

Orange County

In~Home Supportive Services



Public Authority



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PARTNERSHIP FOR SUCCESSFUL PROVIDERS *Training*



FOOD AND NUTRITION

Working hand in hand with the community to serve IHSS Consumers so they may remain safe and independent in their own home.

Overview



- **Objective**
- **General Nutrition Considerations**
- **Handling Food Safely**
- **Helping the Consumer**
- **Use of Assistive Devices**
- **Feeding and Choking Risks**
- **Special Diets**
 - Diabetes
 - High Blood Pressure
 - High Cholesterol
 - Food that Interacts with Medications
- **Cultural Considerations**
- **Overall Considerations**

Objective



- To recognize the importance of handling food safely
- To learn the options available to individuals with conditions that affect their ability to hold utensils
- Knowing how food can impact certain medical conditions
- Knowing how food can interact with certain medications
- Respecting the dietary standards of certain cultures
- Review of overall considerations

Handling Food Safely

How food is handled, prepared and stored can lead to illness if not done properly.

4 Basic rules for handling food safely



Clean
wash your
hands and
surfaces
used often



Separate
don't cross-
contaminate
during
preparation



Cook
cook food to
the
recommended
temperature



Chill
refrigerate
food
promptly

Handling Food Safely

Shopping:

- Purchase refrigerated or frozen items **after** selecting your non-perishable items
- Never select a package of meat or poultry that is torn or leaking
- Do not buy food past the “Sell-By,” “Use-By,” or other expiration dates

Storage

- Refrigerate perishable food within 2 hours (1 hour if the temperature is above 90 °F)
- Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days; other beef, veal, lamb, or pork, within 3 to 5 days
- Meat and poultry should be wrapped securely to prevent juices from leaking onto other food
- Rewrap meat and poultry in its original package, with freezer safe foil or plastic wrap
- Canned foods should not be exposed to freezing temperatures or temperatures above 90 °F
 - Discard cans that are dented, rusted, or swollen
 - Discard cans with past expiration dates
 - High-acid canned food (tomatoes, fruits) will keep their best quality for 12 to 18 months
 - Low-acid canned food (meats, vegetables) for 2 to 5 years.

Leftovers

- Discard any food left out at room temperature for more than 2 hours (1 hour if the temperature was above 90 °F (32.2 °C))
- Place food into shallow containers and immediately refrigerate or freeze for “rapid cooling”
- Use cooked leftovers within 4 days
- Reheat leftovers to 165 °F (73.9 °C)

Handling Food Safely - Thawing

Perishable foods should never be thawed on the counter, or in hot water and must not be left at room temperature for more than two hours.

Even though the center of the package may still be frozen as it thaws on the counter, the outer layer of the food could be in the “Danger Zone,” between 40 and 140 °F – temperatures where bacteria multiply rapidly.

When thawing frozen food, it’s best to plan ahead and thaw in the refrigerator where it will remain at a safe, constant temperature – at 40°F or below.

USDA Meat and Poultry Hotline:
1-888-674-6854



Refrigerator

- Requires planning ahead – approximately 5 hours/pound
- **Cold Water**
- Food must be kept in a leak-proof container/plastic bag
- Item must be submerged in cold tap water
- Food must be cooked immediately

Microwave

- Food must be prepared immediately
- Certain areas may become warm or cooked during this process

Handling Food Safely – Helping the Consumer

Consumer/Recipient Food

It is important to respect the Consumer's preferences when you're assisting them with their food preparation, storage and discarding.

Please consider addressing the following factors when helping Consumers:

- Check their refrigerators, freezers and pantries for –
 - Food with expired dates
 - Packages that are open and old
 - Trays of uneaten Meals on Wheels trays
 - Food on plates/bowls wrapped in plastic or foil
 - Food that may be “visibly” spoiled

Before discarding anything, talk to the Consumer. Tell the Consumer that you want to assure his/her health and you would “like to help” him/her clear out anything that can possibly cause him/her to become ill.

