



Making the Most of Your Favorite Foods: JA Edition

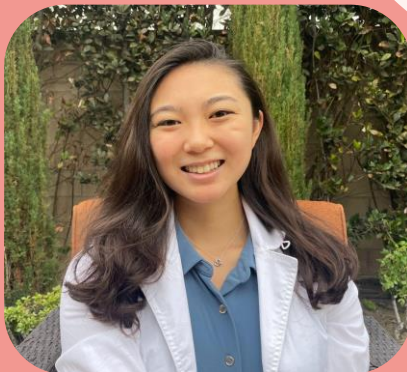
Presented By: Kristine Yada, MS, RDN

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

03

Favorite Food
Breakdown



04

Enjoying Every Bite

Find your Why...

*Why make the
most of every
bite?*



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

Change in
Appetite

Loss of Muscle
and Functional
Status

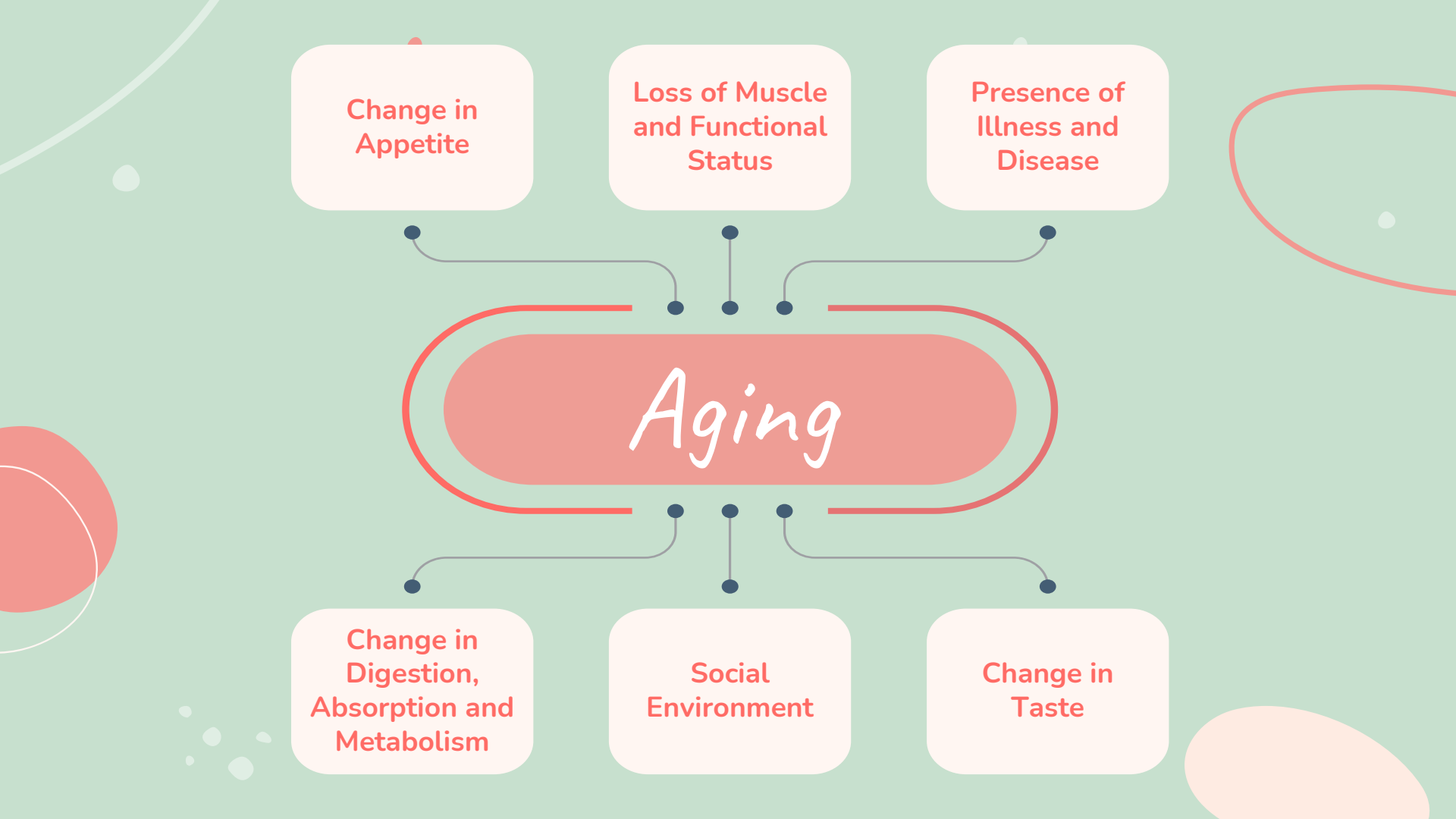
Presence of
Illness and
Disease

Aging

Change in
Digestion,
Absorption and
Metabolism

Social
Environment

Change in
Taste



Poll Question 1:

*What are the 4 main
nutrients?*

Nutrition 101

Carbohydrates

Grains & Starches
Fruits & Vegetables



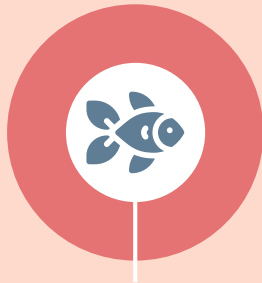
Fat

Animal Fat
Plant Oils



Protein

Meat & Fish
Tofu/Soy
Beans & Lentils



Water



Carbohydrates

Energy

Simple Sugars are absorbed quicker

Naturally occurring like honey or
