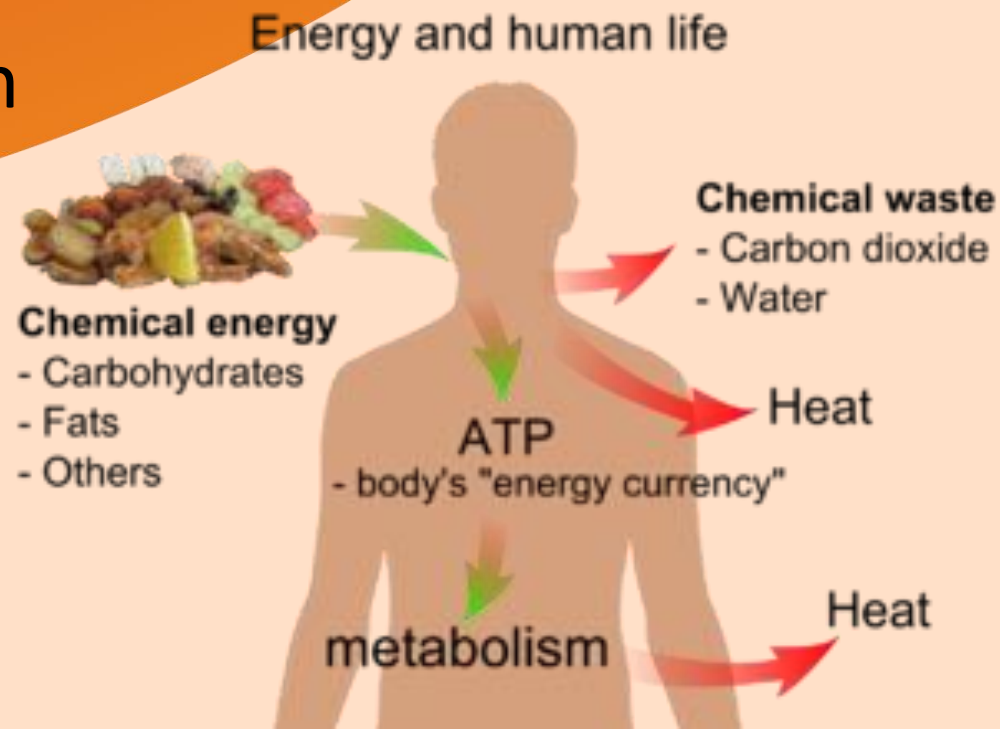


Boosting Your Energy Through Nutrition!

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Today's Talk: Objectives



- Learn what foods drain your energy.
- Learn how to eat to increase your energy!
- Learn how to plan healthy, balanced meals
- Learn what to eat to support your thyroid.
- Learn why antioxidants are so important and how to incorporate them into your diet.
- Learn quick tips for when you need an immediate boost of energy.
- Learn how to get a better night's sleep.

Eat food.
Not *too* much.
Mostly plants.

Michael Pollan,
In Defense of Food



The “Westernized” Standard American Diet (S.A.D.)

High in saturated and trans fatty acids

Shifts Fatty Acid composition toward
inflammation- Sinopoulos AP. *J Am Coll
Nutr* 2002; 21:495-505

Low in fiber/high refined grains

Alters glycemic load/shifts metabolic
function toward diseases of inflammation-
Rifai N et al. *Curr Opin Lipidol* 2002;13:383-
9



High sodium/low fruit and vegetables

Supports sodium dominance /low
potassium and other micronutrients-
Antonios TF et al. *Lancet* 1996: 348:250-1.

High in refined sugars

Alters glycemic load/shifts metabolic
function toward diseases of inflammation
Lui S, Williet WC. *Curr Atheroscler Report*
2002;4:454-61.

“Super Sized” – high quantity/poor quality

Supports imbalances in Macronutrient
Composition and Micronutrient density-
Franzo E. *US Dept. of Agri* 1999

Meal Planning



Meal Planning

- Use a small 9” plate for portion controlling:
- 1/2 of the surface should be covered with **COLORFUL** vegetables. These are fiber-containing foods that slow stomach emptying, making them low in glycemic index.
- 1/4 of the surface is covered by low glycemic carbs, such as brown rice, quinoa, barley, faro, and winter squashes.
- 1/4 of the surface is covered by lean protein sources (hormone free poultry, grass fed beef, wild fish, eggs and legumes).
- Include heart healthy oils/fats
- Focus on “Clean Eating”- minimally processed foods are best.



