



Using Food in the Creation of a Healthy Lifestyle
A Practical Approach

Icebreaker

Question: *Would you rather eat the potato chips or the fruit/nuts right now? Do you know why you are choosing one over the other?*

Feel free to snack while we talk about food!

Topics

- Tips for healthy behaviors surrounding diet and nutrition
- Ways to plan, shop, budget, prepare and integrate healthy eating/behaviors into your life
- Whole versus processed foods
- Psycho-emotional factors surrounding diet
- Review the Dirty Dozen and Clean Fifteen

Tips for Healthy Behaviors

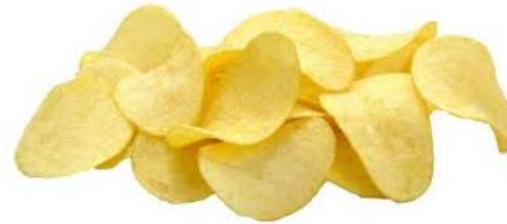
- Daily Food Log
 - Tracks what and when you eat, frequency, cravings, mood
 - Could even record your bowel movements surrounding diet
- Be mindful of **what** you eat and why
 - Notice emotions surrounding food choices: are you actually hungry? Are you feeling emotional in some way or another?
- Be mindful of **how** you eat and why
 - Do you often eat: standing, on-the-go, while driving, in conversation, watching television, when emotional, quickly; do you chew your food thoroughly?
- Eating is social
 - If you have read anything about the Mediterranean diet, it mentions not only types and amounts of foods to eat, but eating with loved ones as well
 - Share recipes! It reduces the work of having to find new ones, perhaps your mom has an old favorite
 - Involve your family with planning and preparing – the kitchen is a very warm and social place; teach your kids how to cook healthy foods

Whole Vs. Processed Foods

- **Whole:** Foods or combinations of foods that are naturally derived from the earth; not genetically modified or processed with additives or preservatives
- **Processed:** Foods that are man/factory made; genetically modified, preservatives, flavors and colorings are typically added
- **Tip:** There is a spectrum, we can't *always* eat only whole foods – aim for foods that have less ingredients listed and ingredients you can pronounce and understand

EX: Is coffee a whole food? Yes, if sugar, cream and other ingredients aren't added. Lots of benefits to black coffee!

Determine whether the foods to the right are whole or processed



MakeFoodFun

- **Make a list**

Plan your weekly meals and don't go to the store on a whim or when hungry; you will save money, splurge less and make less trips back to get items you need/forgot

- **Around the edges**

A shopping trick is to shop around the edges as it contains the less processed foods: produce, meats; while the inside of the store will have more preservatives and additives to create a longer shelf-life without refrigeration

- **Keep waste down – overlap ingredients**

Making a list will be critical for this step; buy ingredients that will be utilized in multiple meals that week; example: buying quinoa and make 2 meals with this as an ingredient; or an onion or carrots

- **Eat leftovers; Eat out less**

You will guaranteed save money and eat healthier when you eat leftovers and dine out less; eating out is great on occasion or for special events but restaurants tend to add more salt and sugar than you would in your own recipe; when you cook at home, you know exactly what ingredients go in the dish – not to mention, eating leftovers means you don't have to cook every night!



MakeFoodFun Cont.

- **Freeze extras**

Cooking in bulk and freezing extras is a great way to be efficient when eating healthy; take a few hours on one day and cook 1-2 larger meals, freeze what you don't eat and pull out later in the week or the next week for a healthy option on-the-go!

- **Organic is best...**

With meats, dairy and the dirty dozen. If you can't buy everything you want to in the organic section stick with these items; it's better to eat more vegetables and fruits that are NOT organic than to not eat them at all if you can't purchase them organically

- **Oils, olives and omegas**

Are healthy options to add to your cooking palate; explore the different types of cooking oils and the different sources in which you can find omegas

- **Do read labels! Don't snack when emotional**

Reading labels is a must! It takes a little extra time, but once you get the hang of it, you wonder why you didn't do it before. Often times, individuals have no idea the actual serving size, amount of salt, sugar or additives in something they buy. Reading labels helps you stay on track with a healthy diet. Being mindful about *when and why* you snack can help keep you on a great path. Recognize if you eat when emotional or not hungry (a food diary can help reveal these patterns)



Nutrition Facts	
Serving Size	½ cup (114g)
Servings Per Container	4
Amount Per Serving	
Calories	90
	Calories from Fat 30
% Daily Value*	
Total Fat	3g 5%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	300mg 13%
Total Carbohydrate	13g 4%
Dietary Fiber	3g 12%
Sugars	3g
Protein	3g
Vitamin A	80%
Vitamin C	60%
Calcium	4%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat 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

MakeFoodFun Cont.

- *Farmer's markets are great*

To get fresh, organic items; additionally it helps support local farmers and small businesses, not to mention you often get to meet the hand that tends to your food

- *Utilize free time to prep and cook in bulk*

Discussed briefly in a previous section; carve out a few hours a week to cook in bulk so you aren't cooking every night; this helps when you get busy with life or just don't feel like cooking

- *Nuts and seeds to support your protein needs*

Don't forget about nuts and seeds! These are great snacks, and you only need about a handful to feel satiated and full; nuts and seeds contain many healthy components to your diet and are quick and easy to grab and run!



Dirty Dozen

- 1) Strawberries
- 2) Spinach
- 3) Nectarines
- 4) Apples
- 5) Peaches
- 6) Pears
- 7) Cherries
- 8) Grapes
- 9) Celery
- 10) Tomatoes
- 11) Bell Peppers
- 12) Potatoes

Clean 15

- 1) Sweet corn
- 2) Avocados
- 3) Pineapples
- 4) Cabbage
- 5) Onions
- 6) Sweet Peas
- 7) Papayas
- 8) Asparagus
- 9) Mangos
- 10) Eggplant
- 11) Honeydew
- 12) Kiwi
- 13) Cantaloupe
- 14) Cauliflower
- 15) Grapefruit

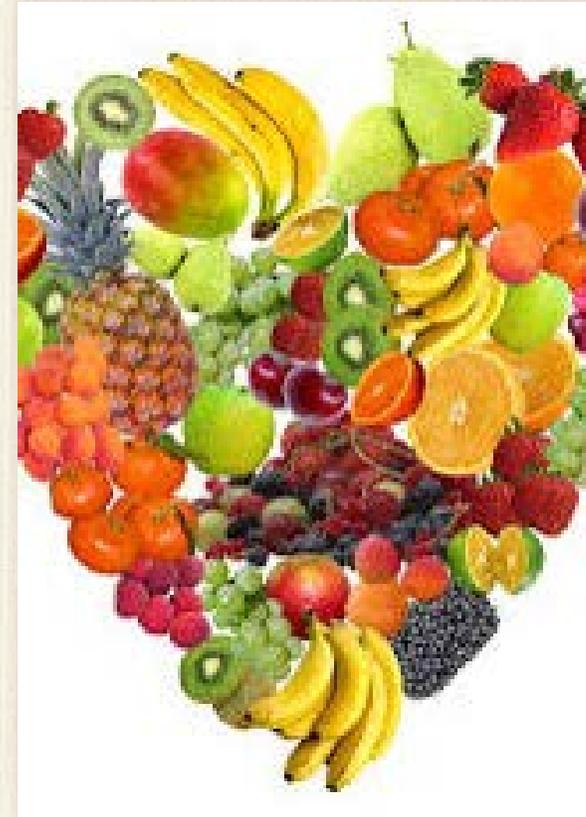
**Both lists are subject to change, and may vary slightly*

Dirty Dozen & Clean Fifteen Importance



Group Exercise

5-7 minutes



Conclusion + Q&A

Thank you for your interest!

Presented & Developed By:
Amber Collins LAc & Adylle Varon LAc

A Cooperative Effort of:

