

# Nutrition Workshop

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AT REDLANDS BARRE

With Kelsie White, RDN  
October 15, 2024

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## A B O U T M E

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- Registered Dietitian Nutritionist
- Graduated with a Master of Public Health in Nutrition & Dietetics from Loma Linda University in 2021
- Diplomate of the American College of Lifestyle Medicine
- Author of *Planted in Simplicity*, a plant-based cookbook
- Pilates Instructor
- Dog Mom
- Favorite hobbies include Pilates, reading, wake surfing, baking, scuba diving, playing volleyball and hiking



# OVERVIEW

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- Nutrition Basics
- Macronutrients & Micronutrients
- Fiber
- Macronutrient Ranges
- Calorie Density
- Building a Balanced Plate
- Dietary Continuum
- Exercise Nutrition Basics
- Meal Planning
- Weight Loss Tips

# NUTRITION BASICS

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## Macronutrients vs Micronutrients

The most basic difference between the two is that macronutrients are those that the body needs in large quantities.

- Carbohydrates
- Proteins
- Fats

Micronutrients are those that the body still needs, but in much smaller quantities.

- Vitamins
- Minerals
- Phytochemicals

**Nutrient-dense foods provides more nutrition per calorie.**

# CARBOHYDRATES: THE BODY'S PREFERRED FUEL

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## Simple Carbs

Short chains of sugar molecules that the body breaks down quickly.

Provides a very quick energy source (sugar, white flour, juice)



## Complex Carbs

Long chains of sugar molecules that the body digests much more slowly.

Provides a slower, steady energy source (whole grains, legumes, potatoes, fruits)



## Fiber

The indigestible portion of plant foods. One of the key differences between a complex carb and a simple carb.

Found naturally only plant foods.



# PROTEINS: BUILDING BLOCKS OF LIFE

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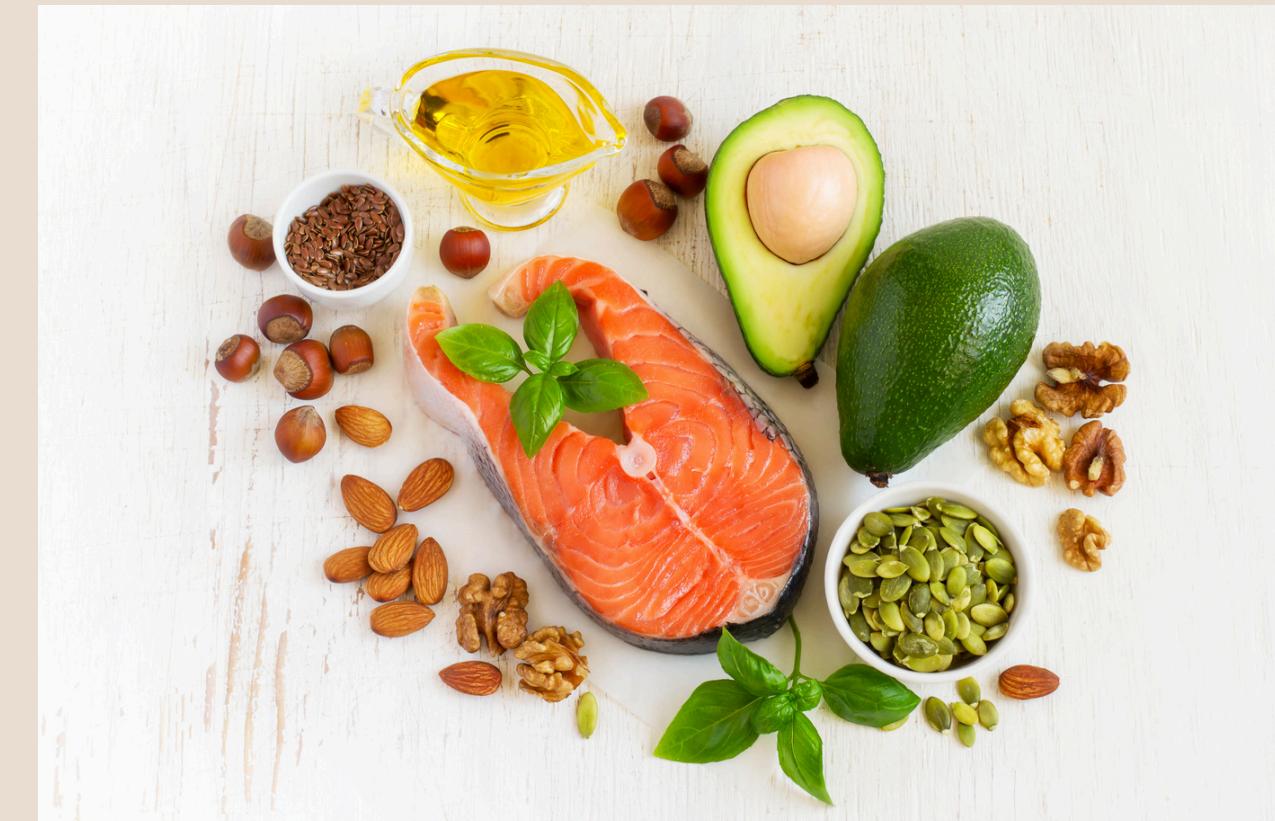
- Proteins support growth and repair of cells and tissues of the body.
- Proteins are chains of amino acids. The human body can create some amino acids, but others need to come from foods. Eating a balanced diet can provide you with all of the essential amino acids that you need.
- When possible, choose lean animal protein sources or plant protein sources for additional health benefits and disease prevention:
  - Lean animal protein sources: Egg whites, Greek yogurt, chicken breast, fish, lean beef, etc.
  - Plant protein sources: Beans, lentils, tofu, nuts and seeds.
    - Plant protein foods are also a good source of other beneficial nutrients like fiber, vitamins and minerals. High nutrient density, lower calorie density.



