

Start SMART



VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Minneapolis VA Health Care System

Start SMART “House Rules”

- Limit distractions
 - Limit distractions such as television, radio, etc. so that you can be fully engaged in class.
- Be respectful
 - Mute your line when not talking. Feel free to unmute during discussion time or when you have a question.
 - Avoid trying to talk over each other.
- Only share personal information that you feel comfortable sharing

Quiz Question

Which chronic diseases or conditions are directly influenced by eating habits?



Answer: Many!

- Obesity
- Heart disease
- Stroke
- Cancer
- High blood pressure
- High cholesterol
- Diabetes
- Chronic Kidney Disease
- Liver disease
- Gout



Benefits of healthy eating

Less:

- Obesity
- Heart disease
- Diabetes
- Stroke
- High blood pressure
- Cancer
- Depression and anxiety

More:

- Energy
- Confidence
- Self-esteem
- Quality sleep
- Better mood

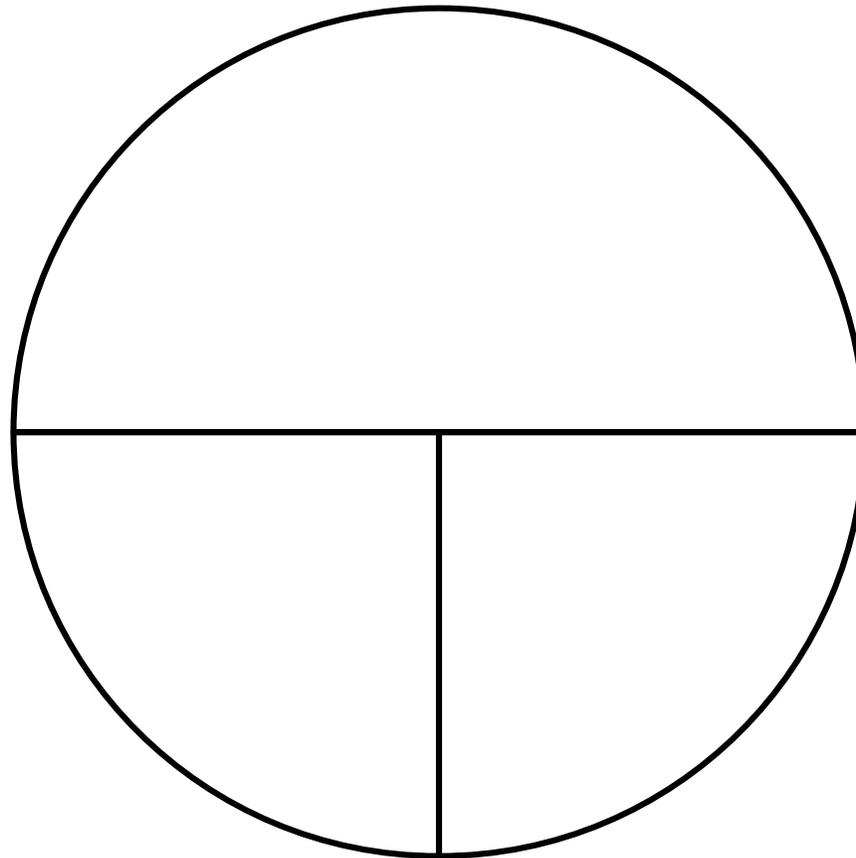


What is a Registered Dietitian?



- Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN)
- *The* nutrition expert
 - Gives you the real answers to your nutrition questions
 - Helps you prevent chronic disease and manage your health
 - Stays up-to-date on the latest nutrition evidence and research
- Guides you to a healthy eating plan that works for your body, your preferences, and your lifestyle

