



*Aurora Food & Nutrition Services*  
**Eat Well Initiative**

## Part of AHC's Live Well Initiative

- Chartered in 2010
- Key areas:
  - Tobacco control programs
  - Achieving a healthy weight
  - Increasing physical activity
  - Supporting behavioral health
  - Annual influenza vaccination
  - Regular health screenings
- Eat Well – Move Well – Be Well

## Eat Well Early Focus

Early initiatives were focused on:

- Taking bad foods away
- Providing information
- Doing lunch and learns
- Promoting healthy recipes in the cafe
- Often little interaction with staff

Results? An employee survey revealed that employees still believed there were limited healthy foods in the cafes

## Lessons Learned

Everyone wants to eat healthy right?

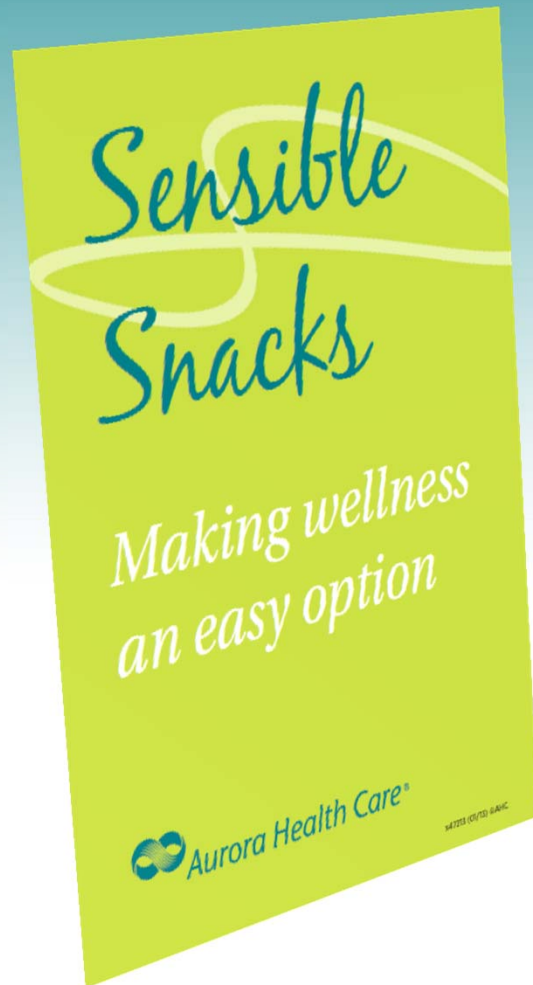
Taking things away – does it send the right message?

How many definitions of healthy are there??  
At AHC about 30,000

## Eat Well Overview

- Healthy Beverages
- Branding
- Education
- Cooking Demo's
- Dietitians Pick of the Week
- Weekly Wellness Special
- Table Tents/Flyers
- Point of Sale Nutritional Information
- Sensible Snacks

# Offering better choices



 **STOP!** *Rethink Your Drink*

**Red – Drink rarely or not at all**

- Regular sodas
- Fruit-flavored beverages
- Energy and sports drinks
- Presweetened tea and coffee beverages

**Yellow – Drink occasionally**

- Diet sodas
- 100% Fruit juice (4 ounce portion)
- Low calorie/low sugar beverages
- Flavored soy milk

**Green – Drink plenty**

- Water (regular and seltzer)
- Skim or 1% milk
- Unsweetened tea
- Unflavored soy milk

**Making Wellness an Easy Option**

 Aurora Health Care®

# Quarterly Topics

## Nutritional Info



*energizing  
breakfast*

**Berry Almond Steel Oats**

NOTE: This is not your Mom's oatmeal.

Toasted Steel Oats slow cooked and topped with chopped Almonds Mixed Berries and a Cinnamon Almond Butter sauce.

**\$2.95**

|          |        |
|----------|--------|
| Calories | 266    |
| Carbs    | 41.5gm |
| Protein  | 5.8gm  |
| Fat      | 13.8gm |
| Fiber    | 3.7gm  |
| Sodium   | 13mg   |

*Making wellness an easy option*

 Aurora Health Care



*Healthy Plate*

**Eat smarter to live well.**

**Flank Steak with Vegetables**

Marinated Flank Steak that is grilled and served up with tender Broccoli & Cauliflower florets along with Carrot moons.

