

Too Late to Change Habits of a Lifetime?

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Agenda

- ▶ Nutrients important for optimal health
- ▶ Common Nutrition Issues in Haemophilia
- ▶ Hydration
- ▶ Supplements
- ▶ Mindful Eating
- ▶ Implementing Change



Benefits of Eating Well

- ▶ Feel Better & Boosts Energy
- ▶ Normal growth & development
- ▶ Healthy body shape
- ▶ Mood
- ▶ Immune function
- ▶ Repair & regeneration
- ▶ Reduces risk of health issues
- ▶ Healthy hair, skin & strong nails
- ▶ Fuels Activities of Daily Living...**







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— K2IGl
TOD — available
central and





Healthy Ageing

Life expectancy improving; 2003 – 2013

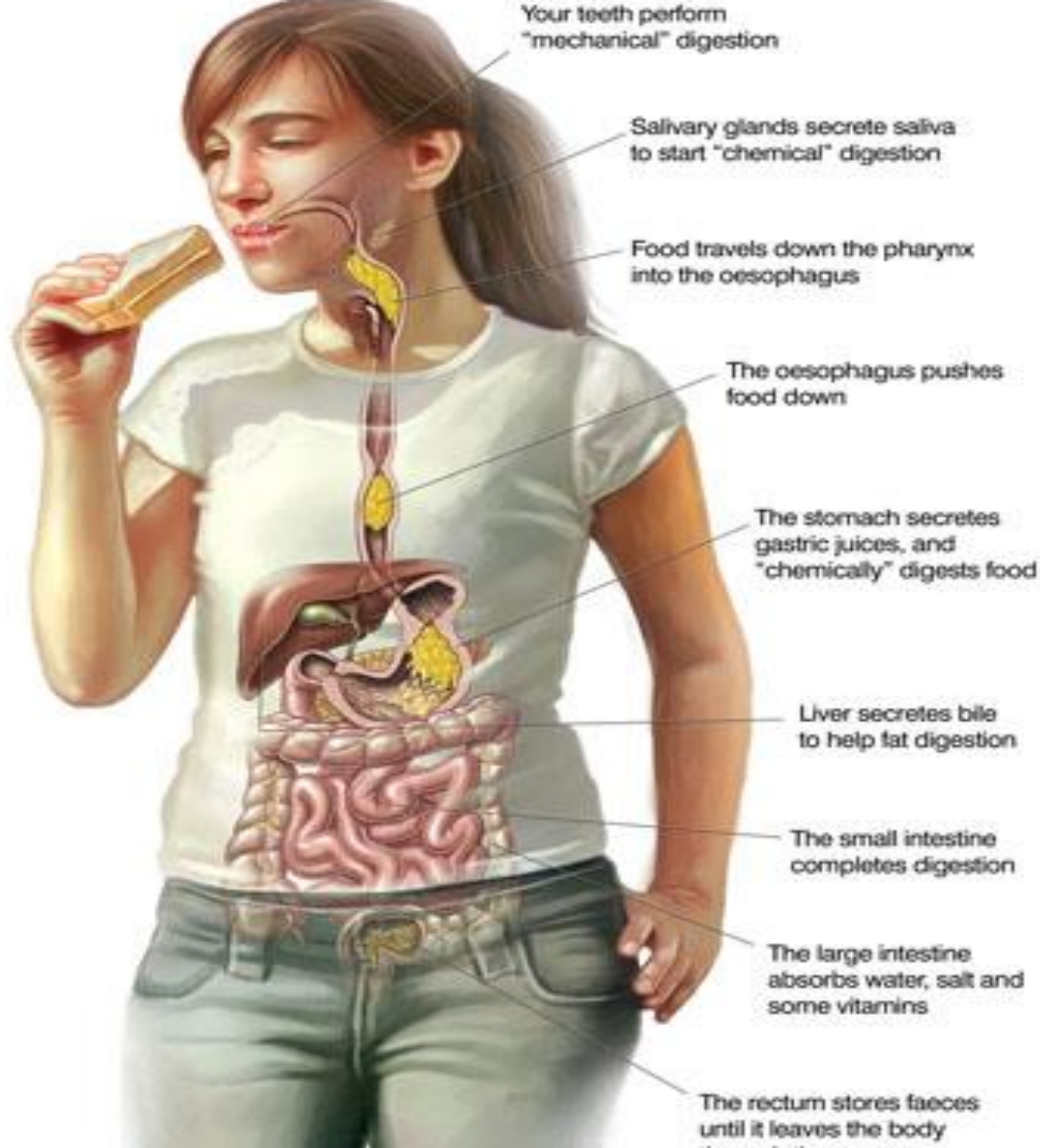
Men increased 75.5 yrs to 79 yrs

Women increased 80.7 yrs to 83 yrs

- ▶ However.... Chronic disease accounts for;
- ▶ 80% GP visits
- ▶ 40% Hospital Admissions
- ▶ Prevalence of Cancer, CVD, Diabetes, Respiratory disease projected increase 5% per year
- ▶ Preventable?

