



We provide trusted, compassionate and expert health care to our community members to improve their health, independence and dignity.

Cornerstone VNA is an independent nonprofit organization. Our programs include:

## HOME CARE

Advanced care by an interdisciplinary team for patients with complex medical issues

## HOSPICE CARE

End-of-life care including physical, emotional and spiritual comfort

## PALLIATIVE CARE

Specialized care and symptom management for people with chronic illnesses

## LIFE CARE

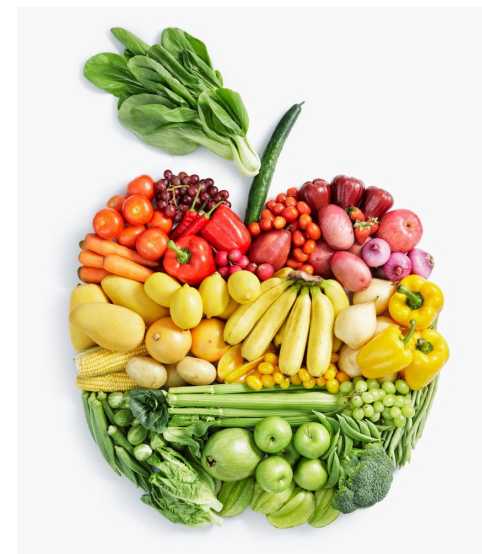
Private duty program to help people “age in place”

## COMMUNITY CARE

Community outreach, wellness clinics, educational programs, and caregiver support

To learn more about our health care programs call 800-691-1133 or visit our website, [cornerstonevna.org](http://cornerstonevna.org).

Main Office: 178 Farmington Road, Rochester, NH 03867



## LEARN HOW TO MANAGE YOUR CONDITION

What about the disease process and risks?

How can medicine, diet, and exercise help?

What can YOU do to improve your health?

# 603-332-1133

## Understanding Nutrition

This booklet was put together to help you understand your role in good nutrition.

### **Your Role:**

1. Understand your nutritional needs and eating well
  2. Patient Progress Checklist
  3. Drink up every day
  4. Building healthy bones
  5. Reading nutrition labels
  6. Rule of 5 for healthy food choices
  7. Nutrition on a budget
  8. Knowing resources that can help you
  9. Sample recipes
- 
- Up to 50% of hospitalized patients are malnourished upon admission, and many continue to lose weight after discharge.
  - This workbook is a general guide to good nutritional health. Consult with your Provider prior to making any changes in your diet.
  - **Follow your Provider orders for any nutritional restrictions you have such as but not limited to fluid, protein, carbohydrates, potassium, sodium or phosphorous.**

## Resources

### **Veteran Resources**

Check with your local farmer markets to see what vouchers/ programs they may have for you

### **Farmers Markets and SNAP (Supplemental Nutrition Assistance Program) Benefits.**

You earn double the amount you can get for fruits, meat/poultry/ fish, dairy, breads/cereals, snack foods, non alcoholic beverages, seeds, plants which produce food to eat. (refer to food pantry handout)

- Snap Benefits: Can be used to purchase bread, cereals, fruits and vegetables, meats, dairy products and more. You cannot use your benefits to pay for any type of alcohol, so you cannot use your SNAP benefits to buy beer, wine, or malt beverages at grocery stores, gas stations, or anywhere else that accepts the EBT card

### **Check your local grocery store flyers and coupons**

### **Local Food Banks**

you will want to call to see what is times and days of operation. Proof of residency required(refer to food pantry handout)

## Resources

### **New Hampshire Commodity Supplemental Food Program (CSFP)**

Are you a senior 60 years or older looking for help to stretch your food budget?

CSFP can help you by providing healthy foods to supplement your food budget. The value of food to receive is approximately \$50.00 per month

Foods may include:

- Milk-shelf stable milk
- Non-fat dry milk
- Peanut Butter
- Rice and Pasta
- Cereal
- Cheese
- Canned fruits
- Canned Vegetables-low sodium
- Canned meat, poultry or fish
- 100% juice

Call CSFP to make an appointment

- At your first appointment you will need to bring
- Proof of Income
- Proof of residency
- Picture ID
- Proof of Date of Birth

### **Goodwin Community Health**

Carroll and Strafford Counties  
1-603-332-4358

### **Greater Manchester and Rockingham County**

1-800-211-0723

## Nutrition – Eating Well

What and how you eat affect how you feel. Here are some tips to help you eat better:

- Choose foods that are easy to prepare or are already made. Try frozen or microwaveable meals (unless you need to avoid salt).
- Eat 4 to 6 smaller meals and snacks throughout the day instead of 3 larger meals (unless your doctor tells you otherwise).
- Use high calorie oral nutritional supplements. They are tasty, full of nutrients, and easy to drink. Most oral supplements are good sources of calories, protein, and essential vitamins and minerals.
- For those medications that can be taken with food, consider taking with oral nutritional supplements.

### **Need to gain weight?**

- Add margarine, butter, mayonnaise, sauces, and gravies to the food you eat, unless fats upset your stomach or cause diarrhea.
- Snack throughout the day on easy to eat foods such as raisins, peanut butter crackers, muffins, cheese, cottage cheese, fruits, hard boiled eggs, and oral nutritional supplements.

## Eating Well

- Vary your food. Eating different types of food will ensure that you consume the right vitamins and minerals
- Increase your fiber intake such as vegetables, cooked dried peas and beans (legumes), foods and fresh fruit in your diet. Consuming high-fiber vegetables and other food helps digestion, helps with constipation, and helps you feel full longer
- Eat more whole grain foods such as brown rice, pasta, whole wheat bread, oatmeal, or crackers
- Eat foods high in antioxidants (which are important for overall brain health) into your diet. These include brightly colored and dark fruits and vegetables
- Drink lots of water to avoid dehydration

### Do you need to eat less salt?

- Avoid highly processed or convenience foods, canned meats, and canned vegetables unless they are labeled “low sodium”
- Don’t eat luncheon meats, pickles, olives, and other foods packed in brine (saltwater)
- Flavor your foods with herbs and spices instead of salt
- Read the labels of foods and medications to identify hidden sodium. Other sources of sodium include sodium chloride (salt) and monosodium glutamate (MSG)

## Simple Recipes

### Breakfast

(Each has a separate handout)

- 5-Minute Microwave French Toast Mug
- Make Ahead Microwave Breakfast Scrambles

### Lunch

(Each has a separate handout)

- Simple Egg Salad Sandwich
- Classic Tuna Salad Sandwiches

### Dinner

(Each has a separate handout)

- Pasta with 5 Ingredient Butter, Tomato Sauce
- White Cheddar Mac and Cheese with Chicken & Broccoli

## Simple & Flexible Sample Menus

### 1500 Calorie Diet

- **Breakfast:** 1 Protein + 1 Fruit (+ vegetables if desired) + 1 Starch/Grain + 1 Fat + 1 Dairy
- **Snack:** 1 Protein + 1 Fruit  
**Lunch:** 2 Protein + 2 Vegetable + Leafy Greens + 1 Starch/Grain + 1 Fruit + 1 Fat
- **Snack:** 1 Protein or Dairy + 1 Fruit and/or Vegetable
- **Dinner:** 2 Protein + 2 Starch/Grain + 2 Vegetable + Leafy Greens + 1 Fat + 1 Fruit
- **Snack:** 1 Fruit or 1 Starch + 1 Protein

### 1200 Calorie Diet

- **Breakfast:** 1 Protein + 1 Fruit (+ vegetables if desired) + 1 Starch/Grain + 1 Dairy
- **Snack:** 1 Vegetable + 1 Fat
- **Lunch:** 2 Protein + 2 Vegetable + Leafy Greens + 1 Starch/Grain + 1 Fruit
- **Snack:** 1 Protein or Dairy + 1 Fruit or 1 Starch/Grain
- **Dinner:** 2 Protein + 2 Starch/Grain(1 Starch + 1 Fruit) + 2 Vegetable + Leafy Greens + 1 Fat
- **Snack:** 1 Fruit or 1 Starch + 1 Protein or Dairy

## Patient Checklist

Nutritional Assessment	
Can you open packages and cans?	
What kind of foods do you normally buy? Fresh, canned, packaged, meats, etc? Please list:	
Do you cook?	
Who prepares your meals?	
Do you eat out a lot, if so where do you go out to eat most often?	
Do you need help with buying food physically and/or financially?	
Do you still use your stove or oven? If not why	
Do you have enough energy to cook a meal? If not why?	

