



Heritage Meets Healthy Eating

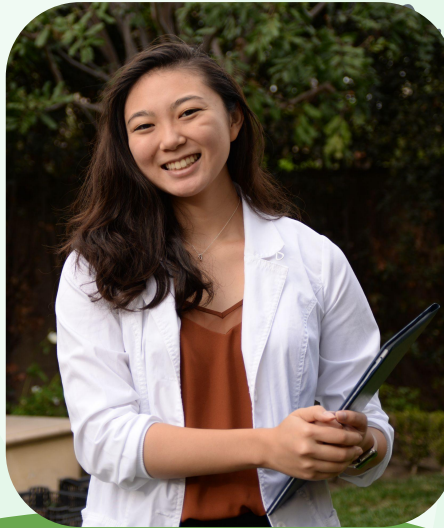
Presented by: Kristine Yada, MS, RDN

Who am I?

About Me:

Yonsei Japanese
American from
Orange County

Registered Dietitian
Nutritionist (RDN)



Kristine Yada, MS, RDN

Focus in :

Asian American
Metabolic Diseases

Healthy Aging and
Functional
Wellness

Agenda

01

The Importance of
Every Bite as We Age



02

Nutrition 101
+ Sustainability

03

Balancing Favorite JA
Meals and Snacks



04

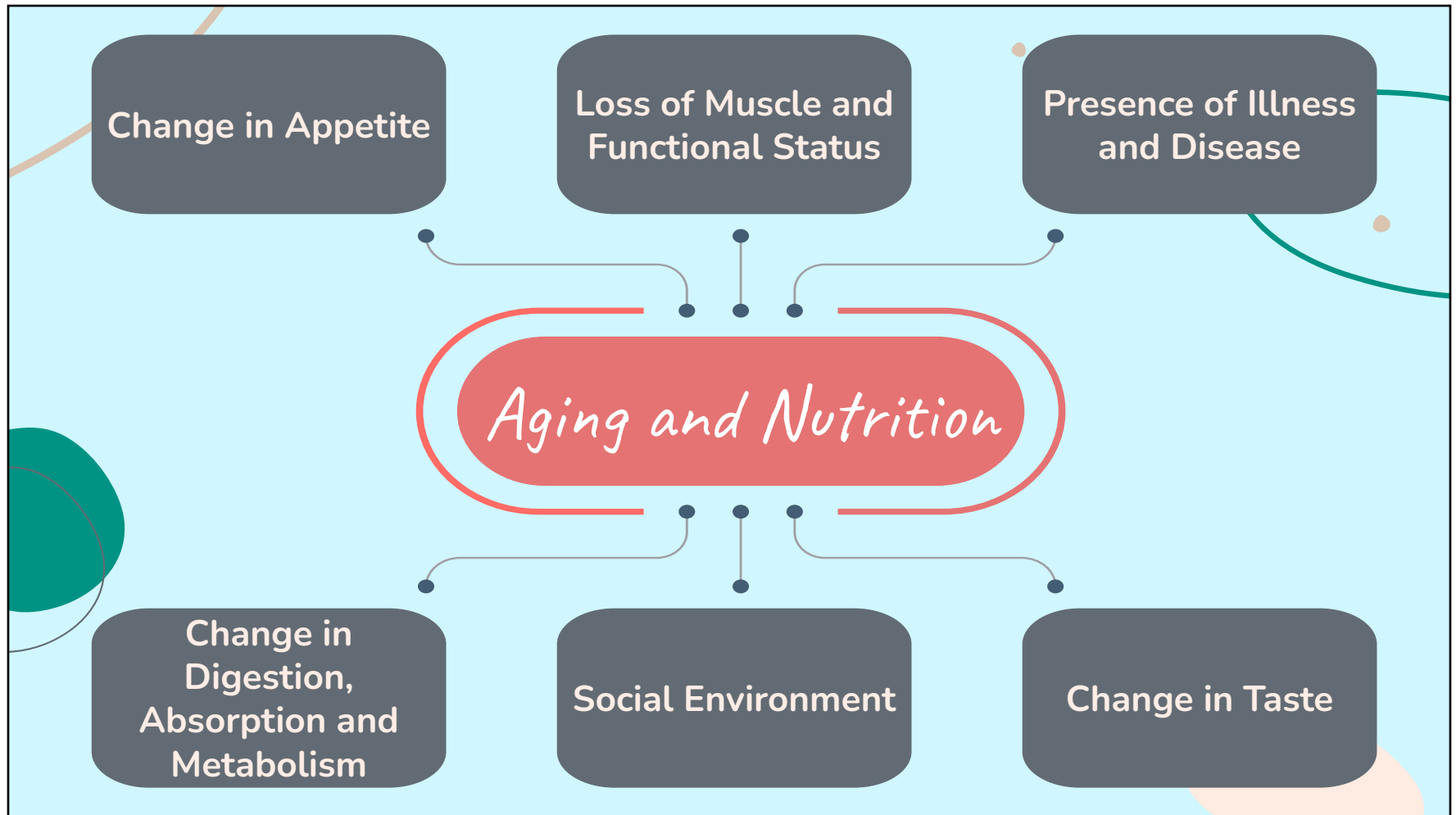
Enjoying Every
Bite

Find your Why...

*Why is it important
to YOU to make the
most of every bite?*



Get a piece of
paper, type it
out, or share
it in the chat.



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Poll Question 1:

*What are the 4 main
nutrients?*

Nutrition 101

Carbohydrates

Grains & Starches
Fruits &
Vegetables



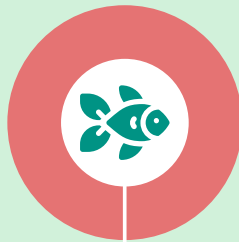
Fat

Animal Fat
Plant Oils



Protein

Meat & Fish
Tofu/Soy
Beans & Lentils



Water

Fluid from
Beverages and
Food



Carbohydrates for Energy

