NUTRITION MADE SIMPLE

Inland Regional Center
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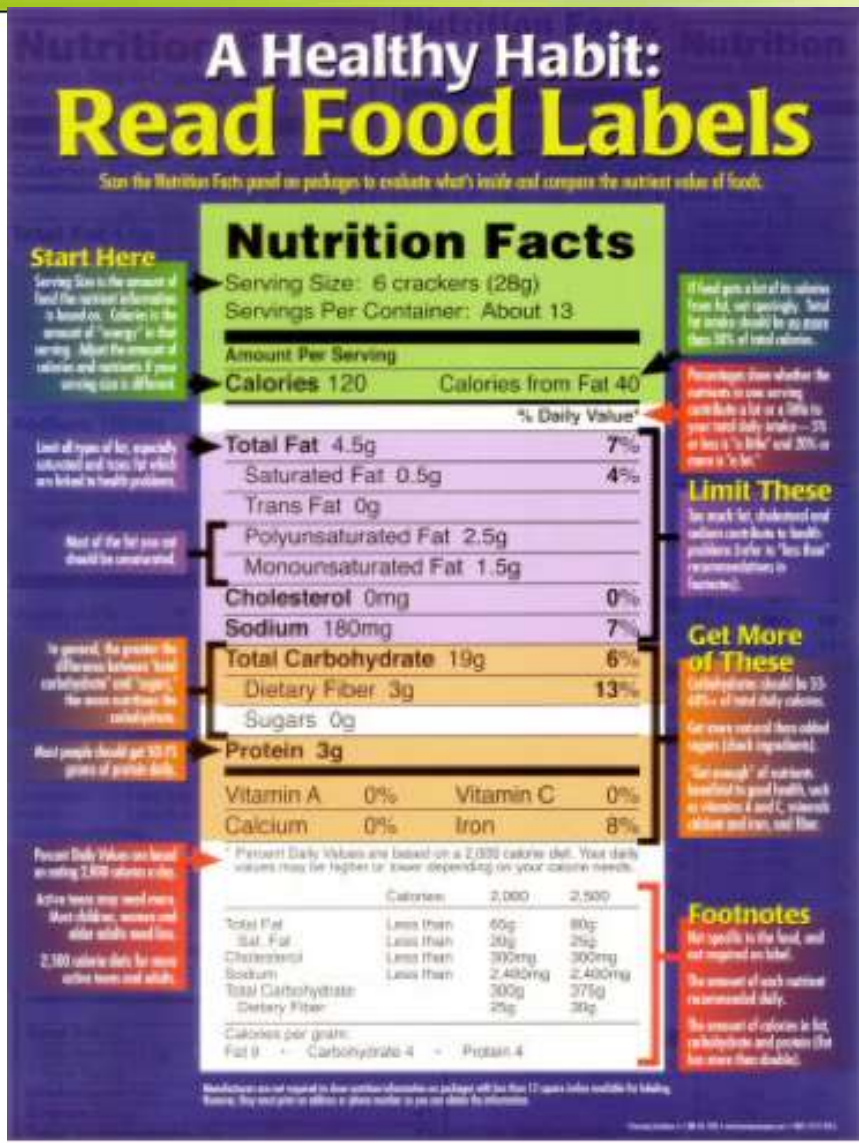
Confusing Messages

- Various diets – weight loss (numerous!!), high blood pressure, high cholesterol, diabetic, restrictions.
- Supplements
  - Omega 3
  - Fiber
- Type of foods cause weight gain?
- Don’t eat before bed
- Conflicting
  - Salt? Sugar? Whole grain?
- Clever marketing – Don’t fall prey.

