

Nutrition Workshop

AT REDLANDS BARRE

With Kelsie White, RDN
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ABOUT ME

- 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

- 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

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

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

- 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

- 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

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

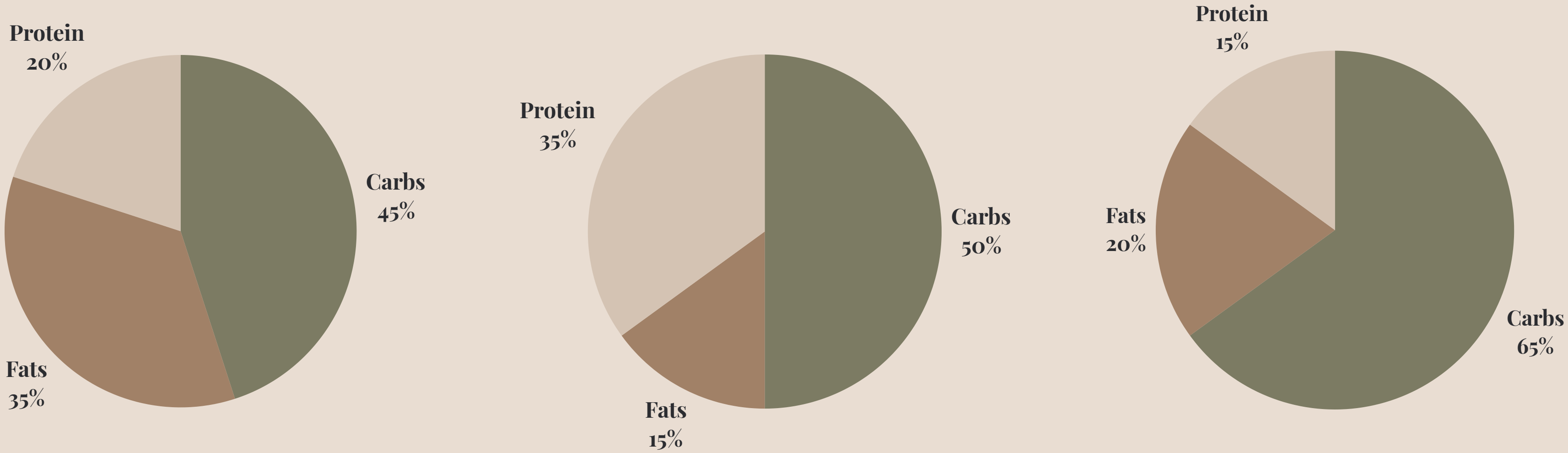
- Chemical compounds found only in plants that can have beneficial effects for humans, such as anti-oxidant and immune boosting effects.
- Not essential in the same way that vitamins and minerals are but provide many health benefits.
- Examples are polyphenols and phytosterols.



AMDR RANGES

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.



