



The Power of the Fork

Not Your Grandma's Nutrition Lesson

By: Michelle Norris, Pn1
Owner of Altitude Wellness



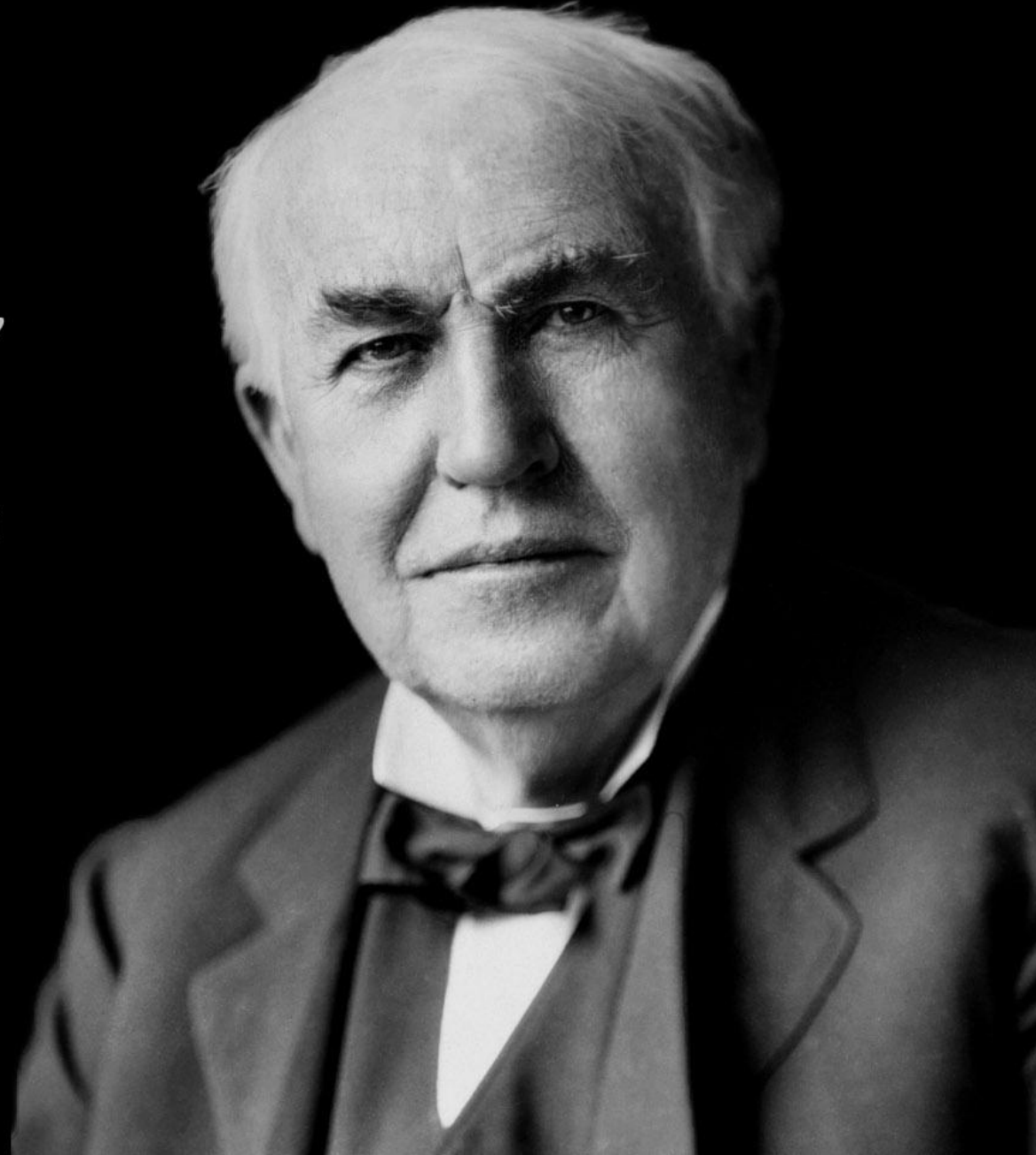
ALTITUDE

My Why



“The doctor of the future will
no longer treat the human frame
with drugs, but rather will cure
and prevent disease with nutrition.”

— Thomas Edison



Obesity Trends Among U.S. Adults Between 1985 and 2010

Definitions:

- Obesity: Body Mass Index (BMI) of 30 or higher

$$\text{BMI} = \frac{\text{weight (lb)} * 703}{\text{height}^2 (\text{in}^2)}$$

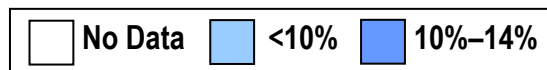
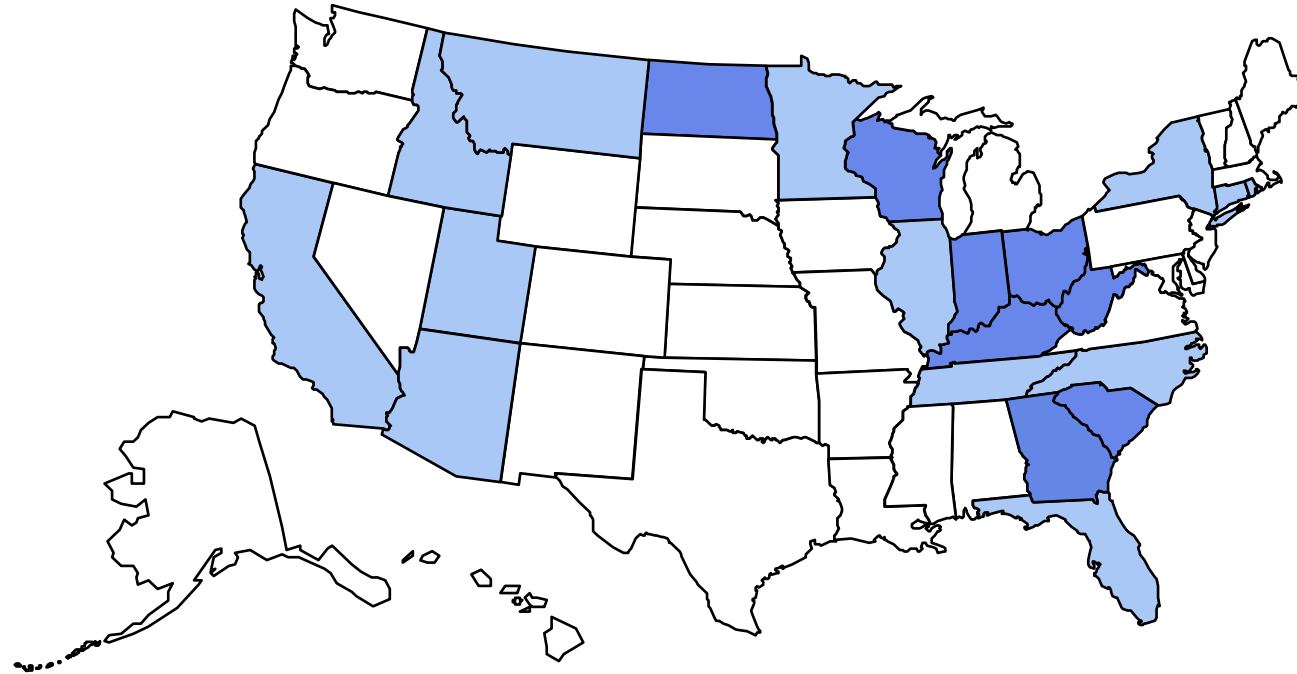
OR

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)} \quad (\text{metric})$$

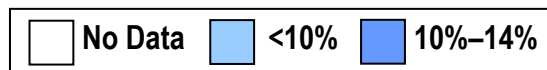
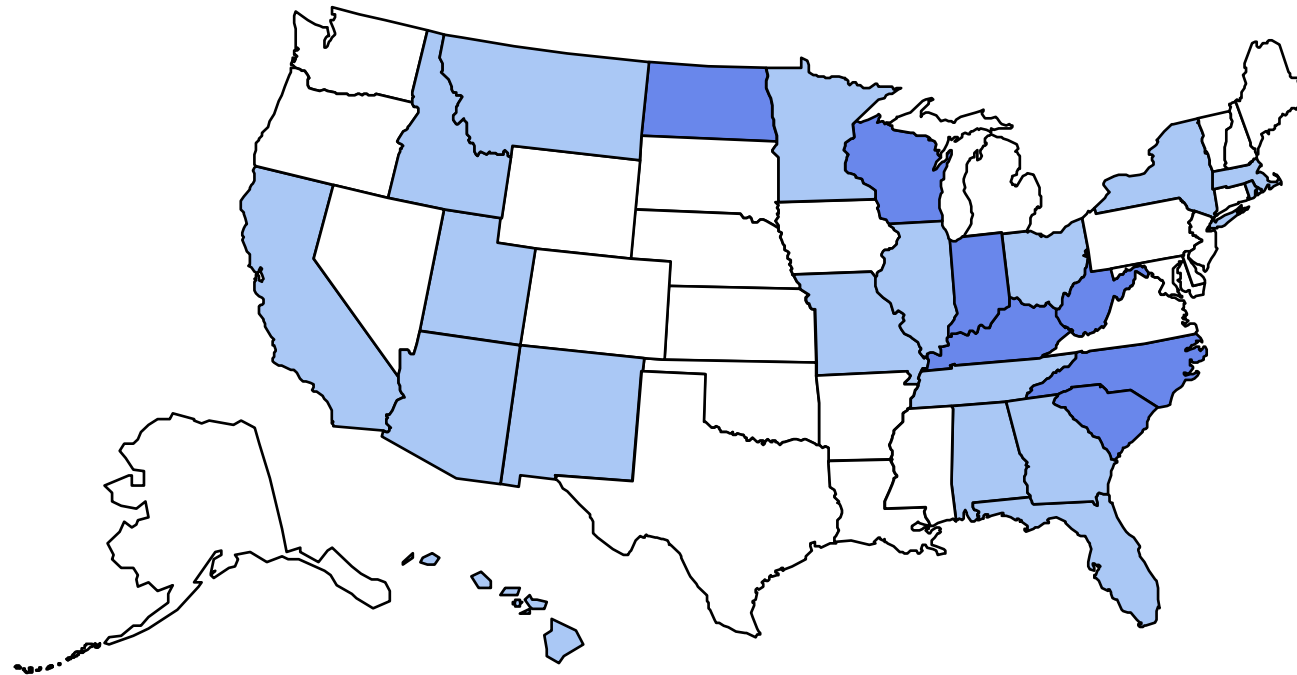


Obesity Trends* Among U.S. Adults BRFSS, 1985

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

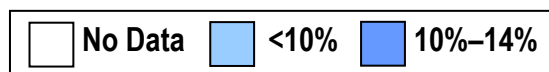
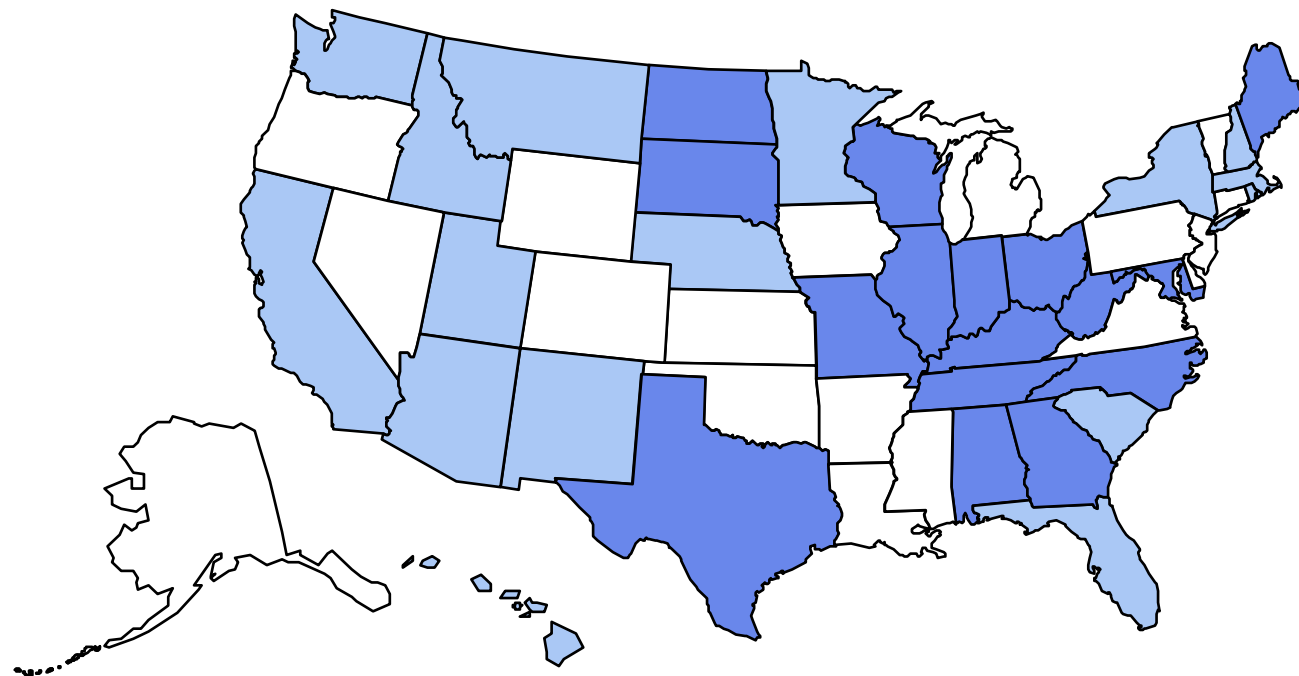


Obesity Trends* Among U.S. Adults BRFSS, 1986

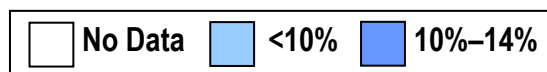
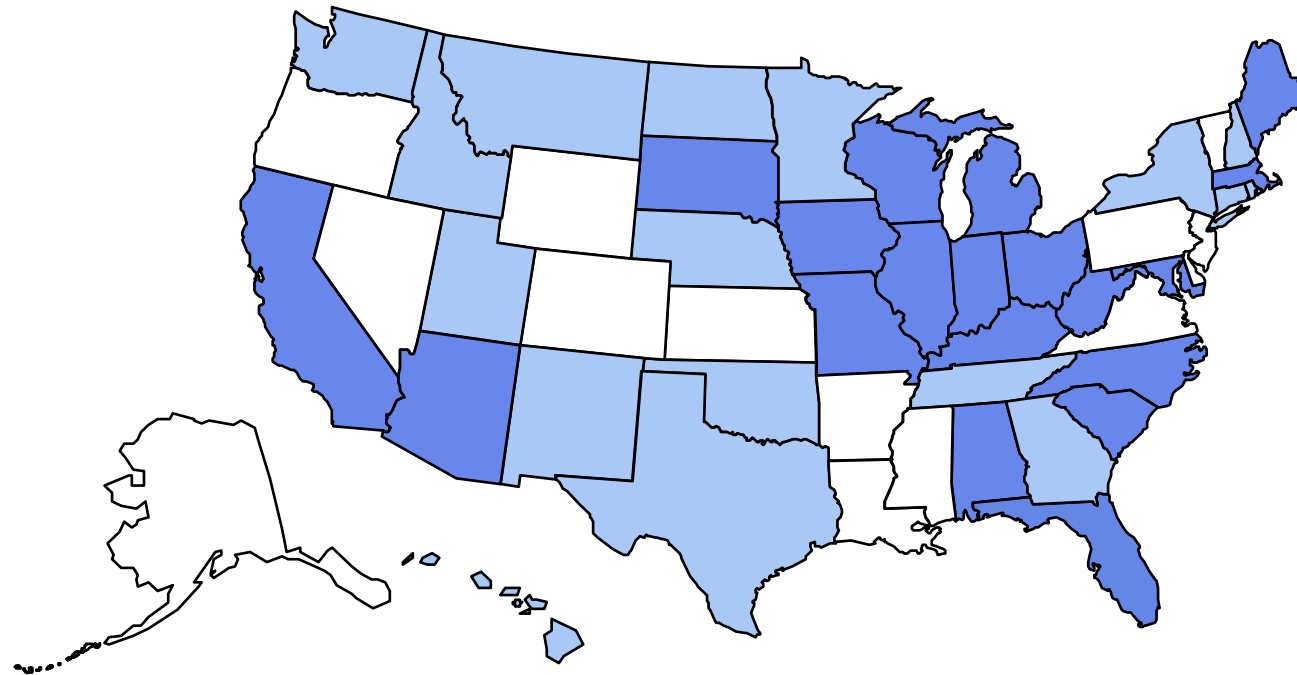


