



Tips for Healthy Shopping and Mindful Eating

COMMON HEALTH CONCERNS AND AILMENTS

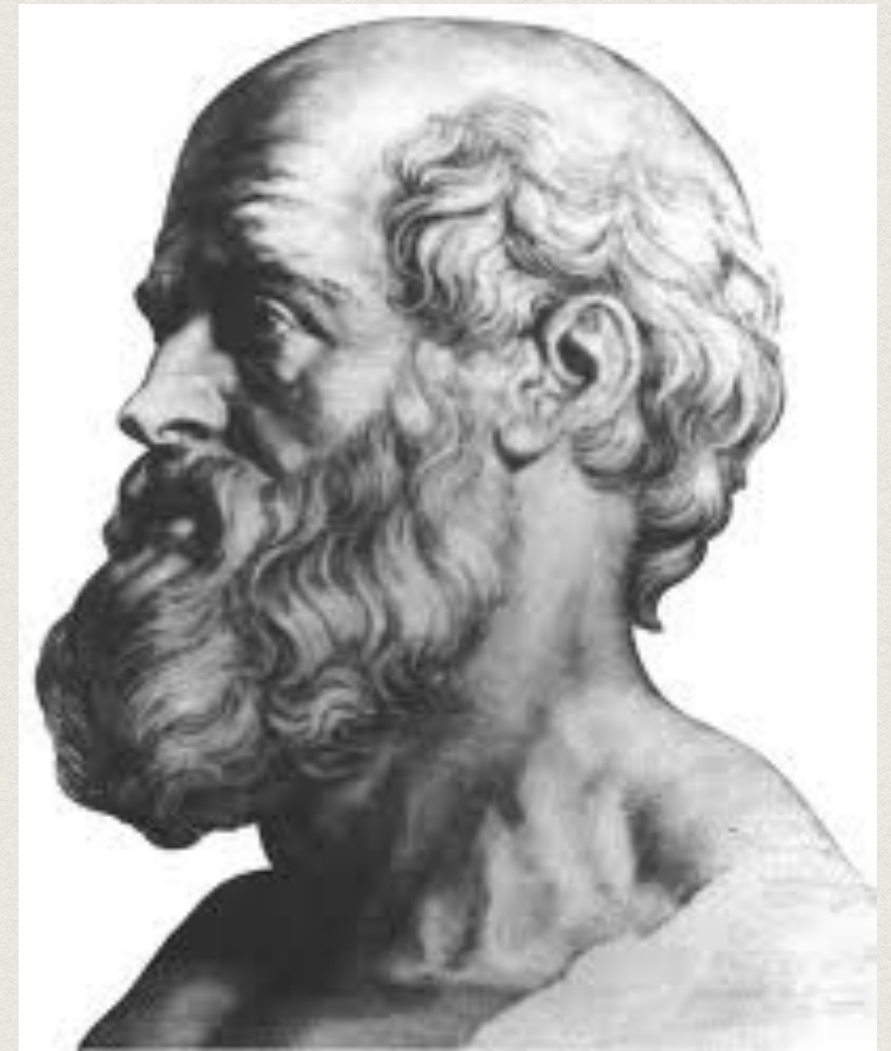
- Diabetes
- High Blood Pressure
- Cancer
- Heart Attacks
- Stroke
- Overweight and Obesity
- Sleep Apnea
- Dyslipidemia
- Low Energy
- Anxiety
- Trouble falling asleep
- Water Retention
- Memory Loss
- Overweight and Obesity
- Back pain



WHY EAT HEALTHY?

*Let food be thy medicine and
medicine be thy food.*

- Hippocrates



MY STORY



THINGS TO AVOID

- High Fructose Corn Syrup (Diabetes)
- Maltodextrin (Diabetes)
- Artificial Colors (hyperactivity and ADHD)
- Artificial Sweeteners (neurological disorders)
- MSG (Obesity)
- Trans Fat (Heart Disease)
- Sodium Nitrites/Nitrates (Liver and Pancreas Damage)
- BHT and BHA (Cancer)
- Potassium Bromate (Cancer)
- ref: <http://foodmatters.tv/articles-1/top-10-food-additives-to-avoid>



DON'T DO THESE



ENERGY DRINKS OF DEATH

- Energy drinks have accounted for 22 deaths since 2004.
- 11 of those have occurred since 2012 - several of whom were teenagers.
- Over 21,000 emergency hospitalization in 2011
- 2.3 billion dollars in sales

