

MISSION DRIVEN
Wellness

Health and Performance



Nutrition: How Important Is It?

- Provides energy for living an active lifestyle
- Supports mental function and focus
- Stress management
- Essential for optimal health
- Disease prevention
 - Manages imbalances in the body such as insulin resistance, high blood pressure, high cholesterol, leaky gut



Inflammation

- **What is it?**
 - The body's method of healing itself in response to an injury or exposure to a harmful substance
 - Acute vs. Chronic Inflammation
 - Chronic inflammation has been linked to many disruptions in the body
 - Symptoms of inflammation: body aches and pain, swelling, brain fog, impaired immune system, indigestion, diarrhea, bloating, skin problems, unintentional weight gain



Inflammation

Foods that impact inflammation:

Pro-inflammatory

- Unhealthy fats (vegetable oils)
- Trans-fats
- Fried Foods
- Any foods that rapidly increase blood sugar
- Preservatives



Anti-inflammatory

- Healthy fats (fish, walnuts, olive oil, flax, avocado)
- Foods high in antioxidants (fruits, veggies, 70% or greater dark chocolate, green tea, spices)



Getting The Essentials First

Water

Fat

Protein

Carbohydrates



Beverages

Sugary Beverages

- Blood sugar rollercoaster- imbalances in energy levels
- Decreased mental focus
- Weight gain and increased waist circumference

Diet Beverages

- Increased food cravings creating a sugar addict
- Destroys good bacteria in the digestive system
- Weight gain
- Zero calories and zero carbs does not always equal healthy

Fats

- Provide long enduring energy for the body
- Transport and absorb fat soluble vitamins
(A, D, E, K)
- Play a key role in regulating inflammation
- Brain structure and function (DHA, EPA)



Types Of Fat

- **Unhealthy fats:**
 - Processed vegetable oils (corn, sunflower, soybean, cottonseed)
 - Hydrogenated oils
 - Abundant in processed foods

- **Healthy fats:**
 - Fish (cold water fish: salmon, tuna, mackerel, sardines)
 - Flax seeds/oil
 - Walnuts/oil
 - Grass fed beef
 - Olive oil
 - Macadamia nuts/oil
 - Fish (cold water fish)
 - Avocado/oil
 - Coconut oil
 - Butter



Protein

- Building and repairing of tissues
- Formation of enzymes, hormones, immunity cells
- Required for muscle contraction
- Vital role in water balance and nutrient transport



Protein Sources

- Animal products contain complete essential amino acids

Sources:

- Fish, seafood
- Poultry
- Beef
- Pork
- Eggs, cheese
- Whey protein, collagen peptides

Limit:

- Overly processed meats
- Fried meats



Carbohydrates

- Used for **quick energy**
- Glycogen serves as an important energy substrate during exercise
- Main regulator of insulin (hormone)
- Fiber eliminates toxins and impurities from the body



Carbohydrates

- Healthy, low glycemic load (GI) carbs are packed with vitamins and minerals

Sources:

- Whole fruits and starchy vegetables
 - Legumes
 - Greek yogurt
 - Brown rice, quinoa, oats
-
- Limit highly processed grains due to high glycemic load and inflammation in the digestive tract



Rules to Label Reading

- 5 ingredients or less is best!
- If you cannot pronounce it, you probably don't want to eat it.
- Pay attention to portion sizes.



