



Greater Wisconsin  
Agency on Aging Resources, Inc.

# ***NOURISH — Small Steps for Big Health Benefits***

Pam VanKampen, RDN, CD



# What's Your Why?



Photo by Alena Darmel: <https://www.pexels.com/photo/a-family-having-fun-7322390/>



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Photo by stevepb [www.pexels.com](https://www.pexels.com/photo/a-family-having-fun-7322390/)

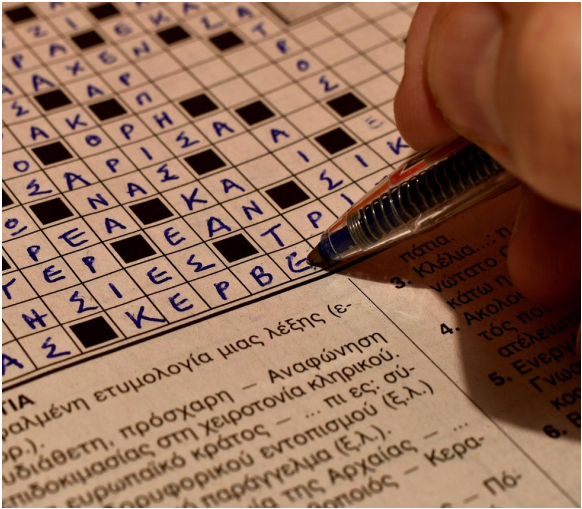


Image by Thanasis Papazacharias from Pixabay



Image by Tri Le from Pixabay





# Presentation Outline

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1. NOURISH Step Overview
2. Eat Colorfully!
3. Protein Throughout the Day.
4. Hydration Matters
5. Small Recipe Swaps, Big Impact
6. Desserts Still Fit

# Why NOURISH Step was created

Nutrition can be *very complicated and confusing.*

*SIMPLE, Easy to remember, practical, and empowering* that becomes a **mindset.**

*Gateway to reliable, science-based information.*

*7 Key Principles* to build a strong nutrition foundation.

*You're in Charge!*

You choose what step(s) to take.

*Strive to take a **NOURISH Step** each day.*





*If you want more pep,  
take a NOURISH Step!*

[gwaar.org/nourishstep](http://gwaar.org/nourishstep)

Taking small steps can help strengthen your nutrition foundation.  
It can help you stay strong, have more energy, elevate your mood, think clearer, prevent or control illness, heal quicker, have less pain, and more!

## Nutrient Rich Foods

Focus on color & variety!

## Omega-3s & Healthy Fats

For heart, body, & mind!

## Understand

How food fuels & affects us.

## Recipes & Meal Ideas

Simple and practical.

## Increase Protein & Fiber

For muscle health, gut health, and blood sugar control.

## Sugar & Sodium Awareness

Understand their impacts and alternatives for each.

## Hydrate

To look, think, & feel great!



1

# Sugar Aware! New Food Label

*"Before you add  
sweet, try some  
heat."*

**New Dietary Guidelines**  
recommend *no more than 10 grams*  
*of added sugar a day*, it was 50  
grams per day and the AHA  
recommends 25-35 grams per day.

## Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55g)

**Amount per serving**

**Calories** 230

**% Daily Value\***

**Total Fat** 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 160mg 7%

**Total Carbohydrate** 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein** 3g



# Sugar Substitutes- Take a NOURISH Step and Learn More!

**Artificial:** Aspartame, Saccharin, Sucralose, Xylitol, Acesulfame Potassium (Ace-K), Neotame, Advantame.

**Natural/Plant-Derived:** Stevia (steviol glycosides), Monk Fruit extract, Allulose.



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## How Much Fiber Do I Need?



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**35 grams per day is recommended!**

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**New Dietary Guidelines:  
Whole Grains (2-4 servings per day)**

**Oats, Barley, Wheat,  
Corn, Pop Corn,  
Rice, Wild Rice,  
Quinoa**

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Fiber helps keep your gut healthy, bowels moving, blood sugar stable and helps prevent cancer.

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Fruits, veggies, beans, whole grains are all good sources of fiber.

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Learn more about whole grains:  
<https://wholegrainscouncil.org/whole-grains-101/whole-grains-z>



# Record Your NOURISH Steps



## NOURISH Step Journal Page



### Track Your Daily Healthy Choices and How They Make You Feel

Use this journal to turn ideas & intentions into action. Notice what gets in your way, what helps you stay motivated, and take small steps to move forward.

#### Tips for Using Your NOURISH Journal

- Be **specific** about the small step you took (e.g., "Added 1 tsp chia seeds to oatmeal," "Replaced sugar with applesauce in muffins").
- Notice **how you feel**—energy, mood, fullness, pain level, digestive effect, etc.
- Use the **Notes / Observations** column to record ideas, challenges, or things you want to try next.
- Review your entries weekly to **celebrate your progress** and plan your next NOURISH Step(s)!

**\*NOURISH stands for:** Nutrient-Rich Foods, Omega-3s & Healthy Fats, Understand, Recipes, Increase Protein & Fiber, Sugar & Sodium Awareness, Hydrate.



Date	NOURISH Step Category	Specific Action(s) Taken	How It Made You Feel	Notes/Observations

**Remember:** Healthy changes are about **small, consistent steps, not perfection.**

**Each NOURISH Step counts!** 🍏 *If you want more pep, take a NOURISH Step!*

1



***“Food is Medicine!”***

# **(U) Understand**

***How Food Fuels  
& Affects us!***

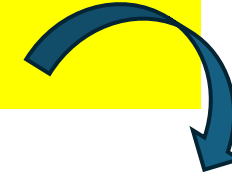
**Our body is not a  
laundry chute!**



# 1

## Swallowing Changes (Dysphagia)

***Up to 1/3 of adults 60+ have dysphagia!***



### Overview

- Use 50 muscles to swallow
- Dry Mouth
- Slower Swallow
- Soft foods, gravies, sauces, food pouches

### Signs & Symptoms

- Drooling
- Difficulty Chewing
- Coughing & Choking when Eating
- Swallow Multiple Times
- Frequent Throat Clearing
- Complaints of food being stuck/caught in the throat



<https://www.eatrightpro.org/nutritionfactcheck>

- ✓ Saturated Fats
- ✓ Food Dyes
- ✓ Seed Oils
- ✓ Ultra-Processed Foods

**eat right.** Academy of Nutrition  
and Dietetics

# Nutrition FACT CHECK

The Academy of Nutrition and Dietetics  
***Nutrition Fact Check*** summarizes today's best  
available science and evidence on hot topics  
in nutrition.





# (N) Nutrient Rich Foods

- *Colorful, Seasonal, Whole, Variety*
- **Veggies 3 servings/day**
- **Fruit 2 servings/day**
- Frozen, Fresh, Canned, Dried with no or minimal added sugar
- 100% juices in limited amounts, diluted with water

*From the New  
Dietary  
Guidelines*





*We eat with our eyes- make food look appetizing.*

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**Changes that occur as we age and with chronic conditions.**

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Taste and Sense of Smell decreases. Why? Meds, dementia, age, etc.

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Add flavoring with **extracts**, herbs, and spices.

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<https://lorifernandez.com/recipes/egg-casserole/>



2

## How to add Veggies/Nutrients to Meals

### Get Shredded

- Zucchini, beets, carrots, parsnips, summer squash, butternut squash,...
- Add to muffins, breads, cakes, salads, lasagna...
- Sauté for ~5 minutes and add to pasta sauce



Images by Pam VanKampen



# Zucchini Fritters

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- These crispy zucchini fritters are quick, & easy
- Shredded zucchini mixed with simple ingredients.
- Add red pepper rings or cheese for extra flavor





2

# Pizza NOURISH Step Hacks

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- Use cheese as a garnish
- Add greens, veggies, fruit, nuts/seeds
- Sprinkle with ground flaxseed



Image by Daniel Naor from Pixabay





# (I) Increase Protein & Fiber

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- For muscle health
- Gut health
- Blood sugar control

**“Protein throughout the Day,  
Helps Your Muscles Stay!”**

# Why We Need Protein

- Preserves Muscle mass
- Helps Us Feel Full
- Strengthens Immune System
- Helps fight infections/illness
- Aids in Healing & Recovery







## Leucine-Rich Foods for Muscle Health

👉 Aim to include a **leucine-rich protein** at each meal to support muscle maintenance.

- Greek yogurt + nuts, pumpkin seeds, peanuts
- Eggs + cheese
- Salmon + quinoa
- Tofu stir-fry
- Peanut butter on whole-grain toast
- Black or Garbanzo beans w/ Beef or Lentils

<https://lorifernandez.com/recipes/pip-spicy-black-beans-and-brown-rice/>

# How much Protein do you need?

The New Dietary Guidelines recommend **1.2 to 1.6 grams per kg/day**.

In general aim for 25-30 grams at each meal throughout the day.

To calculate kilograms. Take your body weight in pounds and divide by 2.2

Example 150 lb divided by 2.2 = 68 kg x 1.2 and 1.6 = 81 to 108 g of protein divided by 3 meals = ~36 grams per meal

3

## 2 Tablespoon Comparison

### **Cottage Cheese**

~25-50 calories |

3-4 g protein

### **Peanut, Almond, or Sunflower Seed Butter**

~160-210 calories |

5-7 g protein

*Small  
amounts  
can make a  
big  
difference!*





# 3

## Ground Flax Seed & Chia Seeds

Per 2 Tablespoons:

- ~ 4 grams of dietary fiber
- ~ 4 grams of Protein
- Omega-3 Fatty Acids
- 70-120 Calories
- No sodium, sugar, or cholesterol
- Can help control appetite
- Add to applesauce, yogurt, oatmeal, smoothies, batters
- *Start with 1–2 tsp/day to avoid GI upset*
- Drink plenty of water
- *Use as a condiment!*





# Protein + Calcium & Vitamin D



- Use **milk or fortified plant milk** in oatmeal, soups, or smoothies
- Substitute plain **yogurt** for sour cream.
- **Canned salmon with bones**
- Eat **fatty fish** (salmon, tuna)
- Yogurt Parfait
- **Cheese** on apple pie
- **Milk with sweets**



***Look for Live & Active Cultures on the Yogurt Label!***

# High Protein, High-Calorie Milk



## Ingredients:

$\frac{3}{4}$  cup Whole Milk

$\frac{1}{4}$  cup Half & Half

5 TSBP Dry Milk Powder

## Directions:

Combine until the milk powder is dissolved.

Add to recipes, pudding, cereal, smoothies, cream soup, or drink it plain.

Pair with 1-2 Protein [Cranberry Oatmeal Energy Balls](#)

## Nutrition Facts

Per 1 recipe (240 mL/ 1 cup/ 272 g)

Amount	% Daily Value
<b>Calories</b> 290	
<b>Fat</b> 12 g	<b>18 %</b>
Saturated 8 g + Trans 0 g	<b>40 %</b>
<b>Cholesterol</b> 45 mg	
<b>Sodium</b> 270 mg	<b>11 %</b>
<b>Carbohydrate</b> 27 g	<b>9 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 24 g	
<b>Protein</b> 18 g	
Vitamin A	35 %
Vitamin C	4 %
Calcium	60 %
Iron	2 %



# Beans = Protein + Fiber + Potassium!



Photo courtesy of Canned Beans.org

## Add to almost anything:

- Tacos
- Spaghetti
- Salads
- Hot Dish
- Soups
- Baked Goods
- Scrambled Eggs
- Toast



## Protein Layering (Example)

- Canned Tomato Basil Soup
- Low Sodium Black Beans
- Fresh Spinach
- Low-fat Feta
- Walnuts/Pepitas







Photo by Meruyert Gonullu: <https://www.pexels.com/photo/close-up-shot-of-a-vegetable-salad-7469439/>

