



Low Stress Nutrition

Eating For A Healthy Immune System In a Stressful World

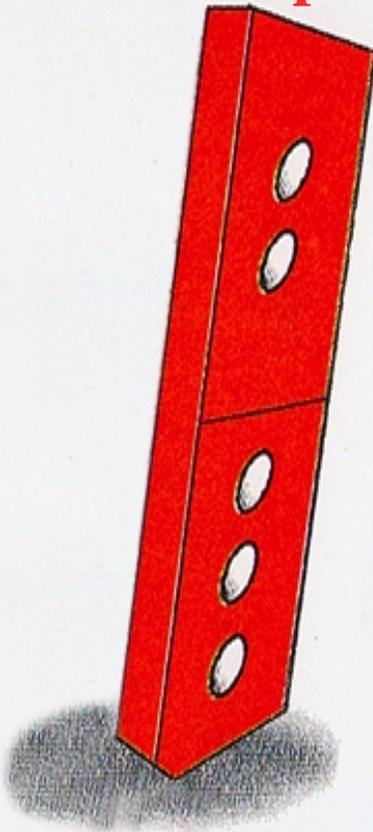
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**Certain
foods
and
eating
habits
can be
serious
stressors
to the
body**

Domino #1

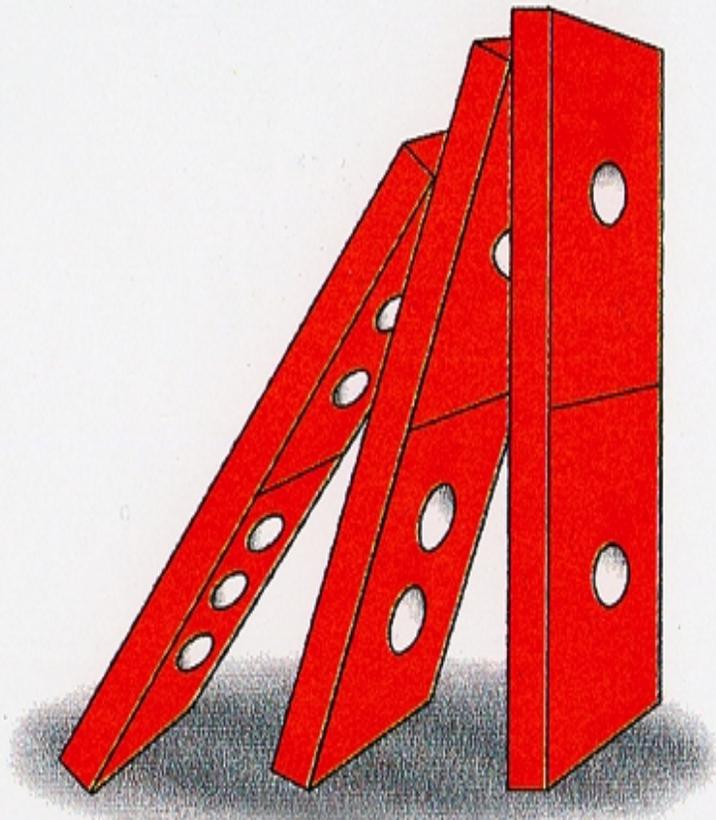
Cumulative effect of stress-prone problems