Choices, Choices.....





Fuelling Body & Mind



Starchy Carbohydrates

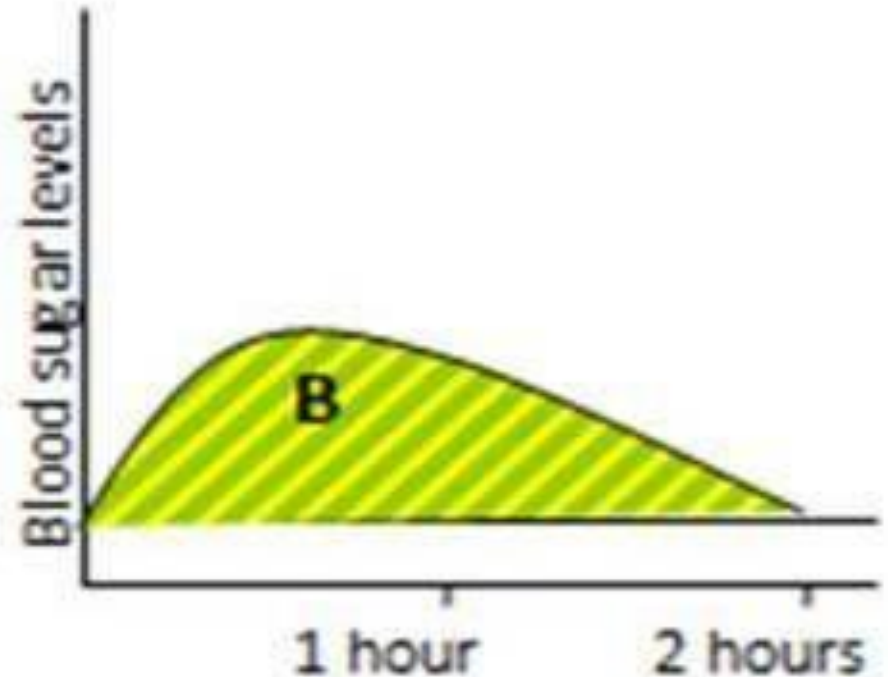
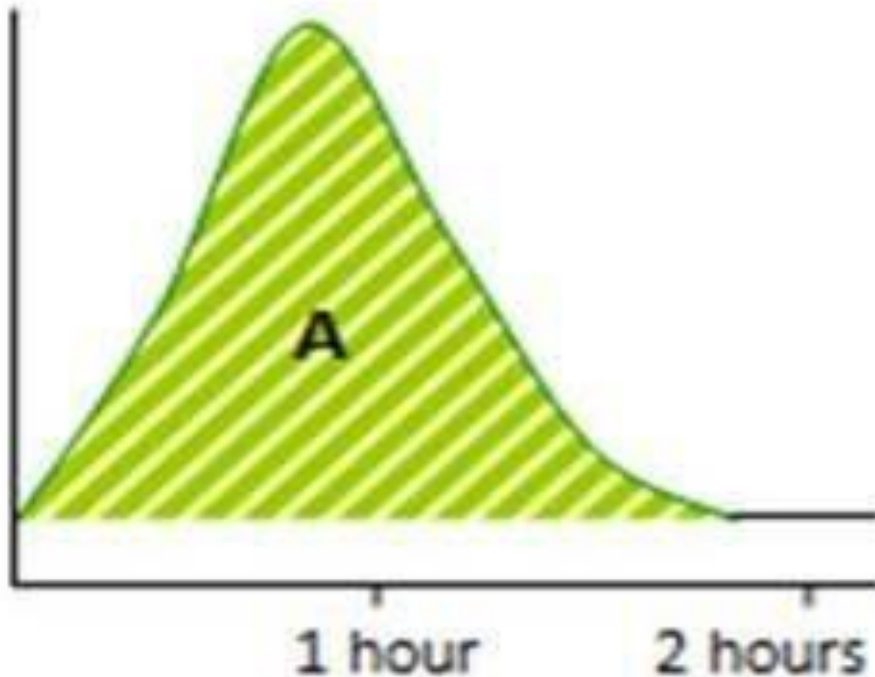
- ▶ Provides energy (fuel) to muscles & brain
- ▶ B Vitamins, Fibre, feeds gut bacteria, cholesterol
- ▶ Breakfast cereals – “wholegrains”
- ▶ Bread, wraps, rolls,
- ▶ Pittas, crackers
- ▶ Potato, rice, pasta
- ▶ Noodles, quinoa



