

**Nutrition
Foundations**

Renew

A Weight Loss Rx Lifestyle Class

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?

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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.

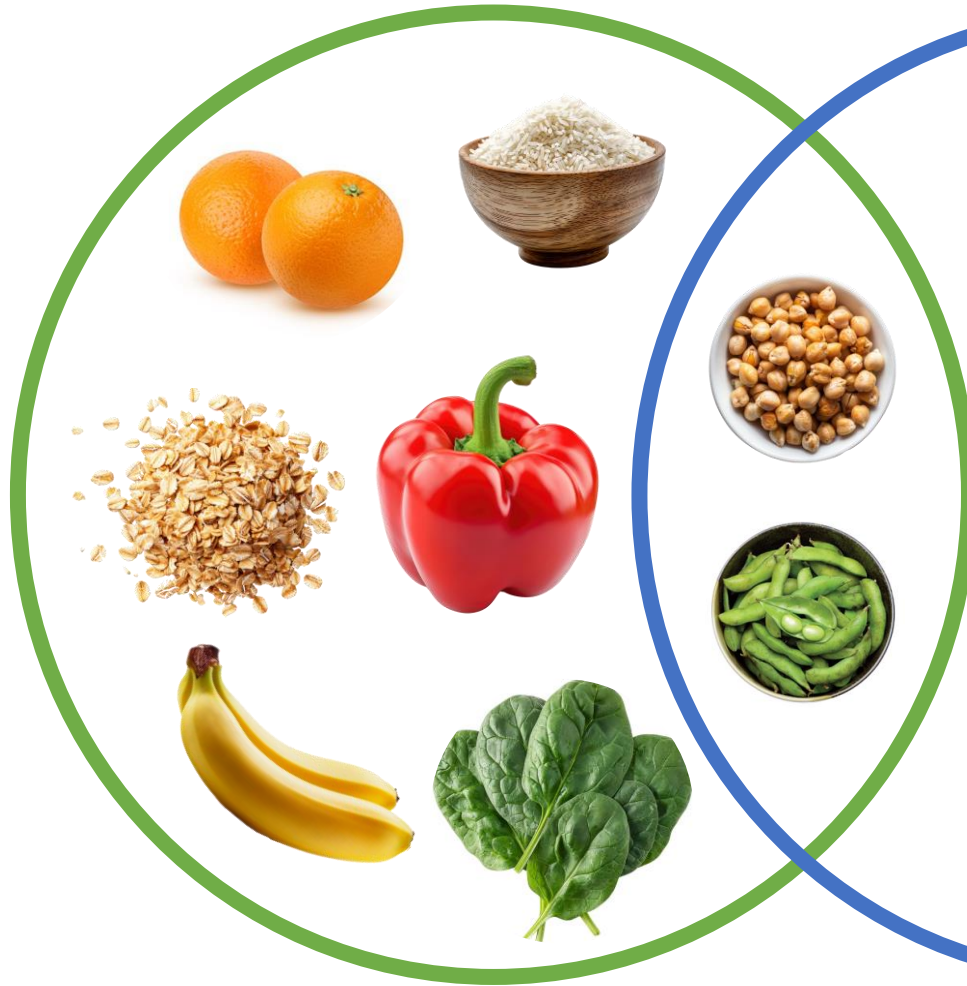
Macronutrients: Understanding Nutrition Basics

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER

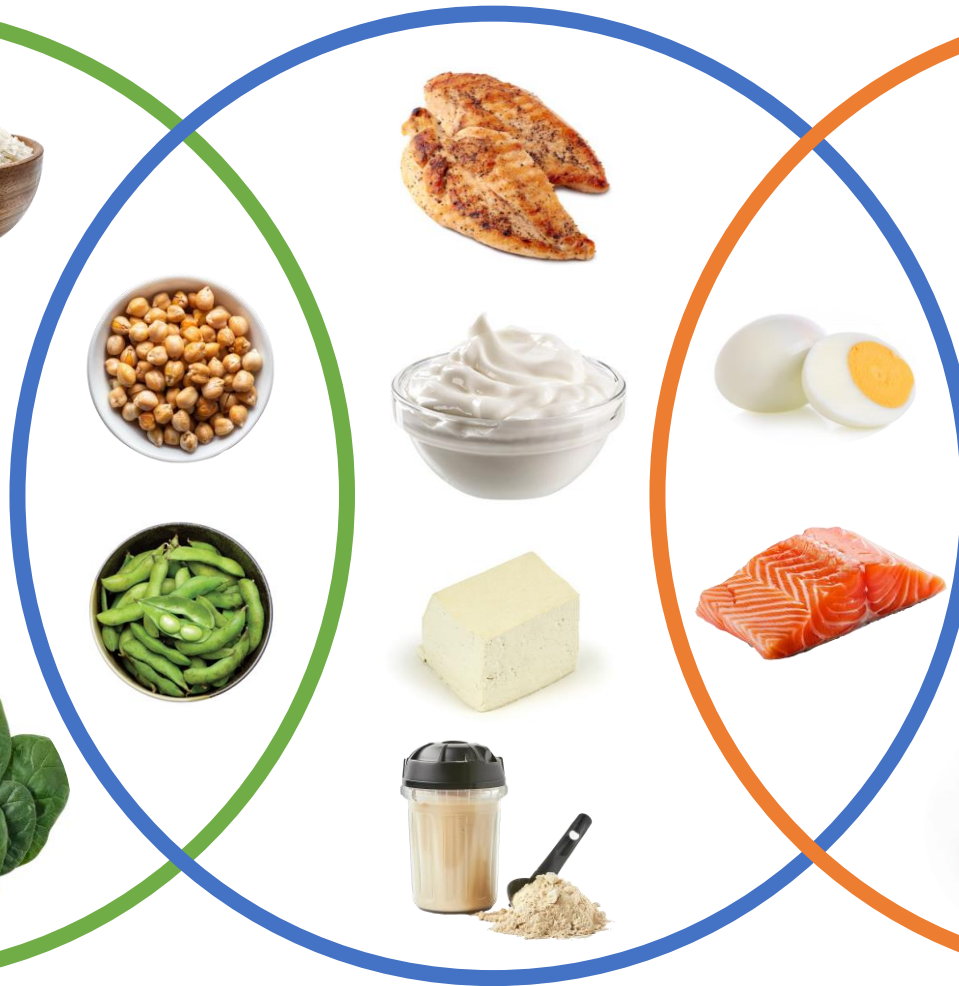
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Macronutrients

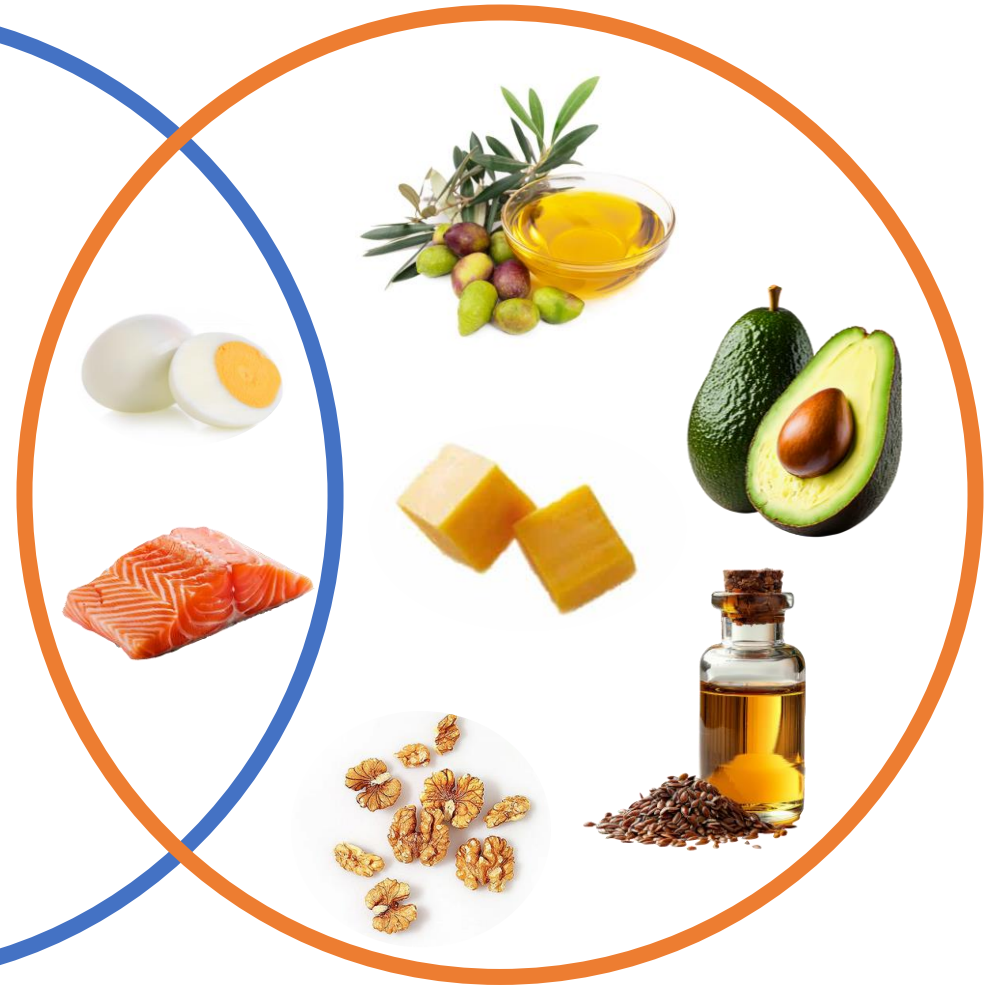
Carbohydrates



Proteins



Fats



Protein

The priority nutrient during weight loss



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.



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

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



Plant-Based Lean Protein

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



Is it a Protein Source?

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%

Is it a Protein Source?

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%
*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.	

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 3.5g	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%
*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.	

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.

Is it a Protein Source?

Turkey Meatballs

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			

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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.	

Is it a Protein
Source?

Veggie Patty

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)	
Calories	per serving	per container	
	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	560mg 24%	1120mg 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 nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for the general nutrition advice.			

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Is it a Protein Source?

Cheese

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.	

Macronutrients: Carbohydrates

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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



Absorption Rate of Carbohydrates

Limit

- Quickly absorbed carbohydrates
 - White flour
 - White crackers
 - Cookies
 - Juice
 - Sugary cereals
 - White bread, pasta, rice

Chose Most of the Time

- Moderately absorbed carbohydrates
 - Most fruits
 - Winter squash
 - All potatoes
 - Carrots
 - Beets

- Slowly absorbed carbohydrates
 - Legumes/beans
 - Quinoa
 - Whole grains
 - Sprouted grains
 - Dairy products
 - Buckwheat

Macronutrients: Fats



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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.



Types of Fat

Choose Most Often

Unsaturated Fats

- Nuts
- Olives
- Avocados
- Seeds
- Nut Butters
- Oils
- Fatty Fish



Choose Occasionally

Saturated Fats

- Butter
- Cheese
- Coconut
- Palm oil
- Cream
- Fatty cuts of meat
- Lard



Choose Sparingly or
Avoid

Trans Fats

- Shortening
- Partially Hydrogenated oils
- Deep Fried foods
- Over-heated oils



QUIZ!

Which of these are good sources of lean protein?



Greek yogurt



Walnuts



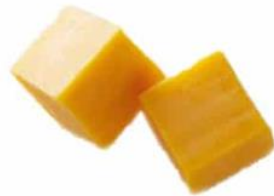
Chicken breast



Salami



Edamame



Cheese



Tofu



Oranges

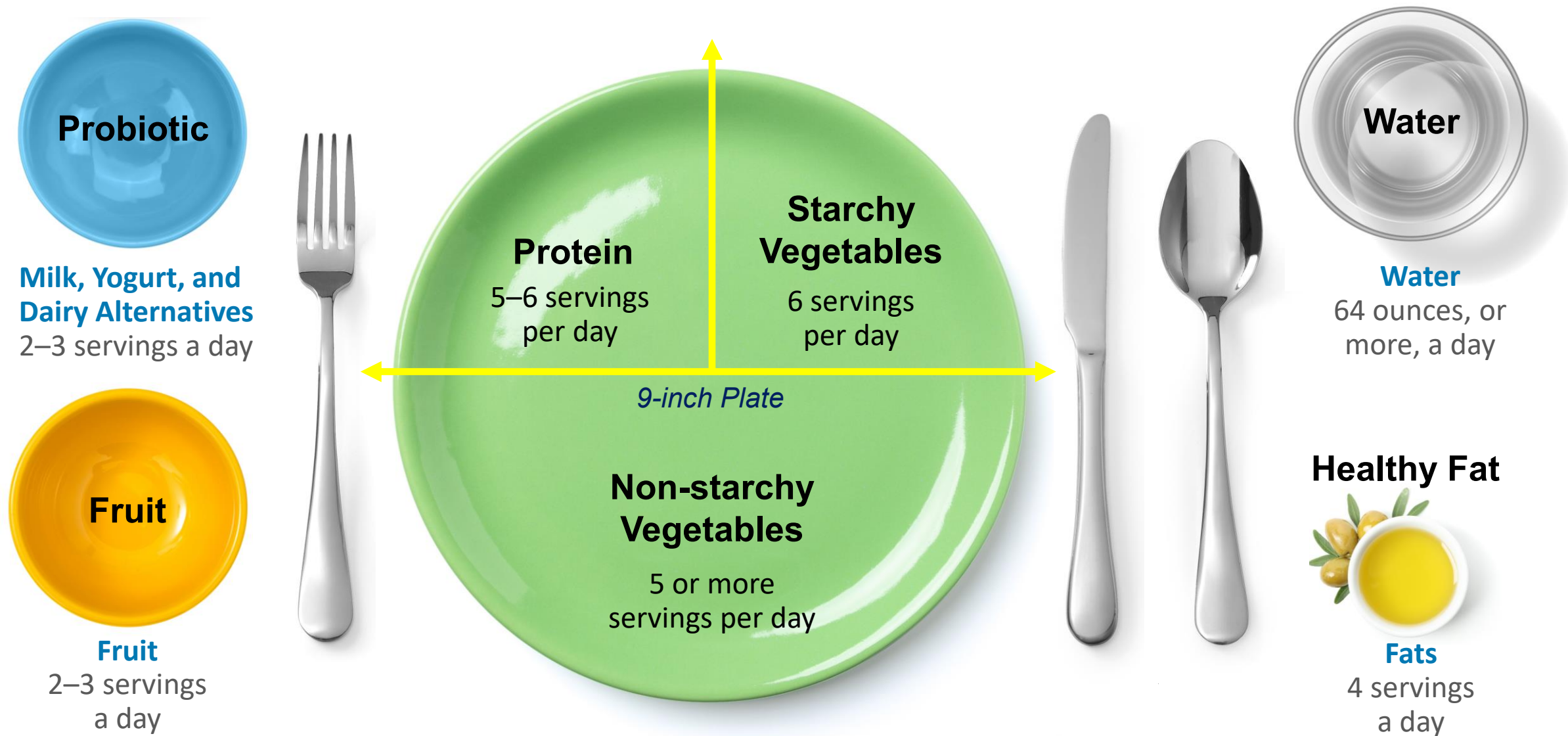
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Creating Healthy Meals

Putting it all together

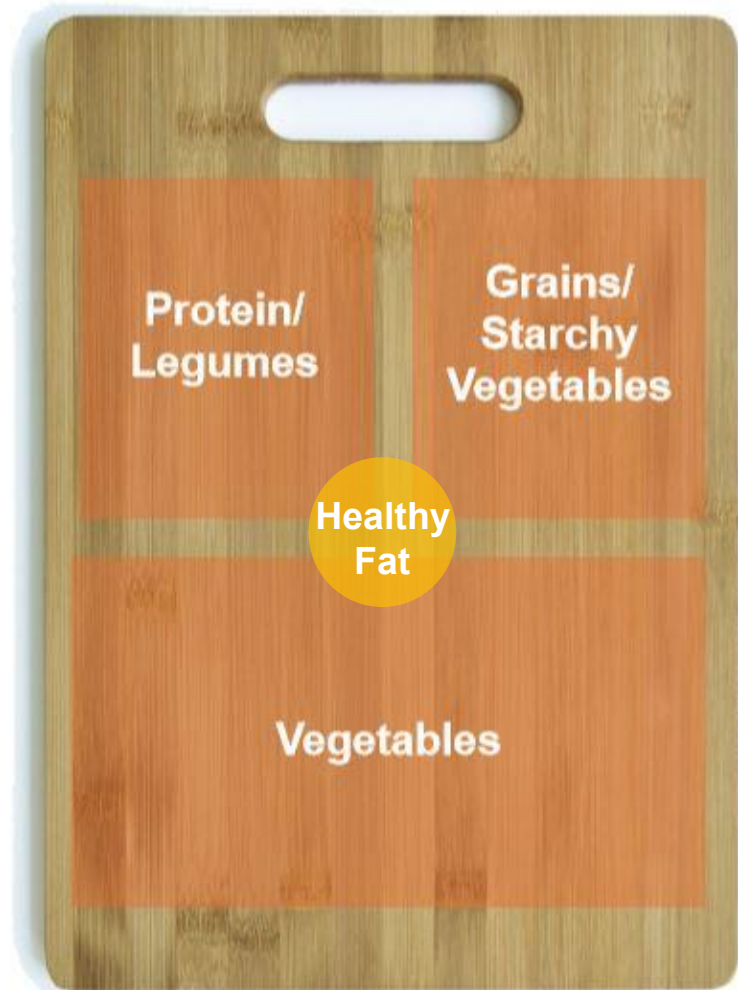
What does a healthy plate look like?



What does a healthy plate look like?



Does it need to be on a plate?



Does it need to be on a plate?



Tempeh tacos



Egg white omelet



Tofu scramble



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]*



Signs You're Undereating

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

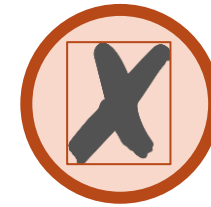


Healthy Eating Summary



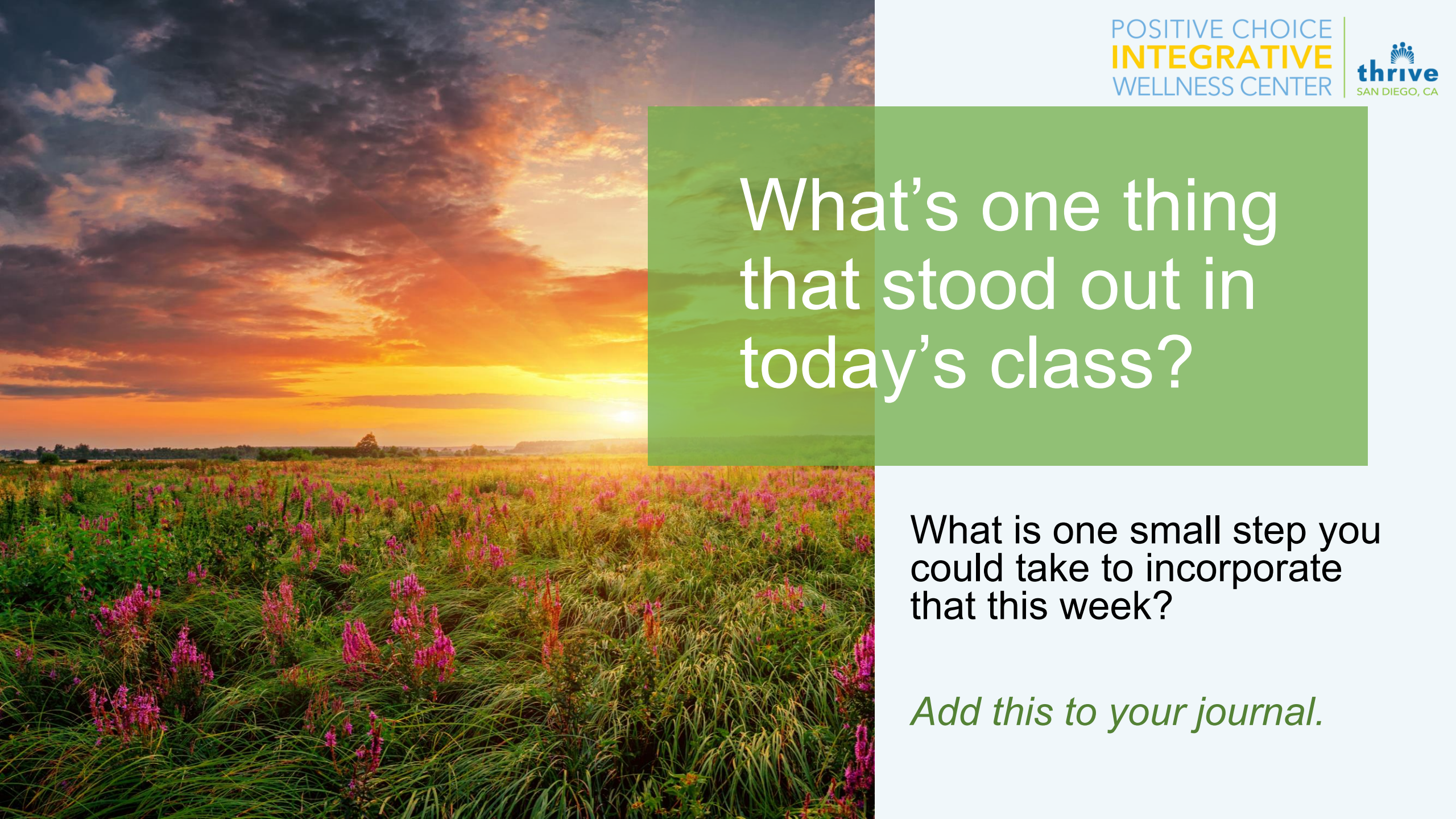
Choose More Often

- 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



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.

Resources



positivechoice.org/renew

Optional Meal Plan

Plan	Breakfast	Snack	Lunch	Snack	Dinner
LOW 1,000-1,200 calories 70-110 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4 oz protein supplement OR 2 cups vegetables 1 healthy fat	1 protein supplement OR 1 probiotic	4 oz protein 2 cups vegetables 1 healthy fat
Moderate 1,000-1,400 calories 80-130 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 1 grain, legume, or starch	1 protein supplement OR 2 oz protein 1 healthy fat	4-6 oz protein supplement OR 1 cup vegetables 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4 oz protein 2 cups vegetables 1 healthy fat
HIGH 1,400-1,700 calories 90-140 grams protein	2 oz protein 1 fruit 1 healthy fat 1 probiotic 2 grains, legume, or starch	1 protein supplement OR 2-4 oz protein 1 healthy fat	4-6 oz protein supplement OR 2 cups vegetables 1 grain, legume, or starch	1 protein supplement OR 1 probiotic	4-6 oz protein 2 cups vegetables 1 healthy fat

Getting Started with Strength Training



KP Health Resources

