



# Presents A National Prevention Strategy Talk: Healthy Eating September 19, 2014

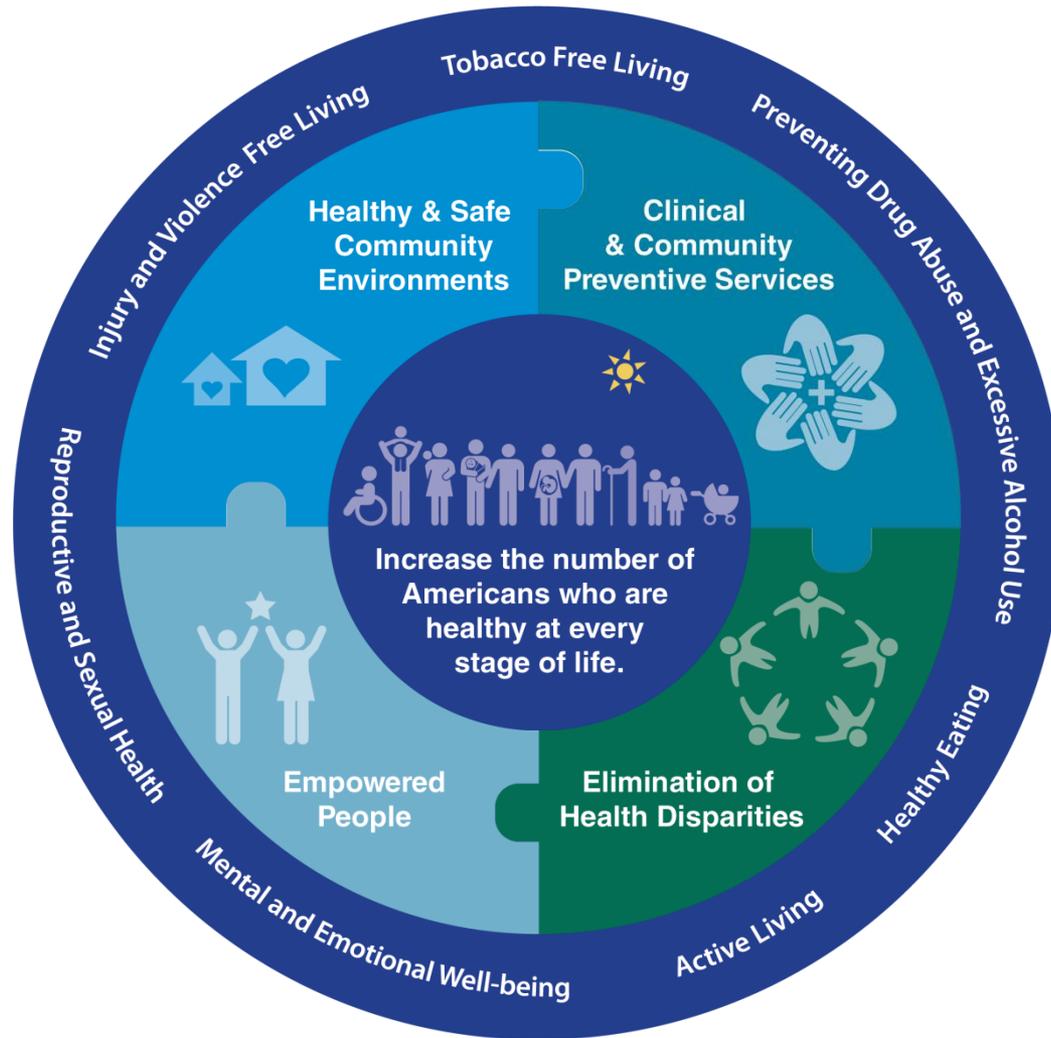
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# Vision

Working together to improve the health and quality of life for individuals, families, and communities by moving the nation from a focus on sickness and disease to one based on prevention and wellness.

