WCNT **Module 3** :

Is the cake to blame?

Follow Along, Module 3

"You can have your cake AND eat it to!"

Often avoidance of food groups is emphasized with various diets.

Let's understand the basics...

So we don't avoid or eliminate and can be inclusive of all foods.

Macronutrients:

Carbohydrates + Protein + Fat

- Largest molecules we consume (macro)
- Provide our main sources of energy
- Provide various functions within the body

Micronutrients:

Vitamins + Minerals

- Catalysts to various metabolic reactions in the body
- We generally get an adequate amount of them with an inclusion and variety of **macronutrients** in our body.

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Follow Along, Module 3

Carbohydrates:

- Main source of energy for our body through the form of glucose
- Certain organs can only use glucose for energy
- Body needs about 200-250 grams of carbohydrate per day
- Helps with satiety/fullness cues
- Provide an excellent source of fiber

Foods that provide Carbs:

- Bread/grains
- Fruit
- Beans/legumes
- Vegetables (like corn and peas)
- Milk
- Desserts/sweets

Glucose:

- **The brain thrives and survives on glucose and uses glucose from carbohydrate sources almost exclusively.**
- **Red blood cells depend on glucose.**

Results of carbohydrate <u>avoidance</u> or <u>restriction</u>:

- Brain fog
- Irritability
- Fatigue (less oxygenation from RBC)
- Lack of energy to the brain
- Sluggishness
- Emotional dysregulation and moodiness
- Reduction in sex drive

Remember the Minnesota Starvation Study?

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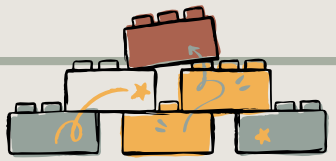
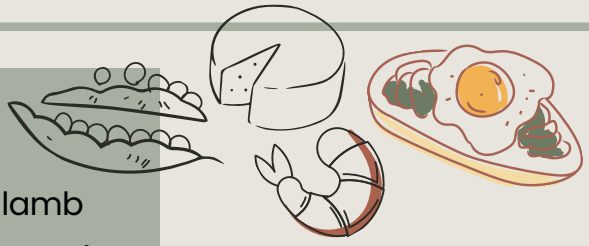


Protein:

- Building blocks for many things in our body: muscle, neurotransmitters, hormones, enzymes and MORE
- NOT meant to be used for energy; the more protein is forced for energy usage because of the lack of adequate carbs, the **LESS BUILDING BLOCKS** you have



Foods that provide Protein:

- Animal food: chicken, beef, fish, shellfish, lamb
- Milk (but not almond "milk", cashew "milk", etc)
- Nuts
- Beans/legumes
- Soy products (tofu)
- Eggs
- Cheese

"The body can not use more than 35-40 grams of protein per meal"

Results of protein inadequacy:

- Anxiety and depression from lack of adequate neurotransmitter production
- Poor emotional regulation
- GI distress (bloating, gassiness, upset stomach) because you can not create digestive enzymes
- Reduction in sex drive

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Follow Along, Module 3

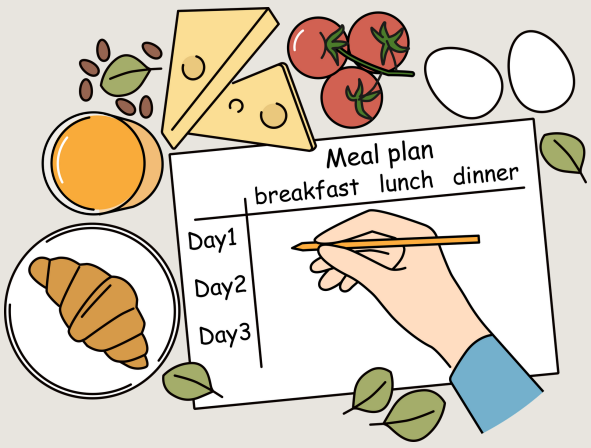
More Notes on Protein:

- Having a variety of protein sources provides all essential amino acids.
  - Essential amino acids you **MUST** ingest through your diet.

"Eating vegan or vegetarian is much more difficult to obtain all of your essential amino acids"

FOOD FOR THOUGHT:

Eating animal protein provides High Biological Value protein. Our bodies absorb animal protein much better than protein found in plant-based sources. Vitamin B12 can only be obtained from animal sources. Vit B12 is very important for brain function and RBCs.