- If the Consumer is resistant, please notify a family member, adult representative, social worker, or your RTS for guidance



Use of Assistive Devices

Special devices have been designed to assist individuals with challenges due to arthritis or motor skills

Adapted Plates and Bowls

- Scooper bowls with bumpers, guards, and lips help prevent food from sliding off

Non-Skid Plates and Bowls (Suction-based)

- Help prevent the plate or bowl from moving with the force of the eating utensils

Weighted Utensils

- Helpful for individuals who experience tremors

Utensil Holders for Better Grip

- Clips, straps and foam handles help with the grip
- Useful for individuals who experience tremors, who have arthritic or motor challenges

Specialized and Automated Feeding Devices

- Devices utilized by individuals with complex challenges resulting from motor limitations



Please contact the Consumer's medical care provider for resources that sell assistive devices.

This is one of many resources: Disability Products - <http://www.disabilityproducts.com>

Feeding and Choking Risks

Elders are at greater risk of choking therefore meal preparation must be taken into consideration.

Factors that can affect an elder's ability to chew or swallow

- Dry Mouth due to aging and/or side effects of medication
- Medical conditions such as strokes, dysphagia, Alzheimer's, etc.
- Poor-fitting dentures resulting in an inability to break down food

Common choking hazards

- Water/liquids: can be too thin
- Hot dogs: remove the peel and julienne cut
- Steak or other large pieces of meat and chicken with bones
- Bread, cake, dry foods: expand with liquid and can block airway
- Bread and peanut butter – can form a glue-like substance
- Chunks of fruit
- Popcorn
- Pizza
- Hard candy

DON'Ts

- Drink fluids while eating
- Eat lying down
- Drink alcohol while eating



Foods with low choking risks

- Fillet fish
- Ground meat
- Soups
- Chocolate – will melt if it gets stuck
- Applesauce, pudding, Jell-O
- Lightly toasted bread

DOs

- Learn to eat at a slower pace
- Put less food on the plate so you avoid eating too much too fast
- Julliene food or cut into small pieces
- Peel fruit with skins – apples, pears

Special Diets

Proper nutrition is especially important for individuals who have medical conditions.

Depending on the individual's condition and/or the specific challenge they experience, each situation should be treated as unique and a healthcare professional's recommendations should be followed.

Physical Conditions/Disabilities

- Mouth sores, poor-fitting dentures, gum disease, dry mouth

Medical Conditions

- Diabetes* – condition that requires constant monitoring
- High Blood Pressure*
- High Cholesterol*
- Alzheimer's
- Individuals requiring dialysis
- Depression
- Constipation

When preparing meals, it is important to consider the interaction of food and medication, as well as cultural Influences.



Medical Conditions - Diabetes



The following is general information and directives of a medical professional must be followed

Starches (carbohydrate, vitamins, minerals, and fiber)

- Whole grain breads and cereals
- Use low-fat/fat-free: sour cream, yogurt, mayonnaise, margarine
- Mustard instead of mayonnaise

Vegetables (carbohydrate, vitamins, minerals, and fiber)

- Eat raw, steamed or cooked
- dress with low-fat/fat-free dressing, vinegar, lemon/lime juice
- Sprinkle with herbs and/or spices
- Use canola oil, olive oil, soft margarines instead of fat from meat, butter, or shortening

Milk (Carbohydrate, protein, calcium, vitamins, and minerals)

- Use fat-free (skim) or low-fat (1%)
- Eat low-fat/fat-free yogurt with fruit and low-calorie sweetener
- Substitute sour cream with low-fat plain yogurt

Meat and meat substitutes (protein, vitamins, and minerals)

- Poultry, eggs, cheese, fish, tofu
- Buy cuts with little fat and trim off the extra fat

Limit fats, sweets, alcohol!!

You may have **Low Blood Glucose (hypoglycemia)** if:

- you feel shaky, weak, confused, irritable, hungry, or tired
- you sweat a lot or get a headache
- the level is below 70

Have **one** of the following right away:

- 3 or 4 glucose tablets
- 1 serving of glucose gel (= 15 gm of carbohydrate)
- 1/2 cup (4oz.) of any fruit juice
- 1/2 cup (4oz.) of a regular soft drink (**not diet**)
- 1 cup (8oz.) of milk
- 5 or 6 pieces of hard candy
- 1 tablespoon of sugar or honey

Source:

http://www.cdss.ca.gov/agedblinddisabled/res/VPTC2/9%20Food%20Nutrition%20and%20Preparation/What_I_Need_to_Know_about_Eating_and_Diabetes.pdf

Medical Conditions – High Blood Pressure

Dietary Approaches to Stop Hypertension – DASH

A lifelong approach to healthy eating that's designed to help treat or prevent high blood pressure by increasing calcium, magnesium, potassium and fiber and reducing sodium and fat

A gradual change is important!

