

[illegible]

First MEDICAL
HEALTH PLAN, INC.

Objectives



Explain the importance of planning a healthy menu.

Identify the essential components of a balanced menu.

Propose healthy habits to improve daily eating.

**Is your diet taking care of
your health... or putting
it at risk?**



How are your eating habits affecting your health, and what simple adjustments could help you improve your daily diet?



What is a healthy menu?

It is a plan of balanced meals.

- It includes all food groups.

It provides the nutrients the body needs.

- It promotes variety and balance in eating.

It adapts to individual needs.



Why is it important to plan a healthy menu in our daily life?

It helps us make conscious decisions about what we eat.

It reduces the risk of choosing foods impulsively or out of convenience.

It prevents diseases such as diabetes, hypertension, and obesity.

It improves energy levels.



A collage of various meal prep containers and fresh ingredients. The containers include: a bowl of chickpeas with tomatoes and lemon; a container with rice, corn, green beans, and two fried fish sticks; a container with rice, corn, and green beans; a container with green beans; a container with chicken breast slices and a quinoa salad; and a container with a vegetable salad. Fresh produce includes a yellow apple, a green apple, and a bottle of orange juice.

Benefits of Menu Planning

When we arrange our meals in advance:

- **We improve our nutrition**, ensuring that the body receives the necessary nutrients.
- **We avoid excessive consumption of foods high in fat, sugar, and sodium.**
- **We facilitate the control of chronic conditions** such as diabetes, hypertension, and high cholesterol.
- **We save time and money by reducing** unnecessary purchases and meals away from home.
- **We maintain more organized** eating schedules, which favors metabolism.

What is healthy eating?



Healthy eating consists of consuming a variety of foods that provide the necessary nutrients to stay healthy, with good energy and overall, well-being.

In addition, it is essential for everyone, since, together with physical activity, it helps the body stay strong and healthy.

Each one fulfills an important function; among these are:

Proteins

Healthy Grains

Dairy



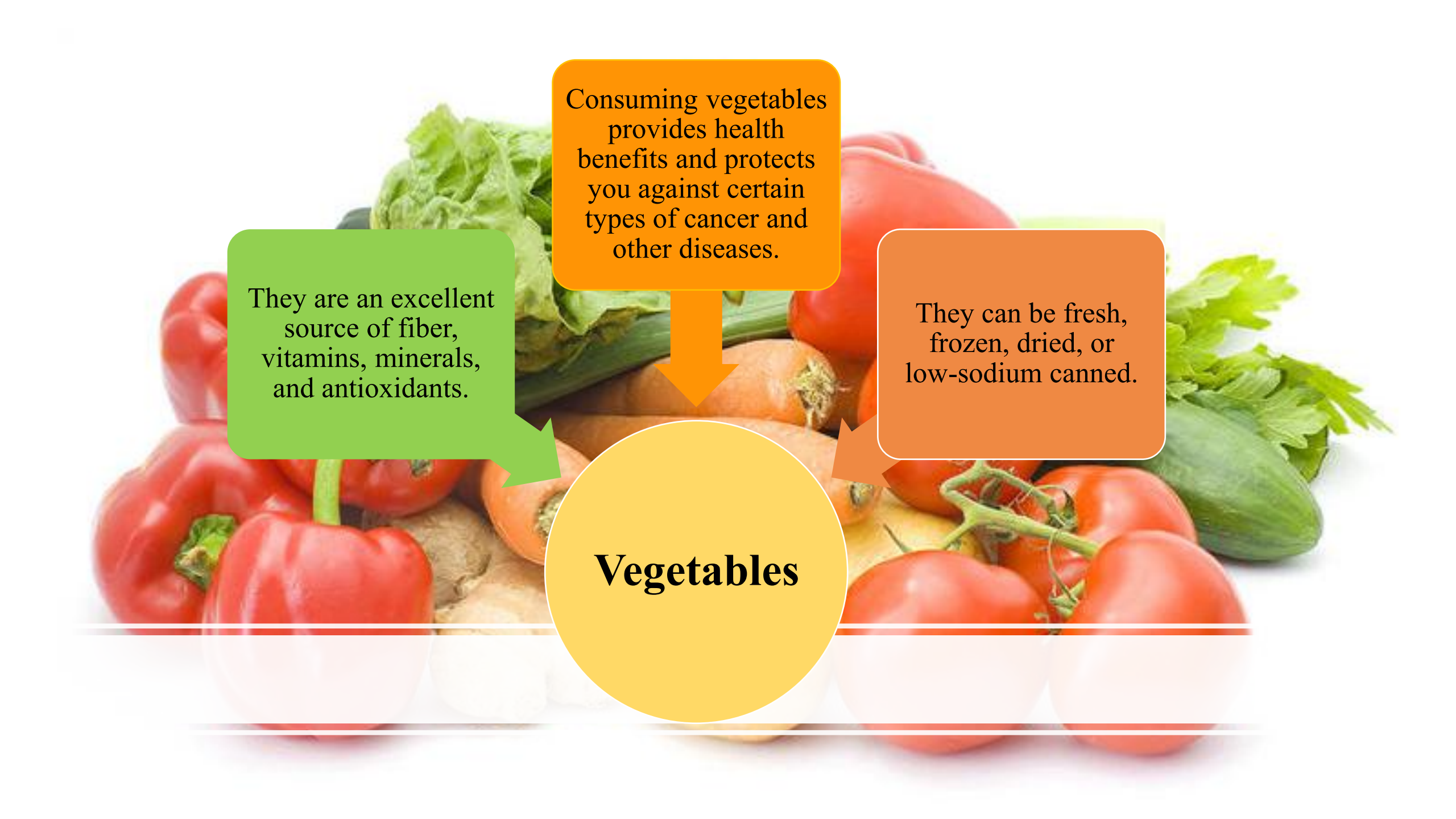


They provide
a great variety
of vitamins,
minerals, and
antioxidants.

Fruits

Consuming
fruits gives you
benefits and
protects you
from certain
diseases.

Consume a
variety of fruits
of all kinds,
whether fresh,
frozen, canned,
or dried.



Consuming vegetables
provides health
benefits and protects
you against certain
types of cancer and
other diseases.

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

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

Vegetables



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

They provide essential amino acids to build, repair, and maintain tissues.

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

Proteins



Whole grains

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

Consuming whole grains helps you lose weight and reduce the risk of chronic diseases.

Choose whole-wheat bread, oatmeal, brown rice, grain pasta, wheat flour.

Healthy fats

A collage of various healthy fats on a light wooden surface. It includes a large piece of salmon with a basil garnish, a whole avocado and a halved one showing the pit, a glass of yellow oil, two small white bowls containing seeds, and a variety of nuts and seeds like almonds, walnuts, and pumpkin seeds scattered around.

They help heart health.

They contribute to brain function.

They support the absorption of vitamins (A, D, E, and K).

They reduce bad cholesterol (LDL).

They increase good cholesterol (HDL).



Water consumption

Water is essential for life and for keeping us healthy.

Every day we lose water through breathing, sweating, elimination processes (urinary, gastrointestinal), and metabolism.

How much water should you drink? Divide your weight in two, and that number is the number of ounces you should drink daily. Example: 160 pounds = 80 ounces of water.

There is no fixed amount for everyone, nor an average; it will depend on environmental and physical factors for each person daily.

Practical recommendations for preparing a healthy menu

Prefer foods
prepared at home.

Choose fresh and
natural foods

Read nutrition
labels

Replace foods
instead of adding

Avoid
improvising, plan
your meals.

Prepare foods in
advance

Prefer natural or
whole foods

Include fish

Plan your meals
weekly

Make a healthy
shopping list

Reduce salt, sugar,
and processed
foods

Maintain regular
meal schedules



Sample menu



Breakfast: Oatmeal with fruit



Lunch: Protein (e.g. chicken) + brown rice + vegetables



Dinner: Salad with protein from your choice



Snack: Fruits or nuts

The examples provided are general; portion sizes should be individually recommended by licensed nutritionists.

A collage of fresh vegetables including broccoli, zucchini, carrots, onions, and lentils. The vegetables are arranged in a rustic, overlapping manner on a dark, textured background. The broccoli is at the top left, zucchini is on the left, carrots are in the center, onions are in a bowl at the bottom left, and lentils are in a bowl at the bottom right.

How to make it a habit?

Start with small, realistic changes

Set a day to plan the menu

Maintain a consistent meal schedule

Organize your grocery shopping in advance

Prepare food ahead of time (meal prep)

Celebrate your achievements, even the small ones

Involve your family in the process

Avoid perfection; aim for consistency



**Questions or
Comments**

References

- <https://www.mayoclinic.org/es/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/healthy-meals/art-20546806>
 - <https://www.clinicbarcelona.org/noticias/consejos-para-elaborar-un-menu-saludable>
 - <https://www.who.int/es/news-room/fact-sheets/detail/healthy-diet>
 - <https://nutricionistadela Fuente.com/blog-menu-semanal-saludable/>
- 



Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or call the following hotlines:

Available Service Lines

Medical Advice Line

24 hours a day/ 7 days a week

1-844-347-7801

TTY/TDD 1-844-347-7804

Servicio al Cliente

1-844-347-7800

TTY/TDD 1-844-347-7805



Thank
you!



¿Ayuda con su Plan de Salud del Gobierno?



ASES

ADMINISTRACIÓN DE SEGUROS DE SALUD DE PUERTO RICO



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