Certain foods and eating habits can be serious stressors to the body.
Stress requires extra energy & utilizes many vital nutrients for energy production leaving us feeling fatigued.
Stressed people typically eat foods that promote the stress response:

- Salt
- Caffeine
- Refined Sugar
- Processed Flour
- Various Synthetic Chemicals
- Trans Fat
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
One Last Visual:
“Mechanically Separated Meat”
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
I'm Not an Alcoholic

I have 1 glass of wine a night and that's it
Tip #6
Reduce Your Caffeine Consumption
Caffeine causes release of epinephrine & nor-epinephrine -> increase HR, BP, muscle tension...
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
Tip #9

Choose Foods High In Antioxidants & Phytochemicals
(“Wild” varieties when possible)
Tip #10
Add Omega 3 Oils To Your Daily Diet “anti - inflammatory”

Wild Salmon, Cold Water Fish, Flax, Walnuts

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What Does a Healthy Plate Look Like?

- **Non-Starchy Vegetables**
  - "Unlimited" Fresh / Frozen

- **Lean Proteins**
  - "palm"
  - Use ½ fist

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

- **Carbs/Starches/Starchy Vegetables**
  - Wt loss: Use ½ fist
  - Wt Main: Use 1 whole
  - Wt Gain: Use 1 ½-2

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

- **Healthy fats**
  - "tip to full thumb"
Healthy Day Example
“weight loss portions”

7am BREAKFAST: Green Smoothie OR 1- 2 egg veggie omelet + avocado slices and 1 piece of fruit

10:30 am SNACK: small banana + 1 Tb P.B.

2pm LUNCH:
PRO: palm portion of chicken breast or salmon
CHO: ½ fist of garbanzo beans / berries / Quinoa
NS VEG: unlimited - salad greens, tomato, cucumber, etc...
FAT: 2 Tb Balsamic Vinegar OR use salsa for the dressing and add avocado or seeds for the fat

5pm DINNER:
PRO: palm portion of lean beef, pork loin, chicken, fish
CHO: ½ fist of sweet potato or rice or pasta
NS VEG: unlimited – green beans, broccoli, cauliflower, etc. (broil, steam, grill, saute)
FAT: 1 Tb pesto or 1 tsp oil

7-8 pm SNACK: 2 Dove dark chocolate squares

EAT PROTEIN WITH EVERY MEAL AND SNACK!
Resources for Recipes

- www.mywholefoodlife.com
- www.aicr.org/test-kitchen
- www.whfoods.com/recipesstoc.php
Thank You & Have a Healthy Day!