Simple Sugars like honey, juice, and flours are absorbed quicker for Immediate energy



Complex Carbohydrates like fruits, vegetables and grains have fiber

Fiber can keep you fuller for longer and aids in digestion and bowel movements



Protein for Muscle and Metabolic Function



Complete Protein, mainly meats, poultry and fish, contain all essential amino acids



Soy products like tofu and edamame are **high quality plant proteins** that contain all essential amino acids.

Incomplete Protein, like some lentils, beans and vegetables do not contain all essential amino acids, but are more kidney-friendly



Fat for Long-Lasting Energy and Elasticity

Saturated Fat, like Animal Fat and some plant fats like palm and coconut, are stored more efficiently as fat tissue.

Fats are usually **solid** at room temperature

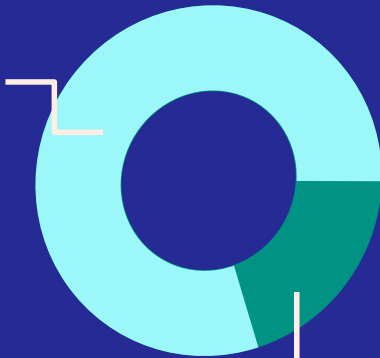


Oils are typically **liquid** at room temperature

Unsaturated Fat, such as fish oil, nut oil and avocado oils, help produce HDL or “good” cholesterol in the body and can be heart protective.