Glycaemic Index (GI) of Foods

High GI – white bread

Low GI – Soda Bread



Fruit N' Veg

- ▶ Source of energy, fibre
- ▶ Immune function & ACE
- ▶ 5 portions + daily
- ▶ Fruit: fresh, dried, juice
- ▶ Vegetables
- ▶ Salad
- ▶ Turmeric & herbs




Protein

- ▶ Repair & growth of new muscle tissue, enzymes
- ▶ Neurotransmitters: focus, mood, concentration
- ▶ B12: brain & nerve development

- ▶ Meat, fish, beans, eggs, nuts, seeds
- ▶ Vegetarian, dairy, cottage cheese
- ▶ Lean cuts / avoid processed meats
- ▶ Cooking methods
- ▶ 3 times daily for teens& over 55's



Sarcopenia

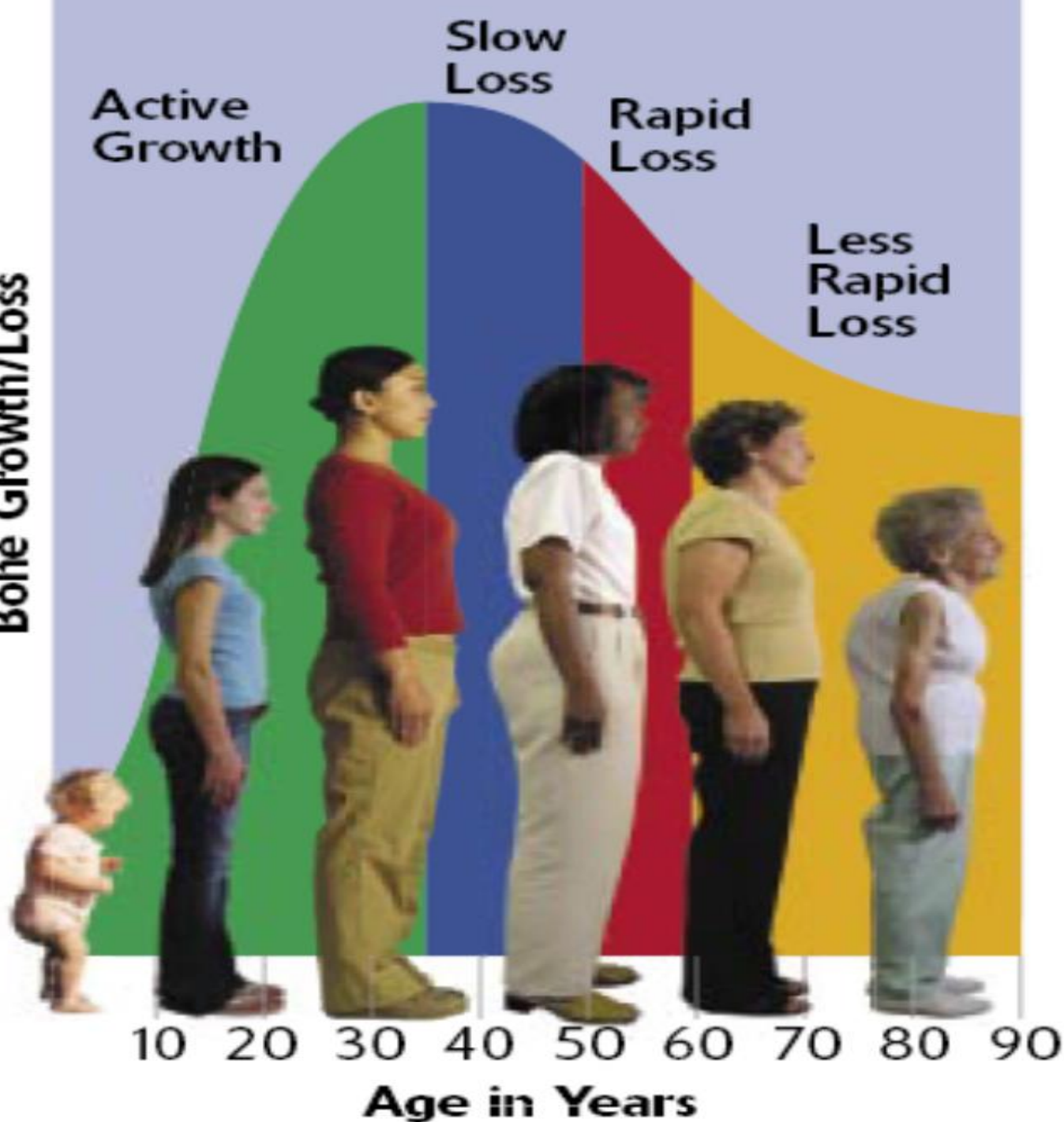
- ▶ Loss of muscle which naturally occurs with age
 - ▶ Age 30 to 60 years, average gain 30 lbs of fat and lose 15lbs of muscle.
 - ▶ May result from conditions related to inactivity, poor nutrition (including inadequate protein distribution) or illness.
 - ▶ Loss of muscle = more frailty, more falls, less mobility, less independence
- 

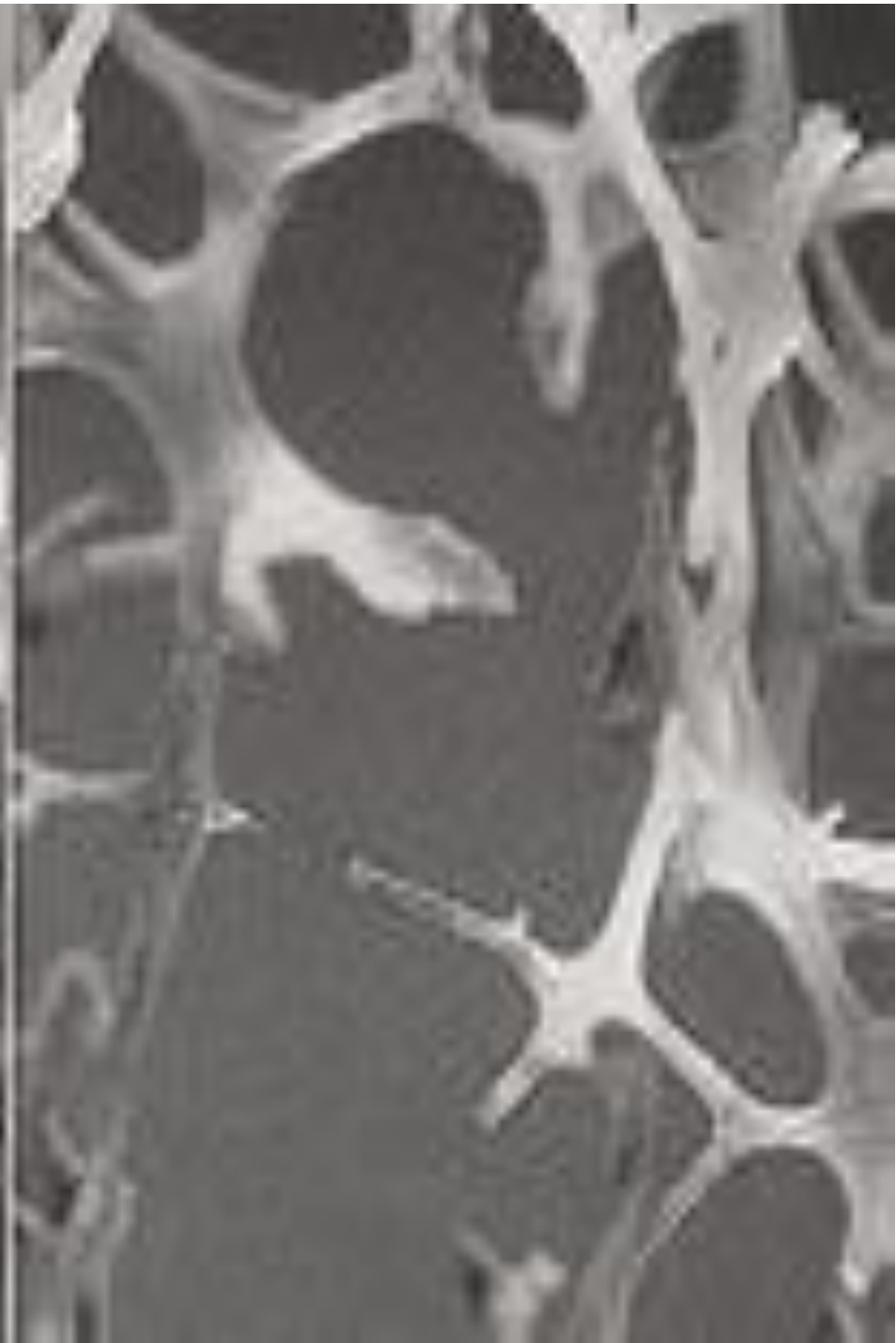
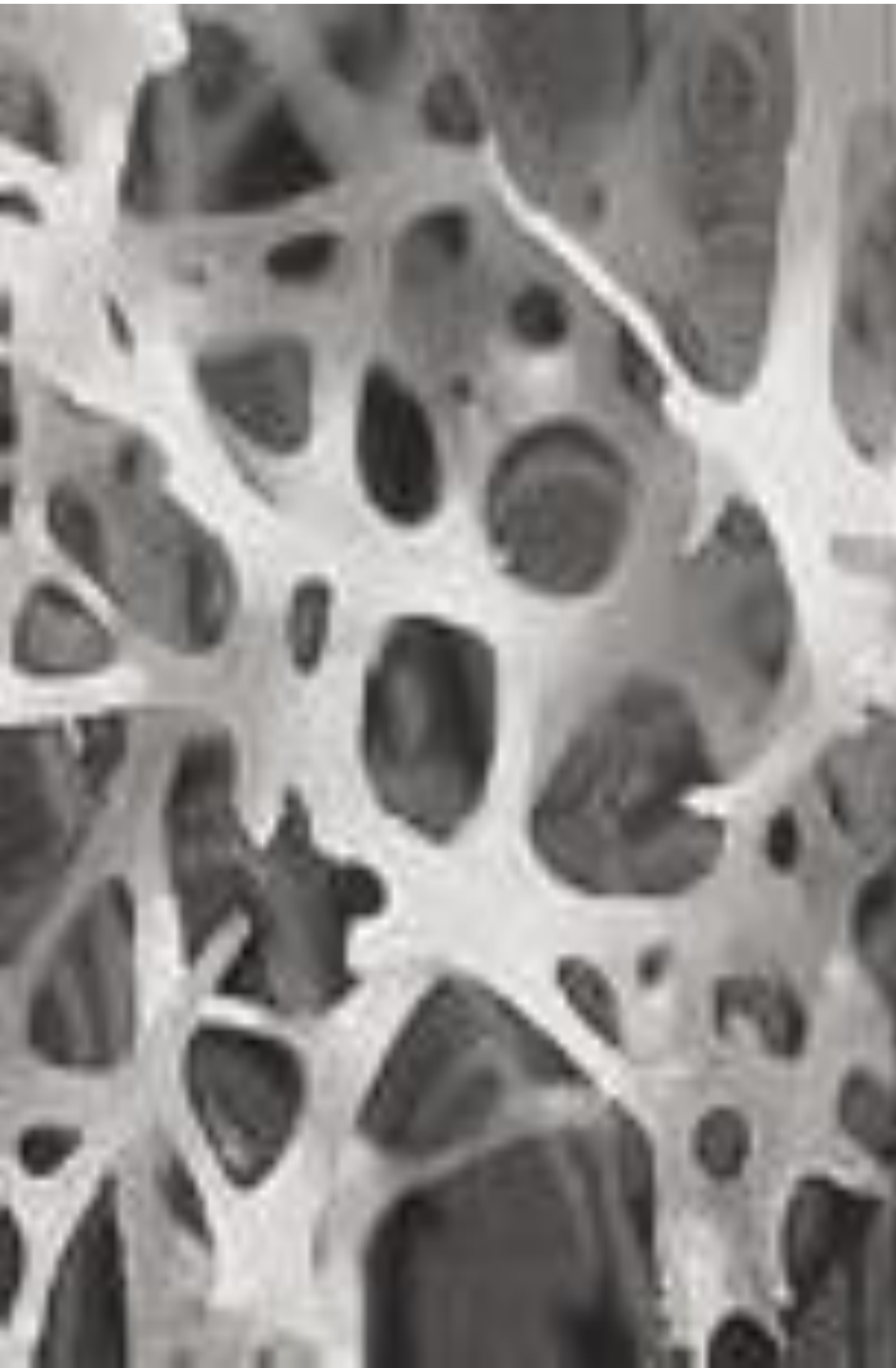
Sarcopenia – What can I do?



- ▶ Protein @ 3 meals
- ▶ Vitamin D
- ▶ Resistance Exercise
- ▶ Keep Mobile
- ▶ Keep Active

Bone Growth/Loss





Dairy

Calcium & Protein

- ▶ **3portions** daily
- ▶ Milk (200ml)
- ▶ Yoghurts (pot)
- ▶ Pro-biotic drinks
- ▶ Cheese (matchbox)
- ▶ Cottage cheese
- ▶ Dairy Alternatives:
- ▶ Soya, sardines, oranges



WELL IT LOOKED EASY
WHEN THE DAMN HORSE DID IT

Vitamin D



- ▶ Strong bones, teeth, muscle formation & immunity
- ▶ Vitamin D deficiency; increased risk of bone fracture falls, chronic musculoskeletal pain & Alzheimer's
- ▶ Salmon / trout / mackerel 2 per week = 1 / 4 needs
- ▶ 250 ml fortified milk / Calin or Pro U yogurt
- ▶ 10 ug daily during Sept – May (SACN 2016)
- ▶ 15 ug for teenagers

Fats

- ▶ Saturated & Trans Fats
- ▶ Fried foods & takeaways
- ▶ Butter, mayo, coleslaw
- ▶ Choc, crisps, cream filled biscuits, cakes
- ▶ Trim fat from meat

Healthy Fats & Oils

For healthy circulation, heart beat, inflammation, joints skin, mood, hormones & vitamin absorption

- ▶ Nuts, seeds, olives, avocados
- ▶ Oils, oily type fish, dressings
- ▶ Coconut??



Sugary (Carbohydrates)

- ▶ Quick release of energy – Energy Robber
- ▶ Excess = tooth loss & weight gain
- ▶ Sugar, confectionary & sweetened drinks
- ▶ Scones, muffins, biscuits, cakes, desserts.....
- ▶ World Health Organisation 2015 (9,000 publications)
- ▶ Aims to protect dental health
- ▶ To curb obesity (Diabetes, CVD, some cancers)
- ▶ Blood sugar levels reduce immediately



WHO Sugar Guidelines

- ▶ Reduce sugar to 5% of total calories
- ▶ Maximum 25g = 6 teaspoons sugar per day
- ▶ Includes sugars added to foods (e.g. table sugar), fizzy drinks, energy drinks & those naturally present in honey, syrups, fruit juices, juice concentrates
- ▶ Excludes fruit & milk sugar
- ▶ Moderation \neq elimination
- ▶ NB: Frequency & portion size



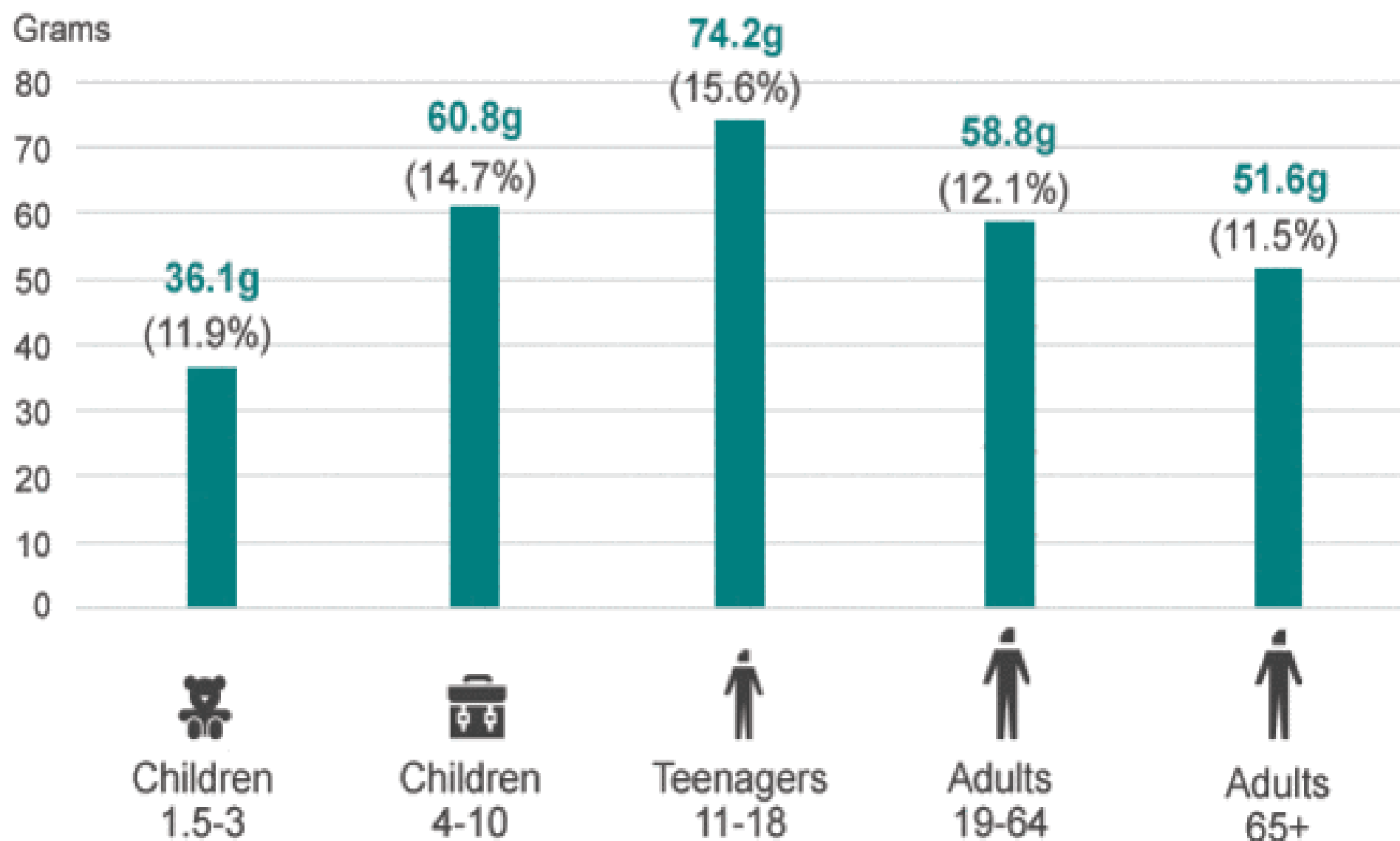
WHO “Free Sugars”

