

Mainstay's My25 Fundamentals For Healthy Eating & Better Health

Eat 25 Grams of Fiber Each Day

Consume 4- 5 grams of Fiber at Breakfast

How to do this? Eat whole grain, high fiber cereals or 100% whole wheat/grain breads or muffins

Have 6 – 7 Grams of Fiber at Lunch

How to do this? Eat whole grain, high fiber breads, vegetables and a fruit

Eat 7 – 10 Grams of Fiber for Dinner

¼ of the plate should be a high fiber whole grain starch, ¼ or ½ of the plate should be vegetables, and ¼ of the plate is a lean protein . . . and have fruit for dessert.

Choose two snacks each day with minimal calories and each snack having 1- 3 grams of fiber

Review My25 curricula on high fiber foods, as well as the information on healthy breakfasts and lunches for ideas regarding foods to eat and how to construct meals to meet the 25-grams-of-fiber target.

Review My25 wealth of information regarding healthy snacks, including for people with diabetes, dysphagia, etc.

Portion Your Plate for Most Dinners:

¼ of the dinner plate should be a low-fat protein such as chicken or turkey breast, lean beef or pork, or fish.

¼ of the dinner plate should be a high-fiber starch such as whole grain pasta, beans, or potatoes with the skin on.

And

¼ of the dinner plate should be vegetables and ¼ of the dinner plate should be a serving of fruit. (figure 1)

Or (and the following **is** the preferred plating . . .)

½ of the dinner plate should be vegetables (figure 2); also have a piece of fruit for dessert.



figure 1



figure 2




How Do I Help People Supported Eat More Vegetables?

Consumers Help Flavor Veggies To Make Them Taste Good – Use our Bump-Up-Veggie-Flavor Chart – here's a sample:

Our Famous Bump-Up-Veggie-Flavor Chart

Add a dash, pinch, smidge, so 1/2 your plate at mealtime is scrumptious.

| Vegetable | Spice or Seasoning | Fruit | Fruit Juice | Sauce/Salad Dressing |
|---|---|------------------|--------------------------------|--|
|  | Italian seasoning Basil Onion, minced or powder Thyme Cumin Chili powder | Mandarin oranges | Pineapple juice Lemon juice | Soy sauce Ranch dressing* Honey* |

Change Up the Way Vegetables Are Prepared From Day to Day

Try boiling, or microwaving, or sautéing, or stir-frying, or steaming.

Get Customers Involved in Eating Better & Preparing Meals (beyond choosing which flavors to add to vegetables)

Explain to consumers why it's important to eat better. Engage them in the process beforehand and ongoing.

Review My25's popular ISPs and tip sheets that outline tried-and-true suggestions that are proven to work.

How Much Vegetables Should be Served at Dinner?

Many houses serve $\frac{1}{2}$ plate of vegetables. Based on the number of people eating, this equals:

| # of people eating | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9-10 | 11-12 |
|--------------------|---|----|---------------|-----------------------------|-----------------------------|---------------|-----------------------------|-----------------------------|----------------|-----------------------------|
| oz of vegetables | 5 | 10 | 15 or 1 lb | 20 or 1 $\frac{1}{4}$ lb | 25 or 1 $\frac{3}{4}$ lb | 30 or 2 lb | 35 or 2 $\frac{1}{4}$ lb | 40 or 2 $\frac{1}{2}$ lb | 50 or 3 lbs | 60 or 3 $\frac{3}{4}$ lb |

Other Important Reminders

- Rely on us. Reach out to us whenever you have concerns or questions. The sooner, the better. We have a lot of experience, successes and strong outcomes throughout the U.S., among leading providers. WE CAN HELP with health, choice, grocery shopping expense, facilitating interest in eating a wide variety of healthy foods, reducing DSP time in the kitchen, and more. We also have a wealth of engaging, multi-media educational and training materials that we want to share with you at any time. Need training/re-training? That makes us jump for joy!.
 - Always encourage eating slowly and eating vegetables first! If people supported say they are hungry or want seconds after a meal, serve more vegetables or another piece of fruit. Try to minimize leftovers of the protein and starch; if you make the appropriate amount of protein and starch, you won't have leftovers of these foods to offer. My25's custom Therapeutic Report helps staff serve the proper portions to people supported on a daily basis. Please use this resource and don't hesitate to ask for our one-pager *How To* guide or an inservices webinar to learn more about the Therapeutic Report.
 - You can flavor foods according to the amount of spiciness people want, but use spices other than salt. Dry spices don't have many calories. Avoid adding salt to foods. Most of us eat too much salt, which isn't healthy. Instead, add ingredients such as Mrs. Dash or Italian Seasoning in place of salt.
 - You can puree items in liquids other than water, e.g., no calorie, no salt-added chicken, beef or vegetable broth. We have detailed curricula regarding safe and flavorful meal preparation for individuals with puree and mechanical needs. We have an easy-to-make recipe for a zero calorie, no salt vegetable broth—please just ask us for the recipe.
 - If you want to swap meals . . . for example, having Tuesday's dinner on Wednesday night, and Wednesday's dinner on Tuesday night, this is ok, but be diligent regarding what licensors want in this regard. (Draw arrows on the menu showing that you swapped Tuesday's and Wednesday's dinners.)
 - When grocery shopping, you can substitute lesser priced/on-sale fruits and vegetables for those noted on the grocery shopping list. And just so you know . . . frozen veggies generally have the same nutritional benefit as fresh!
 - You can always change how food is prepared, as long as you're not changing any of the ingredients or changing the amount of the ingredients. It's understandable that a change might occasionally require the addition of some zero- or low-calorie dry spices (no salt!) or other zero- or low-calorie ingredients (such as broth mentioned above).
- For example, if a cold ham sandwich is on the menu and you want to have a hot ham sandwich, this is fine as long as you are using the same ingredients and in the same amounts. Just be sure that you are cooking with a very limited amount of fat, such as zero- or low-calorie cooking spray.
- If people supported or staff don't like a specific recipe or food item, tell us at any time through a Menu Change Request Form & we'll substitute. Choice! It is of great help to know which foods you prefer as a desired replacement.
 - We want to help track improving health status for people supported, so please provide us weights when we request this information every three or so months. The trending also helps us make decisions about adjusting menus to address individual consumers' health needs whether needing to gain weight or lose weight.