Water for Immune and Overall Body Function

80%
Drinks



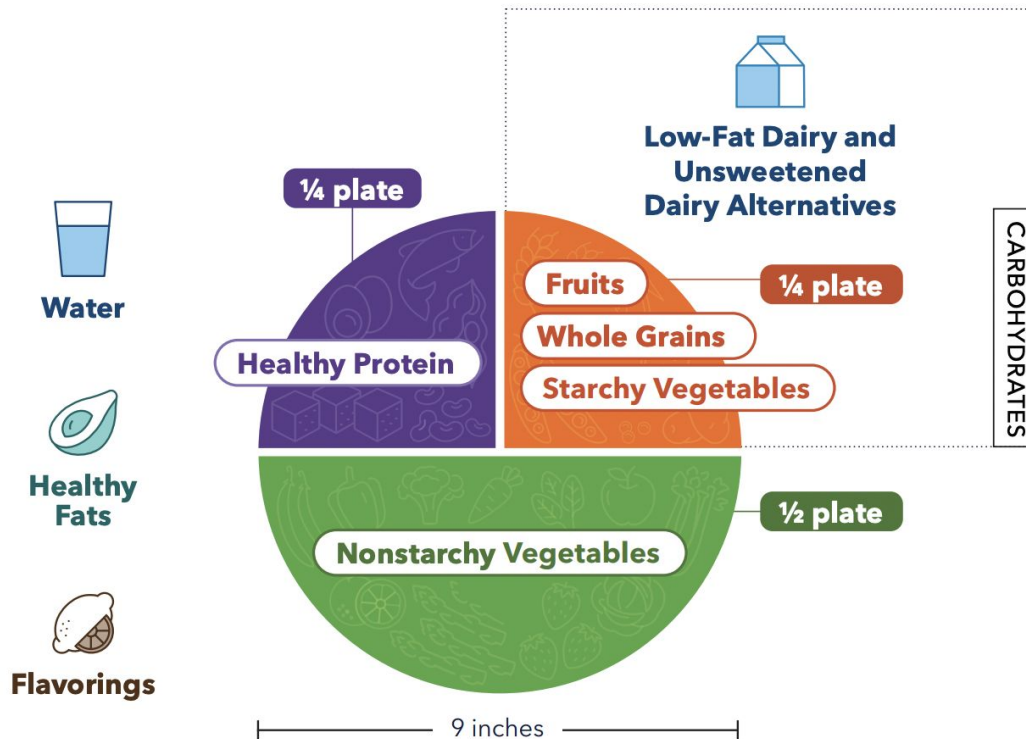
20%
Food

Water is an essential nutrient.



On average, adults need 11-16 cups of fluid throughout the day

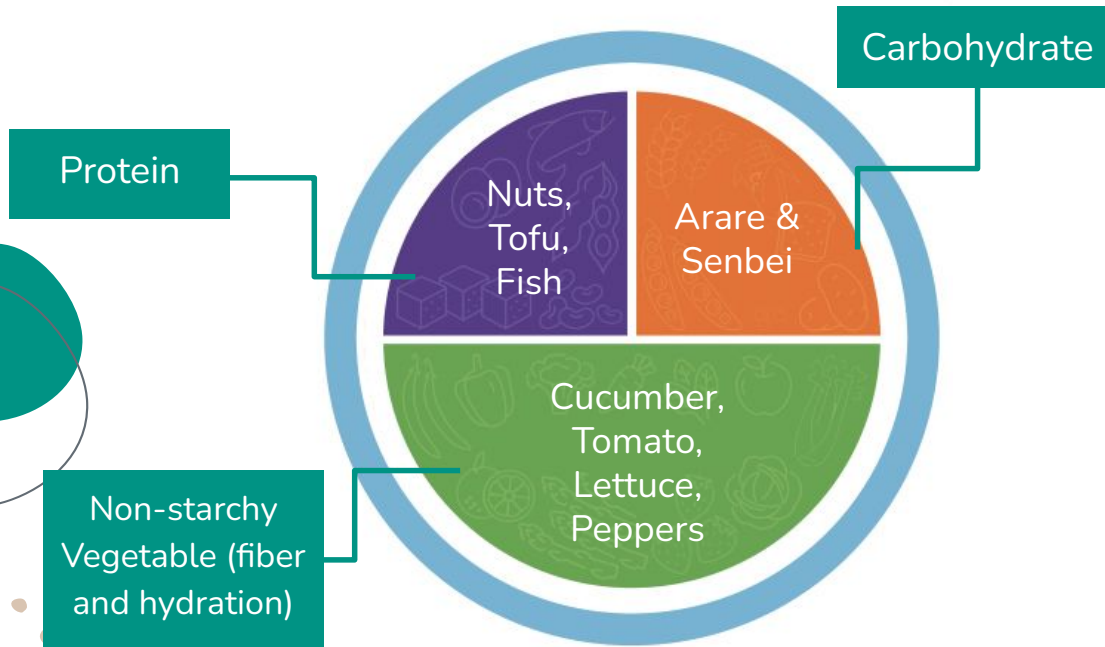
It is important to **BALANCE** and **PAIR** your fluids with electrolytes and other nutrients for better absorption



- Aim for 4-5 smaller sized meals and snacks that are well-balanced
- Focus on pairing carbohydrates with protein, fiber and hydration!

