Nutrition Foundations

Renew

A Weight Loss Rx Lifestyle Class

1

Nutritional Foundations

MODULE 1: Creating a Healthy Lifestyle

Welcome to class!

Reflection Questions:

- What are some of your go-to meals?
- What are some words you would use to describe your current eating style?

Renew

A Weight Loss Rx Lifestyle Class

2

The SELF Principle

Sleep is health

Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.

Exercise is health

Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.

Love is health

Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.

Food is health

Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.

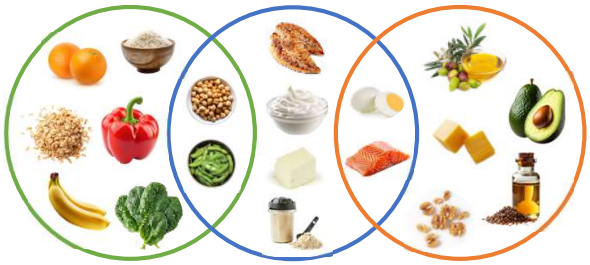
3

Macronutrients: Understanding Nutrition Basics

4

Macronutrients

Carbohydrates | Proteins | Fats



5

Protein

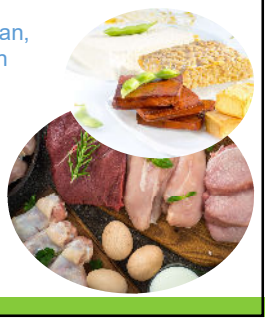
The priority nutrient during weight loss

6

Protein

Poultry, fish, eggs, tofu, tempeh, seitan, cottage cheese, greek yogurt, protein powder

- The body's building block for nearly all tissues and organs.
- Getting enough protein will help maintain muscle mass loss during weight loss.
- Slows the digestion of carbs.



7

How do you get enough protein?

Prefer to eat more intuitively?

Aim for 1-2 servings of lean protein at every meal.

Tracking your food?

Aim to have at least 20-30g per meal plus 5-10g per snack

8

Animal-Based Lean Protein

SOURCE	PROTEIN
3 oz. fish or seafood	21 grams
3 oz. poultry (turkey or chicken breast)	21 grams
½ cup Greek or Icelandic yogurt	12-15 grams
½ cup low-fat cottage cheese	10-14 grams
1 egg	6 grams
1 scoop (varies by brand) whey protein powder	20-30 grams

9

Plant-Based Lean Protein

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER | thrive

SOURCE	PROTEIN
3.5 oz. tofu, firm	15-20 grams
3.5 oz. seitan	25 grams
3 oz. tempeh	16 grams
½ cup cooked lentils	9 grams
2 tbsp nutritional yeast	8 grams
1 scoop (varies by brand) plant-based protein powder	20-30 grams

10

Is it a Protein Source?

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER | thrive

2 Calories should be equal or less

1 Protein x 10
Ex: 70

Nutrition Facts
About 71 Servings Per Container
Serving size 2 Tbsp (32g)
Amount per serving
Calories 190
% Daily Value*
Total Fat 16g 21%
Saturated Fat 3g 15%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 150mg 7%
Total Carbohydrate 6g 2%
Dietary Fiber 2g 7%
Total Sugars 3g
Includes 2g Added Sugars 4%
Protein 7g
Vitamin D 0mcg 0% • Calcium 0mg 0%
Iron 0.4mg 2% • Potassium 90mg 2%
Vitamin E 1.5mg 10% • Niacin 3.2mg 20%

11

Is it a Protein Source?

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER | thrive

Plain Nonfat Greek Yogurt

Nutrition Facts
4 servings per container
Serving size 1 cup (225g)
Amount Per Serving
Calories 120
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 95mg 4%
Total Carbohydrate 9g 3%
Dietary Fiber 1g 4%
Total Sugars 9g
Includes 0g Added Sugars 0%
Protein 23g 46%
Vitamin D 0mcg 0%
Calcium 390mg 30%
Iron 0mg 0%
Potassium 0mg 0%

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK.

Strawberry Yogurt

Nutrition Facts
1 servings per container
Serving size 1 container (170g)
Amount Per Serving
Calories 170
% Daily Value*
Total Fat 2.5g 4%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 95mg 4%
Total Carbohydrate 33g 12%
Dietary Fiber 0g 0%
Total Sugars 26g
Includes 20g Added Sugars 40%
Protein 6g 12%
Vitamin D 0mcg 0%
Calcium 390mg 30%
Iron 0mg 0%
Potassium 0mg 0%

INGREDIENTS: CULTURED PASTEURIZED GRADE A LOW-FAT MILK, SUGAR, STRAWBERRIES, MODIFIED CORN STARCH, KOSHER GELATIN, CITRIC ACID, TRICALCIUM PHOSPHATE, COLORED WITH CARMINE, NATURAL FLAVOR, VITAMIN A, VITAMIN D.

12

Is it a Protein Source?

Turkey Meatballs

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER | thrive

Nutrition Facts
Serving Size 3 Meatballs (85g)
Serving Per Container: About 21

Amount Per Serving	
Calories 140	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 500mg	21%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15g	

Vitamin A 2% • Vitamin C 2%
Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts
4 servings per container
Serving size 3 meatballs (85g)

Amount Per Serving	
Calories	170
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 420mg	18%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 15g	30%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

13

Is it a Protein Source?

Veggie Patty

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER | thrive

Nutrition Facts
4 servings per container
Serving size 1 patty (100g)

Amount per serving	
Calories	230
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 33g	12%
Dietary Fiber 13g	46%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 12g	

Vit. D 0mcg 0% • Calcium 70mg 6%
Iron 2.7mg 15% • Potas. 510mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts
2 Servings Per Container
Serving size 1 Patty (113g)

	per serving		per container	
Calories	150		310	
	% Daily Value*		% Daily Value*	
Total Fat	4.5g	6%	9g	12%
Saturated Fat	0.5g	3%	1.5g	8%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	160mg	24%	320mg	49%
Total Carbohydrate	8g	3%	16g	6%
Dietary Fiber	0g	0%	1g	4%
Total Sugars	1g		2g	
Includes Added Sugars	1g	2%	1g	2%
Protein	21g	42%	42g	84%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	89mg	6%	179mg	15%
Iron	3mg	15%	7mg	40%
Potassium	767mg	15%	1534mg	35%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

14

Is it a Protein Source?

Cheese

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER | thrive

Cheddar Cheese

Nutrition Facts
32 servings per container
Serving size 1 oz (28g / 1/32 pkg)

Amount per serving	
Calories	110
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%

Vitamin D 0.2mcg 2% • Calcium 200mg 15%
Iron 0.1mg 0% • Potassium 30mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

String Cheese

Nutrition Facts
12 servings per container
Serving size 1 Stick (28g)

Amount per serving	
Calories	80
	% Daily Value*
Total Fat 6g	7%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 185mg	15%
Iron 0mg	0%
Potassium 24mg	0%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Low Fat Ricotta

Nutrition Facts
Serving size 1/4 cup (57g)

Amount per serving	
Calories	80
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 70mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	

Vit. D 0% • Calcium 20%
Iron 0% • Potas. 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

15

Macronutrients:
Carbohydrates

16

Carbohydrates

Fruits, Vegetables, Grains, and Beans

- As close to how they came out of the ground as possible.
- Carbohydrates are your nutrient powerhouse:
  - Fiber
  - Antioxidants
  - High amounts of vitamins and minerals

17

Absorption Rate of Carbohydrates

Limit	Chose Most of the Time	

• Quickly absorbed carbohydrates
  • White flour
  • White crackers
  • Cookies
  • Juice
  • Sugary cereals
  • White bread, pasta, rice
	• Moderately absorbed carbohydrates
	  • Most fruits
	  • Winter squash
	  • All potatoes
	  • Carrots
	  • Beets
		• Slowly absorbed carbohydrates
		  • Legumes/beans
		  • Quinoa
		  • Whole grains
		  • Sprouted grains
		  • Dairy products
		  • Buckwheat

18

Macronutrients:
Fats

19

Fats

Nuts, seeds, olives, coconut, avocados, fatty fish, oils, nut butters

- Appetite suppressant
- Increases absorption of fat-soluble vitamins
- Supports cell function
- Too much fat can cause nausea and heartburn on the injectables.

