



GWaar

Greater Wisconsin
Agency on Aging Resources, Inc.

NOURISH — Small Steps for Big Health Benefits

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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

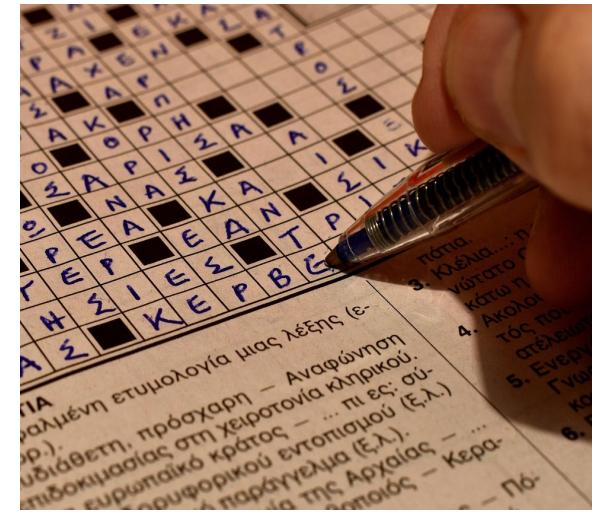


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Presentation Outline

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.*

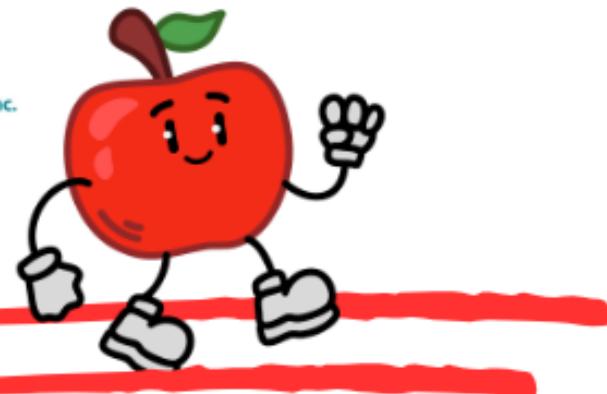
SIMPLE, Easy to remember, practical, and empowering that becomes a mindset.

7 Key Principles to build a strong nutrition foundation.

You're in Charge!
You choose what step(s) to take.

Gateway to reliable, science-based information.

Strive to take a NOURISH Step each day.



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

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.

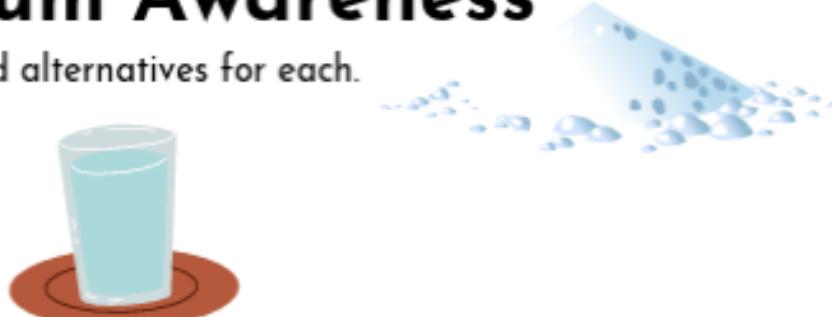


Sugar & Sodium Awareness

Understand their impacts and alternatives for each.

Hydrate

To look, think, & feel great!



Sugar Aware! New Food Label

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.

"Before you add sweet, try some heat."

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.



How Much Fiber Do I Need?



35 grams per day is recommended!

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

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

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

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

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

Record Your NOURISH Steps


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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!

Visit <https://gwaar.org/nourishstep>

GWAAR Nutrition Team 1-26-2023



“Food is Medicine!”

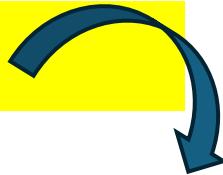
(U) Understand

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

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

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

 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.

Changes that occur as we age and with chronic conditions.

