



Nourished^{Rx}

Feed Your Health Weekly Lessons

A Guide to Better Health: Part 2





Nourished^{Rx}

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Lesson 6

Carbohydrates & Fiber



What are Carbohydrates?

Carbohydrates, fat, and protein are all macronutrients. These nutrients provide the body with energy from calories and are building blocks for growth.

Micronutrients include vitamins and minerals and are needed for hundreds of functions in our body. For example, they support a healthy immune function and strong bones. They do not have calories.

Carbohydrates, or carbs, are found in our food as starch, sugar, and fiber. Our bodies can digest and use starch and sugar for energy but we don't break down and absorb fiber.



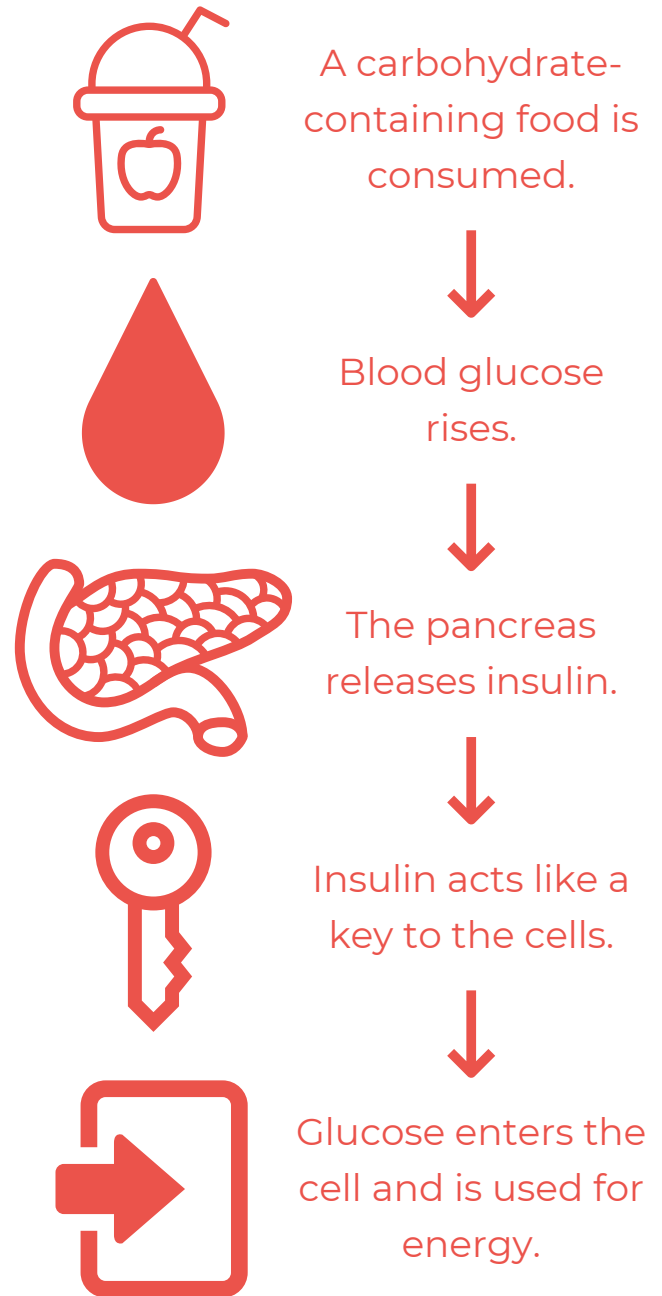
Carbohydrates, Glucose and Insulin

How are They Related?

After a meal or snack, the body breaks down large carbs into a smaller sugar called glucose. Glucose travels in our blood and gives energy to our cells. You may have heard your doctor refer to glucose as “blood glucose” or “blood sugar”.

Glucose in the blood causes the release of insulin. The higher the amount of glucose in the blood, the higher the insulin level. Insulin acts like a key to our cells. It “opens the door” and helps glucose enter the cell. The glucose then can be used for energy right away or stored for later use.

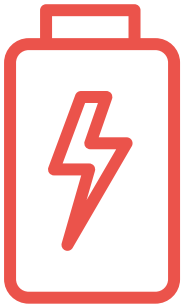
The amount and type of carbs we eat affects the insulin levels in our body.



Diabetes, Carbohydrates, Glucose, and Insulin

With diabetes, the body either cannot make insulin or the insulin doesn't work as it should. In both cases, glucose can't enter the cells to supply energy to the body.

How are Carbohydrates Used in the Body?



Energy

Carbohydrates provide us with the energy to go about our daily lives. In fact, carbs are the body's favorite source of fuel for working muscles.



Protection

Carbs protect our muscles and organs. They prevent our body from using energy from our protein stores (muscles and organs) after intense exercise. Eating carbs throughout the day allows protein to focus on repairing and rebuilding muscle tissue.



Cell Power

Carbs also power red blood cells and the cells of the brain and spinal cord to work every moment of every day.



Brain Fuel

And last but not least, carbs fuel our brain.

What Does This Mean for you?

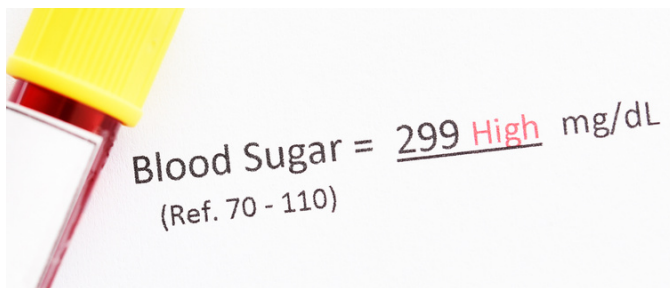
Simple vs. Complex Carbohydrates

The types of carbohydrates you eat have an impact on how you feel and how your body functions. Learning the difference between simple and complex carbs is key for your overall health.

Simple Carbohydrates

Simple carbohydrates are the sugars found in foods like cakes, cookies, candy, and ice cream. They are present in highly processed or refined foods. This includes foods coming in a box or a package like breads, white rice, pasta, and crackers.

Simple carbs are just that - more simple. This means they are broken down by our body more quickly, enter our blood stream faster, and can lead to higher insulin levels. Over time, high insulin levels can cause pre-diabetes. Simple carbs may also make you feel hungry faster which may make you eat more to feel full.



What Does This Mean for you?

Complex Carbohydrates

Complex carbohydrates are found in less processed foods such as whole grains, vegetables, fruits, and beans. These foods are high in fiber, which helps you feel more full when you eat them.

Complex carbs are broken down more slowly. This slower process gives you more sustained energy and more stable blood sugar and insulin levels.

Here are some examples of complex carbs and how many carbs they contain!

Apple: 25g CHO

Banana: 27g CHO

½ Potato: 14g CHO

1 cup Broccoli: 6.4g CHO

1 cup spinach: 7g CHO

½ cup rolled oats: 28g CHO



starch molecule

What Foods Contain Carbohydrates?

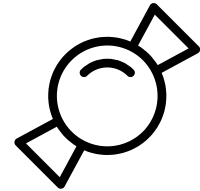
Simple Carbohydrates



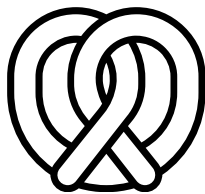
jams, jellies



juices



candy



pretzels, crackers,
chips



soda, sports drinks

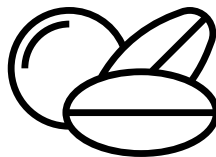


muffins, cookies,
cakes

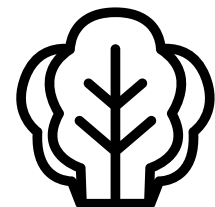
Complex Carbohydrates



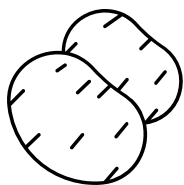
beans



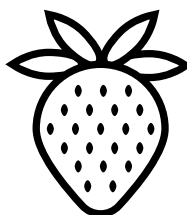
lentils



vegetables



potatoes



fruits



whole grains

Fiber

Fiber is a type of complex carbohydrate found in plants and is important for our health. There are two types of fiber:

Soluble Fiber

Soluble fiber helps reduce cholesterol and high blood pressure. It can also keep blood sugar levels more stable after meals. Soluble fiber breaks down in water. It is found in foods like oatmeal, peas, lentils, nuts, oranges, apples, and carrots.

Insoluble Fiber

Insoluble fiber provides bulk to your digestive system and helps prevent constipation. It also keeps your intestines healthy and lowers the risk of colon cancer. Insoluble fiber does not dissolve in water. It is found in dark green leafy vegetables, corn, fruit skins, whole-wheat foods, and seeds.



Increasing Fiber Intake

To increase your fiber, enjoy unprocessed foods like fruits, veggies, nuts, seeds, oatmeal, brown rice, beans, and lentils. Check out these tips!

- Increase your fiber slowly and drink plenty of water to prevent constipation.
 - For example, slowly add more fiber each day over two week. Start by adding more veggies to your plate for dinner.
- Reach for whole fruits and veggies instead of fruit juices, which have little to no fiber and a lot of added sugar.
- Add frozen veggies to soups, sauces, and pasta dishes .Choose bean based soups over cream based soups.
- Switch to whole grain cereals, pastas, rice, and bread. Look for 100% whole grain or 100% whole wheat products when possible.

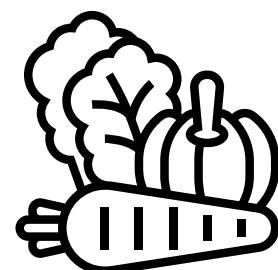
Men over 50 should take in 30 grams of fiber each day

Women over 50 should take in 21 grams of fiber each day

Isolated Fibers

Packaged foods can make big claims about the amount of fiber they have. You might see messages like “now with twice as much fiber!” These foods often include something called “isolated fibers.” Isolated fibers can cause gas or bloating if you eat too much, and they aren’t as healthy as they seem. To spot isolated fibers in foods, keep an eye out for the following terms in the ingredient lists of your foods:

- Chicory root or inulin
- Maltodextrin
- Oat fiber
- Soy fiber
- Modified wheat starch
- Sugarcane fiber
- Polydextrose



Fiber Supplements

Many medications may be impacted by fiber supplements. Please talk with your doctor about whether or not fiber supplements are a safe option for you before starting one.

If you've ever had issues with constipation, then you may have been told to use a fiber supplement. Fiber supplements come in a powder form that you can mix into your water, coffee, tea, or even your oatmeal. These supplements are typically made of soluble fiber. They may also be used to lower cholesterol or for blood sugar support.

It is always best to choose whole foods first (fruits/vegetables, beans/lentils, nuts/seeds, and whole grains) to meet your daily fiber goals.

Fiber supplements can impact the absorption of certain medications and cause them not to work as well. This may have an impact on your health. Some examples of medications that may be impacted include:

- Metformin (for blood sugar)
- Lisinopril (for blood pressure)
- Warfarin (for blood thinning)
- Statins (for cholesterol)
- Carbamazepine (for seizures)

Contact your doctor before taking any fiber supplements.



From Lesson To Action

1) How are carbohydrates used in the body and why does it matter to you?

2) Do you feel confident that you can identify simple and complex carbs in your meals this week? What are some examples of simple versus complex carbohydrates?

<u>Simple Carbohydrates</u>	<u>Complex Carbohydrates</u>

3) Do you think that you are currently meeting your daily fiber needs?

4) Name three ways you can increase your fiber intake.
Hint: What are some ways you can add a new whole grain, fruit, or vegetable to meals or snacks this week?

1.
2.
3.

Lesson 7

Sugar & Artificial Sweeteners



Just the Facts: Sugars and Artificial Sweeteners

Did you know that the average American consumes 17 teaspoons of added sugar each day? That is more than $\frac{1}{4}$ cup a day. Unfortunately, added sugar can have harmful effects on your health.

This lesson will help you understand:

- Why cutting back on added sugar matters to your health.
- Where to find added sugars in your food.
- What artificial sweeteners are and how to use them.



Added Sugar

“Added sugar” is the sugar that is put into food when it is cooked or made. Here are some foods that have high amounts of added sugar:

- Juice
- Soda
- Sweetened cereals
- Cakes
- Cookies
- Brownies
- Candy
- Ice cream
- Fruit juice
- Donuts

These foods are full of calories and do not contain many healthy nutrients. Foods high in added sugar will cause a drastic spike in your blood sugar level and lead to weight gain and chronic inflammation.

Foods high in added sugar are often those that we use to celebrate events, find comfort, and provide a little bit of fun. The goal is not to avoid high sugar foods forever. People with diabetes can plan ahead for special events by having a fiber and protein-rich meal prior to ice cream, for example.



Natural Sugar

“Naturally-occurring sugar” is the sugar that is found in foods before they are cooked or processed. For instance, fruit and dairy both contain natural sugars. While we need to limit the total amount of sugar we eat each day, the priority is to cut back on added sugars.

Keep in mind that in order to best control your blood sugar to manage diabetes, even naturally-occurring sugar needs to be counted. When counting carbs, make sure to include items such as milk, yogurt, and fruit when building your balanced meal.



So, how much added sugar should you limit yourself to each day?

- Men: Limit to 36 grams (9 teaspoons)
- Women: Limit to 25 grams (6 teaspoons)

Men and women with diabetes will manage their blood sugar best by avoiding added sugars completely. We know this is hard so we strongly urge those individuals to aim for less than the amounts listed above.



Finding Sugar on a Label

When shopping for food, you can check the packaging and nutrition label for added sugars. The following terms can often be found on the front of food packages:

- **Sugar-free or Zero Sugar*** = A food that has less than 0.5g of total sugar (natural and added) per serving.
- **Reduced Sugar** = A food that has at least 25 percent less sugar per serving than the amount of sugar in the original version of the same food item.
- **No Added Sugar*** = A food that has no sugars added during processing.

*Sugar-free/zero sugar and no-added sugar foods. These items often contain artificial sweeteners.

You can look at the % Daily Value for the added sugars on the nutrition label for an easy way to determine if the item is high or low in added sugars.

- 5% or lower = low in added sugars
- 20% or greater = high in added sugars



You can also check out the ingredients portion of a nutrition facts label to see if the food has any added sugar. There are many different names for sugar and none are healthier than others.

Common Names for Sugar:

- Brown sugar
- Cane sugar
- Cane juice
- Caramel
- Date sugar
- Coconut sugar
- High fructose corn syrup
- Honey
- Invert sugar
- Malt sugar
- Molasses
- Palm sugar
- Raw sugar
- Anything ending in “ose” (dextrose, fructose, glucose, etc.)
- Syrup
- Turbinado sugar



Artificial Sweeteners

Artificial sweeteners are added to foods and drinks to make them taste sweeter without added sugar or calories. Some common brands are: Nutrasweet, Equal, Sweet 'N Low, and Splenda. All diet sodas have artificial sweeteners, and many energy drinks do too.

Using artificial sweeteners can be a big help in cutting down on sugar and calories in your diet. But, there are some concerns about how these chemicals act in your body and how they change your eating habits. Because artificial sweeteners taste so sweet, they can impact your taste buds and make you crave sweet foods more often. This could lead you to eat more sugar and calories in the long run and gain weight. Much like added sugar, aim to limit your use of artificial sweeteners. If you are used to foods and drinks tasting very sweet, it may take time for you to adjust enjoying less sweet foods such as fruits and veggies.



You may have also seen a newer sugar option on the market called stevia (also known as the brand names: Truvia, PureVia). This comes from a plant and is considered a more natural low-calorie sweetener. But, the stevia plant is processed quite a bit before it becomes the liquid or powder you buy at the store or add to your coffee shop drink. Less is known right now about the long-term impacts of stevia. For now, treat stevia as you would sugar and artificial sweeteners - use in moderation and cut back when you can.



Artificial sweeteners are not a "free" food when it comes to managing blood sugar as they still affect your blood sugar. But, one serving of artificial sweetener such as Splenda will have less affect on your blood sugar than one scoop of sugar in your coffee in the morning.

From Lesson To Action

Stop and THINK! Are you aware of how much added sugar you consume daily? If not, you're not alone- most people are not!

For three days this week, make it a point to track the amount of added sugar in your diet. BONUS: Can you reduce your sugar intake by cutting your sugar-filled servings in half?

DAY ONE

DAY TWO

DAY THREE

Total Sugar Intake:

Total Sugar Intake:

Total Sugar Intake:

Lesson 8

What is Fat?



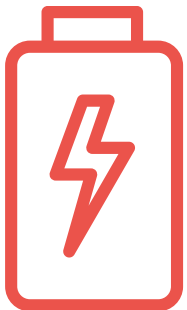
What is Fat?

Carbohydrates, fat, and protein are all macronutrients. These nutrients provide the body with energy from calories and are building blocks for growth.

Micronutrients include vitamins and minerals and are needed for hundreds of different functions in our body. For example, micronutrients help support a healthy immune function and strong bones. Micronutrients do not have calories.

Fat has more energy or calories in one gram than carbs and protein do combined. It is a vital part of a healthy diet for many reasons. For example, fat gives us energy, keeps us warm, and protects our organs. The walls of every cell in the body are made of lipids which are the building blocks of fat.

How is Fat Used in the Body?



Energy

Fat supplies more energy per gram than carbs and protein combined.



Protection

Fat protects the body's organs. Without fat, the body would be at a higher risk for injury and damage.



Warmth

Fat keeps the body warm during periods of extreme temperatures.



Vitamin Absorption

Fat is required to absorb vitamins A, D, E, and K. These vitamins are needed for bone, skin, eye, and blood health.

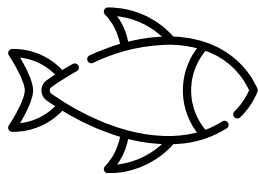
The Different Types of Fat

There are many opinions on how important fat is for our body. You may hear why you should increase the fat in your diet. You may also hear why you should limit it as much as possible. It is not just about the amount you eat these days though. The type of fat you eat is just as important as how much!

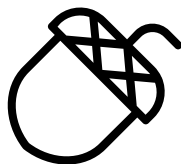
Poly and Monounsaturated Fats

Poly and monounsaturated fats are the fats that have a more positive impact on our health. They are the fats that help lower our cholesterol levels and our overall risk for heart disease.

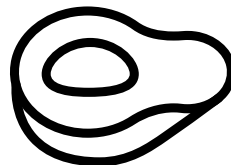
Common Sources of Poly and Monounsaturated Fats:



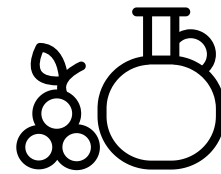
fatty fish
(salmon, tuna,
mackerel)



nuts and
seeds



avocado



olive oil,
canola oil

Saturated and Trans Fats

Saturated fats (solid at room temperature) and trans fats (natural and man-made) are the fats that can more easily have a negative impact on our health, by increasing our cholesterol levels and our risk for heart disease.

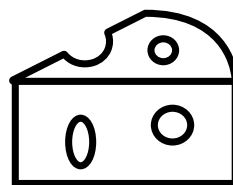
Common Sources of Saturated and Trans Fats:



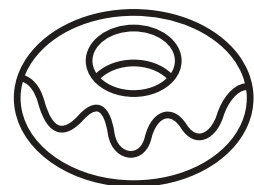
beef, lamb,
pork



butter, ghee,
lard, margarine



cheese



fried foods,
baked goods

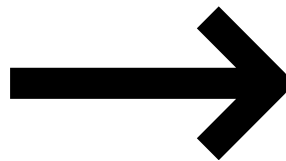
The Different Types of Fat

Like with all the macronutrients, and nutrition in general, balance is important. Knowing why the type of fat that you eat is important can guide you as you think about what types of fat to include in your daily diet.

Simple Swaps:



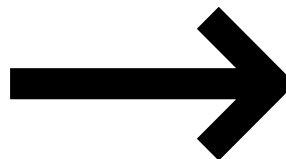
red meat
(beef, pork, lamb)



fatty fish (salmon,
tuna, mackerel)



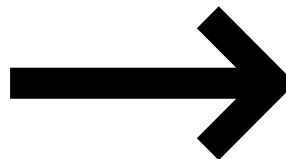
butter, ghee, lard,
margarine



olive oil, canola oil



cheese



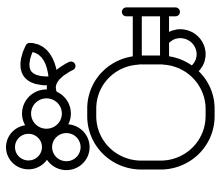
avocado

From Lesson to Action

1) Why is it important to include fat in your diet?

2) What types of fat should you prioritize?

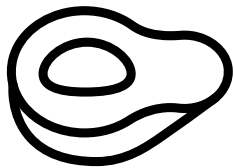
2) Circle the correct type of fat for each item



olive oil,
canola oil

Saturated Fat

Unsaturated Fat



avocado

Saturated Fat

Unsaturated Fat



butter, ghee,
lard, margarine

Saturated Fat

Unsaturated Fat

Lesson 9

What is Protein?



What is Protein?

Carbohydrates, fat, and protein are called macronutrients. These nutrients give the body energy from calories and are the building blocks for growth.

Micronutrients are needed for many different tasks in our body, like immune function and bone health. They do not have calories.

You may have heard the phrase, “Protein is the building block of life.” Protein is key for many roles in the body like digestion and muscle function. It can also help by acting as a transporter. Protein moves oxygen around the body.

Protein in our food and bodies is made up of amino acids. Some amino acids cannot be made by the body and need to be eaten from food. These are called essential amino acids. Eating many protein sources like meat, fish, eggs, and dairy will help make sure you get all of your essential amino acids.



Types of Protein

There are two types of protein; animal-based and plant-based.

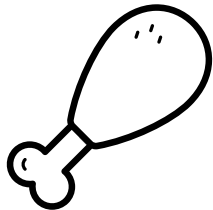
- Animal-based protein is found in meat, fish, eggs, and dairy. Animal-based proteins often have all of the essential amino acids. But they are often higher in saturated fat and sodium compared to plant-based proteins.
- Plant-based protein is found in beans, nuts, seeds, soy foods, and lentils. Plant-based proteins do not have all of the essential amino acids. So it is important to eat a variety of plant-based foods. Plant-based protein is a great source of fiber. Eating plant-based foods often has been shown to reduce the risk of heart disease, diabetes, and obesity.

Animal-Based Proteins

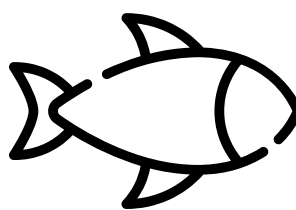
Common sources of animal-based proteins:



beef, pork,
lamb



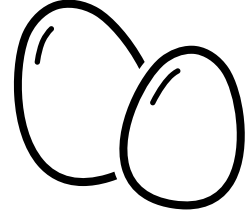
poultry



fish,
shellfish



milk,
cheese, yogurt



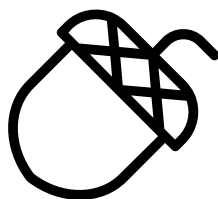
eggs

Plant-Based Proteins

Common sources of plant-based proteins:



soy, tofu, tempeh



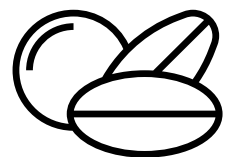
nuts



seeds



beans



lentils

Choosing a variety of proteins is key!

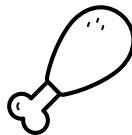
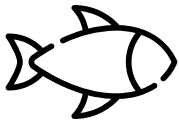
Throughout your day, try incorporating a mix of both plant and animal-based proteins. For example, at breakfast if you have eggs, try adding some lentils to your salad at lunch.

Lean Protein

Not all animal-based protein is beneficial for our health. We focus here on animal-based proteins because all whole plant-based proteins are considered lean options. Above we broke down the different plant and animal-based protein sources. Now let's go a step further.

When it comes to animal-based proteins, we want to choose the lean options which include: chicken, turkey, fish, and shellfish. These protein sources are lean because they have less saturated fat. Meats like beef, bacon, sausage, and pepperoni tend to be high in fat and sodium.

Choose chicken breasts, chicken thighs, ground turkey, salmon, tilapia, or shrimp when you can. Try chicken sausage over pork or beef sausage. Cook turkey bacon over pork bacon. Aim to eat mostly lean proteins instead of pork or beef.



Protein & Carbohydrates

When it comes to managing our blood sugar, we want to pair protein with carbohydrates to slow the digestion of the carbohydrates. This prevents blood sugar spikes from occurring. For example, if you are having rice with dinner, pair it with chicken. Try having a handful of crackers with peanut butter for a snack.



From Lesson to Action

Write down your typical breakfast, lunch, and dinner below:

BREAKFAST

LUNCH

DINNER

Now, which animal-based protein can you swap for plant-based protein this week? Write your typical protein source from above on the line below and then what you can swap it with!

Breakfast Animal-Based Protein

Breakfast Plant-Based Protein



Lunch Animal-Based Protein

Lunch Plant-Based Protein



Dinner Animal-Based Protein

Dinner Plant-Based Protein



What should you always pair with protein? Circle below

Rice Potatoes Oatmeal Crackers Pasta Fruit

If you circled all of them- that is correct! Always pair carbs with protein for better blood sugar management. It helps to prevent blood sugar spikes.

Lesson 10

Challenging **All-or-Nothing** Thinking



Challenging All-or-Nothing Thinking

Your emotions (how you feel), your thoughts (what you think), and your behaviors (how you act) are all connected. In this lesson we explore all-or-nothing thoughts and how they might be getting in the way of your health goals.

All-or-nothing is a way of thinking in extremes. It can also be called black and white thinking. There is no middle ground in all-or-nothing thinking. You are either a success or a failure. Something is either right or wrong. Since making lasting change to your health is difficult and just about everyone has slip-ups along the way, this mentality can be harmful to your progress.

Identifying all-or-nothing thoughts and then re-framing them can help you stay on the path to reach your goals. This can also help you:

- **React calmly in the moment**
- **Keep negative thoughts from turning into negative emotions and behaviors**
- **Consider whether you're making assumptions about or for others**
- **Explore other points of view**
- **See the positive parts of a situation**



Examples of Reframing All-or-Nothing Thoughts

ALL-OR-NOTHING THOUGHT:

I didn't eat any veggies today so I've completely ruined my diet.

NEW THOUGHT: I didn't eat any veggies today, but I took care of myself by taking a walk and reading my favorite book.

The all-or-nothing thought is that your diet is ruined because you had one off day. When you step back, you can see that one misstep is not all bad. You still cared for yourself.



ALL-OR-NOTHING THOUGHT:

I ate dessert three times over the past week so I'm never going to lose any weight.

NEW THOUGHT: This was a special week. It felt really good to catch up and celebrate with my family and friends.

The all-or-nothing thought here is that you are "never" going to lose weight because of your behavior this week. Reframing the thought helps you focus on the positive things you did for yourself, like taking care of your mental and emotional health, instead of beating yourself up over the food you did or did not eat. Looking at it differently shows you that your mental and emotional health took priority over your weight loss goals this week.



What To Do and What Not To Do when Getting Started

As you start to challenge all-or-nothing thought patterns:

DO:

- Remind yourself of your strengths.
- Write yourself positive notes and leave them around your home!
- Use words like “sometimes, progress, possible, different.”
- Recognize that everything isn’t always one way or another. Usually, there is a middle ground.
- Remember that every day won’t be perfect. What matters is that you continue to try every day.

DO NOT:

- Focus on the negative.
- Use words like “always, never, perfect, impossible, ruined, everything.”
- Guess or assume what others think or feel.

Changing all-or-nothing thinking is difficult, but it can help you feel more in control day-to-day and boost your overall self-esteem.



From Lesson to Action

If you think you are an all-or-nothing thinker, then pick a special notepad or journal and start identifying and writing down these thoughts.

At the end of each day this week, take a look in your notebook and try to restructure any all-or-nothing thoughts you had during the day.

From Lesson To Action

If you think you are an all-or-nothing thinker, then pick a special notepad or journal and start identifying and writing down these thoughts. Start today by writing down any negative thoughts that you have had recently below.

1.

2.

3.

4.

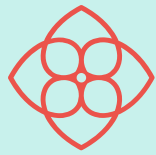
At the end of each day this week, take a look in your notebook and try to restructure any all-or-nothing thoughts you had during the day. Start here by reworking your thoughts written above!

1.

2.

3.

4.



Nourished^{Rx}

Food is health, food is care.
Food is healthcare.