How to Build a Healthy Plate



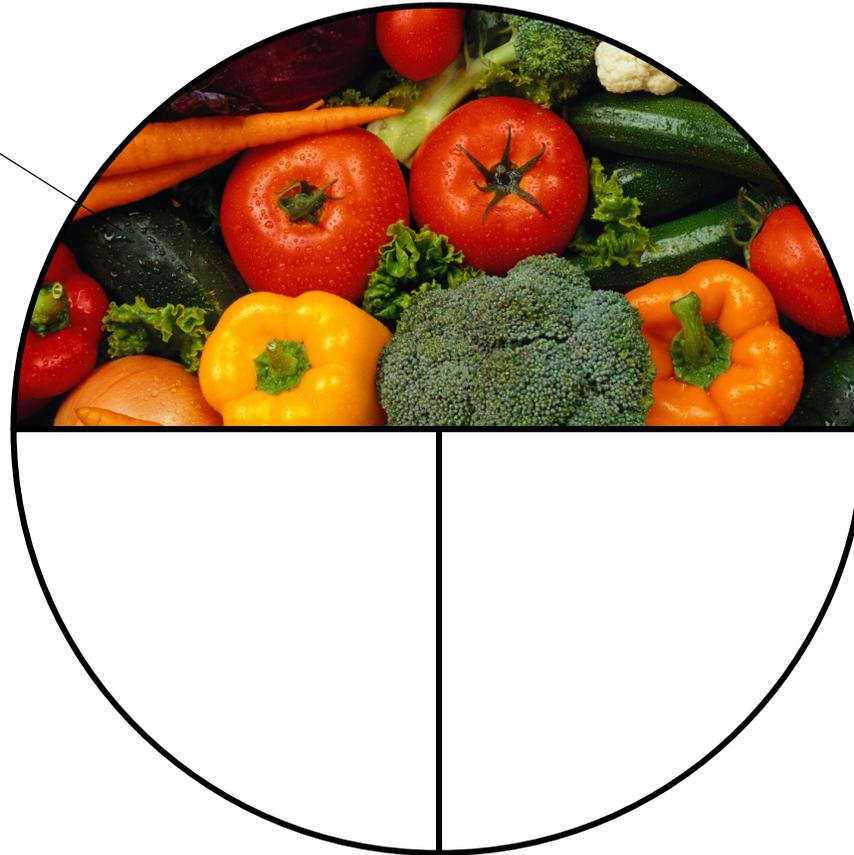
****9-inch plate or smaller****

Non-starchy Vegetables

1. Fill at least 1/2 your plate with non-starchy vegetables.

Examples:

- Asparagus
- Broccoli
- Brussels Sprouts
- Carrots
- Cauliflower
- Peppers
- Tomatoes
- Zucchini



****9-inch plate or smaller****

Lean Protein

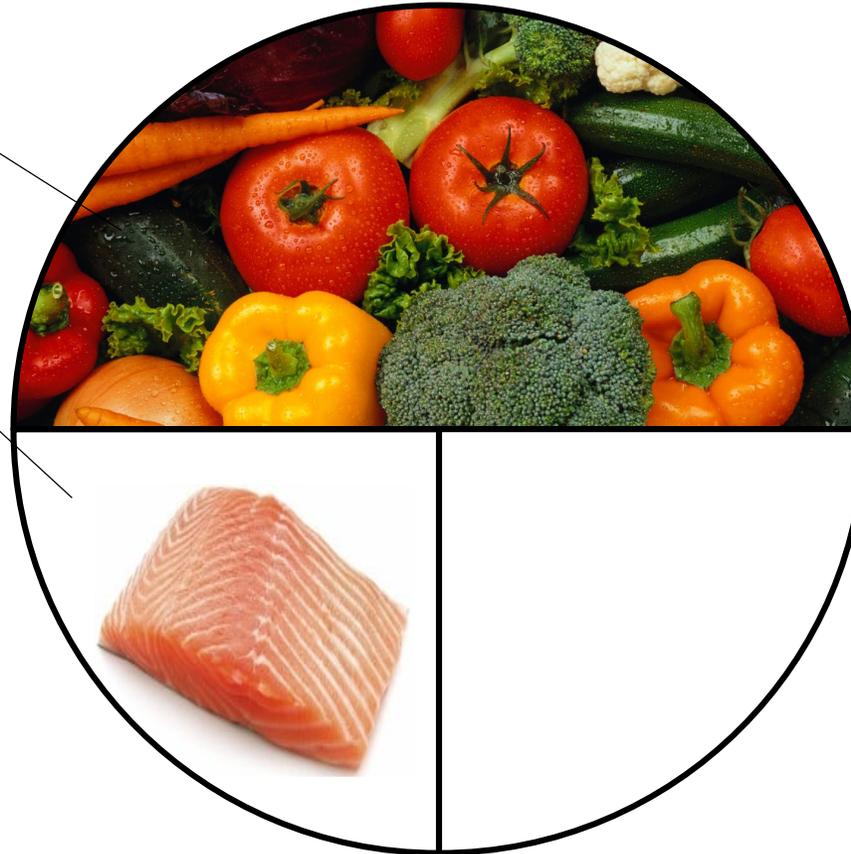
1. Fill at least 1/2 your plate with non-starchy vegetables.

2. Fill 1/4 of your plate with lean protein.

Examples:

2-4 ounces of

- Chicken
- Fish
- Eggs
- Beef
- Plain Greek yogurt
- Plant-based proteins

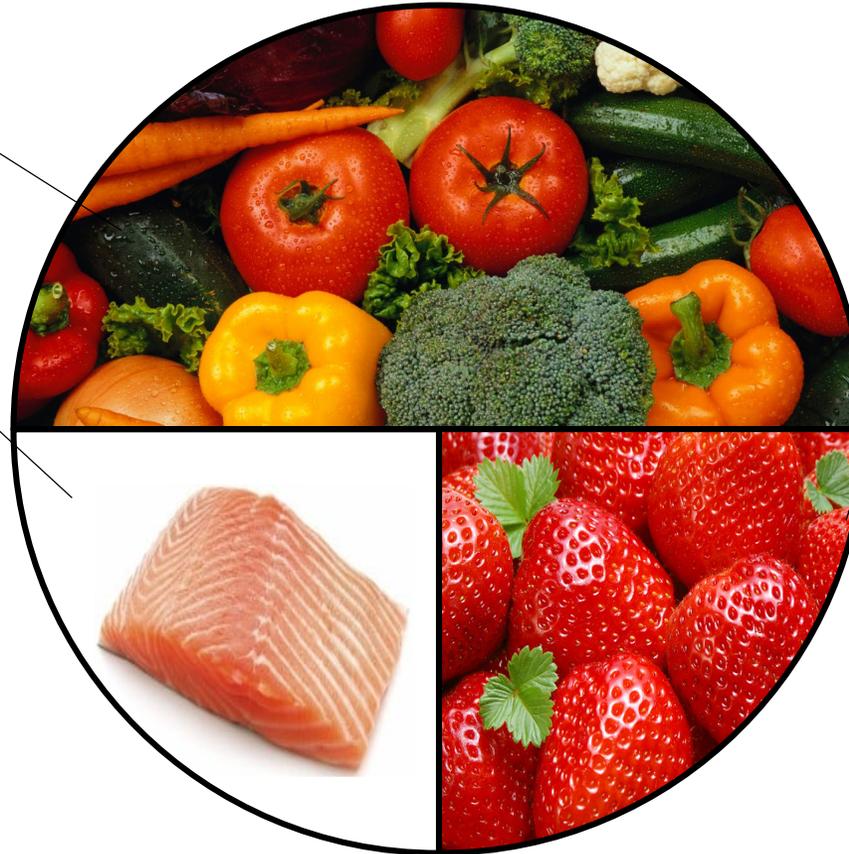


****9-inch plate or smaller****

Fruit, Starchy Vegetable, or Whole Grain

1. Fill at least 1/2 your plate with non-starchy vegetables.

2. Fill 1/4 of your plate with lean protein.



3. Fill no more than 1/4 of your plate with fruit, starch, or grain.

Examples:

1/2 cup of

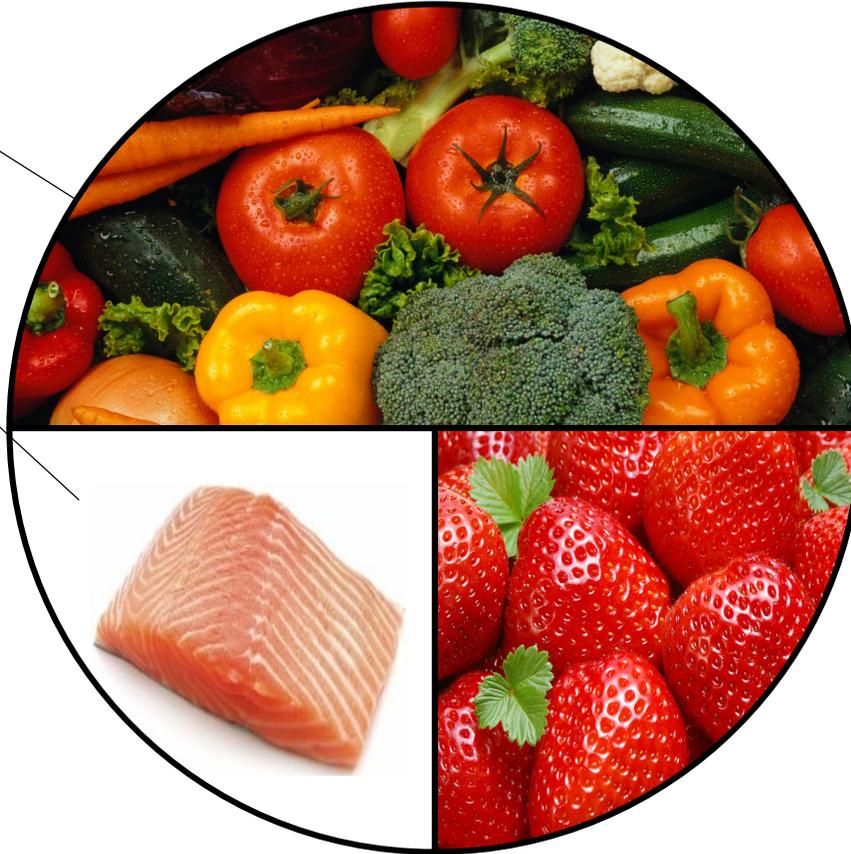
- Corn
- Peas
- Potatoes
- Apple
- Berries
- Whole wheat pasta

