Real Food for Busy People

Abby Cooper, Nutrition Coach/Educator
Vanderbilt Center for Integrative Health
Let’s start with what you already know ....
YOU ARE WHAT
YOU EAT
Of the 10 leading causes of death in the United States, 4—including the top 3—are **associated with diets** that are too high in calories, fat, saturated fat, cholesterol, and sodium, or too low in fiber-containing foods.

1) Heart Disease  
2) Cancer  
3) Diabetes  
4) Stroke

**Account for over 53.5% of annual deaths**

We are consumers of information. Americans spend around $40 billion a year on weight-loss programs and products.
“Advice that is never implemented will not do much good. If reading diet books would make you thin, Americans would be the thinnest people in the history of the world. You do not get better because you read a self-help book or hire a coach. You will only achieve positive, lasting change in behavior when you do the work required to make this happen.”

Marshall Goldsmith, M.D.
Why Don’t People Do the Work?

• Lack of education ("I don’t know what to eat")

• Lack of application ("I know what to eat but don’t know how")

• Getting overwhelmed ("I give up")
Intent for Today’s Session

• Difference between processed v. whole foods
• Label reading
• Understand the concept of nutrient density and caloric density
• Share ideas for healthy meals/snacks
• Planning, prep and budget tips
• Quick demo
• Shifting expectations
Processed v. Whole

• Processed Food
  – Artificial ingredients, modified fats, high in sugar, high in salt, very far from original source
  – Example: Cheetos

• Whole Food
  – Found in nature, hasn’t been processed into parts, no nutrients have been stripped away
  – Example: Apple
What Am I?

Blanched Butternut Squash Ravioli (Enriched Durum Flour (Durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Butternut Squash, Ricotta Cheese (Whey, Milk, Vinegar, Stabilizer {Modified Cornstarch, Guar Gum, Carrageenan}, Salt), Onions, Egg, Parmesan Cheese (Cultured Milk, Salt, Enzymes), Butternut Squash Powder (Butternut Squash, Maltodextrin, Corn Flour, Cornstarch, Soy Lecithin), Brown Sugar, Modified Cornstarch, Garlic Powder, Salt, Spice), Skim Milk, Snap Peas, Carrots, Water, Yellow Carrots, Peas, Red Peppers, 2% Or Less Of Walnuts, Modified Cornstarch, Salted Milkfat Blend (Concentrated Milkfat, Salt), Soybean Oil, Sea Salt, Vegetable Base (Sauteed Vegetables (Carrots, Onions, Celery), Sugar, Maltodextrin, Canola Oil, Cornstarch, Water, Natural Flavors, Concentrated Carrot Juice, Carrot Extract, Mushroom Flavor (Maltodextrin, Modified Cornstarch, Mushrooms, Safflower Oil, Potato Maltodextrin, Ascorbic Acid, Caramel Color, Citric Acid, Glucose), Spices, Xanthan Gum, Dehydrated Onions.)
What Am I?

UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, DEXTROSE, COCOA BUTTER, SOY LECITHIN, VANILLIN - ARTIFICIAL FLAVOR), CANOLA OIL, DEXTROSE, CORNSTARCH, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, NATURAL AND ARTIFICIAL FLAVOR. CONTAINS: WHEAT, SOY.
Label Reading Tips

• Focus more on the ingredients than on the nutrition facts
• The first ingredient on the label is always the biggest
  – Avoid items with sugar listed first
• Purchase products with the fewest ingredients
  – Stay away from long lists of ingredients you can’t pronounce
• Look for whole grain, whole wheat, whole oat flour
  – “Enriched” means vitamins/minerals have been added back in (means processed)
Nutrient Density

- Measures amount of nutrients a food contains in comparison to number of calories

- Higher the number, better the choice
Kale vs. Sugar

1000 vs. 0
Caloric Density

• How many calories per 100 grams of a given food

89 calories VS. 454 calories
Why is caloric density important?