processed like flour and juice



Complex Carbohydrates like fruits,
vegetables and grains have FIBER

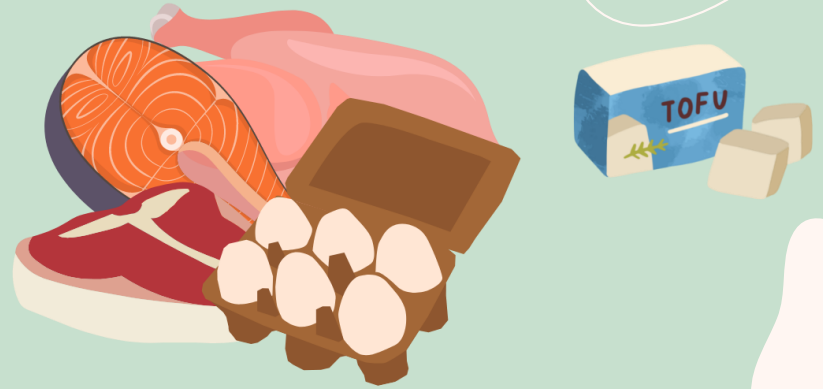
Fiber can keep you fuller for longer

Fiber also manages your digestion so
vitamins and minerals can be
absorbed properly

Protein

Muscle and Metabolic Function

Incomplete Protein, like lentils, beans and vegetables do not contain all essential amino acids



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

Soy products like tofu are high quality plant proteins that contain all essential amino acids

Fat

Energy and Elasticity

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

Fat is often solid at room temperature.

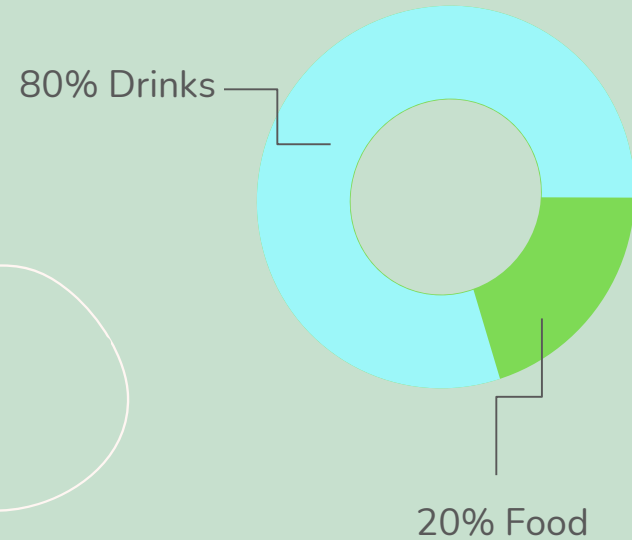


Unsaturated Fat, such as fish oil, nut oil and avocado oils, help produce HDL or “good” cholesterol in the body.

These are commonly classified as oils because they are liquid at room temperature.