****9-inch plate or smaller****

Healthy Fat

1. Fill at least 1/2 your plate with non-starchy vegetables.

2. Fill 1/4 of your plate with lean protein.



3. Fill no more than 1/4 of your plate with fruit, starch, or grain.

4. Use healthy fats in moderation.

Examples:

1 ounce of

- Almonds
- Avocado
- Butter
- Olives or olive oil

****9-inch plate or smaller****

Healthy Plate Meal Ideas



Drink Smart

- Many beverages contain “empty calories”
 - Calories but no nutrition
 - Ex: soda, lemonade, alcohol, juice, energy drinks, coffee drinks
- If you feel hungry, you may actually be dehydrated
- **Water** is the best choice!



VA Clinic Nutrition Services

- Weight loss program
- Individual appointments with VA dietitian
- Diabetes education classes
- Integrative nutrition classes

Weight Loss Program: Classes



Help you lose weight, keep it off, and improve your health

- Every other week for 12 sessions
- Open enrollment
- Women's only option available
- **Offered by phone due to COVID-19**

Dietitian Visits

- Individual appointments to fit your lifestyle and your schedule
- Many options available:
 - In your clinic
 - Over the phone
 - Video call to your home
 - **May change based on COVID-19 restrictions**



Diabetes Education Classes

- For patients with diagnosis of diabetes
- Help manage diabetes and improve A1c
- 3-hour class offered Wednesdays and Thursdays
- Learn more about:
 - Foods that raise your blood sugar
 - Proper portion sizes
 - Reading nutrition food labels
 - Carbohydrate counting
- **Group is being held by video due to COVID-19**



Center For Integrative Health and Healing

- Nutrition class from an integrative perspective
- Meets Mondays and Wednesdays
- Examples of recent topics:
 - Anti-inflammatory diet
 - Nutrition and sleep
 - Nutrition and the Holidays
 - Gut health
- **Must first attend the intro class for CIHH**
 - **Offered virtually due to COVID-19**



Next steps...



Goal Setting

- Vital component to weight loss or health maintenance
- Helps with time management and organization
- Keeps you focused on your priorities related to
 - Nutrition
 - Physical activity
 - Other behaviors
- Can be changed at any time

SMART Goals

Specific—Includes specific details

Measurable—Easy to determine if you met it

Action-oriented—Requires you to take action

Realistic—Practical given your time and resources

Time-based—Has a timeframe or deadline

Examples of SMART Goals

NUTRITION

“I will drink no more than 3 cans of soda per week.”

“I will have 1 cup of vegetables at dinner every day this week.”

ACTIVITY

“At least 3 days this week, I will walk briskly for 15 minutes.”

Health goal,
Such as decrease
blood sugar

Your Turn!

- Set at least 1 SMART goal that you plan to accomplish within the next 2-4 weeks.

Remember, it's **SMART** if it is:

Specific—Includes specific details

Measurable—Easy to determine if you met it

Action-oriented—Requires you to take action

Realistic—Practical given your time and resources

Time-based—Has a timeframe or deadline

And provides steps to your health outcome or goal.



Enrollment Form

Please write down 1-2 SMART lifestyle change goals to improve your health.

SMART stands for: specific, measurable, action-oriented, realistic and time-based

Example: I will drink no more than three cans of soda per week.

I will walk for at least 15 minutes 3 times per week.

SMART Goals:

***Tip: If you're having trouble making your goals SMART, think of a behavior, ask yourself the following questions about that behavior, and use the answers to write your goals:**

Where will I do/not do (behavior)?

How will I do/not do (behavior)?

When will I do/not do (behavior)?

How often will I do/not do (behavior) ?

What's next for me?



- Please tell your instructor what follow-up option you would prefer.
- If none of the available options are suitable for you, please state this and explain why.
- Please complete the enrollment form and class evaluation provided and mail or secure message back.

Questions?

Thank you!