## (H) Hydrate

*To Look, Think,  
and Feel Great!*

*“Hydrate to  
think straight.”*



Photo by Dharmjeet Kumar: <https://www.pexels.com/>

# Falls are Not Your Fate, Hydrate for a Better Gait!



## Fluids Help:

Digest Food

Absorb Nutrients & Medications

Get rid of waste

Prevent constipation

Lubricate joints

Protect organs

Help with body temperature  
regulation

## Dehydration Signs & Symptoms

Changes in mental status

Easily confused

Cracked lips

Dizziness

Dry mouth

Postural hypotension

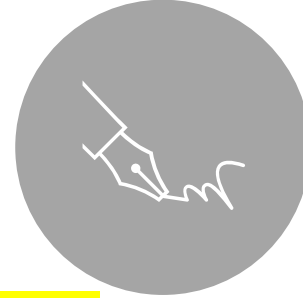
Frequent Falls

Tired


## Tips to Increase Fluid Intake



Add fruit, herbs, or  
veggies



Bracelet or Rubber  
Bands on Wrist or  
mark on paper

 ***Staying hydrated  
helps with balance,  
focus & energy!***



Put glass of water by  
bed/chair/bathroom  
sink



Set an alarm to remind  
you to drink



4

# High Water Content Foods

Fruits, Vegetables,  
Soups- Ice Cream,  
Gelatin, Yogurt,  
Hot Cereals



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# 4

## Hydrating Meals & Snacks

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Cucumber & Hummus Snack Plate

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Watermelon + Feta Salad

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Greek Yogurt with Fresh Fruit

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Smoothie with Frozen Berries + Liquid

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Cottage Cheese + Cantaloupe or Fruit

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Tomato, Cucumber Caprese Salad with Mozzarella

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# Recipes & Meal Ideas

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- *Small Swaps, Big Impact!*
- Experiment and Have Fun
- Cook/Bake Together (Socialization)



5

# Orange Spring Salad

- 22 oz Cottage Cheese
- 20 oz Crushed Pineapple **packed in 100 juice or water-** drained
- 15 oz Mandarin Oranges **packed in water-** drained
- 3 oz **Sugar Free** Orange gelatin (Dry)
- 8 oz **Sugar Free** Whipped Topping , thawed
- 2 tbsp Chia seeds or Ground Flax Seeds

<https://lorifernandez.com/recipes/orange-spring-salad/>

Modified Recipe with  
Less Sugar saved ~1 cup  
of “Added Sugar” in the  
total recipe!



# Grilled Cheese



Use whole-grain bread (Increase Fiber)



Grill with olive oil instead of butter or margarine. (Omega 3 & Healthy Fat)



Pair with soup for extra fluids (Hydration)



Add tomato, spinach, onions, fruit such as apples or peaches (Nutrient Dense)



Add turkey, tuna, or hummus for protein (Increase Protein)





5

# NOURISH Stepped Pasta



Choose **whole-wheat, bean, or lentil-based pasta**  
*(Increase Fiber & Protein)*



Add vegetables or mashed Beans to sauce *(Nutrient Dense & Increase Protein)*



Add shrimp &/or ricotta to increase leucine.



Watch added sugar and sodium in jarred sauces  
*(Sugar & Sodium Awareness)*

# NOURISH Stepped Oatmeal



- Transition to **Old Fashioned or Steel Cut Oats** (*Increase fiber/ Sugar & Sodium Aware*)
- Add walnuts, flax, or chia seeds (*Omega 3's & healthy fats*)
- Stir in milk, peanut butter powder, nut butter, or powdered milk (*Increase Protein*)
- Flavor w/fruit instead of sugar or add sauteed veggies for a savory side (*Nutrient Dense*).



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# Stepped Up Popcorn

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**Whole Grain!**

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Spray with olive oil spray

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Sprinkle with **Nutritional Yeast** to  
up your **Vitamin B-12**

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Garlic Herb Seasoning

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Seasoned Pepper or Spice of your  
choice!