- ▶ 5% of daily calorie intake
- ▶ 25g “free” sugar
- ▶ 6 teaspoons per day



Daily added sugar intake, by age groups

Percentage of daily food energy from added sugars shown in brackets



Source: National Diet & Nutrition Survey, rolling programme 2008-12

THINK BEFORE YOU DRINK.



0g



2.2g



27.5g



30g



34.7g



35g



43.6g



46g



SUGAR CONTENT

Guess the Sugar Content



▶ 2 Kimberly biscuits	10g	2 ½ tspons
▶ 2 Rich teas	3g	$\frac{3}{4}$
▶ Wispa	21g	5
▶ Turkish delight	31g	8
▶ Plain chocolate (50g)	26g	6 ½
▶ Dark chocolate (35g)	10g	2 ½
▶ Fruit pastilles	30g	7 ½
▶ Handfull almonds	0g	0

Guess the Sugar Content



▶ 200ml orange juice	20g	5 tspns
▶ An orange	14g**	3 ½ **
▶ A butter pat	0g	0
▶ 1 mini magnum	10g	2 ½
▶ 1 potato	0g	0
▶ Bowl rice krispies	4	1
▶ Bowl porridge	0	0
▶ 2 slices roast beef	0g	0

The amount of
treats our kids
usually eat in a
week...



and the
most
they
should eat.



Fluid

- ▶ 2/3 body = water
 - ▶ Important for energy reactions in cells
 - ▶ To avoid overheating $> 37^{\circ}$
 - ▶ Urination and vapour loss
-
- ▶ Lose up 300 – 500mls body fluid per hour during exercise!



Dehydration

- ▶ Headaches, lethargy
- ▶ Strain on heart
- ▶ Muscle cramps
- ▶ Impairs physical activity
- ▶ ↓ Concentration levels
- ▶ Dry skin
- ▶ Constipation
- ▶ ↑ Risk of musculoskeletal injuries
muscle pulls & strains



Hydration Analysis



Fluid Requirements

- ▶ 35mls fluid per kg body weight
- ▶ 57kg (9st) = 2 litres (3½ pints)
- ▶ 63kg (10st) = 2.2 litres (4 pints)
- ▶ 70kg (11st) = 2.5 litres (4 ½ pints)
- ▶ **Extra fluid needed if exercising > 30 mins**
- ▶ Water, milk, juice, cordial
- ▶ Tea, coffee
- ▶ Gradually increase fluids



Caffeine

- ▶ Chocolate, cola, tea, coffee
- ▶ Mental alertness e.g. long drive
- ▶ Diabetes & Alzheimers risk reduced
- ▶ **BUT daily overuse & reliance on caffeine...**
- ▶ Effects sleep avoid 4 hrs before sleep, dehydration
- ▶ Cortisol levels
- ▶ Avoid; heart conditions, anxiety or BP
- ▶ Caffeine in blood peaks within 10–60 mins
- ▶ Effects linger up to 8 hours after consumption, which makes falling asleep after work more difficult

Liver & Alcohol

Initially acts as a stimulant


A depressant, contributes to low energy
Disrupts sleep & causes fatigue next day

Can deplete B Vitamins
Effects liver... storage of fuel in the body

Men 21...17 units Women 14 ...11 units / week


Red wine??

