




HEALTH EDUCATION

YOUR GUIDE TO HEALTHY LIVING

Includes:

- ✓ Nutritional Education
- ✓ Blood Pressure Education
- ✓ Managing & Diagnosing Diabetes
- ✓ Cholesterol Education

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This information is for educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.



Many people do not understand what foods are carbohydrates or contain starch. We are here to help guide your journey to healthy eating.

Let this information serve as a roadmap. Some foods fall into two categories (e.g., eggs are both protein and fat, beans are both carb and protein, etc.). “Red” items are not prohibited, just less healthy than those in “Green” and should be eaten in moderation.



High Glycemic Index Carbohydrates

White Sugar
White Flour
White Bread, Bagels
Bleached Pasta
White Potatoes
Chips, Corn
Ramen Noodles
White Rice
Cornflakes, Cereals
Soft Fruits
Juice & Soda's
Cow's Milk
Oatmeal & Grits
Lima & Pinto beans
Milk Chocolate
Candies, Cookies, Cakes



Low Glycemic Index Carbohydrates

Agave
Whole Grain Flour
Whole Grain Bread
Whole Grain Pasta
Yams, Sweet Potatoes
Brown Rice, Quinoa
Air-Popped Corn
Peas, Lentils
Rice Bran
Juices with Pulp
Nut or Seed Milk
Grapefruit, Berries
Crunchy Fruits
Unprocessed Oats
Navy, Black, Kidney beans
60%+ Dark Chocolate



Proteins

Nuts, Seeds
Nut butters
Chickpeas Hummus
Egg whites
Chicken
Turkey
Lean Beef
Bison
Trimmed Pork
White Fish
Tofu
Greek Yogurt
0% dairy
Low-fat dairy
Cottage Cheese



Net 0 Calories

(Keto Friendly)

Water
Coffee, Tea
Watercress
Lettuce, Arugula
Swiss Chard
Cucumbers
Pickles
Zucchini
Radishes
Artichoke
Asparagus
Celery
Brussels Sprouts
Cabbage
Onions
Mushroom
Okra



Ideal Fats

Avocado
Coconut
Olives
Sardines
Salmon



Other Fats

Butter & Margarine
Full-fat Dairy
Fatty Meats
Bacon
Boxed Foods
Fried Foods



Healthy Fats

These foods contain **healthy** fats that are good for your heart.
Remember, even with healthy fats you need to watch your portion size.



Nuts



Salmon



Avocado



Sardines

Peanut
Butter



White Tuna



Olive
Oil



Olives



Less Healthy Fats

These foods contain **unhealthy** fats,
which are **not** good for your heart.

French
Fries



Candy
Bars



Macaroni
& Cheese

Potato
Chips



Ice Cream



Butter &
Margarine



Cheese



Bacon

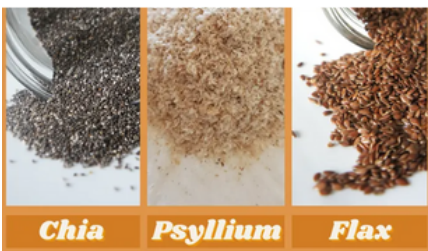


ACHIEVING IDEAL CHOLESTEROL LEVELS

- Ideal Vitamin-D level
- Consume Omega-3 and fish oil
- 30-45 minutes daily fitness
- Increase Dietary Fiber

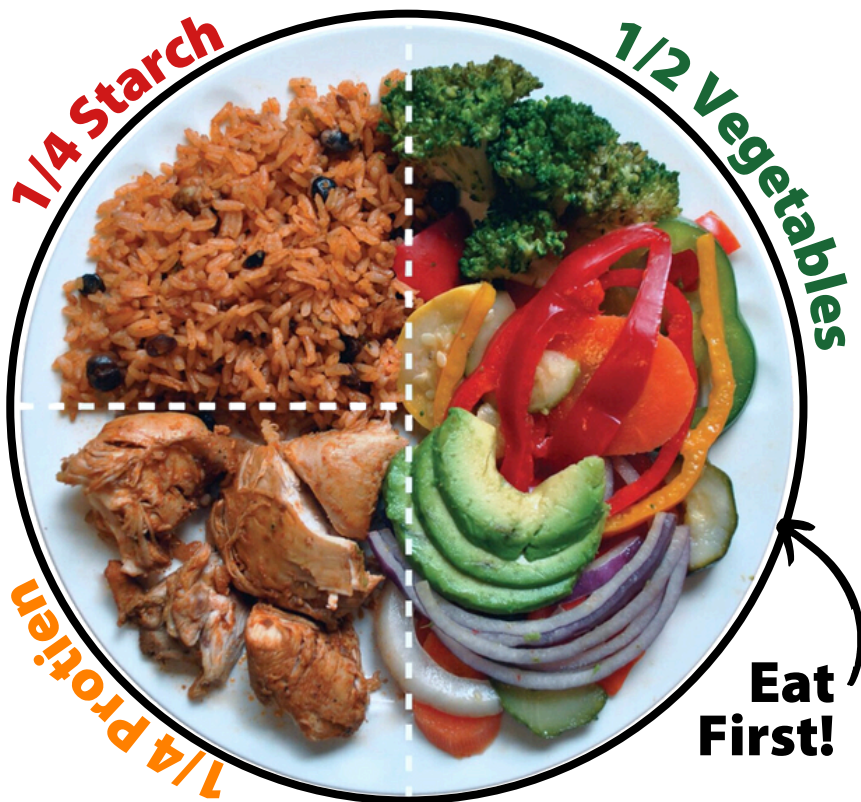


Note: Fiber supplements can trap medications, reducing absorption. Take 2 hours before meds, or 4 hours after meds. Increase water intake when using.



IDEAL PLATE & EATING ORDER

Example of a Healthy Plate



- Eating vegetables, fiber, and proteins first **fills the stomach!** Any carbs that come after must generally wait for the food in front to process.
- This is how Italians, the French, and other cultures get away with carb-centric foods (e.g., pasta, pizza, croissants, chocolate, wine, etc.)

TIP: Try a salad as the first course of every meal.

WHY YOU SHOULD EAT THE RAINBOW

EATING A VARIETY OF FOOD TYPES AND COLORS ENSURES
THAT YOU ARE RECEIVING DIVERSE NUTRIENTS

GREEN



Vitamin K, Potassium,
Lutein, Zeaxanthin,
Vitamin C, Folate,
Chlorophyll

RED



Vitamin C,
Anthocyanins,
Phenolics, Lycopene,
Calcium, Vitamin D,
Flavanol, Resveratrol,
Folate

BLUE



PURPLE



YELLOW



B-Carotene/Vitamin A,
Vitamin C, Potassium,
Folate, Bioflavonoids

ORANGE



WHITE



Potassium, Allium,
Allicin, Anthocyanidins



CARBOHYDRATE PORTION CONTROL

Right Size



Half a
muffin

Two small
tortillas

The smaller
piece
of pizza

Single Scoop

Half of
a roll

Small fry

Too Much



PARTIES, GATHERING, AND HOLIDAYS

Finding ways to eat mindfully during get-togethers with friends & family can be stressful, but remember...

**It is not the amount of food,
it is the order and the quality of food**



TIP: Have salad and/or lean protein before you get there

- Increases fullness & reduces appetite
- Limits the effects of any carbohydrates eaten later, at the gathering

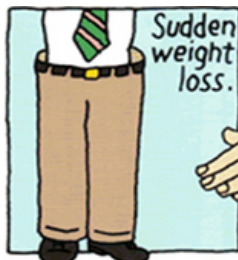


Low Glycemic



High Glycemic

HIGH BLOOD SUGAR SYMPTOMS



Wounds, Infections, and Amputations

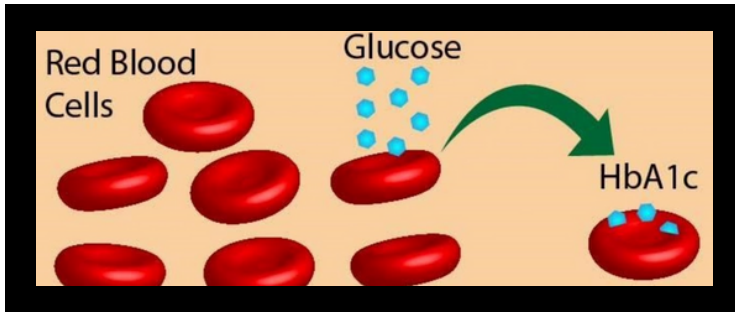
Major Consequences:
Sepsis, Dialysis, Blindness,
Blood Clots (e.g., Stroke,
Heart Attack)



Diagnosing Diabetes

Diagnosing by Fasting Blood Sugar

- Euglycemia (normal): **60-100 mg/dL**
- High Blood Sugar or Pre-Diabetes: **100-125 mg/dL**
- Diabetes: fasting above **126 mg/dL** or any non-fasting above **200 mg/dL with symptoms**

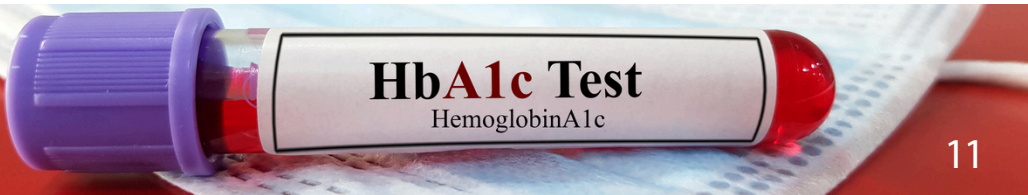


Diagnosing by A1c

Diabetes | A1c above 6.3%

Pre-Diabetes | 5.7% - 6.3%

Normal | Below 5.7%



Tips for Taking Your Blood Pressure at Home

How you sit and take your blood pressure can result in an inaccurate measurement. Here are some tips to ensure the most accurate at-home blood pressure readings.

