



WELCOME TO
Maintenance!

Today's Topic:
Getting The Most Out
Of What You Eat


*By default, you have been placed on mute. If
the audio feature is turned on, then please
mute your audio unless you have a question.*

Check-In


- What has been working well?
- Where are some learning opportunities?

Nutrition Note:


- Long term weight management is possible with **SUSTAINED** behavior change.




Balanced Plate:
Fiber + Protein



Daily Activity



Tracking



Support

Key Message

A plant-based eating pattern can help you **get more out of every bite** because plants are packed with

- ✓ Vitamins
- ✓ Minerals
- ✓ Water

- ✓ Antioxidants
- ✓ Phytonutrients
- ✓ Fiber



Fruit & Vegetables



Whole Grains



Legumes



Nuts & Seeds

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Simple Steps to Building a Balanced Plate

Lean Protein: Grilled Chicken

Starch: Spanish Brown Rice

Fruit: Banana

Healthy Fat: Olive Oil

Water: Water with Lemon and Cucumber

Probiotic: Sauerkraut

Non-Starchy Vegetables: Nopales With Onions And Tomatoes

9 inches

Nutrient Density: What Do You Really Want In Your Food?

Left Pan (Higher Nutrient Density):

- ↑ Complex Carbohydrates
- ↑ Lean Protein
- ↑ Healthy Fat
- ↑ Vitamins
- ↑ Minerals
- ↑ Water
- ↑ Antioxidants
- ↑ Phytonutrients
- ↑ Fiber

Right Pan (Lower Nutrient Density):

- ↓ Excess Calories
- ↓ Total and Saturated Fat
- ↓ Refined Carbohydrates
- ↓ Added Sugar
- ↓ Sodium
- ↓ Preservatives
- ↓ Artificial Ingredients

Micronutrients: Vitamins and Minerals

Lean Protein: Tofu

Starch: Brown Rice

Fruit: Mango

Water and Probiotic: Kombucha Tea

Healthy Fat: Sesame Seeds, Sesame Oil with vinegar salad dressing

Non-Starchy Vegetables: Leafy Greens, Cucumbers, Red Cabbage, Carrots


9 inches

- Your balanced plate has **all** of the vitamins and minerals your body needs.
- Best to consume a **wide variety** of wholesome, minimally processed food on a daily basis.

Vitamin and Mineral Supplements ?

General Recommendations:

- Eat a balanced diet.
- Tell your doctor about your dietary supplement intake.
- Do not exceed 100% of the RDA. Take supplements appropriately.



Nutrition Note: At this point, data does not support the benefits of vitamin and mineral supplementation to prevent chronic diseases.

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Maintenance Bookshelf: Vitamin and Mineral Guide

Maintenance

Day	Time	Instructor & Link
Monday	6:30 PM	Teresa L.B.
Wednesday	10:00 AM	Teresa L.B.
Thursday	4:00 PM	Lizzy K. (Elizabeth)
Thursday	6:00 PM	Lizzy K. (Elizabeth)

Program Materials

- Ideas For Meals And Snacks
- Meal Planning Worksheet
- Healthy Cooking Resources
- Healthy Living Resources
- Vitamin and Mineral Guide


Exercise Videos:

- Fitness Partner
- SECA Results

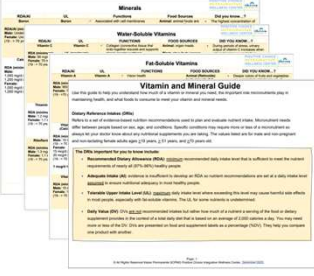
Tracking Tools:

- Daily Behavior Record
- Daily Wellness Planner

Positive Choice Podcasts



Vitamin and Mineral Guide




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Water (Does a Body Good!)

Makes up approximately 60%-70% of the body

Regulates body temperature

Maintains electrolyte and acid-base balance



Its balance is highly regulated by the GI tract, kidneys, and brain.

Assist with digestion, absorption, and excretion of nutrients and wastes

And many more...

Recommendation:
According to the Institute of Medicine, the daily water recommendations are as follow:
Men: 101 fluid ounces or about 13 cups of water
Women: 75 fluid ounces or about 9 cups of water

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Antioxidants

HUMAN CELL
Healthy Atom

ANTIOXIDANT (Good)

Step 1: Antioxidants give an extra electron to the free radical.

FREE RADICAL (Bad)

Step 2: Neutralized, the chain of free radicals stops here. This reduces your risk of most sickness and disease and slows aging.

Free radicals are unstable molecules that are highly reactive.

Free radicals are virtually everywhere. They are a part of living.

You cannot avoid free radicals, but you can eat foods that function as antioxidants to protect your body from the damages caused by free radicals.

Antioxidant Rich Food Sources	Plant Sources	Fruits & Vegetables	Whole Grains	Legumes	Nuts & Seeds
Animal Sources					

ANTIOXIDANT RICH FOOD SOURCES

Phytonutrients = Eat The Rainbow

What are Phytonutrients?

- Biologically active nutrients found only in plants foods
- There are 1000's of phytonutrients!
 - Each gives plant food their rich variety of colors

What do they do?

- Promote health and prevent diseases
 - ✓ ↓ risk of cancer, heart disease, stroke, and Parkinson's disease
 - ✓ Promote healthy aging
 - ✓ Fight inflammation
 - ✓ Enhance the immune system
 - ✓ Protect brain health

ANTIOXIDANT RICH FOOD SOURCES

Phytonutrients: How can you eat a rainbow?

	Phytonutrients	Best Food Sources	Some Unique Benefits
	anthocyanidins, carotenoids (lycopene), ellagic acid, flavonoids (hesperidin, quercetin)	Beets, cherries, cranberries, grapefruit, pomegranates, raspberries, red apples, red grapes, red onions, red peppers, red potatoes, red radishes, strawberries, tomato, watermelon	<ul style="list-style-type: none">Protect against prostate cancerLower cholesterolSupport urinary tract health
	Carotenoids (α-carotene, β-carotene, β-cryptoxanthin, lutein, zeaxanthin), flavonoids (hesperidin)	Apricots, bananas, cantaloupe, carrots, corn, dark leafy green vegetables, honeydew melon, mango, oranges, papaya, peaches, pineapple, pumpkin, sweet potatoes, tangerines, winter squash	<ul style="list-style-type: none">Support eye healthPromote healthy growth and development
	Carotenoids (α-carotene, β-carotene, lutein, zeaxanthin), chlorophyll, indoles, isothiocyanates, thylakoids	Avocados, artichokes, asparagus, Chinese cabbage, cruciferous vegetables, dark leafy green vegetables, endives, green beans, green herbs, green tea, kiwi, leeks, parsley, sugar peas	<ul style="list-style-type: none">Suppress appetiteImprove fat metabolismSupport eye healthAssist with wound healingHelp to regulate stress response
	Anthocyanins, ellagic acid, flavonoids, phenolics, resveratrol	Blackberries, blueberries, dark chocolate, eggplant, figs, grapes, lavender, peanuts, plums, prunes, purple cabbage, raisin, red wine	<ul style="list-style-type: none">Prevent blood clotsLower cholesterolSupport bone health
	Allicin, flavonoids (kaempferol, quercetin), indoles, soy isoflavones	Apples, cauliflower, chives, daikon radish, garlic, leeks, legumes, mushrooms, onions, parsnips, pears, soybeans, soybean products.	<ul style="list-style-type: none">Lower cholesterolSupport healthy bones and circulatory systemsReduce risk of breast cancer in postmenopausal women and prostate cancer in men

ANTIOXIDANT RICH FOOD SOURCES

Fiber

What is fiber?

- Indigestible part of the plant that does not contain energy

High Fiber Food Sources

Plant Sources	Fruits & Vegetables	Whole Grains	Legumes	Nuts & Seeds
Animal Sources				

Benefits:

- Satiety And Weight
- Nutrient Intake/Absorption
- Digestive Health
- Brain And Behavior

Nutrition Note: Choosing whole plant foods, such as complex carbohydrates provides substantial dietary fiber which can assist with weight management.

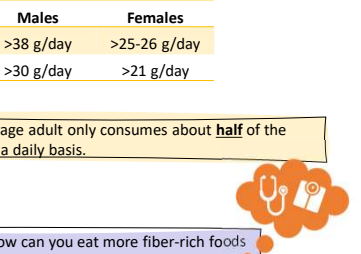


Fiber Recommendations

Age	Males	Females
18-50 yrs.	>38 g/day	>25-26 g/day
>51 yrs.	>30 g/day	>21 g/day

Nutrition Note: In the US, the average adult only consumes about **half** of the recommended amount of fiber on a daily basis.

FOOD FOR THOUGHT: How can you eat more fiber-rich foods to promote health and manage hunger?





Fiber Content


Vegetables	Quantity	Fiber (g)	Grains	Quantity	Fiber (g)
Broccoli, Cooked	1 cup	5	Whole-wheat Pasta, Cooked	1 cup	6
Brussels Sprouts, Cooked	1 cup	4	Quinoa, Cooked	1 cup	5
Potato, With Skin, Baked	1 medium	4	Oatmeal, Cooked	1 cup	4
Carrots, Raw	1 cup	3.6	Popcorn, Air-popped	3 cups	3.5
Cauliflower, Cooked	1 cup	3.4	Brown Rice, Cooked	1 cup	3.5
Lettuce, Raw	1 cup	1	Whole-wheat Bread	1 slice	3
Fruits	Quantity	Fiber (g)	Legumes	Quantity	Fiber (g)
Raspberries	1 cup	8	Lentils, Boiled	1 cup	15.5
Apple, With Skin	1 medium	4.5	Black Beans, Boiled	1 cup	15
Banana	1 medium	3	Chia Seeds	1 ounce	10
Orange	1 medium	3	Almonds	1 ounce (23 nuts)	3.5
Strawberries	1 cup	3	Pistachios	1 ounce (49 nuts)	3


Nutrition Note: Meat, milk, eggs, fats, and oils have no fiber.


Which side is more nutrient dense?



1 Chocolate Chip Cookies


5 Sugar Cubes


12 Ounces Of Soda


10 Sugar Cubes


15 Grapes with 1 Mozzarella String Cheese


1 Cup of Carrot and Celery with 1 Tbsp Almond Butter

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Balanced Snacks Pairing Ideas

Balanced Snacks Pairing = Fiber + Lean Protein +/- Healthy Fat

Fiber-Containing Carbohydrates

- Whole Grain
- Fruit
- Non-Starchy Vegetables

Lean Protein

- Dairy or Dairy-Alternative
- Eggs
- Legumes
- Nuts

Healthy Fat (Optional)


- Nuts or Seeds
- Avocado


Nutrition Tip:


- To best manage weight, don't forget to be mindful of portion sizes!
- Consider portioning snacks ahead of time.


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Healthy Snack Pairing Ideas



Fiber: 5 Whole-wheat Crackers
Lean Protein: 1 Mozzarella String Cheese


Fiber: 1 Small Apple
Lean Protein With Healthy Fat: 1 Tbsp Peanut Butter


Fiber: 1 Small Orange
Lean Protein With Healthy Fat: 9 Pistachios


Fiber: 1 Cup Baby Carrots
Lean Protein: 3 Tbsp Of Hummus


Fiber: 1 Cup Berries
Lean Protein: 1/2 Cup Of Low-Fat Cottage Cheese


Fiber: 1 Cup Of Air-popped Popcorn
Lean Protein: 1 Reduced Fat Cheese

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Program Materials

- **Ideas For Meals And Snacks**
- Meal Planning Worksheet
- Healthy Cooking Resources
- Mindful Eating Placement
- Vitamin and Mineral Guide
- Exercise Videos
- Fitness Packet
- SECA Results
- Tracking Tools
- Daily Behavior Record
- Daily Wellness Planner
- Positive Choice Products



Ideas For Meals and Snacks

Healthy Snack Pairing Ideas

More Lunch or Dinner Ideas

Thin-Crust Veggie Pizza | Deli Sandwich | Kebab

Balanced Breakfast Pairing Ideas

Low-Fat Yogurt | Whole Grain Cereal | Smoothie | Oatmeal | Smoothie | Oatmeal

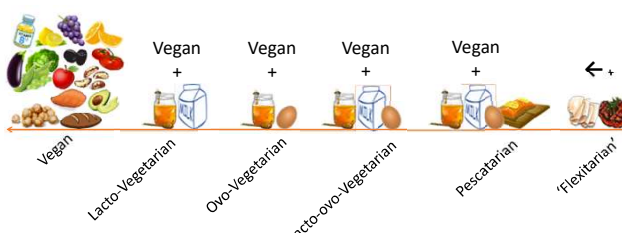
Mexico a la Mexicana (Mexican Scrambled Eggs)
Fiber: Corn Tortilla, Tomatillo, Serrano Pepper, Onion, Lean Protein: Pinto Beans, Egg, Low-Fat Cheese, Healthy Fat: Avocado

Breakfast Burrito
Fiber: Whole-Wheat Tortilla, Serrano, Red Onion, Serrano Pepper, Red Bell Pepper, Lean Protein: Black Beans, Egg, Low-Fat Cheese, Healthy Fat: Avocado

Egg Breakfast Muffins
Fiber: Whole-Wheat Bread, Cheese, Zucchini, Red Bell Pepper, Avocado, Lean Protein: Eggs, Low-Fat Cheese

Plant-Based Eating

What is a Plant-Based Diet?



Vegan + Lacto-Vegetarian + Ovo-Vegetarian + Lacto-ovo-Vegetarian + Pescatarian + 'Flexitarian'

Nutrient Density: Plant vs. Animal Foods							
Protein Foods	Mostly Saturated Fat (Cholesterol)	Mostly Unsaturated Fat (Phytosterols)	Complete Protein	Incomplete Protein	Fiber	Phytonutrients	Antioxidants
Meat	✓		✓				
Eggs	✓		✓				
Dairy	✓		✓				
Seafood		✓	✓				
Soy Products		✓	✓		✓	✓	✓
Legumes		✓		✓	✓	✓	✓
Nuts/Seeds		✓		✓	✓	✓	✓
Whole Grains/Cereals		✓		✓	✓	✓	✓

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Protein: Animal vs. Plant Sources

- A food is considered a complete protein when it contains all 9 essential amino acids.



Nutrition Note: If you choose to be a **vegetarian or vegan**, then it's even more important to consume a **wide variety of plant-based food**.



Incomplete*

Legumes: *beans, peas, lentils*
Nuts
Seeds
Whole grains
Vegetables

Complete

Fish
Poultry
Eggs
Beef
Pork
Dairy
Quinoa
Whole sources of soy: *tofu, edamame, tempeh, miso*

*Eating a variety of these foods each day provides complete proteins.

Plant-Based Eating: Whole Food vs. Processed

Choose This



Not That



Serving Size vs. Portion Size



Nutrition Note: *Portion Distortion* is the increasing food serving sizes that then become a 'normal' portion size. Look at how serving sizes have changed for a burger, fries, and drink!

1950's-1960's
Burger 1.6 oz.
Fries 2.4 oz.
Drink 7.0 oz.
120 kcal 210 kcal 85 kcal
= 415 Calories



Today
Burger 8 oz.
Fries 6 oz.
Drink 32 oz.
590 kcal 500 kcal 310 kcal
= 1,400 Calories



FOOD FOR THOUGHT: How has *portion distortion* affected your 'normal' eating pattern and weight?

Keys to Long-Term Weight Management Success

- ✓ Eat a balanced plate rich in protein and high fiber, non-starchy vegetables
- ✓ Daily activity, building up to 30-90 minutes most days
- ✓ Self-monitoring by tracking weight, food, and/or exercise
- ✓ Utilize support group programs for up to 3-4 years



Before Weight Loss



After Weight Loss











Nutrition Note:

- Long term weight management is possible with **SUSTAINED** behavior change!

Healthy Expectations and Self Compassion

A weight range of 10-15 pounds is more **sustainable** than a set number.

It takes time to learn to care for your new healthier body.

Remember the **80/20 rule**.

Progress over perfection!



FOOD FOR THOUGHT: How do you support and encourage yourself?

What change would you like to work on this week?

• This week, I will _____

(Action Plan)



Choose whole foods over processed foods



Eat more colorful fruits and vegetables



Mindful of portion sizes



Other



NUTRITION NOTE:

- Motivation is built by the frequency, not the size, of successful changes.

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