Food Labels

1. Don’t Lie
2. Learn to read them
3. Pay attention to ingredients



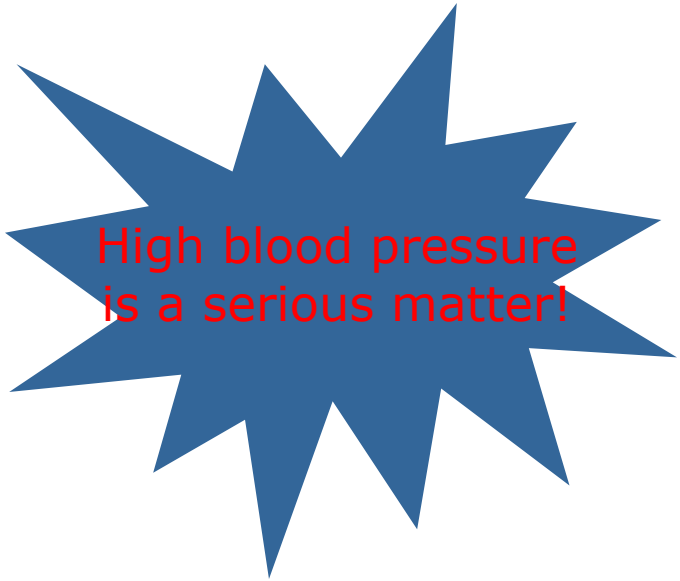
Simple Ingredients

Messages of SALT

- "Don't eat salt"
- "Don't add salt"
- "avoid foods that contain salt."
- Gourmet salts
  - Sea salt?
  - Kosher salt?
  - Fleur de sal?

Why Worry About Sodium Intake?