Meal Planning

- **Focus on fiber.** Increased fiber content means the food is less processed. More importantly, fiber itself slows emptying from the stomach.
- **Beverages:**
 - Drink water, unsweetened tea, vegetable juices and tea especially green tea
 - Avoid sugary drinks such as soda, lattes or sweetened teas. Many people "drink" large volumes of carbohydrate (and calories), in a form that converts very rapidly into blood sugar.
 - Avoid artificially sweetened drinks.
 - Choose whole fruit over fruit juice.

Carbohydrate

- Preferential source of energy for our body.
- Choose Complex Carbohydrates- whole grains, legumes (also protein), starchy vegetables (yam, sweet potato and winter squash) and non-starchy vegetables
- Limit or exclude: refined carbohydrates, sweets and sugary beverages such as soda and juice.



Protein

- Protein –build and repair tissue, making enzymes and hormones, and used for energy
- Sources: poultry, red meat, seafood, eggs, dairy, legumes, nuts & seeds



Healthy Fats and Oils

Energy, cell membrane integrity, insulation, satiety, and absorption of fat soluble vitamins

- Olive oil
- Nuts and seeds
- Almond butter
- Natural Peanut Butter
- Avocado and avocado oil

- Serving is 1 tsp oil, 2 tsp seeds, about a 4-8 nuts depending on their size, 1 Tbsp nut butter and 1/8th avocado.



Eat something for breakfast!

- Studies show that people who eat breakfast feel better both mentally and physically than those who skip their morning meal.
- Eat within a couple of hours of waking.
- Include protein at the meal for staying power!



Breakfast Ideas

- Examples:
 - Organic Greek yogurt or coconut yogurt, berries, slivered almonds
 - 1-2 eggs sunny side up with whole wheat or gluten free toast.
 - Smoothie: frozen fruit (1/2 cup), chia seeds- 1 Tbsp, handful of spinach or other greens, ½ c Greek yogurt or a scoop of protein powdered, and use unsweetened almond milk or water.
 - Leftovers
 - Hard boiled egg and an orange

Eggs on bed of arugula!



GREEN SMOOTHIE

formula



QUICK, NUTRIENT-DENSE, & *viciously* DELICIOUS

STEP 01

PICK ONE (UNSWEETENED) LIQUID (1.5 CUPS)

- Almond Milk
- Coconut Milk
- Soy Milk
- Rice Milk
- Hemp Milk
- Coconut Water (or Plain Water)

STEP 02

CHOOSE YOUR GREENS (1 BIG HANDFUL)

- Kale
- Collards
- Spinach
- Swiss Chard
- Beet Greens



STEP 03

CHOOSE YOUR FRUIT (1-2 CUPS, FRESH OR FROZEN)

- Banana
- Blueberries
- Apple
- Raspberries
- Melon
- Mango
- Strawberries
- Pear



04

SUPERCHARGE IT (ADD AS MANY AS YOU LIKE!)

- 1-2 tbsp Plant-Based Protein Powder
- 1 tbsp Chia Seeds
- 1 tbsp Ground Flaxseed
- 1 tbsp Sesame Seeds
- 2 tbsp Avocado
- 1 tbsp Hemp Seeds
- 1 tsp - 1 tbsp Coconut Oil, Hemp Oil, or Flax Oil
- 1 tbsp Nut Butter (Peanut Butter, Almond Butter, etc.)
- 1 tbsp Raw Cacao
- 1 tbsp Bee Pollen
- 1-2 tsp Cinnamon
- 1 tsp Ginger
- 1-2 tsp Vanilla Extract (or Any Other Extract)
- 1-2 tsp Green Powders (Spirulina, Chlorella)
- 1 tsp Maca Powder



STEP 05

ADD A SWEETENER (OPTIONAL)

- 1 tsp Stevia
- 1 tsp Raw Agave
- 1 tsp Chopped Dates



STEP 06

BLEND IT UP!

Blend until smooth, serve over ice, and be prepared to make smug faces and inappropriate yummy noises.

Make A Green Smoothie Your Way!

[@TheFitCommunity](#)

Quinoa Muffins

- Original recipe makes 6 Muffins
- Ingredients:
 - cooking spray
 - 2/3 cup cooked quinoa
 - 4 large eggs, beaten
 - 1/4 cup crumbled feta cheese or other type
 - 1/4 cup sliced mushrooms
 - 1/4 cup chopped onion
 - 1/2 teaspoon dried thyme or 1T fresh dill (any herbs are fine to use so experiment!)
 - salt and ground black pepper to taste



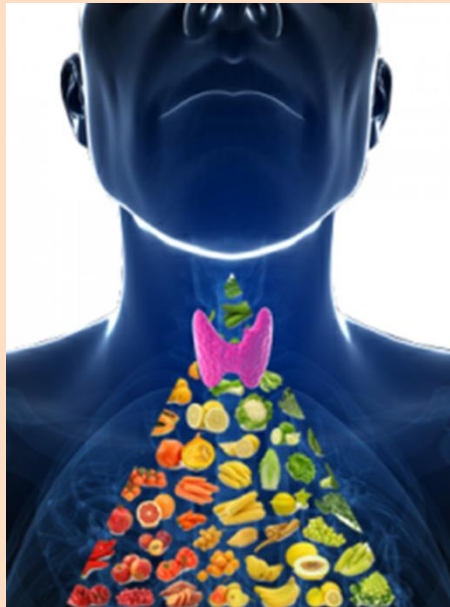
You may feel more energy by eating smaller, more frequent meals

- Having three smallish meals and one to two snacks throughout the day can keep your blood sugar and energy levels stable all day long.
- Large meals cause an energy crash!
- Snack Ideas:
 - nuts
 - Fruit
 - Raw Vegetables with hummus
 - Cottage cheese and fruit
 - Hard boiled egg
 - Crackers and string cheese



Thyroid Hormones

- The thyroid gland is the largest gland in the endocrine system. It is a butterfly-shaped organ that sits roughly in the middle of the neck, just below where the Adam's apple is in men
- T4 and T3 are what most people think of as “thyroid hormones.” These hormones play a significant role in your metabolism and in energy regulation in the body.



Hypothyroid- (Low Functioning) Signs and Symptoms

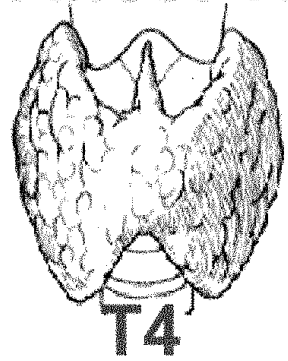
- **Feeling tired**
- Dry skin
- Thin, brittle hair and fingernails
- Constipation
- Depression
- Muscle and joint pain
- Hoarseness
- Cold extremities and carpal tunnel syndrome
- Shortness of breath
- Outer 3rd of eyebrow missing
- Weight gain with poorer appetite



Factors that Affect Thyroid Function

Factors that contribute to proper production of thyroid hormones

- Nutrients: iron, iodine, tyrosine, zinc, selenium, vitamin E, B2, B3, B6, C, D



Factors that inhibit proper production of thyroid hormones

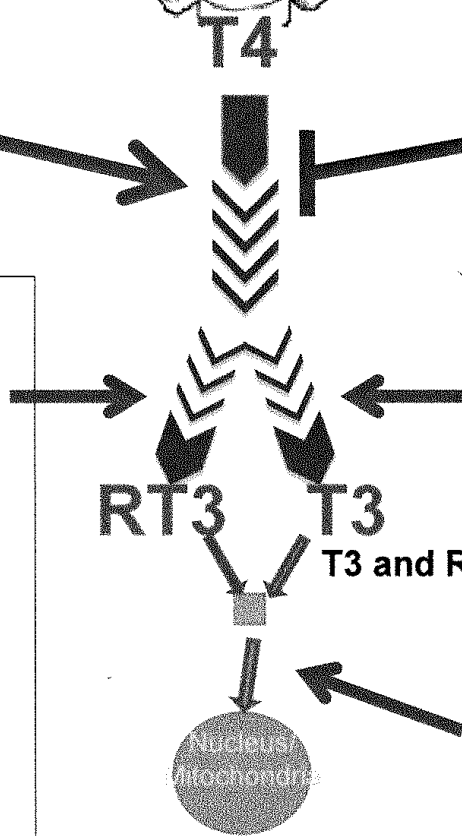
- Stress
- Infection, trauma, radiation, medications
- Fluoride (antagonist to iodine)
- Toxins: pesticides, mercury, cadmium, lead
- Autoimmune disease: Celiac

Factors that increase conversion of T4 to RT3

- Stress
- Trauma
- Low-calorie diet
- Inflammation (cytokines, etc.)
- Toxins
- Infections
- Liver/kidney dysfunction
- Certain medications