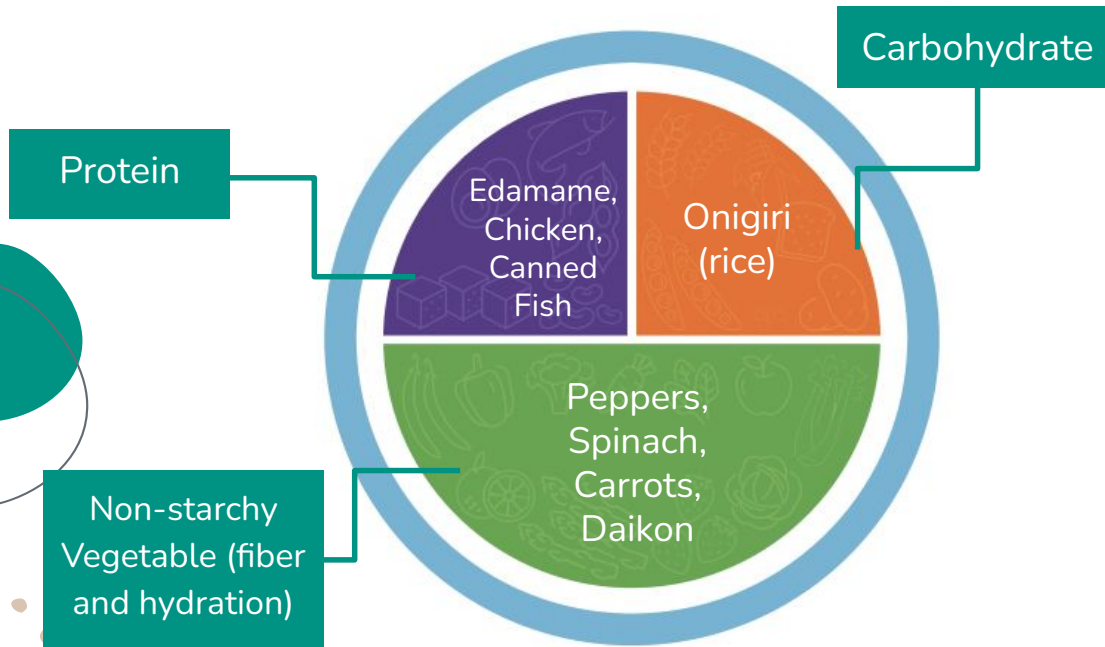
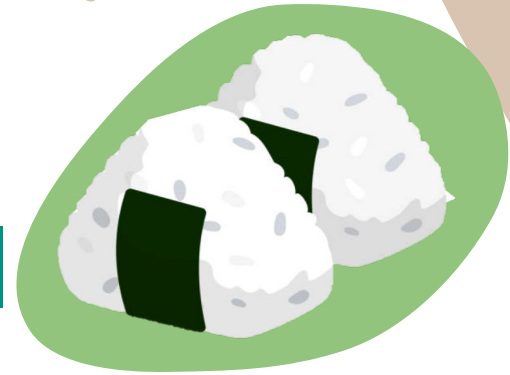
MyPlate for A Balanced Diet to Support Healthy Aging

What can we add to Arare & Senbei?



- Focus on **pairing carbohydrates with protein, fiber and hydration!**

What can we add to a Plain Onigiri?



- Focus on **pairing carbohydrates with protein, fiber and hydration!**

Make your plate a rainbow

Eating a variety of fruits and vegetables can improve the nutrient quality of a food.

Having **2-3 colors of vegetables in your plate** can make it more nutritious and dynamic!