Reminder:

"Placing one food or food group above the other results in a feeling of deprivation and when eaten, often significant guilt.
All foods are equally important and valuable to consume"

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Follow Along, Module 3

"60% of the brain is made of fat"

Fats:

- Helps with the formation of myelin sheath formation within your brain.
  - Myelin sheath is an insulating layer around nerves made of fat and protein allowing for adequate electrical impulses to occur (think of thoughts and feelings)
- Helps you get adequate calories in due to their "energy dense" property (9 cal/gram vs 4 cal/gram)
- Provides essential fatty acids (ONLY can obtain through eating fat in the diet)
- Helps with the absorption of micronutrients: Vitamins A, D, E and K
- Necessary for hormone production: estrogen and testosterone
- Helps with enjoyment of food/taste: promotes satisfaction with eating
- Supports fullness

Results of fat inadequacy:

- Emotional dysregulation
- Fatigue and tiredness due to lack of energy
- Reduction in hormone production
- Leads to vitamin deficiencies
- Dry skin, hair loss

Foods that provide Fat:

- Nuts, seeds
- Oils and butter
- Animal productions (the "white part" of meat, the skin on chicken) and "fatty" fish like salmon
- Avocado
- Milk products/yogurt (1% or >)
- Dessert, like CAKE

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Portion Distortion

What is an adequate portion size of macronutrients?

How much DO you need to eat?

Things that promote "getting enough" biologically:

1. **Balance** (per meal and snacks): pairing carbs/prot/fat together at a meal or for a snack: carb/protein or carb/fat
   - **Including all foods to prevent the sense of deprivation which often causes overeating in the long run**
2. **Timing:** eating every 3-4 hours while you are awake (generally 4-6 feedings per day)
3. Adequate fiber
4. Adequate fat
5. Eating foods that are enjoyable MODERATELY
6. Not being distracted
7. Eating for pleasure/connection

"Don't measure your food unless you're baking a CAKE"

Finding Balance:

- Carbohydrates need to be around 40-65% of the food consumed in a day.
- Fat needs to be about 25-30% of the food consumed in a day.
- Protein needs to be around 10-20% of the food consumed in a day.

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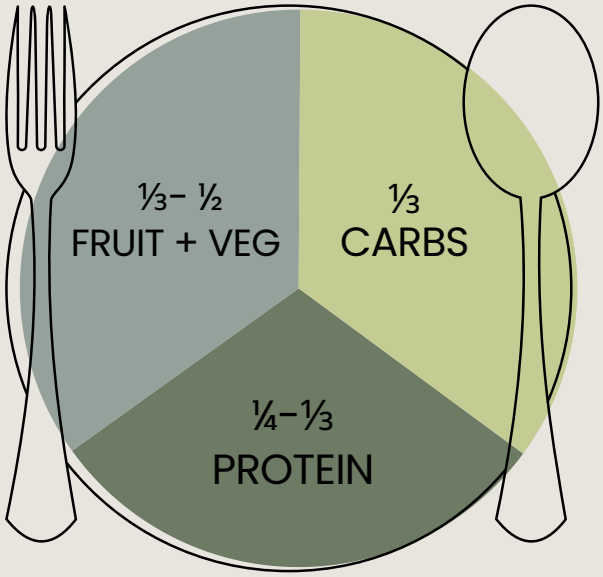
Ways to Plate UP:

10" plate:

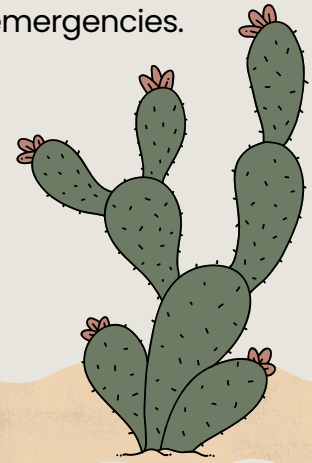
- ⅓ carb
- ⅓-1/2 fruit/veg,
- ¼-⅓ protein



Purpose of consistently eating a high (40-60%) carbohydrate intake:

1. With a balanced and adequately portioned plate (peace sign) the body will take about 3-5 hours to digest. As it finishes up digesting it will cue the body to start the next meal (rumbling of stomach, thoughts of food, lack of energy)
2. Keeps the "savings account" of the body (glycogen—> storage form of glucose found in the liver and muscles) to be used ONLY in emergencies.

"Dieting is like placing your brain in a dessert with no food"



Module 3 :
Reflection + Assessment

Reflect:

1. What are your cues of hunger and fullness (how does your body communicate to you that it needs to eat or stop eating?)

2. How often do you eat in front of the TV, on your phone or iPad, at your computer while you work or in your car?

3. How often are you eating with others or by yourself?

4. Do you eat foods that are enjoyable or "just because you should"?

Module 3 : Reflection + Assessment

Example:

1. **Start with "mechanical eating" for 2-4 weeks to support biology and cues to get back on track especially after dieting.**

Example:

Plan out and eat 4-6 times a day. Make sure your plate is balanced and has all the macronutrients present.

7:30 Breakfast: English muffin, butter, egg, sliced apples with peanut butter and a glass of 2% milk
1:00 Lunch: Tomato soup with crackers, ½ turkey and avocado sandwich, small salad with ranch dressing
4:00 Snack: carrots and hummus
7:30 Dinner: Rice, chicken and broccoli roasted with oil, sugar cone with a small scoop of ice cream

2. **Block out 30 minutes for lunch and plan a "date" with a co-worker and eat in the break room.**

Module 3 :
Write your Own Goals

Sleeping Goals:

Movement Goals:

Questions for my Dietitian: