



WEBINAR:

**Aging in Place: The Role of Nutrition
in Preventing Hospitalization and
Nursing Home Stays**

Moderator



Jenny Kinter

**Associate Marketing Manager, Healthcare
General Mills, North American Foodservice**

Featured Speaker



Chef Abbie Gellman, MS RD CDN is a spokesperson, recipe and product developer, educator, nationally recognized culinary nutrition expert, and Director of Teaching Kitchen and Culinary Medicine at St. Barnabas Hospital. She creates, produces, and hosts cooking and nutrition videos and works with a wide variety of food companies/brands, commodity boards, foodservice operators, health professionals, and private clients.

She has three published cookbooks and appears in local and regional broadcast media and contributes to many publications as both an expert and an author. She is the consulting “Better for You” R&D Chef/RD for the private company Happi Foodi and has created two lines of healthy frozen meals for them under the WalMart Better For You Great Value brand and the Happi Foodi brand; both can currently be found at WalMart.

Abbie lives in NYC with her daughter, Olivia, and many shelves of cookbooks. Learn more about her at ChefAbbieGellman.com and connect with her via [@ChefAbbieGellman](https://www.instagram.com/ChefAbbieGellman) on Instagram, YouTube, Facebook, and Pinterest.



Hearts Matter: Using evidence-based nutrition to develop heart healthy foodservice menus

Chef Abbie Gellman, MS, RD, CDN



ABOUT CHEF ABBIE GELLMAN, MS, RD, CDN

Abbie Gellman, MS RD CDN has been a Registered Dietitian for more than a decade, and a chef for twice as long as that. Abbie works with a wide variety of clients as a spokesperson, recipe and product developer, teacher/educator, and private chef.



**CULINARY
NUTRITION**
STUDIO

@ChefAbbieGellman & @CulinaryNutritionStudio

ChefAbbieGellman.com & CulinaryNutritionStudio.com



Objectives

- Learn about evidence-based nutrition for heart health
- Understand the principles of dietary patterns associated with heart health such as the Mediterranean and DASH diet
- Identify foods with heart health promoting properties
- Gain culinary inspiration to help you build menu solutions to promote heart health for your residents and patients



Heart Disease




- Heart disease describes a range of conditions that affect your heart.
- Cardiovascular disease is leading cause of death worldwide
 - An average of 1 in 4 people die from heart disease annually in the United States
- The World Health Organization estimates that 75% of deaths from heart disease can be prevented by lifestyle management

Back to the Basics

**Nutrition 101
for Heart
Health**



Culinary Nutrition Intervention



The American Heart Association recommend eating patterns that include whole grains, fruits, vegetables, lean protein, legumes and low-fat dairy products, and limit foods high in saturated fats, trans fats, high-sodium, and added sugars.

Fiber

Recommended Fiber Intake

Men

38 grams per day

Women

25 grams per day



Increase fiber intake

An increase of 7g of fiber per day for someone not meeting fiber recommendation and greatly impact heart health.

What does that look like?



1/4 cup beans



1 cup of vegetables



1/2 to 1 cup of high-fiber whole grain cereal

Bread Demo



Making sense of labels



How to Read a Nutrition Label

Nutrition Facts	
6 servings per container	
Serving size	1 cup (230g)
Amount per serving	
Calories	245
	% Daily Value*
Total Fat 12g	14%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 3mg	15%
Potassium 380mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Always look at the **servings size** first. All numbers on the label are for **one** serving.

Total Fat includes healthy fats. Limit **Saturated Fat** to less than 20g per day.

Aim for less than 2300mg of **sodium** per day. A good goal is less than 600mg per meal.

Added Sugars are more of a concern than total sugars. Aim for less than 25g per day.

Try to get enough of these nutrients every day. The *% Daily Value* tells you how much of the nutrient the food has compared to how much you need.