## Drink Up-Every Day

- To keep your body healthy, you need a least 2 quarts (64 oz's) of water every day. Check with your healthcare professional if you've been told to restrict your fluid intake, or if you have renal, pulmonary, or congestive heart problems
- Your body needs water for your body to function correctly. Water regulates your body temperature, maintains blood pressure, transports nutrients, gets rid of wastes, and lubricates joints
- It's important to drink before you get thirsty. By the time you feel thirsty, your body water level is already low
- Other good sources of fluids are fruit and vegetable juices, fruit ices, soups/broths, and low-fat milk

A chart like this can help you track how many glasses of water you've had to drink each day.

# of 8 oz glasses of water	1	2	3	4	5	6	7	8
SUNDAY								
MONDAY								
TUESDAY								
WEDNESDAY								
THURDAY								
FRIDAY								
SATURDAY								

## Simple & Flexible Sample Menus

### 2000 Calorie Diet

- **Breakfast:** 2 Protein + 1 Fruit (+ vegetables if desired) + 2 Starch/Grain + Dairy + 1 Fat
- **Snack:** 1 Protein + 1 Fruit or 1 Starch/Grain
- **Lunch:** 2 Protein + 2 Vegetable + Leafy Greens + 2 Starch/Grain + 1 Fruit + 1 Fat
- **Snack:** 1 Protein + 1 Fruit and/or Vegetable or 1 Starch
- **Dinner:** 2 Protein + 2 Starch/Grain + 2 Vegetable + Leafy Greens + 1 Fruit + 1-2 Fat
- **Snack:** 1 Fruit + 1 Starch + 1 Protein + 0-1 Fat

### 1800 Calorie Diet

- **Breakfast:** 2 Protein + 1 Fruit (+ vegetables if desired) + 2 Starch/Grain + 1 Dairy + 1 Fat
- **Snack:** 1 Protein (No Carbohydrates)
- **Lunch:** 2 Protein + 2 Vegetable + Leafy Greens + 2 Starch/Grain + 1 Fruit
- **Snack:** 1 Protein + 1 Fruit (+ 1 vegetable if desired) or Dairy
- **Dinner:** 2 Protein + 2 Starch/Grain + 2 Vegetable + Leafy Greens + 1 Fat + 1 Fruit
- **Snack:** 1 Fruit + 1 Dairy

## Simple & Flexible Sample Menus

### 2400 Calorie Diet

- **Breakfast:** 2 Protein or 1 dairy & 1 Protein + 2 Fruit (+ vegetables if desired) + 2 Starch/Grain +1 Fat
- **Snack:** 1 Protein + 1 starch/Grain (+1 Vegetable if desired)
- **Lunch:** 3 Protein + 2 Vegetable + Leafy Greens + 2 Starch/Grain + 1 Fat + 1 Fruit
- **Snack:** 1 Protein + 1 Fruit or 1 Dairy + 1 Vegetable
- **Dinner:** 3 Protein + 2 Starch/Grain + 2 Vegetable + Leafy Greens + 1 Fat +1 Fruit +1 Dairy
- **Snack:** 1 Fruit + 1 Protein + 1 Dairy

### 2200 calorie Diet

- **Breakfast:** 2 Protein +2 Fruit (+ vegetables if desired) + 2 Starch/Grain +1 Fat
- **Snack:** 1 Protein (+1 Vegetable if desired)
- **Lunch:** 2 Protein + 2 Vegetable + Leafy Greens + 2 Starch/Grain + 1 Fruit +1 Dairy +1 Fat
- **Snack:** 1 Protein or /Dairy + 1 Fruit and/or Vegetable
- **Dinner:** 2 Protein + 2 Starch/Grain + 2 Vegetable + Leafy Greens + 1 Fruit +1 Fat
- **Snack:** 1 Fruit or 1 starch + 1 protein, or 1 Dairy & 1 Starch or Grain