**\$4.45**

|          |         |
|----------|---------|
| Calories | 230     |
| Carbs    | 6 gm.   |
| Protein  | 23 gm.  |
| Fat      | 11 gm.  |
| Fiber    | 2 gm.   |
| Sodium   | 180 mg. |

*Making wellness an easy option*



# Quarterly Topics

## Nutritional Info

### Reducing Your Sodium



#### Quiche Lorraine

*A Pastry Crust filled with a mixture of low-fat Eggs, Skim Milk, diced Ham, Onion, Shredded Swiss Cheese & Spices baked to light golden brown.*

**\$3.45**

|          |         |
|----------|---------|
| Calories | 328     |
| Carbs    | 18 gm.  |
| Protein  | 22 gm.  |
| Fat      | 20 gm.  |
| Fiber    | 1 gm.   |
| Sodium   | 500 mg. |

*Eat smarter to live well*



#### Latin Spiced Mango Lentil

*A mixture of Lentils, chopped Tomato, and Cilantro along with chopped Latin Spiced Mango that is served up on a bed of fresh Spring Mix*

**\$4.75**

|          |        |
|----------|--------|
| Calories | 331    |
| Carbs    | 58 gm. |
| Protein  | 25 gm. |
| Fat      | 1 gm.  |
| Fiber    | 23 gm. |
| Sodium   | 21 mg. |

*Eat smarter to live well*



# NNM Theme New Foods, New Ways



*Bite into a  
Healthy Lifestyle*

***Kale & Sweet Potato Salad***

*Roasted Sweet Potato, Pinto Beans,  
chopped Jalapenos, a hint of Red  
Onion and toasted Pumpkin Seeds  
sitting on top of a bed of Kale laced  
with Pumpkin Seed Dressing.*

**\$4.75**

|          |          |
|----------|----------|
| Calories | 279      |
| Carbs    | 54.6 gm. |
| Protein  | 15 gm.   |
| Fat      | 2.3 gm.  |
| Fiber    | 13.1 gm. |
| Sodium   | 277 mg.  |

BETTER FOOD- *Aurora Cafes* -BETTER LIVES

# Educational Materials

(Table Tents and Flyers)

## Eat smarter to live well.

**Whole grains** contain fiber, which makes you feel fuller longer. Whole grains help reduce the risk of heart disease, diabetes and certain cancers. They also have B vitamins, zinc, iron and magnesium.

### Wellness tips

- Choose 100% whole grain breads, whole wheat pasta and brown rice.
- Need a healthy, whole-grain snack? Try popcorn and whole grain crackers.

**Fruits and vegetables** are high in nutrition and fiber, but low in calories and sodium. They also help prevent strokes, heart disease, obesity, type 2 diabetes and certain cancers.

### Wellness tips

- Choose a variety of colors for different vitamins and minerals. Eat the rainbow!
- Buy in season or stock up on frozen for quick and easy meals



Live well

## Eat smarter to live well.

**Healthy proteins** are building blocks of bone, muscle, skin and blood. They include both meats and plant-based proteins, like beans and nuts.

### Wellness tips

- Choose healthy meats, like lean beef and pork, skinless poultry, seafood and eggs.
- Trim the visible fat off meat and grill, bake, roast or broil.
- Try a "meatless meal" once a week - make soy, nuts, beans or legumes your main dish.

**Dairy** intake has been linked to better bone health. It's a great source of vitamins A and D, as well as calcium.

### Wellness tips

- Choose low-fat or fat-free milks, cheese and yogurts.
- Lactose intolerant? Try lactose-free milks and calcium-fortified soy products.



Live well

## Eat smarter to live well.

**Fats** store energy, insulate us and protect our vital organs. We all need fat - but the right kinds - and not too much.

### Wellness tips

- Avoid trans fats - found in stick margarines, shortening and partially hydrogenated fats (hidden in many pre-packaged foods).
- Reduce saturated fat by limiting red meats, choosing lean cuts of meats and skinless poultry, and using butter sparingly.
- Choose low-fat and fat-free dairy products.
- Look for monosaturated fats (canola and olive oils) and polyunsaturated fats (nuts, seeds, avocado and peanut butter).

### Daily reminders

- Avoid oversized portions - skip the "super-size."
- Eat less food - but enjoy your food more!
- Practice mindful eating.
- Take your time eating - and take control of your food.



Live well

# Dietitian Involvement

## SUPER FOODS

- High in nutrients including vitamins, minerals and phytonutrients
- Have a positive impact on your health such as digestion, bone health, cardiovascular health, cancer and aging.
- Readily available

### Dietitian's Pick of the Week

Each week a Super food will be featured in the cafeteria. Tips will be provided on its selection, preparation and nutrition highlights.

### Menu Items in Cafeteria

A recipe featuring some of the Super Foods will be available monthly to sample and purchase.

### A Few Picks To Get Started

#### Beans/Peas and Lentils (Legumes)

Rich in B vitamins, fiber, protein, iron and potassium. Use as meat extensions in mixed dishes or soups or use as a side dish.

#### Yogurt

Rich in B vitamins, calcium, phosphorus and protein. Even better with live cultures adding the good bacteria for intestinal health.

Try different kinds like Greek, light, Kefir, added cultures

#### Nuts

Rich in Vitamin E, monounsaturated fat, omega 3 fats, plant sterols and fiber.

One serving is: 1 ounce or 20-24 almonds or 8-11 walnut halves

#### Apples and Berries

Rich in fiber, Vitamin C and phytonutrients

Add to salads, cereal or for snack

#### Cruciferous Vegetables

(broccoli, Brussels sprouts, cabbage, cauliflower, kale & collard greens)

Rich in folate, Vitamin C, Beta carotene, phytonutrients and fiber.

Add to omelets, pastas, soups, salads. Steam, roast or eat raw!

**Soy** (includes tofu, tempeh, edamame, soy milk, and miso)

Good source of protein and calcium (fortified) and fiber, vitamins and minerals

Add silken tofu to smoothies or pudding, tofu as meat substitute and soy milk for milk if lactose intolerant

#### Flaxseed (ground from whole seeds)

Rich in fiber, omega 3's and lignans

Use ground flaxseed in oatmeal, cream of wheat, yogurt smoothies, casseroles, meatloaf, hamburgers, chili, muffins, pancakes, breads and cookies



### Portabella, Chicken and Lentil Soup

1.5 quarts yields 8 to 6-ounce servings

Recipe for living well

#### Ingredients

|  |   |
|--|---|
| 1 ounce diced yellow onion   | 1/2 teaspoon rosemary leaves                  |
| 3/4 ounce diced celery   | 1/2 teaspoon finely minced fresh basil leaves |
| 3/4 ounce diced carrots  | Pinch dried parsley flakes                    |
| 2 ounces of grilled portabella mushroom caps, stripped                             | 3 cups vegetable broth                        |
| 1/2 teaspoon chopped garlic  | 1 1/2 cups low-sodium chicken broth           |
| 1/2 teaspoon extra virgin olive oil  |   |
| 1 1/2 ounces cooked chicken meat, diced (season with kosher salt and black pepper) | 1/4 cup of brown lentil                       |
|  | 1/2 cup low-sodium chicken broth              |
| 1/2 teaspoon ground coriander  | Shaved Parmesan for garnish (optional)        |
| 1/2 teaspoon kosher salt   | Fresh parsley sprig (optional)                |
| 1/2 teaspoon ground white pepper   |   |

#### Directions

- Cook chicken seasoned with kosher salt and black pepper. Cool chicken, dice and set aside for later.
- Season portabella mushroom caps with pinch of kosher salt and black pepper. Grill on charcoal grill. Allow caps to cool and then cut into 1/4-inch thick strips. Set these aside for later.
- Heat olive oil in stock pot. Once hot, add garlic, onions, celery and carrots. Cook until onions become translucent, approx. 6-7 minutes.
- Add spices, rosemary, basil and parsley to pot. Add 1/2 cup of low-sodium chicken broth. Bring to a boil. Add 1/4 cup of brown lentils. Cook for about 3 minutes stirring regularly. Turn heat down to low and simmer until tender.
- When lentils are nearly tender, add chicken and mushrooms to pot. Stir until it is thoroughly mixed in. Add low sodium vegetable broth and low-sodium chicken broth to pot. Bring to a boil. Turn heat to low, and simmer for 15 more minutes.
- Serve immediately. Optional garnish with shaved Parmesan cheese and fresh parsley sprig.