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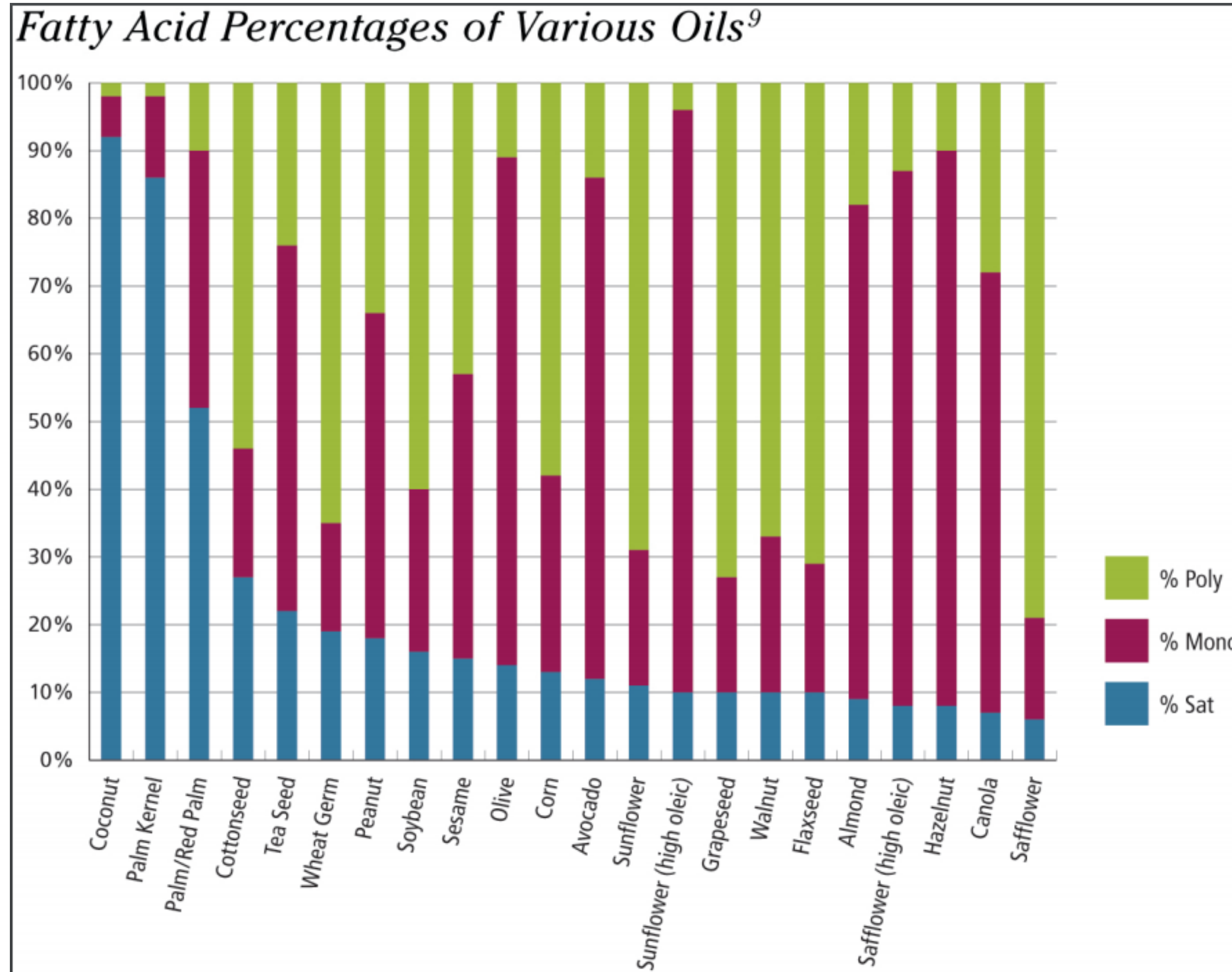
Calories are nice to know - but focus on the quality of the calories. Choose a variety of nutrient-dense foods across all of the food groups for a balanced diet.

There is no recommended limit for **cholesterol**, but try to limit high cholesterol foods.

Aim for 25 - 38g of **fiber** per day. A good goal is 5-10g per meal.

