

Optimize  
Your  
Nutrition

# Renew

A Weight Loss Rx Lifestyle Class

## **Optimize Your Nutrition**

### **MODULE 3:**

### Mastering Your Health

# *Welcome to class!*

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## 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?

# *Renew*

A Weight Loss Rx Lifestyle Class

# 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.

Which nutrition  
changes have you  
made that you're  
happiest about?

*Where do you still struggle?*

POSITIVE CHOICE  
**INTEGRATIVE**  
WELLNESS CENTER

 **thrive**  
SAN DIEGO, CA

# Taking Care of Your Gut

POSITIVE CHOICE  
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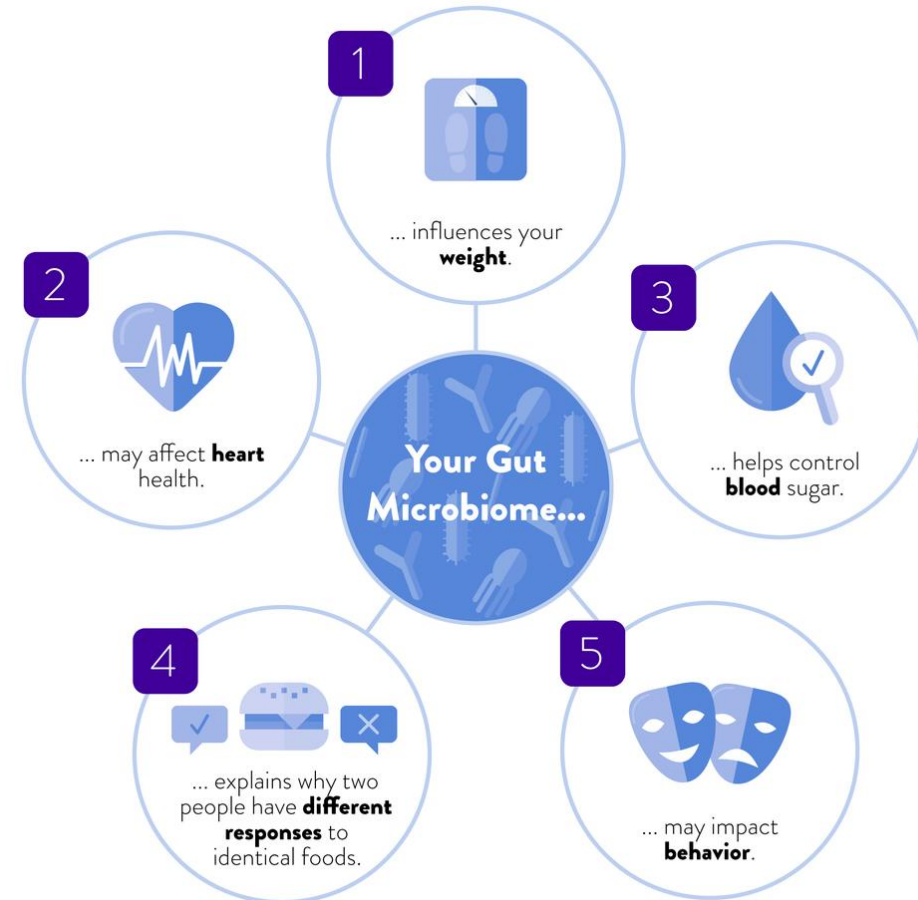


# The Gut Microbiome

*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



# 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.*



# Eat the Rainbow

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



# 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.



# 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

# Taking Care of Your Microbiome:

## Exercise

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



# 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



# 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 D<sub>3</sub>.

**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).

# Which one would you choose?

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## **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.

# 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.





# Reading Food Labels

Saturated Fat:  
10-20g total per day

Sodium - limit to:

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

| Nutrition Facts                                                                                                                                                                   |                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| 1 servings per container                                                                                                                                                          |                      |
| <b>Serving size</b>                                                                                                                                                               | <b>1 meal (269g)</b> |
| <b>Amount Per Serving</b>                                                                                                                                                         |                      |
| <b>Calories</b>                                                                                                                                                                   | <b>200</b>           |
| <b>% Daily Value*</b>                                                                                                                                                             |                      |
| <b>Total Fat</b> 4.5g                                                                                                                                                             | <b>6%</b>            |
| Saturated Fat 1g                                                                                                                                                                  | <b>5%</b>            |
| <i>Trans</i> Fat 0g                                                                                                                                                               |                      |
| <b>Cholesterol</b> 40mg                                                                                                                                                           | <b>13%</b>           |
| <b>Sodium</b> 490mg                                                                                                                                                               | <b>21%</b>           |
| <b>Total Carbohydrate</b> 23g                                                                                                                                                     | <b>8%</b>            |
| Dietary Fiber 2g                                                                                                                                                                  | <b>7%</b>            |
| Total Sugars 4g                                                                                                                                                                   |                      |
| Includes 1g Added Sugars                                                                                                                                                          | <b>2%</b>            |
| <b>Protein</b> 15g                                                                                                                                                                |                      |
| Vitamin D 0mcg                                                                                                                                                                    | 0%                   |
| Calcium 0mg                                                                                                                                                                       | 0%                   |
| Iron 0.198mg                                                                                                                                                                      | 2%                   |
| Potassium 470mg                                                                                                                                                                   | 10%                  |
| <small>*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.</small> |                      |

Fiber: 30–40g per day

Added sugars:  
limit 24 g per day

# 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  $\leq 24$  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                                                                                                                                         |                       |
| <b>Serving size</b>                                                                                                                                                | <b>2/3 cup (128g)</b> |
| <b>Amount Per Serving</b>                                                                                                                                          |                       |
| <b>Calories</b>                                                                                                                                                    | <b>370</b>            |
| % Daily Value*                                                                                                                                                     |                       |
| <b>Total Fat</b> 21g                                                                                                                                               | <b>27%</b>            |
| Saturated Fat 10g                                                                                                                                                  | <b>50%</b>            |
| Trans Fat 0.5g                                                                                                                                                     |                       |
| <b>Cholesterol</b> 75mg                                                                                                                                            | <b>25%</b>            |
| <b>Sodium</b> 75mg                                                                                                                                                 | <b>3%</b>             |
| <b>Total Carbohydrate</b> 37g                                                                                                                                      | <b>13%</b>            |
| Dietary Fiber 2g                                                                                                                                                   | <b>7%</b>             |
| Total Sugars 30g                                                                                                                                                   |                       |
| Includes 25g Added Sugars                                                                                                                                          | <b>50%</b>            |
| <b>Protein</b> 7g                                                                                                                                                  | <b>14%</b>            |
| Vitamin D 0.4mcg                                                                                                                                                   | 2%                    |
| Calcium 130mg                                                                                                                                                      | 10%                   |
| Iron 1.44mg                                                                                                                                                        | 8%                    |
| Potassium 94mg                                                                                                                                                     | 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. |                       |

# Common Names for Added Sugars

- Agave nectar
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Coconut palm sugar
- Coconut sugar
- Confectioner's sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Free-flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- HFCS  
(*High-Fructose  
Corn Syrup*)
- Honey
- Icing sugar
- Invert sugar
- Malt syrup
- Maltodextrin
- Maltol
- Maltose
- Mannose
- Maple syrup
- Molasses
- Muscovado
- Palm sugar
- Panela
- Powdered sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Saccharose
- Sorghum Syrup
- Sucrose
- Sugar (granulated)
- Sweet Sorghum
- Syrup
- Treacle
- Turbinado sugar
- Yellow sugar

# Label Reading Practice

## Plain Nonfat Greek Yogurt

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

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK.

## Strawberry Yogurt

| Nutrition Facts                                                                                                                                                                   |                           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| 1 servings per container                                                                                                                                                          |                           |
| <b>Serving size</b>                                                                                                                                                               | <b>1 container (170g)</b> |
| <b>Amount Per Serving</b>                                                                                                                                                         |                           |
| <b>Calories</b>                                                                                                                                                                   | <b>170</b>                |
| <b>% Daily Value*</b>                                                                                                                                                             |                           |
| <b>Total Fat</b> 3.5g                                                                                                                                                             | <b>4%</b>                 |
| Saturated Fat 1g                                                                                                                                                                  | <b>5%</b>                 |
| Trans Fat 0g                                                                                                                                                                      |                           |
| <b>Cholesterol</b> 10mg                                                                                                                                                           | <b>3%</b>                 |
| <b>Sodium</b> 95mg                                                                                                                                                                | <b>4%</b>                 |
| <b>Total Carbohydrate</b> 33g                                                                                                                                                     | <b>12%</b>                |
| Dietary Fiber 0g                                                                                                                                                                  | <b>0%</b>                 |
| Total Sugars 26g                                                                                                                                                                  |                           |
| Includes 20g Added Sugars                                                                                                                                                         | <b>40%</b>                |
| <b>Protein</b> 6g                                                                                                                                                                 | <b>12%</b>                |
| Vitamin D 0mcg                                                                                                                                                                    | 0%                        |
| Calcium 390mg                                                                                                                                                                     | 30%                       |
| Iron 0mg                                                                                                                                                                          | 0%                        |
| Potassium 0mg                                                                                                                                                                     | 0%                        |
| <small>*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.</small> |                           |

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.

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# Label Reading Practice

What to look for in pre-prepared meals: entrees, salads, frozen meals.

Serving Size:  
Is it one or more servings?

Protein:  
~20g per meal

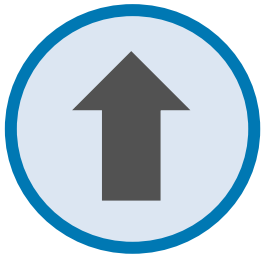
| <b>Nutrition Facts</b>                                                                                                                                             |            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 1 serving per container                                                                                                                                            |            |
| <b>Serving size 1 Package (297g)</b>                                                                                                                               |            |
| <b>Amount per serving</b>                                                                                                                                          |            |
| <b>Calories</b>                                                                                                                                                    | <b>310</b> |
| <b>% Daily Value*</b>                                                                                                                                              |            |
| <b>Total Fat</b> 7g                                                                                                                                                | <b>9%</b>  |
| Saturated Fat 4g                                                                                                                                                   | <b>20%</b> |
| Trans Fat 0g                                                                                                                                                       |            |
| Polyunsaturated Fat 0.5g                                                                                                                                           |            |
| Monounsaturated Fat 1.5g                                                                                                                                           |            |
| <b>Cholesterol</b> 25mg                                                                                                                                            | <b>8%</b>  |
| <b>Sodium</b> 600mg                                                                                                                                                | <b>26%</b> |
| <b>Total Carbohydrate</b> 44g                                                                                                                                      | <b>16%</b> |
| Dietary Fiber 4g                                                                                                                                                   | <b>14%</b> |
| Total Sugars 8g                                                                                                                                                    |            |
| Includes 4g Added Sugars                                                                                                                                           | <b>8%</b>  |
| <b>Protein</b> 17g                                                                                                                                                 | <b>28%</b> |
| Vit. D 0mcg 0% • Calcium 210mg 15%                                                                                                                                 |            |
| Iron 2mg 10% • Potas. 810mg 15%                                                                                                                                    |            |
| *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. |            |

Calories:  
300-500 is satisfying for most people per meal

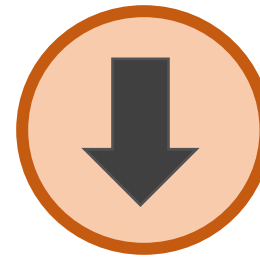
Sodium:  
Less than 2x the calories

# Take Away Message

## Choose more



- Recognizable food ingredients
- Fiber
- Protein



## Choose less

- Highly processed foods
- Added Sugar
- Saturated Fat

# 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.



# Prep Your Veggies

Make it as easy as possible to include veggies.

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





# 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.



# Healthy Staple Ideas

## Vegetables

- ☐ Baby carrots
- ☐ Bagged salad
- ☐ Bell peppers
- ☐ Sugar snap peas
- ☐ Canned tomatoes
- ☐ Frozen vegetables

## Fruit

- ☐ Apples
- ☐ Bananas
- ☐ Frozen berries
- ☐ No sugar added dried fruit
- ☐ Peaches

## Whole grains

- ☐ Protein pancake mix
- ☐ Whole wheat bread
- ☐ Air-popped popcorn
- ☐ Quinoa
- ☐ Corn tortillas

## Lean proteins

- ☐ Hard-boiled Eggs
- ☐ Frozen seafood
- ☐ Chicken breast
- ☐ Marinated tofu
- ☐ Nonfat plain Greek yogurt

## High Fiber

- ☐ Canned beans and lentils (low-sodium)
- ☐ Hummus
- ☐ Chickpea pasta

## Healthy fats

- ☐ Avocado
- ☐ Nuts
- ☐ Pesto
- ☐ Chia Seeds
- ☐ Olives

# Resources



[positivechoice.org/renew](https://positivechoice.org/renew)

## Optional Meal Plan

| Plan                                                        | Breakfast                                                                                    | Snack                                                                  | Lunch                                                                                          | Snack                                        | Dinner                                                  |
|-------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------|---------------------------------------------------------|
| LOW<br>1,000-1,200<br>calories<br>75-100 grams<br>protein   | 2 oz protein<br>1 fruit<br>1 healthy fat<br>1 probiotic<br>1 grain,<br>legume, or<br>starch  | 1 protein<br>supplement<br>OR<br>2 oz protein<br>1 healthy<br>fat      | 4 oz protein<br>supplement<br>OR<br>2 cups<br>vegetables<br>1 healthy<br>fat                   | 1 protein<br>supplement<br>OR<br>1 probiotic | 4 oz protein<br>2 cups<br>vegetables<br>1 healthy fat   |
| MED<br>1,200-1,400<br>calories<br>80-100 grams<br>protein   | 2 oz protein<br>1 fruit<br>1 healthy fat<br>1 probiotic<br>1 grain,<br>legume, or<br>starch  | 1 protein<br>supplement<br>OR<br>2 oz protein<br>1 healthy<br>fat      | 4-6 oz protein<br>supplement<br>OR<br>1 cup<br>vegetables<br>1 grain,<br>legume, or<br>starch  | 1 protein<br>supplement<br>OR<br>1 probiotic | 4 oz protein<br>2 cups<br>vegetables<br>1 healthy fat   |
| HIGH<br>1,400-1,700<br>calories<br>100-140 grams<br>protein | 2 oz protein<br>1 fruit<br>1 healthy fat<br>1 probiotic<br>2 grains,<br>legume, or<br>starch | 1 protein<br>supplement<br>OR<br>2-4 oz<br>protein<br>1 healthy<br>fat | 4-6 oz protein<br>supplement<br>OR<br>2 cups<br>vegetables<br>1 grain,<br>legume, or<br>starch | 1 protein<br>supplement<br>OR<br>1 probiotic | 4-6 oz protein<br>2 cups<br>vegetables<br>1 healthy fat |

## Getting Started with Strength Training



## KP Health Resources