Margarine v. Butter



Nutrition Facts	
Serving Size 1 tbsp (14g)	
Servings Per Container about 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Trans Fat 3g	

INGREDIENTS: VEGETABLE OIL BLEND (PARTIALLY HYDROGENATED SOYBEAN OIL, SOYBEAN OIL), WATER, SALT, WHEY (FROM MILK), SOY LECITHIN, VEGETABLE MONO AND DIGLYCERIDES, POTASSIUM SORBATE (USED TO PROTECT QUALITY), CITRIC ACID, ARTIFICIAL FLAVORS, VITAMIN A PALMITATE, BETA CAROTENE (FOR COLOR).
CONTAINS: MILK, SOY



Nutrition Facts	
32 servings per container	
Serving size 1 tablespoon (14g)	
Calories per serving 100	
Amount/serving	% Daily Value*
Total Fat 11g	14%
Saturated Fat 7g	35%
Cholesterol 30mg	10%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Protein 0g	
Vitamin A 90mcg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. Not a significant source of trans fat, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

INGREDIENTS: SWEET CREAM, SALT.
CONTAINS: MILK

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GLUTEN-FREE
MADE WITH PASTEURIZED SWEET CREAM
KEEP REFRIGERATED

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Healthy Swaps

EAT THIS!	NOT THAT!
Almond flour, Coconut flour	Wheat flour, Cornmeal
Plantain chips , Simple Mills crackers, Nut Thins	Saltines, Ritz crackers, Wheat thins
Quest bar, RX bar	Nutri-grain bars, Pure Protein
Smucker's natural peanut butter	Jif peanut butter
Oikos Triple Zero Greek yogurt, Fage TruBlend	Yoplait yogurt
Plain half and half, heavy cream	Powdered coffee creamer, International Delight
Spaghetti squash, zoodles, chickpea pasta	Wheat pasta
Cauliflower rice , brown rice	White rice
Baked sweet potato wedges	French fries



What's for Breakfast

- Sets the course for your day
- Focus on a balance of protein, fat, and fiber
 - Eggs, breakfast meat, fruit
 - Smoothie (protein powder, fruit, nut butter, spinach, avocado)
 - Greek yogurt parfait (berries, nuts, coconut flakes)
 - Oatmeal (protein powder, nuts/seeds, butter, berries)



Breakfast Example



Lunch Ideas

- If you fail to plan, you can plan to fail
 - Chicken or tuna salad with healthy cracker and salad
 - Cauliflower rice bowls with chicken or shrimp
 - Grilled steak, potatoes, roasted vegetables
 - Buddha bowl (grilled chicken, roasted veggies, rice or sweet potatoes, olive oil dressing)
 - Taco salad - ground meat, lettuce, tomatoes black beans, avocado, roasted bell peppers, sour cream



Snacks

- An extension of meals
- Protein, fat, and fiber
 - Protein shake
 - Protein bar
 - Dry roasted nuts with fruit
 - Cheese and fruit
 - Greek yogurt (Oikos Triple Zero, Dannon Two Good)
 - Lara bars
 - Raw vegetables with hummus or guacamole



Hydration

- Dehydration significantly impairs performance
- Consume 64-100 oz daily
- 16 oz of water prior to training
- Four to six ounces of fluid every 15 minutes of exercise
- A sports drink that includes both carbohydrates and electrolytes is recommended for exercise sessions lasting longer than 60–90 minutes



Pre-workout

- >1 hour prior to workout
 - Eat a balanced meal (protein, carb, & fat) or complex snack
 - Snack Ideas:
 - Nut butter + banana
 - 1 small bag of plantain chips + 1 Tbsp hummus or guacamole
 - 1 Greek yogurt + ½ cup berries
 - Kind bar + string cheese stick
- <1 hour prior to workout
 - When you have less than 1 hour between eating and your workout, you want to have a simple carbohydrate snack such as:
 - Unsweetened apple sauce
 - A piece of fruit



Post-workout

- Consume protein + carbohydrate within 1 hour following a workout
 - Examples: a balanced meal, protein shake such as Iconic or Orgain with fruit or protein bar + fruit
- This allows the muscle breakdown process to stop and muscle rebuilding process to start
- Recovery nutrition also ensures you give your body enough energy throughout the rest of the day!



Supplements & Environment

- High quality protein powder (look at ingredients)
- Multivitamin, probiotic, fiber and omega-3
- Environmental wellness
 - Cleaners
 - Beauty products
 - Daily needs items



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