

Healthy Eating for People with Chronic Conditions



Health Prevention and Education Unit
Prepared by Licensed Health Educators

Objectives

Describe the concepts of healthy eating and chronic conditions.



Identify food groups and the nutrients.



List the key benefits of maintaining a healthy diet.



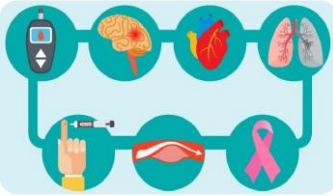
What is healthy eating?



Healthy eating is based on consuming a variety of foods that provide the nutrients needed to stay healthy, feel good, and have energy.

Healthy eating is important for everyone because, along with physical activity, it helps the body stay strong and healthy.

What are chronic conditions?



The Centers for Disease Control and Prevention (CDC) defines chronic conditions as medical conditions that last one year or more and require ongoing medical care, limit daily activities, or both.

Six out of ten adults in the United States have at least one chronic condition, and four out of ten have two or more.

Most preventable chronic diseases are caused by several risk factors, such as **smoking**, **physical inactivity**, **excessive alcohol consumption**, and **poor diet**.

Risk Factor



Poor diet

- Poor diet is a major risk factor for obesity, type 2 diabetes, heart disease, stroke, certain types of cancer, and depression.

Do you eat healthy foods?

Only 1 in 10 adults eats the recommended amounts of fruits and vegetables.

Healthy eating is an important factor in managing chronic diseases and preventing complications.



Learn how to read the nutrition label and identify the recommended nutrients.

It's important to read the nutrition label so you can make healthier food choices.

Using the Nutrition Label to Choose Foods

- Total fat: 3g or less per serving
- Saturated fat: 1g or less per serving
- Trans fat: 0.5g or less per serving
- Cholesterol: 20mg or less per serving
- Sodium: 140mg or less per serving
- Dietary fiber: 3g or more per serving
- Sugars: 8g or less per serving



A healthy diet includes the following nutrients:

Fats: are a source of energy and help the body absorb vitamins.

Example: olive oil

Vitamins: the body needs vitamins to grow and develop.

Example: vitamin C

Minerals: help keep bones, heart, and brain functioning properly. **Example:** iron

Proteins: strengthen and maintain bones, muscles, and skin.

Example: meat

Carbohydrates: are sugar molecules (the main source of energy for cells, tissues, and organs).

Examples: sugars, starches, and fiber

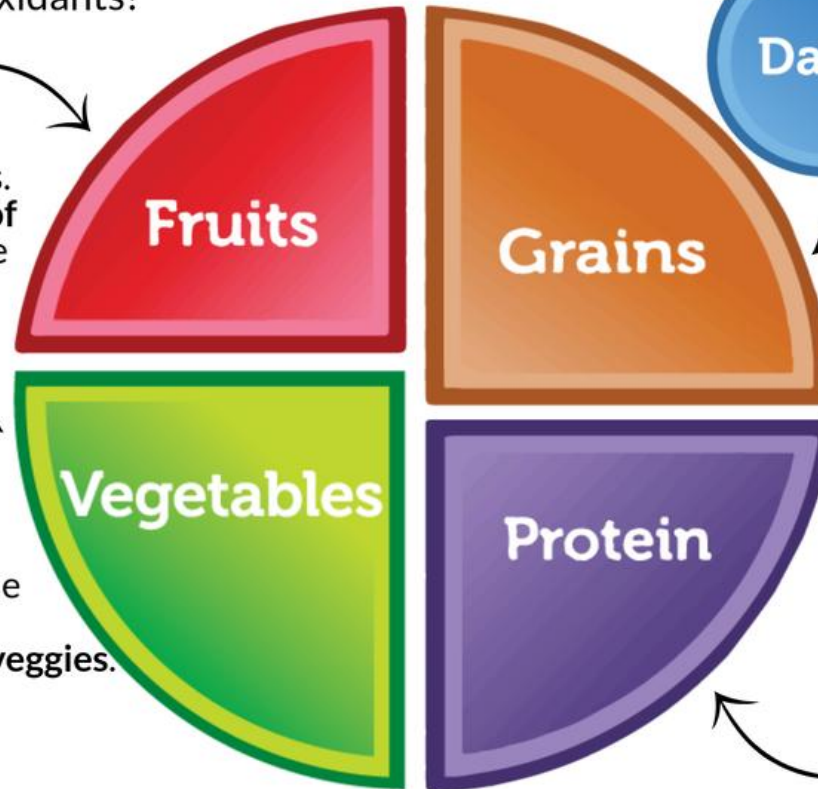
Water: is needed for life. Consult your nutritionist to determine how much water you should drink according to your weight and health conditions.

MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit:
Eat fruits of all colors. Go for **fruit instead of juice**, which has more fiber and fewer calories.

Vegetables:
The more colors and types that you eat, the better! Aim to get mostly **non-starchy veggies**.

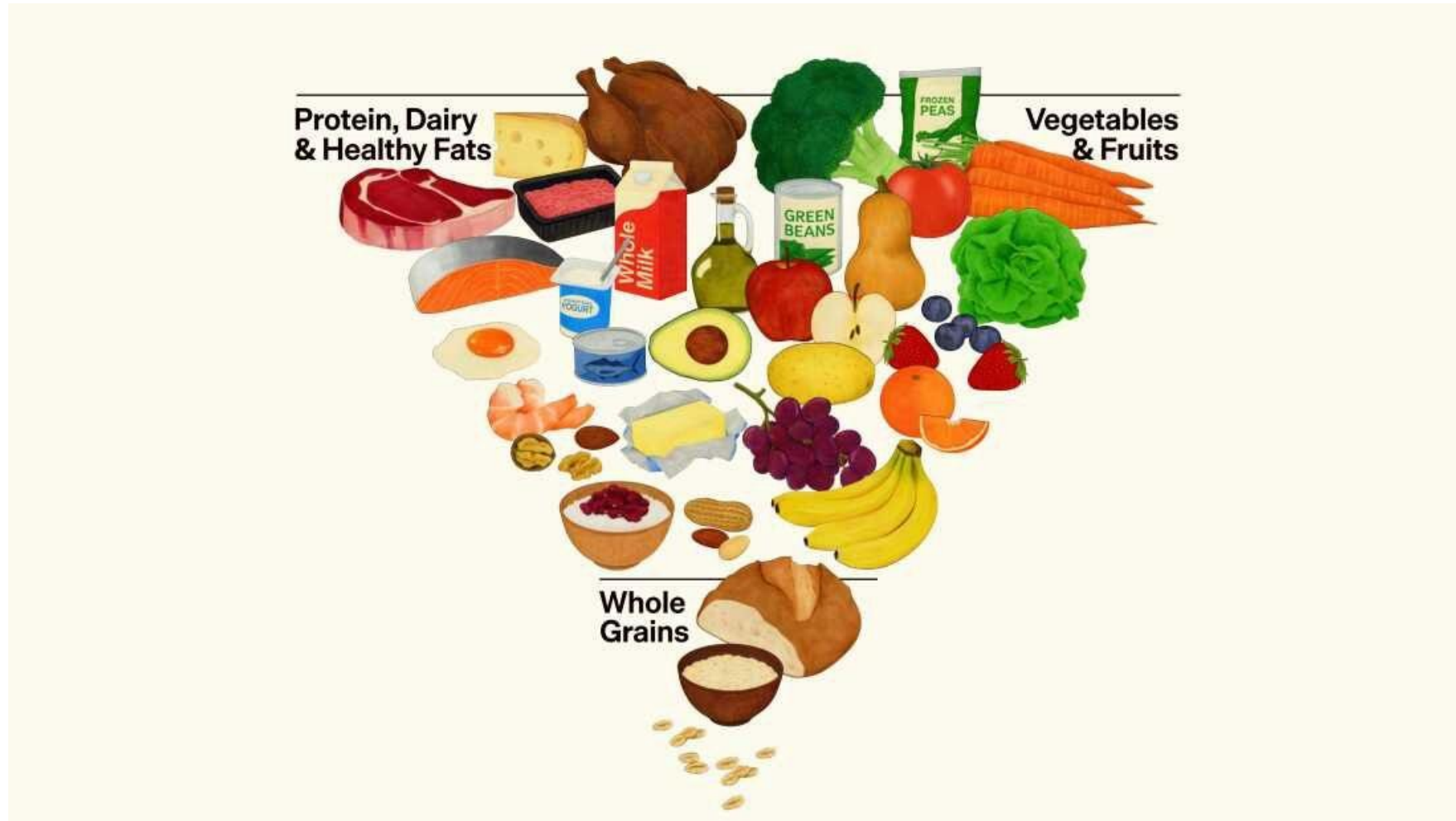


Dairy:
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains:
Eat mostly **whole grains**. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more **fiber**, iron, and B vitamins.

Protein:
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.

The New Pyramid



Healthy foods to include in your diet...

Vegetables

- Broccoli
- Spinach
- Carrot
- Lettuce



Fruits

- Apple
- Banana
- Orange
- Mango
- Grape
- Strawberry



Whole Grains

- Oats
- Brown Rice
- Whole-Wheat Bread



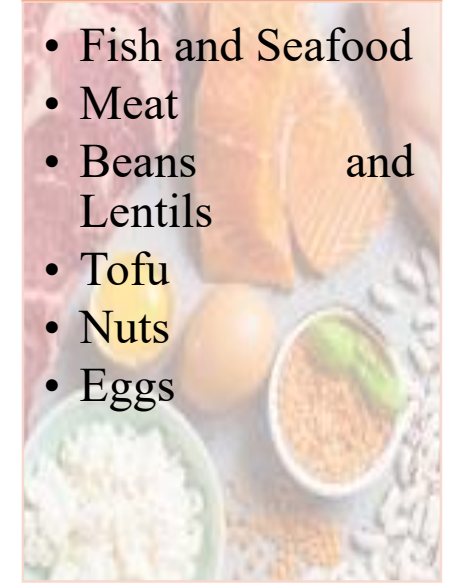
Dairy

- Milk
- Cheese
- Yogurt



Proteins

- Fish and Seafood
- Meat
- Beans and Lentils
- Tofu
- Nuts
- Eggs



Vegetables and leafy greens

They are an excellent source of fiber, vitamins, minerals, and antioxidants.

Eating vegetables provides important health benefits and helps protect against certain types of cancer and other diseases.

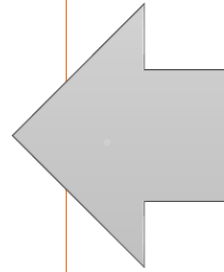
They can be fresh, frozen, dried, or low-sodium canned.



Fruit

They supply a wide range of vitamins, minerals, and antioxidants. Consuming fruit contributes to better health and helps reduce the risk of certain cancers and other diseases.

Include a variety of fruits in your diet, whether fresh, frozen, canned, or dried.



Whole Cereals

They provide a high amount of fiber, vitamins, minerals, antioxidants, and carbohydrates.

Consuming whole grains can support weight management and reduce the risk of chronic diseases over time.

Choose whole meal bread, oats, brown rice, whole-grain pasta, and wheat flour.



Proteins

They provide the essential amino acids required for tissue growth, repair, and maintenance.



Choose lean pork, lean cuts of beef, turkey, skinless chicken, among others.



Replace meat with lentils, beans, soy, tofu, veggie burgers, among others.

Dairy

They provide important nutrients such as protein, calcium, magnesium, zinc, and vitamins, among others. Consuming dairy products is associated with a lower risk of cardiovascular disease, type 2 diabetes, and hypertension.

Choose traditional milk, soy milk, yogurt, cheese, and other similar products.