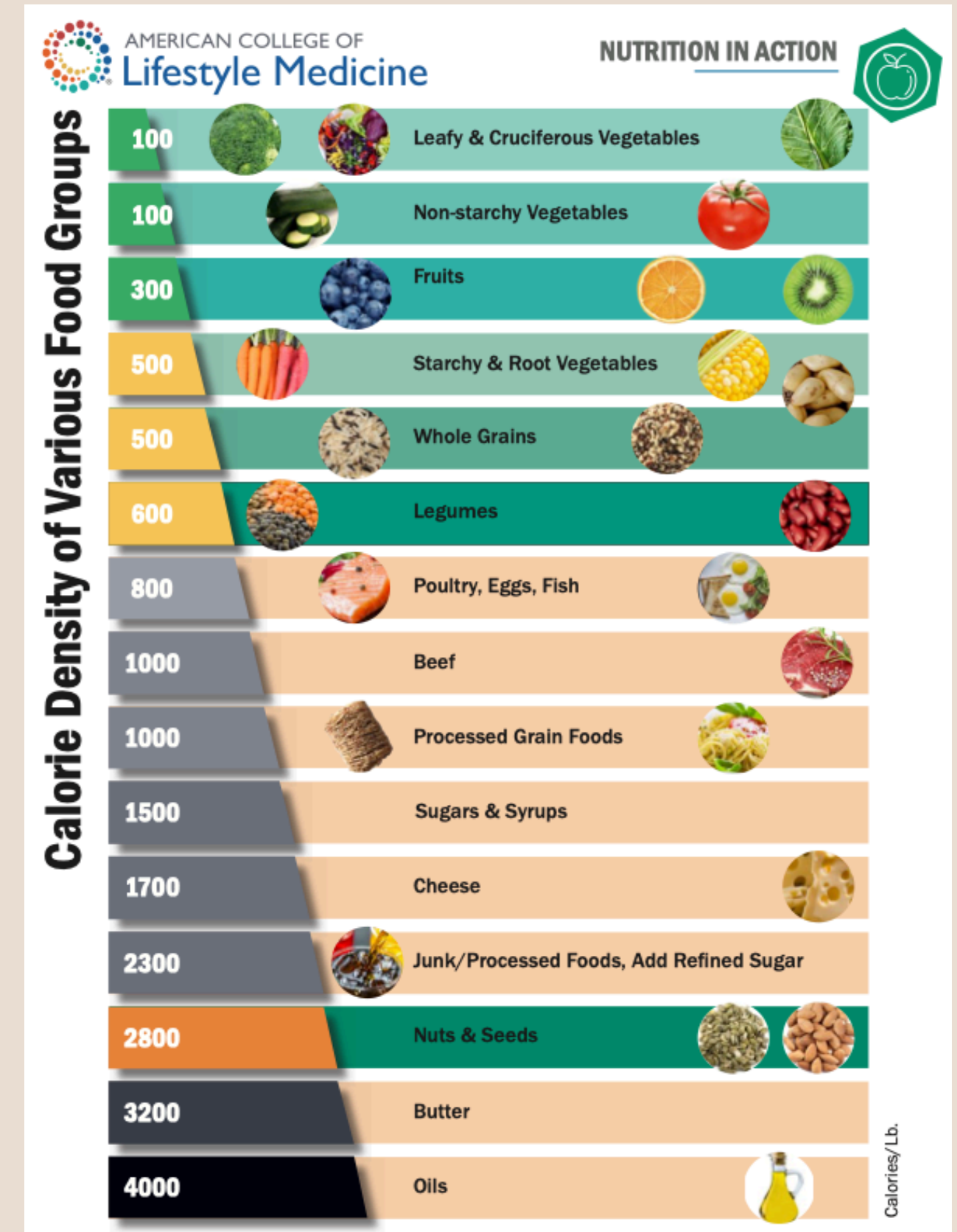
Aim for 30-40 grams of fiber per day

- 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

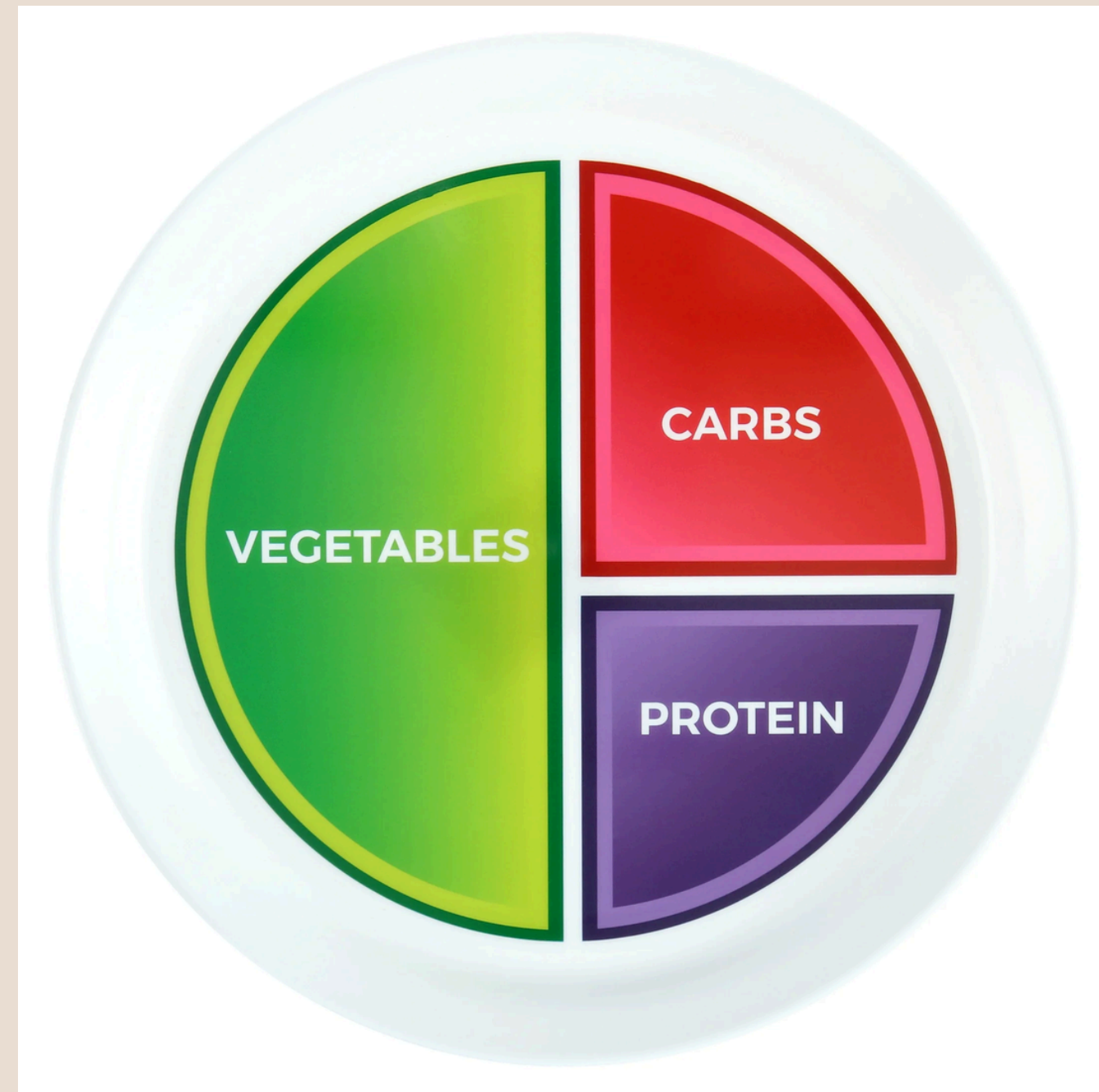
- Lower calorie foods: Leafy greens, cruciferous veggies, non-starchy veggies, fruits, starchy veggies, whole grains and legumes.
- Medium calorie foods: Poultry, fish, eggs, beef, processed grain foods.
- Higher calorie foods: Added sugars, cheeses, junk foods, nuts & seeds, butter

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

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

- 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

- **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 glass 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

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



Thank you!