- High sodium intake raises risk for:
  - High blood pressure
  - Other diseases

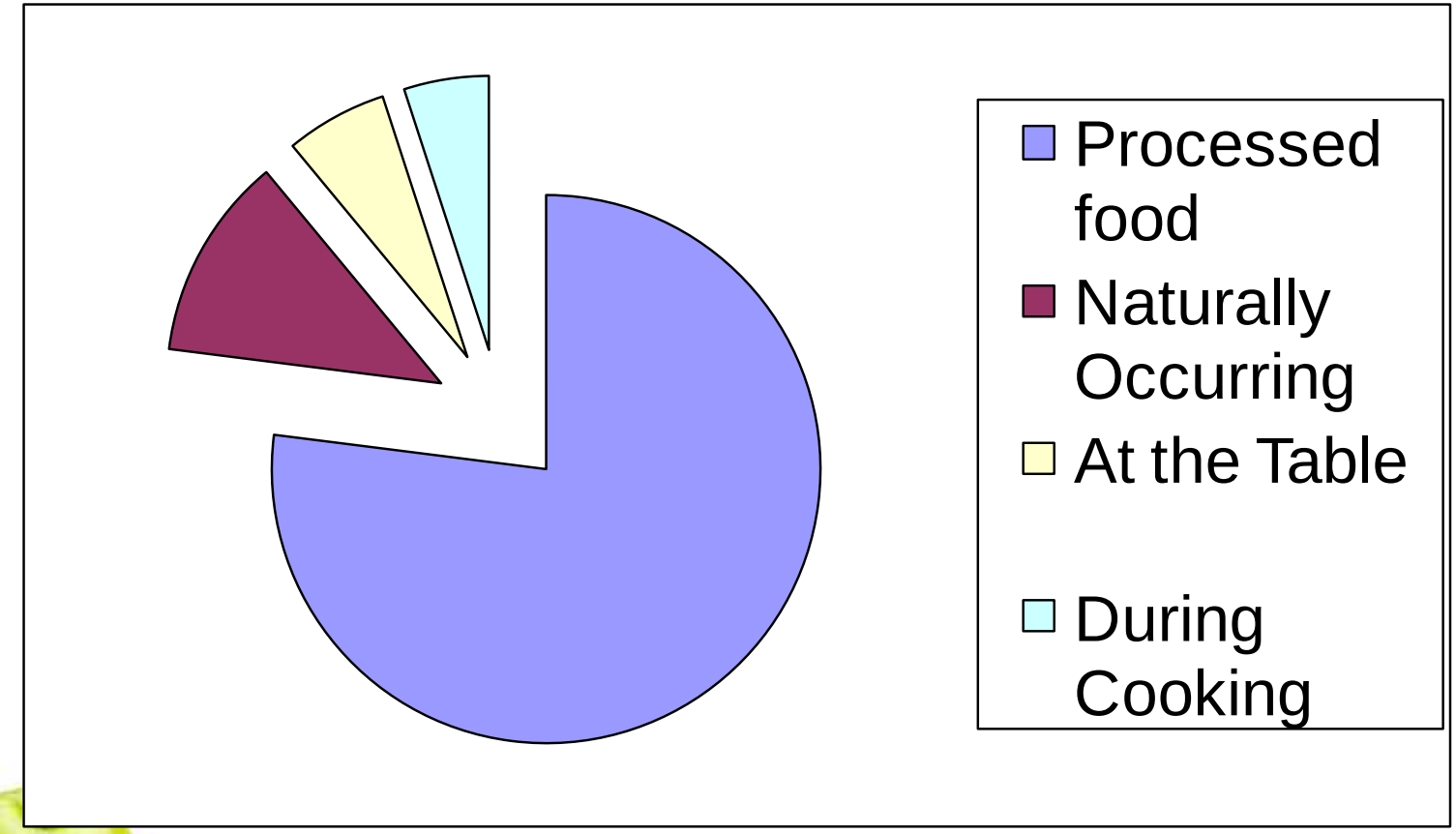


Physiology of Salt

- Salt retains fluid
- Excess fluid keeps circulatory volume higher than it should be.
- Excess fluid adds pressure on blood vessel walls.
- Walls react to stress by narrowing and leaving less space for fluid that is already cramped.

But I never use the salt shaker?!

Where Does Salt Intake Come From?



Salt intake comes mostly from processed foods and meals that are eaten away from home.

Read the Label

- If a food contains 5% or less of the daily value for sodium, then it is low in sodium.

Nutrition Facts

Serving Size 1 cup (228 g)
Servings Per Container: 2

Amount per serving	
Calories 250	Calories from Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans fat 2g	
Cholesterol 30g	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

Salt made simple

1. Avoid processed foods –
   - Majority of salt does not come from the salt shaker it comes from processed foods and restaurants.

2. Keep eating out to a minimum.

#3 -Substitute Fresh for Processed

- Processed or canned deli meat, sausage, ham

- Fresh meat, poultry, fish

Messages of SUGAR

- “Don’t eat sugar”
- “avoid high fructose corn syrup”
- “cut out sweets”
- “carbohydrates turn into sugar”
- “cut out carbohydrates”

Why worry about SUGAR?

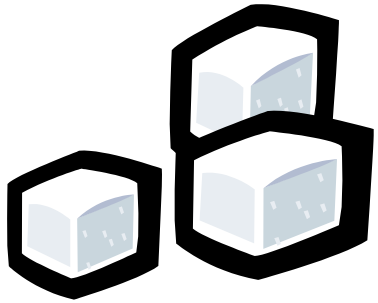
- Provides calories with no nutrient benefits.
- Cause weight gain
  - Weight gain if uncontrolled leads to diseases.
- Added to foods we wouldn’t expect.

Physiology of SUGAR

- Sugar is a simple carbohydrate.
- After digestion our bodies…..
  1. Use it as energy – if needed.
  2. Stores in liver (glycogen) – if livers storages are full.
  3. Stores as fat.

Sugar on the ingredient list

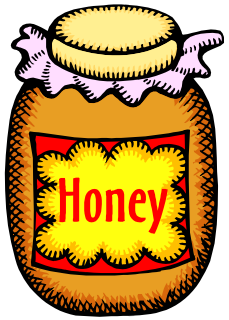
- Agave Nectar
- Barley Malt Syrup
- Corn sweetener
- Corn syrup, or corn syrup solids
- Dehydrated Cane Juice
- Dextrin
- Dextrose
- Fructose
- Fruit juice concentrate
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses
- Raw sugar
- Rice Syrup
- Saccharose
- Sorghum or sorghum syrup
- Sucrose
- Syrup
- Treacle
- Turbinado Sugar
- Xylose



Natural Sugars

- Fruit
- Honey
- Agave

- Provides our body with fuel and other benefits such as nutrients, fiber, antioxidants.



