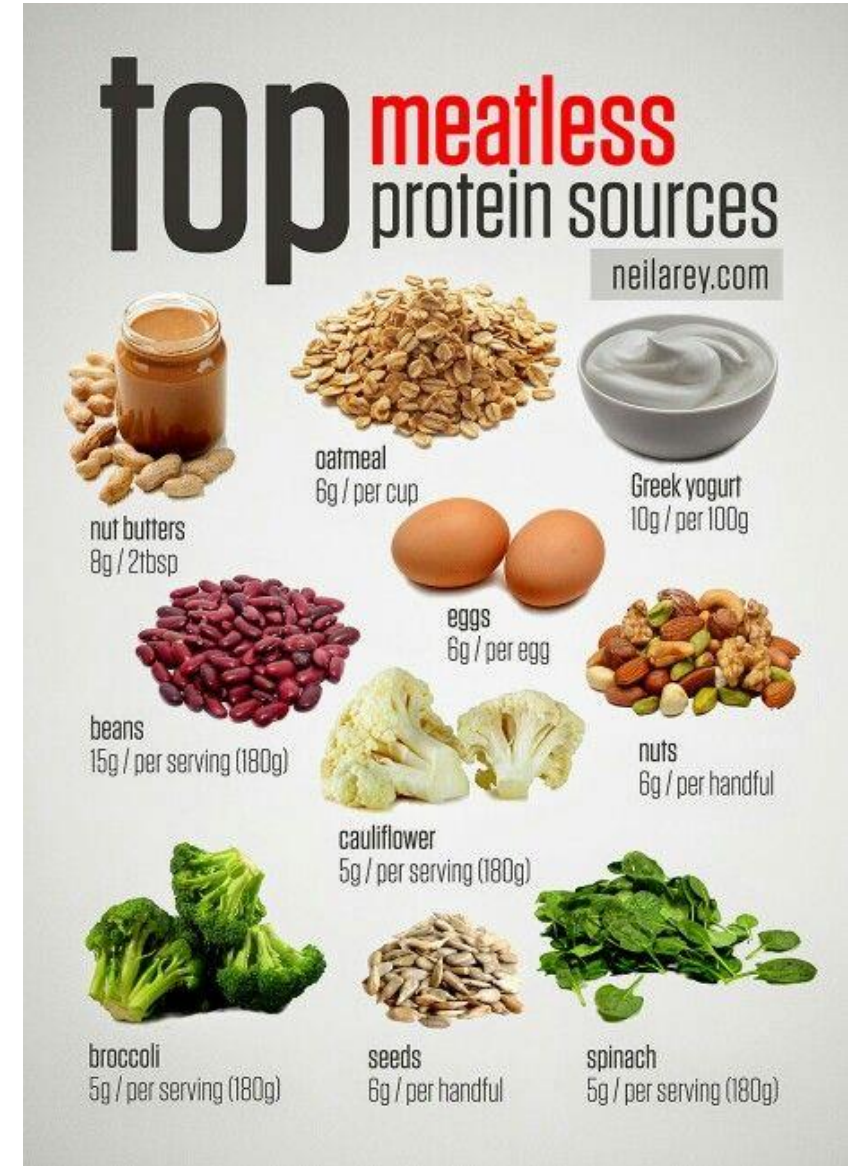
Ex. 150lb Female = 54 grams daily

Ex. 200lb Male = 72 grams daily

**Avoid Processed Meats and Limit Red Meats**

**Instead Opt for Lean Proteins (Fish, Chicken, Turkey)**

**AND Plant Based Proteins**





# Whole Grains

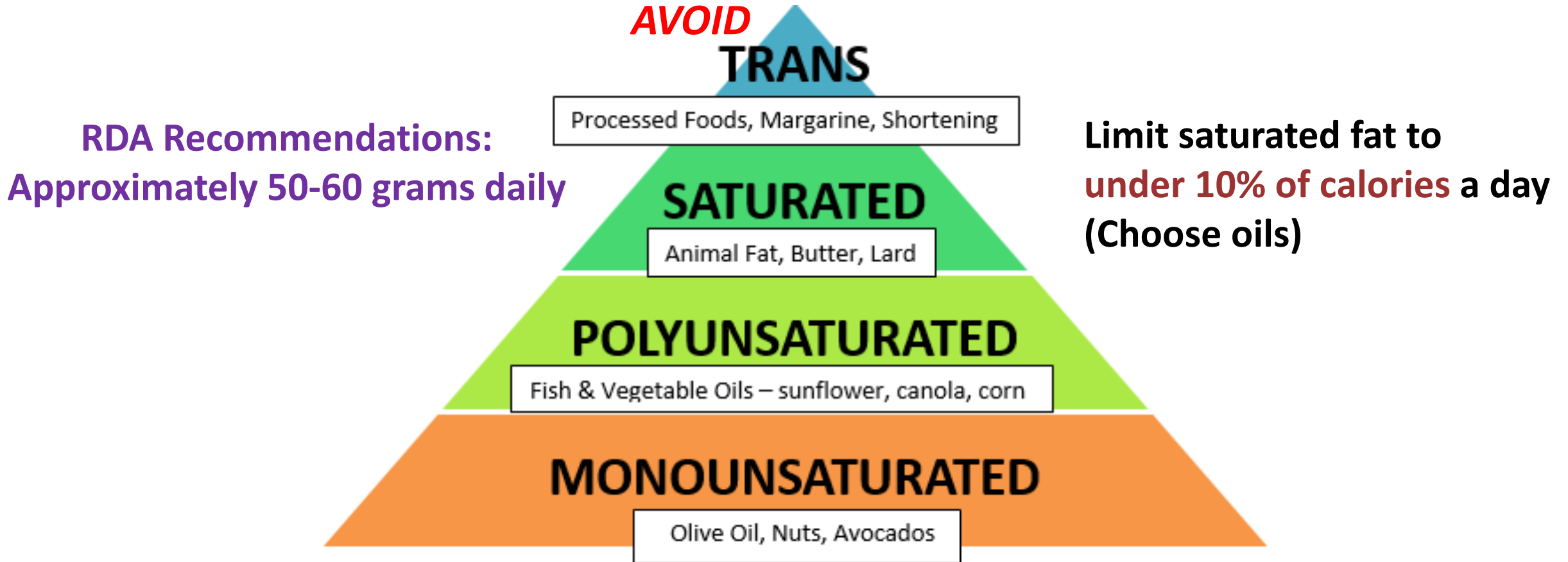
**RDA Recommendations: 3-5 servings of *WHOLE* grains daily**



**Equivalents: ½ cup cooked rice, bulgur, quinoa, 1 slice WG bread**

**Avoid REFINED GRAINS that provide MINIMAL nutrition.**

# Healthy Fats



**Enjoy: Monounsaturated & Polyunsaturated Fats**



# Healthy Fats

## TIPS FOR CHOOSING OLIVE OIL



- 1. Choose Dark Bottles of Olive Oil Over Light Containers**  
olive oil oxidizes easily
- 2. Check the Harvest or Crush Date**  
the older the oil the more time it's had to degrade
- 3. When Tasting Give Olive Oil a Swish**  
good olive oil won't coat your palate
- 4. Avoid Storing by the Oven**  
heat degrades oil
- 5. Opt for Glass Bottles Whenever Possible**



# Healthy Spices



*Basil*

*Black Pepper*

*Cardamom*

*Cayenne*

*Celery Seed*

*Cilantro*

*Cinnamon*

*Cloves*

*Garlic*

*Ginger*

*Nutmeg*

*Parsley*

*Rosemary*

*Sage*

*Turmeric*

**Delicious Anti-Inflammatory  
Herbs & Spices**

# Healthy Spices

## BEST SPICES FOR MEAT

- Garlic
- Sage
- Thyme
- Oregano
- Curry Powder
- Ginger
- Marjoram
- Rosemary
- Bay Leaf

## BEST SPICES FOR FISH

- Basil
- Cilantro
- Dill
- Fennel
- Citrus
- Garlic
- Paprika
- Parsley
- Ginger