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

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

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

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



Zucchini Fritters

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



Pizza NOURISH Step Hacks

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





(I) Increase Protein & Fiber

- 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

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

2 Tablespoon Comparison

*Small
amounts
can make a
big
difference!*

Cottage Cheese

~25-50 calories |

3-4 g protein

Peanut, Almond, or Sunflower Seed Butter

~160-210 calories |

5-7 g protein



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!***



Image by [Анастасия Белоусова](#) from [Pixabay](#)

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](#)

Image by [Ruslan Sikunov](#) from [Pixabay](#)

Nutrition Facts

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

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

Recipe adapted from Alberta Health Services Nutrition Services Recipe Series

Beans = Protein + Fiber + Potassium!



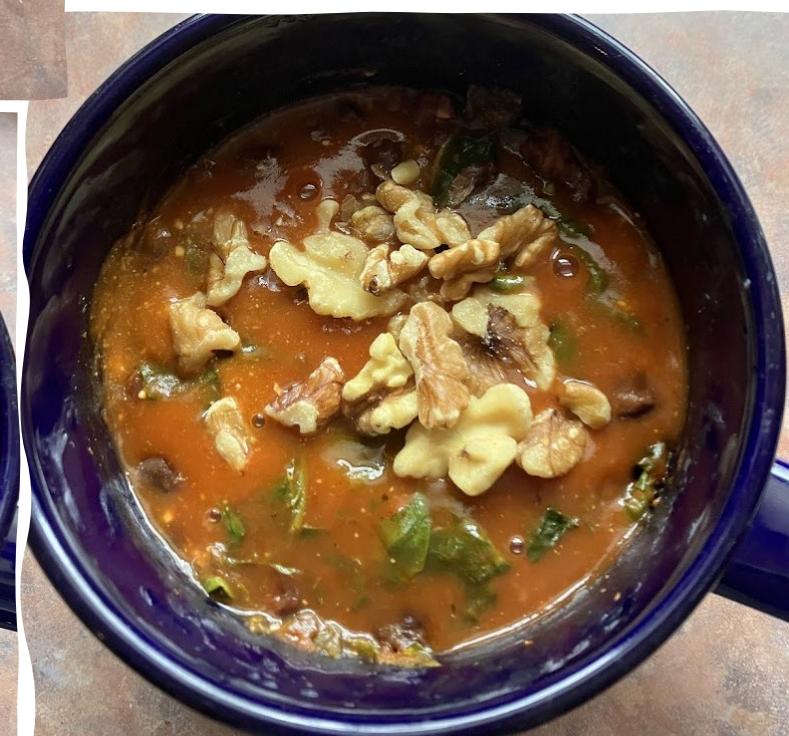
Photo courtesy of Canned Beans.org

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





(H) Hydrate

*To Look, Think,
and Feel Great!*

*“Hydrate to
think straight.”*



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



Put glass of water by bed/chair/bathroom sink



Set an alarm to remind you to drink

Staying hydrated helps with balance, focus & energy!