Depletion of Nutrients

**Stress requires
extra energy &
utilizes many
vital nutrients
for energy
production
leaving us
feeling fatigued**

Domino #2

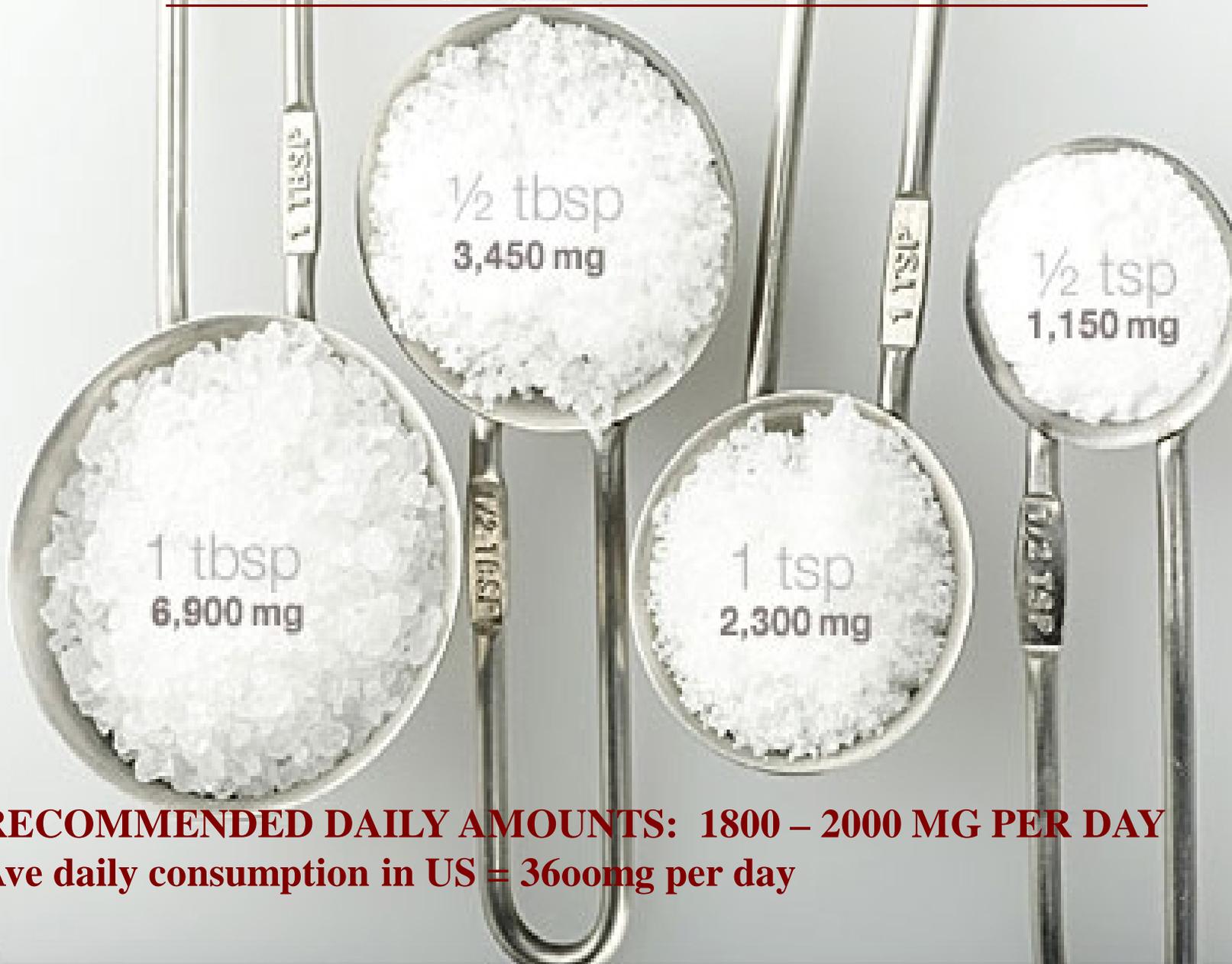


**Foods That Trigger
the Stress Response**

**Stressed
people typically
eat foods
that promote
the stress response:**

**Salt
Caffeine
Refined Sugar
Processed Flour
Various Synthetic
Chemicals
Trans Fat**

HIGH SODIUM = HIGH BLOOD PRESSURE



RECOMMENDED DAILY AMOUNTS: 1800 – 2000 MG PER DAY
Ave daily consumption in US = 3600mg per day

We Are What We Eat...





