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Optimize Your Nutrition

Renew

A Weight Loss Rx Lifestyle Class

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Optimize Your Nutrition

MODULE 3:
Mastering Your Health

Welcome to class!

Reflection Questions:





- What nutrition changes have you made so far that you're benefiting from?
- What aspects of your eating, do you feel could be improved?

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The SELF Principle

| | | | |
|--|--|---|---|
|  <p>Sleep is health</p> <p>Poor sleep is linked to obesity, heart disease, stroke, cancer, and dementia. Aim to sleep at least 7 hours each night.</p> |  <p>Exercise is health</p> <p>Help your heart, mind and body by moving throughout the day. Find what you enjoy and do it everyday.</p> |  <p>Love is health</p> <p>Gratitude, prioritizing healthy relationships, mindfulness, and self kindness all improve overall well being.</p> |  <p>Food is health</p> <p>Food gives us life, energy, and joy. Evidence supports a whole food, plant-rich diet may improve all aspects of health.</p> |
|--|--|---|---|

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Which nutrition changes have you made that you're happiest about?
Where do you still struggle?



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Taking Care of Your Gut





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The Gut Microbiome


A unique ecosystem of microbes within your stomach and intestines that thrive off the food you eat.

A healthy gut improves:

- Mood (serotonin)
- Joint pain
- Immune system
- Inflammation reduction
- Skin issues
 - Acne, eczema, rosacea, psoriasis

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Taking Care of Your Microbiome:


Prioritize PRE-biotics

Fruits, Vegetables, Whole Grains, Nuts, Seeds, and Beans

- Healthy gut bacteria are fueled by pre-biotic fiber! Eating these foods will help your healthy bacteria flourish.
- Variety increases the health of the system.
 - Try for 30 different plants per week.




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Eat the Rainbow

| | | |
|---------------|---|---|
| Green | Cabbage, leafy greens, broccoli, brussels sprouts, kale, cucumbers | Supports metabolic, bone, teeth, and heart health |
| Yellow | Lemons, yellow squash, banana, bell pepper, grapefruit, pineapple, corn | Supports eye, skin, and immune health |
| Orange | Mangos, carrots, apricots, cantaloupe, sweet potatoes, pumpkin | Supports eye, skin, and immune health |
| Red | Tomatoes, watermelon, strawberries, raspberries, beets, red peppers | Protects against prostate cancer, support joints, heart and lung health |
| Purple | Grapes, blueberries, blackberries, eggplant, plums, purple cabbage | Prevents blood clots and delay cellular aging |
| Brown | Soybeans, beans, peanuts, mushrooms | Reduces risk of colon and prostate cancer |
| White | Garlic, onions, apples, jicama, cauliflower | Supports healthy bones, reduce risk of stomach cancer |

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Taking Care of Your Microbiome:

PRO-biotics

Fermented foods such as sauerkraut (pictured), kimchi, tempeh, miso, natto, kefir, yogurt, and live-active cottage cheese

- Contain live strains of healthy bacteria.
- Adds to the diversity of the microbiome.
- Supplements are not ideal unless you are advised to take them for medical reasons.



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Probiotics

Examples:

Plain nonfat or low-fat yogurt Live-active cottage cheese Yakult Kombucha Kefir Non-dairy yogurt drink

Miso paste Tempeh Sauerkraut Kimchi Natto

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Taking Care of Your Microbiome:

Exercise

- Reduces inflammation
- Increases number of beneficial bacteria
- Increases the variety of beneficial bacteria

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Reading Food Labels

When we want healthy but don't want to cook from scratch!

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Ingredients List

The ingredients are listed in *descending order* by weight.


Look for:

- Mostly recognizable food items at the top
- The word "Whole" in grain products

Avoid:

- Partially Hydrogenated oils

INGREDIENTS:
 Enriched wheat flour (flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), cheddar cheese ((cultured milk, salt, enzymes), annatto), vegetable oils (canola, sunflower and/or soybean), salt, CONTAINS 2% OR LESS OF: nonfat milk, yeast, sugar, baking soda, monocalcium phosphate, paprika, spices, celery, onion powder



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Which one would you choose?

Ingredients:
 Cultured Grade A Low Fat Milk, Sugar, Modified Corn Starch. Contains 1% or less of: Corn Starch, Citric Acid, Vegetable Juice (for color), Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D₃.

Ingredients:
 Nonfat Yogurt (Cultured Pasteurized Nonfat Milk), Evaporated Cane Sugar, Strawberries, Water, Fruit Pectin, Natural Flavors, Locust Bean Gum, Fruit and Vegetable Juice Concentrate (For Color), Lemon Juice Concentrate.

Ingredients:
 Nonfat Yogurt (Cultured Pasteurized Nonfat Milk).





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Which one would you choose?

Ingredients:
 Peanuts, Corn Syrup Solids, Sugar, Pea Protein, Contains 2% Or Less Of: Salt, Fully Hydrogenated Vegetable Oils (Rapeseed And Soybean), Mono And Diglycerides, Molasses, Magnesium Oxide, Niacinamide, Ferric Orthophosphate, Zinc Oxide, Copper Sulfate, Folic Acid, Pyridoxine Hydrochloride.

Ingredients:
 Dry Roasted Organic Peanuts, Salt.

Reduced-Fat Peanut Butter

All-Natural 100% Peanut Butter




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Which one would you choose?