# FATS: ESSENTIAL FOR HEALTH & SATIETY

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- Fats help absorb certain vitamins including A, D, E and K.
- Higher calorie density than proteins or carbs.
- Including fats in small amounts in your diet can help you feel full and satiated.
- Important to limit saturated fats and avoid trans fats, as these contribute to elevated cholesterol levels and insulin resistance.
- Saturated fats are typically found in higher amounts in animal products (coconut and palm oil are the exceptions), while unsaturated fats are found in higher amounts in plant foods.
- Focus on whole food sources rather than cooking oils and butter.



# MICRONUTRIENTS: SMALL NECESSITIES

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## Vitamins & Minerals

- Needed in small amounts to function and stay healthy.
- Can help boost the immune system, support growth and development and play critical roles in various metabolic processes.
- Obtaining vitamins and minerals from whole food is preferred to taking a supplement. This is because vitamins and nutrients found in whole foods work synergistically together and have improved effects working together rather than taking them in an isolated supplement form.
- Your healthcare provider may still recommend taking certain vitamins and minerals as a supplement.

## Phytochemicals

- Chemical compounds found only in plants that can have beneficial effects for humans, such as anti-oxidant and immune boosting effects.
- Not essential in the same way that vitamins and minerals are but provide many health benefits.
- Examples are polyphenols and phytosterols.

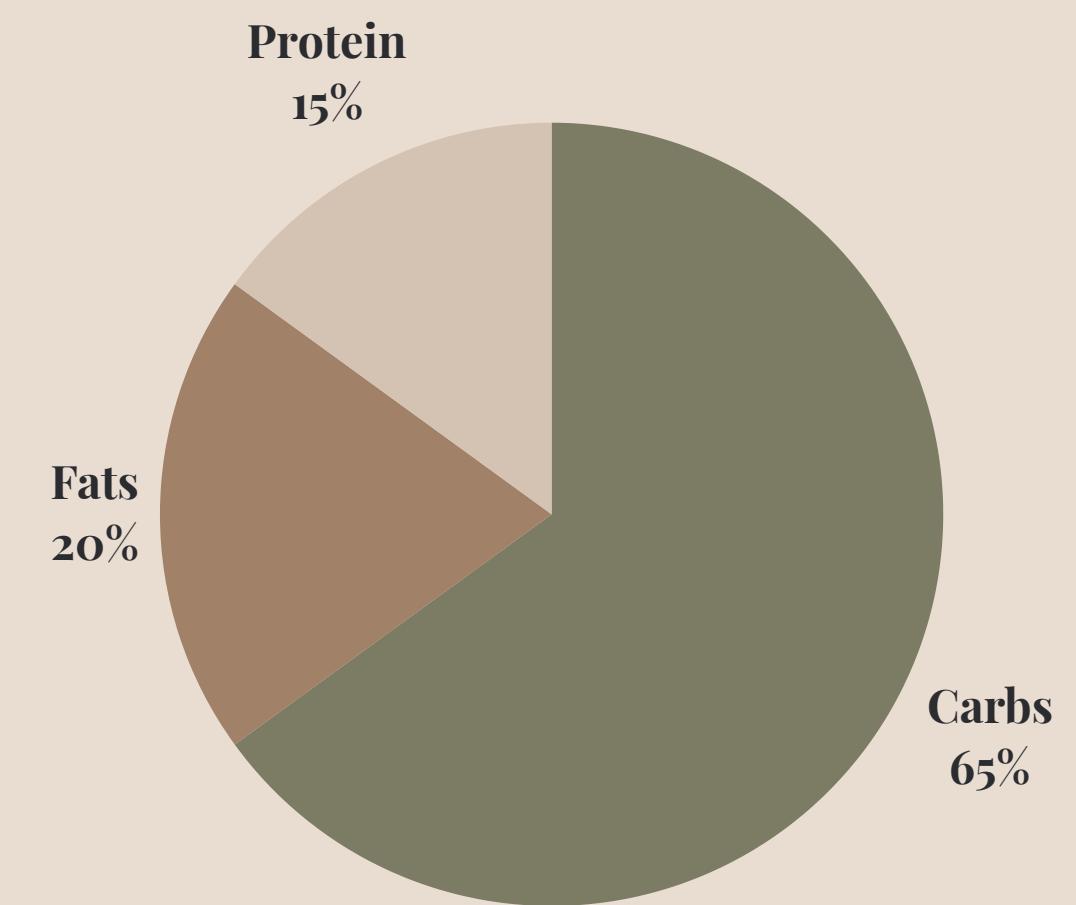
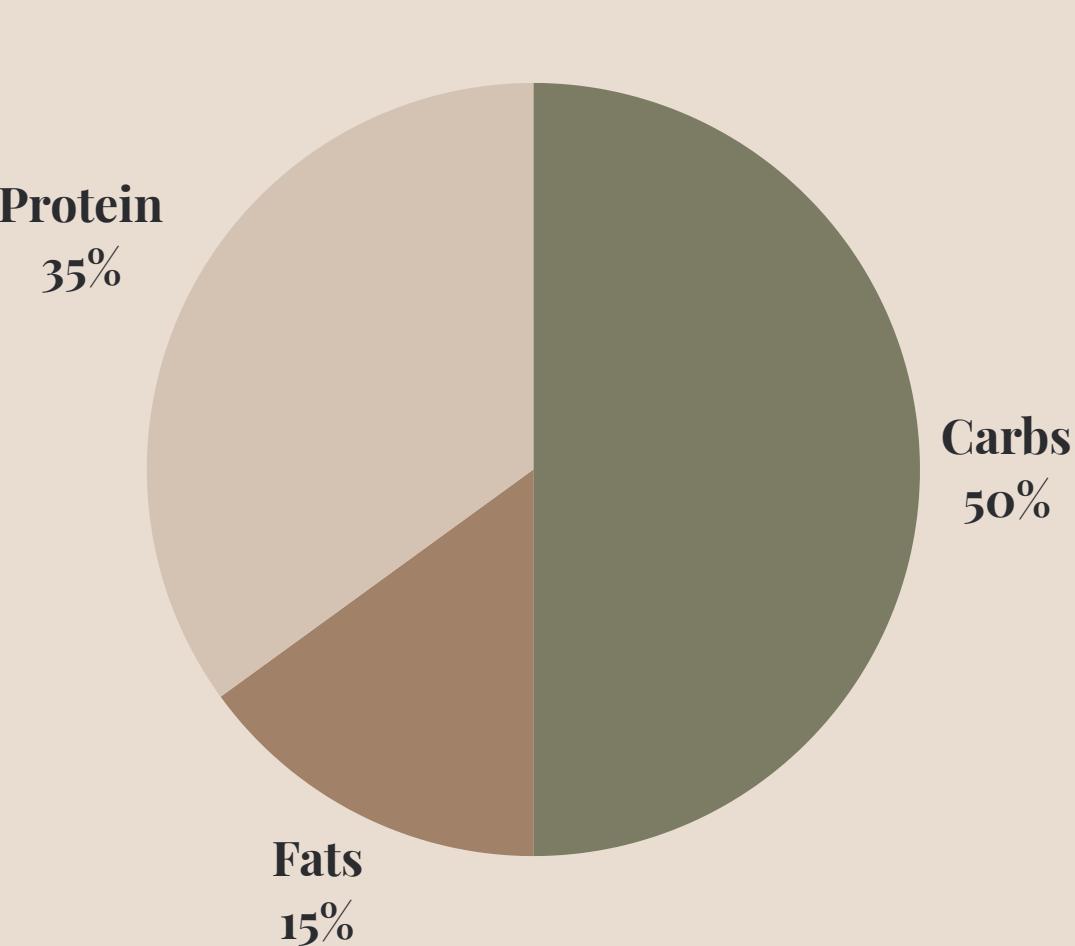
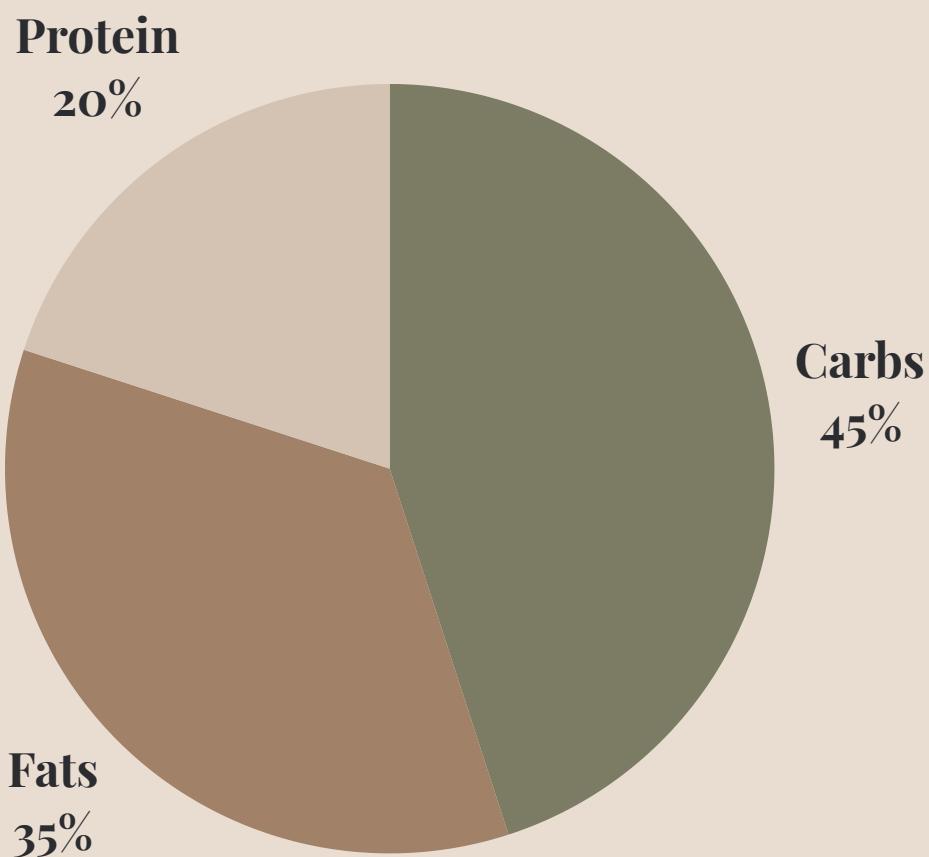


# AMDR RANGES

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## Acceptable Macronutrient Distribution Ranges

- 45–65% of calories from carbohydrates
- 10–35% of calories from protein
- 20–35% of calories from fat



# F I B E R

- The indigestible portion of plant foods.
- Two main types: soluble and insoluble. Both needed for different benefits.
- Fiber & Weight Loss:
  - Naturally high fiber foods are typically lower in calories but have a higher volume, thus making you feel fuller.
  - Fiber is indigestible to humans, however the gut bacteria digest it which helps keep them healthy and thriving.
  - The gut bacteria also break down fibers into smaller molecules that can trigger the release of our appetite suppression hormones.



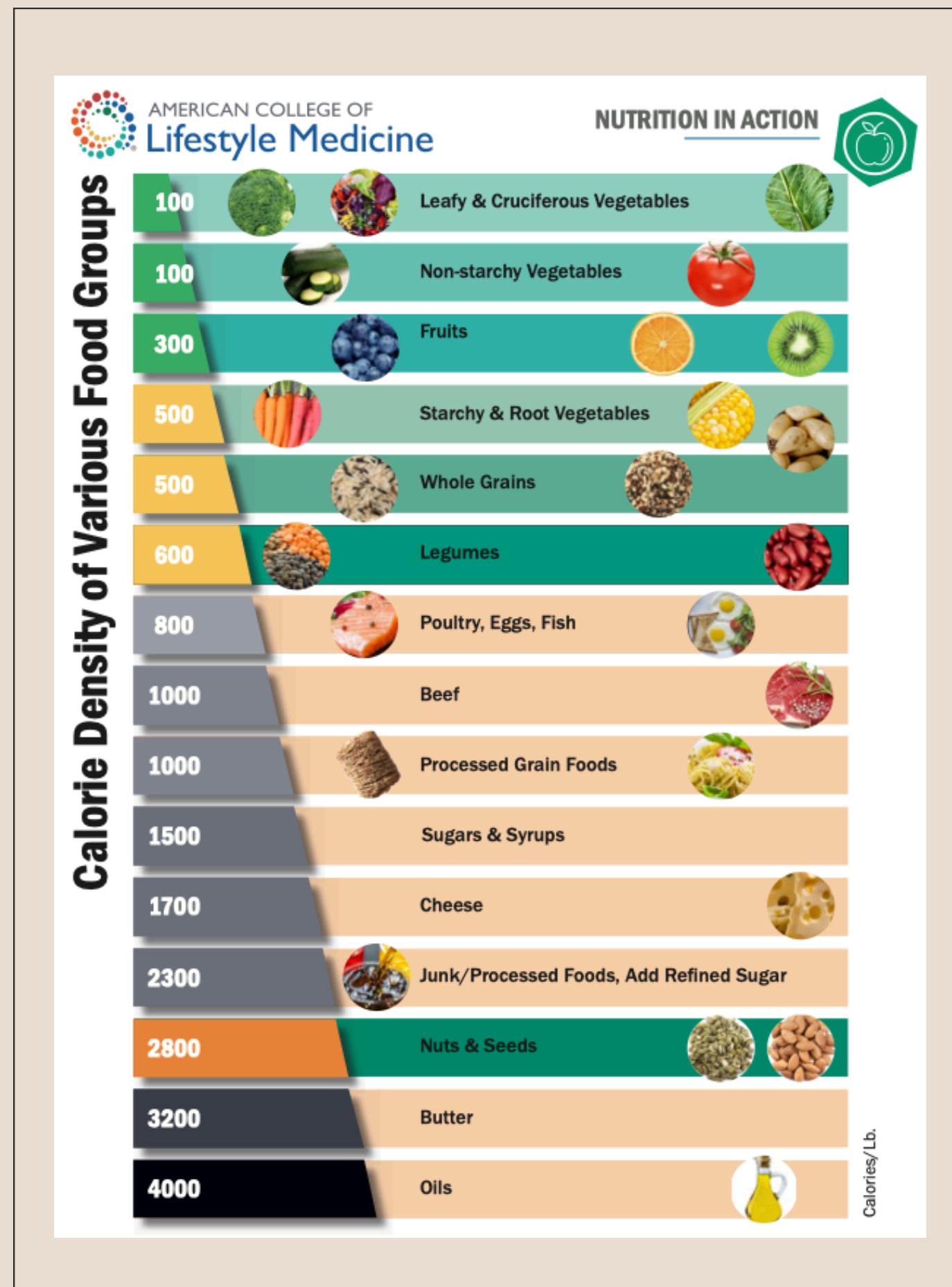
## Aim for 30-40 grams of fiber per day

- Aim higher if also trying to lower cholesterol and manage blood sugar
- Increase fiber intake slowly to avoid digestive upset
- Drink plenty of water

# CALORIE DENSITY OF FOODS

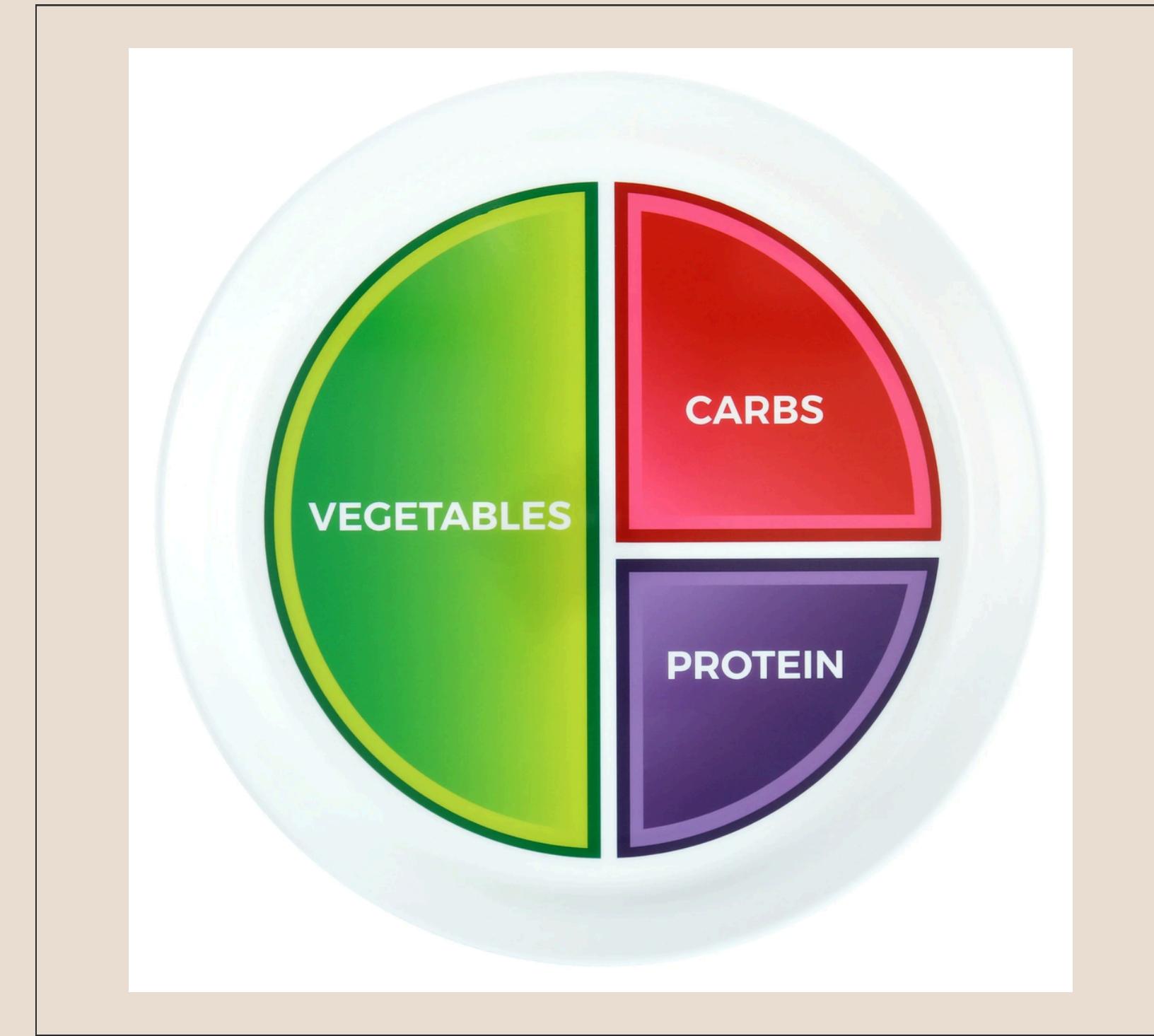
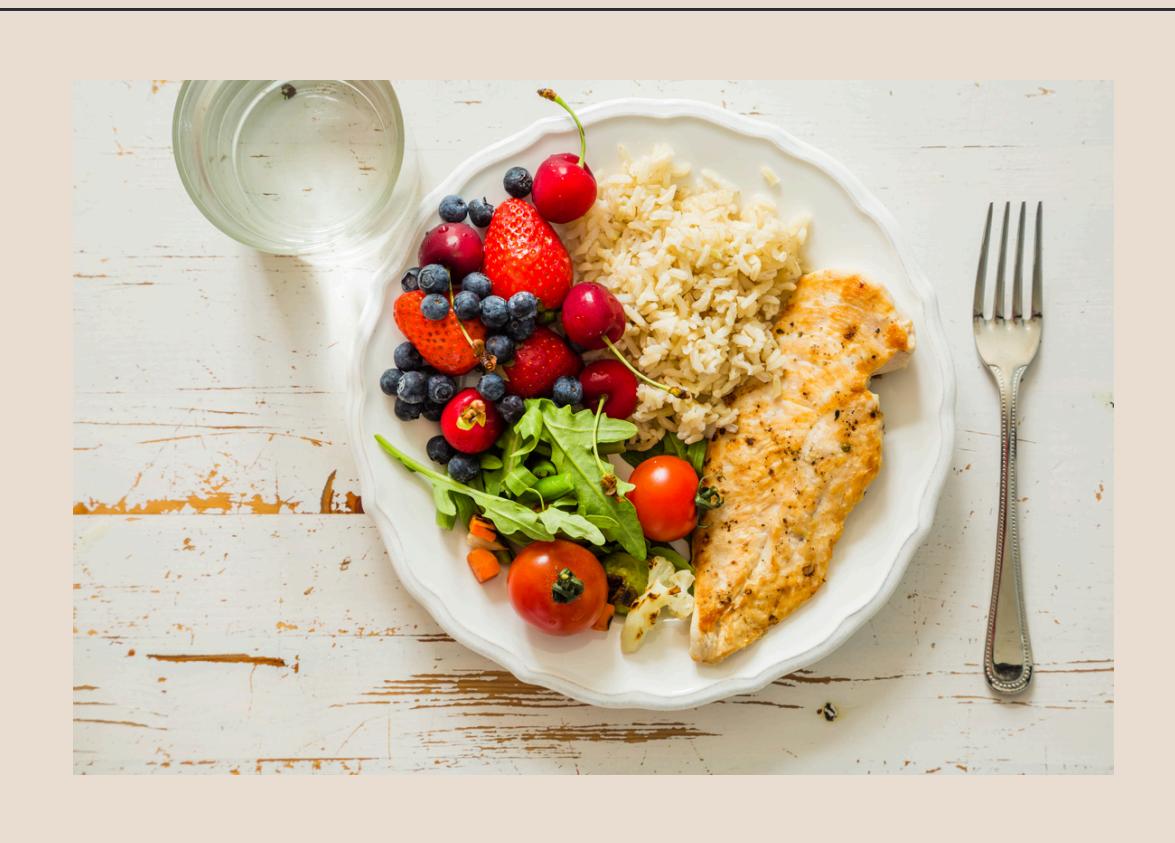
- Lower calorie foods: Leafy greens, cruciferous veggies, non-starchy veggies, fruits, starchy veggies, whole grains and legumes.
- Medium calorie foods: Poultry, fish, eggs, beef, processed grain foods.
- Higher calorie foods: Added sugars, cheeses, junk foods, nuts & seeds, butter

Remember that plant foods, whether low calorie or high calorie are also nutrient-dense.



# BUILDING A BALANCED PLATE

- Fill 1/2 your plate with non-starchy vegetables, 1/4 plate with lean animal protein or plant protein and 1/4 plate with whole grains and/or starchy vegetables.
- Include all food groups to help provide all the necessary nutrients.



## DIETARY CONTINUUM

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No one size fits all: There is flexibility in dietary choices; focus on what works for you and your lifestyle.

The more whole, plant foods you include in your diet, the more health benefits you will see.

# EXERCISE NUTRITION BASICS



## *Protein Recommendations*

- 0.8 g/kg/day for a healthy adult
- 1.0-1.2 g/kg/day for weight loss
- 1.2-1.5 g/kg/day for building muscle
- For example, an individual weighing 150 pounds (~68 kg) would need to consume a range of 55-102 grams of protein per day.
- Aim to consume ~20 grams of protein within 1 hour of exercise.



## *Carb Recommendations*

- Low Intensity Exercise: 3-5 g/kg/day
- Moderate Intensity Exercise: 5-7 g/kg/day
- High Intensity Exercise: 6-10 g/kg/day
- For example, our 150 pound individual would need to consume somewhere between 204-476 grams of carbs per day if participating in regular Barre/Pilates classes



## *Hydration*

- Water only is typically sufficient for exercise lasting 1 hour or less.
- If exercising for >1 hour, sports drinks can help replace electrolytes lost through sweat.
- Body weight in pounds divided by 2 can give you an estimate of ounces to drink daily.
- Increase intake with increased sweating, hot weather, illness, high fiber diet or caffeine intake.

# MEAL PLANNING: WHY IT MATTERS

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- Helps ensure that you meet your nutritional needs and can help you achieve your dietary goals.
- Saves time and reduces stress throughout the week.
- Prevents last minute unhealthy choices or fast food.
- May save you money and help avoid unnecessary food waste.



# MEAL PLANNING STRATEGIES

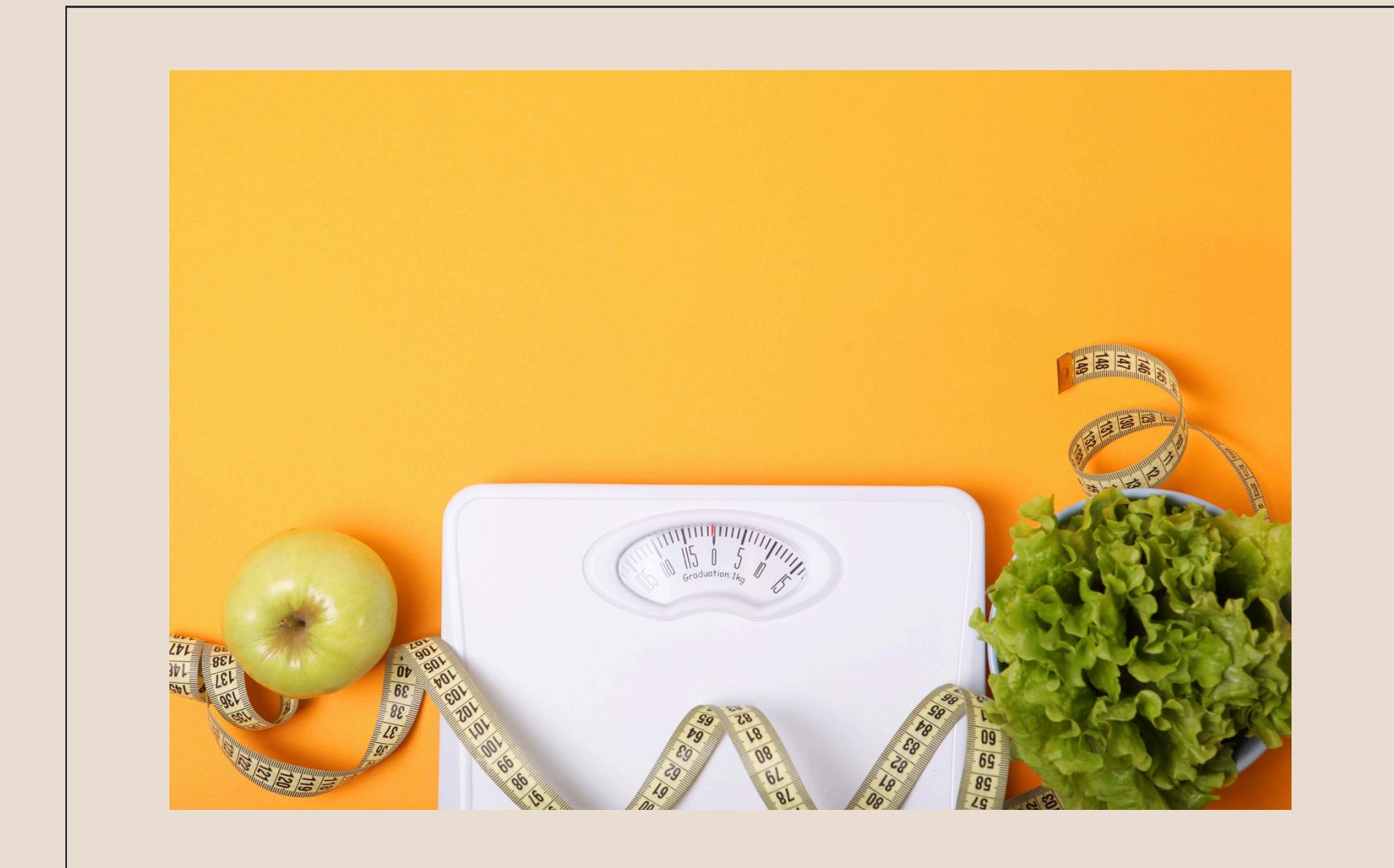
- 1. Write a list:** Make a list of 8-10 simple meals that you enjoy. You can rotate through these meals every other week and add small variations to keep things interesting.
- 2. Plan ahead:** Set aside time each week to plan your meals. Pull from your list of favorite simple meals to keep things easy.
- 3. Invest in good containers:** This will help keep you organized.
- 4. Know what is in your kitchen:** This will save you some money by only buying what you need.
- 5. Stock up on essentials:** Canned beans, frozen veggies and quick-cooking grains.
- 6. Prep ingredients instead of meals:** Wash and cut your veggies for the week.
- 7. Make double batches:** Use as leftovers for lunch the next day, or store in the freezer if possible.



