
NUTRITION Essentials

Rediscovering all that Nourishes YOU





Nutrition that Nourishes YOU

Welcome to nutrition that nourishes you.

This simple guide will take you on a journey into simplifying nutrition so you can enjoy the foods that will help you to THRIVE!

You have probably heard the saying, “you are what you eat” but did you know even more importantly- you are what you absorb. In fact each bite of food you eat will move you closer to either health and wellbeing or sickness and disease because food is the fuel of our bodies- the building blocks of our health- the very nutrients that create and sustain life.

So get ready to optimize your energy, health and life one bite at a time.

The Role of Food Explored

The purpose of the food we eat is essential to every function in the body. Food is meant to nourish and provide energy. It promotes the growth and repair of tissues, provides energy to every cell in the body and is essential to every tissue, and system for health and function so you can continue to look and feel your best day after day, year after year.

Unfortunately, the average American diet of coffee, donuts, burgers, fries and soft drinks don't provide any of the essential nutrients our bodies need to heal and thrive. The common foods that many of us are eating may provide short term energy, but it also leads to blood sugar imbalance, hormone imbalance, free radical damage, high levels of inflammation, weight gain and increased risk of heart disease, diabetes and cancer.

The path back to health begins in the gut.

It's a combination of what nutrients we give to our body and the bodies ability to absorb the nutrients. As our diets suffer, so do our gastrointestinal systems.

The GI tract is more than just where we take in and process food. It's also where we make many of our hormones, brain chemicals as well as where much of our immune system reside.

When there is breakdown in digestive health, our entire body suffers.

Without a healthy GI tract, health will elude you. This is why reducing the inflammatory burden and repairing the system while restoring essential nutrients and microbiota are foundational steps in optimizing you.

The good news is that your path to health lies at the end of your fork. Remember each bite moves you closer to sickness or health and wellbeing. This means that you are in control so the more you know, the better choices you can make for yourself, your health and your wellbeing.





UNDERSTANDING NUTRITION

Food Nourishes. Food Heals

It's easy to see that understanding our health by way of what we eat, isn't always easy. Between 24/7 access to fast and convenient foods and conflicting information, it can make the best of us scratch our head wondering what really is good for us. That's why we created a simple guide to help you get to the heart of nutrition, beyond the buzzwords and fad diets so that you can make the best choices for your health!

Before we dive in and start breaking down how to eat to live our best lives, let's talk a little about what nutrition is. Merriam-Webster Dictionary defines nutrition as: "the act or process of nourishing or being nourished; specifically, the sum of the processes by which an animal or plant takes in and utilizes food substances." Okay, so we're going to focus on nourishing our body with food that sustains us, gives us energy, encourages cellular health, and repairs tissues. No problem!

Explaining Nutrients

Nutrients are the building blocks that your body needs to live, grow, build, and repair. Our nutrients come from the foods we eat. So now imagine that eating is much like building a home, we need the right materials to build a healthy home.

There are **three types of nutrients** that are the essential building blocks of health:

- **Macronutrients** - These are large nutrients that our bodies use for fuel - proteins, carbohydrates, and fats
- **Micronutrients** - Smaller in size, these are our vitamins and minerals that heal and support our bodies
- **Enzymes** - They can be either digestive, metabolic, or food enzymes, and they are responsible for breaking down food and converting it to energy, building cells, or extracting the vitamins and nutrients to use in the body. Think of enzymes like the key that unlocks all of the energy from the food and makes it available to your body.

Carbohydrates Made Easy

Carbohydrates are the sugars and starches found in fruits, vegetables, grains, and dairy, and they make up the body's primary energy source. Carbs get a lot of bad press, but they're a necessary part of a healthy diet, provided you pick the right carbs. There are two types of carbohydrates:

- ✓ **Simple** - Small sugar molecules that the body breaks down quickly, causing a spike in blood sugar and negatively impact your body's insulin production. Simple carbohydrates include processed sugary foods like candy, soda pop, or refined flours.
- ✓ **Complex** - Larger molecules that take longer to break down, providing sustained energy and less of an impact on blood sugar. These are more natural, less processed carbohydrates, including whole grains and fresh fruits and vegetables.

The challenge in today's nutritional landscape is that we are all eating too many carbohydrates that are breaking down quickly to sugar and wreaking havoc on our health. Here is what happens and why balancing your nutrients matter.

The moment you eat a bagel, pasta, rice, chips, apple, or any other type of carb, it immediately begins to breakdown to sugar. Sugar is a primary fuel source for your body. If you are using it, great, no problem BUT for many of us, we are not actively using the fuel we are making and we are eating way too much of it which is causing real metabolic problems in the body.

