

Revised & Approved

Medicine 439

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Nutrition Education

Editing file

OBJECTIVES:

1. Define nutrition education.
2. Recognize the importance of nutrition education.
3. Understand methods used in nutrition education.

- Important
- Original content
- Doctor's notes
- Extra

Important

Nutritional Education

Definition

It is the science of teaching the individual how to practice proper and correct nutrition in terms of:

Nutrition

The process by which the human intakes food for **growth, energy, and replacement of tissues**. It is successive stages include digestion, absorption, metabolism and excretion.

1

Knowing benefit of each nutrient.

2

Knowing the proper nutrition rules.

3

More attention to quality and quantity of foods.

quality= type of diet (proteins ,fat, carbohydrates)
quantity (calories)

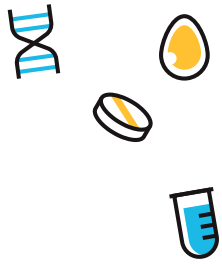
Nutritional requirements

The quantities of each nutrient which met the human body needs to prevent nutrients deficiency diseases.

- ❖ Who are in the need of nutritional education?
 - Every Person whatever his culture, lifestyle, educational level, income, health status.
 - In hospitals, education is usually directed to people with health problems; like DM, Obesity, Celiac disease, Hypertension....etc.



Nutritional Education



Contribution differs between countries.

Ignorance¹, Diseases and Poverty, all will lead to **Malnutrition**².

Prevention is better than Cure

Do not smoke.



Eat plenty of high-fiber food.⁵



Limit sugar³ and salt intake⁴.



Get regular exercise.⁶



Eat 5 portions of fruit and vegetables a day.

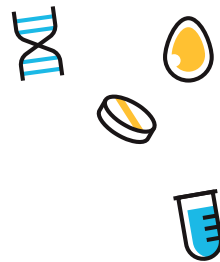


Limite Alcohol intake.



¹Ignorance in good types of food
²malnutrition is from increased or decreased quantity, or problem in quality
³high sugar is high energy which will be stored as adipose tissue, so it contributes to atherosclerosis
⁴mainly by patients of Hypertension and heart failure which can also be caused by hypertension, you might see a heart failure patient take diuretics to release Na
⁵like fruits, fibers also prevent Constipation and decreases the risk of cancer (COLON CANCER MOSTLY)
⁶decreases weight and decreases lipid profile (increase HDL) it also decreases blood pressure

Energy balance



Obesity is the result of chronic energy imbalance (input calories > output calories)

Importance of Nutritional Education

*Important

1

Man doesn't have instinct nor inherit knowledge that leads him to know the effect of different foods on health.

2

There is consensus that food choices, dietary practices, and physical activities influence health.

3

Increases the motivation, skills, and opportunities for people to engage in health.¹


¹like seeing an obese patient in the clinic and giving him/her advice like decreasing calories and increase of exercise

Aims of Nutritional Education

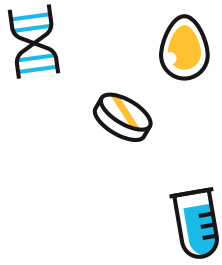
***Important**



❖ To increase people's ability to know the following facts:

- 1 The relationship between the body growth, appearance, qualities and the types of food they eat. 
- 2 Increased diversification in the food they eat, and enjoy its taste. (we shouldn't focus on one type of food so we don't get bored)
- 3 Planning and preparing of meals rich in nutrients.
- 4 The natural resources of food.
- 5 Assessment of their nutritional behaviors and beliefs.
- 6 Appreciating the importance of the standard of living improving programs (can improve any type of program, depends on the income and lifestyle)

Malnutrition



Developing countries	Developed countries
Nutrients deficiency	Obesity
	Heart diseases
Diseases	Diabetes
	Hypertension

Factors Affect Human's Food Consumptions

1 The healthy body and disease.

2 Psychological factors.

3 Food habits.

4 Economic levels.

5 Education level.

6 Religious beliefs.

7 Political conditions.

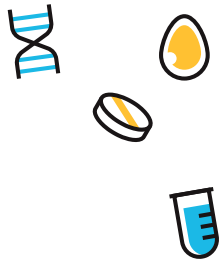
8 Social conditions.

9 Media.

10 Travel & Tourism.

11 Geographical characteristics.

Nutritional Education strategy



❖ Encouraging the targeted categories to consume Balanced Diets according to the:

1. **Available resources.**
2. **Renew the dishes.**
3. **Local food and eating habits .**
4. **The presenting ways.**
5. **The best preparing Methods.**
6. **Suitable food.**
7. **To Meet the needs.**

Foods and food components to reduce:

-Sodium intake for hypertension & heart failure (DR IMP)

- Saturated fatty acids(For all)(either healthy or diseased person)
- Dietary cholesterol(For all)
- Trans-fatty acids (For all, **more atherogenic**)
- Calories from solid fats and added sugars
- Refined grains that contain solids fats, added sugars and sodium(For all).