Examples of Portion Control





Examples of Portion Control

Reduce these foods:



Trans fats



Sodium (salt)

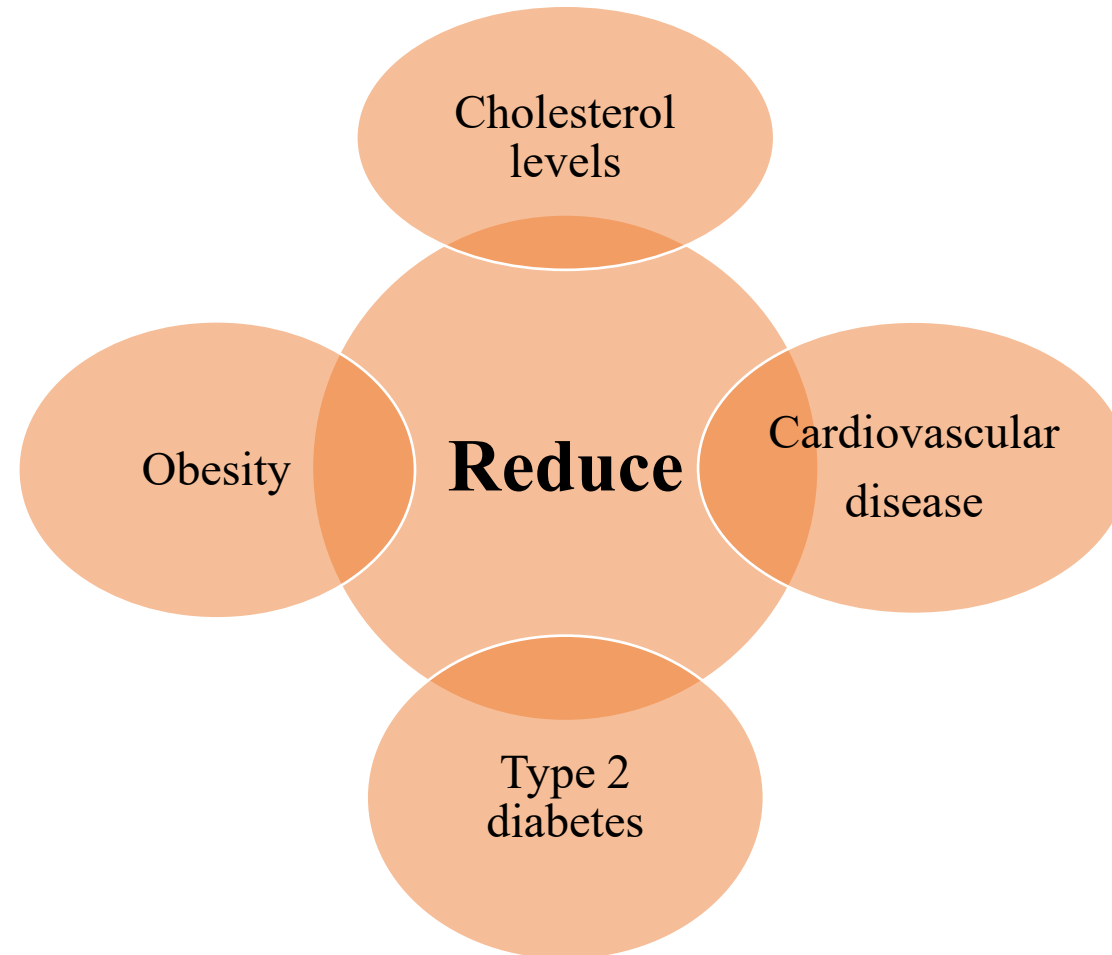


Added sugars



Refined carbohydrates

Benefits of a healthy diet



Cooking methods

PREFER

Baked, roasted, or grilled in its juice

Creole style, grilled, sautéed



Stewed without fat, boiled (steamed)

Sauces: red tomato-based

Soups: broth-based

Fats: olive oil, corn, cooking spray

Dressings: Balsamic, Vinaigrettes

AVOID

Fried (deep fried, crispy), breaded

Garlic, pesto sauce, gratin (with cheese)

Escabeche or marinated in oil

Creamy white sauce like Alfredo and Hollandaise

Creamy soups, Galician broth

Butter and Bacon

Creamy Dressings



Water consumption

Water is essential for life and plays a key role in maintaining good health.

We lose water every day through breathing, sweating, metabolic processes, and elimination (urinary and gastrointestinal).

How much water should I drink? A common guideline is to divide your current weight in half; that number gives you the approximate ounces of water you may aim to drink daily.

The answer is that there isn't a fixed amount for everyone, nor an average for every day, because it depends on environmental and physical factors that can change daily.



Recommendations for Increasing Water Intake



Drink water at the temperature you enjoy most.

If you'd like flavor, add slices of lemon, orange, cucumber, berries, or mint leaves to your water.

If you prefer carbonated beverages, try sparkling mineral water. It's available with or without flavor and is calorie-free.

If you prefer cold water, choose a bottle that stays chilled.

A straw can make it easier to drink more water; choose a reusable one when possible.



Start your day by drinking a glass of water.

You can use tea as a source of hydration, preferably caffeine-free.

Drink a glass of water before eating. The feeling of hunger can be mistaken for thirst.

If you don't like the taste of regular water, consider using a water filter pitcher.

Once you start the habit of drinking water, you'll notice how good it feels to be hydrated. This will help your skin, weight, and digestion and elimination processes.

Don't forget physical activity...



Get at least 30 minutes
of exercise every day.



Exercise at least three
(3) days a week.



Limit the time spent on
sedentary activities.

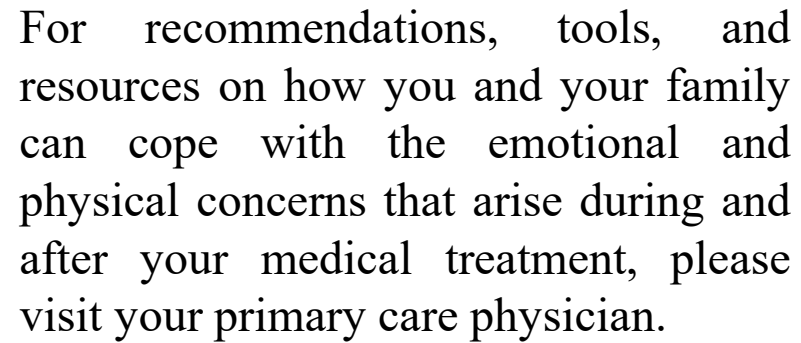


References

- <https://www.nhlbi.nih.gov/education/dash-eating-plan>
- <https://www.breastcancer.org/es/organizar-la-vida/dieta-nutricion/en-que-consiste-comer-saludable>
- <https://www.salud.pr.gov/CMS/DOWNLOAD/8616>
- <https://odphp.health.gov/myhealthfinder/health-conditions/diabetes/eat-healthy>
- <https://medlineplus.gov/spanish/nutrition.html>
- <https://www.cdc.gov/healthy-weight-growth/healthy-eating/index.html>
- <https://medlineplus.gov/spanish/ency/article/002093.htm>
- <https://www.cdc.gov/chronic-disease/es/about/index.html#:~:text=Las%20enfermedades%20cr%C3%B3nicas%20en%20los%20Estados%20Unidos&text=Las%20enfermedades%20cr%C3%B3nicas%20se%20definen,actividades%20cotidianas%20o%20ambas%20cosas.&text=Seis%20de%20cada%2010%20personas,consumo%20de%20alcohol%20en%20exceso.>
- <https://www.cdc.gov/chronic-disease/es/living-with/vivir-con-una-condicion-medica-cronica.html#:~:text=Coma%20alimentos%20saludables,de%20sus%20necesidades%20cal%C3%B3ricas%20diarias.>



Social and Emotional Aspect



For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician.

Available Service Lines

Medical Advice Line

24 hours per day /7 days per week


1-844-647-7801

TTY/TDD: 1-844-347-7804

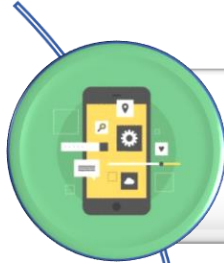
Customer Service

1-844-347-7800

TTY/TDD: 1-844-347-7805



Thanks for your attention!



Download our mobile app



Follow us on social media:

- First Medical Health Plan, Inc.



Visit our website: www.firstmedicalpr.com

¿Ayuda con su Plan de Salud del Gobierno?



ADMINISTRACIÓN DE SEGUROS DE SALUD DE PUERTO RICO



Línea libre de cargos
1-800-981-2737
TTY 787-474-3389