As you begin to breakdown sugar and convert it into glucose, the pancreas releases insulin. Think of insulin like a mop because it literally mops up glucose and stores it in the liver and muscles as glycogen to be used later as fuel. It typically takes two hours for your glucose levels to return to normal but if you eat just carbs, you can have more of a sharp spike, then crash causing you to experience headaches, cravings, hunger and even mood swings. This means you are hungry more often, and when insulin is released, your body is automatically in fat storing mode- meaning- the more carbs you eat, the more fat your body stores and the less you burn.

The longer this goes on, the greater your chances of becoming prediabetic or diabetic which means that your body becomes more resistant to insulin so it doesn't mop up the sugar as well and your blood glucose levels will stay elevated for longer and longer periods of time which becomes very dangerous to your brain and the health of your body.

Because insulin is one of the most powerful hormones in your body, you can do everything "right" with working out and counting calories and still gain weight. Remember insulin health is the KEY to optimized metabolic function. Too much insulin can cause your body to go into fat storage vs fat burning mode while also throwing your adrenals, thyroid and sex hormones out of balance and increasing your risk of diabetes.

The solution is simple.

- Decrease your amount of carbs, especially simple.
- Understand their glycemic load.
- Support healthy insulin production and energy levels by combining lean proteins and healthy fats with your carbs for enhanced metabolic function.



Understanding the Glycemic Load begins with the Index. The glycemic index (GI) rates carbohydrates by how they positively or negatively affect blood sugar levels.

Foods with low glycemic index are slower to digest, provide long-lasting energy, and cause a more gradual rise in blood sugar. This includes lentils, vegetables, whole grains, and oats.

Foods with a high glycemic index spike blood sugar and lead to excess insulin production. High GI foods include refined white bread, cake, white potatoes, and white rice.

Diets high in high GI foods, simple carbohydrates, and sugar are dangerous to long-term health. They can lead to obesity, diabetes, and chronic inflammation. They disrupt your hormones, energy and brain health, these are just a few reasons that eating the right type of carbs really matter.

People who eat a wide array of low GI foods including fresh fruits and vegetables and whole grains experience lower blood sugar, lower cholesterol, and lower rates of obesity and chronic health problems with fewer symptoms, more energy and better health.



Protein Made Easy

Proteins are essential to building and maintaining muscle, tissue, and organs. They also make up hormones, enzymes, and work as neurotransmitters, so including proteins in the diet is vital to overall health!

But how much protein should you eat?

The Recommended Daily Amount (RDA) suggests eating 0.36 g of protein per 1 pound of weight. So, a 150-pound person should eat approximately 54g of protein per day, though this will be higher in people who exercise frequently.

Protein can come from two sources, plants and animals. Plant protein sources are often excellent sources of complex carbohydrates, healthy fats, and protein. Animal protein often provides a lot of protein in a small serving but can be higher in cholesterol and fats. Some excellent sources of protein include:

Examples of Plant-based protein

(per 3.5 oz.):

- lentils (26g)
- almonds (21g)
- quinoa (14g)
- black beans (21g)

Examples of Animal-based protein

(per 3.5 oz.):

- chicken breast (31g)
- tuna (29g)
- eggs (12.5g)

HERE ARE OUR RECOMMENDATIONS FOR YOUR BEST SOURCES OF LEAN AND CLEAN PROTEIN:

Meats (Nitrate- Free, Hormone-Free, and Pasture Raised are Best)

- Chicken
- Turkey
- Bison
- Grass-fed beef
- Lamb
- Any wild game

Fish and Seafood (Wild Caught is Best)

Fresh or Frozen Wild Caught, Low Mercury Fish:

- Pacific Salmon
- Pacific Cod
- Trout
- Sea Bass
- Flounder
- Albacore Tuna
- Shrimp or Scallops
- Canned fish (sardines, anchovies, wild salmon)

Vegetarian- Plant Based Proteins:

- Seeds: Flax, Hemp, Sunflower, Chia, Pumpkin
- Nuts: Almonds, Pecans, Walnuts, Pistachios, Pine
- Nut and Seed butters
- Avocado
- Nutritional yeast
- Spirulina, Wheatgrass., Chlorella
- Spinach, broccoli, and Kale
- Coconut and Almond flour
- Coconut meat



Fats Made Easy

For years, fats have been given a bad rap and a common myth has been that fats are bad advocating a low-fat diet as the key to health and weight loss. This is not true!