3 days later...



SELF MEDICATING WITH CARBS / SUGAR

-Americans consume as much as a cup of refined sugar a day in various foods they eat

-150 lbs per year

- High fructose corn syrup increased 4000% since 1960's

High Sugar = High TG and BG



One Last Visual:

“Mechanically Separated Meat”

A close-up photograph of a basket filled with fresh, ripe strawberries. The strawberries are bright red with visible seeds and green leafy tops. They are arranged in a dense cluster, filling most of the frame. The basket's interior is a light blue color with a subtle pattern. The lighting is bright, highlighting the texture of the fruit.

Eating Tips for Promoting a Healthy Immune System & Decreasing Stress

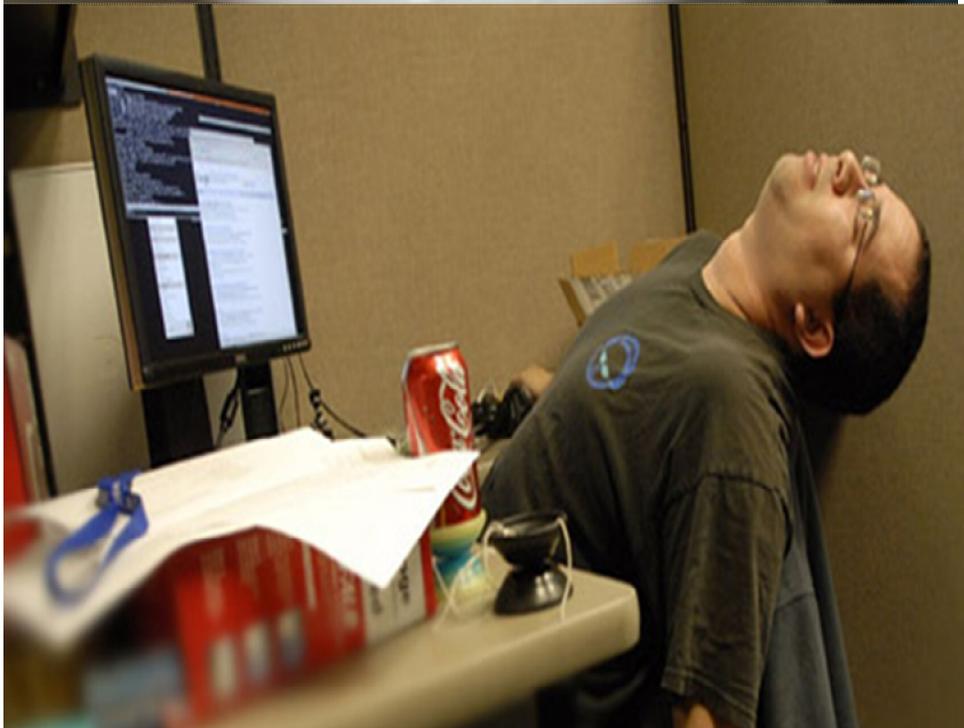
Tip 1: Avoid Rigorous **Diet** Torture



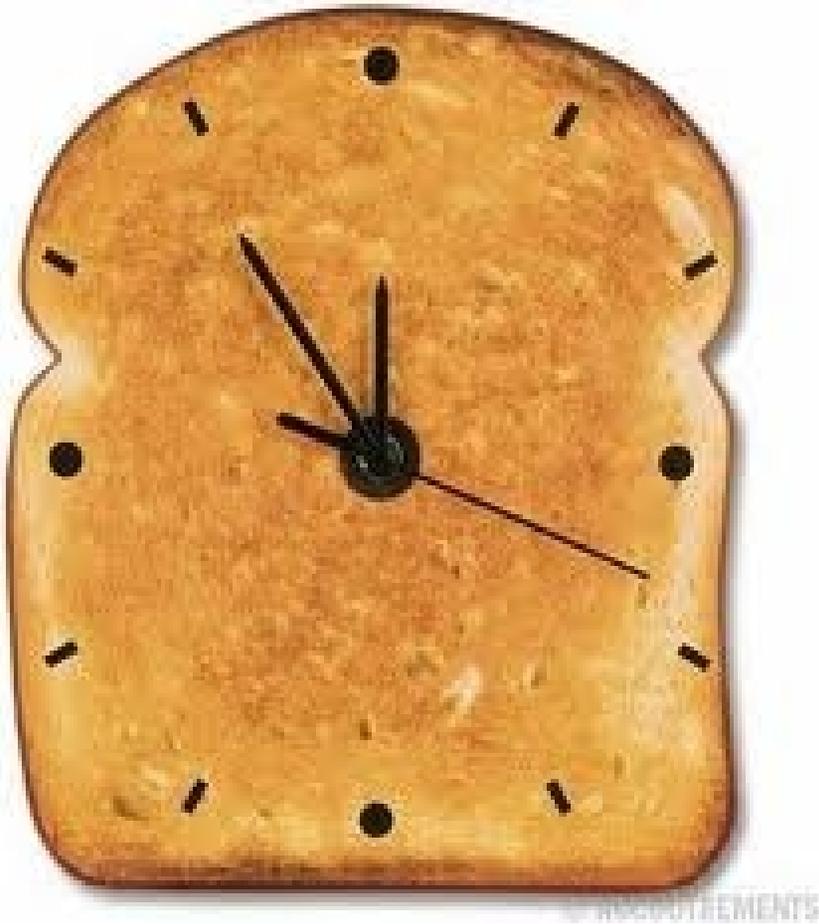