Factors that increase conversion of T4 to T3

- Selenium
- Zinc



Factors that improve cellular sensitivity to thyroid hormones

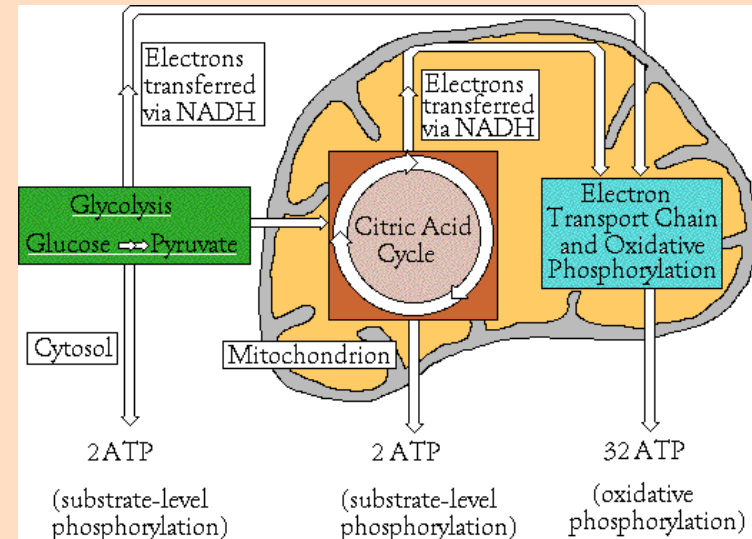
- Vitamin A
- Exercise
- Zinc

Foods to support thyroid function

- **Iron**- heme iron sources found in animal proteins and non-heme iron sources such as legumes with a source of vitamin C. Cooking acidic foods in a cast iron pot such as tomato sauce will leach iron out into the food.
- **Vitamin C**: bell peppers, broccoli, Brussel Sprouts, strawberries, citrus fruit
- **Iodine**- seaweed, iodized salt, seafood
- **B2/ B3/ B6**: Whole grains, leafy greens, nuts poultry, fish, seeds, eggs, dairy, mushrooms
- **Selenium**- Brazil Nuts, oatmeal, brown rice
- **Zinc**- oysters, red meat, poultry, beans, nuts, seafood, whole grains, dairy, fortified cereals
- **Vitamin A**- orange and green vegetables and fruits kale, cantaloupe, peaches, carrots, sweet potato, broccoli contain beta- carotene which can convert to vitamin A. Animal protein contains vitamin A such as milk, egg, & liver. Fortified cereals.
- *Kale- raw and juiced has the largest amount of goitergens than the other cruciferous vegetables so if you have hypothyroid, I suggest only eating cooked kale. Goitergens can suppress thyroid function by blocking iodine that the T4 needs.*

Mitochondria- Energy Central!

- Mitochondria is where energy is made.
- Our mitochondria can become damaged (oxidative stress) during normal cellular process, but also when we are exposed to UV rays, air pollution, intense physical exertion and tobacco smoke for example.
- Antioxidant rich plant foods contain compounds that helps keep oxidation in our body under control.



Fruits and Vegetables: Rich Source of Antioxidants

- Choose brightly colored fruits and vegetables : blue, purple, green, yellow, orange and red
- Examples: spinach, cranberries, berries, vine ripened tomatoes, broccoli, kale, Brussel sprouts, cauliflower, cherries, strawberries, cherries, watermelon, spinach, carrot & avocado.



Vegetables, Vegetables, and More Vegetables

- We need a minimum of 3 servings a day... more is better! Aim for 9-12 if you can 😊
- A serving is:
 - 1/2 cup raw or cooked vegetables
 - 1 cups of raw leafy greens



More Antioxidant Foods



- Beans (pinto, black beans and kidney beans)
- Red wine – Pinot Noire grape
- Dark chocolate
- Black and green tea & coffee
- Walnuts, flaxseeds, hazelnuts
- Whole Grains
- Onions (skins too) and garlic (raw better)
- Herbs and spices: turmeric, ginger, cinnamon, cumin, curry, cloves, oregano, cayenne, nutmeg



Many Antioxidants are Destroyed by High Temps

- Allicin Garlic
- Quercetin Onions, apple skins
- Anthocyanins Blue and purple fruits
- Ellagic Acid Raspberries, pomegranate
- Catechins Tea (185F vs 212F)
- D-Limonene Citrus peels and oils