Fat's are our friend in fact, they are essential to for optimal hormone, brain, immune and heart health. They aid in digestion, vitamin absorption, cell growth and effect overall metabolic function. They impact energy, weight loss, mood, memory and so much more,

So why all of the fuss???

The challenge is that not all fats are created equal.

Good fat sources typically are found in mono and polyunsaturated forms in foods like:

- Olive oil, coconut oil, flaxseed oil
- Avocados
- Wild salmon
- Almonds, walnuts

Bad fat sources come in several forms most often found in saturated fats.

- Hydrogenated oils
- Canola oil, peanut oil, sunflower oil
- Processed meat (cold cuts, hot dogs)
- Margarine

Carbs

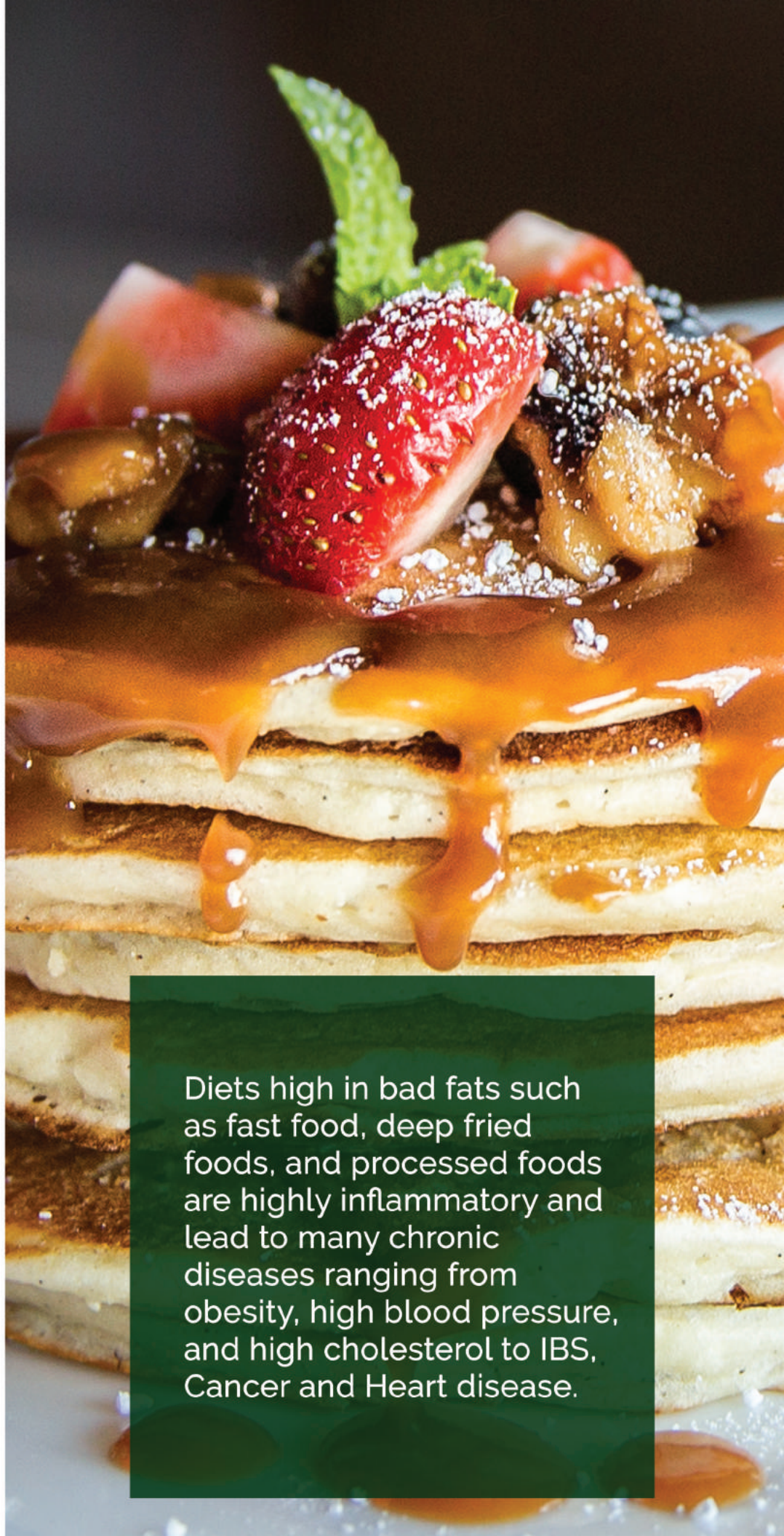
Quinoa
Brown Rice
Buckwheat
Corn
Sweet Potato
Fresh Veggies
Squash Family
Fresh Fruit

Proteins

Fish
Grass Fed Beef
Nitrate Free Meats
Chicken
Turkey
Tuna
Eggs

Fats

Olive Oil
Coconut Oil
Ghee
Nuts/ Seeds
Avocado
Organic Dairy
Products



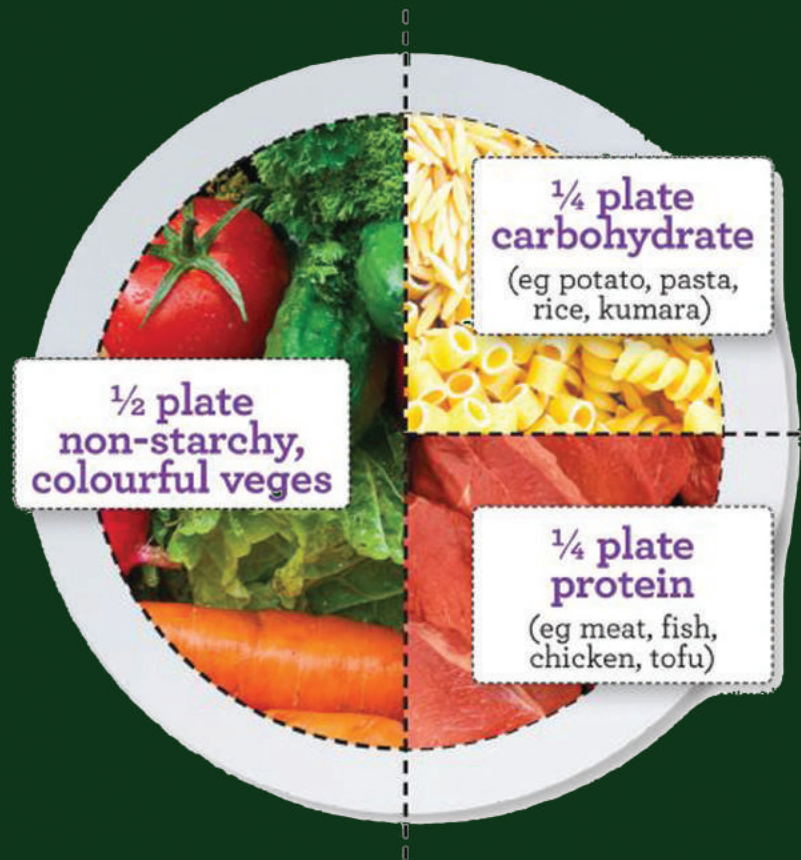
Diets high in bad fats such as fast food, deep fried foods, and processed foods are highly inflammatory and lead to many chronic diseases ranging from obesity, high blood pressure, and high cholesterol to IBS, Cancer and Heart disease.

Making a Meal Out of It.



Knowing what to eat is step one, but how much and how often is the next thing that can seem confusing. To simplify, remember your body follows a natural circadian rhythm and you will enjoy the greatest health benefits when you eat at regular intervals the same time everyday.

To eat a balanced menu of nutrient rich food follow the 3-4 method. 3 meals a day with 4 fist fulls of food on the plate to get your perfect portion size.



1/4 plate carbohydrate

(eg potato, pasta, rice, kumara)

1/2 plate non-starchy, colourful veges

1/4 plate protein

(eg meat, fish, chicken, tofu)

Getting Started on Your Path to Excellent Nutrition

Follow the 3 R's: Reduce, Remove and Replace

Reduce or remove simple carbs, unhealthy fats, and processed proteins from your diet and kitchen staples. This means clearing out processed, pre-packaged foods, refined flours and sugars, and high GI foods. Replace with nourishing options that are good for you and great tasting too.

Replace with This

Go Bunless
Sparkling Water
Veggies
Sweet Potatoes
Quinoa
Spaghetti Squash
Avocado
Grilled
Dark Chocolate

Remove That

Breads and Rolls
Soda
Chips
Potatoes
Rice
Pasta from a Box
Mayo
Fried
Milk Chocolate

Clear Out the Pantry

If you are ready to make shifts in your health for more energy, mental clarity and longevity, taking small steps can go a long way in optimizing your health. Start with your pantry. Reduce, remove and replace processed junk foods, GMOs and items in boxes, bags and cans with healthy options that include NON- GMO, Organic and Fresh options.

Prep for Success

Creating a new approach to what you eat and how you feel requires a new game plan because doing what you have always done will only get you more of that. Ready for a new result?- here is the plan to prep for your success. Pick a day to do your shopping and cooking for the week. Have a list and grab soups, greens, veggies, nuts, seeds and proteins so that a moment, you can combine for a nutritious meal or snack.

Ditch the plastic tupperware and water bottles

They leach chemicals that can cause hormonal disruption and cancer. It's best to use glass or aluminum containers that are free from harmful chemicals.

Make it Work for Your Budget

Good food doesn't have to break the bank. Here are a few tips to find delicious food that fits your budget.

- **Buy in Bulk.** You will save more per pound than buying it in a box.
- **Shop at several stores.** No one store offers the best prices on everything so check around at a few of the top places where you can find great food for a great price: We recommend: Trader Joe's, Aldi, Walmart, Costco or Sam's and be sure to check your local grocery store and farmers market.
- **Follow the Clean 15 and Dirty Dozen** to determine which foods really must be purchased organic and what you can save some money on and buy conventional. Rule of thumb- if it has a skin like a banana or orange, you can buy conventional, if it doesn't like berries and apples go organic.

Making Good Choices Easy

- ✓ Try new fruits and vegetables, to see what you like!
- ✓ Flavor your foods with fresh herbs and get creative in the kitchen!
- ✓ Keep healthy snacks easily accessible so you won't be tempted to reach for convenience foods out of desperation.
- ✓ Replace refined flours and grains with whole grain options
- ✓ Keep track of your water intake and listen to your body!





IDEAS FOR 7 DAYS OF EATING NUTRITIOUS AND DELICIOUS FOODS THAT NOURISH YOU.

■ DAY 1

- Avocado, Pear & Nitrate Free Bacon Delight
- Simple Salmon Cakes with Sweet Potato Fries
- Chicken Tacos with Swiss Chard

■ DAY 2

- Super Breakfast Smoothie
- Power Salad
- Balsamic Lentils with Brown Rice

■ DAY 3

- Breakfast Power Balls
- Quinoa with Roasted Vegetables
- Bok Choy Stir Fry

■ DAY 4

- Quinoa Power Porridge
- Garlic Shrimp with Spinach, Red Peppers & Basil
- Baked Chicken with Collard Greens

■ DAY 5

- Turkey & Butternut Squash Hash
- Soba Noodle Chicken Salad with Plantain Chips
- Very Tasty Beef & Veggie Kabobs

■ DAY 6

- Berries with Coconut Milk & Lime
- Simple Fish with Pesto Sauce
- Chicken Salad with dried fruit

■ DAY 7

- Almond Flour Pancakes
- Red Beans and Brown Rice
- Herbed Chicken

Keeping it Simple - Keeps it Fun!

We hope this short guide has helped to provide you with a foundational understanding of the importance of what your body needs to heal and thrive. From more energy and greater vitality to healing, nourishment, connection and joy- food is an essential to life.

Finding your path begins with awareness, so when in doubt, keep it simple and remember these tips to thrive by:

- ✓ Eat the colors of the rainbow, fresh, real food ideally grown locally and eat what is in season.
- ✓ Support healthy blood glucose levels and reduce the harmful effects of too much insulin.
- ✓ Choose low glycemic index carbs mixed with lean proteins and healthy fats for great energy and nutrient dense meals that will help you THRIVE.
- ✓ Decrease foods that are in a box, bag or drive through- they are filled with chemicals and are highly inflammatory and weight promoting to your system.
- ✓ Keep sugar to less than 30 grams a day.
- ✓ Eat balanced meals at consistent times each day that contain protein, healthy fats and complex carbohydrates.
- ✓ Chew your food up to 20 times a bite to aid in digestion
- ✓ Be sure to drink half of your body weight in ounces of water daily.
- ✓ If you don't know what an ingredient is on a food label, your body doesn't either.
- ✓ Fuel your body with whole, fresh food for greater energy, health and enhanced wellbeing.



Enjoy taking back control to optimize your health and life bite by bite. Remember that health is not a race, it's a daily process, constantly unfolding. Food is THE most powerful tool you have to direct how you feel and how your body functions. Remember that each time you eat, you hold the power to nourish your body and mind.

As you implement the steps in this guide you will notice the many ways that you are experiencing change. From greater energy, vitality, health and wellbeing,

...may you embrace your journey, enjoy the process and nourish the amazing YOU!