If your diet plan includes nothing but a grapefruit or cabbage soup each day, you train your metabolism to slow down.

That means, when your diet is over, you are more likely to gain weight faster than ever!

Get that metabolism moving by giving it something to work on first thing in the morning...



Tip 2: Smaller, More Frequent Intakes



- Make sure to eat 3 meals per day
- Try to space meals no more than 4 hours apart
- If meals are more than 4 hours apart – add a healthy snack between meals
- Remember – smaller, more frequent intakes can help maintain healthy weight!

Tip 3: Healthy Snacking



People who eat several small meals and snacks a day are more likely to control hunger and manage a healthy weight.

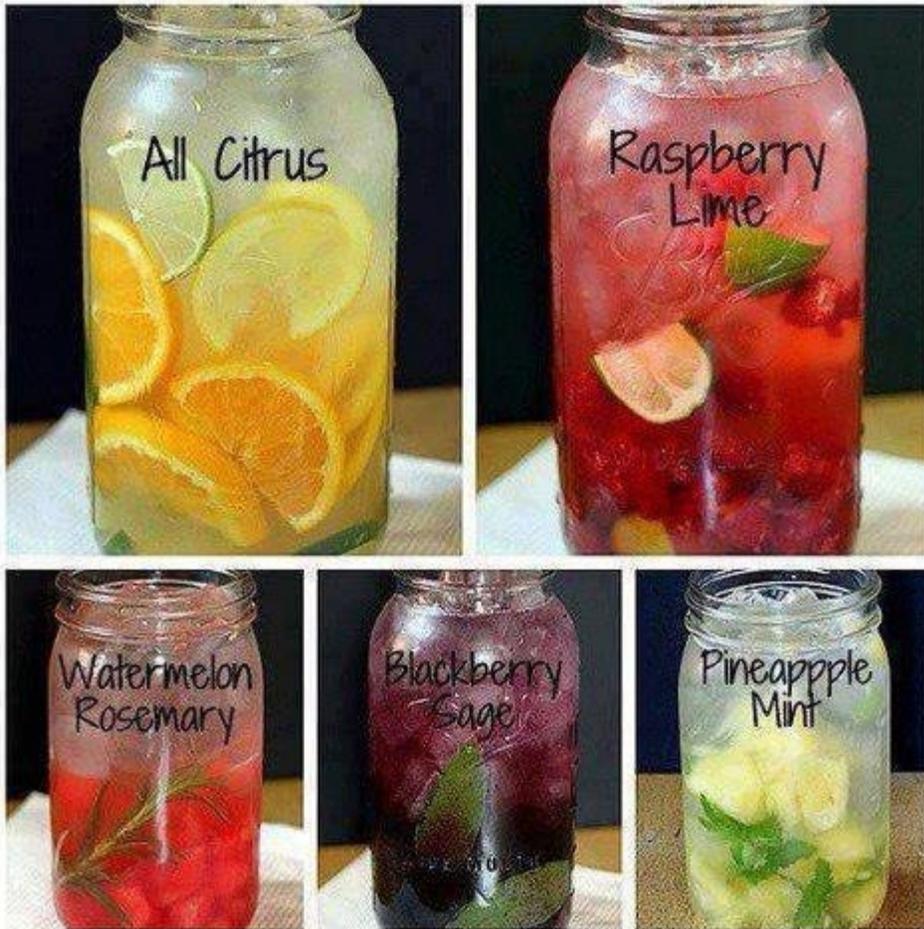
Select
"nutrient dense"
Snacks!



