

Written Nutrition Education Materials

PUBLIC HEALTH FIELD EXPERIENCE

PRISCILLA BRENES

Outline

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

CREATED USING
POWTOON

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

The logo for Meadowlark Hills features a stylized white bird in flight above the text "Meadowlark Hills" in a white serif font, all set against a dark purple rectangular background.

Meadowlark Hills



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

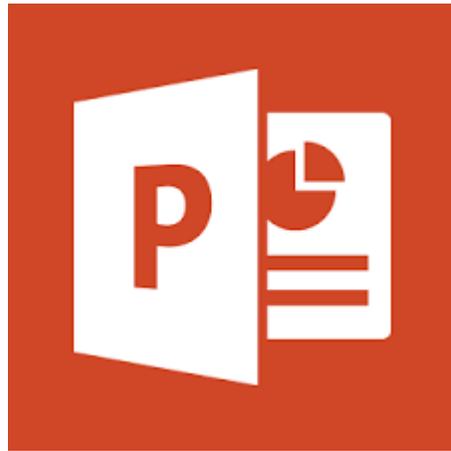
Goals

- ▶ Keep it one page when possible
- ▶ Give some background information
- ▶ Give examples and options



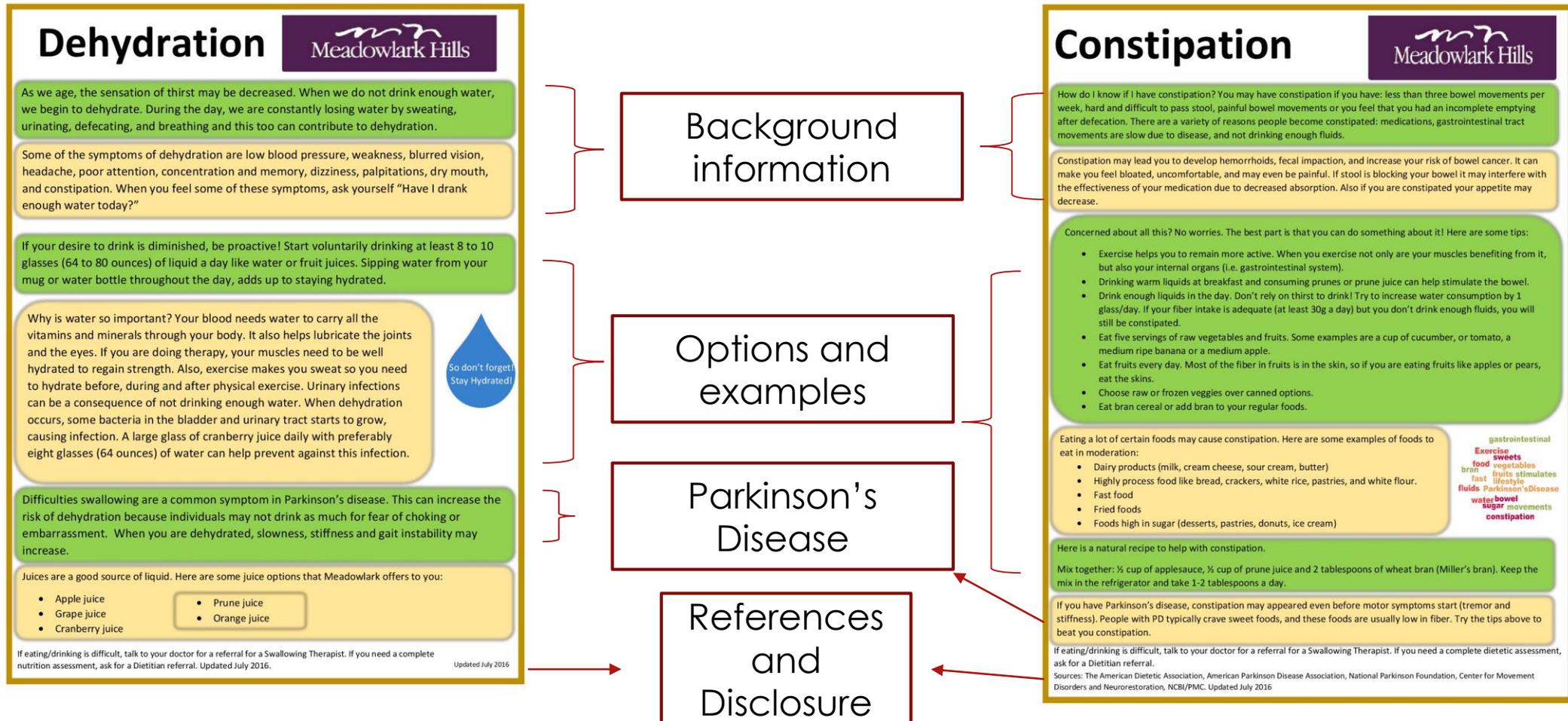
Development of nutrition ed pieces

- ▶ Research for information
- ▶ Layout of information



Development of nutrition ed pieces

Dehydration and constipation



Development of nutrition ed pieces

Constipation #2

Got constipation?

You may have constipation if you have: less than three bowel movements per week, hard and difficult to pass stool, painful bowel movements or you feel that you had an incomplete emptying after defecation.



This handout contains recipes that may help with your constipation

Recipes you can make:

Option 1. ½ cup of applesauce + ½ cup of **prune** juice + 2 tablespoons of wheat bran (Miller's bran). Mix

Option 2. 1 cup apple sauce + 1 cup oat bran + ¾ cup **prune** juice. Mix

Keep refrigerated and start taking 1-2 tablespoons a day followed by 6-8 ounces of water or juice. If after two 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 boron 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 unpeeled **pears** + 1 cup ice cubes + 3 tsp of minced fresh peppermint. Blend everything and enjoy. Makes one serving.

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



Updated July 2016

Recipes or ideas of foods that aid in constipation relief

Use of pictures and bold words

Don't let constipation "beet" you!



Try this soup:

3 medium **beets**, peeled and diced + 1 tbsp canola oil + 1 cup chopped onions + 1 pound diced carrots + 1 tbsp fresh minced ginger + 1 minced garlic clove + 6 cups vegetable stock
Directions: Heat oil in a large saucepan over medium heat. Sauté onion until golden brown. Add ginger and garlic and cook for 2 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, purée soup in batches. Taste soup and adjust seasonings.

One tablespoon of ground **flaxseed** contains around 2 grams of fiber and is easy to add to your recipes. For example you can add it to your smoothies, breakfast cereals (i.e. oats) or to your baking (i.e. muffins and breads). Also **flaxseeds** taste good when you mix them with your pancakes/waffles recipes.



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 (i.e. juices, jell-o, salads). Here is an example:

1 cup of your nectar of choice + 4 skinned 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-carcinogenic effects. You can add these delicious seeds to your yogurt or try it in "overnight oatmeal". Here is the recipe:

Combine in a ½ pint jar ¼ cup rolled oats, ¼ cup greek yogurt, 2 teaspoons **chia seeds**, 2 teaspoons of honey, 1 teaspoon ground cinnamon and ¼ cup of fresh blueberries. Mix everything well and put on the lid. Let it sit in your refrigerator overnight.



Updated July 2016

Development of nutrition ed pieces

Protein in food booklet

Timing of medications is very important. Sometimes medications can be taken with food and other times you have to be more careful.

Meadowlark Hills Parkinson's Program

VEGETABLES

BEEF

The amount of protein in foods may interfere with the absorption of your medications, decreasing its effectiveness. For example in Parkinson's disease, protein may interfere with the absorption of your Levodopa and Carbidopa and also decrease the transport of your medication to your brain.

With this handout you can learn which foods are low and high in protein. That way you can mix them better with your medications.

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.

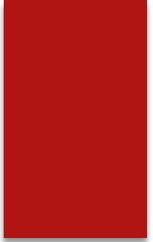
National Kidney Disease Education Program

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.

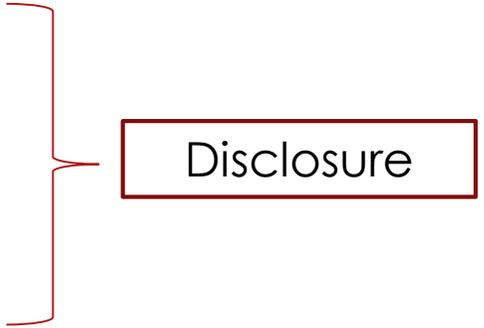
However, there are some plant-based foods that are low in protein for example bread, tortillas, oatmeal, grits, cereals, pasta, noodles, rice, and rice milk.

Development of nutrition ed pieces

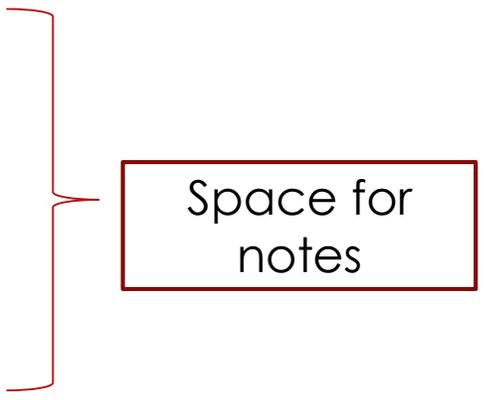


Protein in food booklet

There is no conclusive evidence that high/low protein intake with Carbidopa and Levodopa 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

Potatoes, 1 cup diced (150 g),
3.1 gm protein

Rice cakes, brown rice, 2 cakes (18 g),
1.5 gm protein

Tomatoes, 1 cup chopped (180 g),
1.6 gm protein

Hash brown, 1 patty oval (29 g),
3.4 gm protein



Foods High in Protein

Ground beef 70% lean meat (3 oz),
20.3 gm protein

Ground beef 93% lean meat (3 oz),
23 gm protein

Beef steak, 1 steak (6 oz),
62.1 gm protein

T-bone steak, 1 steak (8 oz),
57 gm protein

Top sirloin steak, 1 steak (8 oz),
65.1 gm protein



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

Plant Foods High in Protein

Soy-based chocolate milk (8 fl oz,)
10 gm protein

Baked beans, 1/2 cup, 7 gm protein

Peas, 1/2 cup, 4.3 gm protein

Lentils, 1/2 cup, 8.8 gm protein

Soybeans, 1/2 cup, 20.1 gm protein

Fried tofu (1 oz), 5.3 gm protein




Meadowlark Hills
Parkinson's Program

For more information please contact the Parkinson's Program
at 785-323-3899

References

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Created July 2016 by Priscilla Brenes MPH



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.



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**THANK
YOU**

