

Integrative Health Center Optimal Health Class Series

MEETING #1 –NUTRITION FOR OPTIMAL HEALTH
5/ 4/ 2021



Rogue 
COMMUNITY
HEALTH

Vegetables

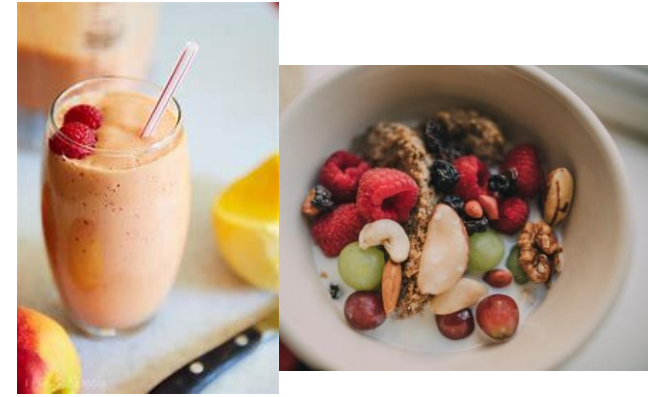


1. Half of a meal should be vegetables and fruit
 - Can be fresh, frozen or canned
 - Fresh or frozen is best
 2. Choose a variety of vegetables
 3. Try different ways to prepare them.
 - Steamed, sauteed, roasted, raw, smoothies, soups, sauces, etc.
- Contains Vitamins and Minerals:
 - Potassium, Vitamin A (as carotene), B's, C, E, and K; magnesium, calcium, etc.
 - Lowers Risk of Heart Disease, Certain Types of Cancer, Obesity & Type 2 Diabetes
 - Nutrient Dense--not calorie dense
 - Contains Fiber and fill you up
 - Contain health promoting “phyto-nutrients” (plant nutrients)
 - All vegetables (& fruits) are naturally cholesterol- free

Fruits

1. About 20-25% of a meal should be fruits
2. Make most of your choices whole or cut-up rather than juice

- Fruit as juice contains no fiber, but all the sugar...
3. Try different ways to prepare them...
 - Raw, in salads, smoothies, baked or poached, or in baked goods.



- Contains nutrients such as Potassium, Fiber, Vitamin C and Folate
- Lowers Risk of Heart Disease, Certain Types of Cancer, Obesity & Type 2 Diabetes (phytonutrients—the bright colors)
- Helps with a healthy bowel
- Most fruits (& vegetables) are naturally low in fat, sodium and calories

Grains

Grains are divided into 2 subgroups: *Whole & Refined*

1. *Whole grains* contain the entire grain kernel
 - This is the source of fiber
 2. *Refined grains* have been milled to remove the bran & germ
 - Processing removes most vitamins, minerals phytonutrients & almost all the fibers
- “Enrichment” is when five B vitamins & iron are added back after processing... Fiber is not added back.

** Gluten free whole grains: brown rice, buckwheat, polenta, quinoa, teff, & some oats

- Whole Grains are important sources of many nutrients:
 - Dietary fiber, many B vitamins & minerals (iron, magnesium, and selenium, zinc, etc.), antioxidants
- Lower the risk of heart disease, obesity, type 2 diabetes, & certain cancers
- Helps with a healthy bowel
- Improves satiety (feeling full)



FIBER IN 1 OUNCE OF WHOLE GRAINS
An ounce of 100% whole grain weighs 16 g; “whole grain” stamps on products mean they contain at least 50% whole grains per serving.

 1/2 cup bulgur 4 g of fiber	 1/2 cup whole-wheat spaghetti 3 g of fiber	 1/2 cup quinoa 2.5-3 g of fiber	 1/2 cup oatmeal 5 g of fiber
 air-popped popcorn (3 cups) 3.5 g of fiber	 1 slice whole-grain bread 2-3 g of fiber	 1 small oat bran muffin (weighing 1 ounce) 3 g of fiber	 1 cup ready-to-eat wheat bran flakes 7 g of fiber


Lean Protein



1. Plant-based Proteins

1. Include peas, beans & lentils; nuts & seeds; soy foods (tofu, tempeh, unsweetened soy milk, and edamame)

2. Animal Proteins

1. Meat, poultry, and eggs- choices should be lean/ low-fat
2. Choose seafood options that are higher in omega-3s & lower in mercury

Health Benefits of Protein 



- Aids in sustaining bone health
- Vital for building stronger immune system
- Helps in smooth functioning of nervous system
- Aids in muscular contraction and coordination
- Helps in preventing malfunctioning and premature aging
- Beneficial in renewal and restoration of cells and tissues

Caution: Excess intake of protein is detrimental for bone health and kidney health. It may cause weight gain and cardiovascular problems

www.organicfacts.net



Health Benefits of Fat

- Fat is an essential macronutrient that performs multiple function including hormone production, vitamin absorption (A,D,E,K) cell & body insulation
- Provides more calories per gram compared to carbohydrates & protein

Omega-3 Essential Fat

- Oily fish(salmon, herring, mackerel & sardines); flaxseeds, chia seeds & walnuts

Omega-6 Essential Fat

- Animal products, most cooking oils, most other nuts & seeds
- Too many omega-6s are linked with inflammation

Saturated & Trans Fats

- Found in fatty & processed meat; butter, ghee; coconut & palm oils
- promote inflammation, weight gain, diabetes & heart disease



Calcium Foods: Animal and Plant



- Dairy based calcium foods include milk, yogurt, cheese, lactose-free milk.
 - ✓ Does not include cream cheese, sour cream, cream, butter.
- Other animal sources include canned salmon and sardines

PLANT SOURCES

- Vegetables: bok choy, broccoli, wax beans, collards, kale, acorn squash
- Beans & Grains: Tofu, many beans; amaranth, many corn tortillas
- Nuts and seeds: sesame tahini and almonds



... But how much should I eat a day?

- Veggies: 3 or more cups/ day
- Fruit: 2 or more cups/ day
- Whole grains: 3.5-5 servings/day
- Protein foods: 5-7oz/day
- Calcium foods: 3 servings/day



A fist or cupped hand = 1 cup

1 serving = 1/2 cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or 1/2 cup of cooked or raw, chopped vegetables or fruit.



Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

A thumb = 1 oz. of cheese

Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1 1/2 - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons

equals 1 tablespoon.



Handful = 1-2 oz. of snack food

Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1 oz.



1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.

In summary ...

- Eat a variety of fruits & vegetables with each meals
- Increase fiber by eating whole grains, beans, lentils & produce
- If you consume dairy choose low/ non-fat options, incorporate soy as an alternative
- Healthy proteins include plant-based foods and lean animal proteins.
- Limit animal fat, choose plant sources high in omega -3s

What about other foods?...

...What is moderation for you??



S	Specific (What is your goal?)
M	Measurable (How much?)
A	Attainable or Action Plan (How are you going to do it?)
R	Realistic (Can be done in that period of time?)
T	Time based (How long until you reach that goal?)

Examples:

...to eat at least 3 fruits day, 6 days a week for the next month by adding 1 serving to each meal.

...to increase plant-based protein in my diet for the next week by substituting meat for tofu or beans.