

No Diet Nutrition: Practical Tips to Fuel Your Life

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Love food, movement, and travel



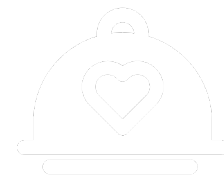
A Brief Disclosure

This workshop is designed for educational purposes. It is not intended to prescribe a medical diet or address individual health conditions. For individualized nutrition prescriptions, please see me for one-on-one sessions or consult your medical provider.



Ditch Diets

Give yourself permission to eat.



Honor Your Hunger

Intuit your body's needs.



Balance Your Meals

Be intentional with your nutrition.



Be a Savvy Snacker

Choose quality and satisfaction.

Today's Agenda

A healthy, nourished life is
involves more than just eating the
"right" foods.



Ditch Diets

"...this weight focused paradigm is not only ineffective at producing thinner, healthier bodies, but also **damaging**, contributing to food and body **preoccupation**, repeated **cycles** of weight loss and regain, **distraction** from other personal health goals and wider health determinants, reduced self-esteem, **eating disorders**, other health decrement, and weight **stigmatization** and **discrimination**."

*-Evaluating the Evidence for a Paradigm Shift,
Bacon et al.*

diet (n)

1. habitual nourishment
2. a regimen of eating and drinking sparingly so as to reduce one's weight

Merriam-Webster

How Diets "Work"



Restriction

Remove a nutrient, group of foods, and/or permitted eating times



Deficit

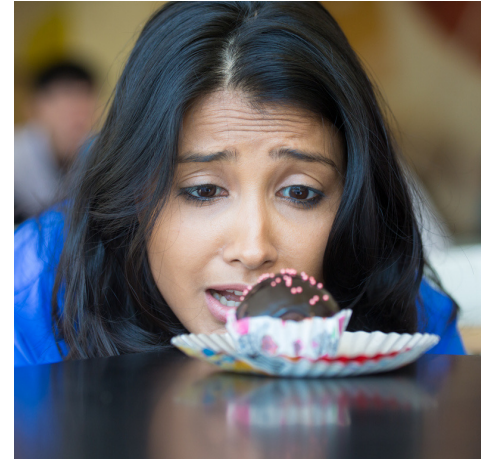
Food restriction leads to a caloric deficit



Loss

Caloric deficit leads to water and weight loss

Why Diets Don't Work



Restriction

Biological & psychological deprivation



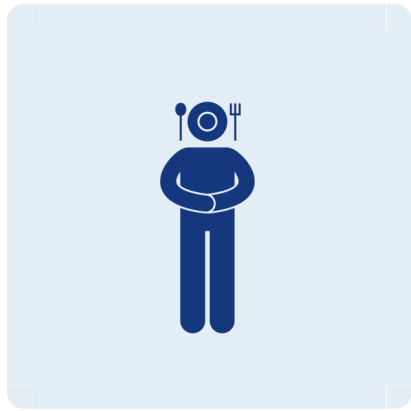
Adaptation

Increased appetite, decreased satiety



Rebound

Dieting as a predictor of weight gain



Hunger



Health



Fitness



Emotion

Why do you eat?



Convenience



Social & Cultural



Taste



Boredom

intuition (n)

1. a natural ability or power that makes it possible to know something without any proof or evidence : a feeling that guides a person to act a certain way without fully understanding why
2. something that is known or understood without proof or evidence

Merriam-Webster



Honor Your Hunger

Permission to eat and awareness to stop.

The Hunger Scale

An intuitive guide for when to eat, how much, and when to stop





What are your hunger cues?

Do you acknowledge or ignore them?

What else do you do while eating?

Scrolling, working?

How can you reconnect with your intuition?

Permission to eat when hungry?

Eat more often or less frequently?

Stop when full?

intention (n)

1. the thing that you plan to do or achieve: an aim or purpose

Merriam-Webster



Balance Your Meals

Instead of "good" or "bad," ask, "What can I add?" or "How can I adjust this?"

