Nutrition for the Caregiver

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Care Giving

• It is estimated that 80% of all care received by older Americans is provided by family members.

• The average length of care giving is 4.3 years.

• Many caregivers fulfill multiple roles. Most caregivers are married or living with a partner (62%)

• Almost 74% of all caregivers work or have worked while providing care.

Source: http://www.caregiving.org/

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Physical Strain on Care Givers

• Studies show that approximately one-third of caregivers provide intensive care although they are themselves in “fair to poor” physical health.

• Studies have found that caregivers may have increased blood pressure and insulin levels, impaired immune systems and may be at increased risk for cardiovascular disease.

Wellbeing for Caregivers

As caregivers, we can maintain and improve our health through a variety of strategies including:

• Healthy diet
• Regular physical activity
• Adequate sleep
• Medical self care
• Personal time
Components of a Balanced Diet:

- Carbohydrates
- Proteins
- Fats
- Vitamins
- Minerals
- Water
What is a Balanced Diet?

• Evenly broken down into carbohydrates, protein, and fats throughout the day.
• Provides all nutrients to promote health and longevity
• Adequate calories to sustain life and activities
• Sense of fullness and enjoyment!
Dietary Guidelines
# Dietary Guidelines

<table>
<thead>
<tr>
<th>Food Source</th>
<th>Female DA</th>
<th>Male DA</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>3 ounces</td>
<td>4 ounces</td>
<td>1 ounce equivalent = 1 slice of bread, 1/2 cup rice</td>
</tr>
<tr>
<td>Milk</td>
<td>3 cups</td>
<td>3 cups</td>
<td>1 cup = 1 glass of milk</td>
</tr>
<tr>
<td>Fruit</td>
<td>2 cups</td>
<td>2 cups</td>
<td>1 cup = 1 banana or apple</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2.5 cups</td>
<td>3 cups</td>
<td>1 cup = 1 cup of broccoli</td>
</tr>
<tr>
<td>Meat &amp; Beans</td>
<td>5.5 ounces</td>
<td>6.5 ounces</td>
<td>1 ounce equivalent = 1 egg, 1/4 cup beans</td>
</tr>
<tr>
<td>Oils</td>
<td>6 tsp</td>
<td>7 tsp</td>
<td></td>
</tr>
</tbody>
</table>

*DADaily Allowance

Requirements change with increased physical activity, amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities.

Visit: www.mypyramid.gov
Carbohydrates

• Found in breads, pasta, rice, and whole grains
• In the form of simple and complex carbohydrates as well as fiber
• Carbohydrates are our main source of energy
• Diet should contain 55-60% carbohydrate per day
• Diet should contain about 25-30gm fiber per day
Fiber

• Diet should contain about 25-30g fiber per day

• Important for GI health and cholesterol levels

• Important for prevention of Diabetes and certain cancers

• Two types of fiber:
  1) Soluble fibers - Oatmeal, legumes, most fruits and vegetables
  2) Insoluble fibers – Flax seed, bran, whole grains, celery
Protein

• The building blocks of the body, made up of amino acid chains

• There are 9 essential amino acids that must be consumed in the diet

• Diet should contain 10-15% of daily calories from protein (depending on activity level)
Fats

• Essential for growth and storage of excess calories

• Diet should contain around 30% of daily calories from fat

• No more than 10% should be from saturated or trans fats

• Consume "good" fats such as monounsaturated and polyunsaturated fats found in avocados, fish, and olive oil
Vitamins & Minerals

• Organic compounds that help body regulate cell function

• There are 13 essential vitamins: A D E K and C and eight B-vitamins

• Vitamin C and the B-vitamins are water soluble and must be replenished often

• A D E and K and fat soluble and can be stored longer

• More than 60 minerals in the body, in the U.S. we are concerned mostly with sodium, calcium, and iron
Water

• Makes up more than 1/2 of our body weight

• Water lubricates joints, transports some vitamins, and regulates body temperature

• We should consume an average of 2-3 quarts of water daily or around 8 glasses per day
Weight Maintenance

Achieving and maintaining a healthy weight is dependent on energy balance

For weight maintenance:
Calories consumed = Calories expended

3500 kcal = 1 pound of weight gain/loss
Considerations for the Caregiver

• Time
• Portable food for people on the go
• Cooking for those in our care
Three Healthy Eating Tips

• Eat your veggies!
• Enjoy all foods in moderation
• Choose less processed foods

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Healthy, Time Efficient & Thrifty Meals

• Make meals that are easy to prepare
• Use planned leftovers
• Batch cook
• Plan snacks that are healthy and easy to pack
• Arrive at the store with a shopping list
Tips for Shopping…
While you Shop

• Choose less processed convenience foods
• Try store or generic brands
• Compare fresh vs. frozen
• Buy only amounts you need of perishables
• Plan for the busy days – purchase some last minute meal options
Portable Foods - Snack Facts

• Snacking can curb hunger and prevent overeating.

• Nutritious snacks can help keep you energized throughout the day.

• Snacking can be a good way to fulfill the daily nutritional requirements you don’t get from meals alone.

• Snacks do not have to be “snack foods”

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Portable Foods - Snack Facts

Compare these snacks:

- Snickers Bar: 271kcal, $0.75 (vending)
- Cheez Its: 160kcal, $0.50 (vending)
- Peanut butter sandwich: 274kcal, $0.30
- Light Yogurt: 100kcal, $0.60
- Cheese stick & crackers: 275kcal, $0.45
- Apple & peanut butter: 230kcal, $0.45
Cooking for Those in Our Care

• Health conditions that impact eating and nutritional status: difficulty swallowing, mobility, diabetes, heart condition

• Interaction and impact of medication: food taste, diet modification, increased/decreased appetite

• Cooking for multiple groups with varying needs: children, adult, older adult
Cooking for those in our Care

• Unless modification prescribed by physician, general guidelines apply

• Plan meals that are fast, flexible & healthy:
  – Pasta, stir fry, fajita
  – Crock pot meals
  – Use less processed convenience foods (pre cut veggie mix, sauces, frozen cut veggie/meat)
Cooking for those in our Care

Meal Option: the stir fry
– Veggies (pick your favorites!)
– Meat, tofu or beans
– Brown rice or whole wheat noodles
– Dozens of sauces can turn this dish into many different meals!
– Use frozen or precut fresh veggies to save time
Cooking for those in our Care

Meal Option: crock pot dishes

– Veggies (pick your favorites!)
– Meat, tofu or beans
– Brown rice
– Make chili, gumbo, jambalaya, casserole
– Use soups as option for flavoring
– Can be frozen when batch cooking

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Cooking for those in our Care

Meal Option: frozen pizza
- Start with cheese pizza on whole wheat crust
- Add veggies (pick your favorites!)
- Meat
- Additional high flavor cheese as needed
- Serve with veggie, salad

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Healthy Eating At WSU

healthy option

500 calorie

vegetarian

vegan

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Questions?