

INTRODUCTION



Riley K. O'Connor, RDN, LDN

Specialty
Nutrition

Primary Location
Ethel Lund Medical Center

Education



Montana State University-Bozeman

Master of Science - MS · Dietetics/Dietitian

2018 - 2021



Michigan State University

Bachelor of Science - BS · Dietetics

Licenses & Certifications



Registered Dietician (RD)

Commission of Dietetic Registration

Issued Aug 2019 · Expires Aug 2024

Credential ID 86108415



ServSafe Food Handler

National Restaurant Association

Issued Sep 2017 · Expires Sep 2022



Licensed Nutritionists

State of Alaska

Issued Mar 2020 · Expires Jan 2022

Credential ID 158667

What is "Heart Health?"

"... understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack."



Key Nutrients

To reduce risk of heart disease, include...

- Fiber
- Heart healthy fats
- Lean and plant-based proteins

To reduce risk of heart disease, limit...

- Sugars, simple carbohydrates
- Saturated and trans fats
- Sodium



The image shows a Nutrition Facts label for a product. The label is white with black text and is set against a blue background. The label includes the following information:

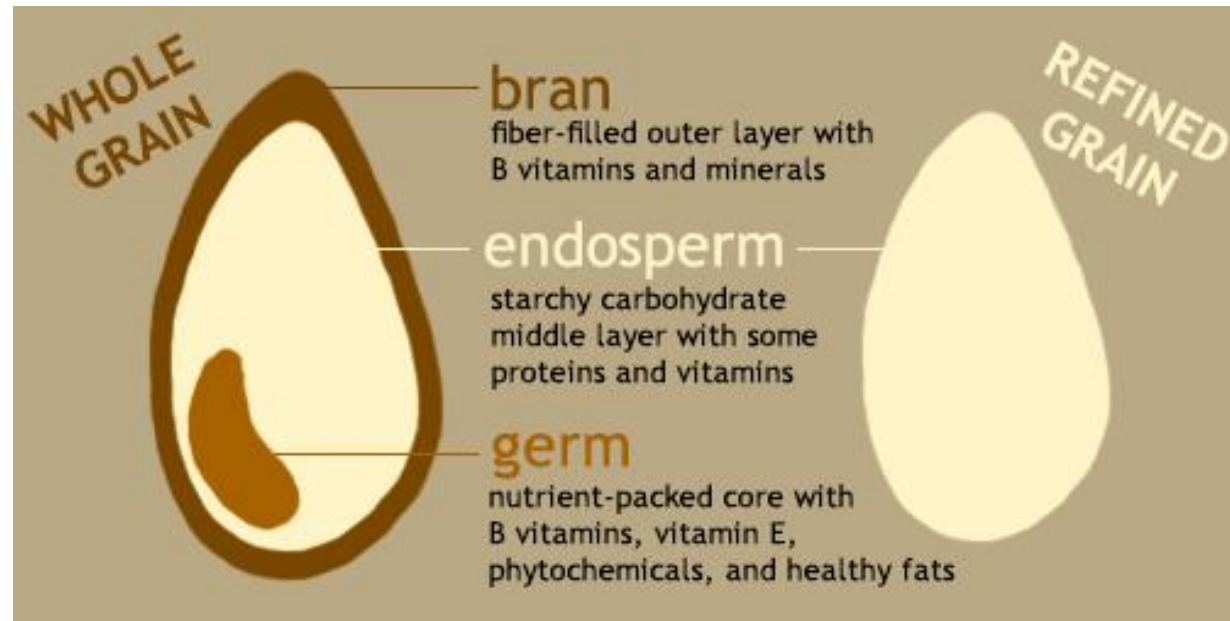
| Nutrition Facts | |
|-------------------------------|------------|
| 4 servings per container | |
| Serving size 1 1/2 cup (208g) | |
| Amount per serving | |
| Calories | 240 |
| % Daily Value* | |
| Total Fat 4g | 5% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 460mg | 20% |
| Dietary Fiber 7g | 25% |
| Total Sugars 4g | |
| Includes 0g Added Sugar | |

A yellow callout box on the right side of the label contains the text: "20% DV or more per serving is considered high!". A yellow arrow points from this callout box to the Sodium 460mg 20% entry on the label.

What is Fiber?

Fiber does many things in the body

- Promotes gut health
- Keeps us full and energized
- Helps reduce lipids, inflammation, and blood sugar



Know Your Fats



- | | | |
|----------|----------------------|--------------------------------|
| Level 1: | Monounsaturated Fats | 4 - 5 servings a day. |
| Level 2: | Polyunsaturated Fats | 3 - 4 servings a day. |
| Level 3: | Saturated Fats | No more than 2 servings a day. |
| Level 4: | Trans Fats | No more than 1 serving a day. |

How to Get Started:

- Slowly make changes
- Add fiber, heart healthy fats, and/or lean proteins to the dishes you already make
- For example, add flaxseed to Greek yogurt, or mix brown rice with white rice

How to Get Started:

Easy Chia Pudding

★★★★☆
4.31 from 492 votes

This 3-ingredient chia pudding is creamy, satisfying and loaded with protein, fiber and omega-3s. It's also vegan, gluten-free, paleo and keto.

Prep Time
10 mins

Soak Time
1 hr

Total Time
1 hr 10 mins

Course: Breakfast Cuisine: American Keyword: chia pudding Servings: 2
Calories: 170kcal Author: Brittany Mullins

Ingredients

- 4 Tablespoons chia seeds
- 1 cup almond milk
- ½ Tablespoon maple syrup honey or sweetener of choice*
- ¼ teaspoon vanilla extract optional
- Toppings of choice: fresh berries or other fruit granola, nut butter, etc

Instructions

1. In a bowl or mason jar, stir together chia seeds, milk, maple syrup and vanilla, if using. If you're using a mason jar, you can put the lid on and shake the mixture to combine everything.
2. Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to "set" for 1-2 hours or overnight. The chia pudding should be nice and thick, not liquidy. If it's not thick enough, just add more chia seeds (about 1 Tablespoon), stir and refrigerate for another 30 minutes or so.
3. Chia pudding can be stored for up to 5-7 days in an airtight container in the refrigerator.

Replacing Fats in Baking

Overview: In this lesson, you'll learn how to remove fat from baking, including replacing eggs, butter, shortening and oil.

Replacing Fat: Cutting the fat in baked goods is easy. Although applesauce is the most common way to replace fat, beans and vegetables also work as a replacement.

| Fat Replacement | Works Best in | Caution |
|---|--|--|
| Applesauce | cakes cupcakes some cookies | Avoid using more than 1 cup of applesauce in any recipe. |
| Puréed Beans | brownies oatmeal cookies | Beans add a fudgy texture. Be sure to match your beans with the color of your goodies. |
| Canned Pure Pumpkin | muffins some cupcakes chocolate-flavored treats oatmeal cookies | Adds a hint of pumpkin and an orange color. |
| Shredded Zucchini | muffins breads chocolate-flavored treats | Locks in moisture. |
| Vegan Cream Cheese such as Tofutti brand. | pastries biscuits when you need to "cut in" fat | Avoid replacing more than ¼ cup margarine or shortening. |



Questions?!



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