Water

Immune and Overall Body Function



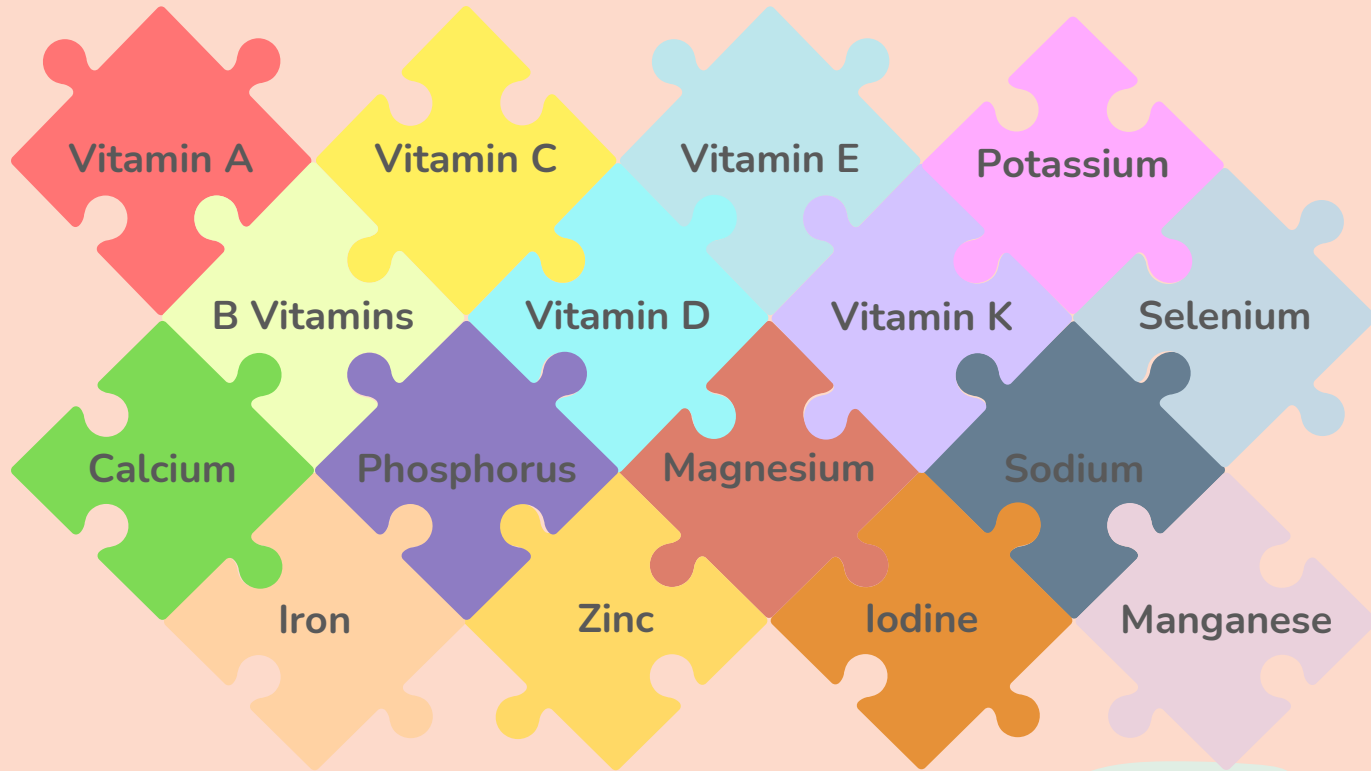
Water is an essential nutrient.

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

It's important to balance your fluid intake with electrolytes it is absorbed.



