

Eating Well, Eating Easy: Nutrition and Kitchen

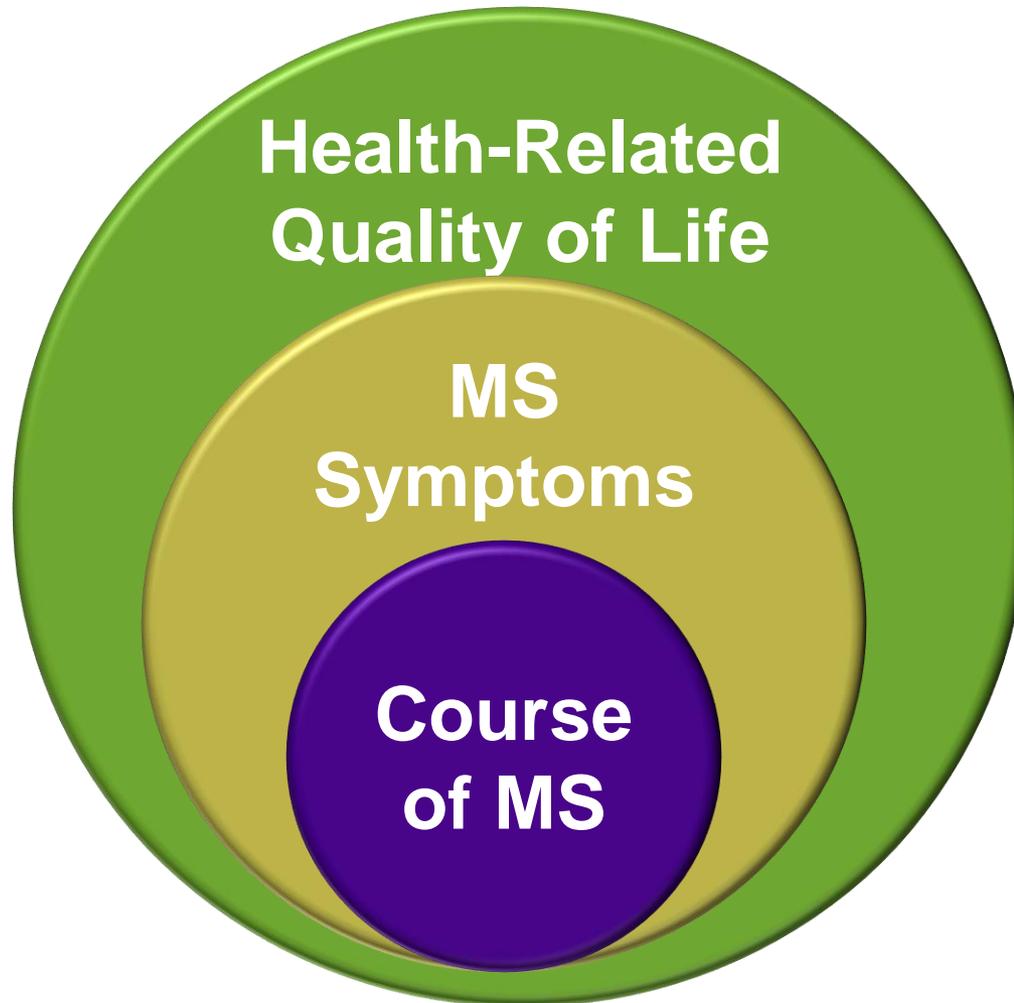


Adaptation

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Role of Nutrition: An Expanded View



Role of Nutrition: Managing Symptoms

Osteoporosis

~40% of people
with MS

Bladder Problems

~70-80% of
people with MS

Bowel Problems

~60% of
people with MS

Healthy Eating Tip:



- **Fit in fluids**
- **Give fiber a boost**

Fitting in Fluids



- Take medications with a full glass
- “Water down” your meals and snacks
- Refresh yourself with juice, milk or sparkling water.
- Travel with your own personal water supply.
 - 20% of our daily fluid intake comes from food

Give Fiber a Boost



Aim for 20-35 grams/day

Think in groups of 10:

10 grams at breakfast, lunch & dinner

- Switch to whole-grain breads & crackers
(look for 3 grams of fiber/serving)
- Include more beans, peas and lentils
- Eat the skin
- Take advantage of ready-to-use vegetables
- Experiment with more whole
- Make snacks count—dried fruits, raw veggies

Start slowly. Too much fiber too fast can cause gas, cramps... & discouragement.

What keeps you from eating well?



