Caregiver Wellness: Take Time For Nutrition!

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Objectives

- Identify how caretaker activities can contribute to poor self-care.
- Explore nutritional strategies for self-care
- Learn how to set SMART goals to help you stress less about your nutrition.

What is Self-Care ???

Self-Care

What happens when you don’t take care of yourself?

Self-Care First
Key Nutrition Strategies

- Variety of food groups daily
- Control portion sizes
- Don’t “diet”!
- Avoid skipping meals & snacks
- Hydrate!

Planning is Important!

- Keep a list of “go-to” meals & snacks
- Stock-up on non-perishables
- Prepare ahead of time
- Be mindful of cravings
- Cook in bulk to avoid fast food stops!

Strategies for Home

- Use a smaller plate, such as a salad plate.
- Do not serve food at the table.
- Follow the plate method.
- Serve yourself a little less than what you think you will eat.
- Go back for seconds only if you are hungry.
  – On the 2nd go round, aim for smaller portions and focus on vegetables.
- Try using measuring cups.

Why is Shopping Important?

- To support your desired meal plan.
- To stock your spaces with healthy options.
- To minimize the time it takes to prepare meals at home.

General Guidelines

- Shop alone or with someone who shares your health goals
- Stick to the list to stick to your goals!
- Don’t grocery shop when hungry or tired.
- Avoid tempting displays, samples, sales, etc.
- Go during least busy time of day possible

Shop the perimeter (produce, meat, dairy, bread) and read labels carefully in the interior aisles.

Budgeting Tips

- Plan menus and make list.
- Use coupons & rewards cards wisely.
- Use cash only and shop with a calculator.
- Buy store or discount brands.
- Buy on sale and in bulk.
- Compare unit price.
- Pay attention at check-out!
- Shop at multiple stores, if necessary.
- Stick to serving sizes when enjoying your foods!
**Things to Remember**

- Fill your cart at least halfway with fruits & vegetables (variety of colors).
- Go lean w/ meats (<2-3g saturated fat /3 oz).
- Choose fat free or low fat dairy items.
- Focus on natural, whole grain foods.
- Limit highly processed foods.
- Read “nutrition facts” labels.

**4 Keys To Healthy Eating Out**

- Plan Ahead
- Ask For What You want
- Take Charge of What's Around You
- Choose Foods Carefully

**Take Charge of Your Eating**

**Plan Ahead**
- Look up menus online
- Eat a small snack prior
- Think about alcohol consumption

**Ask For What You Want**
- Choose health for you & your family
- When eating out, ask for what you need

**Strategies for Restaurants**

- Share a meal.
- Choose an appetizer as your main course.
- Ask for a lunch portion.
- ½ of the food To-Go
- Salad dressing on the side.
- Skip the bread
- Ask questions!

**Strategies for Fast Food**

- Stick with a small.
- Try a salad or fruit instead of fries.
- If you need a drink refill, choose water.
- Choose grilled instead of fried.
- Ask for the nutrition facts.
  - [www.calorieking.com](http://www.calorieking.com)
### Goals

The result or achievement towards which effort is directed.

**Why?**
- Focus our mind on a single, worthwhile target.
- Provides motivation to achieve

### Setting SMART Goals

- **Specific**
  - What exactly do you want to happen?
- **Measurable**
  - How will you know it was achieved?
- **Attainable**
  - Is it possible?
- **Realistic**
  - Within the availability of resources, knowledge and time.
- **Time-Bound**
  - Enough time to achieve the goal.

### SMART vs. Not so SMART

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>I want to eat more fruits and vegetables this year.</td>
<td>NO</td>
<td>I will consume at least 2 fruits and vegetables every day for the next 7 days.</td>
</tr>
<tr>
<td>I am going to eat out less.</td>
<td>NO</td>
<td>I am going to cook dinner at home at least 3 days a week.</td>
</tr>
<tr>
<td>I am going to drink more water.</td>
<td>NO</td>
<td>I will drink six 8oz. glasses of water everyday.</td>
</tr>
</tbody>
</table>
SMART vs. Not so SMART

I am going to try to eat breakfast more often.

NO

I am going to eat breakfast everyday 30 minutes after I wake up.

YES

SMART vs. Not so SMART

I need to spend less money when I go food shopping.

NO

I will not purchase any single serve items when I go food shopping.

YES

Ask Yourself…

S: What exactly am I working towards?
M: Can I measure my progress?
A: Can I accomplish this with hard work?
R: Will this get me where I want to be?
T: How long do I have to reach this goal?

Flipchart activity

Let’s make some goals that apply to some of the stressful situations we came up with…

If you slip…..

• Don’t give up!
• Learn from it!
• Regroup!

Everyone will slip from time to time…

Slips are part of the process!

Questions?

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