#### Nutrition facts

|              |       |               |        |
|--------------|-------|---------------|--------|
| Serving size | 6 oz. | Saturated fat | x g    |
| Calories     | xx    | Cholesterol   | x mg   |
| Total fat    | x g   | Sodium        | xxx mg |



## Dietitian's Top Pick of the Week

### Week 26: Berries

**Selecting:** Look for fresh berries that are plump, dry and bright in colors. Avoid containers that are damp or stained indicating overripe fruit. Remove moldy berries to prevent mold from spreading.

**Preparing:** Always wash berries just before you are ready to eat as moisture decreases shelf life. Use to add flavor to pancakes, salads, and smoothies. Use as a topping on low fat ice cream or yogurt.

**Storing:** Store in the refrigerator unwashed and use within 10-14 days. To freeze fresh berries, wash and blot them with paper towels, place them in a single layer on a cookie sheet and freeze until hard. Place in a freezer proof re-sealable plastic bag and return to the freezer.

#### Nutrition Facts:

|               |                      |
|---------------|----------------------|
| Portion:      | 1 cup                |
| Calories:     | 84                   |
| Protein:      | 1 gm.                |
| Carbohydrate: | 24 gm.               |
| Fat:          | .5 gm.               |
| Fiber:        | 3.6 gm. Sodium 1 mg. |

#### NUTRITIONAL HIGHLIGHTS

Excellent source of antioxidants such as anthocyanin's and flavonoids. Also a good source of vitamin C and fiber.

Try it! Berry shake: In a blender combine banana, strawberries, blueberries, milk, cranberry juice and yogurt. Cover and blend until smooth. Pour into glasses and enjoy!

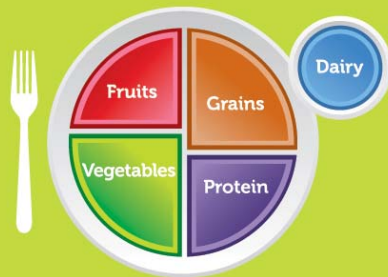
BETTER FOOD - Aurora Cafes - BETTER LIVES



# Communication Chef/RD Demos

## Eat smarter to live well.

*There are so many aspects to living well – eating right, maintaining a healthy weight, keeping up-to-date on vaccinations and preventative screenings, managing stress, sleep, tobacco-use and more. Sometimes it's hard to know where to begin. That's why Aurora offers a variety of Live Well programs each year. Take a few minutes now to check out these healthy eating tips and move ahead on your journey to live well.*



**Healthy fats:** Use healthy monounsaturated fats, like olive and canola oils, for cooking and on salads.

**Fruits and vegetables:** Eat plenty of fruits and vegetables of all colors. The more variety, the better. Fresh or frozen is best.

**Dairy:** Choose low-fat or nonfat milk, yogurt and cheese.

**Water:** Aim for 8 glasses a day to stay well hydrated.

**Whole grains:** Choose whole grains like whole-wheat breads, whole-grain pasta and brown rice. Limit refined grains like white rice, breads and pasta and foods made with white flour.

**Healthy proteins:** Choose lean animal proteins like beef, pork, poultry, seafood and eggs. Try plant-based proteins like nuts, seeds, soy and legumes.



# Additional Communication

- Our goal for 2015 is to videotape at least 4 of the Chef/RD demos and post on our internal platform
- Also 4-6 brief articles written by dietitians for our internal platform
- RD Blogs

## Sources of information/ideas

- National Nutrition Month
- Academy of Nutrition and Dietetics
- Aisle 7 Health Notes
- Grocery stores
- Dietary Guidelines
- Other health care systems
- Vendors



## Aurora Food & Nutrition Services

# Eat Well Recap

- *People love to learn about food*
- *Education needs to include good and bad choices*
- *Multiple actions impact more customers*
- *Over 100 wellness recipes and growing*
- *Daily healthy entrée options available at some sites*
- *Positive revenue growth*
- *Far from finished, continue to look at how to bring good nutrition and nutrition education to our caregivers and customers in a **dynamic** way*
- *Look for ways to get people talking*



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**Questions?**