Symptoms Impact Nutritional Well-being



Fatigue

- Lack of motivation to eat
- Too tired to cook
- Tendency to skip meals
- Decreased activity/calorie expenditure

Depression

- Increased intake of high-fat foods, sweets
- Increased appetite due to antidepressants
- Eating out of boredom or food for solace
- Loss of appetite

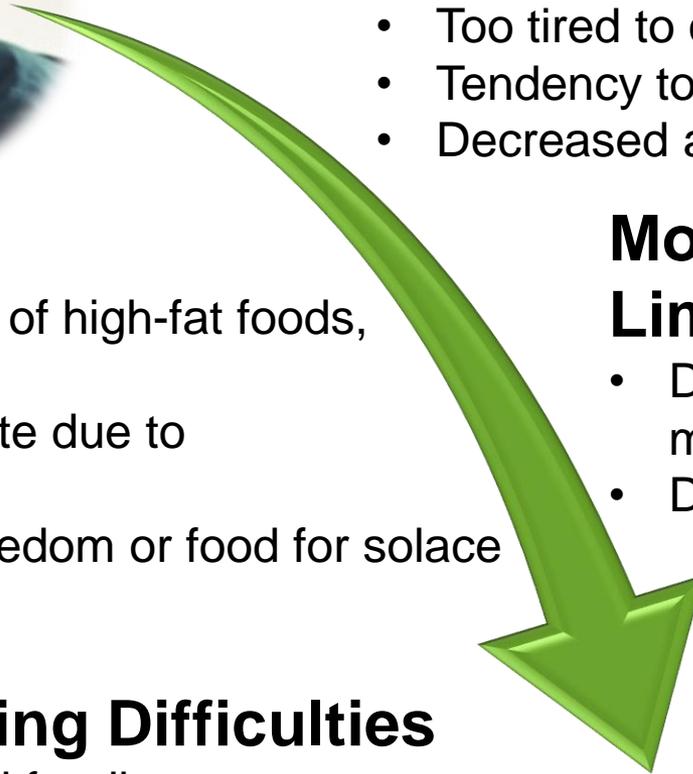
Mobility & Activity Limitation

- Difficulty shopping & preparing meals
- Difficulty eating

Swallowing Difficulties

- May need feeding modifications to prevent weight loss and nutrient deficiencies

Malnutrition



Other Obstacles to Eating Well

Physical Challenges

- Muscle weakness
- Hand tremors
- Numbness
- Sensory changes
- Balance

Cognitive Challenges

- Difficulty with memory
- Organization
- Attention
- Concentration

Visual Challenges

- Blurry vision
- Visual pain
- Contrast Sensitivity

Nutrition & Fatigue

Fatigue



**Don't Eat
(Poor Diet)**



Fight Fatigue!

Food is your fuel!

- Be a savvy snacker
- Stock up for success
- Make meals quick & easy!
- Have a plan



Be a Savvy Snacker



***Veggies &
hummus***

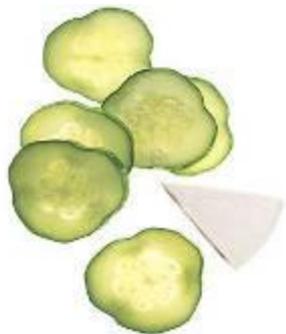
- Keeps energy levels high
- Fights off hunger
- Helps you eat less at meals
- Fills you with nutrients you need
- Helps with concentration

Snacks Keep Energy Levels High

- Keep snacks on call
- Combine protein & carbohydrates
- Make it feel like a mini-meal
(200-300 calories)

**What snacks do you like that fit
this “recipe?”**

Be a Savvy Snacker



**Sliced cucumbers
with low-fat
cheese**



**Sliced turkey with
a handful of
grapes**



**Whole-grain
muffin with peanut
butter**



**Apple slices dipped
in your favorite nut
butter**



**Cracker with low-fat
cream cheese & dried
berries**



**Fat-free cottage
cheese with
veggies**

Making Meals Easy



Plan Ahead



Purchase Power



Pace Yourself



Pack it Up

Plan Ahead

Sketch out your game plan

- For meals (day/week)
- Recipe ideas
- For shopping...make a list
- Focus your efforts
- Meals in minutes



Plan Ahead



Make a shopping list

- Take stock
- Shop when you have energy
- Take advantage of sales
- Shop online

Making Meals Easy



Plan Ahead



Purchase Power



Pace Yourself



Pack it Up

Purchasing Power

- Canned beans
- Canned tuna & other meats
- Fast cooking grains & pasta
- Seeds, nuts, nut butters
- Salad dressings & sauces
- Prepared tomato products
- Whole-grain cereals & bread
- Low-sodium broths & soups