Tip 4: Hydration

Water is essential for health. It regulates our body temperature, helps maintain healthy skin & hair, helps us “feel full” & delivers essential nutrients throughout our bodies.

Aim for ½ your body weight in ounces daily



Tip 5: Watch out for “EMPTY” Fluids



Some fancy coffees
and alcoholic beverages
have more than 500 calories.

**If you cut out just 1 soda / coffee
drink daily – you would lose 22
pounds in 1 year!!!!**



The 7-Eleven Double Gulp, a
64-oz soda, contains nearly
800 kcal—an amount 10 times
the size of a Coca-Cola when it
was first introduced

I'm Not an Alcoholic



**I have 1 glass of wine a night
and that's it**

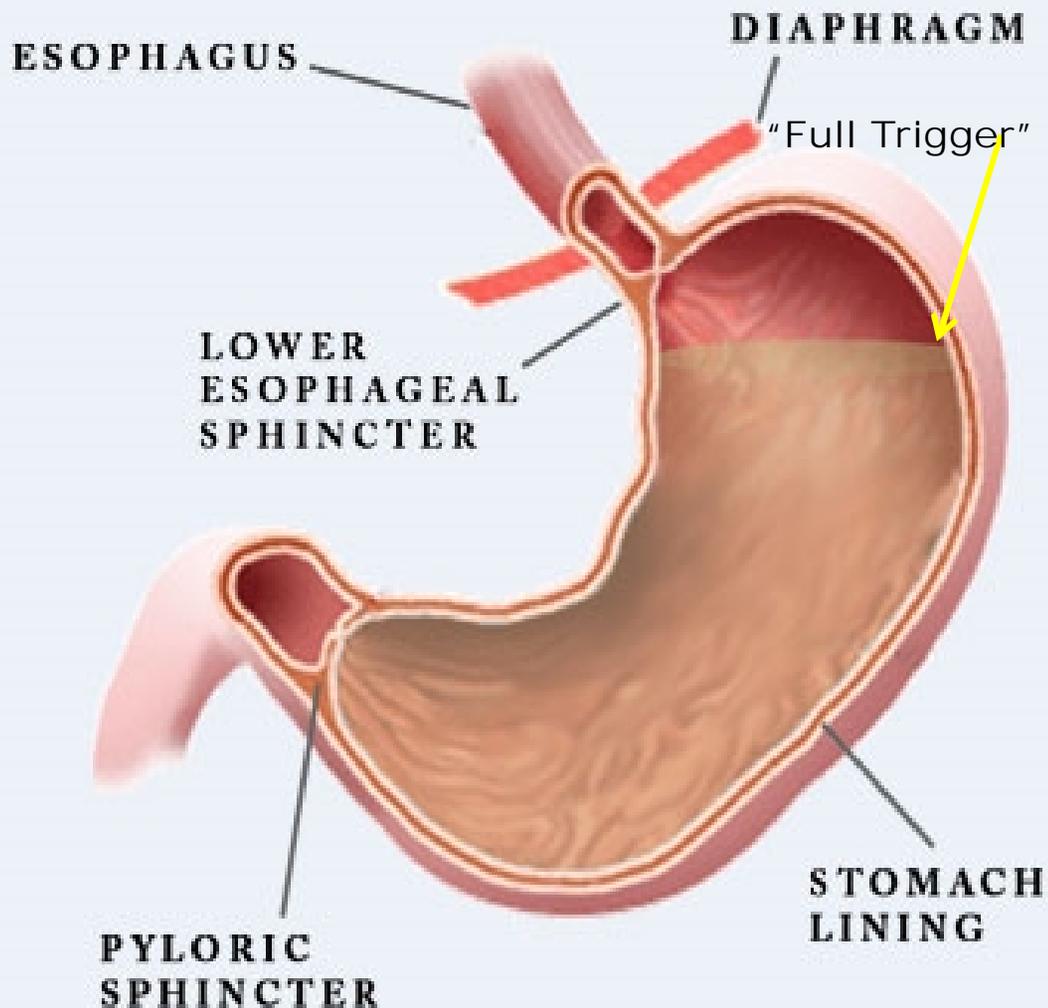


Tip #6

Reduce Your Caffeine Consumption

Caffeine causes release of epinephrine & nor-epinephrine -> increase HR, BP, muscle tension...

Tip 7: Increase Fiber



- Fiber expands in your stomach and fills you up on less calories
- Aids in digestion
- Helps keep cholesterol & blood sugar in check
- Reduces cancer risk
- **Consume both soluble & insoluble for heart health**

Tip #8
Eat A Variety Of Food Colors
“Phytonutrients” to Increase Immune
Support





Tip #9
**Choose Foods High In Antioxidants
& Phytochemicals**
(“Wild” varieties when possible)

