FUEL YOUR BODY

Practice better nutrition for
better health and energy.

Presented by:
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Agenda

- Practical Cooking Tips for Weight Management
- Portion Control
- Nutrient-Dense Meal Prep
- Healthy Recipe Ideas
- Resources

This is intended to be general information and not medical advice. You should consult with your doctor before beginning a new diet or exercise program.

What nutrition is and why it matters.

Nutrition*

noun | nu·tri·tion | \n(y)oo͞ ˈtriSH(ə)n/

The process of providing or obtaining the food necessary for health and growth.

Fuel for your body

- Energy
- Mood
- Health
- Growth

What does it mean to you?

*English Oxford Dictionary

Change begins with a new mindset

- How can we think about food differently to make changes easier?
- Are there any barriers you face? Is it a barrier or an excuse?
- Where can you make one small change in your daily nutrition decisions?

How food affects your body

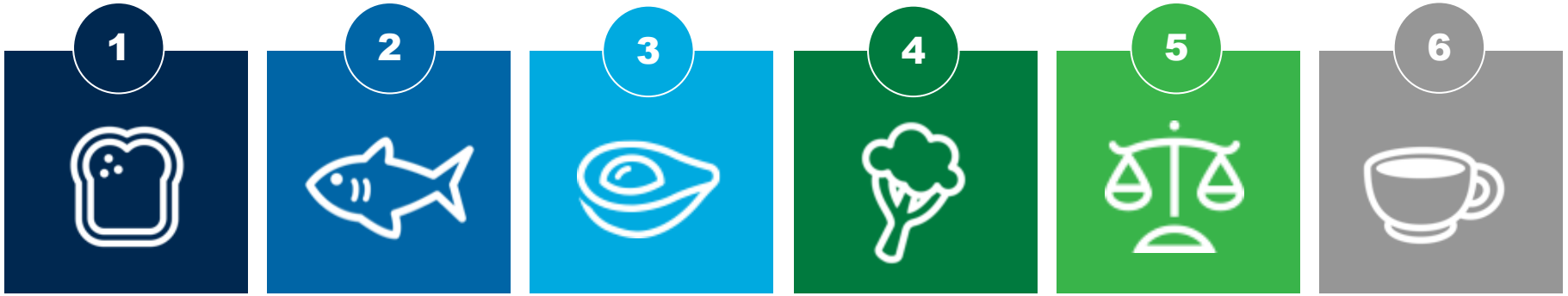
INSIDE…

- Cells constantly repairing and rebuilding
- Using the food you eat to rebuild you
- Impacts short-term energy and long-term health

…AND OUT

- Proper portions avoid storage of excess fat
- Good nutrition can maintain healthy skin and nails

Stay fueled and productive



Stick with natural and whole carbs

- Whole grain bread, pasta
- Brown rice
- Starchy veggies
- Legumes
- Nuts
- Seeds

Keep protein lean

- Beans
- Peas
- Quinoa
- Lentils
- Tofu
- Fish
- “Round”
- “Chuck”
- “Loin”

Make healthy fats your friend

- Avocado
- Nuts
- Seeds
- Nut butters
- Salmon
- Olive oil
- Grapeseed oil
- Flaxseed oil

Eat a rainbow of fruits and vegetables

- Dark greens
- Berries
- Orange bell peppers
- White onions

Balance your meals

- Carbs
- Proteins
- Fats
- Fiber-rich
- Whole grains
- Dairy
- Fruits
- vegetables

Avoid or limit sugar and caffeine

- Gives a false sense of energy = short burst of energy
- Healthy habits = longer lasting energy

Fuel your body

Start smart
Start each day with a healthy breakfast

Is breakfast the most important meal?

Graze through the day
Eat a small, nutrient-dense meal or snack every 3-4 hours to:

- Stimulate metabolism
- Reduce stress on digestive system
- Maintain blood sugar and energy
- Reduce hunger
- Article: 6 Meals a Day for Weight Loss

Don't over do it
Avoid large, heavy meals
Article: 7 Harmful Effects of Overeating

Meal planning

Plan and shop for meals and snacks that fuel you

- Plan out 2-3 meals ahead of time
- Meal prep one day a week
- Make a list
- Don’t shop hungry
- Pick your food from the outer aisles of the grocery store

Use your resources

- Portioned food containers
- Recipes
- Apps

Healthy foods to keep on hand:

- Frozen chicken breasts and fish
- Fresh fruits and vegetables
- Canned beans and tomatoes
- Onions and garlic
- Pasta sauce
- Vegetable/chicken broth
- Whole wheat pasta
- Brown rice or quinoa
- Olive oil, almonds and peanut butter
- Greek yogurt, hummus and string cheese
- Low fat milk, almond milk or soy milk

Article: Meal Planning Tips to Control Blood Sugar Levels

Prepare right-sized snacks

At work (Article: 10 Ways to Reduce Stress and Rev Up Your Life)

- 1 medium piece fresh fruit (like banana, orange, apple, pear) and 1/4 cup of unsalted nuts
- 2 cups plain popcorn mixed with 1/4 cup roasted mixed nuts
- Single-serve unsweetened applesauce sprinkled with 1 tbsp. slivered almonds
- 1 hard-boiled egg with 1 brown rice cake

On the go (Article: Healthy Snacks on the Go)

- 1 small whole-grain tortilla rolled up with 1 tbsp. nut butter and a small banana
- 1 packaged dried fruit and nut bar
- 1 stick string cheese and ½ cup grapes
- Trail mix: ½ cup unsweetened whole grain cereal with 1 tbsp. each raisins and nuts

At home (Article: Heart Healthy Snacks)

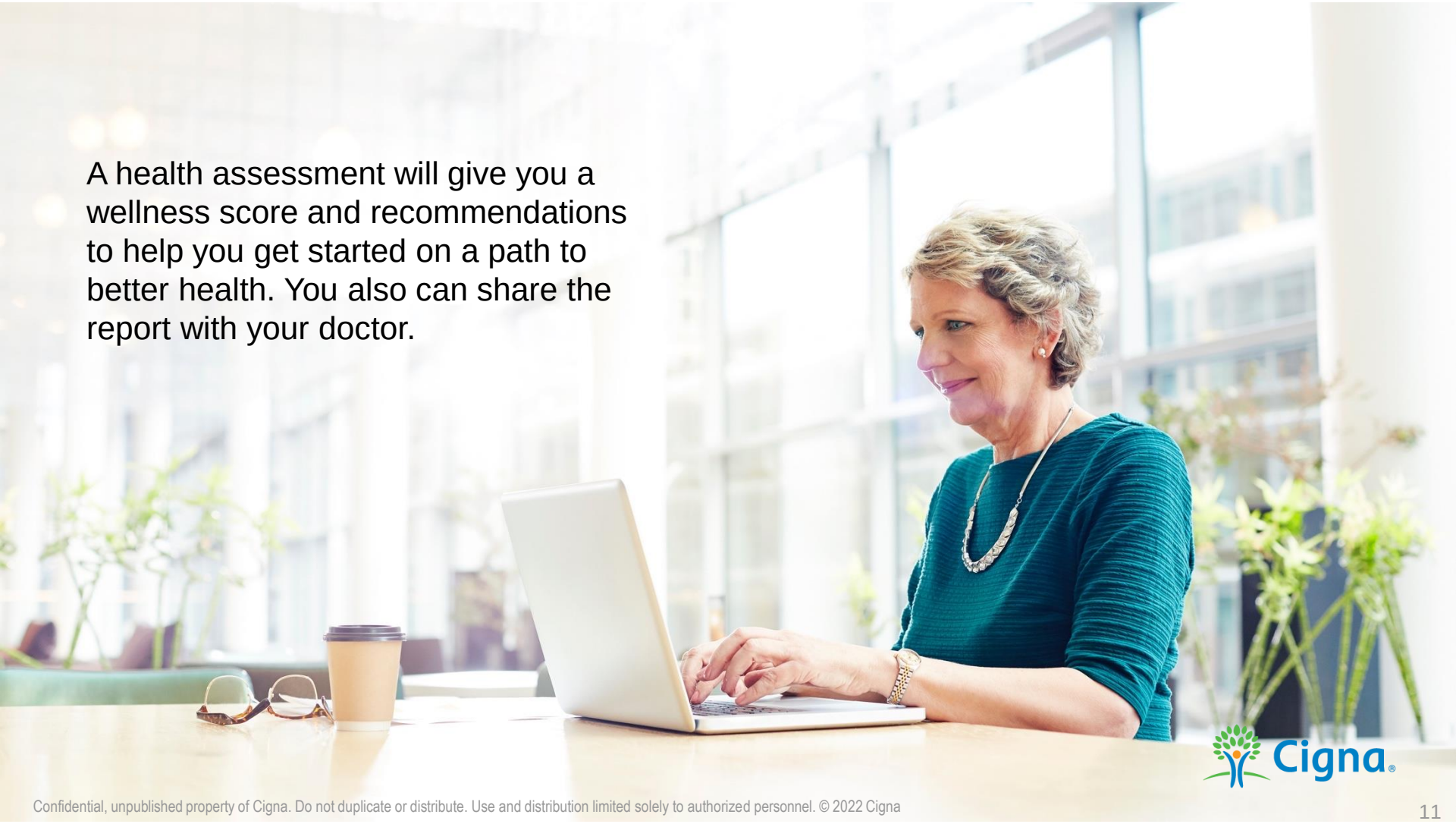
- 15 baby carrots with 2 tbsp. hummus
- 1 cup yogurt berry parfait (layer plain Greek yogurt with fresh or frozen berries)
- 3 whole-grain crackers 1.5 oz. cheese
- 1 cup smoothie made with Greek yogurt, fortified non-dairy beverage or milk, and your favorite fruit
- 1 cup high-fiber cereal and ½ cup skim milk
- 1 cup sliced sweet peppers with ¼ cup guacamole dip

Plan on eating healthy at work

- Bring lunch from home
- If working a late shift, eat your “main meal” before going to work
- Bring healthy snacks and keep them nearby (desk, locker, etc.)
- Take your time eating
- Keep a large water bottle with you
- Beware of the caffeine or sugar crash
- Choose wisely from the vending machine

Health assessment

A health assessment will give you a wellness score and recommendations to help you get started on a path to better health. You also can share the report with your doctor.



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