Stock Up for
Success



Pantry

Salt & Sodium

Healthy Eating Tip:



- Shake the **salt** habit
- Reduce **sodium** in your diet
- Read the food label and check for lower sodium options
- Prepare your food when you can; use herbs and spices
- Opt for fresh (or frozen)
- Rinse sodium-containing canned foods
- Consider your condiments
- “Unsalt” your snacks



Purchasing Power

- Fish fillets/shrimp
- Chicken breasts/tenders
- Cooked meatballs
- Stuffed pastas
- Frozen pre-cooked rice/grains
- Frozen vegetables
- Healthy frozen dinners
- Frozen whole-grain breads/rolls

Stock Up for
Success



Freezer

Purchasing Power

- Vegetables (ready-to-use)
- Shredded cheese (low-fat)
- Eggs
- Yogurt (nonfat/low-fat)
- Minced garlic
- Skim or reduced-fat milk
- Salad in a bag/spinach
- Mustard & reduced-fat mayo

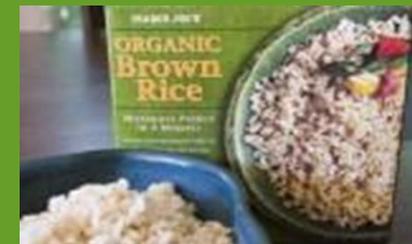
Stock Up for
Success



Refrigerator

Purchasing Power

- Buy ready-to use
 - ✓ Pre-cut produce
 - ✓ Shredded cheeses
 - ✓ Jar of minced garlic
 - ✓ Pre-made dips & sauces
- Cuts prep time; saves energy
- Know when you can opt out of cooking



Putting your *Power Pantry* to work



+



+



Dinner S.O.S.: *Putting your Power Pantry to work*

- Lentil soup with chicken and pre-washed spinach
- Whole wheat pasta with canned or frozen shrimp in a marinara sauce and tossed salad
- Baked marinated chicken breasts on couscous with frozen vegetables
- Vegetable omelet with onions, chopped tomatoes, artichoke hearts, and shredded cheese served with a whole wheat roll
- Spinach salad with grilled chicken, mandarin oranges, and slivered almonds



Making Meals Easy



Plan Ahead



Purchase Power



Pace Yourself



Pack it Up

Pace Yourself!



Be realistic

- What can you comfortably accomplish?
- Decide what's most important to you
- **Recruit a partner**
- Share the load...ask others to help

Pace Yourself!



Make Meals Quick & Easy

- Arrange your kitchen
- Collect your stuff first
- Use tools to make the job easier
- Easy clean-up
- Identify healthy take-out options

Pace Yourself!

Arrange your kitchen

- Get rid of clutter!
- Storage of food/appliances/ pots & pans—easy to reach
- Keep frequently used items on counter/stovetop



Pace Yourself!

- Collect your stuff:
Use wheeled utility carts or walkers with trays.



Sit to prepare meals



Tools to Make the Meals Easier

Other ways to make the cut!

Rocking Knives



Slicing



Mandoline



Egg Slicer

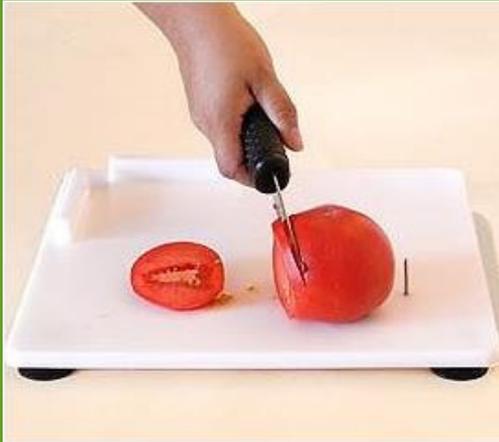
Dicing



Food Chopper

Tools to Make the Meals Easier

Swedish Cutting Boards



Built-up
Handles

Steel mesh
Gloves

Tools to Make the Meals Easier

Opening Devices

- Electric or manual
- Dycem is a sticky substance used for stability
- Rubber shelf liners work well
- Rubber bands placed around containers, assist in gripping
- Rubber gloves



Dycem

Making Meals Easy



Plan Ahead



Purchase Power



Pace Yourself



Pack it Up

Pack It Up!



- **Plan one-dish meals**
- **Double up**—cook once, eat twice
- **Store in meal-size portions**
 - Freezer-Oven-Refrigerator
- **Do a “Leftover Makeover”**

Cook Once...Eat Twice!

Rotisserie Chicken



7-Layer Salad



Chicken Tostadas

Cook Once...Eat Twice!