LIMIT EXERTION BEFORE TESTING

USE CORRECT CUFF SIZE

Cuff too small adds 2-10 mm Hg

DON'T HAVE A CONVERSATION

Talking or active listening adds 10 mm Hg

PUT CUFF ON BARE ARM

Cuff over clothing adds 5-50 mm Hg

SUPPORT ARM AT HEART LEVEL

Unsupported arm adds 10 mm Hg

EMPTY BLADDER FIRST

Full bladder adds 10 mm Hg

KEEP LEGS UNCROSSED

Crossed legs add 2-8 mm Hg

SUPPORT BACK/FEET

Unsupported back and feet adds 6 mm Hg

Sources: 1. Pickering, et al. Recommendations for Blood Pressure Measurement in Humans and Experimental Animals Part 1: Blood Pressure Measurement in Humans. *Circulation*. 2005;111: 697-716; 2. Handler J. The importance of accurate blood pressure measurement. *The Permanente Journal*/Summer 2009/Volume 13 No. 3 51

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Things that increase Blood Pressure

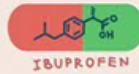
**Not
Taking
Medications**



Caffeine



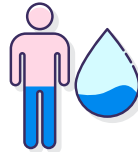
**Too Much
Salt &
Canned
Foods**



**Overuse of Some Pain
Meds (e.g., NSAIDS)**



**Stress,
Pain &
Anxiety**



Dehydration

Insomnia



Excess Alcohol



Nicotine



How too much salt affects your body



Too much salt (sodium)

Raised Blood Pressure



**Heart disease
Heart failure**

Damaged blood vessels

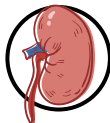


**Dementia
Stroke**

Hormonal changes



Inflammation



**Kidney disease
Kidney stones**

Effects on immune system



**9 out of 10
Americans consume
too much sodium.**

Where does sodium come from?



**More than
70%**

**comes from
processed and
restaurant foods**



**About
11%**

**is added while
cooking or
eating**



**More than
14%**

**occurs
naturally**

3,400milligrams
Amount of sodium an American
consumes on average a day

1,500milligrams
Recommended by the AHA
for ideal heart health

Eat less than 1,500mg of
sodium per day to stay healthy.
Always check the label.

Stress Management & Fitness

Managing your stress levels and exercising are excellent ways to maintain a healthy lifestyle

Stress affects more than your mind. Here are five ways a stress management routine could help your body.



1 BETTER SLEEP

2 LOWER BLOOD PRESSURE

3 IMPROVE DIGESTION

4 REDUCE MUSCLE TENSION

5 BOOSTED IMMUNE SYSTEM

10 EXERCISES FOR HIGH BLOOD PRESSURE

Take a walk

Go for a bike ride

Engage in workouts

Try Pilates

Incorporate strength training

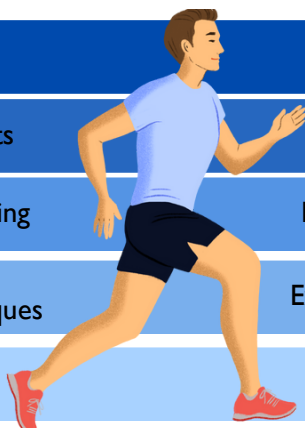
Hiking

Practice Yoga and relaxation techniques

Explore Tai Chi

Enjoy Swimming

Get grooving with dancing





Know your blood pressure

Helpful resource to understand your numbers

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Elevated	120 - 129	and	less than 80
High Blood Pressure (Hypertension) Stage 1	130 - 139	or	80 - 89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor immediately)	higher than 180	and/or	higher than 120

Date taken: _____ My blood pressure is _____ / _____

Learn about high blood pressure at [ManageYourBP.org](https://www.ManageYourBP.org)

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WHERE YOUR HEALTHCARE IS OUR PRIORITY

Whole Family Health Center is a non-profit community health provider that has served the Treasure Coast for over 25 years.



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- **NUTRITION COUNSELLING**

WE CARE FOR EVERYONE!

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**TO SCHEDULE AN APPOINTMENT CALL:
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