## Drink up-Every Day

- Oral nutritional supplements also provide water. For example: Ensure products contain about 6 fl oz of water in every 8 oz serving and up to 20 grams of protein.
- If you have Diabetes you can try Glucerna supplements
- Sometimes you need more fluid. If you have a fever or infection; are sweating; are on a high-protein diet; or have an open wound or pressure ulcer:
  - Call your healthcare professional
  - Add 1 to 2 quarts (32 to 64 oz's) of fluid to your daily fluid intake
- If you have diarrhea or are vomiting
  - Call your healthcare professional
  - Try to drink plenty of fluids





## Eating to Build Healthy Bones

To help build strong healthy bones, you need protein, calcium, vitamin D, and other nutrients. Some tips to help you include:

- Each day, eat high-protein foods such as chicken, fish, meat, cheese, yogurt, eggs, peanut butter, tofu, and legumes (beans and peas)
- Drink 3 to 4 glasses of low-fat milk each day or eat other foods like yogurt to get the calcium and vitamin D your bones need
- If you don't drink milk or eat any dairy products, drink calcium-fortified orange juice or eat vitamin D fortified cereals
- Use oral nutritional supplements as a snack or with meals to get extra calcium, vitamin D, and other key bone health nutrients

Drinking milk is a good way to get calcium and vitamin D. If you have a problem drinking milk or are lactose intolerant consider:

- Try using a lactose-free milk products such as (Lactaid) or lactose-free yogurt
- Eat or drink calcium and Vitamin D fortified foods like orange juice, cereals, seeds such as poppy seeds, sesame, chia seeds
- Almonds, beans and lentils, dark leafy greens such as collard greens, spinach and kale are also good ways

## Simple & Flexible Sample Menus

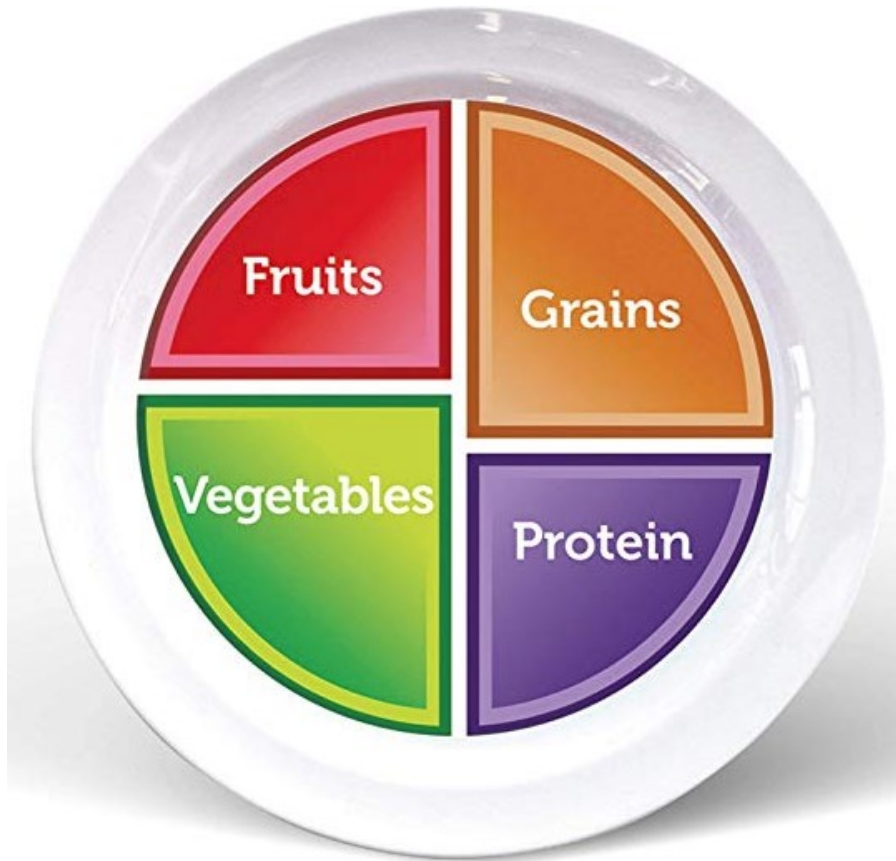
For Diabetics or Lower Carb Plate Options based on 9.5 " Plate





## Plate Serving Guide

General Serving Guidelines based on 9.5 " Plate



## Nutrition Labels

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

⑥ **Quick Guide to % DV**

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30 mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

• 5% or less is Low

• 20% or more is High

## Reading Nutrition Labels

### Step 1: Start with the Serving Size

- Look here for both the serving size (the amount people typically eat at one time) and the number of servings in the package.
- Compare your portion size (the amount you actually eat) to the serving size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.