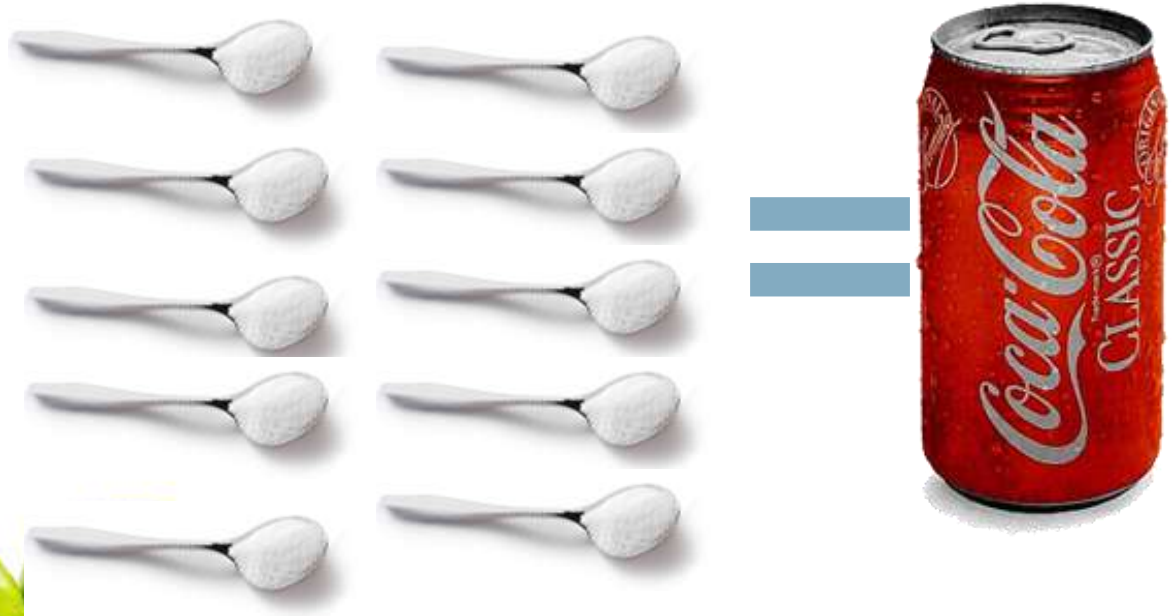
Sugar limit

- None is better.
- 6 – 10 teaspoons per day.
- 30-50 grams per day.

Soda and Sugar

OBESITY IN A BOTTLE

- 4 Grams = 1 teaspoon
- 10 Teaspoons in Every 12 oz Can



Obesity in a Bottle

Liquid vs. Food Calories

32 oz. Cola – 400 calories

Foods with 400 calories

- 2 bagels
- 1 1/2 c. macaroni and ch
- 1 taco, 1 enchilada
- Roast beef sandwich
- 3 bowls of cereal, milk
- 7 pancakes
- 5 c. chicken noodle soup
- 2 brownies

Diet Soda Surprise

- Diet Soda May Cause

  Weight Gain
- Calorie-free Drink May Leave
  You Hungry

Sugar made simple

1. Limit sugar
2. Choose natural sugars.

3. Drink skim milk, sugarless tea, and water, water, water!

Make Water Interesting

- Add Fruit Slices (Spa Water)
- Top with Juice Splash
- Use Juice Ice Cubes
- Try Carbonated Water

Messages of Whole Grain

- “Don’t eat white”
- “Avoid all processed foods”
- “Choose 100% whole wheat”
- “Choose whole grain”

Whole grain

- Carbohydrates
  - Simple - more easily digested.
    - Fruit, white breads, white pastas, sugar, white rice.
  - Complex – offer more satiety and more nutrition such as B & E vitamins and protein.
    - 100% whole wheat, whole grain, brown rice, oatmeal.

100% or whole grain?

- Either
- Watch for ingredients!

Whole Grains made Simple

1. Start your day with whole grains.
2. Make at least 3 carbohydrate choices whole grains per day.
3. ¼ plate grains

Weight loss

- Cabbage diet, colon cleanse diet, HCG diet, Atkins diet, Dukan diet.
- Diet pills
- Weight loss clinics: Jenny Craig, Weight Watchers, Nutri-System

40 Billion dollars spent on weight loss products according to business weekly.

Diet industry is one big fat lie!

NOW AVAILABLE IN THE USA AFTER A TREMENDOUS SUCCESS IN FRANCE...

SLEEP... AND LOSE WEIGHT IN JUST A FEW NIGHTS!

SYLVIE Evening November 4th

SYLVIE Morning November 24th

Yes, just like in a dream, Maxiline burns fat while you sleep... to make your dreams come true

Lose your excess pounds in record time! Sylvie D. is not the only one to have successfully tried (without regaining weight back) this new and insatiable fat eater named Maxiline. Please don't ever compare this new system to what you have tried before. Maxiline cannot be compared to anything else. You will soon understand why.

Wake up and discover all your fat is gone...

Already 1000 testimonials in France!

Jacqueline N. in Rouen
I had only 12 excess pounds, but how could I lose them? After 3 years of failure, Maxiline finally melted them off without danger... in only 4 days!

