

# Better Way to Wellness

- Get Nourished... Be Well

## Nutrition 101: How Nutrition & Lifestyle Affects Your Health

Presented by Sandy Der, Certified Nutrition Consultant

- What is "Health?"
- Learning from Our Ancestors... "Time Tested Wisdom"
- Consider the Whole
- Nutrition 101
- Designing a Healthy Meal
- Eating Basics
- Putting it All Together for a Healthy Lifestyle

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### Whole Body Health – the Holistic You

You can have a positive effect on your health:

"You control 75% of your health outcome depending on the lifestyle and diet you choose" -- Drs. Roizen and Oz authors of "You: The Owner's Manual"

Drawing on the wisdom of traditional diets:

"Eat only what your great-great-great grandmother would recognize as food." -- Michael Pollan, author of "An Omnivore's Dilemma"

The best diet will be undone without balance in physical, mental and spiritual aspects of our lives

### Nutrition 101

#### A. Macronutrients

##### 1. Protein

- a. Needed to: build cells, for cell repair, enzyme and hormone production, building bones
- b. Grams per Day = Ideal Weight / 2
- c. Emphasize vegetable protein with some animal proteins – fish, poultry

##### 2. Fat at 20-25% of calories

- a. Extra Virgin Olive oil, organic butter preferably from grass-fed cows, Omega 3
- b. Coconut fat is easy to absorb and can give needed energy boost

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### 3. Carbohydrate

- a. Complex carbohydrates – whole grains (brown rice, buckwheat, quinoa, millet), starchy vegetables, fruit
- b. Avoid all refined carbohydrates – the white foods  
Especially sugar
- c. Controlling blood sugar is important for reducing inflammation

### B. Micronutrients

1. Isolated synthetic vitamins are not the whole story and in fact can do more harm than good if not used properly
2. Eat Real Food – Local, Seasonal, Fresh

### **Avoid List**

- Sugar & Sugar substitutes
- Trans Fats - hydrogenated and partially hydrogenated oils
- Nitrite cured meats
- Fried, BBQ or charred foods
- Heavily Processed Foods – packaged foods with more than five ingredients or things you can't pronounce.
- Food additives, preservatives, artificial colors

### **Eating Basics**

- Eat Real Food – Local, Seasonal, Fresh
- The further a food has to travel and the more a food is processed the less nutrients it will have
- Enjoy lots of fresh colorful vegetables and fruits – emphasize green leafy vegetables
- Include a protein, carbohydrate and fat with every meal or snack
- Drink filtered water or green or herb teas
- Eat while in a relaxed state...Enjoy your food in good company!

### **Putting it All Together for a Healthy Lifestyle**

- Follow the Eating Basics Rules
- Reduce Exposure to Toxins
- Physical Activity - Exercise
- Natural Light
- Reduce Stress

## Resources

### **California Seasonal Produce Calendar:**

[www.rockridgemarkethall.com/produce/index\\_produce.html](http://www.rockridgemarkethall.com/produce/index_produce.html)

Dadd, Debra Lynn. Home Safe Home. New York: Putnam, 1997.  
Also [debraslist.com](http://debraslist.com)

Environmental Working Group:

**Produce Shopping Guide:** [www.foodnews.org](http://www.foodnews.org)

**Cosmetics Shopping Guide:** [www.cosmeticsdatabase.com](http://www.cosmeticsdatabase.com)

Examples of Exercises: [www.metaboliceffect.com/move.page/one.html](http://www.metaboliceffect.com/move.page/one.html)

*Exercise as Medicine:* [www.metaboliceffect.com/me\\_pages/exercisemedice.html](http://www.metaboliceffect.com/me_pages/exercisemedice.html)

Monterey Bay Aquarium **Seafood Watch:** [www.mbayaq.org/cr/seafoodwatch.asp](http://www.mbayaq.org/cr/seafoodwatch.asp)

[mountainroseherbs.com](http://mountainroseherbs.com) – online source for organic herbs, spices, sea vegetables, cosmetics

Nestle, Marion. What to Eat. New York: North Point Press, 2006.

Oz, Mehmet and Roizen, Michael, MDs. You: The Owner's Manual. New York: HarperCollins, 2005.

Pollan, Michael. "Unhappy Meals" New York Times Magazine. January 28, 2007.

USDA Dietary Reference Intakes (lists daily requirement of nutrients for all age groups):

[http://fnic.nal.usda.gov/nal\\_display/index.php?info\\_center=4&tax\\_level=2&tax\\_subject=256&topic\\_id=1342](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=256&topic_id=1342)

Be advised that any nutritional program suggested is not intended as a treatment for any disease. The intent of any nutritional recommendation is to support the physiological and biochemical processes of the human body, and not to diagnose, treat, cure, prevent any disease or condition. Always work with a qualified medical professional before making changes to your diet, prescription medication, lifestyle or exercise activities.