# National Prevention Strategy



# Priorities

Tobacco Free Living

Preventing Drug Abuse and Excessive Alcohol Use

➤ **Healthy Eating**

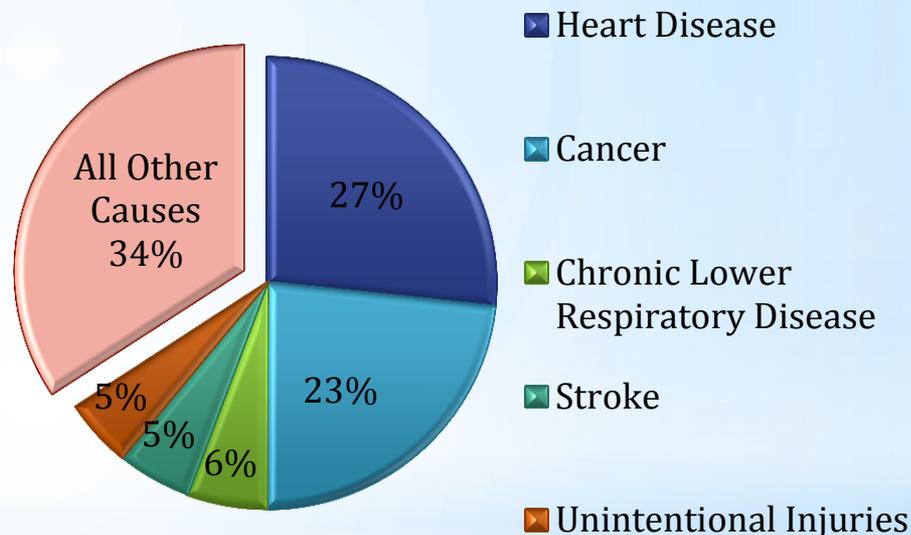
Active Living

Mental and Emotional Well-being

Reproductive and Sexual Health

Injury and Violence Free Living

**Five Causes Account For 66% of All Deaths**



Source: National Vital Statistics Report, CDC, 2008

# 8 Principles of Health

Fresh Air

Sunshine

Abstemiousness

Rest

Exercise

Water

**Nutrition (Healthy Eating)**

Trust in Higher Power/God

# Nutrition - Healthy Eating

Proper nutrition is vital to good health. Food that is devitalized cannot supply the vitamins and minerals it lacks.

Vegetables and fruits should be making the greater proportion of our meals, along with whole grains, beans, legumes, and seeds. Nuts can be included in small amounts.

From our food, we will obtain all the elements essential for good health: vitamins, minerals, water, carbohydrates, protein, fats, and fiber.

# Healthy Eating

Eat raw vegetable salads or raw fruits before the main course. This will stimulate and assist digestion, and help avoid overeating of cooked foods. Fruits and vegetables should not be eaten at the same meal. Eat fruits at one meal and vegetables at another.

Eat sparingly— The benefit you derive from your food does not depend so much upon the amount eaten, as upon its proper combination and thorough digestion. Neither does gratification of taste depend so much upon the amount of food swallowed as upon the length of time it remains in the mouth.

# Healthy Eating

The American Heart Association stated on May 13, 1994:

“Because butter is rich in both saturated fat and cholesterol, it is potentially a highly atherogenic food [causing hardening of the arteries]. Most margarine is made from vegetable fat and provides no dietary cholesterol. The more liquid the margarine, i.e., tub or liquid forms, the less hydrogenated it is and the less trans fatty acids it contains. Therefore, though still high in fat, margarine is a preferable substitute for butter, and soft margarines are better than hard ones.”

# Healthy Eating

The body needs two major types of fiber in the diet.

Soluble fiber helps to lower serum cholesterol and triglyceride levels. The best sources are oats, beans, apples, barley, and buckwheat: thus these foods help reduce the risk of a heart attack.

Insoluble fiber can be found in wheat bran, which reduces the risk of colon cancer. Foods high in fiber help to reduce the risk of carcinogenic agents in the intestines. The fiber attaches to the cholesterol and bile acids that have been secreted by the gallbladder, and removes them from the intestinal tract rapidly.

# Healthy Eating

Eat at regular intervals, allowing 5-6 hours to elapse between meals. Do not eat a morsel of food between meals. When hungry between meals, drink a large glass of cool water. Do not eat before going to bed. The stomach must not be constantly at work, but have periods of rest.

Take time to eat and enjoy mealtimes. Avoid eating compulsively or when emotionally upset, in pain, or overtired.

Eat a substantial breakfast. In the morning, after a good night's rest, the stomach is far better able to digest a hearty meal than at other meals of the day. The practice of eating a little or no breakfast and a heavy supper may be conducive to putting on unwanted pounds.

# Healthy Eating

Experts such as Dr. D. P. Burkitt, world-renowned British surgeon and medical researcher, state that a lack of dietary fiber is a major cause of appendicitis, varicose veins, diverticulosis, colon cancer, hiatal hernias, constipation, and other health problems.

Two meals a day are better than three; but if a third meal is eaten at all, it should be light, and eaten several hours before going to bed. Example: two meals—8 AM and 3 PM or three meals—6 AM, 12 PM, and 6 PM.

# Foods to Avoid

**Avoid sugar!** It is not good for the stomach, because it causes fermentation. Milk and sugar clog the system, irritate the digestive organs, and affect the brain. Sugar, when largely used, is more injurious than meat.

Reduce the fats, oils, salt, and sugars in the diet and avoid high cholesterol foods such as eggs, cheese, butter, and meats. All animal foods contain cholesterol, and that includes chicken and fish.

# Food Preparation

Foods should be prepared with simplicity and variation, perhaps only three or four dishes at a meal, and properly cooked.

Avoid the use of grease in foods. Lard, butter, and hydrogenated vegetable fats may be classified as grease. If using oil, use natural oils sparingly, such as olive, flax, or canola, and keep it refrigerated.

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



# Fruits & Vegetables

**Canned**

**Dried**

**Fresh**

**Frozen**

**Juiced**







# Non-Dairy Sources of Protein & Meats

Legumes

Beans

Quinoa

Nut & Nut Butter

Chickpeas

Tempeh

Tofu

Edamame

Leafy greens

Eggs

Fish

Meat



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# ***Thank you***

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For more information go to:  
[www.healthcare.gov/nationalpreventioncouncil](http://www.healthcare.gov/nationalpreventioncouncil)

Contact the National Prevention Council at:  
[prevention.council@hhs.gov](mailto:prevention.council@hhs.gov)

The Eatwell Plate at:

<http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

Modern Manna at:

<http://www.modernmanna.org/shop/pages/health-principles-and-the-8-laws-of-health.html>

Reviewing a Century of Health Reform Principles - Chapter 28 at:

<http://www.whiteestate.org/books/mol/Chapt28.html>