## BEST SPICES FOR VEGGIES

- Chives
- Tarragon
- Rosemary
- Oregano
- Red Pepper Flakes
- Sage
- Bay Leaf
- Mint
- Parsley
- Dill

**When storing both spices and dried herbs, it is best to keep them away from air, heat, and sunlight. They'll last longer that way.**

# Moderation: Alcohol

Alcohol has 7  
calories per  
gram

Often contain  
more calories  
than SSB

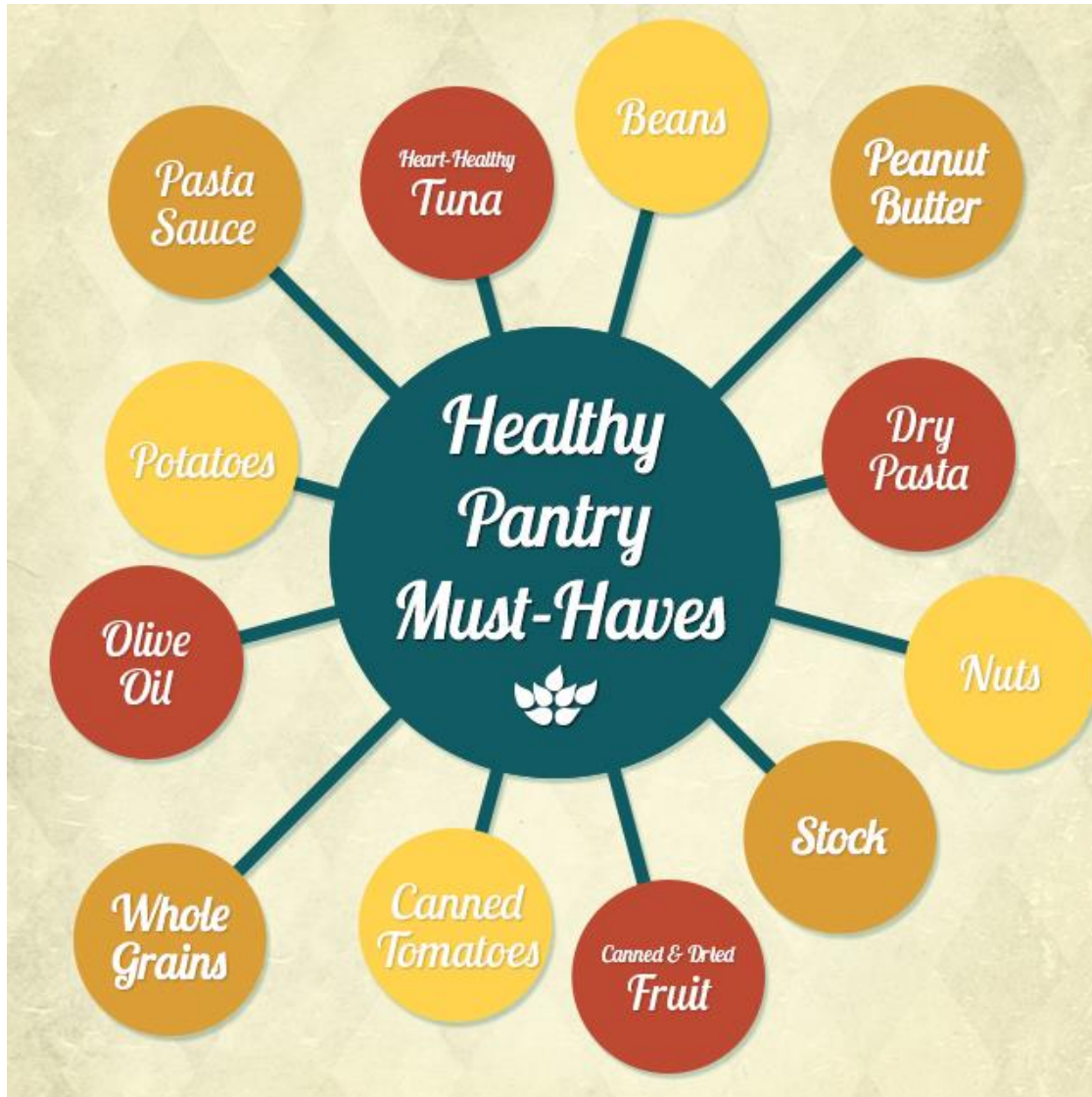
**MODERATION  
IS KEY**



Beer	Calories
Budweiser Select 55	55
Miller 64	64
Michelob Ultra Amber	99
Coors Light, Corona Light, Michelob Ultra, Miller Light	100
Bud Light, Miller High Life Light	110
Bud Light Lime, Sam Adams Light	120
Abita, Guinness Draught, Leinenkugels	130
Heineken, Miller High Life, Pabst Blue Ribbon, Omission Lager, Yuengling Traditional Lager	140
Bugweiser, Corona Extra, Stella Artois, Yuengling Black & Tan	150
Allagash, Hoegaarden, New Belgium Fat Tire Amber	160
Blue Moon Belgian White, Brooklyn Brewery Lager, Red's Apple Ale, Samuel Adams Summer Ale, Victory Prima Pils	170
Hard Cider (12oz)	
Michelob Ultra Light	120
Stella Artois Cidre	180
Angry Orchard Crisp Apple	190

Wine (6oz)	Calories
Skinnygirl	120
Red (Merlot, Pinot Noir, Syrah, Zinfandel)	150
White (Chardonnay, Pinot Grigio, Riesling)	150
Skinnygirl Sangria	160
Sweet dessert	170
White, late harvest	210
Malt Beverages & Hard Soda (11-12oz)	
Mike's Lite Hard Lemonade	150
Henry's Hard Orange Soda	190
Bud Light Lime Straw-ber-rita, Smirnoff Ice Original	200
Best Damn Cherry Cola	210
Bartles & Jaymes Fuzzy Navel, Bud Light Lime Lime-A-Rita, Henry's Hard Ginger Ale, Mike's Hard Lemonade	220
Mike's Hard Mango Punch	230