Aim to eat the **produce rainbow throughout the week!**

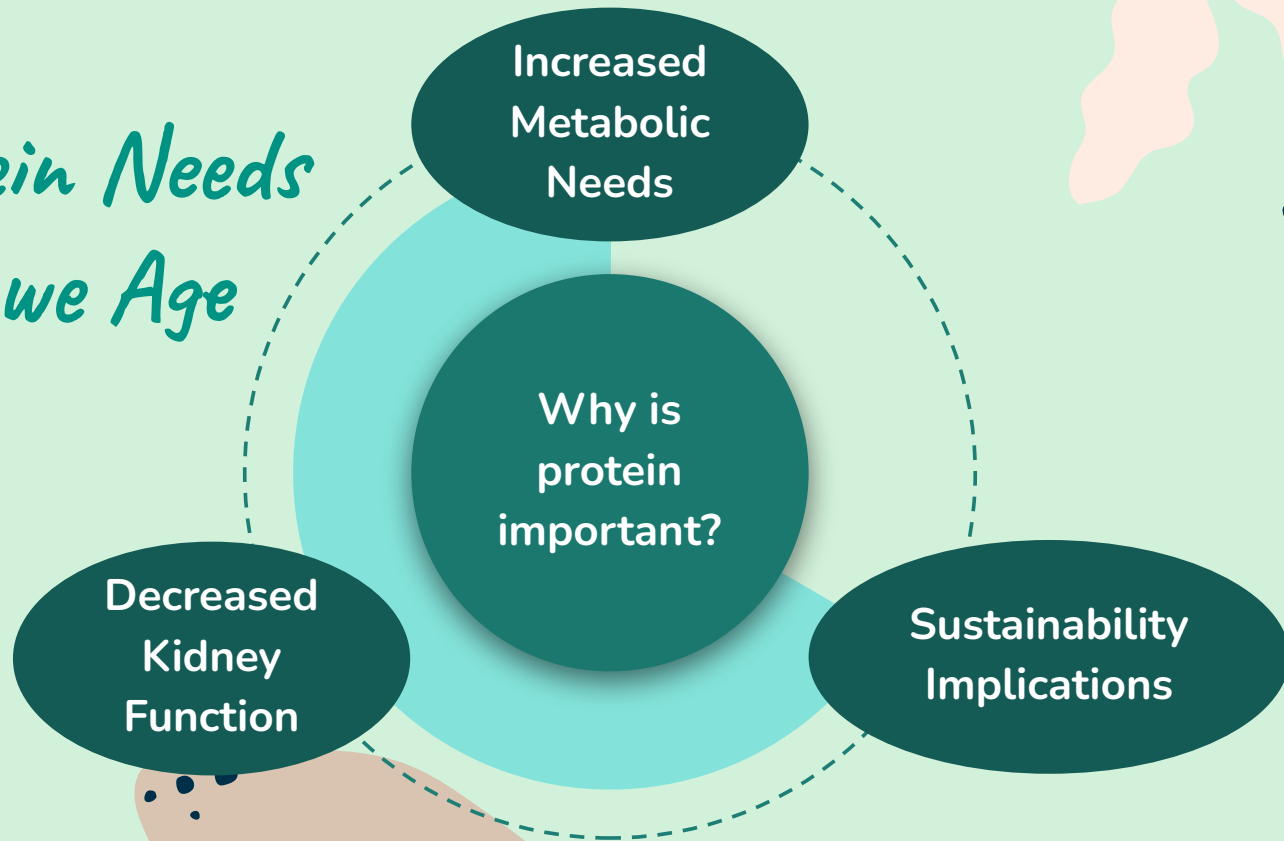


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Poll Question 2:

*Do you think you get
enough protein?*

- Protein Needs
as we Age*



Protein Rankings and Serving Size

		Price	Serving Size	Characteristics
1	Lentils and Beans	\$	7-18 grams protein per 1 cup	<ul style="list-style-type: none"> • Low impact • Easy on kidneys • High fiber
2	Tofu	\$	15 grams protein per ½ 1 lb block	<ul style="list-style-type: none"> • Complete plant-based protein • Easy on kidneys • Low fiber (*try okara*)
3	Chicken and Eggs	\$\$	23 grams protein per 3 oz cooked 6 grams per egg	<ul style="list-style-type: none"> • Middle of the road • Lower saturated fat
4	Seafood	\$\$\$	20-24 grams protein per 3 oz fresh/cooked	<ul style="list-style-type: none"> • Requires a lot of energy resources (catching, processing, and packaging) • Contains healthy omega 3s
5	Beef and Lamb	\$\$\$	23-27 grams protein per 3 oz cooked	<ul style="list-style-type: none"> • Requires the most land and energy resources • Contains unhealthy saturated fats



