Outline

- Video
- Field experience agency
- Objectives
- Rotations
- Development of nutrition education pieces
- Lessons learned
Field experience agency

Services offered:
• Independent living
• Assisted living
• 24 hours skilled nursing facility
• Assisted living for dementia and memory issues

Mentor:
• Parkinson’s Program Leader & Memory Program Leader
• Co-advised with Meadowlark’s Registered Dietitian
Objectives

- Creation of nutrition education handouts for residents and staff (hydration, constipation and bone health).
- Creation of a teaching tool about protein content in food in order to combine with medications and prevent food-drug interactions.
- Experience organizational structure, program administration and coordination, and community relationships.
Rotations

- Social Work
- Financial Services
- Administration and Resident Services
- Home Health and Therapy
- Memory Program
- Parkinson’s Program
- Dietetics

Overall goal of the agency is to prolong independence of the older adults it serves.
Development of nutrition education pieces

- The topics for the nutrition education pieces were chosen by the Dietitian and Speech-Language Pathologist of MLH.

  Dehydration  Constipation  Bone health  Protein in food

Goals
- Keep it one page when possible
- Give some background information
- Give examples and options
Development of nutrition ed pieces

- Research for information
- Layout of information
Development of nutrition ed pieces

Constipation #2

Recipes or ideas of foods that aid in constipation relief

Use of pictures and bold words

Got constipation?

You can take a step towards solving your constipation problem by making some adjustments to your diet. Here are some recipes and ideas for foods that can help ease your constipation.

**Recipes you can make:**

**Option 1.** 1 cup of apricots + 1/4 cup of prune juice + 2 tablespoons of wheat bran (in water). Mix.

**Option 2.** 1 cup of apple sauce + 1/4 cup of prune juice. Mix.

Keep refrigerated and start taking 1-2 tablespoons a day followed by 6-8 ounces of water or juice. After 2 weeks you do not see any changes in your bowel movements, increase to 3-4 tablespoons a day.

It is believed that prunes have a laxative effect in mild constipation. Prunes also are full of antioxidants that might be beneficial for chronic diseases. Their high content of potassium might be beneficial for cardiovascular disease and its fiber content may help in the prevention of osteoporosis.

**Pears** are high in fiber. A medium-size pear contains approximately 5.5 grams of fiber. Scientific studies suggest that pears may have an important role in gut health. This fruit contains fructose and sorbitol which has been associated with laxative effects.

**Juices you can make:**

**Option 1.** 3 cups of unpeeled pears + 1 cup of ice cubes + 3 tsp of minced fresh peppermint. Blend everything and enjoy. Makes one serving.

**Option 2.** 2 cups of peeled pears + 1 cup of apple juice + 1 tsp grated ginger root + 1 cup of crushed ice. Blend everything and enjoy. Makes one serving.

Don’t let constipation “beet” you!

**Try this soup:**

- 3 medium beets, peeled and diced + 1 tsp canola oil + 1 cup chopped onions + 1 pound diced carrots + 1 tsp fresh minced ginger + 1 minced garlic + 6 cups vegetable stock.

Directions:
- Heat oil in a large saucepan over medium heat. Saucep onion until golden brown. Add ginger and garlic and cook for 4 minutes, stirring frequently. Add beets, carrots, and stock. Cover & reduce heat to low and simmer covered until beets and carrots are tender, about 25 minutes. In a food processor, puree soup in batches. Taste soup and adjust seasonings.

A kiwi a day can help you soften your stool! You can add a kiwi everyday to your regular eating habits or use it in your recipes (e.g., juicing, salad, sauce). There is an example:

1 cup of your choice + 4 kiwis and chopped kiwis + 6 ounces of vanilla yogurt + 1 cup of ice. Blend everything together until smooth and enjoy!

Add chia seeds to your yogurt!!!

Chia seeds are a great source of fiber, but not only that, these seeds contain omega-3 fatty acids and have some anti-inflammatory effects. You can add these delicious seeds to your yogurt or try it in “overnight oatmeal.” Here is the recipe:

Combine in a 1/2 pint jar ¼ cup rolled oats, 1/4 cup greek yogurt, 2 teaspoons chia seeds, 2 teaspoons of honey, 1 teaspoon ground cinnamon and 1/2 cup of fresh blueberries. Mix everything well and put on the lid. Let it sit in your refrigerator overnight.
Protein in food booklet

**Background information**
Proteins help our bodies in tissue maintenance and repair. They are the building blocks for muscles, bone matrix, and connective tissue. Proteins help in the transport of nutrients inside our cells and also help our immune cells. You can find protein in animal products as well as plant foods.

**Explanation of food-drug interaction**
Taking your Parkinson’s medications with high protein foods could decrease your “on-time” because the protein may interfere with the absorption of your medication making it work slower, or lessened. It is recommended that you take your medication one hour before or after your high protein meals.

**National Kidney Disease Education Program**
Animal products like beef, pork, chicken, turkey, duck, eggs, milk, yogurt, cheese and fish are high in protein.

Some plant-based food like beans, peas, lentils, soy and soy products, nuts, almond butter, peanut butter and sunflower seeds are also high in protein.

However, there are some plant-based foods that are low in protein for example bread, tortillas, oatmeal, grits, cereals, pasta, noodles, rice, and rice milk.
Development of nutrition ed pieces

Protein in food booklet

There is no conclusive evidence that high/low protein intake with Carbidopa and Levadopa will affect your medication. However, it is important for you to keep track of your "on/off time" when you take your medication and what you eat.

You can use this space to take notes of what you eat and how it affects your "on and off time".
Development of nutrition ed pieces

Protein in food booklet

Foods Low in Protein

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potatoes</td>
<td>3.1 gm protein</td>
</tr>
<tr>
<td>Rice cakes, brown rice, 2</td>
<td>1.5 gm protein</td>
</tr>
<tr>
<td>18 g</td>
<td></td>
</tr>
<tr>
<td>Tomatoes, 1 cup chopped</td>
<td>1.6 gm protein</td>
</tr>
<tr>
<td>180 g</td>
<td></td>
</tr>
<tr>
<td>Hash brown, 1 patty oval</td>
<td>3.4 gm protein</td>
</tr>
<tr>
<td>29 g</td>
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</table>

Foods High in Protein

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ground beef 70% lean meat</td>
<td>20.3 gm protein</td>
</tr>
<tr>
<td>(3 oz)</td>
<td></td>
</tr>
<tr>
<td>Beef steak, 1 steak (6 oz)</td>
<td>62.1 gm protein</td>
</tr>
<tr>
<td>T-bone steak, 1 steak (8 oz)</td>
<td>57 gm protein</td>
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<tr>
<td>Top sirloin steak, 1 steak</td>
<td>65.1 gm protein</td>
</tr>
<tr>
<td>(8 oz)</td>
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</tr>
</tbody>
</table>

Plant Foods High in Protein

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy-based chocolate milk</td>
<td>10 gm protein</td>
</tr>
<tr>
<td>(8 fl oz)</td>
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</tr>
<tr>
<td>Baked beans, 1/2 cup</td>
<td>7 gm protein</td>
</tr>
<tr>
<td>Peas, 1/2 cup</td>
<td>4.3 gm protein</td>
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<tr>
<td>Lentils, 1/2 cup</td>
<td>8.8 gm protein</td>
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<tr>
<td>Soybeans, 1/2 cup</td>
<td>20.1 gm protein</td>
</tr>
<tr>
<td>Fried tofu (1 oz)</td>
<td>5.3 gm protein</td>
</tr>
</tbody>
</table>

Be careful, not all plant foods are low in protein!

References


Lessons learned during my field experience

- Work in multidisciplinary teams in order to promote well-being and independence of the residents.
- Knowing the target population is crucial to be aware of their interests and challenges in order to tailor the educational pieces accordingly.
- Use of technology can enhance appearance and creativity that might help the reader to be more engaged.


