

Healthy Nutrition Practices: Why Now and How?

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Stay Calm and Well

Part II

Learn strategies and
resiliency skills to reduce
anxiety and overcome
today's issues.



*Partners: College of Nursing, Buckeye Wellness,
YP4H, OSU Health Plan, Office of Human
Resources, Employee Assistance Program and
Office of Student Life*

Skills Building Week #5

- Bereavement is the expression of grief through mourning, to grow toward Acceptance.
- Just reach out already!
- Check in with yourself regularly
- Know your resource
- It's an ever-changing process and Predictively Unpredictable
- Ask yourself “what is this telling me?”



Today, let's think about

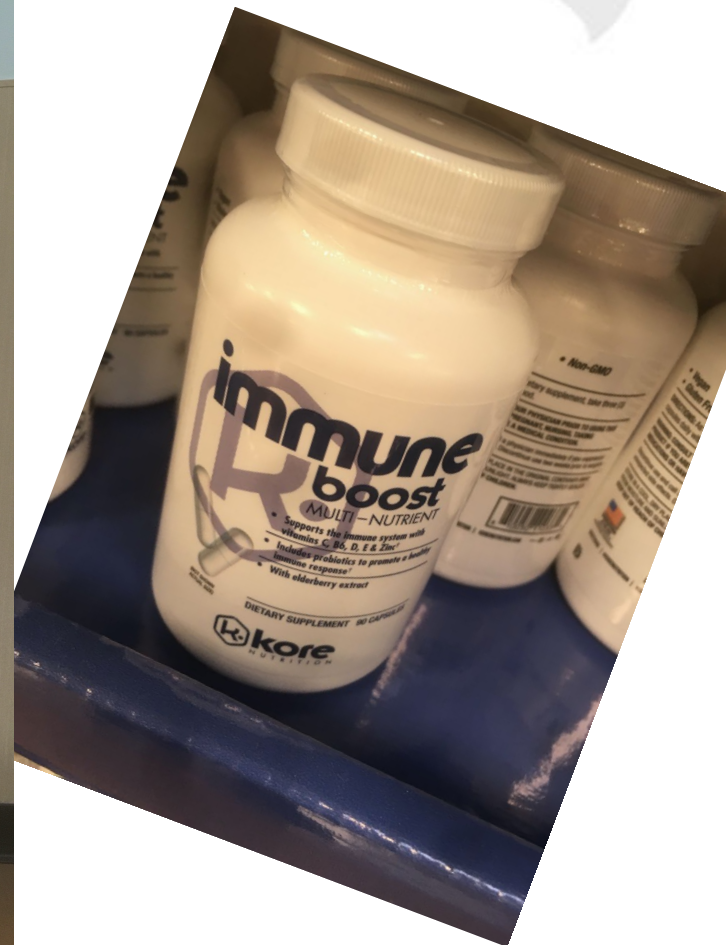
- Supporting our immune system
- Balanced nutrition
- Frequency of eating
- Weight management



Our Immune System

- Lot of people trying to figure out how to keep the immune system jacked up
 - Essential Nutrients
 - Proteins
 - Essential fatty acids
 - Vitamins
 - Minerals
 - Water
 - Not “essential” but encourage great health
 - Phytonutrients





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FDA and ConsumerLab.com

Seller of "COVID PACK" Warned for Coronavirus Claims

Seller of CBD and NAC Warned for Coronavirus Claims

Colloidal Silver Seller Warned for Coronavirus Claims

Seller of Immune Shot Criminally Charged With Making Coronavirus Claims



Access thru our library system

- <https://www.consumerlab.com/answers/do-natural-remedies-or-supplements-prevent-coronavirus/natural-remedies-coronavirus/>
- <https://www-consumerlab-com.proxy.lib.ohio-state.edu/answers/do-natural-remedies-or-supplements-prevent-coronavirus/natural-remedies-coronavirus/>



Need Adequate Levels for Immunity

Micronutrient

- Vitamin D
 - Mg, B₁₂
- Zinc
 - Se
- Potassium
- Vitamin C

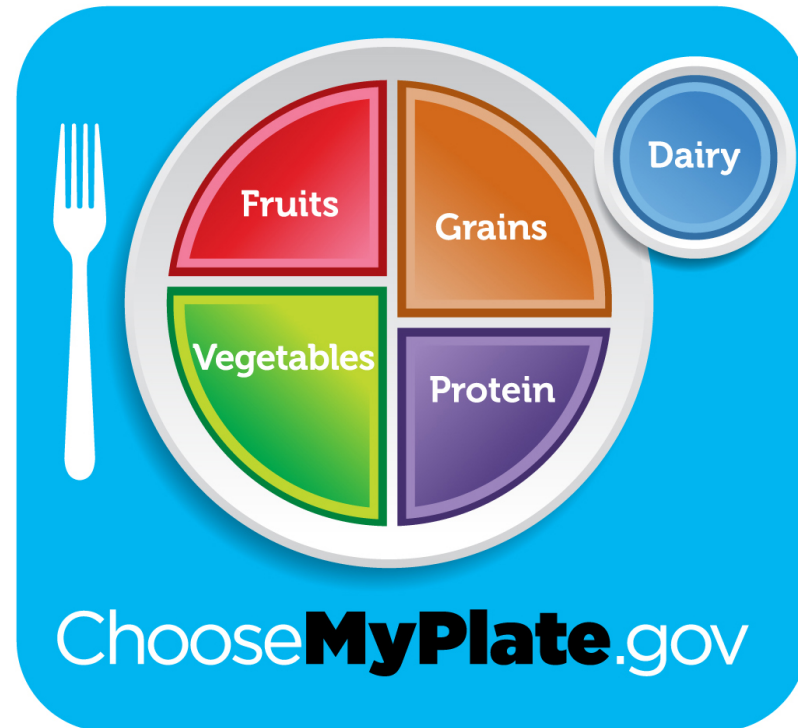
Foods

- Fatty fish, fortified products
 - Greens, nuts, lowfat dairy, animal products
- Beef, chicken, pork, tofu, lentils
 - Same meats, cottage cheese, eggs,
- Beans, squash, potatoes, bananas
- Anything that grows in the sun



Balanced Nutrition

- Not sexy but...Choose My Plate <https://www.choosemyplate.gov/>



The fine print

- The portions will surprise you!
 - Grains
 - Fruits
 - Vegetables
 - Protein
 - Dairy



A few other thoughts about sturdy nutrition

- Nutrient density
 - Eating foods that have a lot of nutrients in them
 - “Sometimes foods, all the times foods”
- Calorie density
 - Cravings
 - Trying to manage your weight



What we see that surprises us....



Frequency of eating

- Calorie control usually leads us down the path of eating very small early in the day
- As the day goes on, we eat more
 - Backloading the day, large meals and snacks at night
 - Your Metabolism?



Your weight management

- MOVE!!
- Get enough of the essential nutrients using the “plate”
 - Portions
 - Protein
 - Frequency



Example Day

- Breakfast: Half cup cooked oats, $\frac{3}{4}$ cup blueberries, 6 ounces Greek yogurt, 1 boiled egg, 1 TBSP chopped nuts
- Lunch: Sandwich on whole grain bread, 2 slices turkey, 1 slice cheese, tomatoes, lettuce, avocado
- Dinner: Half plate of bright colors, little starch, 3-4 ounces cooked meat or other protein



For the gaps (snacks)

- Greek yogurt with a few berries
- Edamame
- Hummus with carrots and celery
- Small banana with little peanut butter
- Small apple with 1 ounce cheese



Skills Building Week #6

- Eating regular meals with good food variety helps us stay healthy.
 - “Sometimes foods” and “all the time foods”
 - Portion control
- Eat your colors!
- Losing weight should not mean eating really low calories.





Thank You

Office of the Chief Wellness Officer and
Buckeye Wellness

We appreciate your feedback!

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presentation



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This and all future series recordings can be found at:

<https://u.osu.edu/keepcalmcovid192/recorded-webinars/>



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Next Week

September 23, 2020 12:30 - 1:00 pm EDT

Preventing, Recognizing & Dealing with Anxiety & Depression in Children & Teens:

A Primer for Parents

Bern Melynk, PhD, APRN-CNP, FAANP, FNAP, FAAN

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