LEARN TO READ THE LABELS

Nutrition Facts

Serving Size 172 g

Amount Per Serving

Calories 200 Calories from Fat 8

% Daily Value*

Total Fat 1g 1%

 Saturated Fat 0g 1%

 Trans Fat

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrate 36g 12%

 Dietary Fiber 11g 45%

 Sugars 6g

Protein 13g

Vitamin A 1% • Vitamin C 1%

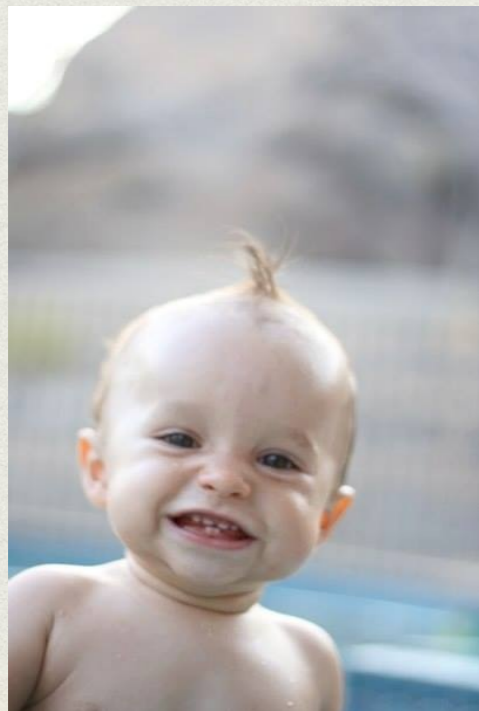
Calcium 4% • Iron 24%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), CORN SYRUP, SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CORN SYRUP SOLIDS, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, GLYCERIN, CONTAINS 2% OR LESS OF COCOA (PROCESSED WITH ALKALI), POLYDEXTROSE, MODIFIED CORN STARCH, SALT, DRIED CREAM, CALCIUM CARBONATE, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), DISTILLED MONOGLYCERIDES, HYDROGENATED PALM KERNEL OIL, SODIUM STEAROYL LACTYLATE, GELATIN, COLOR ADDED, SOY LECITHIN, DATEM, NATURAL AND ARTIFICIAL FLAVOR, VANILLA EXTRACT, CARNAUBA WAX, XANTHAN GUM, VITAMIN A PALMITATE, YELLOW #5 LAKE, RED #40 LAKE, CARAMEL COLOR, NIACINAMIDE, BLUE #2 LAKE, REDUCED IRON, YELLOW #6 LAKE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), CITRIC ACID, FOLIC ACID, RED #40, YELLOW #5, YELLOW #6, BLUE #2, BLUE #1.

MINDFUL, THANKFUL AND HAPPY



ALLE GUTE GABEN, ALLIES
WAS WIR HABEN, KOMMT
MEIN GOTT VON DIR,
DANK SEI DIR DAFUR.
AMEN.



STRESSED EATING

Stress Impacts our Digestion

When our bodies perceive a threat, a whole host of physiological reactions occur within seconds. Our bodies move into a state of readiness, a chemical version of "code red." This is called the "fight or flight response," also known as the stress response. In this state, the following processes occur:

- Sympathetic nervous system stimulated
- Parasympathetic nervous system is over-ridden
- Pupils dilate
- Blood pressure rises
- Digestion is suppressed
- Immunity is suppressed
- Detoxification is suppressed
- Gradual demineralization of bone
- Impairment of fatty acid metabolism
- Glucose released
- Cholesterol released
- Hormones deranged
- Muscle broken down, fluid retained
- Fat is deposited
- Decreased energy
- Mood fluctuations
- Inflammatory mediators stimulated



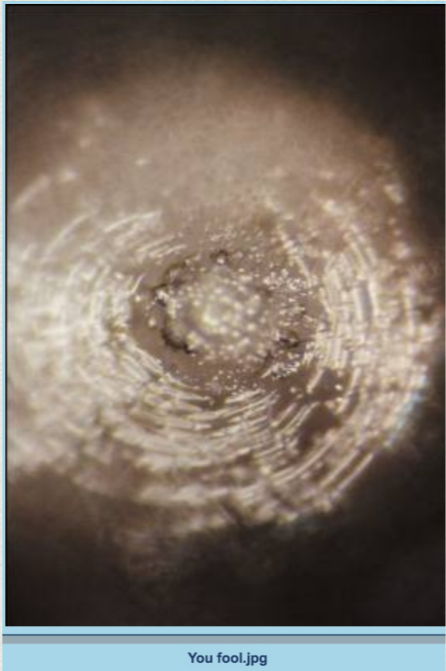


**WHEN YOU'RE STRESSED,
YOU EAT ICE CREAM, CAKE,
CHOCOLATE & SWEETS. WHY?**

**BECAUSE STRESSED SPELLED
BACKWARDS IS DESSERTS.
MIND = BLOWN.]**



Evil.jpg



You fool.jpg

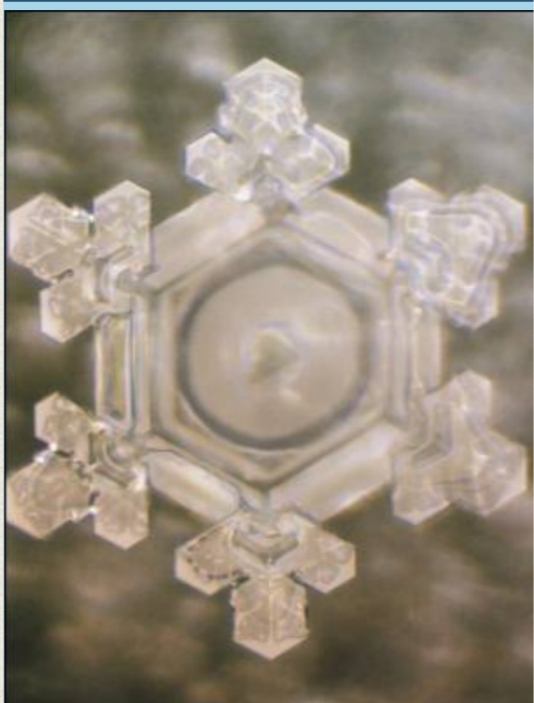


You disgust me .jpg

A CONNECTION TO NATURE



Love and gratitude.jpg

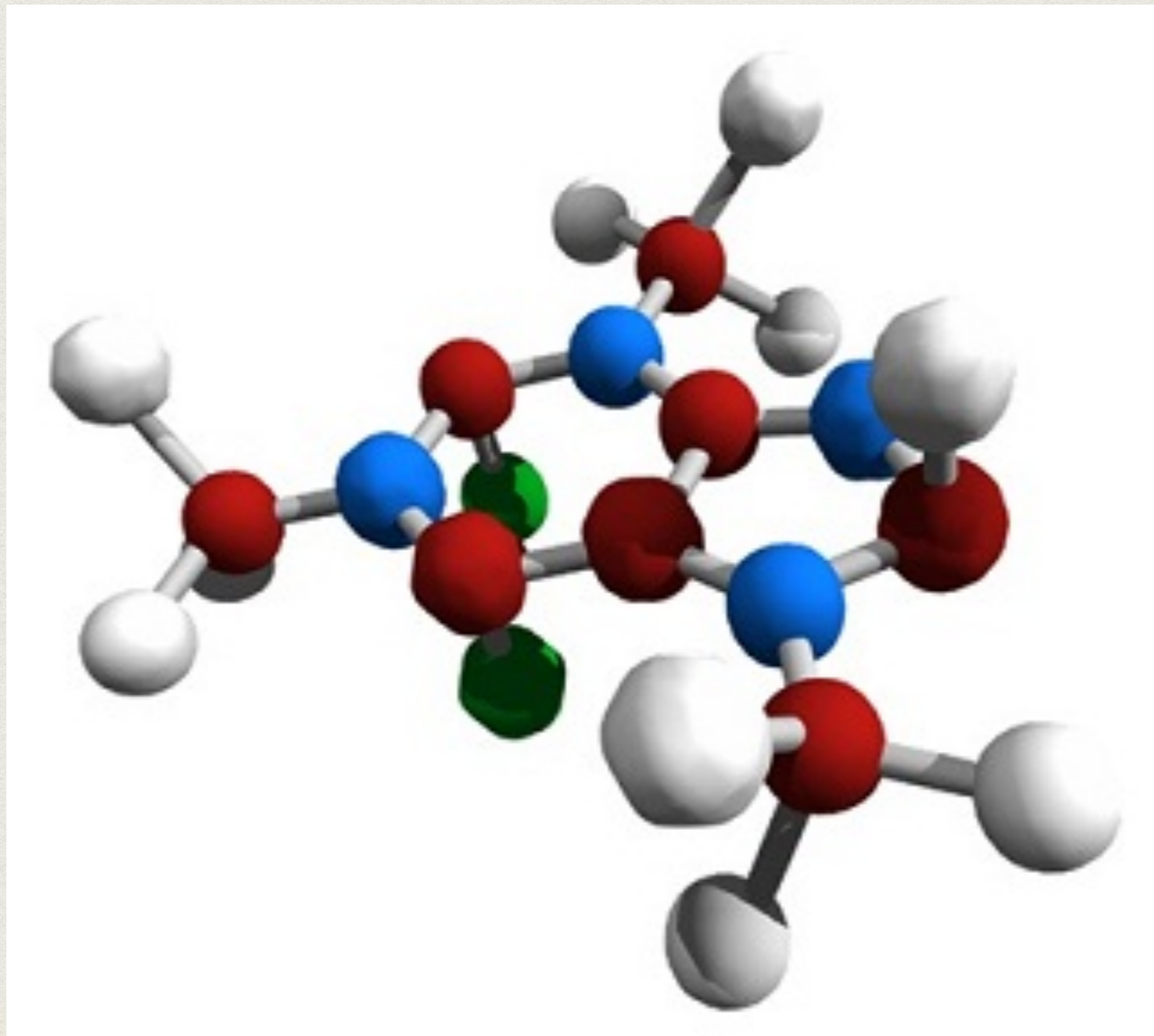


Thank you.jpg



Truth.jpg

IT'S REALLY ABOUT THE CHEMISTRY



DARK CHOCOLATE

- Dark chocolate contains flavonoids and Serotonin precursors.



CASHEWS

- Cashews contain L-Tryptophan which can also increase Serotonin levels in the brain.



SUGAR

- Things that we want to do or find to be enjoyable trigger the reward center of the brain which then creates a pattern of repetition.
- <http://ed.ted.com/lessons/how-sugar-affects-the-brain-nicole-avena>



FOODS THAT ARE INGREDIENTS NOT FULL OF INGREDIENTS



"Choose foods that ARE ingredients,
not full of ingredients."

- Doreen Rapp



CANCER FIGHTING FOODS



avocado



brazil nuts



broccoli_cauliflower_cabb...



carrots



figs



flax-seed-1



garlic



grapefruit



kale



lemons



oranges



papaya



raspberries



red-grapes



red-green-chili-peppers



red-wine



rosemary



seaweed_salad



shiitake



SoyTofu



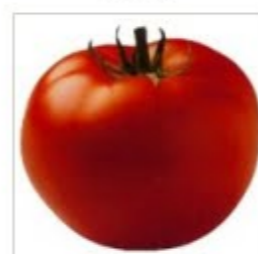
sweet_potato



tapioca



tea



tomato



turmeric

DEFEND YOURSELF AGAINST DIABETES

Foods to Help Fight Diabetes

green juice



raw zucchini noodles with tomato sauce



guacamole



avocado sprouts salad



Barley grass



kale salad



RawForBeauty

PLANTS WITH PROTEIN

Top 10 Sources of Veggie Protein