Odette M. Cote d'Or
What convinced me was that I had no effort to do, and I didn't have to go hungry. I went from size 16 to size 10 in 7 nights! Now I float in my clothes.

Catherine I. Bordeaux
It was like a dream that came true! Every morning I was slimmer and lighter and the only I had done was to sleep! I had lost 5 pounds during the night. I have now lost 60 pounds that way... Can you believe it?

Herbert P. Toulon
With Maxiline I lost 24 pounds. This means that today I am handsomer and I feel much healthier. A true miracle.

Chantal C. Grenoble
In 5 nights, I lost 5" around my waist, 6" around my thighs. My legs are much thinner. I feel better than ever.

Colette G. Auxerre
5 pounds lost every night, thanks to Maxiline. I want to help people. You can change your life the same way I did it.

Read carefully what follows
1. You eat whatever you want.
2. You just have one thing to do: take Maxiline
3. Maxiline is 100% safe. No allergy risk.
4. Your trial is guaranteed.
You will be reimbursed if you don't lose all your excess pounds in a few nights.

Weigh yourself every morning.
You too, every morning, note the excess pounds and the inches you lost during the night. You will see... It is simply spectacular!

How much weight will you lose?
As many inches as you would have to lose to get a dream body! Yes, as many pounds as you need to lose to reach your ideal weight! 8, 15, 30 or 60 pounds; just like Catherine I. from Bordeaux!

Why during the night?
During the night, Maxiline works with 100% efficacy on your fat that cannot "defend itself" because your body is resting. On top of that, the active elements of Maxiline act easily and move freely in your body when it is not in motion or confined by clothes and underwear that squeeze your waist.

A GIFT FOR YOU (see your coupon)

Sleep...and lose weight in just a few nights...you eat what ever you want...
5 pounds lost every night...

Weight Loss made Simple.

1. Calories in =calories out.
2. Eat less.
3. Move more.
4. Set small goals and build on them.

The following is a list of Physical Activity Guidelines for Adults with Disabilities from the U.S. Department of Health and Human Services:

- Adults with disabilities, who are able to, should get at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- Adults with disabilities, who are able to, should also do muscle-strengthening activities of moderate or high intensity that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.
- When adults with disabilities are not able to meet the Guidelines, they should engage in regular physical activity according to their abilities and should avoid inactivity.
- Adults with disabilities should consult their health-care provider about the amounts and types of physical activity that are appropriate for their abilities.

Physical Activity made Simple

- Bocce
- Bowling
- Golf
- Hunting
- Karate
- Kayaking
- Tai Chi
- DVD Workouts
- Sports
- Wheelchair workouts
- Walking
- Walking uphill
- Making your own game
- Kids playground games
- Wii fitness or dance

Plan a daily schedule and allow time for activity, stick to it.

SUPPLEMENTS

Confusing Messages

- B 12
- Vitamin D
- Omega 3
- Niacin
- Niacin
- Calcium
- Multi-Vitamin
- Herbal Supplements

DIET RESTRICTIONS

Diet ordered restrictions

- Calorie restrictions
  - 1500
  - 1800
- Diabetic diet – reduced carbohydrate
- Low sodium – 2,000 mg. per day
- Heart Healthy
  - Low fat
  - Increase fruit and vegetable
- Gluten Free diet
  - Remove wheat, barley and rye