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## NOURISH Step Snack Swap

- Same Volume • Very Different Impact



### Potato Chips Vs Microwave Light Popcorn (Serving Size 4 cups)

#### Why This Matters

- ✓ Fewer calories
- ✓ Much lower fat & sodium for heart health
- ✓ Whole Grain!

Nutrient	Potato Chips	Light Popcorn
Calories	~600+	~130
Total Fat	~40 g	~5 g
Saturated Fat	~6 g	~1 g
Fiber	~4 g	~4 g
Whole Grain	0 g	~24-32 g
Sodium	~650 mg	~275 mg

*Nutrition values are estimates based on standard USDA data.*



# Desserts Still Fit!

- Add oats, nuts, shredded veggies, or fruit (refrigerate after baking)
- Cut sugar by  $\frac{1}{4}$  to  $\frac{1}{2}$  for most recipes still taste great
- Enjoy with milk/protein helps keep blood sugar stable

<https://lorifernandez.com/recipes/protein-balls/>



You detect 80% of  
flavor through  
your nose?

# 6

Flax or Chia Egg works great in baked goods and increases Omega 3s, Fiber, and Protein.



## **Replace each egg with:**

- 1 Tablespoon flax meal or Chia Seeds, mix with 3 Tablespoons warm water.
- Let it sit until thickened, about 5 to 10 minutes.
- Add an extra pinch of baking powder to the recipe to help your recipe rise.



# 6

## NOURISH Step:

### Healthy Baking with Pumpkin & Applesauce

**Applesauce Or Pumpkin Fat Swap:** Replace ½ of butter or oil with unsweetened applesauce.

- Best for muffins, quick breads, pancakes, brownies, and bars. Adds fiber, vitamin A, moisture & natural sweetness

#### Flavor Boost Tip:

- Use spices like cinnamon, nutmeg, ginger, cocoa, or fruit to enhance flavor and nutrition.

- ✓ **Sugar Awareness:** Natural sweetness, less added sugar
- ✓ **Increase Protein & Fiber:** Feel fuller & improved digestion
- ✓ **Omega-3s & Healthy Fats:** Support heart & brain health
- ✓ **Hydration:** Adds moisture while reducing saturated fat

*Handouts & Recipes available on our website.*



# Tips for Baking with Sugar Substitutes

- **Start Small:** Begin with a lower amount than regular sugar
- **Add Moisture/Flavor:** Add vanilla, cinnamon, or a bit of applesauce.
- **Texture:** Expect less browning. Flatten the dough slightly.
- **Dissolve:** Dissolving it in the wet ingredients

## To Make Brown Sugar

- Blend 1/2 cup granulated sweetener with about 1 tablespoon of molasses until coated.







# Let's Practice Taking a NOURISH Step.



- Double Chocolate Frosted Brownie.
- No frosting, Cut Sugar in half in recipe, light dusting of powdered sugar
- Black Bean Brownie
- 3 Ingredient Brownie (bananas, cacao powder, and nut butter)

Image by [Creative Coffee Creative Coffee](#) from [Pixabay](#)



## Let's Practice Taking a NOURISH Step...



- Pumpkin Pie
- Don't eat the crust of the pie
- Cut down on the amount of sugar in the recipe by 1/3rd
- Greek yogurt with pumpkin puree and pumpkin pie spice and add pepitas or crushed nuts.





## NOURISH Step Overview:

Small steps. Your pace. Your Choices!

### Eat Colorfully:

More nutrients!

### Protein Throughout the Day:

25-30 grams/meal

### Hydration Matters:

Hydrate to think, look, and feel great and to prevent falls.

### Small Recipe Swaps, Big Impact:

Simple changes can help you feel better

### Desserts Still Fit:

Enjoy food—balance, not restriction

## Keep Taking NOURISH Steps!

- ☐ Choose **one NOURISH Step** to try at a time.
- ☐ Notice how your body feels—energy, mood, digestion, strength, pain, etc.
- ☐ **Write it down** in your NOURISH Journal
- ☐ Keep steppin'—**small steps add up. *You got this!!***



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# *Take a NOURISH Step with me...*

Pam VanKampen,  
RDN, CD