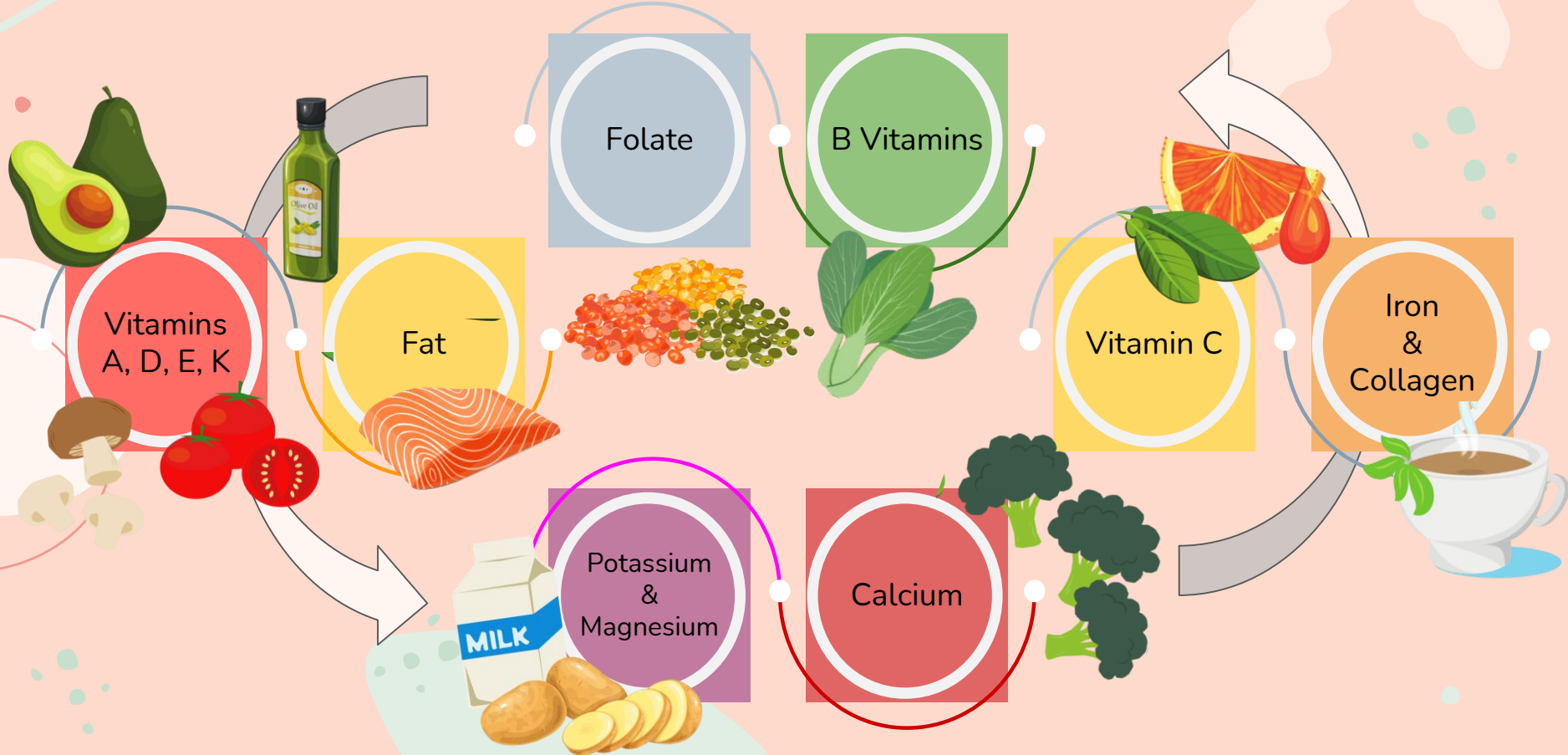
Vitamins & Minerals



Poll Question 2:

*What is the best way to
get Vitamin D?*

Nutrient Synergy for Better Absorption



Big Picture

- There are 4 main nutrients: carbohydrates, protein, fat and water
- Vitamins and Minerals help our Immune System, Overall Function & Wellness
- You can pair nutrients so that they absorb better

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

The goodness inside

Potato

Antioxidants
Vitamin C
Vitamin B6
Potassium

Carrot

Antioxidants
Vitamin A
Potassium

Onion

Antioxidants
Vitamin C
Vitamin B6

Curry Roux

Antioxidants
Iron

Chicken

B vitamins (B1, B2, B3,
B6, B12)
Selenium
Phosphorus
Zinc
Potassium

Rice

Iron
Vitamin B1
*May be enriched with
B vitamins



Try lentils

Adding 1 cup of lentils can add fiber and protein



Eat with grilled veggies

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



Make your own spice blend

Personalized spice blends can be more delicious and nutritious

Poll Question 3:

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

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

The goodness inside

Beef

B Vitamins (B1, B2, B3,
B5, B6, B12)
Zinc
Selenium
Iron
Phosphorus

Egg

Vitamin D
Vitamin B6 and B12
Iron
Selenium
Calcium

Pork

B Vitamins (B1, B2, B3,
B6, B12)
Zinc
Iron
Phosphorus

Milk

Calcium
Vitamin B2 and B12
Potassium
Phosphorus
*Often fortified with
Vitamin A and D

