

Permission to Eat: Nutrition from an Abundance Mindset

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Heather Zeman

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MS in Nutrition & Health Promotion



Certificate in Sports Nutrition



Mindful eating & intentional fueling



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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.

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Mindset shift

Give yourself permission to eat.



Ditch Diet Culture

Honor your own hunger and fullness.



Balance Your Meals

Be intentional with your choices.



Be a Savvier Snacker

For energy, fullness, and satisfaction.

Today's Agenda

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Avoiding "bad" foods

Experiencing energy and mood swings

Denying yourself food when you're hungry

Following someone else's plan and food rules

"I can't eat that or I'll eat it all!"
"Let's be BAD and order this!"

"I never have any energy after 12pm."

"I'm so hungry but I just ate. I'll wait until lunchtime."



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Mindset shift:

"You can't build a habit for *not* doing something."

-Food, We Need to Talk Podcast

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Find your nutrition "why." What is your end goal?

Some common responses:


- Be healthier
- Lose weight
- Eat less sugar
- Eat better

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Find your nutrition "why." What is your end goal?

Some common responses:

- Be healthier
 - Lose weight
 - Eat less sugar
 - Eat better
- 
- Lower cholesterol
 - Build muscle
 - Eat more fruit
 - Eat for steady energy

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Making specific,
personal, and
attainable changes.



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Ditch Diet Culture

An ineffective, damaging, and risky system.

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Mindset shift:

Dieting is the most socially acceptable form of self-harm.

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How Diets "Work"



Restriction

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



Deficit

Restriction leads to a caloric deficit



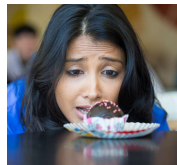
Loss

Caloric deficit leads to weight loss

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Why Diets Don't Work



Restriction

Biological & psychological deprivation



Adaptation

Increased appetite, decreased satiety, reduced metabolism

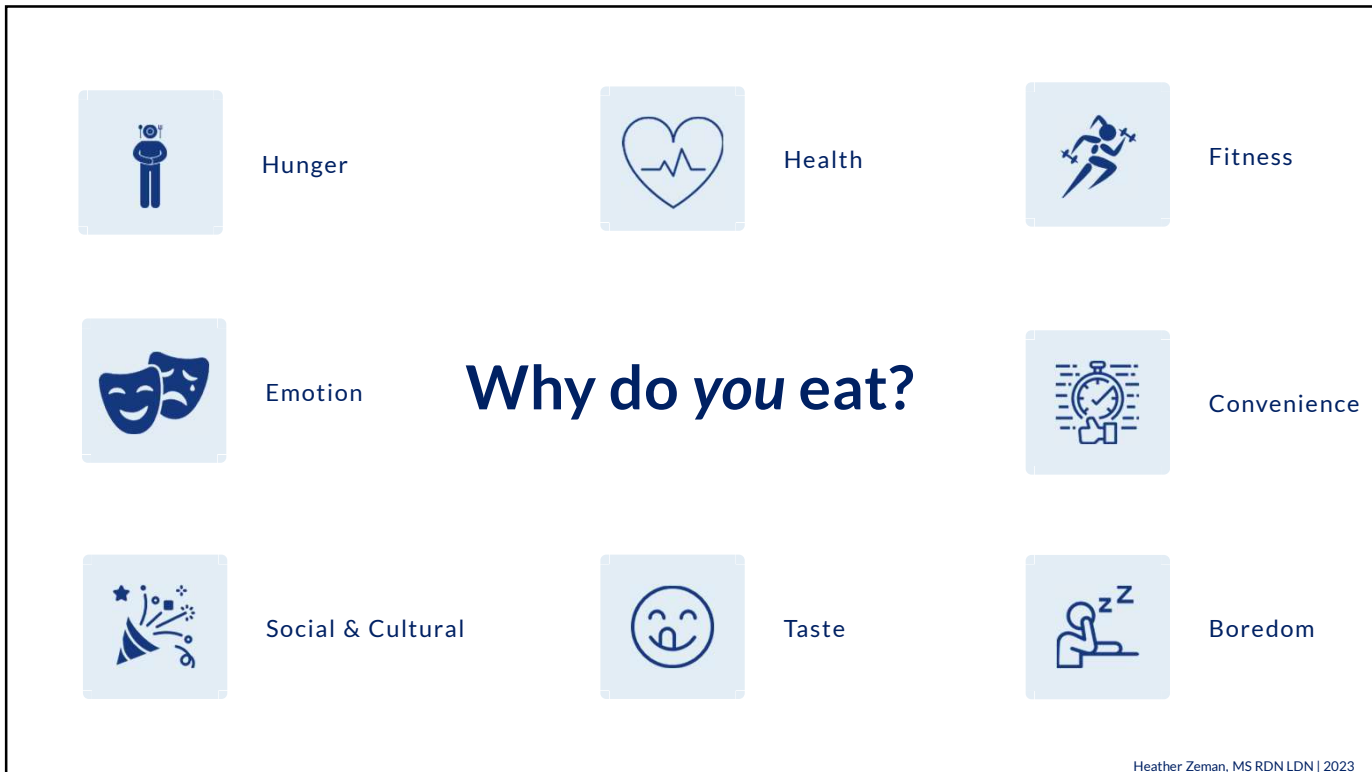


Rebound

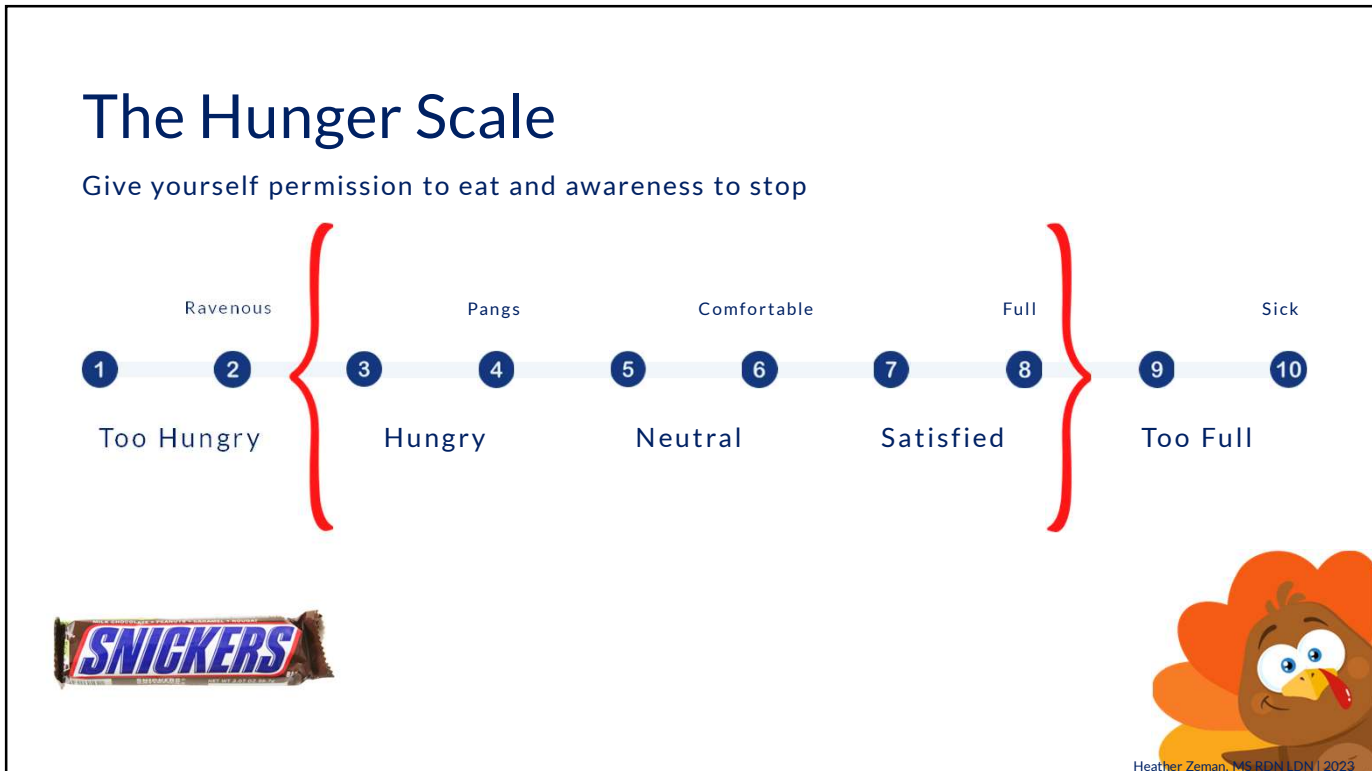
Dieting is a predictor of weight regain

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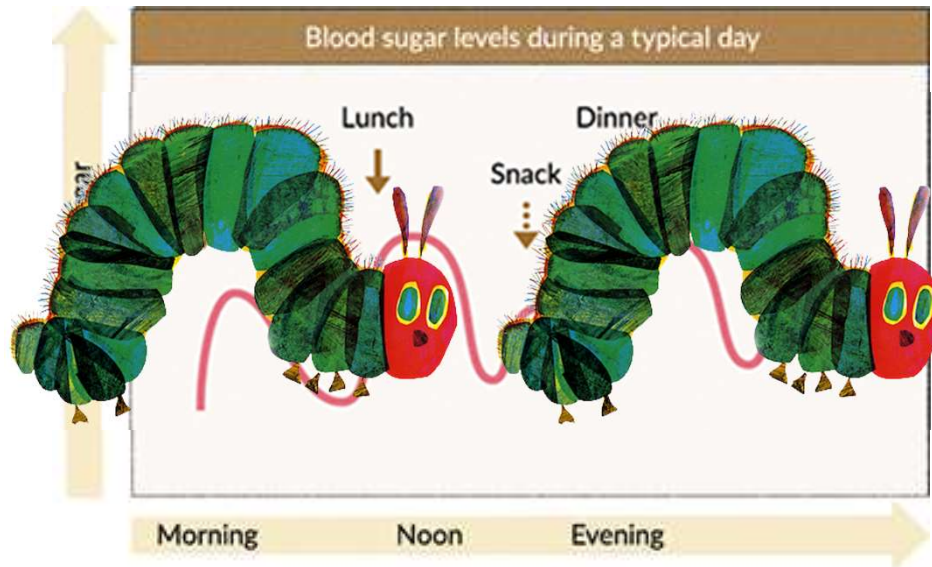


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The Blood Sugar Caterpillar



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Making specific, personal, and attainable changes.

Re-writing food rules for myself.

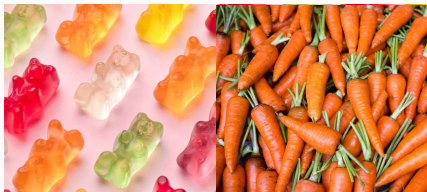
Eating lunch without a screen so I recognize when I'm full.

Adding an afternoon snack so I'm not ravenous.



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Balance Your Meals

No more "good" vs. "bad."

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Macronutrients = Energy



Carbohydrates - "Go"

Primary energy source for muscles, brain, and red blood cells.



Protein - "Grow"

Muscle growth & repair, hormones, energy if needed.



Fat - "Concentrated Go"

Energy at rest and lower intensity activities.

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Did you know...

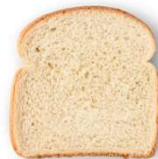
Your brain alone uses at least 130g of carbohydrates per day?



27g/medium banana



45g/1 cup cooked



17g/slice



23g/oz



17g/oz

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Micronutrients & Water



Vitamins



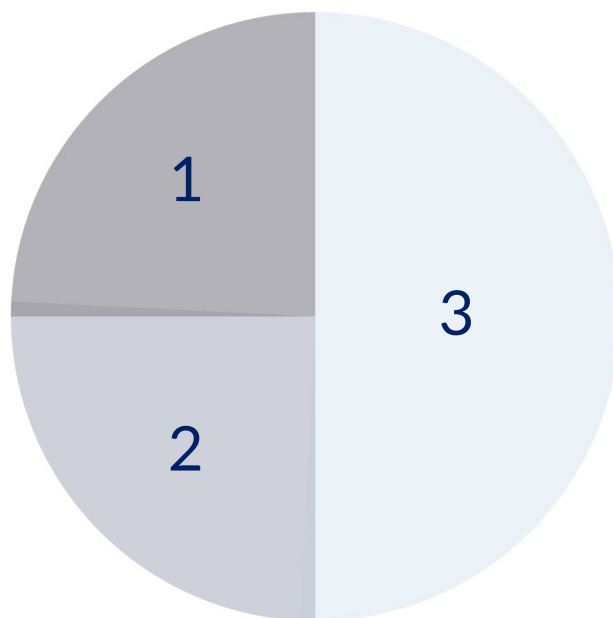
Minerals



Water

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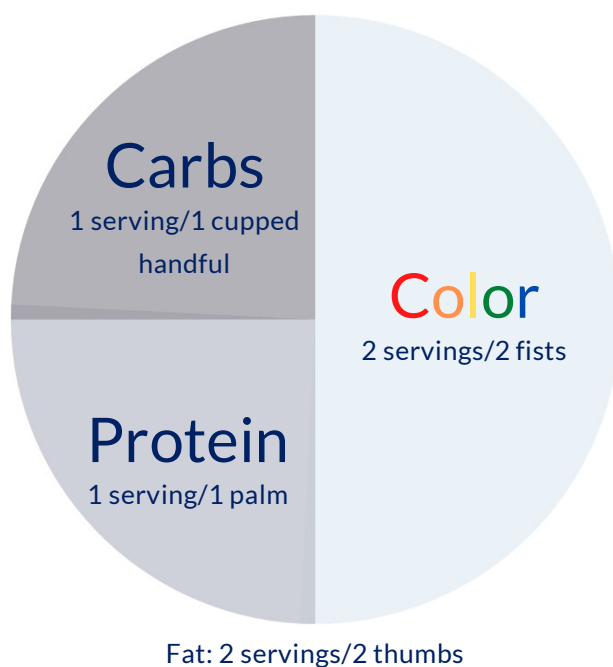
Build a Balanced Plate



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The *Baseline* Balanced Plate



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Mindset shift:

Ask yourself: "What can I *add, subtract, or adjust* to make my meals more balanced?"

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Making specific, personal, and attainable changes.

Re-writing food rules for myself.

Eating lunch without a screen so I recognize when I'm full.

Adding an afternoon snack so I'm not ravenous.

Asking for 1/2 serving of rice from Sweetgreen.

Add "2 fists" of vegetables to dinner.



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Be a Savvier Snacker

Energy, fullness, and satisfaction.

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LIMIT ADDED
SUGARS

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Natural Sugar

Part of the chemical structure of food. (Glucose, fructose, and lactose)



Added Sugar

Any sugar added to a food or beverage.



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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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- Limit to <50g added sugars/day
- <25g/day per American Heart Association

Disguised as...

- | | |
|-----------------------|---------------------------|
| Agave | Fructose |
| Barley malt | Fruit juice / concentrate |
| Beet sugar | Honey |
| Brown/rice syrup | Maltose |
| Brown sugar | Maple syrup |
| Cane sugar | High-fructose corn syrup |
| Coconut sugar | Molasses |
| Corn syrup | Sorghum syrup |
| Date sugar | Treacle |
| Evaporated cane juice | Turbinado sugar |

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The Scoop on Sugars



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Lower-Sugar Swaps



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LIMIT ADDED SUGARS

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INCREASE TOTAL FIBER

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Nutrition Facts	
16 Servings Per Container	
Serving Size 1 slice (43g)	
Amount per serving	
Calories 110	
% Daily Value*	
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%	

Added Sugars

- Limit to <50g/day
 - <25g/day per American Heart Association

Dietary Fiber

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

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Fruit

Vegetables

Whole Grains & Starchy Vegetables

Nuts & Seeds

Beans & Legumes

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Plain yogurt with berries and high-fiber cereal



Cheese and grapes



Lower-sugar protein bar



Apple & nuts or nut butter



Banana with peanut butter and chocolate chips



Orange and dark chocolate

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Making specific, personal, and attainable changes.

Re-writing food rules for myself.

Eating lunch without a screen so I recognize when I'm full.

Adding an afternoon snack so I'm not ravenous.



Asking for 1/2 serving of rice from Sweetgreen.

Add "2 fists" of vegetables to dinner.

Replace 1 sugary snack with a piece of fruit

Replace 1 refined grain with a whole grain

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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?

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

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Honor Your Hunger

Tune into your own hunger & fullness cues. You're in charge (not diet culture)!

Balance Your Plate

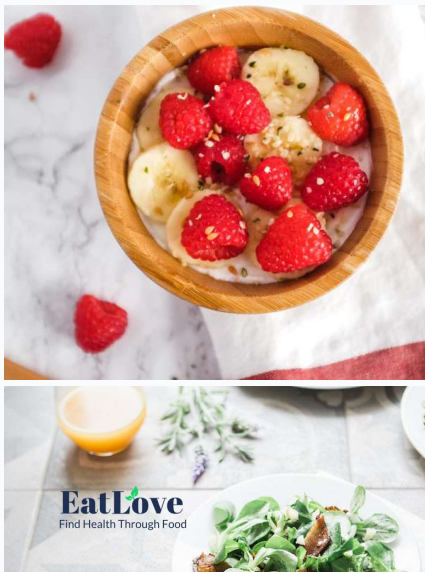
Carbs, protein, color, healthy fats. What can you add or adjust at each meal?

Snack Smarter

Limit added sugars and increase fiber. Consider using "plants" to target both.

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EatLove Raffle

- Onboarding session
- Personalized recipe recommendations
- Meal planning strategies
- Online grocery ordering
- Secure messaging with me

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Thank you!



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