Ingredients:
Unbleached Enriched Flour (wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast. Contains 2% Or Less Of The Each Of The Following: Calcium Carbonate, Soybean Oil, Wheat Gluten, Salt, Dough Conditioners (contains One Or More Of The Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Monoglycerides, Mono- And Diglycerides, Distilled Monoglycerides, Calcium Peroxide, Calcium Iodate, Datem, Ethoxylated Mono- And Diglycerides, Enzymes, Ascorbic Acid), Vinegar, Monocalcium Phosphate, Yeast Extract, Modified Corn Starch, Sucrose, Sugar, Soy Lecithin, Cholecalciferol (vitamin D3), Soy Flour, Ammonium Sulfate, Calcium Sulfate, Calcium Propionate (to Retard Spoilage).

Ingredients:
Whole Wheat Flour, Water, Sugar, Wheat Gluten, Raisin Juice Concentrate, Soybean Oil, Yeast, Cultured Wheat Flour, Molasses, Salt, Wheat Bran, Soy Lecithin, Grain Vinegar, Citric Acid.





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Reading Food Labels

Saturated Fat:
10-20g total per day

| Nutrition Facts | |
|----------------------------|----------------|
| 1 servings per container | |
| Serving size 1 meal (269g) | |
| Amount Per Serving | |
| Calories 200 | |
| | % Daily Value* |
| Total Fat 4.5g | 9% |
| % Saturated Fat 1g | 2% |
| Trans Fat 0g | |
| Cholesterol 40mg | 13% |
| Sodium 490mg | 21% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 2g | 7% |
| Total Sugars 4g | |
| Includes 1g Added Sugars | 2% |
| Protein 15g | |
| Vitamin D 0mcg | 0% |
| Calcium 0mg | 0% |
| Iron 0.198mg | 2% |
| Potassium 470mg | 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.

Fiber: 30-40g per day

Sodium - limit to:

- 2300 mg/day
- 1500 mg/day (if you have high blood pressure)

Added sugars:
limit 24 g per day




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Added Sugar

- The average American consumes 152 pounds of added sugar in one year
- 4 grams of a sugar = 1 packet or 1 tsp
- The American Heart Association recommends ≤ 24 g a day
- Major sources include:
 - Regular soft drinks, candy, cookies, cake, dairy desserts and milk products, breakfast cereals, and some condiments

| Nutrition Facts | |
|-----------------------------|----------------|
| 2.5 servings per container | |
| Serving size 2/3 cup (128g) | |
| Amount Per Serving | |
| Calories 370 | |
| | % Daily Value* |
| Total Fat 21g | 37% |
| Saturated Fat 10g | 50% |
| Trans Fat 0.5g | |
| Cholesterol 75mg | 35% |
| Sodium 75mg | 3% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 3g | 7% |
| Total Sugars 30g | |
| Includes 25g Added Sugars | 50% |
| Protein 7g | 14% |
| Vitamin D 0.4mcg | 2% |
| Calcium 130mg | 10% |
| Iron 1.44mg | 6% |
| Potassium 64mg | 2% |

*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.



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Take Away Message

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Choose more

↑

- Recognizable food ingredients
- Fiber
- Protein

Choose less

↓

- Highly processed foods
- Added Sugar
- Saturated Fat

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Preparing for Success

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Have protein bars, protein drinks, or snack bags with you.

Having prepared healthy snacks can come in handy if you have a busy schedule and keep you from impulse buying when you're hungry.



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Prep Your Veggies

Make it as easy as possible to include veggies.

- Frozen
- Pre-chopped
- Bagged salad
- Baby carrots
- Sugar snap peas



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Prep Your Protein Sources.

Shredded chicken breast, eggs, and tofu are versatile proteins that can be combined with different grains, veggies, and sauces to keep your meals interesting.



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Healthy Staple Ideas

| | |
|--|--|
| <p>Vegetables</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baby carrots <input type="checkbox"/> Bagged salad <input type="checkbox"/> Bell peppers <input type="checkbox"/> Sugar snap peas <input type="checkbox"/> Canned tomatoes <input type="checkbox"/> Frozen vegetables | <p>Lean proteins</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hard-boiled Eggs <input type="checkbox"/> Frozen seafood <input type="checkbox"/> Chicken breast <input type="checkbox"/> Marinated tofu <input type="checkbox"/> Nonfat plain Greek yogurt |
| <p>Fruit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Bananas <input type="checkbox"/> Frozen berries <input type="checkbox"/> No sugar added dried fruit <input type="checkbox"/> Peaches | <p>High Fiber</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned beans and lentils (low-sodium) <input type="checkbox"/> Hummus <input type="checkbox"/> Chickpea pasta |
| <p>Whole grains</p> <ul style="list-style-type: none"> <input type="checkbox"/> Protein pancake mix <input type="checkbox"/> Whole wheat bread <input type="checkbox"/> Air-popped popcorn <input type="checkbox"/> Quinoa <input type="checkbox"/> Corn tortillas | <p>Healthy fats</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avocado <input type="checkbox"/> Nuts <input type="checkbox"/> Pesto <input type="checkbox"/> Chia Seeds <input type="checkbox"/> Olives |

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Resources

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Optional Meal Plan 

Getting Started with Strength Training 

KP Health Resources 