20

Types of Fat

Choose Most Often	Choose Occasionally	Choose Sparingly or Avoid
Unsaturated Fats	**Saturated Fats**	**Trans Fats**
• Nuts • Olives • Avocados • Seeds • Nut Butters • Oils • Fatty Fish	• Butter • Cheese • Coconut • Palm oil • Cream • Fatty cuts of meat • Lard	• Shortening • Partially Hydrogenated oils • Deep Fried foods • Over-heated oils

21

QUIZ!

Which of these are good sources of lean protein?


Greek yogurt


Walnuts


Chicken breast


Salami


Edamame


Cheese

Tofu


Oranges

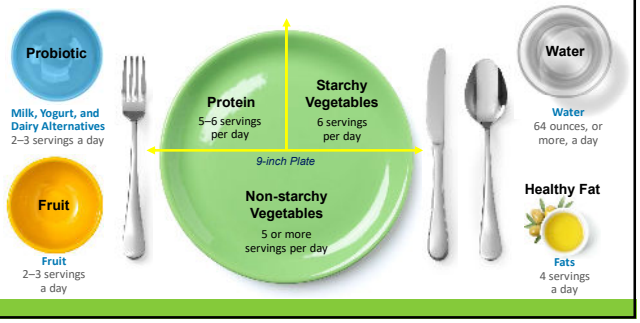
22

Creating Healthy Meals

Putting it all together

23

What does a healthy plate look like?



24

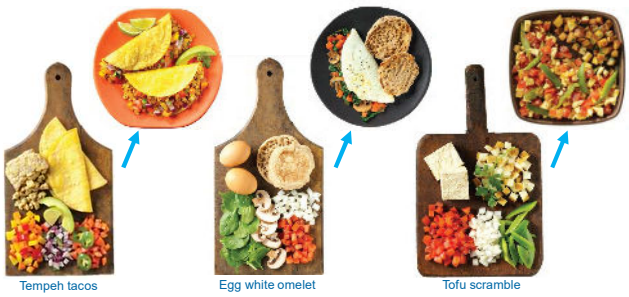
What does a healthy plate look like?

25

Does it need to be on a plate?

26

Does it need to be on a plate?



27

Pairing Macronutrients

Keeps you full and reduces cravings!

Let's make some meals and snacks!

Carbohydrate + protein + fat *[Meals and snacks]*

OR

Carbohydrate + protein *[Snacks]*

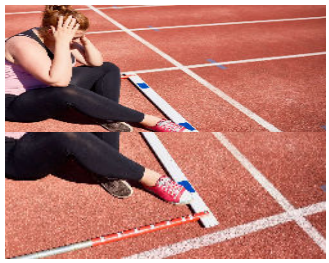
OR

Carbohydrate + fat *[Snacks]*

28

Signs You're Undereating

- Fatigue
- Dizziness upon standing
- Injuries
- Brain fog
- Chronic cravings
- Lightheaded
- Loss of stamina



29

Healthy Eating Summary

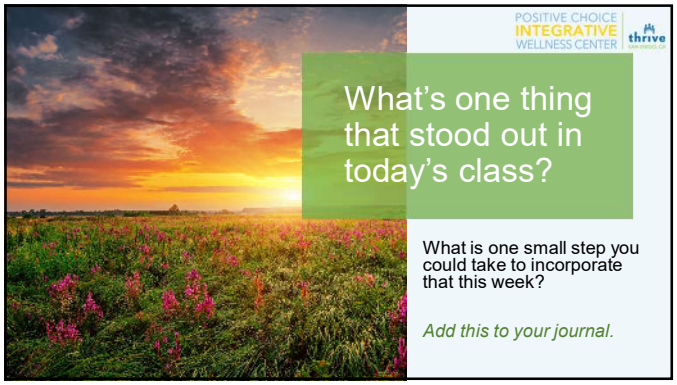
Choose More Often

- Vegetables
- Fruits
- Whole grains
- Legumes
- Lean protein
- Seafood
- Nuts/seeds
- Healthy fats

Choose Less Often

- Sugar-sweetened foods and drinks
- Refined grains
- Red and processed meats

30


POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER
thrive
What's one thing that stood out in today's class?
What is one small step you could take to incorporate that this week?
Add this to your journal.

31


Resources
POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER
thrive
positivechoice.org/renew
Optional Meal Plan
Getting Started with Strength Training
KP Health Resources
Calm

32