design / layout by:
Q-Mars Imandel
www.facebook.com/viberider

Where do you get your protein?

(brought to you by The GIVE Project)



thegiveproject.org

www.facebook.com/giveproject



Spinach
49% protein



Kale
45% protein



Broccoli
45% protein



Cauliflower
40% protein



Mushrooms
38% protein



Parsley
34% protein



Cucumbers
24% protein



Green Pepper
22% protein



Cabbage
22% protein



Tomatoes
18% protein



Beef
25.8% protein



Chicken
23% protein



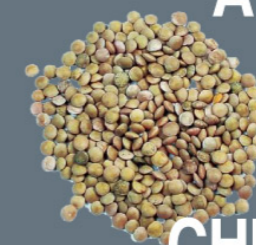
Eggs
12% protein

Protein in Meat:

8 GREAT SOURCES OF PLANT-BASED PROTEIN



TEMPEH 30g
1 CUP



ALMONDS 18g
3 OZ



LENTILS 18g
1 CUP



CHICKPEAS 15g
1 CUP



QUINOA 11g
1 CUP



PEAS 9g
1 CUP



OATS 7g
1 CUP

SPINACH 5g
1 CUP COOKED

the Veganroad
www.theveganroad.com

DAILY TIPS

- Start your day with water
- Eat a simple breakfast
- Pack healthy snacks (Fruits, Veggies or natural bars)
- Enjoy a good lunch
- Remember to drink water during the day
- Find 30-60 minutes to exercise
- Whole Foods Dinner - make 50%+ of your plate plant-based
- Eat 2-3 hours before bed
- Hot decaf tea
- Reward yourself - But be reasonable!

MAKE THE MOST OF YOUR TIME

- Make enough to have leftovers
- Eat Soup
- Eat with your eyes
- Take 5-10 minutes to make your snacks for tomorrow
- Smoothies
- Go nuts!



IDEAS FOR BREAKFAST



HOMEMADE SNACK BARS

- Quick oats
- Almond butter
- Dried fruits
- Dark chocolate chips
- Cinnamon
- Nuts or seeds
- Creativity



IDEAS FOR SNACKS



IDEAS FOR LUNCH



IDEAS FOR DINNER



ON BEHALF OF THE
ALEMANY HEALTH AND
PHYSICAL EDUCATION
DEPT.

THANK YOU