Low Stress Nutrition
Eating For A Healthy Immune System In a Stressful World

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Certain foods and eating habits can be serious stressors to the body.
HIGH SODIUM = HIGH BLOOD PRESSURE

RECOMMENDED DAILY AMOUNTS: 1800 – 2000 MG PER DAY
Ave daily consumption in US = 3600mg per day
We Are What We Eat...
3 days later…
SELF MEDICATING WITH CARBS / SUGAR

-Americans consume as much as a cup of refined sugar a day in various foods they eat.

-150 lbs per year

- High fructose corn syrup increased 4000% since 1960’s

High Sugar = High TG and BG

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Visual Fat Comparison...
Eating Tips for Promoting a Healthy Immune System & Decreasing Stress
Tip 1: Avoid Rigorous Diet Torture

If your diet plan includes nothing but a grapefruit or cabbage soup each day, you train your metabolism to slow down.

That means, when your diet is over, you are more likely to gain weight faster than ever!

Get that metabolism moving by giving it something to work on first thing in the morning...
Tip 2: Smaller, More Frequent Intakes

• Make sure to eat 3 meals per day

• Try to space meals no more than 4 hours apart

• If meals are more than 4 hours apart – add a healthy snack between meals

• Remember – smaller, more frequent intakes can help maintain healthy weight!
Tip 3: Healthy Snacking

People who eat several small meals and snacks a day are more likely to control hunger and manage a healthy weight.

Select "nutrient dense" Snacks!
Tip 4: Hydration

Water is essential for health. It regulates our body temperature, helps maintain healthy skin & hair, helps us “feel full” & delivers essential nutrients throughout our bodies.

Aim for ½ your body weight in ounces daily
Tip 5: Watch out for “EMPTY” Fluids

Some fancy coffees and alcoholic beverages have more than 500 calories.

If you cut out just 1 soda / coffee drink daily – you would lose 22 pounds in 1 year!!!!

The 7-Eleven Double Gulp, a 64-oz soda, contains nearly 800 kcal—an amount 10 times the size of a Coca-Cola when it was first introduced.
Tip #6
Reduce Your Caffeine Consumption
Caffeine causes release of epinephrine & nor-epinephrine -&gt; increase HR, BP, muscle tension...

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Tip 7: Increase Fiber

- Fiber expands in your stomach and fills you up on less calories
- Aids in digestion
- Helps keep cholesterol & blood sugar in check
- Reduces cancer risk
- Consume both soluble & insoluble for heart health
Tip #8
Eat A Variety Of Food Colors “Phytonutrients” to Increase Immune Support & Antioxidants for Further Protection
Tip #10
Add Omega 3 Oils To Your Daily Diet “anti – inflammatory”

Wild Salmon, Cold Water Fish, Flax, Walnuts

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Julie’s Plate Method

- **Fruits**
  - FRUITS (Breakfast & Snacks)
  - Medium fruit
  - Fresh or frozen best
  - ~2-3 servings/day

- **Dairy**
  - DAIRY (Breakfast & Snacks)
  - 8 oz milk or mild substitute
  - Yogurt, cheese
  - ~2 servings/day

- **Lean Proteins**
  - “palm”

- **Carbs/Starches/Starchy Vegetables**
  - Weight loss: Use ½ fist
  - Weight main: Use 1 whole
  - Weight gain: Use 1 ½-2

- **Non-Starchy Vegetables**
  - “Unlimited”
  - Fresh / Frozen

- **Healthy fats**
  - “tip to full thumb”
Resources for Recipes

- [www.mywholefoodlife.com](http://www.mywholefoodlife.com)
- [www.aicr.org/test-kitchen](http://www.aicr.org/test-kitchen)
Thank You & Have a Healthy Day!