Age Related Macular Degeneration

- ▶ *In the over 50's, Age Related Macular Degeneration (AMD) is the leading cause of sight loss in Ireland, with over 7,000 new cases in Ireland every year.*
 - ▶ *Effects 1 in 10 Irish adults over the age of 50.*
 - ▶ AMD is a disease that gradually destroys the macula – a small region in the back of the eye which are responsible for clear vision.
 - ▶ Manifests as problems with facial recognition, reading and driving
- 

Nutrients may help to prevent & slow the progression of this sight threatening disease.

Product	Lutein/zeaxanthin (micrograms per 100 g)
<u>kale</u> (raw)	39,550
<u>kale</u> (cooked)	18,246
<u>spinach</u> (raw)	12,198
<u>spinach</u> (cooked)	11,308
<u>swiss chard</u> (raw or cooked)	11,000
garden <u>peas</u> (raw)	2593
<u>romaine lettuce</u>	2312
Courgette	2125
<u>brussels sprouts</u>	1590
<u>pistachio</u> nuts	1205



Under & Over – Eating



Healthy Weight

- ▶ Chronic overeating – body in overdrive
- ▶ Digest, absorb, utilise food & store fat
- ▶ Resulting insulin overproduction can leave too little sugar available for immediate energy
.....sleepy, lethargic
- ▶ Weight gain & effects health e.g. joints
- ▶ 1 lb wt loss takes 7 lbs off hip/knee/ankle joints

■

5ft 5" 8st – 10 ½ st

5ft 10" 9 ½ – 12 ½ st

Benefits 10% Weight Loss



Cancers, Diabetes, Cholesterol, Blood Pressure, Joints, Other Benefits?

Men
Women

Goal <40"
Goal <35"

ideally <37"
ideally < 32"

Food In = Activity Out





Observe

Notice your body.
(rumbling stomach,
low energy, stressed
out, satisfied, full,
empty)

Savor

Notice the texture,
aroma, and flavor.
(Is it crunchy, sweet, salty
smooth, spicy?)

In-the-Moment

Be fully present. Turn
off the T.V. Sit down.
When you eat,
just eat.

Nonjudgment

Speak mindfully and
compassionately.
Notice when "shoulds,"
rigid rules or guilt
pop into your
mind.



What's in your snack?...



Energising Snacks

- ▶ Pot natural yogurt & 1 desert sp granola
- ▶ Piece of fresh fruit
- ▶ Oat cake/ ryvita cracker / wholegrain rice cake with;
1 tspn nut butter / guacamole / tahini / cheese
- ▶ Crudit  & hummus
- ▶ Popcorn
- ▶ Dark chocolate
- ▶ Cereal bars; trec, 9 bar, nakd, weetabix
- ▶ Handful unsalted nuts / trail mix
- ▶ Celery or carrot sticks with hummus
- ▶ Energising green smoothie: kiwi, apple,
banana, cucumber, celery & spinach



Joint Health

- ▶ Anti-inflammatory (antioxidant effect)
- ▶ Pain killer effect, improves stiffness
- ▶ Care with anticoagulation medications

- ▶ **For Osteo– Arthritis:**
- ▶ Glucosamine 2*
- ▶ Ginger (1 g) 3*
- ▶ Devils Claw 3*
- ▶ Green Lipped Muscle 3*
- ▶ Pinebark Extract (Pycnogenol) 4*
- ▶ Indian Frankinsense (Boswellia Serrata) 4*
- ▶ Cod liver oil – avoid

Changing Behaviour

What do I *want* to change my diet?

Why is it important to me?

Are you *ready* to Change?

1 5 10
Not Ready Unsure Ready

Barriers to Change????





a Goal
without a
Plan
is just a
Wish

Antoine de Saint-Exupery


#WomenInspired

Changing Lifestyle

- ▶ Benefits v's Input
- ▶ How can I make eating well easier for myself?
- ▶ In order to succeed, an eating plan needs....
- ▶ A detailed strategy AND
- ▶ A clear plan of action
- ▶ “skillpower”..... not “willpower”
- ▶ Establish S.M.A.R.T. goals



Eg smart plan

- ▶ I will eat two pieces of fruit every day
 - ▶ Fridge, freezer, dry store shopping
 - ▶ Stock up at home and in the car
 - ▶ Meal Planner
 - ▶ Food diary
 - ▶ Fluids diary
 - ▶ Relapse is normal!
- 



“Good” “Bad”

“Healthy” ★ “Less Healthy”

0% 100%

Aim to eat well 80% of time

Changing your Lifestyle *is* Life Changing!

Always ensure you receive personalised nutrition advice from a Dietitian registered with Irish Nutrition & Dietetic Institute.



Office: (087) 680 22 48
Website: www.nutrivive.ie

Clinic Locations:

Kilkenny City
Carlow Town
Kildare – Clane & Naas