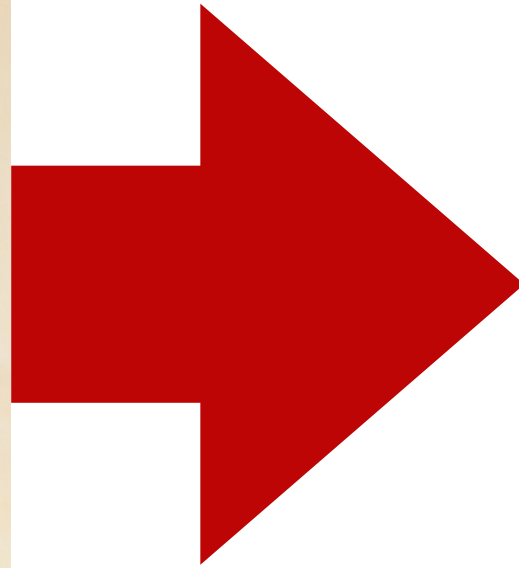
Protein needs are different for everyone and go up if you are more active. Try to get some protein with every meal.

Fats (Oils)



(source: Today's Dietitian)

Sodium



Back to the Basics



Fruit



fresh fruit



frozen fruit



dried fruit



canned fruit

Foodservice Ideas:

Offer different grab & go options - i.e change up the orange variety, like a cara cara orange or clementines

Make simple fruit compote with frozen fruit & serve with yogurt, oatmeal, ice cream, etc. for breakfast, snacks, dessert

Vegetables



Fill half of your plate
with non-starchy
vegetables



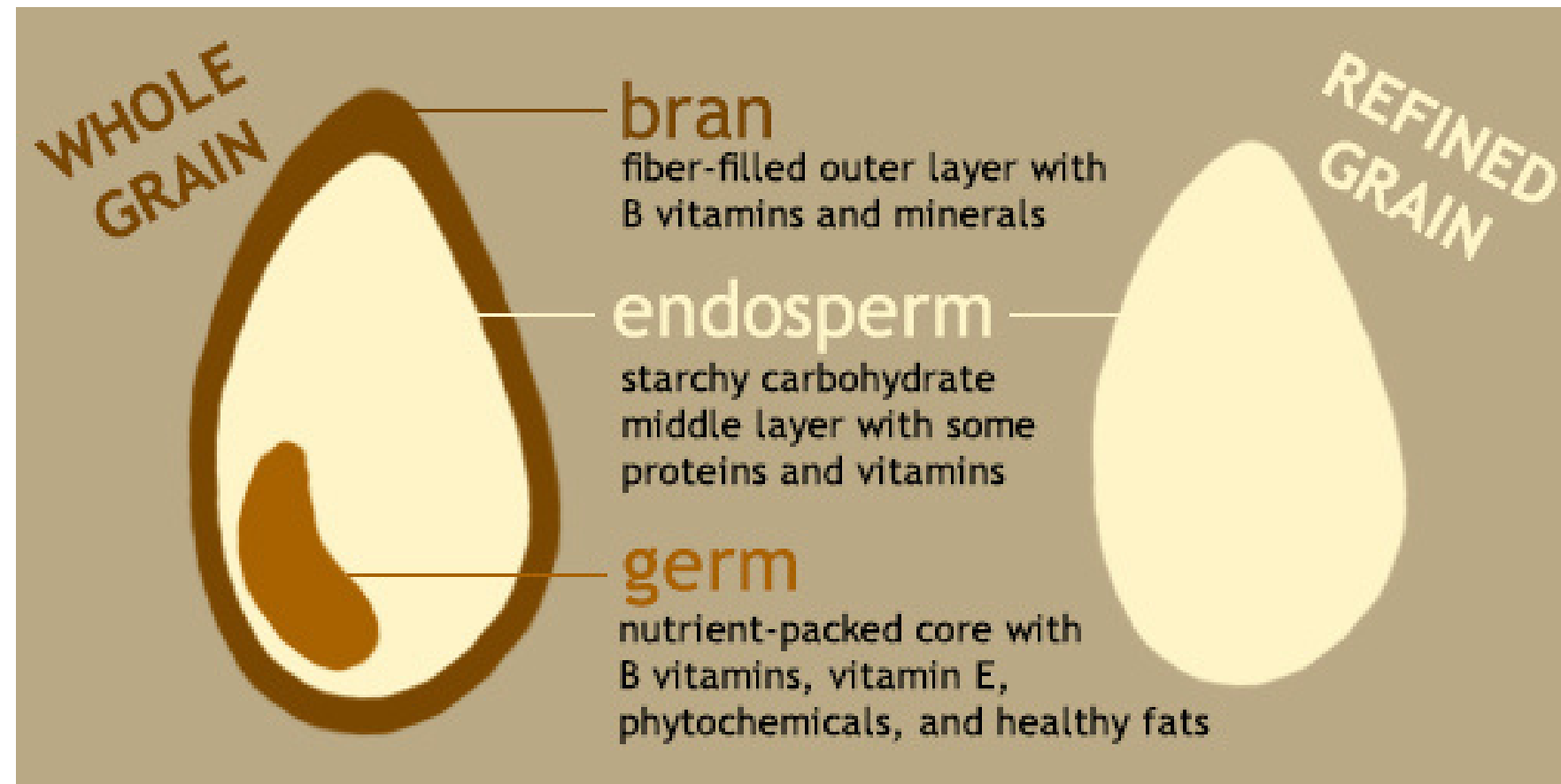
Foodservice Ideas:

Add frozen or fresh sautéed vegetables to sides like rice/grains or dishes like mac & cheese

Add extra vegetables to soups, stews, chilis, pasta sauce

Jazz up vegetables with sauces, dips, and dressings

Grains



Foodservice Ideas:

Oatmeal “bar” that offers savory (sauteed veggies, egg, cheese) and sweet toppings (fruit compote, nuts/nut butter)

Breakfast sandwich made with Pillsbury whole grain biscuit

Protein



Focus on a variety of animal and plant-based sources of protein



Foodservice Ideas:

Sandwich made with Pillsbury Croissant - i.e. hummus, avocado, tomato, sprouts

Burgers or meatballs made with ground meat or poultry and grated vegetables

Dairy



There is suggestion that fermented dairy foods consumption (yogurt or cheese) may be associated with reduced inflammatory biomarkers associated with the development of CVD.



Foodservice Ideas:

Yogurt parfait layered with blueberries and granola

Yogurt-based protein salad (egg, chicken, turkey, salmon) with vegetables and/or fruit - i.e. chicken salad with celery, fennel, grapes, apples

Healthy Fats



Mediterranean diet is known for their use of olive oil and nuts which has been beneficial in preventing and treating cardiovascular disease.



Foodservice Ideas:

Make homemade dressings and dips using heart healthy oils and nuts - i.e. pesto with any type of nut or seed

Add nuts and seeds to sides, entrees, desserts, etc. - i.e. toasted pecans, dried cranberries, and sage in a warm farro side dish

Legumes

- Affordable/Budget friendly
- Can use canned, frozen, dried
- High quality plant-based protein



Foodservice Ideas:

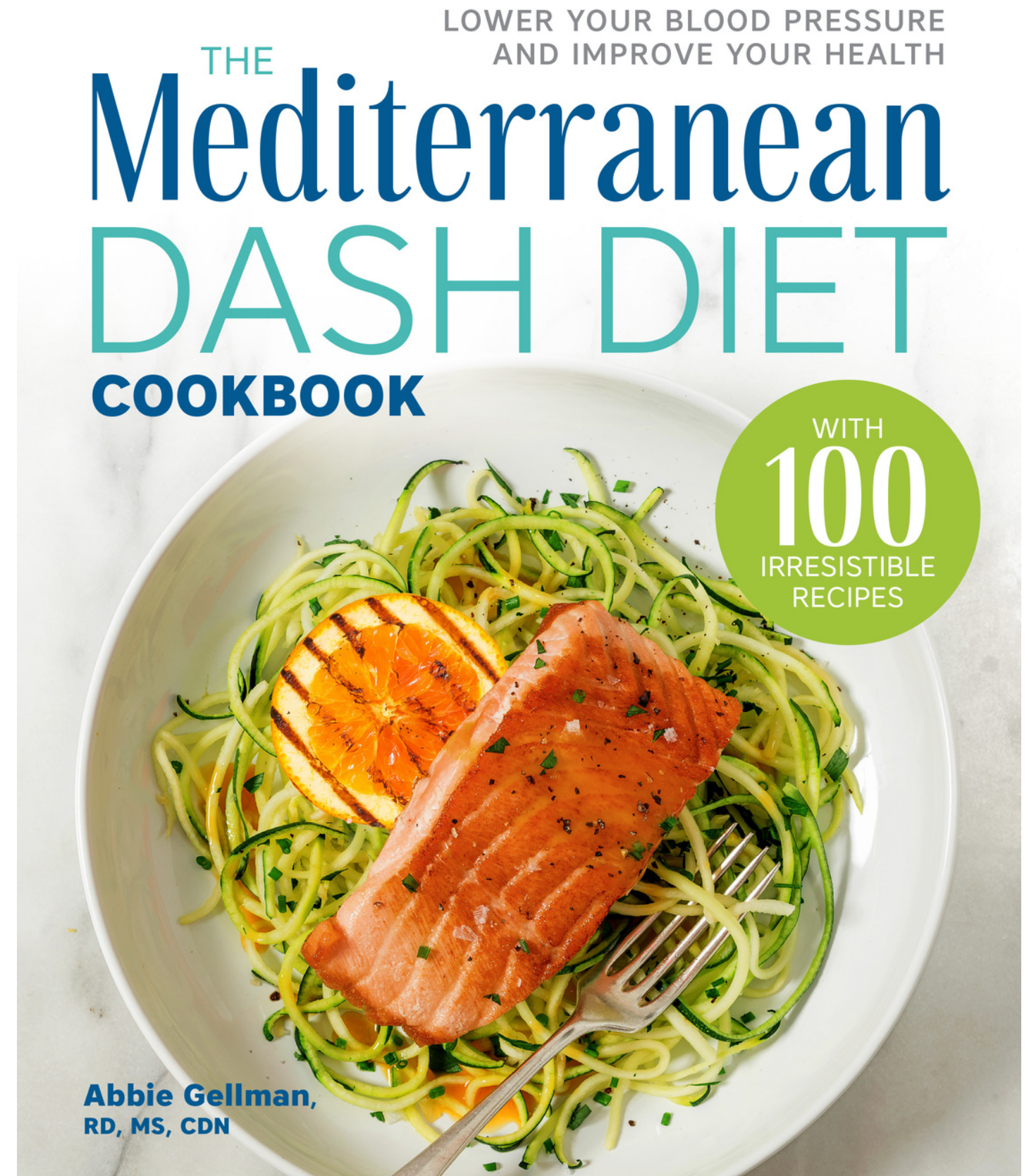
Use puréed white cannellini beans to replace one-half of the cream cheese in a spinach-artichoke dip

Puree beans or lentils into creamy soups instead of heavy cream/dairy

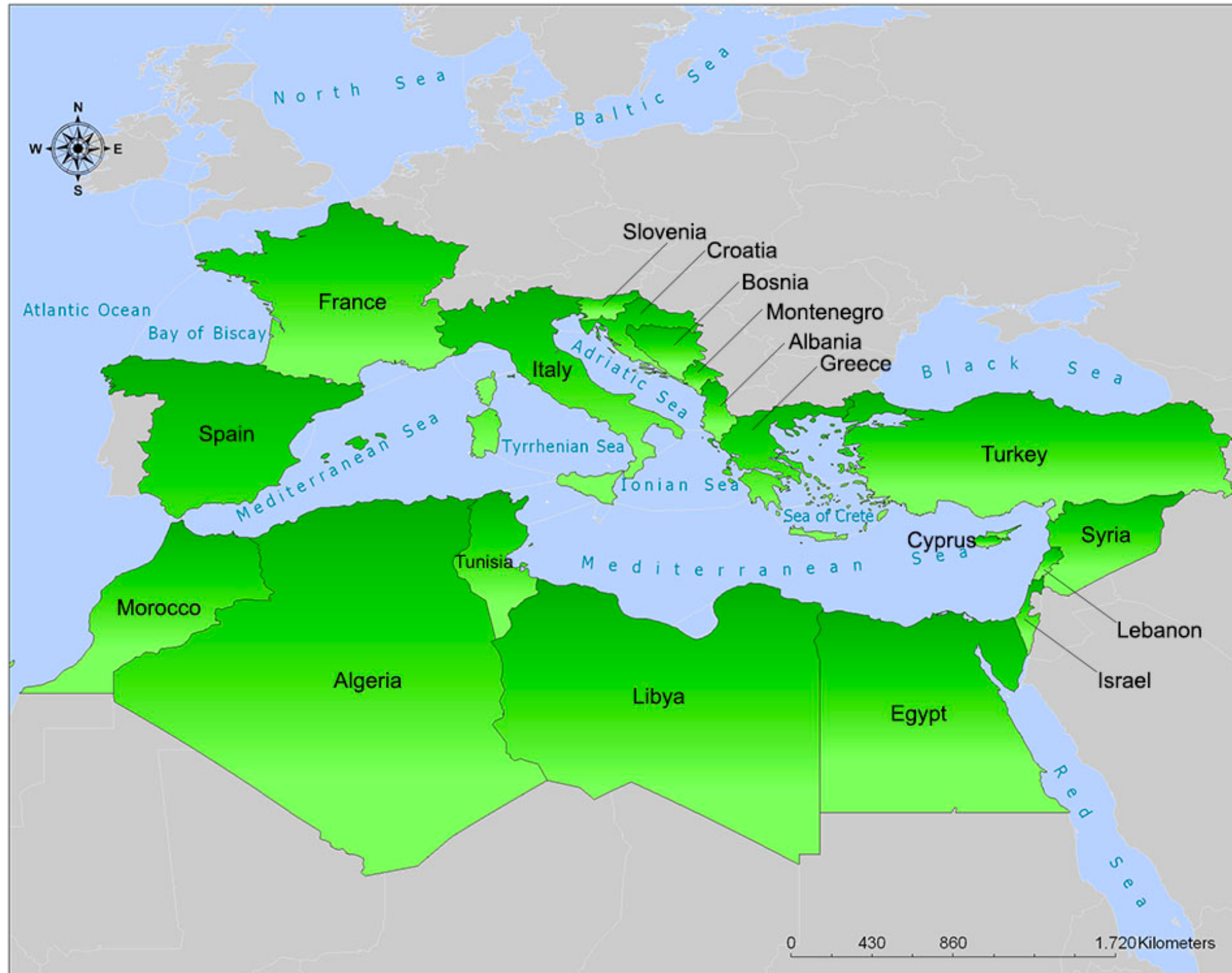
Heart Healthy Diets



Source: US News & World Report, Adobe Stock



Mediterranean Diet



- Based on a pattern of eating, cooking, and lifestyle found in countries surrounding Med Sea
- Plant-forward approach with fruit, veggies, nuts, legumes, whole grains
- Some animal protein
 - focus on seafood, eggs, low fat dairy
 - smaller portions meat, poultry
- Healthy fats: olives & olive oil, avocados, nuts, seeds
- Limits refined sugars and excessive sodium
- Daily physical activity
- Making meals "social"

DASH Diet



- Dietary Approaches to Stop Hypertension
- Eating pattern rich in potassium, magnesium, and calcium with moderate sodium intake
- High fiber
- Plant-forward approach with fruit, veggies, nuts, legumes, whole grains
- Some animal protein
 - focus on seafood, eggs, low fat dairy
 - smaller portions meat, poultry
- Healthy fats: olive oil, avocados, nuts, seeds
- Limits refined sugars and excessive sodium

Mediterranean Diet, DASH Diet & Foodservice Ideas



- Punch up flavor with spices & herbs while pulling back on added salt
 - add fresh herbs to side dishes and salads
 - add warming spices to soups, oatmeal, fruit compote, etc.
- Swap out (partial or 100%) higher saturated fat items
 - mayo for plain Greek yogurt in salads and dressings
 - half lentils/half ground meat in bolognese, sloppy joe's, etc.
- Bulk up animal protein dishes with plants - “meat extenders”
 - grated vegetables in meatballs, burgers, meatloaf
 - add extra beans to beef chili

Mediterranean Diet, DASH Diet & Foodservice Ideas



- Experiment with different types of grains
 - farro, quinoa, millet, teff, barley
- Add fruits, vegetables, nuts, and/or legumes to grain-based side dishes
- Use dips, dressings, and marinades to brighten up vegetable dishes
- Incorporate soy foods
 - use silken tofu in pureed soups and desserts (i.e. chocolate “pudding”) to increase protein and provide vegan/plant-based option
 - add edamame to salads and side dishes
- Offer fruit-based desserts or sweets

Show some prepared dishes

