Start SMART
Start SMART “House Rules”

• Limit distractions.
• If you need to leave, let the instructor know.
• Be respectful.
• Engage in discussion when appropriate.
• Remember that what is said in class, stays in class.
Goal: Learn about next steps to take on the path to a healthier lifestyle!

Be able to:
• List one health condition that can be improved by nutrition.
• Build a healthy plate.
• Explain how a Registered Dietitian can help you.
• Name a Minneapolis VA nutrition program or class available to you.
• Set a SMART goal.
Which chronic diseases or conditions are directly influenced by eating habits?
Answer: Many!

- Obesity
- Heart disease
- Stroke
- Cancer
- High blood pressure
- High cholesterol
- Diabetes
- Chronic Kidney Disease
- Liver disease
- Gout
Benefits of healthy eating

**Less:**
- Obesity
- Heart disease
- Diabetes
- Stroke
- High blood pressure
- Cancer
- Depression and anxiety

**More:**
- Energy
- Confidence
- Self-esteem
- Quality sleep
- Better mood
How to Build a Healthy Plate

**9-inch plate or smaller**
Non-starchy Vegetables

1. Fill at least 1/2 your plate with non-starchy vegetables.

Examples:
- Asparagus
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Peppers
- Tomatoes
- Zucchini

**9-inch plate or smaller**
1. Fill at least 1/2 your plate with non-starchy vegetables.

2. Fill 1/4 of your plate with lean protein.

Examples:
- 2-4 ounces of
  - Chicken
  - Fish
  - Eggs
  - Beef
  - Plain Greek yogurt
  - Plant-based proteins

**9-inch plate or smaller**
1. Fill at least 1/2 your plate with non-starchy vegetables.

2. Fill ¼ of your plate with lean protein.

3. Fill no more than ¼ of your plate with fruit, starch, or grain.

Examples:
- Corn
- Peas
- Potatoes
- Apple
- Berries
- Whole wheat pasta

**9-inch plate or smaller**
1. Fill at least 1/2 your plate with non-starchy vegetables.

2. Fill ¼ of your plate with lean protein.

3. Fill no more than ¼ of your plate with fruit, starch, or grain.

4. Use healthy fats in moderation.

Examples:
- 1 ounce of
  - Almonds
  - Avocado
  - Butter
  - Olives or olive oil

**9-inch plate or smaller**
Healthy Plate Meal Ideas
Drink Smart

- Many beverages contain “empty calories”
  - Calories but no nutrition
  - Ex: soda, lemonade, alcohol, juice, energy drinks, coffee drinks
- If you feel hungry, you may actually be dehydrated
- **Water** is the best choice!
Smart Moves

• Pick an activity that you enjoy and/or a way to enjoy it more
  • music, a class, a buddy
• Do it more often: even 10 minutes counts!
  • 15 minutes:
    • reduces risk of heart attack or stroke by half
    • increases lifespan by 3 years
• Possibly count steps with a pedometer or other device (phone, smart watch)
• Start small
  • Take the stairs
  • Get up for 2 minutes every 30-60 min while sitting
  • Take an extra lap around the store when shopping
What is a Registered Dietitian?

• Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN)

• *The* nutrition expert
  • Gives you the real answers to your nutrition questions
  • Helps you prevent chronic disease and manage your health
  • Stays up-to-date on the latest nutrition evidence and research

• Guides you to a healthy eating plan that works for your body, your preferences, and your lifestyle
Minneapolis VA Nutrition Services

- Weight loss Classes
- Women’s only weight loss group
- Healthy Teaching Kitchen
- Integrative nutrition classes
- Diabetes education Class
- Congestive Heart Failure Support
- Individual dietitian appointments
  - In your doctor’s clinic
  - Congestive Heart Failure clinic
  - Renal clinic
Weight Loss Program: Classes

Help you lose weight, keep it off, and improve your health

Every other week for 12 sessions
Women’s only option also available

Groups offered
• In person
• By phone
• By video call to your home
Weight Loss Program: Individual

**Phone or video**

- 16-week program with monthly check-in calls from weight loss coach
- Complete modules in a workbook
- Discuss food intake, physical activity, and set goals
Healthy Teaching Kitchen

- HTK teaches you how to:
  - Prepare and cook fresh foods
  - Make healthier food choices

- 8-week series, every other week
- Thursdays 2-3 PM
- **Via group video call due to COVID-19**
  - Option to cook along with instructor from your home kitchen!
• Nutrition class from an integrative perspective
• Meets Mondays and Wednesdays
• Examples of recent topics:
  • Anti-inflammatory diet
  • Nutrition and sleep
  • Nutrition and the Holidays
  • Gut health
• **Must first attend virtual intro class for CIHH**
• CIHH also includes *Tai Chi, Yoga, iRest Yoga Nidra, Mindfulness, Integrative Nutrition and the Take Charge of My life and Health group, Acupuncture (returning Summer 2021)*
Diabetes Education Classes

• For patients with diagnosis of diabetes
• Help manage diabetes and improve A1c
• 3-hour class offered Wednesdays and Thursdays
• Learn more about:
  • Foods that raise your blood sugar
  • Proper portion sizes
  • Reading nutrition food labels
  • Carbohydrate counting

• Group is done in-person or via video call
Congestive Heart Failure (CHF) Group

- Learn to manage and live with heart failure diagnosis
- 1-hour class offered monthly on the 4th Wed of each month, 10-11 AM
- Support and education provided by CHF Team:
  - Nurses
  - Dietitians
  - Pharmacists
  - PT/OT

- Group is done via video call due to COVID-19
Dietitian Visits

• Individual appointments to fit your lifestyle and your schedule

• Many options in day or evening hours:
  • In your clinic
  • Video call
  • Over the phone

• Specialties:
  • In CHF clinic for heart failure
  • In Renal clinic for chronic kidney disease
Next Steps...
Food Logging

• Highly-recommended
• Create awareness about eating habits and physical activity
• Best practices:
  1. Be honest.
  2. Be accurate.
  3. Be complete.

### FOOD & ACTIVITY LOG

<table>
<thead>
<tr>
<th>Day/Date:</th>
<th>Time:</th>
<th>Food/Beverage:</th>
<th>Amount:</th>
<th>Calories</th>
<th>Mood/Feelings:</th>
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<table>
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<tr>
<th>Physical Activity:</th>
<th>Minutes:</th>
<th>RPE Intensity:</th>
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</table>
Goal Setting

- Vital component to weight loss or health maintenance
- Helps with time management and organization
- Keeps you focused on your priorities related to
  - Nutrition
  - Physical activity
  - Other behaviors
- Can be changed at any time
SMART Goals

S - Specific—Includes specific details
M - Measurable—Easy to determine if you met it
A - Action-oriented—Requires you to take action
R - Realistic—Practical given your time and resources
T - Time-based—Has a timeframe or deadline
Examples of SMART Goals

**NUTRITION**
“I will drink no more than 3 cans of soda per week.”
“I will have 1 cup of vegetables at dinner every day this week.”

**ACTIVITY**
“At least 3 days this week, I will walk briskly for 15 minutes.”

Health goal,
Such as decrease blood sugar
Your Turn!

• Set at least 1 SMART goal that you plan to accomplish within the next 2-4 weeks.

   Remember, it’s SMART if it is:

   **S**pecific—Includes specific details
   **M**easurable—Easy to determine if you met it
   **A**ction-oriented—Requires you to take action
   **R**ealistic—Practical given your time and resources
   **T**ime-based—Has a timeframe or deadline

   And provides steps to your health outcome or goal.
What’s next for me?

• Please select your preferred follow-up option.
Enrollment Form

Select an option to enroll:

Group Options
- Weight Loss Classes
  - Group sessions (12 sessions, open enrollment)
  - Women's only weight loss group
- Diabetes Education
- Healthy Teaching Kitchen
- Congestive Heart Failure (CHF) Education/Support Group (must have diagnosis to attend)
- Center for Integrative Health and Healing (must attend CIHH Intro first)

Individual Options
- Dietitian visits (may change based on COVID-19 restrictions, select your preferred visit type)
  - In clinic
  - Over the phone
  - On your home computer or device
- To address Renal (Kidney) Disease
- To address Heart Failure

Check here if NONE of our options are suitable for your situation and explain why:
Questions?

Please complete and return these items back to us:

1. Enrollment Form
2. Class Evaluation Form

Thank you!