Nutrition: Time for Change

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Time for Change

• Promoting a shift of food choices to improve health.

• Objectives:
  – Participants will be able to state 3 tools used in Rehab to change food choices to improve health.
  – Participants will be able to state 2 realistic approaches to motivate patients to change dietary lifestyle.
Tools

• Cardiac Heart Binder
• Living with COPD booklet
• Scales
• Classes
• Use Science
• New Leaf: Dietary Risk Assessment
• Realistic goal setting SMART goals
• Handouts
• Display Boards

Lexington Medical Heart Center Tools

  – Starts at bedside teaching
  – Class on the floor for stents
  – Rehab staff
  – Refer during Nutrition class
Lexington Medical Center Tools

- COPD Booklet “living with COPD A Comprehensive guide for people with Chronic Obstructive Pulmonary Disease.
  - Teaching starts at the bedside
  - Pulmonary Lab
  - Rehab staff
  - Pulmonologist office staff
  - COPD Navigator

Scales for Daily Weights
Classes

- Orientation Nutrition Class
- Dining out with Susan
- Mediterranean Way
- Eating a Rainbow
- Why Weight?
- Store Tours
- Healing Your Heart class for stents or interventions before discharged.
Use Science

- Read, Read Read
- Harvard Medical School- Health Beat
- Academy of Nutrition and Dietetics Journals
- Dietitian Today Journal
- Forks over Knives
- Nutrition and Dietetics SmartBriefs
- Oldwayspt.org
12 Great Ways to Use...

Canned Tuna

Canned tuna is great Mediterranean Diet food. It is rich in protein, low in fat and saturated, and is an excellent source of vitamins D and B complex, which science has shown to improve heart health and brain function. With a shelf life of over four years, canned tuna is also affordable and versatile. Here are 12 ways to easily incorporate this nutritious powerhouse into your daily meals.

1. Combine canned tuna with avocados, bananas, apples, and orange juice or a food processor to make a creamy, creamy spread.
2. Combine canned tuna with fresh tomatoes, peppers, and olives for a protein-packed snack dish to enjoy on a school or work break.
3. Toss canned tuna, roasted red peppers, chopped tomatoes, fresh basil, garlic, and lemon juice in a bowl, then add sliced olives to make a flavorful salad.
4. Combine cooked barley, tuna, and a sprinkling of cheese and microwave until heated through. Add salad to each desired container.
5. Serve an open, filling, and a drizzle of olive oil in a bowl. Add a can of tuna and a cup of shredded, cooked chicken. Sprinkle with grated Parmesan cheese and serve as a side dish.
6. Space an even layer of tomato sauce over whole wheat pita bread. Add a can of lentils, spinach, olives, and tomatoes, and bake until golden brown.
7. Combine tuna, pasta, vegetables, cherry tomatoes, olive oil, and lemon juice in a bowl and serve over mixed greens.
8. Mix canned tuna with chili powder, lime juice, and olive oil. Spread over a whole wheat tortilla, add black beans, and sprinkle with cheese.
9. Mix canned tuna with arugula, onions, tomatoes, olives, and slices of avocado. Add a drizzle of olive oil and serve as a healthy lunch option.
10. Add canned tuna to mixed vegetables, mixed nuts, and olive oil to create a quick and easy meal.
11. Add canned tuna to mixed vegetables and rice with a drizzle of olive oil, lemon juice, and some extra seasonings.
12. Add canned tuna to mixed vegetables and nuts with a drizzle of olive oil, lemon juice, and some extra seasonings.

Learn more about the Mediterranean Diet and healthy food choices at www.oldwayspt.org.

Display Boards
New Leaf: Dietary Risk Assessment

- Structured Assessment and Counseling tool
- 5th to 6th grade reading level
- Eating habits of the southeastern US
- Intended for Midlife
- Low income uninsured women
- Assess current lifestyle behaviors
- Facilitates goal-setting and encourages self-monitoring
Realistic Approaches

• SMART Goal Setting
• Baby Steps
• Living off a budget
• Incorporate family
• Offer no cook options
• Making it relevant
• Meet half way
• Be Culturally sensitive

• Share ideas from patients
• Variety of tools
  – Media
    • Webinars
  – Handouts
  – Display boards
  – Classes

Set SMART Goals

• Specific
  • Focus on behavioral changes
  • Nutrition goals
  • Physical activity goals
• Measurable
  • Pounds
    • 5-10% of current weight
  • Inches
  • Body mass index
  • Calories, exchanges, points consumed
  • Exercise time/distance
• Action-oriented
• Realistic
  • Are you willing and able?
  • Do you believe?
• Timely
Strategies

Problem Solving

• Pt defines a problem
• Brainstorm solutions
• Select a strategy
• Evaluate the outcome
  – Follow up
  – Very important
  – Gains trust with patients

Social support

• Establish a collaborative relationship
• Use positive talk
• Identify social support
• Encourage family involvement
Questions
Thank You
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