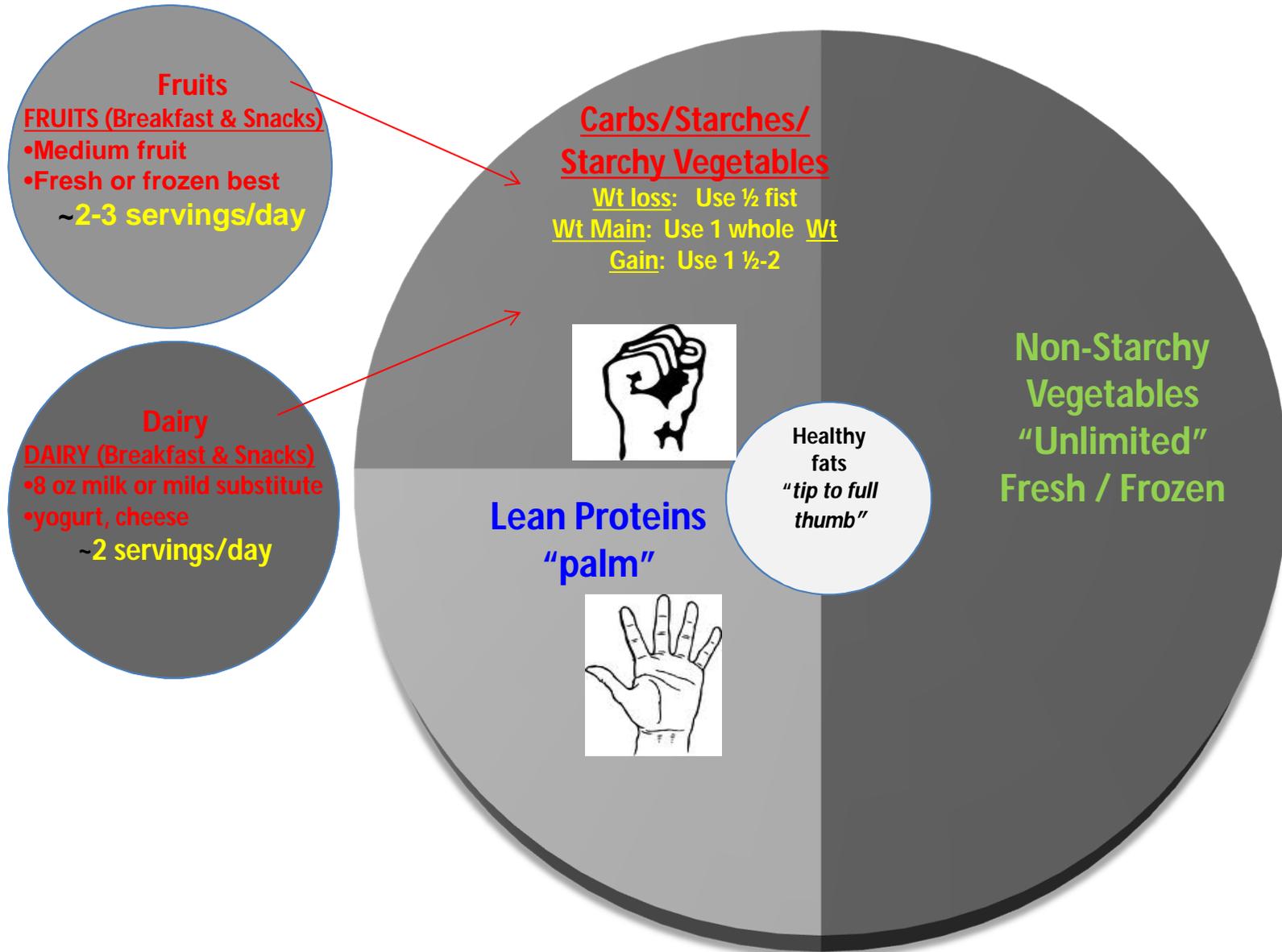


Tip #10

Add Omega 3 Oils To Your Daily Diet "anti – inflammatory"

Wild Salmon, Cold Water Fish, Flax, Walnuts

What Does a Healthy Plate Look Like?



Healthy Day Example

“weight loss portions”

7am BREAKFAST: Green Smoothie OR 1- 2 egg veggie omelet + avocado slices and 1 piece of fruit

10:30 am SNACK: small banana + 1 Tb P.B.

2pm LUNCH:

PRO: palm portion of chicken breast or salmon

CHO: ½ fist of garbanzo beans / berries / Quinoa

NS VEG: unlimited - salad greens, tomato, cucumber, etc...

FAT: 2 Tb Balsamic Vinegar OR use salsa for the dressing and add avocado or seeds for the fat

5pm DINNER:

PRO: palm portion of lean beef, pork loin, chicken, fish

CHO: ½ fist of sweet potato or rice or pasta

NS VEG: unlimited – green beans, broccoli, cauliflower, etc. (broil, steam, grill, saute)

FAT: 1 Tb pesto or 1 tsp oil

7-8 pm SNACK: 2 Dove dark chocolate squares

EAT PROTEIN WITH EVERY MEAL AND SNACK!

Resources for Recipes

- www.mywholefoodlife.com
- www.aicr.org/test-kitchen
- www.whfoods.com/recipestoc.php
- http://www.eatingwell.com/recipes_menus/collections/healthy_slow_cooker_recipes
- http://www.huffingtonpost.com/2015/01/08/crock-pot-recipes-healthy-and-wonderful_n_6430506.html

**Thank You &
Have a
Healthy Day!**

