***NUTRITION: FUELING YOUR HEALTH!***

*Food holds joy and nostalgia. It brings people together to celebrate friends and family. Food is also what fuels our body, and one of the most powerful medications and influential health factors in preventing chronic disease states later in life!*

-Inflammation 🡪increases risk for cancers, auto-immune illness, gut health, chronic fatigue

-Cancer 🡪 Foods that influence cancer risk: sugar, high temp cooked foods, preservatives, additives

-Cardiovascular 🡪Unhealthy fats, high temp cooked fats, inflammation, obesity all increase CV risks

-Gut Health 🡪 high FODMAP and inflammatory foods cause IBS, and a breakdown in gut immune system

-Hormonal/Endocrine 🡪cause metabolic imbalance that can lead to diabetes and escalated stress hormones

-Weight 🡪impacts our energy levels, sleep, musculoskeletal health, and mental health (self-confidence!)

**Diet trends:** There will always be the newest and greatest dietary trends, but the fact is there is not a “one size fits all” diet. We are all built different with differing metabolisms and genetic predispositions that can influence and dictate different priorities in nutrition. For instance:

-predisposition to diabetes and insulin—lower carb/sugar diet, more lean protein, and intermittent fasting

-inflammation (autoimm, arthritis, rheum)—low inflam. diet w/ less grains/dairy/processing/preservatives

-irritable bowel—low FODMAP diet, and more healthy pre/probiotics

-low metabolism or high stress—low carb/sugar, high anti-oxidants, intermittent fasting, timing of foods to decrease cortisol, insulin, and other hormonal influences.

***Common trends of nutritional health recommendations that can be applied across the board:***

INCREASE CONSUMPTION:

-Omega-3 rich foods—natural anti-inflammatory, promotes healthy cholesterol and heart health, satiates appetite

-Soluble fiber (fruit/veggies/oats)—reduces unhealthy cholesterol and aids in healthy bowels

-Nutrient and vitamin rich vegetables—"eat the rainbow”: different colors carry different vitamins, minerals, and anti-oxidants—better and more bio-available than most supplements. Shoot for 4+ servings daily.

-Lean protein—satiate the appetite, decrease insulin and other storage hormone secretion

DECREASE CONSUMPTION:

-Saturated unhealthy fats—dairy fats (cheese/cream), red/processed meats (sausage/etc), pastries, chips, etc.

-High temperature cooked foods, especially fats (fried foods, chips, charred meats)

-Sugars—increase inflammation and trigger unhealthy hormonal cascades……addicting, truly!

-“Empty white carbohydrates”(bread, pasta, rice, potato, crackers, cereal)—generally nutritionally void, and break down quickly into sugars.

-Processed/preserved foods—if you don’t know all the ingredients on the label, it is a good signal to avoid!

***HEALTHY WEIGHT MAINTENANCE NOT AS SIMPLE AS “CALORIES IN / CALORIES OUT”***

-Timing and hormonal influences from food contribute greatly to utilization or storage of calories

-Fueling while you are burning (eating more of your calories early in the day with BF or lunch as your large meal)

-Promoting metabolism to burn hot (increase muscle mass, avoid extended fasting (16+ hrs), eat breakfast!)

-Intermittent fasting (12-15 hours) in the evening and overnight to avoid storing and decrease insulin resistance

***SUPPLEMENTS AND VITAMINS:***

-Big industry supplements—easy to get lost in the mix and spend unnecessary money

-Most bio-available vitamins come from a diverse nutrient dense diet from foods grown from the earth

-Some considerations:

\*Vitamin D—For all who live in northern hemisphere Fall-Spring!

\*B12—For largely vegetarian diet

\*Omega-3—If not realistic to get enough from diet (fish, avocado, olive oil, nuts)

\*Zinc—Immune boost that can be used strategically (travel, crowds, sick contact)

\*Tumeric/Curcumin—Natural anti-inflammatory

\*Magnesium—Natural calming affect, sleep aid, migraine reduction

\*Passion Flower, Chamomile, L-thiamine, Melatonin—Safe sleep aids along with good sleep hygiene