Best Damn Root Beer	240

# STOCKING A HEALTHY PANTRY



## PANTRY ITEMS TO AVOID

**SODAS**

**SUGAR SWEETENED BEVERAGES**

**HIGH SUGAR/LOW FIBER CEREALS**

**SNACK FOODS HIGH IN SUGAR,  
SATURATED FAT, AND REFINED FLOURS**

**CHIPS HIGH IN CALORIES, SODIUM, AND FAT**

**SALTED NUTS**

**CANNED SOUPS HIGH IN SODIUM**

**REFINED GRAIN BREADS AND BAKED GOODS**

# Healthy Meal Options



# Breakfast Out

Restaurant	Unhealthy Option	Modification	Alternative
Potbelly	Sausage, egg, and cheddar cheese “BIG” Sandwich (971 kcal, 1778 mg sodium)	Try egg and cheddar cheese square instead (335 kcal, 590 mg sodium)	<b>Steel-cut Oatmeal</b> raisins, brown sugar on the side (267 kcal)
Root Cellar	<b>Brazilian French Toast</b>	Regular French toast, no whipped cream/powdered sugar	<b>Scrambled Eggs</b> with whole grain toast or <b>Oatmeal</b> (w/fruit, egg)
Root Cellar	<b>Baker’s Bagel</b> high calorie content, smothered in cream cheese	Ask for cream cheese on the side	<b>Oatmeal</b> low calorie, with fruit
Tantra	<b>Breakfast Bagel</b> cheese, bacon, white flour	Omit cheese and bacon Whole wheat bagel	<b>Lox Plate</b> salmon, spinach, tomato <b>Veggie Breakfast Taco</b>
Torchy’s Tacos	<b>The Wrangler</b> very high fat/salt/calorie content	If craving breakfast taco, try the #5 breakfast taco, hold the cheese, on corn tortilla (can add eggs or avocado)	<b>Mr. Pink</b> low calorie, tuna (omega-3)

# Breakfast at Home

## Avoid Most Cereals

High sugar

Processed carbs

Low fat

Low protein



Kellogg's®  
Special K®  
*Fruit and Yogurt*

### Nutrition Facts

Serving Size  $\frac{3}{4}$  Cup (32g/1.1 oz.)

Amount Per Serving	Cereal	Cereal with $\frac{1}{2}$ Cup Vitamins A&D Fat Free Milk
<b>Calories</b>	120	160
Calories from Fat	10	10
<b>% Daily Value**</b>		
<b>Total Fat</b> 1g*	<b>2%</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>	<b>9%</b>
<b>Potassium</b> 60mg	<b>2%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>	<b>11%</b>
Dietary Fiber 3g	<b>10%</b>	<b>10%</b>
Sugars 10g		
Other Carbohydrate 14g		
<b>Protein</b> 2g		
		28

**Result? Hungry strikes  
well before lunch**

Sure, seems good at face  
value, but what is in here to  
stave off cravings?

# Breakfast at Home



Mix

- Peanut or almond butter

Sweeten

- Top with Fresh or frozen fruits

Top

- Nuts and dried fruits
- Cinnamon

Prepare

- Soak steel-cut oats the night before



# Breakfast at Home



## ENJOY

- ☐ Scramble and heat in the morning
- ☐ Make an omelet with diced veggies
- ☐ Breakfast wrap for hand-held, easy eating
- ☐ Add chopped turkey bacon, salmon, or taco chicken to scrambled eggs

## AVOID

- ☐ Frittatas – sure, they are eggs...mixed with heavy cream and cheeses...
- ☐ Excess Butter – moderation is okay
- ☐ Condiments – cheese, sour cream, and/or ketchup add up – try fresh guacamole or salsa

# Breakfast at Home

*Coffee* is Fine....BUT



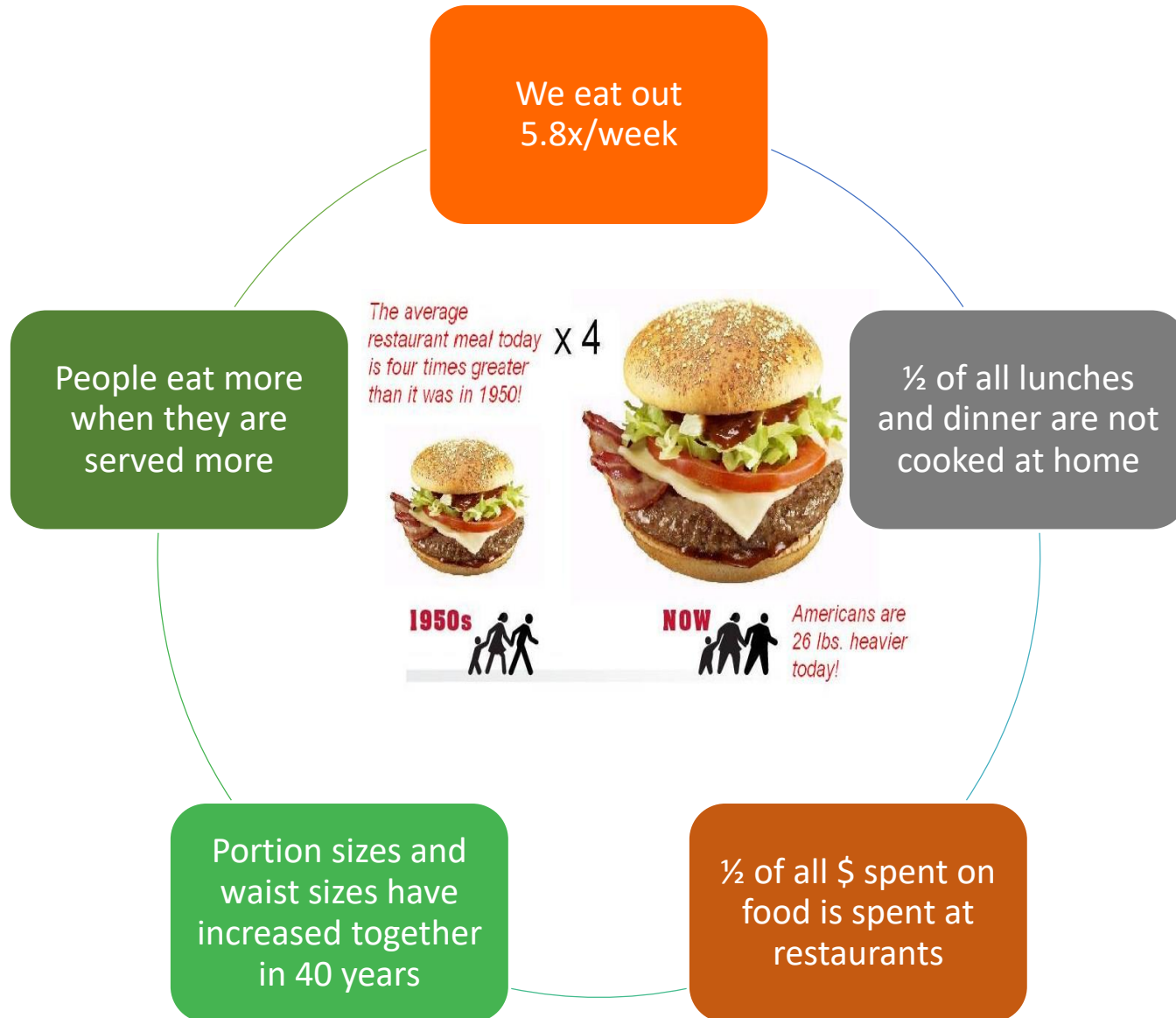
**61%** of Americans drink  
coffee daily



**34%** of Americans consume  
gourmet coffee daily,  
which include lattes,  
cappuccinos, and other specialty drinks



# Lunch Out



# Lunch or Dinner Out

## Substitution, substitution, substitution!

Choose whole wheat/whole grain bread and rice for white items

Instead of “breaded” or “fried,” choose “baked,” “broiled,” or “grilled”

Avoid adding more salt to dishes  
Instead use pepper

Swap out creamy sauces for tomato-based ones or vinaigrettes

No fries – choose a side salad or baked potato

Choose water or iced tea over wine or beer

Choose a healthy appetizer like hummus or a salad instead of an entrée

Hold the queso and opt for guacamole or salsa instead

Ask for ½ your lunch to be packed up before it’s brought out

# Lunch Out

Restaurant	Unhealthy	Modification	Alternative
Commons Dining Hall	<u>Grill/Deli Area</u> Mongolian Grill chicken bites are HIGH calorie and high fat. The Grille items have high calories sandwiches, French fries, sandwich meats, cheese, mayo	Limit high calorie sandwiches, meat and cheese. Opt for mustard over mayo.	<u>Veggie Thyme</u> area offers a changing daily menu that includes whole-wheat pasta options with light healthy sauces and veggies; baked sweet potatoes
Commons Dining Hall	<u>Kitchen Area</u> has a daily theme, which usually includes a thick sauce that can be high in fat and/or sodium	Read the posted nutrition facts	Menu changes daily, which can range from unhealthy Chinese food to <u>almond crusted baked chicken breast with steamed veggies</u>
Commons Dining Hall	<u>Hearth Stone Ovens</u> PIZZA consider as an occasional treat	Just eat <u>one slice</u> and choose whole wheat or thin crust, light cheese and lots of vegetables	The salad and soup bar offers vegetarian chili, chicken rice soup, chickpea and tomato salad, and Hawaiian chicken salad
Commons Dining Hall	<u>Tortilla bar</u> avoid the chili and other high fat items like heavy cheeses and sauces	Omit the tortilla and go for the burrito bowl option; minimal or no sour cream and cheese	Mexican medley of veggies offered that includes seasoned corn, peppers, beans and green peas

# Lunch or Dinner Out

Restaurant	Unhealthy	Modification	Alternative
Italian Garden	Tour of Italy – lots of pasta and heavy alfredo sauce; biggest dish on menu	Get the chicken grilled and substitute the alfredo sauce with tomato sauce	Choose a low carb option. Will keep you full, add veggies & protein without pasta & heavy sauce.
Italian Garden	<u>Imported Pasta</u> – huge portions, usually no veggies	Substitute whole-wheat pasta; order primavera	Shrimp and scallops calabrese– still high in pasta but has lemon sauce and includes seafood.
Italian Garden	Chicken Cremora – fried chicken and pasta smothered in Alfredo sauce and cheese	Again, it's hard to make this one healthy	Chicken Siciliano – grilled, no cheese, vegetables
Jo's Bakery and Cafe	The Reuben Sandwich – high fat/sodium content	Whole wheat bread, omit the cheese	Turkey club on wheat or gluten-free bread – contains avocado and turkey, can exclude cheese
Jo's Bakery and Cafe	Ham and Cheese Panini, highly processed meat & cheese	Get turkey instead of ham	Caprese panini

# Lunch or Dinner Out

Restaurant	Unhealthy	Modification	Alternative
Potbelly	Italian Sandwich 657 kcal, 2012 mg sodium	Italian Flat has 1000 less mg sodium and is 567 kcal	T-K-Y 294 kcal, 1054 mg sodium
Potbelly	Buffalo Grilled Chicken 542 kcal, 2440 mg sodium	Chicken Salad Flat – 501 kcal, 638 mg sodium	Little Tuna 367 kcal, 738 mg sodium
Potbelly	Italian Salad 437 kcal 1505 mg sodium	Chickpea Veggie Salad – 263 kcal, 689 mg sodium	Roasted Tomato Soup 160 kcal, 553 mg sodium
Root Cellar	Cellar Caesar Salad hidden calories, croutons	Ask for dressing on the side, minimal croutons	Mandarin Salad lighter dressing
Root Cellar	Spinach Alfredo Pasta high calories, lots of cheese	Avoid cream sauces! Butter and heavy cream	Lemon-Herb Tilapia – low calorie content, served with side salad Artisan Chicken – grilled and served with vegetables



# Lunch or Dinner Out

Restaurant	Unhealthy	Modification	Alternative
The Den	<u>Meatball Bar &amp; Sweet Italian Salad</u> – ground beef and/or sausage rolled into a fatty, sodium-filled ball. the salad has Italian sausage on top	Opt for the turkey meatballs which have almost 2/3 less calories	Risotto –very little cream used to make this so it is still low calorie and delicious. Go to the grill area, get just the veggie burger patty and then crumble that up into your pasta.
Torchy's Tacos	Queso – need we say more?	Sub Guacamole	Mr. Orange (salmon) on corn – <i>hold the queso</i>
Torchy's Tacos	Beef Fajita high salt/fat/calorie	Chicken Fajita on corn	Green Chile Pork – hold the queso; pork is slow-roasted instead of fried
Torchy's Tacos	Grande Burrito – it's muy grande!	Order a taco instead	Street corn – <i>hold the queso</i>

# Lunch from Home

## Brown Bag It

Cheaper!

Portion/  
quality  
control!



Plan

- Make extra dinner the night before and save some for lunch

Prepare

- 2-3 salads in advance; just separate the dressing
- Chop fruit 1-2 days in advance; just add citrus to prevent browning
- Chop raw veggies 1-2 days in advance

Freeze

- Make bulk items and freeze single-servings

# Dinner from Home

## Plan

- Plan dinners for the week; this will help save \$\$ on groceries and time
- Plan for dinners in bulk for easy lunches and dinners later in the week

## Prepare

- Play with spices. This is a great way to avoid salting at home.
- Use olive oil over butter
- Add more grains and veggies in with meat dishes to help meet all daily requirements and increase satiety

## Serve

- Avoid eating on the go or at the TV. Instead eat around the table.
- Instead of placing items in bulk around the table, place items on plates portioned to avoid overeating

# In Summary

## 1. MOVE MORE, EAT LESS

2. Consume a more PLANT BASED DIET with a balance of protein, whole grains, fruits & veggies, and healthy fats
3. Limit Alcohol Intake
4. Eat Out Smart
5. Consume and Plan more Foods at Home



# QUESTIONS?