THE ART OF MENU PLANNING MADE SIMPLE

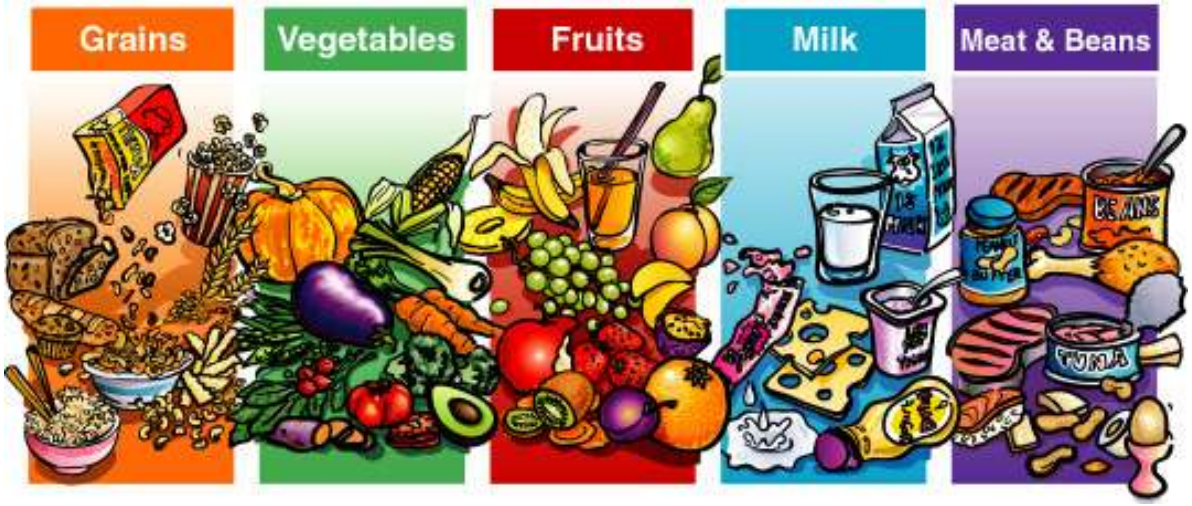
Calorie Needs

- 1500
- 1800
- 2000
- 2200

- Snacks
  - 1 Carbohydrate
  - 1 Protein
- Meals
  - Protein
  - Carbohydrate
  - Fat
  - Vegetables

Food Groups

- 5 food groups.
  - Protein
  - Grains
  - Dairy
  - Fruit
  - Vegetables



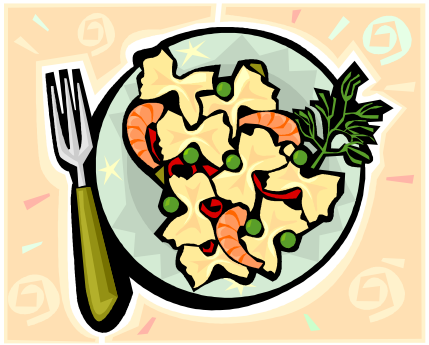
RDA - Recommendations

Daily - 3 meals and 2 snacks

Food Group	Per day	Per meal
Grains	3-4 oz.	1 oz. per meal
Dairy	3 cups	1 cup per meal
Protein	5-6 oz.	2 oz. per meal
Fruit	2 cups	2 fruits per day
Vegetable	3 cups per day	1 c. snack 2 c. for 2 meals

Grains – 3-4 oz.

Meal	
Breakfast – 1 oz.	1 ½ cup whole grain cereal
Lunch – 1 oz	1 ½ cup whole grain pasta
Dinner – 2 oz.	Small baked potato Whole wheat roll



Dairy - 3 cups

Meal	
Breakfast	1 cup skim milk
Lunch	Yogurt
Evening Snack	1 cup skim milk

Protein – 5-6 oz.

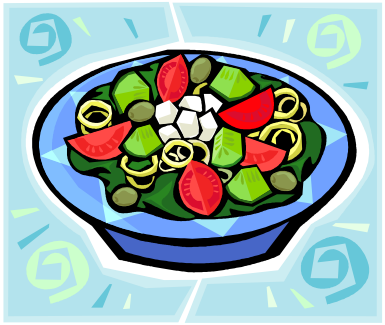
Meal	
Breakfast	1 cup skim milk
Lunch	2 oz. Diced chicken
Dinner	2 oz. Salmon

Fruit – 2 cups

Meal	
Breakfast	1 cup strawberries
Afternoon snack	1 small apple

Vegetables – 2-3 cups

Meal	
Lunch	1 cup Mixed vegetables
Dinner	2 cups salad



Fats

Meal	
Breakfast	0
Lunch	Olive oil for pasta salad
Dinner	Dressing for salad 1 tsp. butter for potato

One day meal plan

Meal	
Breakfast	Cereal Skim milk Strawberries
Lunch	Pasta Salad with vegetables and chicken Yogurt Water
Snack	Apple Water
Dinner	Salmon Baked potato with butter Green salad Water
Evening snack	1 cup milk

Keep things simple

- Whole foods are best.
  - Serve fresh fruit and vegetables
  - Choose fresh and lean meats
  - Include dairy – if possible
- Move more!

Confusing messages

- Don’t believe everything you hear.
- Be watchful for scams.
- Don’t fall prey to advertising schemes.

THANK YOU

- Questions??

Happy Valentines Day!