Obesity Trends* Among U.S. Adults

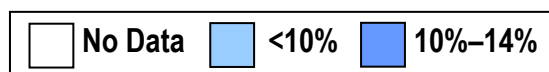
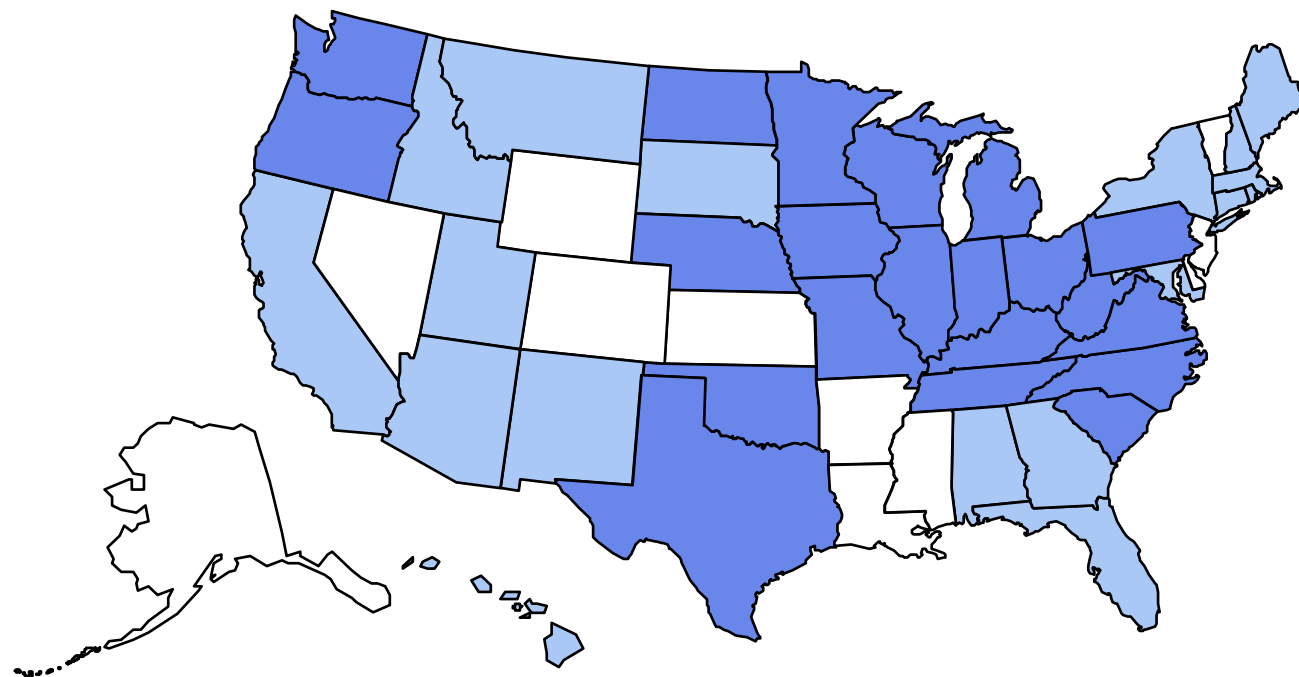
BRFSS, 1987



Obesity Trends* Among U.S. Adults

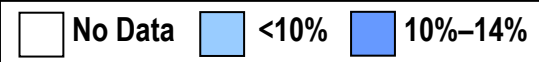
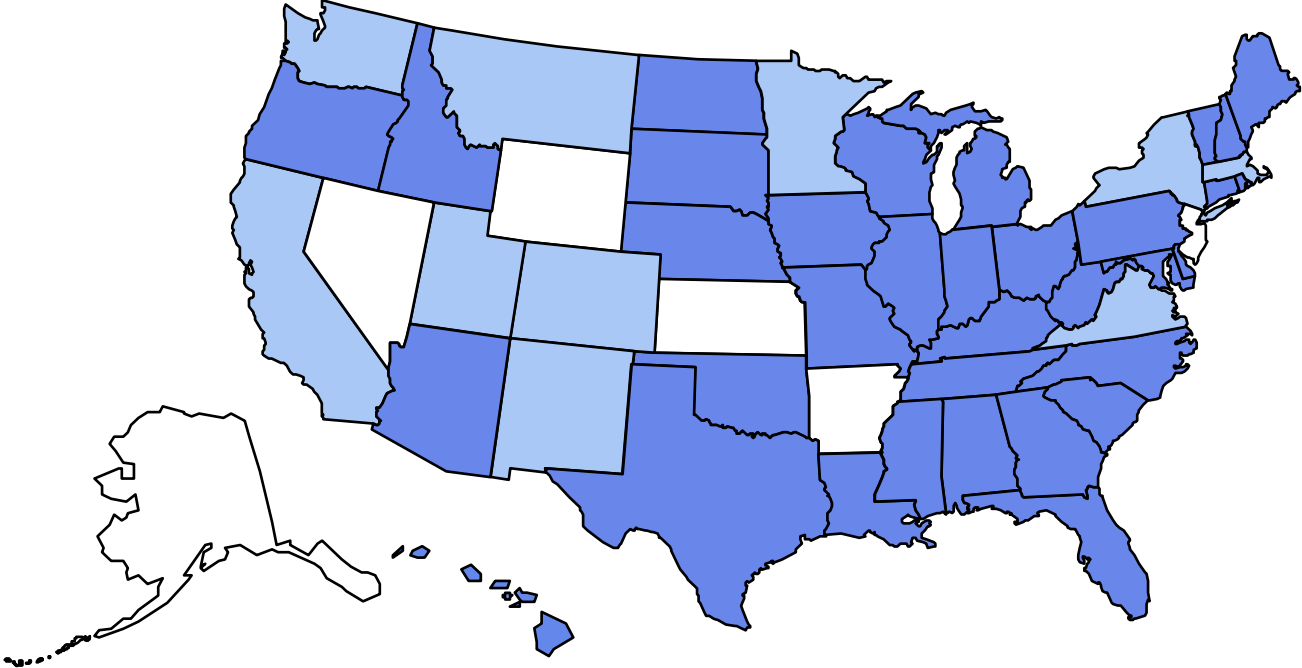


Obesity Trends* Among U.S. Adults BRFSS, 1989

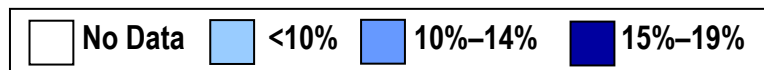
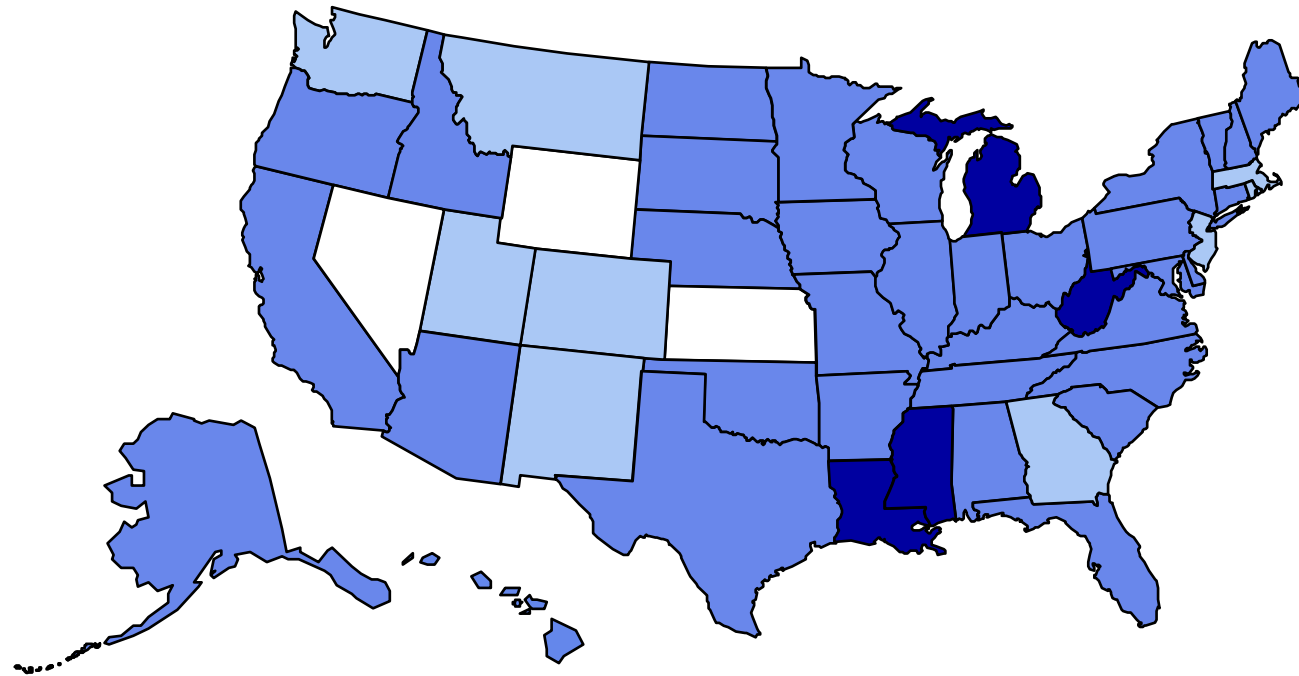


Obesity Trends* Among U.S. Adults

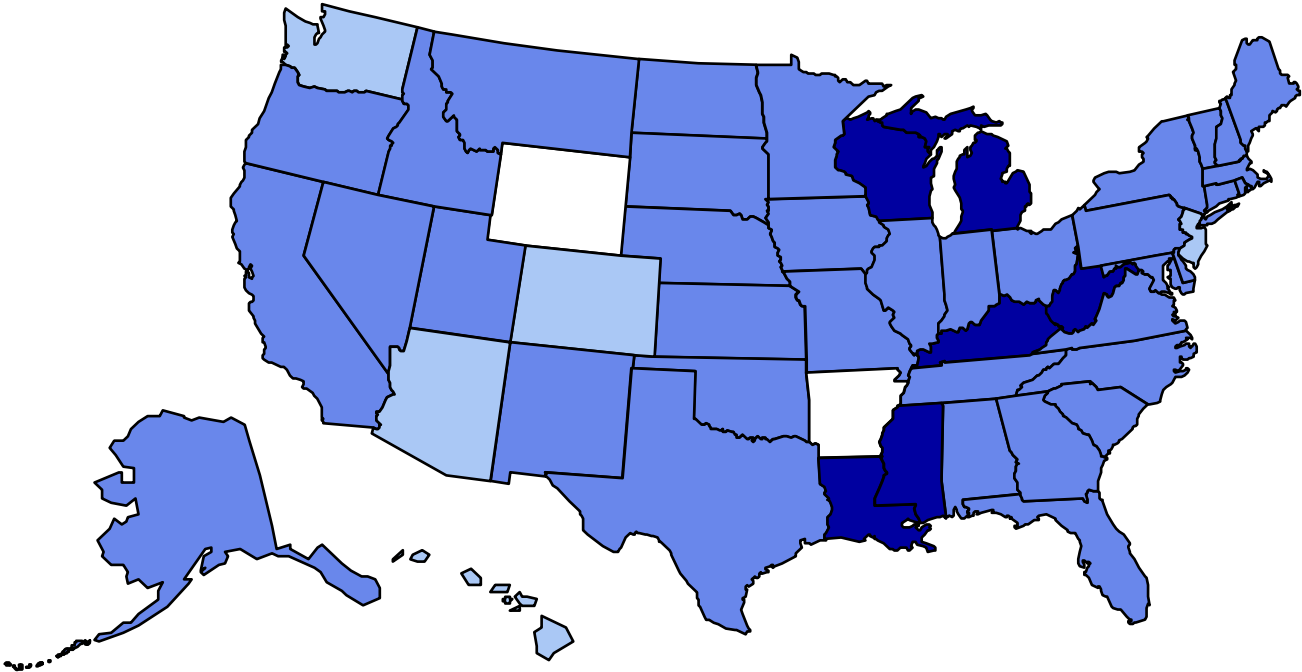
BRFSS, 1990



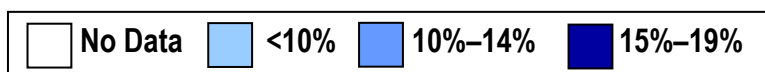
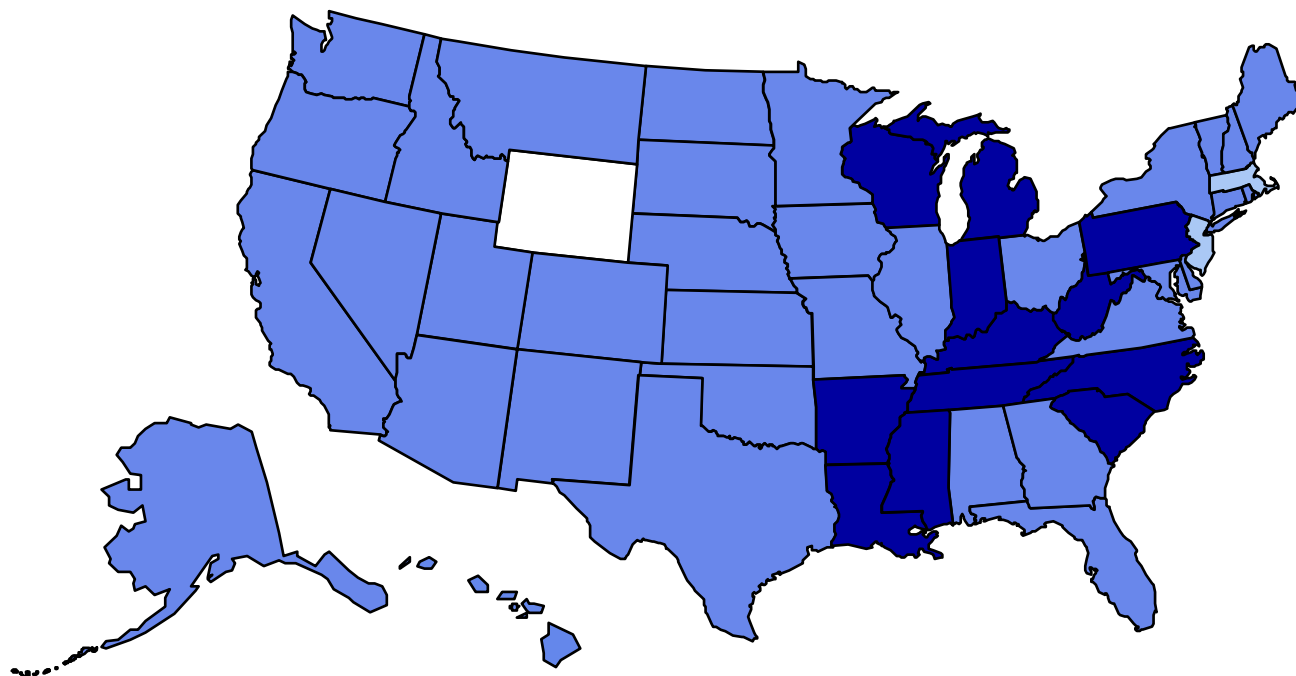
Obesity Trends* Among U.S. Adults BRFSS, 1991



Obesity Trends* Among U.S. Adults
BRFSS, 1992

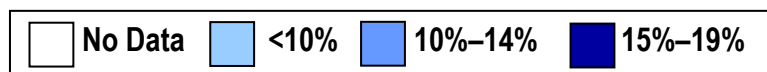
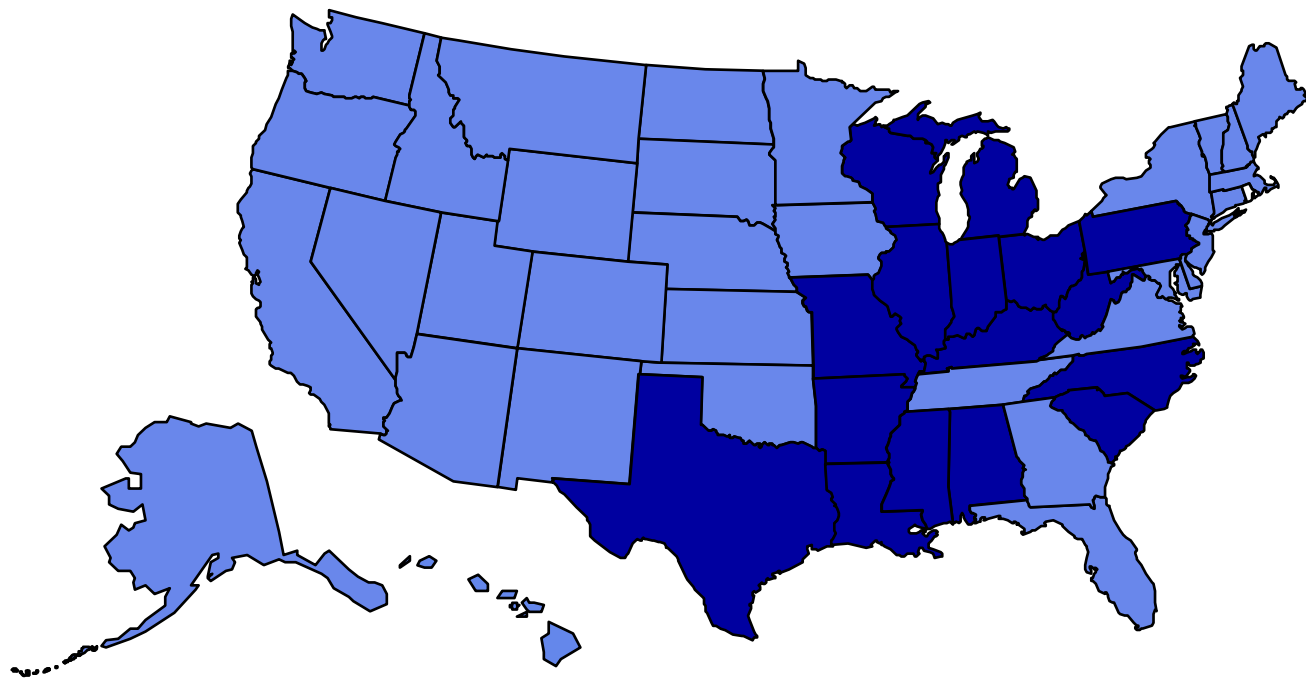


Obesity Trends* Among U.S. Adults BRFSS, 1993



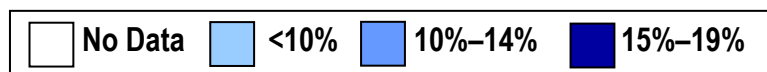
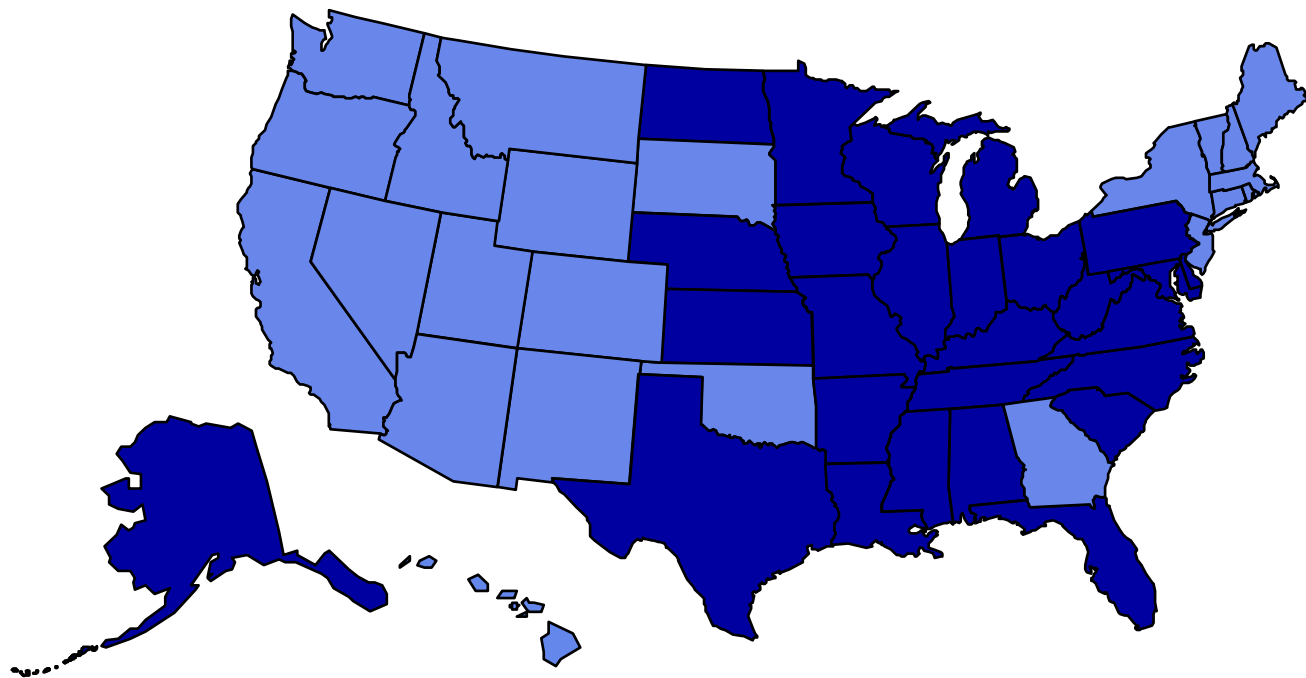
Obesity Trends* Among U.S. Adults

BRFSS, 1994



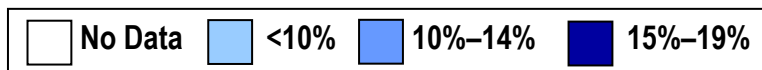
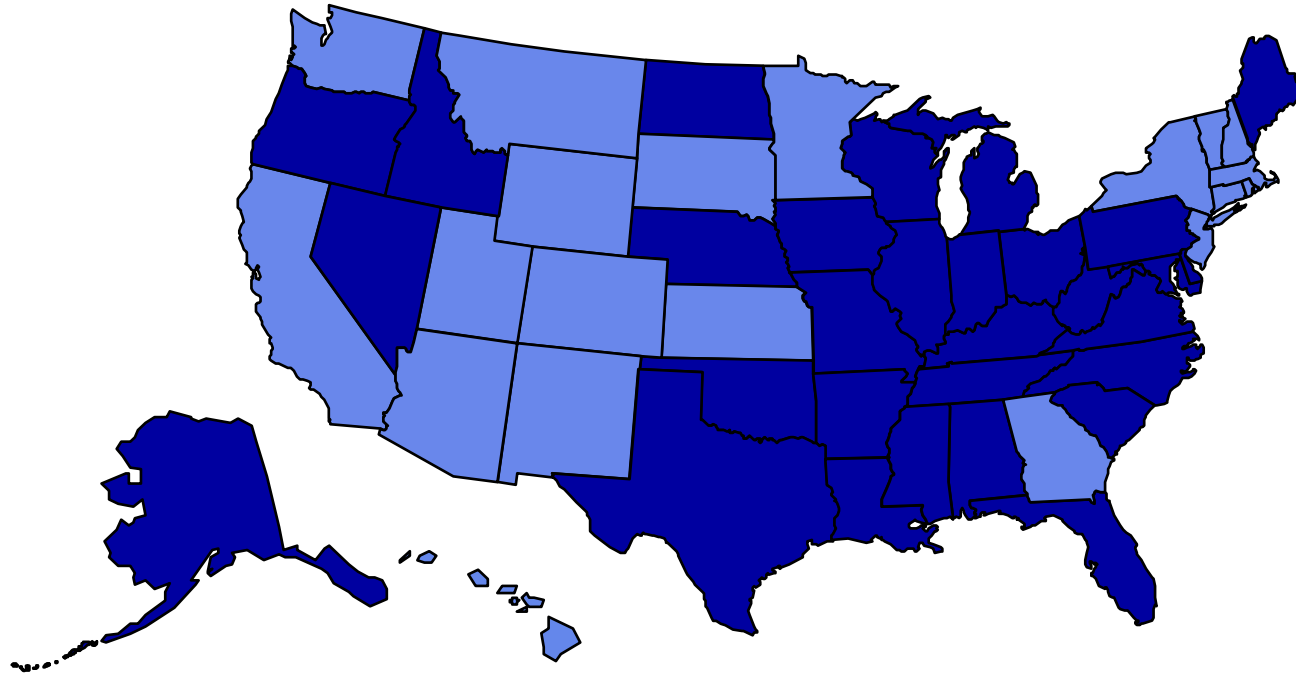
Obesity Trends* Among U.S. Adults