Big Picture

Impacts as we age:

- **Every nutrient has a role!**
 - Carbohydrate, protein, fat, and fluids
- **Decrease in hunger and change in eating habits**
- **Increase in need to maintain muscle**
 - **Decrease in absorption and utilization** of protein
- Be mindful of your **aging kidneys** (fluid and protein)

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Poll Question 3:

*What are your favorite
Japanese American
dishes?*

Recipe Breakdown:

Curry



Stewed meat and vegetables seasoned with a blend of spices, commonly garam masala + a Japanese Curry powder mix that consists of spices like turmeric, coriander, cumin, cloves, cardamom, cinnamon and fenugreek

Try lentils



Adding 1 cup
of lentils can
add fiber and
protein



Use curry as a
“topping” to turn
your favorite grilled
veggies into a meal



*Enjoy with grilled
veggies*

*Experiment with
your own spice blend*



Personalized spice blends
can be more delicious and
nutritious

Recipe Breakdown:

Hamburger Steak



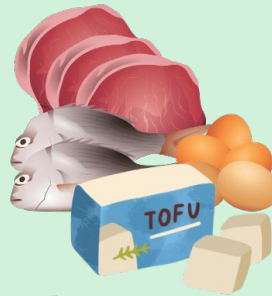
Minced meat, often beef and pork, combined with onion, egg, milk and panko. Often served with a shoyu-based gravy sauce

Add your Favorite Veggies



Add your favorite veggies into the mix or make it the star by stuffing your favorites

Try turkey, chicken, or fish to change the fat profile. You can also use tofu as a binder instead of milk, egg and panko.



Experiment with Protein



Try a citrus sauce



Use citrus to get a vitamin C boost and a healthy nutrient pairing with grilled meat.



Poll Question 4:

*What Strategy
do you want to try
in your next dish?*

Recipe Breakdown: *Mochi*

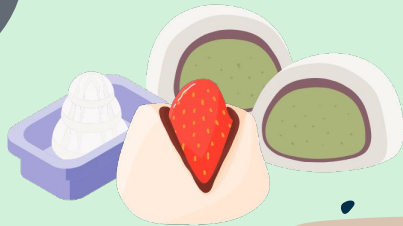


Mochi is pounded glutinous sweet rice, known as mochi-gome. It is commonly served with azuki beans, kinako, daikon and many other toppings.



- ## *Eat with Fruits and Veggies*

Fruits and Vegetables add fiber and nutrients to make your mochi more dynamic

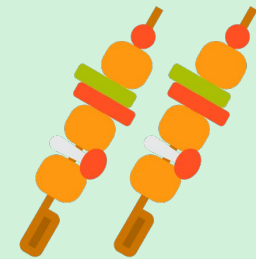


Use your muscles to make mochi at home or go for a walk after to help the nutrients get to your muscle.



Enjoy with Movement and Family

Try yakimochi with a Protein



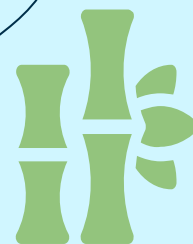
Enjoying yaki mochi with protein can help balance the digestion of mochi

Savory and Enjoy Every Bite

*Every bite we take
is valuable for our
health and for our
happiness!*

Steps to make each bite nourishing for your body:

- 1) Find fruits, veggies and grains **that you enjoy**.
- 2) **Pre-prepare** toppings or snacks that are easily accessible.
- 3) Enjoy your food **mindfully**.





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Poll Question 5:

*On a Scale of 1-5,
how likely are you to try
something you learned today?*

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Next Steps



Try a
Modification
You Learned
Today

Experiment
with a Recipe
of Your Own



Work with a
Dietitian to
Personalize Your
Foods

Summary

- Our **bodies** and **eating habits change** as we age
- Remember to get enough **calories, protein** and **water** as we get older
- **Balance** carbohydrates, fiber, protein and fat
- **Prioritize** protein and be mindful of your **kidneys** and **planet**
- Make every bite **nutritious** AND **delicious**
- Work with a **Dietitian** if you have questions about how to adapt your diet to your needs



Thank you

Do you have any questions?

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