A Healthy Eating Pattern Of Food:

Less;

- Saturated Fats
- Trans Fats
- Added Sugars
- Sodium

Choosing channels of nutrition education:

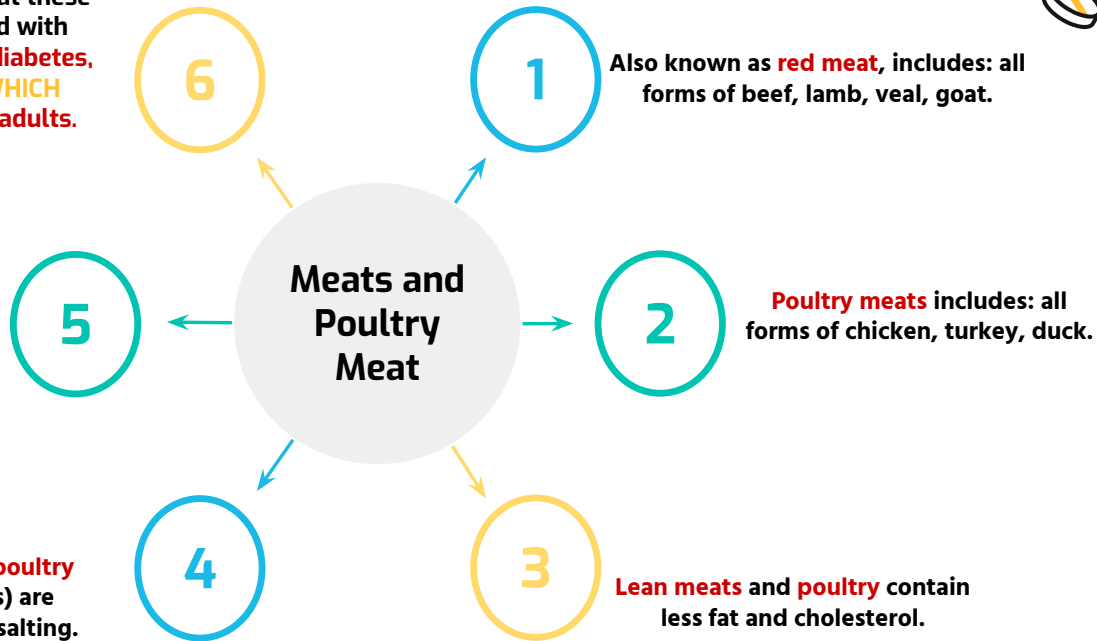
- Newspaper & publications.
- Internet.
- TV.
- Radio.
- Television / Satellites.

Important

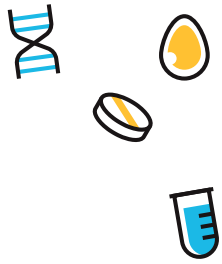
Moderate evidence indicates that these eating patterns are associated with **reduced risk of obesity, type 2 diabetes, and some types of cancer (WHICH TYPE? COLON AS WE SAID)** in adults.

Strong evidence indicates that the eating patterns that include: **lower intake of meats** as well as **processed meats & poultry** are associated with **reduced risk of CVD** in adults.

Processed meats and **processed poultry** (e.g., sausages, luncheon meats) are products preserved by smoking, salting.



- **Seafood** provides the most **vitamin B12** and **vitamin D**, in addition to almost all of the **polyunsaturated** like ω -3 fatty acids.
- The recommendation to consume **TWO servings or more per week**.
- **Strong evidence** indicates that eating patterns that include seafood are associated with **reduced risk of CVD**, and **moderate evidence** indicates that these eating patterns are associated with **reduced risk of obesity**.



A healthier diet is:

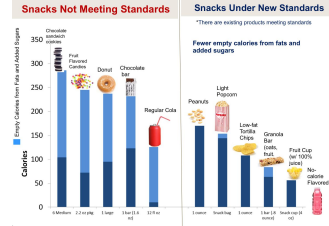
Extra, it was in #438 team

Adequate: provides enough energy, nutrients, fiber, and vitamins to support a person's health.

Varied: to eat many different types of foods each day.

Balanced: contains the right combinations of foods to provide the proper balance of nutrients.

Moderate: contains the right amounts of foods (Calories) for maintaining proper weight – neither too much nor too little food.