The Top Phytonutrient Containing Foods

Rank	Food	Food Prep/Serving Size	Phytonutrient Amount
1	Carrots	Dehydrated/1 cup	106,917
2	Collards(greens)	Chopped, boiled/1 cup	18,527
3	Cocoa beans	Ground, powder/1 cup	9,481
4	Beet greens	Steamed, sautéed with butter/ 1cup	2,619
5	Broccoli	Steamed, sautéed with butter/1cup	2,016
6	Brussel Sprouts	Cooked, boiled, drained without salt/1 cup	2,389
7	Kale	Steamed without salt/1 cup	1,112
8	Watercress	cooked, boiled, drained, without salt/ 1cup	886
9	Swiss Chard	Steamed, sautéed with butter/1 cup	895
10	Bok Choy	Steamed/1 cup	865
11	Arugula	Steamed, raw/1 cup	604
12	Spinach	Steamed, sautéed with butter/1 cup	707
13	Cauliflower	Steamed, sautéed with butter/1 cup	315
14	Tomatoes	Chopped, heated as sauce/1 cup	186
15	Strawberries	Raw/1 cup	184
16	Blackberries	Raw/ 1 cup	171
17	Leeks	Steamed/1 cup	135
18	Red Bell Peppers	Chopped, raw, heated/1 cup	265
19	Mushrooms	Chopped, sautéed with butter/ 1cup	238
20	Garlic	Chopped, sautéed with olive oil/ 1 clove	109

Post Lunch Crash???



It may be your Carbs!!!

- Sugar and refined carbohydrates break down into Glucose rapidly.
- This may cause a surge in insulin which results in a lowering of blood sugar... and you get sleepy!



These Foods cause a Roller Coaster with your Blood Sugar



The Low Down On Carbs

- Reduce white carbohydrates such as most breads, pasta, chips, crackers, tortillas, pizza, bagels, muffins and pretzels.
- Best Carbohydrates: beans, lentils, split peas, winter squash, yams, & red potatoes, whole grain bread, oat bran, oatmeal, quinoa, brown rice and plain popcorn.
- Fiber has a time-releasing effect on carbs, so they enter your bloodstream at a slow and steady pace, giving your energy staying power

Sugar is an Energy Drainer!

- 4 grams of sugar = 1 teaspoon of sugar
- 1 can of soda = 10 teaspoons of sugar
- 1 supersized soda= 1 cup of sugar!
- Sugar (brown rice syrup, sugar, fructose, High Fructose Corn Syrup) is added to many processed foods to increase our desire to eat more and buy more of it!
 - Breads, ketchup, pasta sauce, cereal, nutrition bars...



Hydration is extremely important! Mild dehydration makes you feel tired!

- Water 6-8 glasses/day minimum (weight divided by 2 = oz of fluid to consume)
- Coffee or other caffeinated drinks are NOT considered a fluid for hydration
- Check the color of your urine- LEMONADE color is GOOD
- Thirst mechanism declines as we age so don't rely on whether or not you FEEL thirsty. Just drink!



Stay Hydrated

- Drink pure water, or drinks that are mostly water (tea, very diluted fruit juice, sparkling water with lemon) throughout the day.
- Besides drinking more, you can also consume foods that naturally contain water, such as yogurt, broccoli, carrots, and juicy fruits, like watermelons, oranges, and grapefruits.



Caffeine increases alertness

- Consuming a moderate amount of caffeine — 200 to 300 mg, the amount found in two to three cups of coffee — can make you more energetic and alert in the hours following, however...



Watch caffeine intake after noon

- When caffeine is consumed in large quantities — or anytime in the afternoon or evening — the quality of your sleep that night can take a nosedive, leaving you with heavy eyelids the next day!

Seen at www.Watchersweb.com

I've gotta cut back on the caffeine





Get a Good Night's Sleep

- Create good sleep – aim for 7 to 9 hours
- Go outside a total of 30 minutes a day
- Set a time to go to bed and stick to it nightly. Allow yourself to wake up naturally without an alarm clock if you can.
- Keep your room dark at night and cool.
- Avoid stimulating lights at night such as computer screen at least 1 hour before bedtime. (Download for free f.lux).
- Dim lights at night. And make sure TV/ computer are off at night in your bedroom.

Get a Good Night's Sleep

- Avoid anything that can create stress or anxiety such as watching certain TV shows or doing bills within 1 hour of bedtime.
- Avoid caffeinated beverages and chocolate after 3 pm
- Avoid large meals 2 hours before bedtime.
- Avoid drinking a large amount of fluid before bedtime.

Get a Good Night's Sleep

- Avoid drinking a large amount of fluid before bedtime.
- Sleep Apnea is a common reason for poor sleep. Speak to your physician if you snore or find yourself fatigued during the day.



Quick Energy Boosters

- Take a brisk walk on your break- Getting fresh air and sunlight will help with fatigue.
- Close your eyes for a few minutes and rest.
- Drink a large glass of water.
- Take several full deep breaths to bring oxygen into your body and your brain!



THANK YOU!



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Thank You