- If you now eat one or two vegetables a day, add a serving at lunch and another at dinner.
- If you don't eat fruit now or have juice only at breakfast, add a serving to your meals or have it as a snack.
- Gradually increase your use of fat-free (skim) and low-fat (1%) milk and milk products to three servings a day
- Read the Nutrition Facts label and select the items with the lowest in saturated or trans fat

Treat meats as one part of the whole meal, instead of the focus

- Reduce the amount of meat consumed to 6 ounces a day, by a half or a third at each meal
- Include two or more vegetarian-style (meatless) meals each week
- Increase servings of vegetables, brown rice, whole wheat pasta, and cooked dry beans in meals

Fruit or other foods low in saturated fat, trans fat, cholesterol, sodium, sugar, and calories should be used as desserts and snacks

- Fruit can be fresh, dried or canned in its own juices
- Snack ideas: unsalted rice cakes; nuts mixed with raisins; graham crackers; fat-free and low-fat yogurt and frozen yogurt; popcorn with no salt or butter added; raw vegetables.



Medical Conditions – High Cholesterol

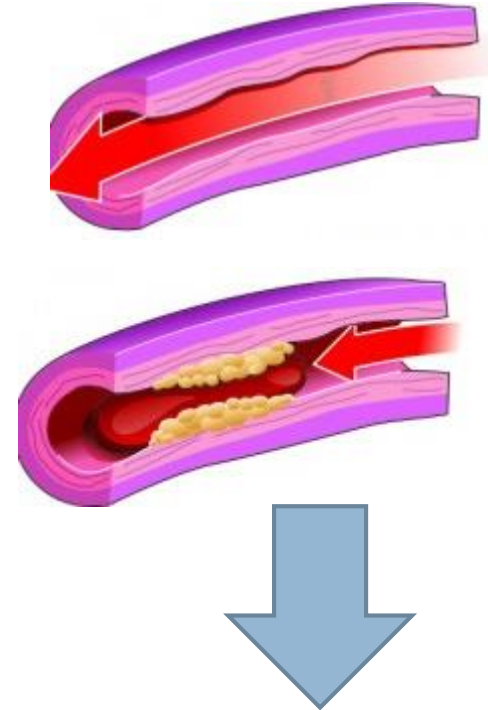
The affects of high cholesterol are serious.

High levels of cholesterol can cause plaque, a thick substance, to develop in the arteries

Plaque buildup can cause the arteries to become blocked, reducing the ability of blood to flow normally

Reduced blood flow to the heart can cause a **HEART ATTACK**: Plaque buildup can prevent the heart from getting sufficient blood and oxygen causing the heart to become weak and damaged. A heart attack occurs when a clot develops from the plaque build up and prevents blood and oxygen from reaching the heart.

Reduced blood flow to the brain can cause a **STROKE**: Like the heart, if plaque build up prevents the brain from getting sufficient blood and oxygen, a stroke occurs



Medical Conditions – High Cholesterol

Dietary approaches to lower cholesterol

A change in diet along with exercising, no smoking, and maintenance of a healthy weight can help keep cholesterol low.

Some recommendations from medical health professionals:

REDUCE the consumption of saturated and trans fats which RAISE the “BAD”, low-density lipoprotein (LDL) cholesterol and LOWER the “GOOD” high-density lipoprotein (HDL) cholesterol

Items high in saturated and trans fats:

- Meat
- Full-fat dairy products
- Some oils and margarines
- Store bought cookies, cakes, crackers, etc.
- Most fast food



Medical Conditions – High Cholesterol

How to reduce bad LDL's

- **Eat items high in soluble fiber** which reduces the absorption of cholesterol in the blood - oatmeal, kidney beans, apples, pears, barley and prunes
- **Eat items with high levels of omega-3 fatty acids** which reduce blood pressure and risk of developing clots
 - American Heart Association recommends two servings per week of fish. The highest in omega-3:
 - Mackerel, Lake trout, Herring, Sardines, Albacore tuna, Salmon, Halibut
- **Use olive oil** to cook with, with vinegar for salad dressing, sauté vegetables
- **Eat a handful of nuts:** walnuts, almonds, hazelnuts, peanuts, pecans, etc.
- **Select foods already fortified with sterols or stanols**, substances in plants that help block absorption of cholesterol: margarines, orange juices, yogurt drinks





Certain food
and herbs
interact with
and affect
medications.