Salmon



Salmon Fennel Salad



Salmon Pesto Pasta

Make Clean-up Easy!



Use disposable plates



Paper towels, plastic wrap,
aluminum foil in baking dishes



Soak pots, pans, dishes overnight

Making Your Kitchen Work for You



Adaptation Advice



Adaptation Advice

- Recommended countertop height is 29 inches to 34 inches.
- 32 inches considered ideal.
- Space for knees is 24 inches high and 30 inches wide.



Adaptation Advice

- Sink should be shallow, only 5-6 1/2 inches deep. Loop or lever faucet. Drain at back of sink for knee room and hot water pipes insulated to prevent burns.



Adaptation Advice

- Lowering cabinets to 15 inches versus regular 18 inches can make the 2nd shelf more accessible.



www.accessibilitypro.com

- Storage shelves



- Slidable microwave



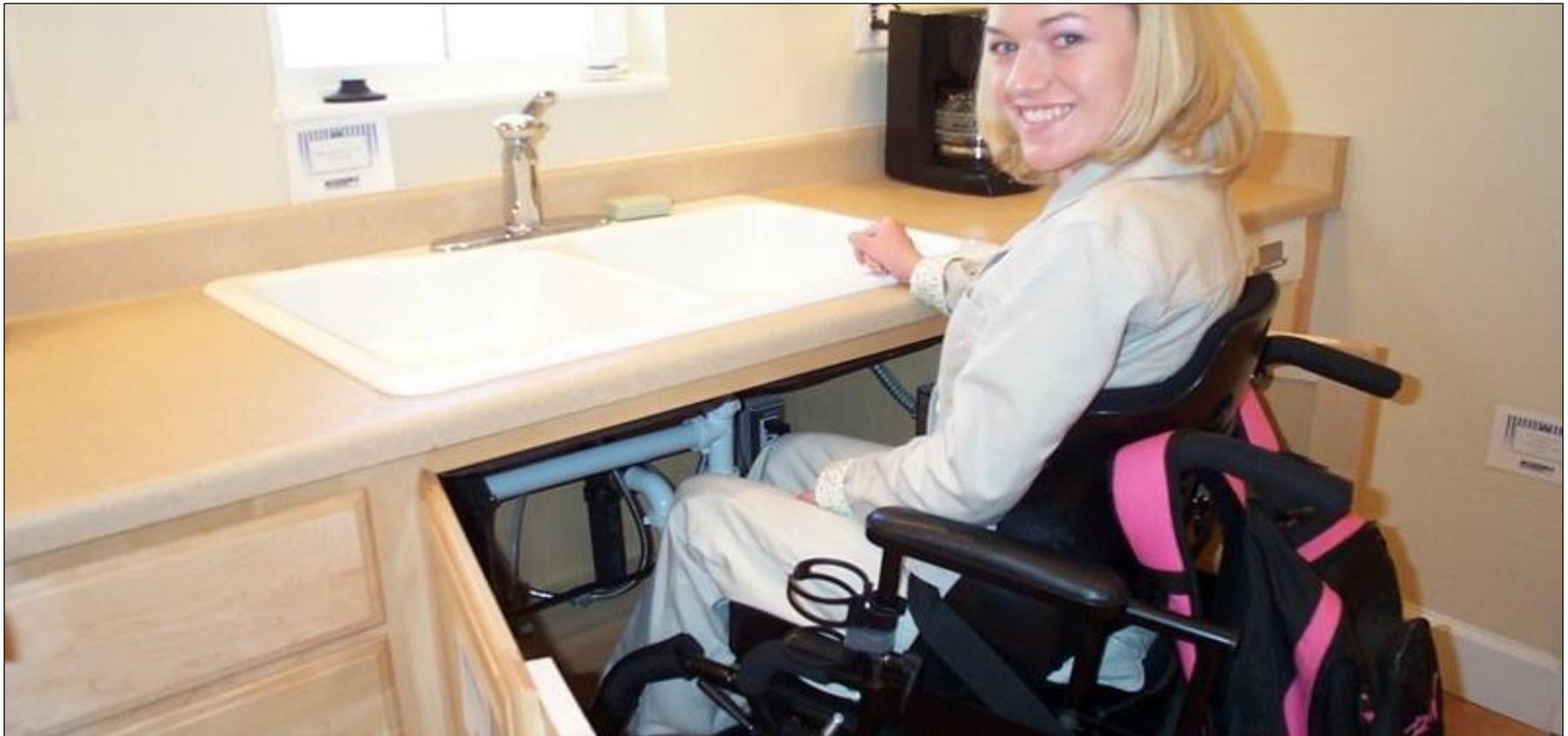
Accessibility

- Stove cut-out



Accessibility

- Sink cut-out



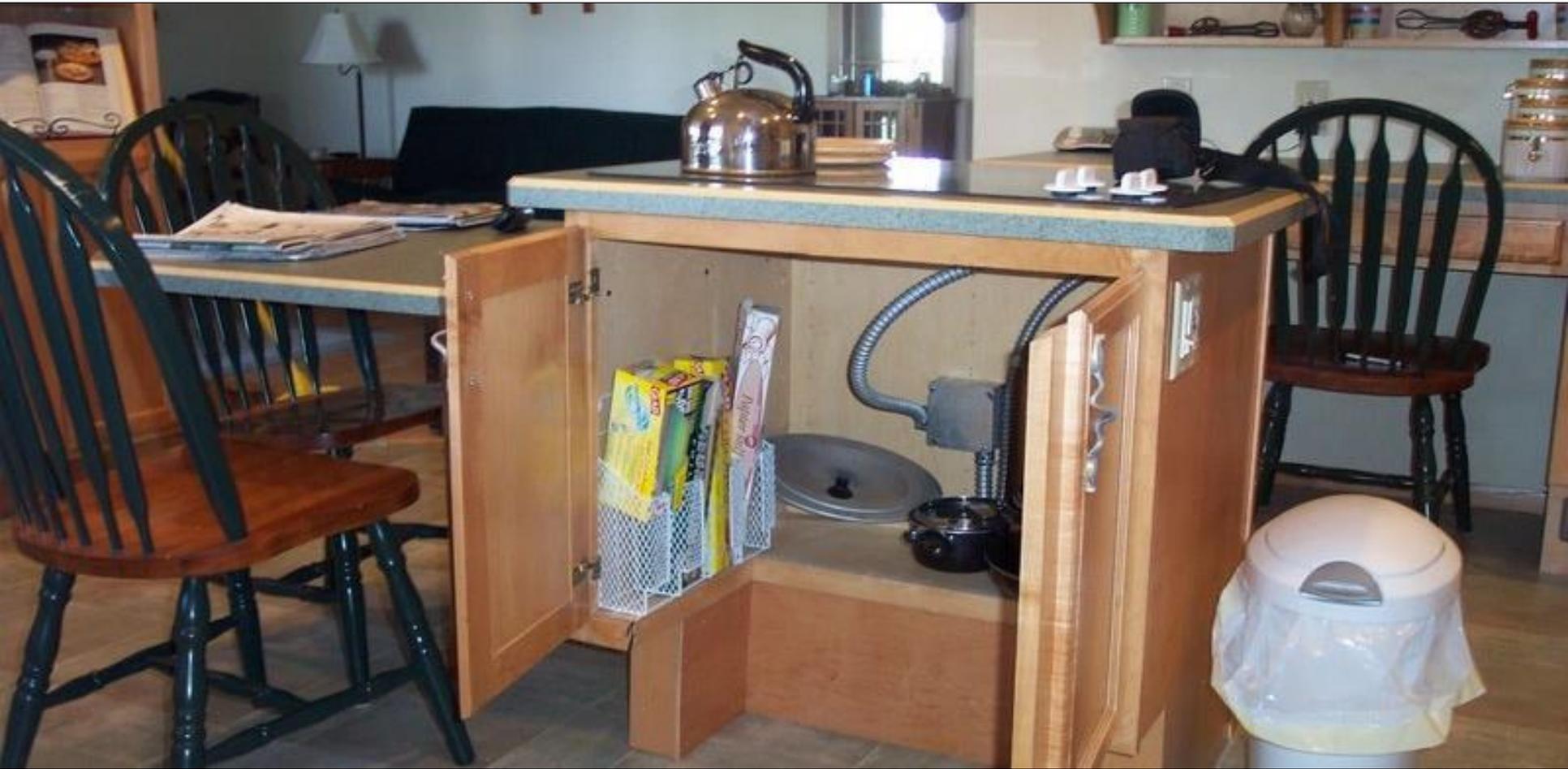
Accessibility



Accessibility



Accessibility



Adapting existing kitchen

- Consider placing an angled mirror over the stove-top to see into cooking pots.
- Hinging refrigerator door to swing away from obstacles and allow easy transport to countertops.
- Removing cabinet doors under cook-top and sink and placing curtains to hide storage.
- Refrigerators with in-door water and ice dispensers.

Questions/Comments



Make S.M.A.R.T. goals

- **S** - specific
- **M** - measurable
- **A** - achievable
- **R** - realistic
- **T** - timely

I will **TAKE CHARGE** of my nutrition and kitchen adaptation by: