

Permission to Eat: Nutrition from an Abundance Mindset

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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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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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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

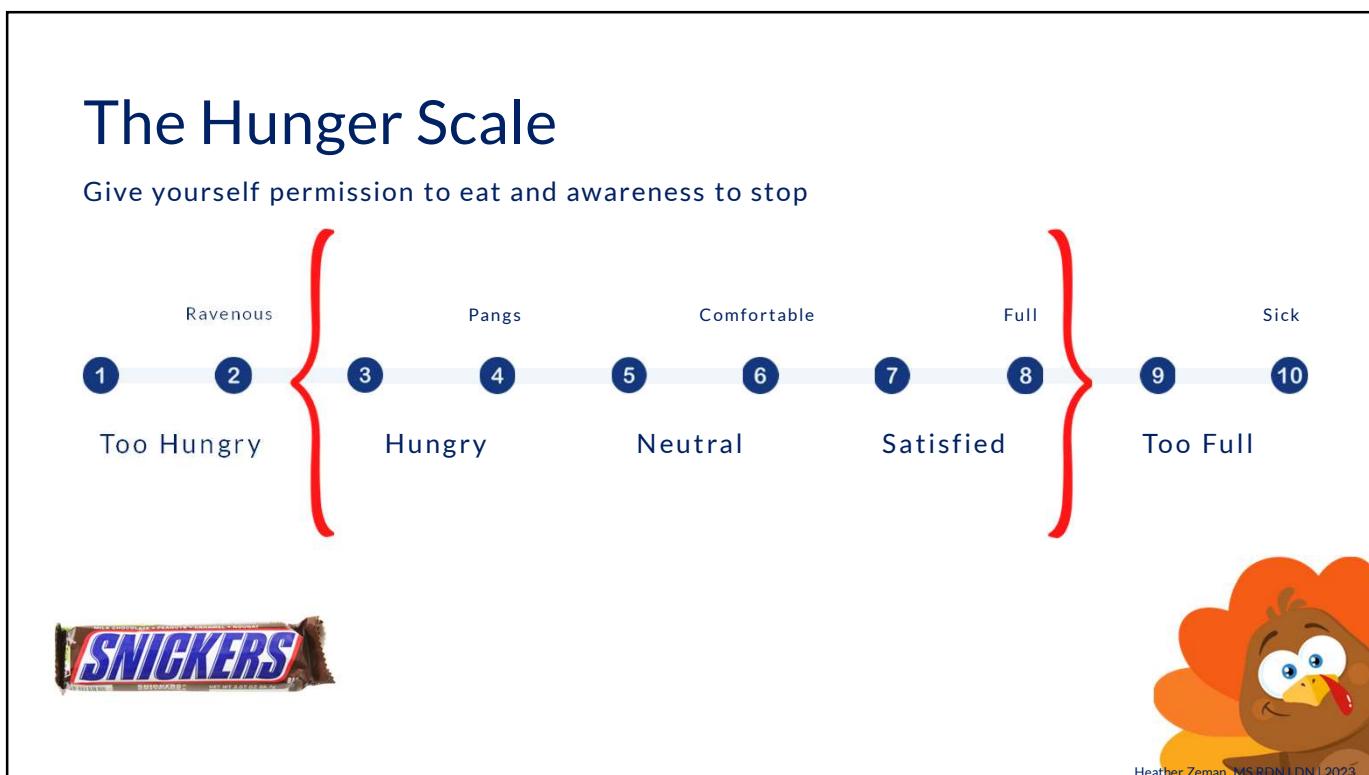
Dieting is a predictor of weight regain

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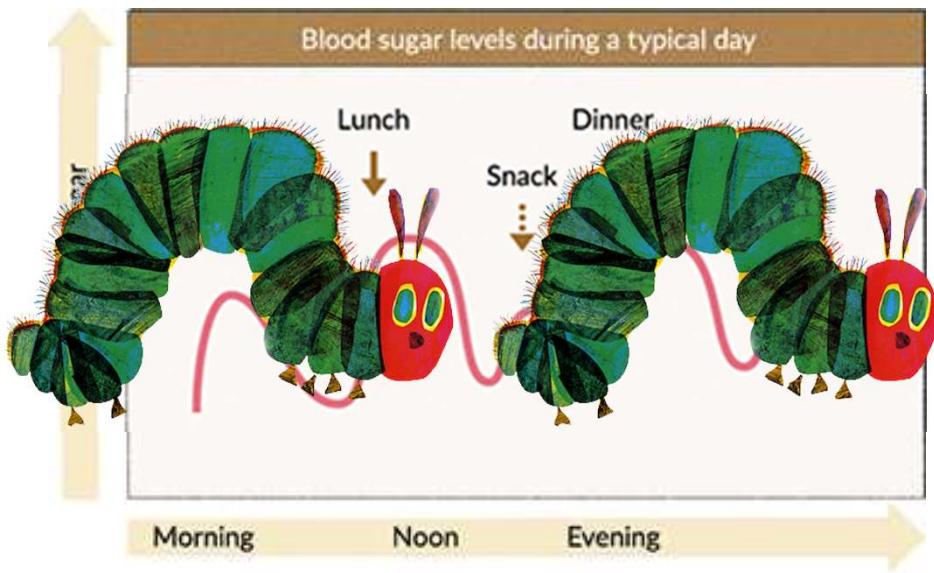


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The Blood Sugar Caterpillar



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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...

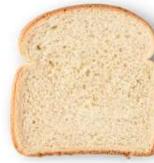
Your brain alone uses at least 130g of carbohydrates per day?



27g/medium banana



45g/1 cup cooked



17g/slice



23g/oz



17g/oz

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Micronutrients & Water



Vitamins



Minerals

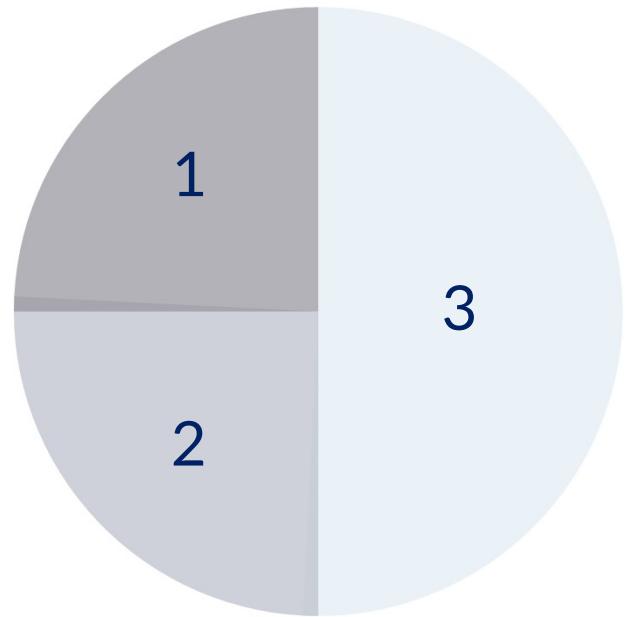


Water

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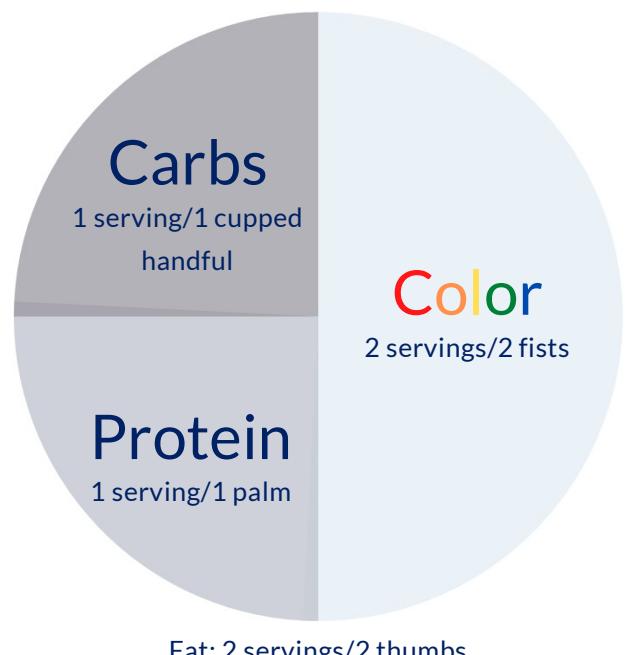
Build a Balanced Plate



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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

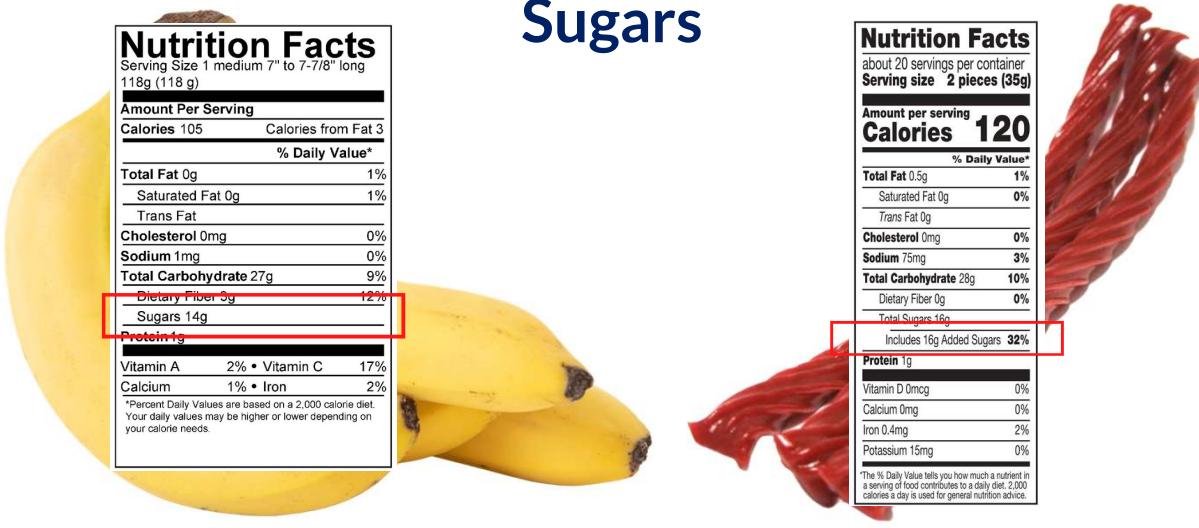
Disguised as...

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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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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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

Fruit

- 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

Vegetables

- 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

Grains & Starchy Veggies

- Barley
- Brown rice
- Buckwheat
- Corn
- Farro
- Peas
- Quinoa
- Red potato
- Sweet potato
- White potato
- Whole wheat
- Yucca

Beans & Legumes

- Black beans
- Black-eyed peas
- Cannellini beans
- Chickpeas
- Soy beans (edamame, tofu)
- Fava beans
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Peanuts
- Pinto beans

Nuts & Seeds

- Almonds
- Brazil Nut
- Chestnut
- Cashews
- Chia Seeds
- Flax seeds
- Macadamia
- Hazelnut
- Hemp Seeds
- Pecans
- Pine Nut
- Pistachios
- Pepita (pumpkin) seeds
- Sunflower seeds
- Walnuts

Fresh Herbs

- Basil
- Chives
- Cilantro
- Dill
- Garlic
- Ginger
- Mint
- Parsley

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Honor Your Hunger

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

Balance Your Plate

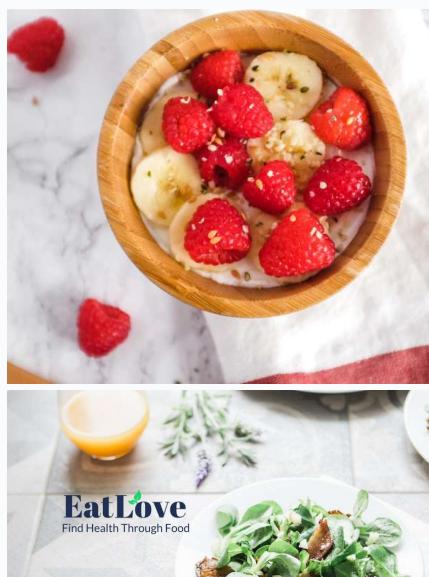
Carbs, protein, color, healthy fats. What can you add or adjust at each meal?

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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