Food that Interacts With Medications

The following is a list of some of the most common interactions. ***Please contact the prescribing medical health professional or pharmacist for information related to your or the Consumer's medications.***

- The use of foods high in vitamin K have an affect on blood thinners such as Coumadin/Warfarin, affecting the anticoagulation properties of these medications.
 - This can result in hemorrhaging or blood clotting.
- Grapefruit can interfere with important intestinal enzymes, making it easier for about 85 different medications to absorb into the blood stream, increasing the risk of side effects.
- Cranberry juice can dangerously amplify the effect of Lipitor and other statin medications. “Statin” is a type of drug prescribed to lower cholesterol.
- Bananas or foods high in potassium can be problematic for individuals taking medications to reduce blood pressure.
- High-fiber foods can slow the rate at which certain medications, such as antibiotics, are absorbed into the blood stream.



Cultural Considerations



Remember to ask the Consumer what his/her dietary requirements are and what he/she would like to have prepared.

It is important to understand cultural differences in order to provide the best care to the consumer regardless of race, origin, gender, age, religion, sexual orientation, social class, economic situation, and/or disability.

The varying medical conditions, dietary requirements, and the individuals' culture will impact the shopping and meal preparation

It is important to consider the individuality of each person regardless of his/her culture.

Cultural Considerations

Asian Culture

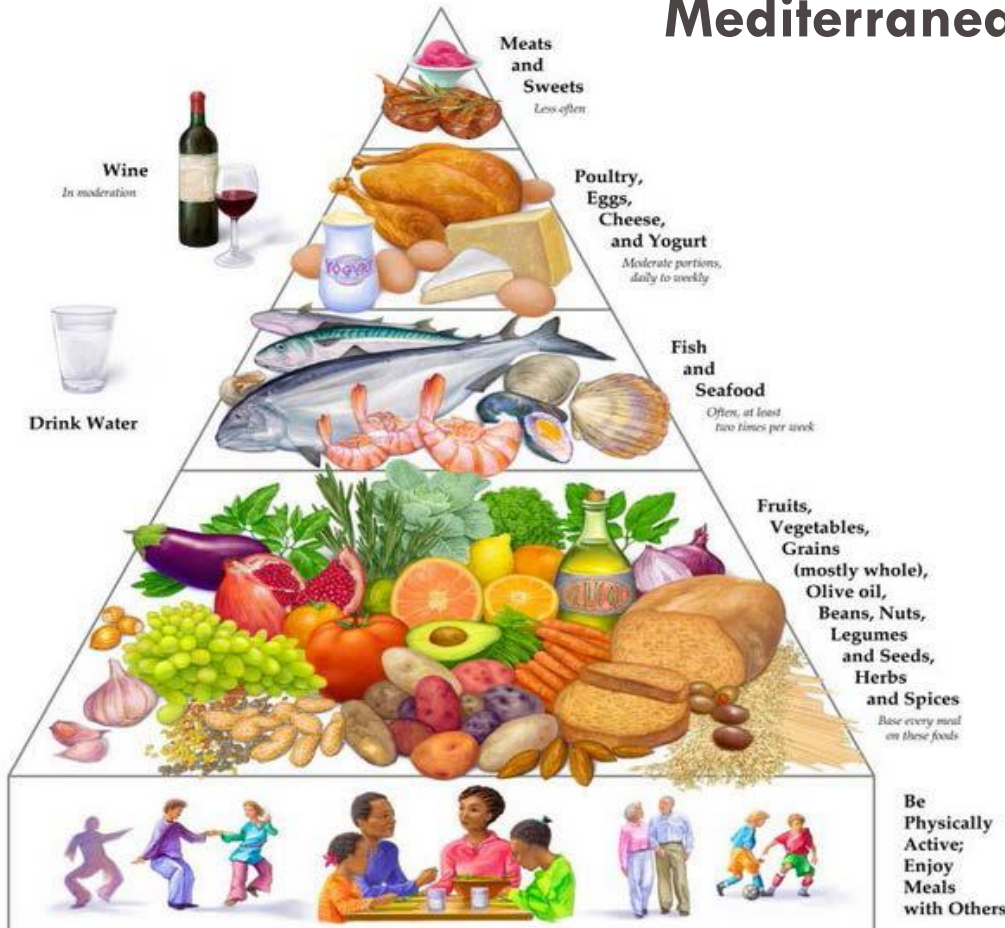


Each Asian region has its own distinct cooking styles and flavors but share some common foods.

- Diets are largely plant-based
 - Fruits, vegetables, legumes, seeds, nuts, and vegetable oils make up most daily meal and snack selections
- Poultry, eggs, and sweets are recommended for weekly consumption.
- Meat sources, such as beef, are only consumed on an infrequent basis and are often combined with vegetables in dishes
- Rice provides a basis for most Asian diets as do other grains such as noodles, millet, and corn
- Six to eight glasses of water or tea is recommended

Cultural Considerations

Mediterranean and Middle Eastern Culture



- Plant-based foods are the foundation of the meals
 - Whole grains: barley, bulgur, faro, rice, polenta, couscous, pastas
 - Vegetables are normally cooked and drizzled with olive oil
 - Herbs and spices are also used
- Fish and shellfish is most commonly grilled, broiled, or poached – NOT battered or fried
 - Eggs and poultry are usually only consumed a couple times a week
- Cheese and yogurt are regularly used
- Fresh fruit is the typical daily dessert

Illustration by George Middleton

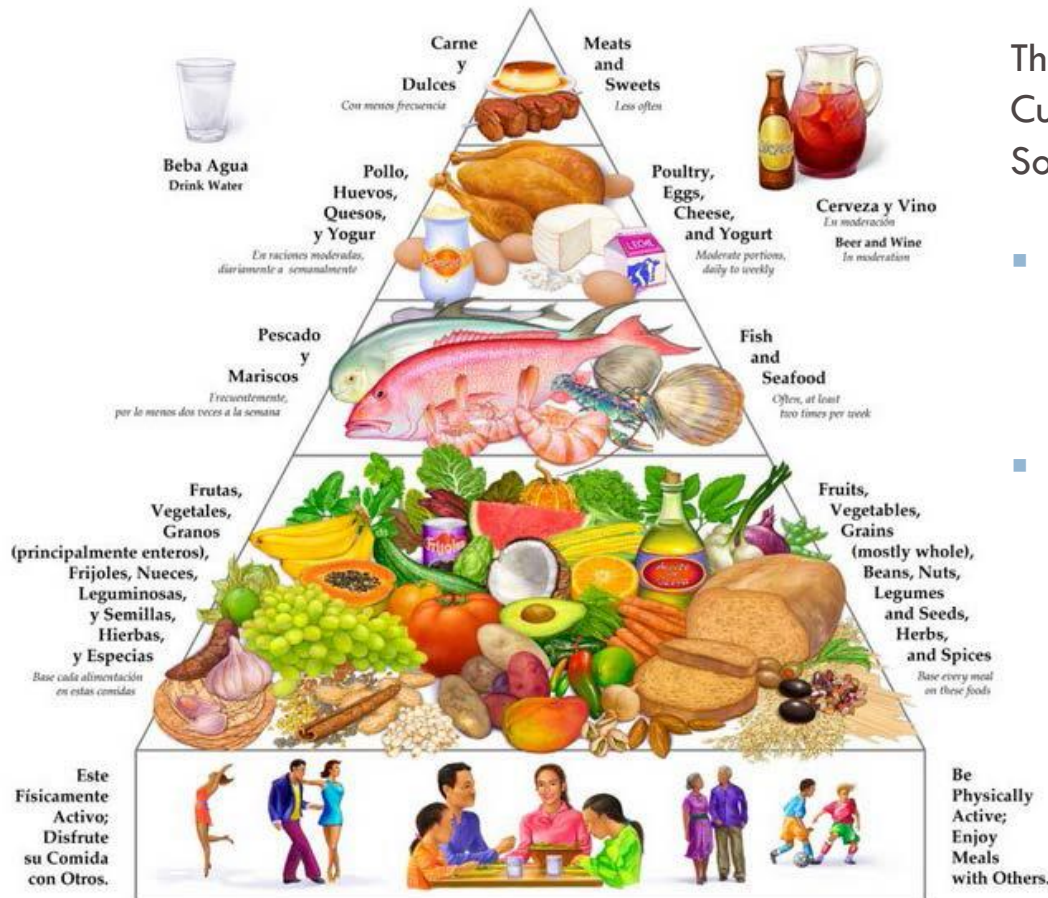
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Cultural Considerations

