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PLANNING A
BALANCED DAY OF
FOOD



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Understanding The Macronutrients

- Carbohydrates (found in grains, nuts, seeds, legumes, fruits and vegetables) are the prime source of energy for the body
- They are designed to burn quickly and efficiently
- Carbs do not make you fat
- If you consume too many refined carbs all at once and you do not need all the energy for immediate needs or for glycogen storage, then it is turned to fat
- But that is not the carbs fault
- Carbs should be 50-65 % of the diet
- Carbs feed good bacteria



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Blood Sugar

- Many fermented foods stabilize blood sugar
- When blood sugar swings high – we feel good,
- But high blood sugar is always followed by a blood sugar drop causing numerous symptoms – mood swings, headaches, fatigue, weakness, shakiness, depression, anxiety
- Stress burns more carbs causing blood sugar swings
- Steady carbs throughout the day that enter slowly and steadily into the blood stream prevent highs and lows



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Fat

- Should make up 20-30% of the diet
- Fat is essential for hair, skin, hormones, healthy cell membranes, brain (60% fat) and nervous system (75% fat)
- 3 Types: Phospholipids, cholesterol and triglycerides

1. Phospholipids are a type of fat found in soy and egg yolks - essential brain and cell membrane health
2. Cholesterol – essential for making sex hormones, bile and great for brain health – protective and an antioxidant – we make most of it – the rest comes from animal fat



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Type of Fat



Triglycerides:

- Monounsaturated fat: Liquid at room temp - more solid in the fridge – olive oil, avocado, non-GMO canola
- Saturated fat: Solid at room temperature and solid in the fridge – animal fats, coconut oil, cocoa butter,
- Polyunsaturated fat: Liquid at room temp and liquid in the fridge – chia, hemp, flax, nuts and seeds

Essential fatty Acids – Omega 3 and 6 are polyunsaturated fats and we must get them in our diet in order to make other fatty acids

Animal sources of EFA are in the form we need: DHA, EPA, GLA, DGLA, AA – cold water fish, butter, eggs

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Triglycerides

- Plant based Omega 3 walnuts, soy, chia, flax, hemp, algae, sacha inchi nuts – we must convert these to the form we need, using vitamins and minerals,
- Plant based Omega 6: Evening primrose oil, borage oil, black current seed oil, chia, flax, hemp, sunflower oil, safflower oil algae sacha inchi nuts
- Cold water fish sources: herring, anchovy, salmon, tuna, halibut, sardines, cod liver



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Why Whole Milk?

- There is only about a 45 calorie difference between a cup of whole milk (3.5% butter fat) and skim milk (fat free).
- For weight loss purposes, that is meaningless.
- More importantly, by removing the butter fat, valuable nutrients such as Vitamin A and D and EFAs (essential fatty acids) all converted to the form we need as humans, are no longer available.
- Grass-fed cows have a higher EFA content than cows fed with commercial feed.



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Protein

- The body needs protein to build everything in the body – muscles, hair, skin, hormones, neurotransmitters, enzymes
- Getting sufficient protein everyday is necessary
- Meat (beef, chicken and pork), fish and seafood all contain major amounts of protein
- 4 oz of chicken breast is 25 g
- Women need 50 g(200 calories) a day and men 70-75 g
- Having one major protein source a day of at least 25 g is best – the rest can come from grains, legumes, nuts, seeds , dairy and eggs



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Protein

- Essential amino acids – 8 of them leucine, isoleucine, methionine, tryptophan, valine, phenylalanine, lysine and threonine. Some sources also think histadine is also essential
- We must get these in our diet
- All animal protein sources are complete
- Hemp (40% protein), soy, kamut, quinoa are all known to be complete
- Wheat, rice, corn, almonds, kidney beans also complete – may be more



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Minimum per day

- A serving size should be about the size of your fist.
 - At least 3 servings of vegetables and 2 fruits
 - 1 main protein serving (at least 15-25 g) (other foods will make up the rest of the protein)
 - 1 legume and 2 whole grain servings
 - 1 fermented food
 - 1 oz or 30 g of nuts or seeds
 - and other foods that contain essential fatty acids
 - 1 fermented food
- 



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The plate should look like this:



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Tips

- Do not adjust recipes by lowering the fat or sugar content. Make recipes as they are supposed to be and if the calorie count is too high for you, eat a smaller portion.
- If the quality of the ingredients in a recipe is not ideal, change the ingredient.
- Whole grains are better than white refined grains (add extra water to compensate for the fiber content).
- Natural fats like butter and coconut oil should replace hydrogenated fats. Always try to use the best quality version of the food, preferably organic, for the most nutrients per calorie.

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Sweeteners

- Use whole sweeteners instead of white sugar.
- Sucanat, coconut sweetener, palm sugar, jaggery, honey, maple syrup, agave, brown rice syrup are all low glycemic and contain vitamin, minerals and phytonutrients
- Make sure the honey and maple syrup are pure and not diluted with glucose
- Raw honey contains 10 strains of good bacteria



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Tips

- Tune into your body, and, when you have a craving, pay attention to how you feel.
- A craving is a sign the body wants something
- Microbes can create craving if they are not being fed correctly (including a craving for sugar)
- Do you feel anxious, tired, headachy or irritable? These are signs that your blood sugar has dropped and you don't have enough carbohydrates in your system to keep your blood sugar stable.
- This happens for a number of reasons – lack of eating, too much stress, refined carbohydrates, good bacteria (dysbiosis)



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Sample Day

- Breakfast: Steel cut oats with blueberries and pistachios, milk of choice, cinnamon and maple syrup
- Lunch: Lentil soup with green salad (spinach, romaine, tomatoes, green onions, with apple cider vinaigrette)
- Snack: Hummus mixed with sauerkraut and zucchini sticks
- Dinner: Grilled Salmon, roasted potatoes, steamed veggies (broccoli, carrots, celery, white onion) with lemon, olive oil and garlic
- Snack: Orange



Final Thoughts

- There are many more ideas in the menu plans.
- The key is to find what works for you
- Don't change your diet all at once – go one step at a time – one new food or new recipe at a time
- Be observant as to how food makes you feel
- Don't forget to chew
- Most importantly, enjoy your food