Source of healthy food:



Vegetables

from all of the subgroups

dark green, red and orange, legumes (beans and peas), starchy & are naturally low in fat and calories and provide **dietary fiber, potassium, vitamin A and vitamin C¹**.



Fruits²

especially whole fruits & are sources of many essential nutrients including: **dietary fiber, potassium, vitamin C and folate.**



Whole grain

at least half of which are whole grains.

are sources of **dietary fiber, B vitamins and Minerals (iron, magnesium and selenium).**



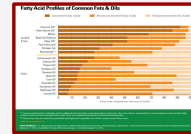
Proteins

including seafood, lean meats and poultry³, eggs, legumes (beans and peas), nuts⁴, seeds, and soy products & are sources of **B vitamins, vitamin E, iron, zinc, magnesium and ω-3 fatty acids** which are found in seafood.



Oils⁵

are sources of energy and improve brain function like olive oil, corn oil.



Fat-free or low-fat dairy

including milk, yogurt, cheese, and/or fortified soy beverages.



1.Vitamin A, C are antioxidants that has beneficial effects on CVS and maybe cancer

2.juice VS fruit, if you eat fruits rather than drink juice you take advantage of the fibers

3.Lean meat If you'll eat meat, poultry is better than red meat

4.nuts are healthy as they have Omega 3

5.The picture: (Monosaturated fatty acids-Coconut oil- are the most highly atherogenic, palm kernel oil is considered high) (canola, sunflower, corn, olive, sesame, soybean is considered good , even cottonseed oil and salmon

Group Nutrition Education Techniques uses Facilitated Discussion by:



1 Discuss a specific topic, to be interactive, share questions and knowledge with others.

2 Focuses on client's needs.

3 Develops relationships between clients.

4 Clients learn from one another.

5 Requires members to be familiar with topic.

6 Requires skill development of staff.



Interactive Nutrition Education:

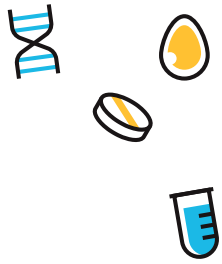
1 Engages the client.

2 Provides opportunity for questions and feedback.

3 May be individual or group sessions.

4 Helps client identify individual goals or important issues.

Soft drinks industry levy in UK



Levy

The amount of money has to be paid & collected by government.

From April 2018 millions of children across the uk had benefit from the government's key milestone in tackling childhood obesity.

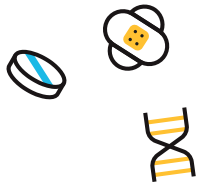
That means over **45 million kg of sugar a year** being removed from soft drinks through reformulation. In England the revenue from the levy is invested in programs supporting pupil health and well-being.

- ❖ The rates companies will need to pay are as follows
 - **24p** per liter of drink if it contains **8** grams of sugar per 100 ml
 - **18p** per liter of drink if it contains between **5 ~ <8** grams of sugar per 100 ml

Conclusion

- **Nutrition Education is a requirement in health system as well as among all public.**
- **Messages should be simple and to the level and culture of the audients.**
- **Limit intake of saturated fats, trans fat, added sugars and sodium.**
- **You can participate in education through; Lectures, Seminars, Group discussion, Media, Day Activities in hospitals.**
- **It is healthier to exercise then eat.**(people take it as a reward, so they wait for 3 hours and eat or exercise then eat, just like a football match, also B is better because we avoid any problems and the abdomen caused by exercise after eating)

QUIZ!



Q1:..... the sources of energy and improve brain function.

A- Vegetables

B-Fruits

C-Oil

D-proteins

Q2:are sources of many essential nutrients including: dietary fiber, potassium, vitamin C and folate.

A- Vegetables

B-Fruits

C-Oil

D-proteins

Q3: Seafood provides the most and, in addition to almost all of the polyunsaturated like ω -3 fatty acids.

A- vitaminC,vitamin D

B-vitamin B12,vitamin D

C-vitamin B12,vitamin A

D-vitamin D,vitamin A

Q4: eating patterns that include: lower intake of meats as well as processed meats & poultry are associated with reduced risk of

A- type 2 diabetes

B- colon cancer

C- obesity

D- all of them

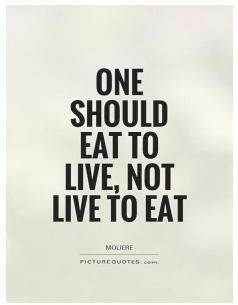
Q5: sodium intake needs to be reduce for :

A- hypertension

B-heart failure

C-obesity

D- A+B



Answers

- 1/C
- 2/B
- 3/B
- 4/D
- 5/D

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