Onion

Antioxidants
Vitamin C
Vitamin B6

Panko

Less nutrient dense
Some Iron



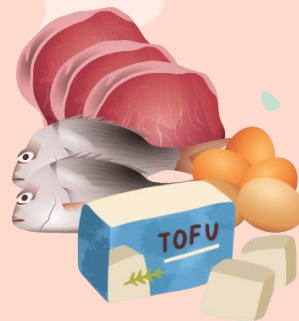
Use your Favorite Veggies

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



Try a citrus sauce

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



Experiment with Protein

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

Recipe Breakdown:

Udon & Soba



Udon and soba are two common types of Japanese noodles that are served hot or cold in diluted tsuyu broth. Udon is a flour-based noodle and soba is a buckwheat-based noodle.

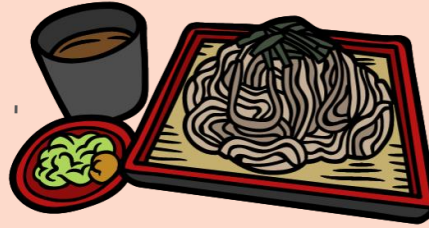
Poll Question 4:

*What is inside a
traditional dashi broth?*

The goodness inside

Udon Noodles

Iron
Potassium
B Vitamins (B1, B2, B3, B9)
Zinc
Potassium



Kombu Dashi

Vitamin A
Vitamin C
Calcium
Iron
Sodium
Iodine

Soba Noodles

B Vitamins (B1, B2, B3, B5, B6, B9)
Iron
Phosphorus
Manganese
Magnesium
Potassium
Soluble Fiber



Shiitake Dashi

Vitamin D
Potassium
Vitamin B3 and B5

Shoyu

Antioxidant
Sodium

Bonito Dashi

Vitamin B12
Selenium
Potassium
Phosphorus

Make your noodles 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 noodles can make it more nutritious and dynamic!



Poll Question 5:

*What is your Favorite
Udon or Soba Toppings?*

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.

The goodness inside

Rice

Iron
Vitamin B1
*May be enriched with
B vitamins

Kinako

Calcium
Iron
Potassium

Azuki Beans

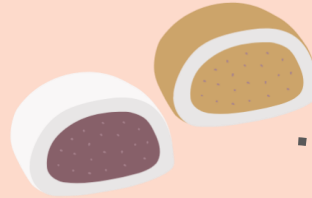
Magnesium
Manganese
Vitamin B6
Iron
Calcium
Phosphorus
Potassium
Fiber

Daikon

Vitamin C
B Vitamins (B1, B2, B3,
B5, B6, B9)
Phosphorus
Magnesium
Calcium
Potassium
Soluble fiber

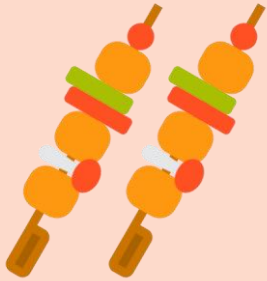
Shoyu

Antioxidant
Sodium



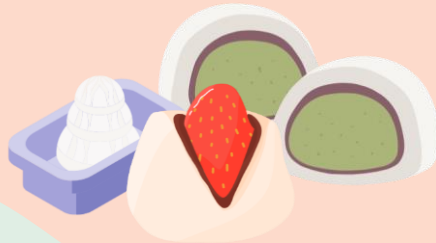
Try yakimochi with a Protein

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



Eat with Fruits and Veggies

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

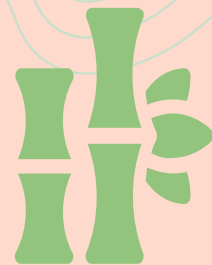


Enjoy with Family

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

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

Savory and Enjoy Every Bite



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.

Poll Question 6:

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

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
- It is important to get enough calories, protein and water as we get older
- Fiber, protein and fat keep us fuller for longer
- Certain foods can be paired for better nutrient absorption
- Make every bite nutritious AND delicious
- Work with a Dietitian if you have questions about how to adapt your diet to your needs

Thanks!

Do you have any questions?

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