# WEIGHT LOSS TIPS

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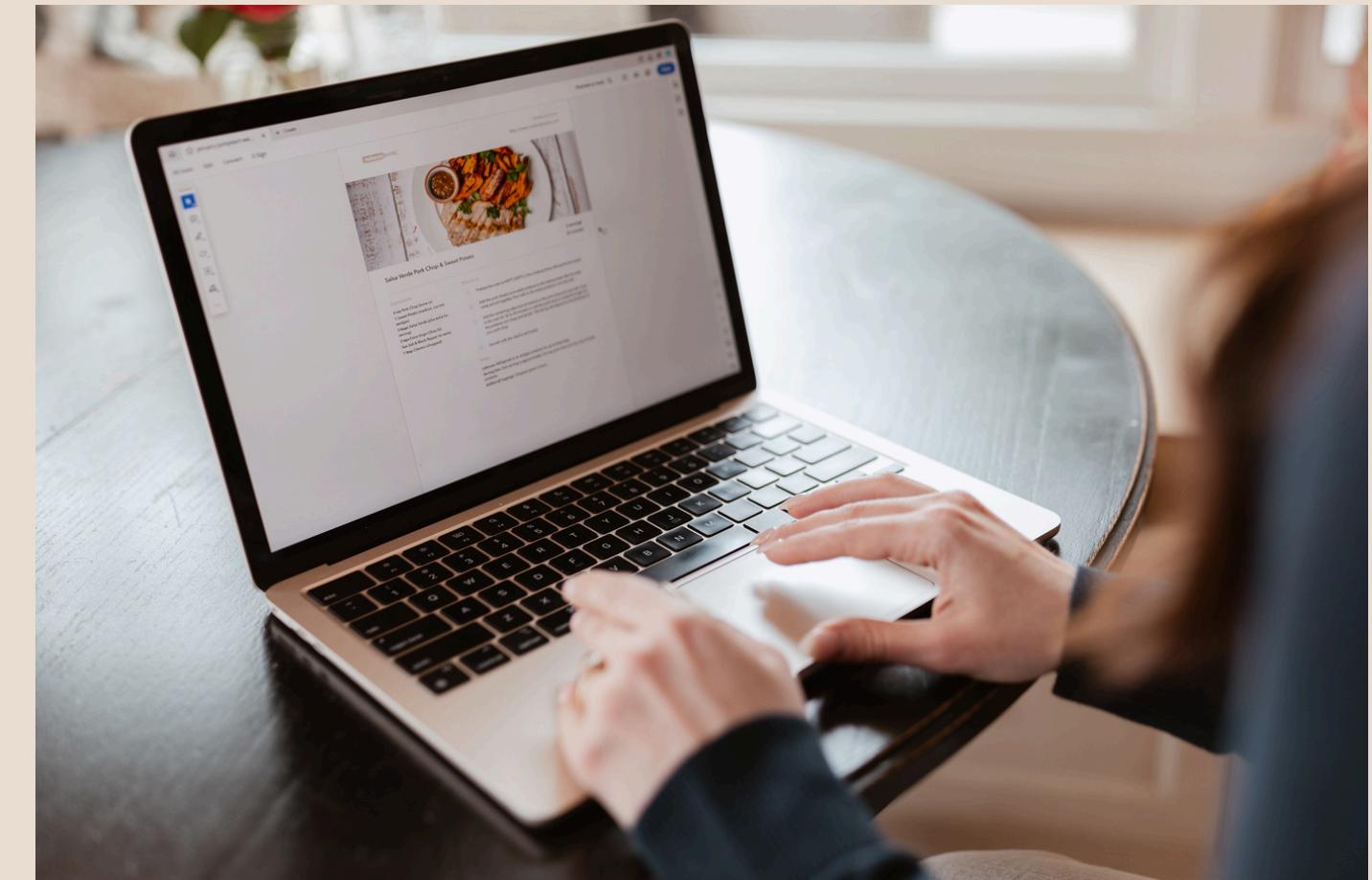
- **Higher Protein:** At least 1.0-1.2 g/kg/day
- **High Fiber:** Aim for 30-40 g/day
- **75% Plate Approach:** Fill 75% of your plate with foods that are naturally high in fiber and water. 25% of the plate for everything else, including dessert!
- **Pre-Load Stomach:** Eat an apple and drink a class of water before meals.
- **Snacks:** Have non-perishable healthier snack options on hand.
- **Time Restricted Eating:** Leave at least 12 hours between dinner and breakfast, can extend up to 16 hours. Avoid late night snacking.



# MEAL PLANS

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Scan the QR code for access to 2 week-long meal plans.



# Thank you!

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