• Our stomachs respond to two things:
  – Stretch
  – Calories

• This process works great when eating natural whole foods....but not so great when we eat processed foods.
Calorie Comparison

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
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<tbody>
<tr>
<td>Oreo</td>
<td>2200</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>2650</td>
</tr>
<tr>
<td>Lay's Potato Chips</td>
<td>2400</td>
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<tr>
<td>vs.</td>
<td></td>
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<tr>
<td>1 Lb. 2% Cottage Cheese</td>
<td>2225</td>
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<tr>
<td>2 Lbs. Cantaloupe</td>
<td></td>
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<tr>
<td>1 Lb. Apple</td>
<td></td>
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<tr>
<td>1 Lb. Tofu</td>
<td></td>
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<tr>
<td>1 Lb. Kale</td>
<td></td>
</tr>
<tr>
<td>2 Lbs. Celery</td>
<td></td>
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<tr>
<td>1 Lb. Lettuce</td>
<td></td>
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<tr>
<td>1 Lb. Carrot</td>
<td></td>
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<tr>
<td>1 Lb. Papaya</td>
<td></td>
</tr>
<tr>
<td>1 Lb. Onion</td>
<td></td>
</tr>
<tr>
<td>2 Lbs. Cucumber</td>
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</tbody>
</table>
Okay.....so what should I eat?
If it came from a plant, eat it;
If it was made in a plant, don’t.

Michael Pollan, Food Rules
Breakfast
- Eggs-scrambled or hardboiled
- Oats--add walnuts & blueberries
- Smoothies
- Toasted piece of whole grain bread with nut butter
- Fresh fruit/vegetables
- Unsweetened granola and plain yogurt
- Leftovers

Lunch/Dinner
- Salads with dark greens and some protein (tofu/chicken) and lots of colorful veggies with nuts/seeds
- Bean dip- layer refried black beans, salsa, organic cheese, and top with chicken and/or tomatoes, broccoli, avocado
- Lentil soup
- Salmon (or other protein) with sweet potatoes and a green vegetable
- Quinoa, beans, and greens

Snacks
- Trail mix (mix nuts, seeds, dried fruits, raisins, cranberries, dark chocolate chips)
- Whole grain crackers with a healthy spread (avocado, organic peanut butter/almond butter)
- Hummus with whole grain pita bread, baby carrots
- White bean dip with cucumbers, peppers
- Sweet potato fries
- Ready to eat bars (brands like Larabar)
- Fresh fruit

DON’T FORGET WATER!!!
Home: Where Your Success Starts

• If a food/drink isn’t conducive to your goals, why would you keep it?
  – “I hate wasting food”
  – “My kid/husband/dog/roommate likes these”
  – “It’s for special occasions—like when I have a bad day at work”

• Food decisions in the kitchen need to be foolproof (not deciding between ice cream and spinach when you are starving)

Source: http://www.precisionnutrition.com/all-about-kitchen-makeovers
If a food is in your possession or located in your residence, either you, someone you love, or someone you marginally tolerate will eventually eat it.

-Beradi’s First Law
Prep Tips

• Set aside time each weekend to plan your menu
  – This will take time, but remember, you get out what you put in. Things that are worthwhile (in nutrition and in life) take time and effort.

• When you return from shopping, prepare as much as you can before you put it away

• Always have cooked grains in the fridge like brown rice or quinoa (your meal is half way there!)
Prep Tips

• Keep a few bags of frozen organic fruits & veggies in freezer
  – Great for smoothies and quick stir-fry meals
• Canned beans in your pantry
  – Quick protein source
• Have a stash of healthy snacks in your car or at work
Budget Tips

• Ideas to help save money:
  – Utilize the bulk bins
  – Frozen fruits and vegetables
  – Costco/Sam’s
  – Farmer’s Market
  – Community Supported Agriculture (CSAs)
Time for a Quick Demo!
Shifting Your Expectations

• Taking charge of your nutrition is empowering. It’s a choice that you get to make every day.

• Ditch the “all or nothing” approach. Just do one thing everyday for better nutrition.

• Don’t overcomplicate it. You aren’t a chef on Food Network. Simple is best.
THANK YOU