Latin Culture

The Latin culture includes individuals from Cuba, Mexico, Puerto Rico, or Central and South America



- Plant-based foods that include fruits, vegetables, whole grain corn, rice, beans, and nuts are considered the foundation of their meals
- Daily choices include fish, poultry, plant oils, and dairy
 - Other meats, eggs, and sweets are usually consumed on a weekly basis

Illustration by George Middleton

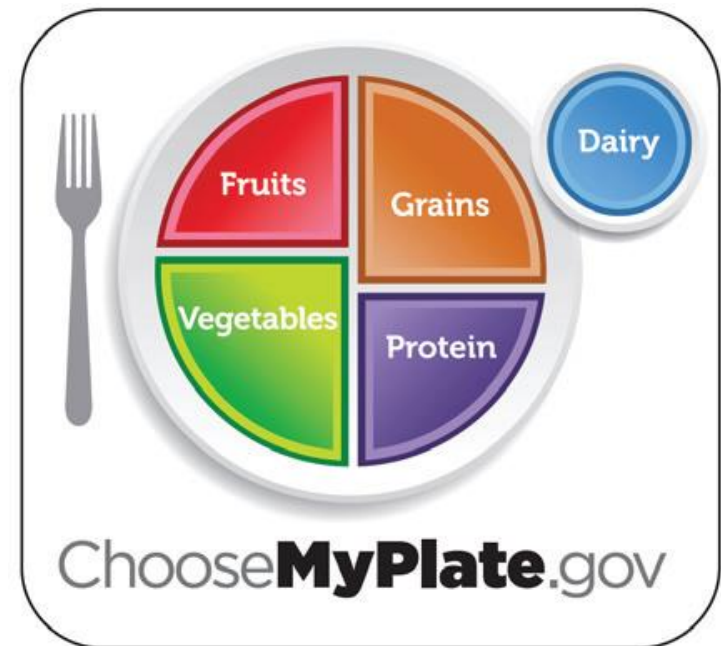
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Overall Considerations

1. Balance Calories
 - Determine how many calories YOU need to consume to manage your health
2. Enjoy your food, but eat less
 - Eat to nourish your body NOT fill it up
3. Avoid oversized portions
 - Use smaller plates, bowls, glasses
 - Avoid “Supersizing”
4. Foods to eat more often
 - Eat more vegetables, fruits, whole grains, and fat-free products
5. Make half your plate fruits and vegetables
6. Switch to fat-free or low-fat
7. Make half your grains whole grains
 - Brown rice instead of white rice
8. Foods to eat less often
 - Limit foods high in solid fats, added sugars, and salt – cookies, pizza, hot dogs, etc.
9. Compare sodium in foods
10. Select foods labeled “low-sodium”, “reduced sodium,” or “no salt added”
9. Drink water instead of sugary drinks

10 Tips for achieving a healthy lifestyle



Resources



Center for Disease Control and Prevention

www.cdc.gov/MedicationSafety

California Department of Social Services (CDSS)

<http://www.cdss.ca.gov/agedblinddisabled/PG3375.htm>

Ethnic/Cultural Food Pyramids

www.fnict.nal.usda.gov/dietary-guidance

Mayo Clinic

<http://www.mayoclinic.org>

Federal Drug Administration

www.fda.gov

United States Department of Agriculture (USDA)

www.choosemyplate.gov

<http://www.usda.gov/wps/portal/usda/usdahome>



Thank you for attending

Any Questions ?