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High Water Content Foods

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



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Hydrating Meals & Snacks

Cucumber & Hummus Snack Plate

Watermelon + Feta Salad

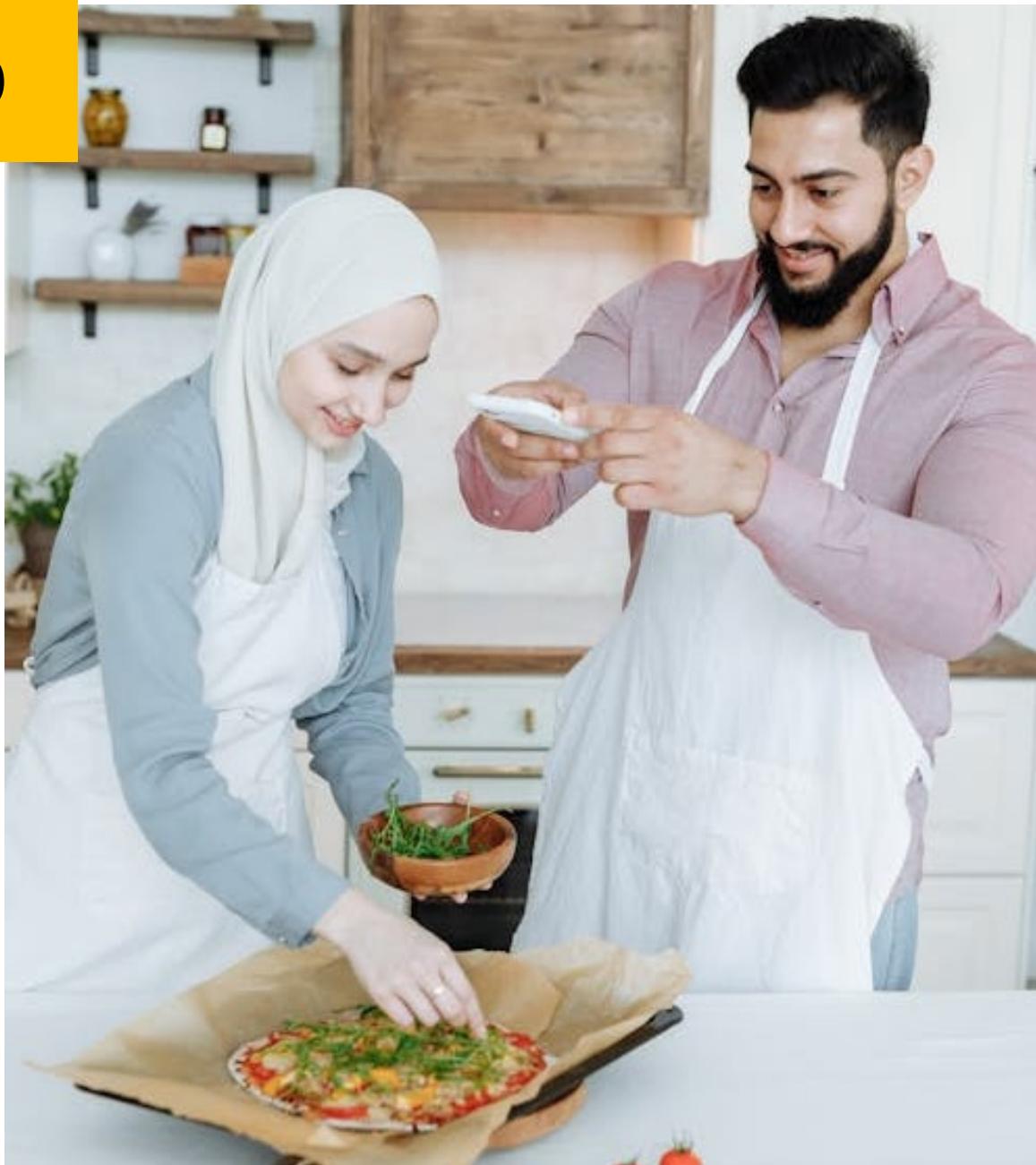
Greek Yogurt with Fresh Fruit

Smoothie with Frozen Berries + Liquid

Cottage Cheese + Cantaloupe or Fruit

Tomato, Cucumber Caprese Salad with Mozzarella





Recipes & Meal Ideas

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

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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

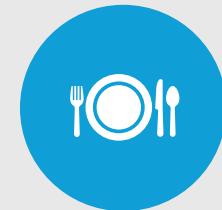


Modified Recipe with Less Sugar saved ~1 cup of “Added Sugar” in the total recipe!

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*).



Stepped Up Popcorn

Whole Grain!

Spray with olive oil spray

Sprinkle with Nutritional Yeast to up your Vitamin B-12

Garlic Herb Seasoning

Seasoned Pepper or Spice of your choice!

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!

Nutrition values are estimates based on standard USDA data.

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

Desserts Still Fit!

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

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



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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.

Healthy Baking with Pumpkin & Applesauce

Applesauce Or Pumpkin Fat Swap: Replace $\frac{1}{2}$ 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

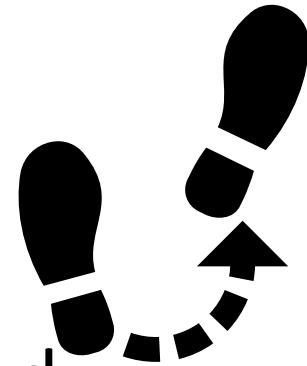
- Blend 1/2 cup granulated sweetener with about 1 tablespoon of molasses until coated.



Image by [Fabiano Pimentel Fafarte](#) from [Pixabay](#)



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...

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