### Step 2: Check Out the Total Calories

- Find out how many calories are in a single serving.
- It's smart to cut back on calories if you are watching your weight.

### Step 3: Let the Percent Daily Values Be Your Guide

- Use percent Daily Values (DV) to help evaluate how a particular food fits into your daily meal plan. Percent DV are for the entire day, not just one meal or snack. Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100 percent DV.
- Low is 5 percent or less. Aim low in saturated fat, trans fat, cholesterol and sodium
- High is 20 percent or more. Aim high in vitamins, minerals and fiber.

## Serving Size Comparison Chart

Hand Symbol	Equivalent	Foods
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies
	<b>Palm</b> 3 ounces	Meat Fish Poultry
	<b>Handful</b> 1 ounce	Nuts Raisins
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar

## Food Guide Pyramid

### **Vegetables: 3-5 servings per day**

- 1 cup raw leafy vegetables (Lettuce, spinach, other)
- 1/2 cup cooked or raw vegetables
- 1 medium potato
- 7 French fries (frozen, baked) Fast food fries count as a limited extra

### **Breads, Cereals, and other Grains: 6-11 servings a day**

- 1 Slice bread (wheat, white, whole grain, etc.)
- 1 tortilla, taco shell
- 1/2 cup cooked rice
- 1 pancake
- 6 crackers
- 1 cup ready to eat cereal (cheerios, Wheaties, life, etc.)
- 1 granola bar
- 1/2 cup cooked cereal
- 1 muffin or 1/2 English muffin
- 1/2 cup cooked pasta
- 1/2 bagel
- 1 dinner roll, or croissant
- 3 cups plain popcorn

## Reading Nutrition Labels

### **Step 4: Choose Low in Saturated Fat, Added Sugars and Sodium**

- Eating less saturated fat, added sugars and sodium may help reduce your risk for chronic disease.
- Saturated fat and trans fat are linked to an increased risk of heart disease.
- Eating too much added sugar makes it difficult to meet nutrient needs within your calorie requirement.
- High levels of sodium can add up to high blood pressure.
- Remember to aim for low percentage DV of these nutrients.

### **Step 5: Get Enough Vitamins, Minerals and Fiber**

- Eat more fiber, potassium, vitamin D, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for percentage DV of these nutrients.



## Rule of 5 for Healthy Food Choices

### A Quick and Easy Way to Read Food Labels

Use this easy finger play when reading food labels to find out how nutritious your choice is:

#### **Raise a finger for each that applies**

- 10% or more Vitamin A
- 10% or more Vitamin C
- 10% or more Calcium
- 10% or more Iron
- 10% or (5g) or more Protein
- 10% or more Fiber

#### **Lower a finger for each that apply**

- 10% or more total fat
- 200 or more calories per serving

If any fingers remain up, the food is a nutritious choice!

\*Practice this with a loved one, caregiver or you home care nurse



## Food Guide Pyramid

Each item and serving size listed below counts as one serving in its food group.

### **Milk, Cheese & Yogurt: 2-3 Servings per Day**

- 1 1/2 oz cheese
- 1 slice cheese
- 1 cup (8oz) milk
- 1/2 cup (4 oz) evaporated milk
- 1 1/2 cups ice cream, ice milk, frozen yogurt
- 1 cup yogurt

### **Meat, Poultry, Dry Beans, Eggs, Nuts: 2-3 Servings per Day**

- 2-3 oz. meat, fish poultry (hamburger patty, chicken patty, sausage, etc.)
- 1 Slice lunch meat (ham, turkey, bologna, chicken)
- 1 drumstick, leg, wing, chicken breast
- 1 Hot Dog
- 2 eggs
- 1 cup cooked dry beans, peas, lentils
- 4tbsp peanut butter
- 1/2 cup nuts

### **Fruits: 2-4 Servings per Day**

- 1/2 cup fruit (raw frozen, canned, shipped)
- 1 pear, peach, plum, banana
- 3/4 cup (6oz) 100% fruit juice