



**Welcome to Maintenance!**

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

*During the session, please mute your audio unless you have a question.*

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**Group Check-In**  and  or 


• What has worked well for you since last week?

**Nutrition Note:**


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




Balanced Plate:  
Fiber + Protein



Daily Activity



Tracking



Support

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**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

**Water:** Water with Lemon and Cucumber

**Fruit:** Banana

**Healthy Fat:** Olive Oil

**Probiotic:** Sauerkraut

**Non-Starchy Vegetables:** Nopales With Onions And Tomatoes

9 inches

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

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

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

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### Micronutrients: Vitamins and Minerals

**Lean Protein:** Tofu

**Starch:** Brown Rice

**Water and Probiotic:** Kombucha Tea

**Fruit:** Mango

**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.

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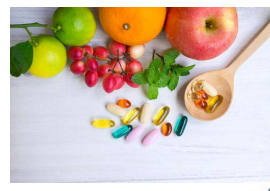
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## Vitamin and Mineral Supplements ?

**General Recommendations:**

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

**Third Party Certifications such as:**

**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

Welcome to the Maintenance Program

**Resources**

**Nutrition Resources**

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

**Fitness Resources**

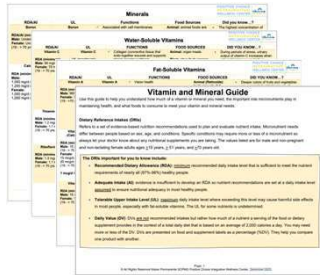
- Exercise Videos
- Fitness Packages
- SECA Results


**Tracking Tools**

- Daily Diet Record
- Daily Wellness Planner

**Further Education:**

- Positive Choice Podcasts





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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 follows:  
**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

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					

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### 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

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### Phytonutrients: How can you eat a rainbow?

Phytonutrients	Best Food Sources	Some Unique Benefits
<b>Red</b> 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"><li>Protect against prostate cancer</li><li>Lower cholesterol</li><li>Support urinary tract health</li></ul>
<b>Orange and Yellow</b> 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"><li>Support eye health</li><li>Promote healthy growth and development</li></ul>
<b>Green</b> 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"><li>Suppress appetite</li><li>Improve fat metabolism</li><li>Support eye health</li><li>Assist with wound healing</li><li>Help to regulate stress response</li></ul>
<b>Blue and Purple</b> 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"><li>Prevent blood clots</li><li>Lower cholesterol</li><li>Support bone health</li></ul>
<b>White and Brown</b> 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"><li>Lower cholesterol</li><li>Support healthy bones and circulatory systems</li><li>Reduce risk of breast cancer in postmenopausal women and prostate cancer in men</li></ul>

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### 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.

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### 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?

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### 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.

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**Which side is more nutrient dense?**




1 Chocolate Chip Cookies




5 Sugar Cubes




15 Grapes with 1 Mozzarella String Cheese



12 Ounces Of Soda



10 Sugar Cubes



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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### Plant-Based Eating

What is a Plant-Based Diet?

Vegan + Lacto-Vegetarian  
 Vegan + Ovo-Vegetarian  
 Vegan + Lacto-ovo-Vegetarian  
 Vegan + Pescatarian  
 Flexitarian\*

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### 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.

**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.

**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.

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### Plant-Based Eating: Whole Food vs. Processed

**Choose This**

**Not That**

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### 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			Today		
Burger	Fries	Drink	Burger	Fries	Drink
1.6 oz.	2.4 oz.	7.0 oz.	8 oz.	6 oz.	32 oz.
120 kcal	210 kcal	85 kcal	590 kcal	500 kcal	310 kcal
= 415 Calories			= 1,400 Calories		

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

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### 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!

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### 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?

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### 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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### Next Week...

Make Friends With Your Gut

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