Macronutrients



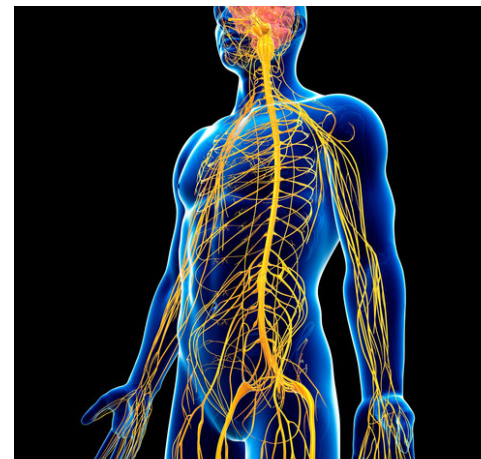
Carbohydrates

Energy for your muscles, brain, and red blood cells



Protein

Muscle repair & growth, hormones, satiety, and more



Fat

Vitamins A, D, E, K absorption, satiety, hormones, nerve function, and energy at rest

Micronutrients



Water-Soluble Vitamins

B vitamins and C vitamins



Fat-Soluble Vitamins

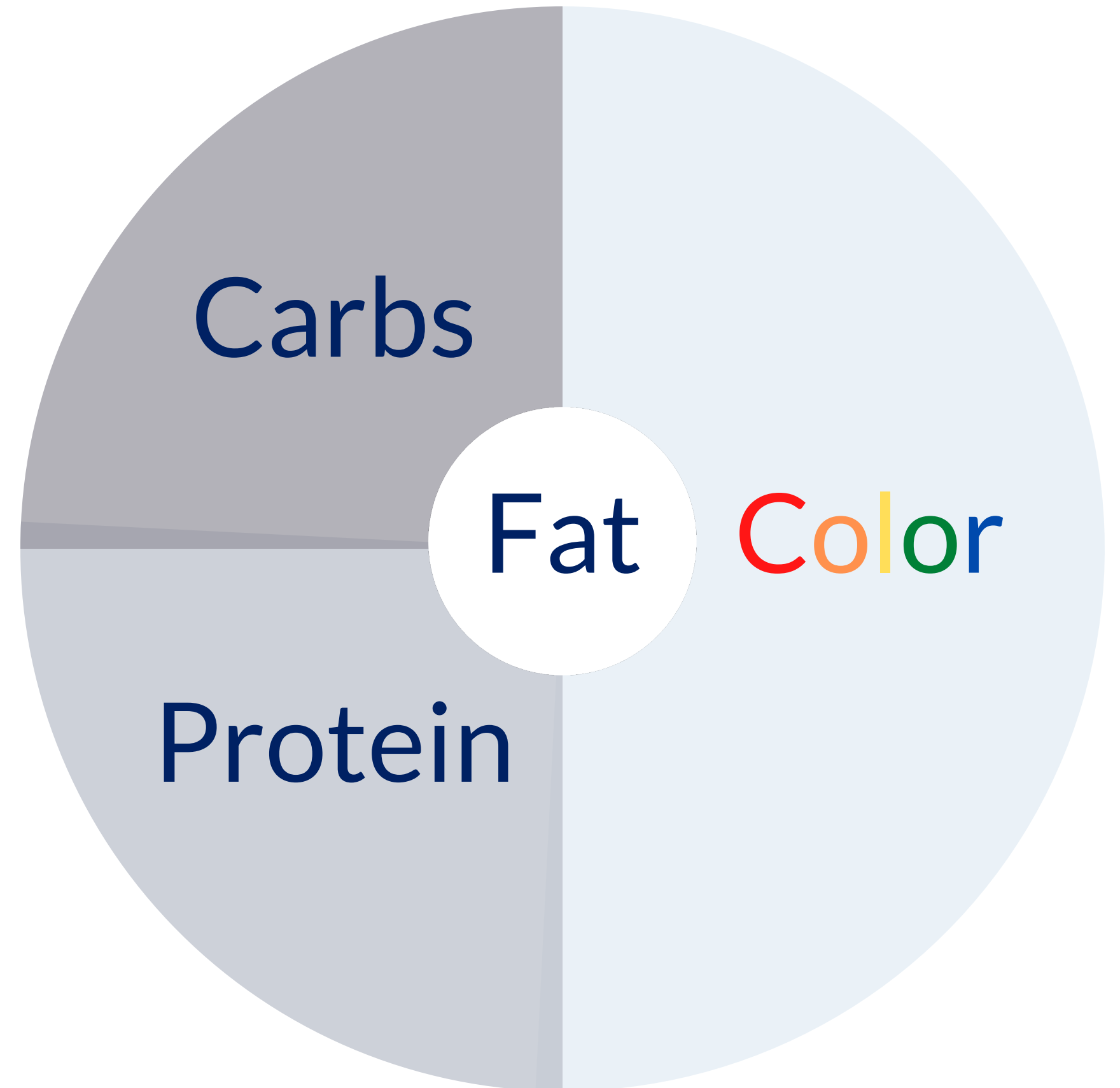
Vitamins A, D, E, K



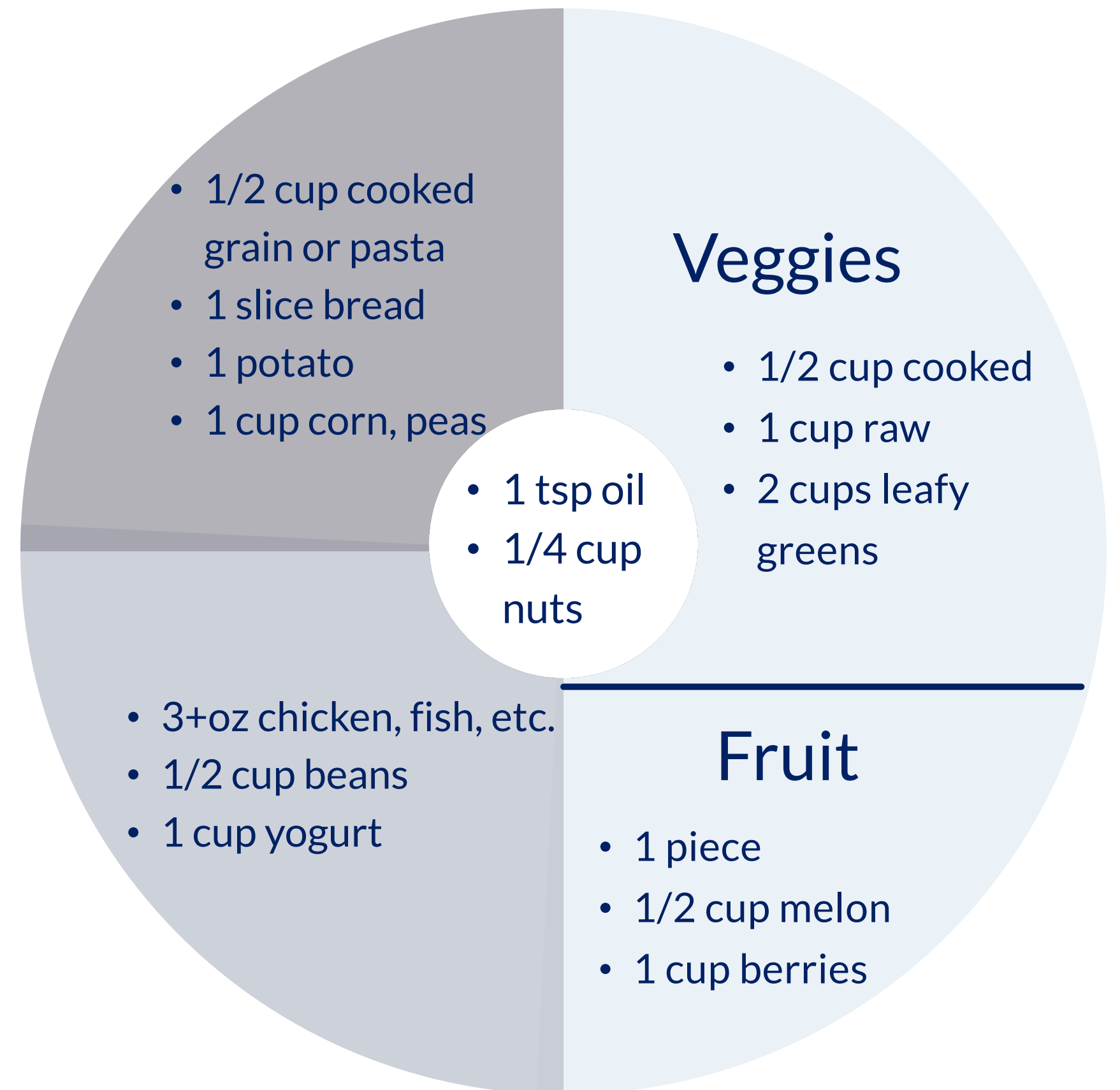
Minerals

Essential: Calcium, magnesium, sodium, potassium. *Trace:* Iron, manganese, copper, zinc, selenium

Build a Balanced Plate



Which may look like...



1

Pick a Pro(tein)

Ex. 4oz Salmon

2

Pick a CHO - aka carbohydrate

Ex. 1 cup baby potatoes

3

Add Color

1/2 cup cooked zucchini, 1/4 cup onion
in olive oil

At Each Meal

A DIY approach to meal planning
and ordering out.



Be a Savvy Snacker

Prioritize both satisfaction *and* quality.

1

LIMIT PROCESSED
FOODS

Levels of Processing



Minimally Processed

Ingredients: Corn



Processed

Ingredients: Corn, Water



Ultra-Processed

Ingredients: Corn, Corn Oil, And Salt



Ultra-processed foods



Nutrition Facts	
16 Servings Per Container	
Serving Size	1 slice (43g)
Amount per serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg 0% • Calcium 50mg 4%	
Iron 0.9mg 4% • Potassium 100mg 2%	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Saturated Fat

- Aim for <24g/day
- <3.5g/serving as a guide

Dietary Fiber

- Aim for 3-4g/serving
- Goal: 25g/day minimum

Added Sugars

- Limit to <25g/day (women)
- Limit to <36g/d (men)

Natural Sugar

Three types of sugars (glucose, fructose, and lactose) that are part of the chemical structure of food.



Added Sugar

Any type of sugar added to a food, beverage, baked good, or packaged product.



The Scoop on Sugars



Nutrition Facts	
Serving Size 1 medium 7" to 7-7/8" long 118g (118 g)	
Amount Per Serving	
Calories 105	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 1g	
Vitamin A 2%	• Vitamin C 17%
Calcium 1%	• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Nutrition Facts	
about 20 servings per container Serving size 2 pieces (35g)	
Amount per serving	
Calories 120	
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 16g Added Sugars	32%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 15mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Daily Added Sugar Limit

MEN

WOMEN



No more than:

9 teaspoons
36 grams
150 calories

6 teaspoons
25 grams
100 calories

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Disguised as...

Agave

Barley malt

Beet sugar

Brown/rice syrup

Brown sugar

Cane sugar

Coconut sugar

Corn syrup

Date sugar

Evaporated cane juice

Fructose

Fruit juice / concentrate

Honey

Maltose

Maple syrup

High-fructose corn syrup

Molasses

Sorghum syrup

Treacle

Turbinado sugar

Added Sugar Totals



Yogurt: 7g
Granola: 10g per 1/2 cup
Snack Total: 17g



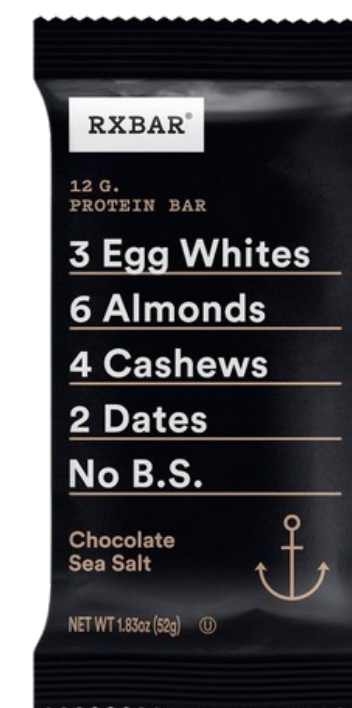
Cheerios: 12g per cup
Almond Milk: 11g per cup
Snack Total: 23g



KIND Bar: 8g
Snack Total: 8g



Lower-Sugar Swaps





Less-Processed Swaps



1

LIMIT PROCESSED
FOODS

2

EAT A VARIETY
OF PLANTS



Fruit

Vegetables

Whole Grains & Starchy Vegetables

Nuts & Seeds

Beans & Legumes

Fresh Herbs

30 Plants Challenge

Planting seeds of good health

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

30 Plants Challenge

Eating 30 or more different plants per week is associated with diverse gut microbiomes and overall health. Use this list as a guide to help you plan your meals, shop, and fill in your challenge sheet. Can you reach 30 (or more!) each week?

- | | | | |
|--|---|--|--|
| <p><u>Fruit</u>
 Apple
 Apricot
 Avocado
 Banana
 Blueberries
 Cantaloupe
 Coconut
 Dates
 Figs
 Grapes
 Grapefruit
 Honeydew
 Kiwi
 Mango
 Olives
 Orange
 Papaya
 Peach
 Pear
 Persimmon
 Plum
 Pomegranate
 Raisins
 Raspberries
 Strawberries
 Tomato
 Watermelon</p> | <p><u>Vegetables</u>
 Acorn squash
 Arugula
 Asparagus
 Boston bibb lettuce
 Broccoli
 Brussels sprouts
 Butternut squash
 Cabbage
 Carrot
 Celery
 Cauliflower
 Collard greens
 Cucumber
 Eggplant
 Fennel
 Garlic
 Iceberg lettuce
 Jalapeno
 Kale
 Lemon
 Lime
 Okra
 Onion
 Parsnip
 Peppers
 Pumpkin
 Red leaf lettuce
 Radish
 Romaine lettuce
 Snap peas
 Spinach
 String beans
 Swiss chard
 Turnips
 Watercress</p> | <p><u>Grains & Starchy Veggies</u>
 Barley
 Brown rice
 Buckwheat
 Corn
 Farro
 Peas
 Quinoa
 Red potato
 Sweet potato
 White potato
 Whole wheat
 Yucca</p> <p><u>Nuts & Seeds</u>
 Almonds
 Brazil Nut
 Chestnut
 Cashews
 Chia Seeds
 Flax seeds
 Macadamia
 Hazelnut
 Hemp Seeds
 Pecans
 Pine Nut
 Pistachios
 Pepita (pumpkin) seeds
 Sunflower seeds
 Walnuts</p> | <p><u>Beans & Legumes</u>
 Black beans
 Black-eyed peas
 Cannellini beans
 Chickpeas
 Soy beans (edamame, tofu)
 Fava beans
 Kidney beans
 Lentils
 Lima beans
 Navy beans
 Peanuts
 Pinto beans</p> <p><u>Fresh Herbs</u>
 Basil
 Chives
 Cilantro
 Dill
 Garlic
 Ginger
 Mint
 Parsley</p> |
|--|---|--|--|



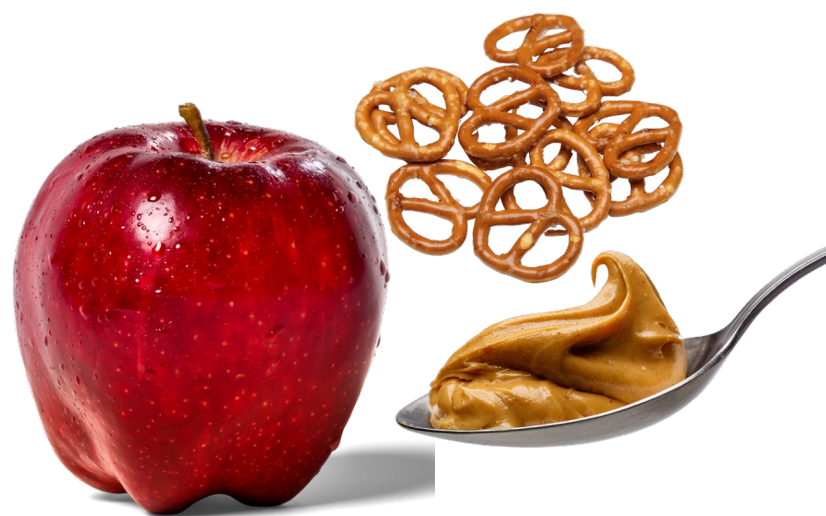
Breakfast: Spinach omelet, side berries and toast



Snack: Grapes and cheese



Lunch: Turkey sandwich with L&T, onion, avocado. Side carrot sticks



Snack: Apple, nut butter, and pretzels



Dinner: Salmon with roasted veggies and rice



Dessert: Orange and chocolate

Honor Your Hunger

Tune into your body's hunger cues for adequate energy and to put yourself (not diet culture) in charge.

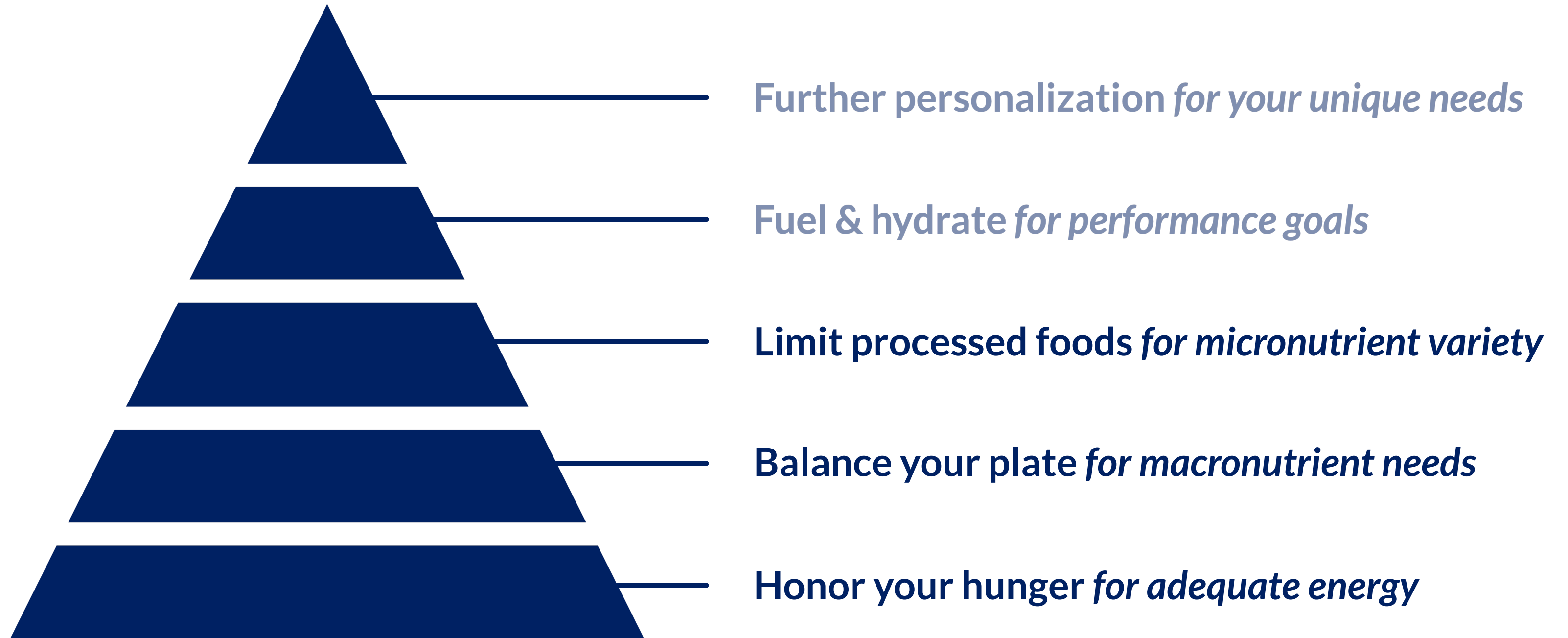
Balance Your Plate

Include carbohydrates, protein, and color to support energy, satiety, and nutrient needs at each meal.

Snack Smarter

Limit processed foods - especially added sugars - and incorporate a variety of plants for enjoyment, digestive health, and well-being.

In Other Words





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Thank you!



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