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If you notice any typos or mistakes or have any questions, please feel free to email me directly at otunlimbited@gmail.com.

If you are looking for more (free) resources - reference guides, intervention ideas, and more - please visit otunlimbited.com!

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Hold on to Hope!
Tori Martin

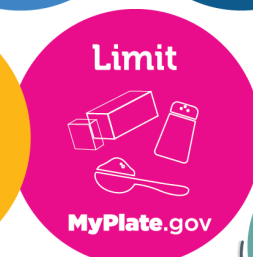
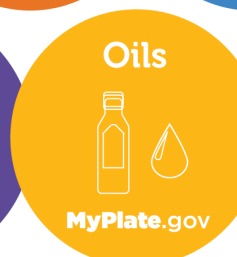
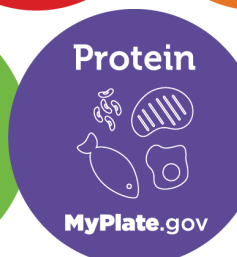
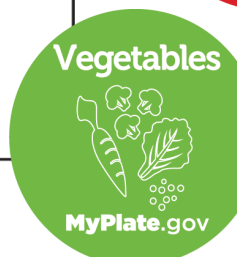
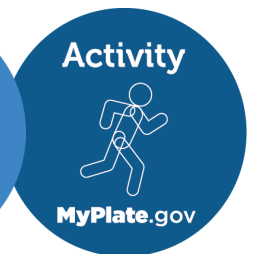
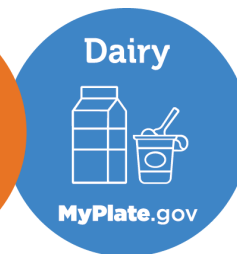
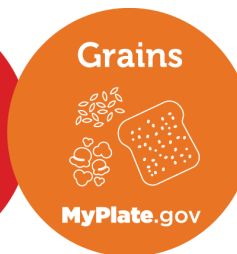
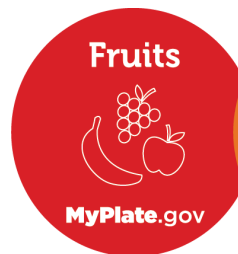
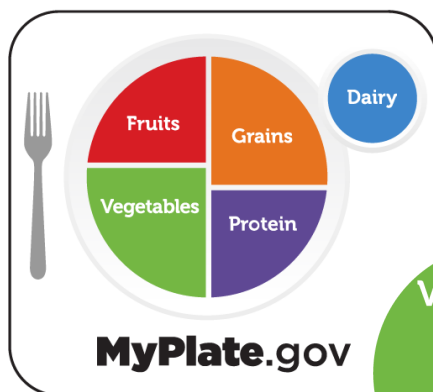
Healthy Eating

Creating Healthy Habits

Start with Small Changes!

- Consider
 - Variety of Foods you Eat
 - Amount of Food you Eat
 - Nutrition of the Foods you Eat
- Maintain Healthy Habits by Making Every Bite Count
 - Eat a Variety of Foods
 - Enjoy Fruits and Vegetables
 - Read Food Labels
 - Go Easy on the Salt - particularly important for wearing a prosthesis
 - Shift Your Sweet Tooth
 - Strive for a Healthy Weight - can also be an influential factor for prosthesis comfort and use

**Check out myplate.gov for more details and better understand how much you should be eating, what types of foods, and even recipes to try.



Nutrition Tips

Read the Labels

Increase

- Eat Frequently and in Smaller Quantities
- Make Half Your Grains Whole Grains
 - Whole wheat bread/rice/pasta
 - Good source of dietary fiber, vitamin Bs, iron, magnesium, and selenium
- Focus on Whole, Fresh Fruits & A Variety of Vegetables
 - Fill at least 1/2 of your plate with fruits and vegetables
- Move to Low-Fat or Fat-Free Dairy Products
- Vary Your Protein Routine
 - Ground sirloin, tofu, pork tenderloin, low-fat cottage cheese, soy milk, soybeans, pumpkin seeds, fat-free or low-fat milk, soymilk, almond milk, peanut butter, almond butter, yogurt, boneless/skinless chicken breast, eggs, kidney beans, fish, flaxseeds, sunflower seeds, walnuts
 - Ask your doctor or Registered Dietitian about the amount you should be consuming
- Increase Water Consumption
- Use Herbs and Spices to Flavor Foods
 - Garlic, thyme, paprika, rosemary, oregano

Limit

- Reduce Adding Salt and High Sodium Foods
 - Cured meats, regular soups, frozen meals, processed/canned foods, fast foods
 - Look for Low Sodium, Reduced Sodium, or No Salt Added
- Cut Back on Added Sugars and Refined Carbohydrates
 - Desserts, regular jams and jellies, candies, white bread/rice, most cereals, regular sodas, and fruit juices
- Decrease Saturated Fats and Trans Fats
 - Beef, pork, regular cheese, butter, tropical oils, fried foods, margarine
 - Replace with monounsaturated and polyunsaturated fats when possible - olive oil, canola oil, avocados, tuna, salmon, sardines, flaxseed, sunflower seeds, and walnuts

Disclaimer: These are generic tips and are never meant to replace medical advice. Please follow all doctors' orders and consult with a dietitian as needed. Also, this resource is in no way sponsored or endorsed by the USDA. Myplate.gov is simply a recommended resource.

Resources

Brooks Health System. (n.d.). Amputee rehabilitation program: Patient/family education and discharge manual.
Brooks Rehabilitation. (n.d.). Amputee information packet.
United States Department of Agriculture. (n.d.). Explore my plate food groups. www.myplate.gov