BRFSS, 1995



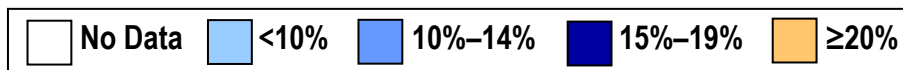
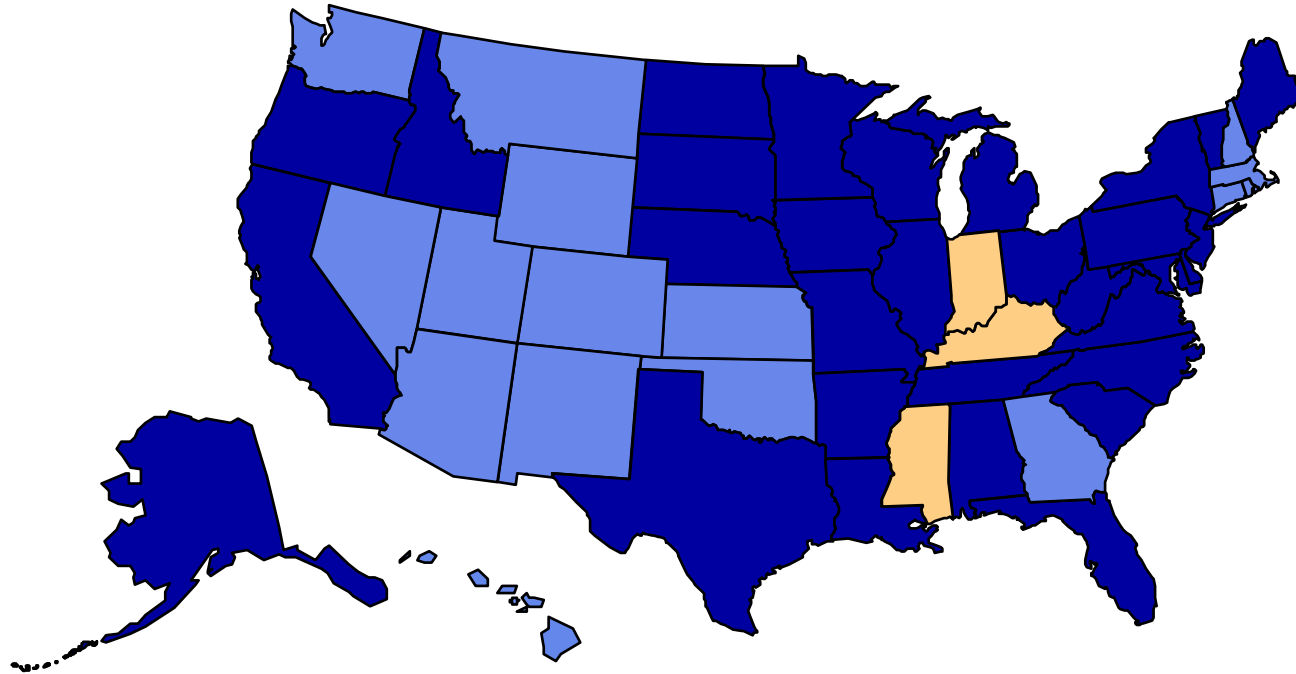
Obesity Trends* Among U.S. Adults

BRFSS, 1996



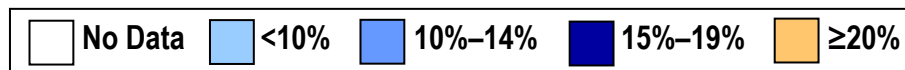
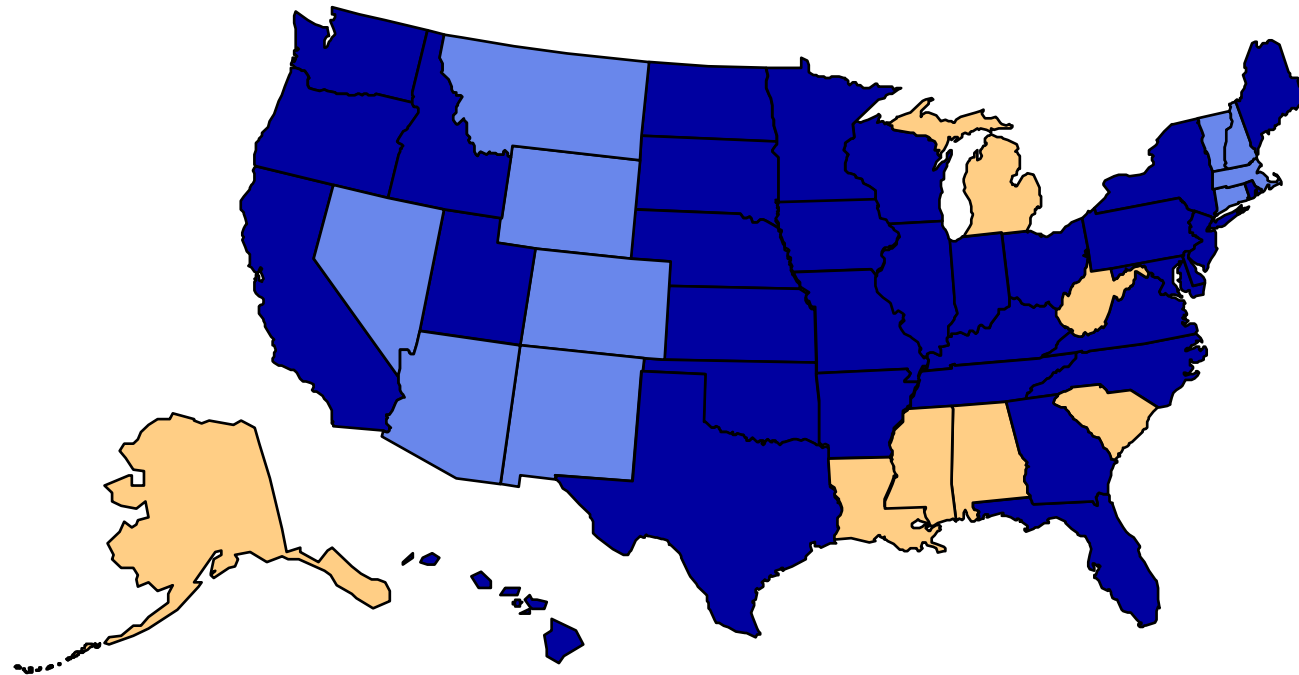
Obesity Trends* Among U.S. Adults

BRFSS, 1997



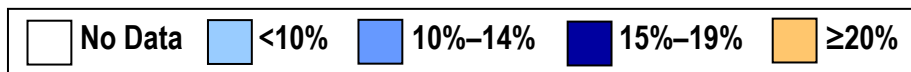
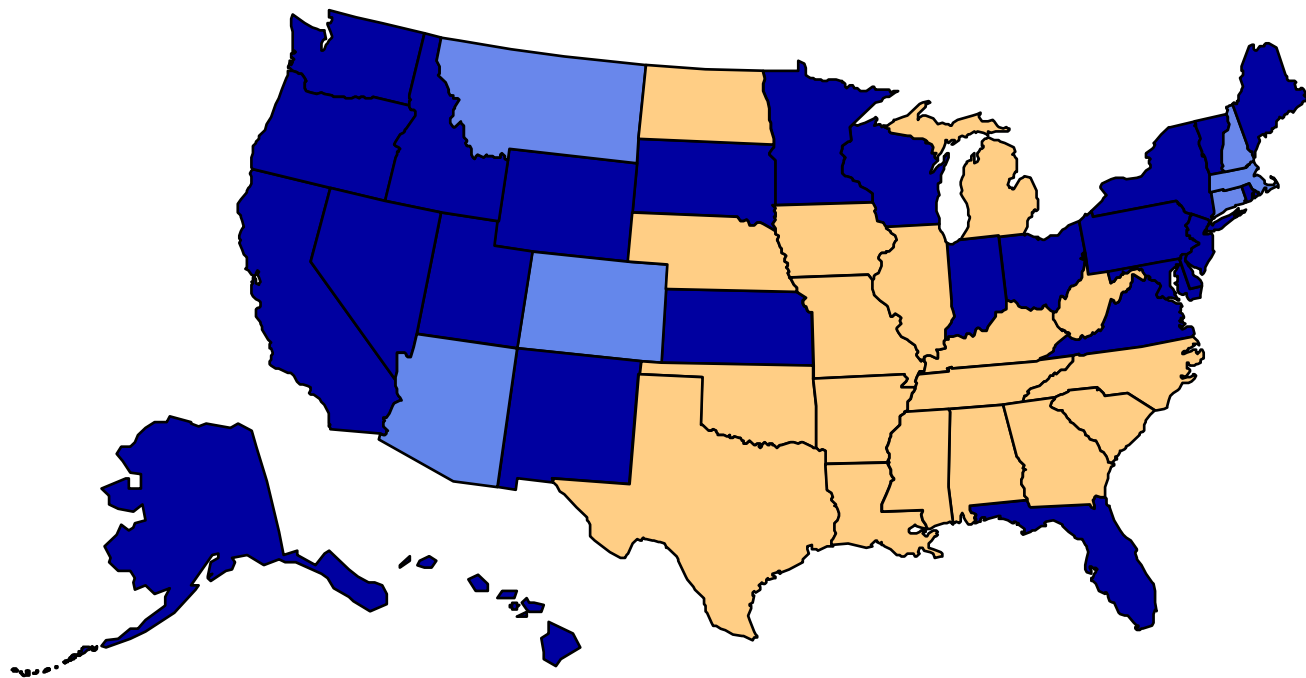
Obesity Trends* Among U.S. Adults

BRFSS, 1998



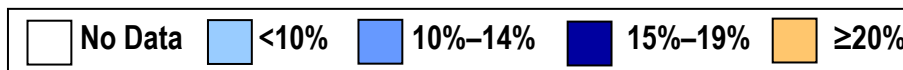
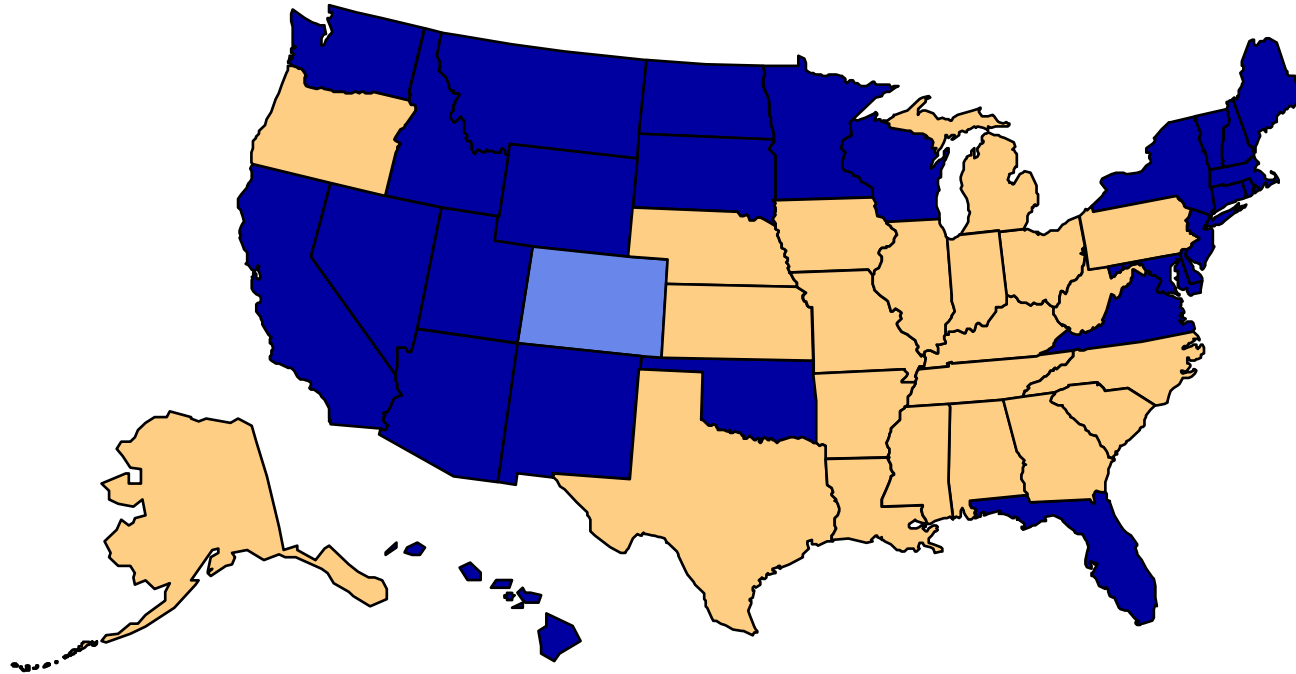
Obesity Trends* Among U.S. Adults

BRFSS, 1999



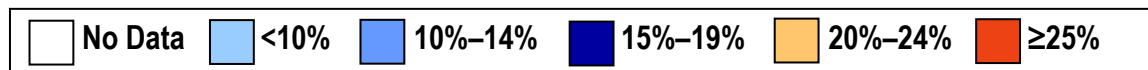
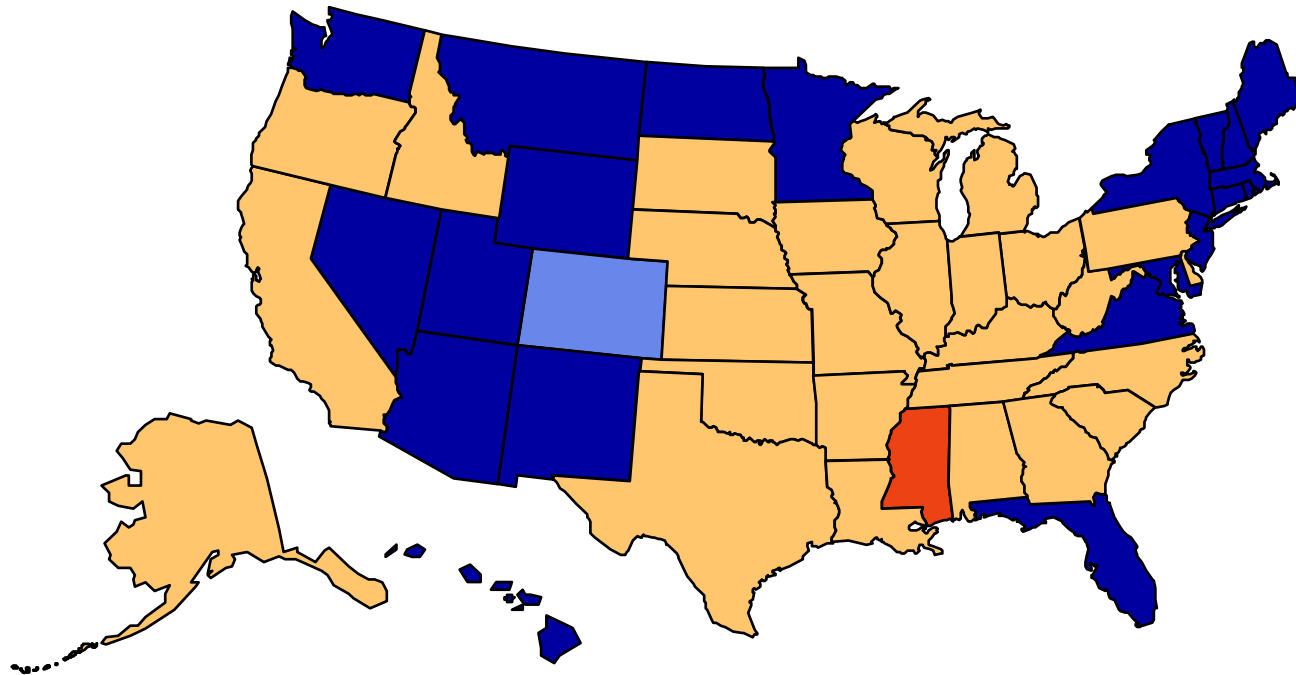
Obesity Trends* Among U.S. Adults

BRFSS, 2000



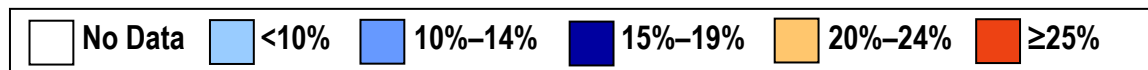
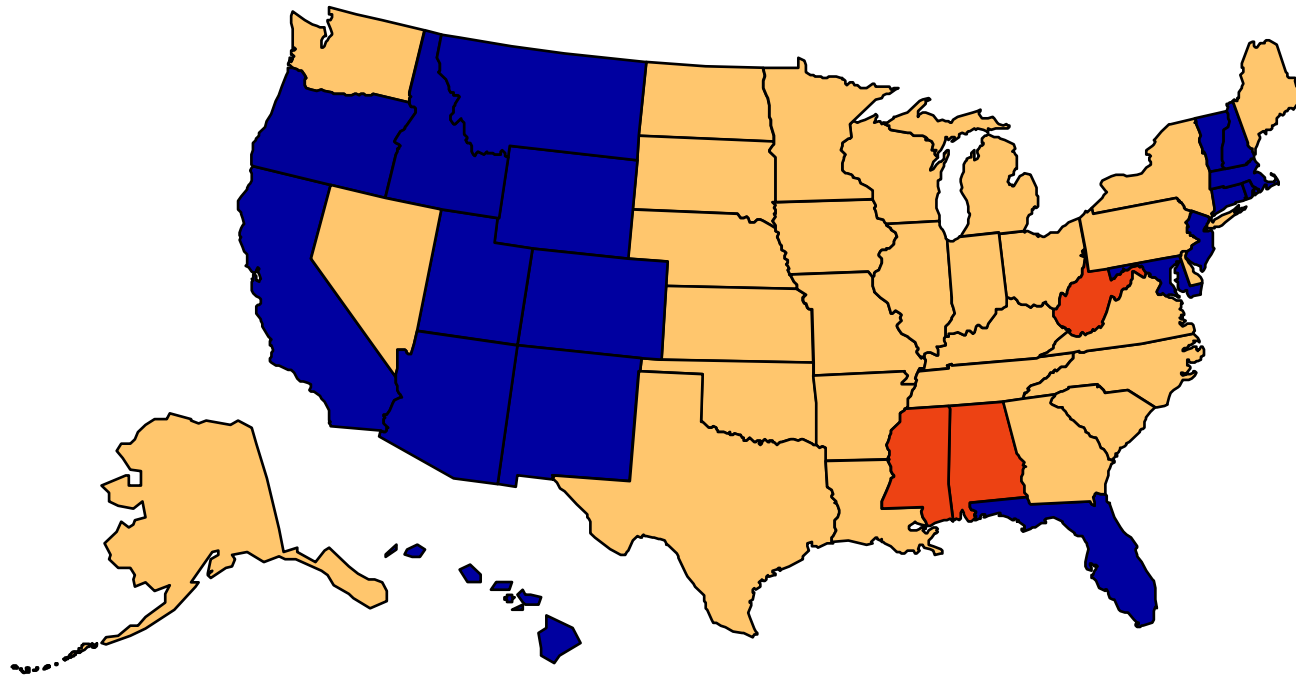
Obesity Trends* Among U.S. Adults

BRFSS, 2001

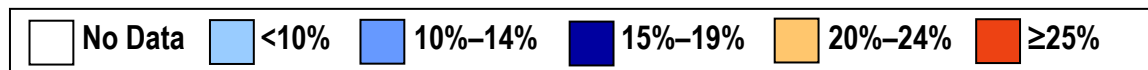
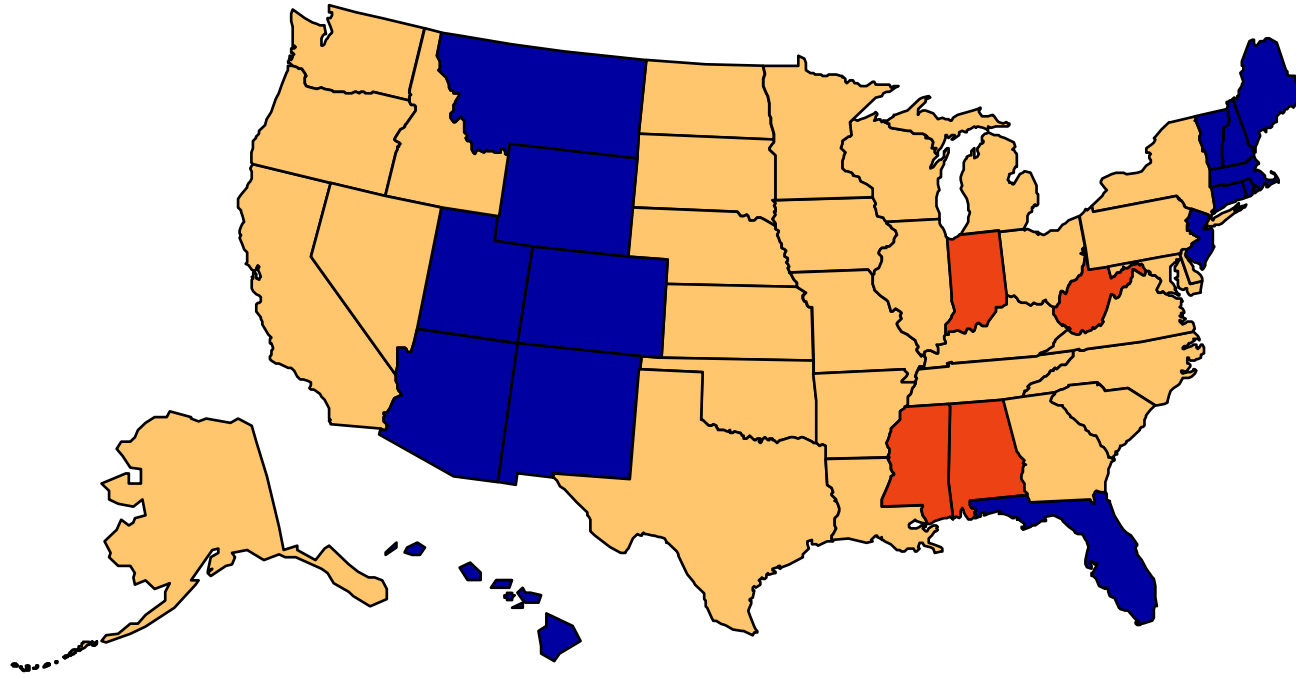


Obesity Trends* Among U.S. Adults

BRFSS, 2002

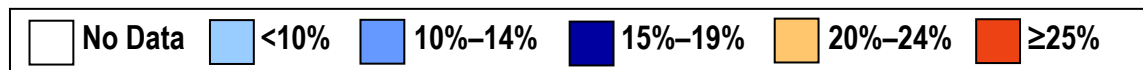
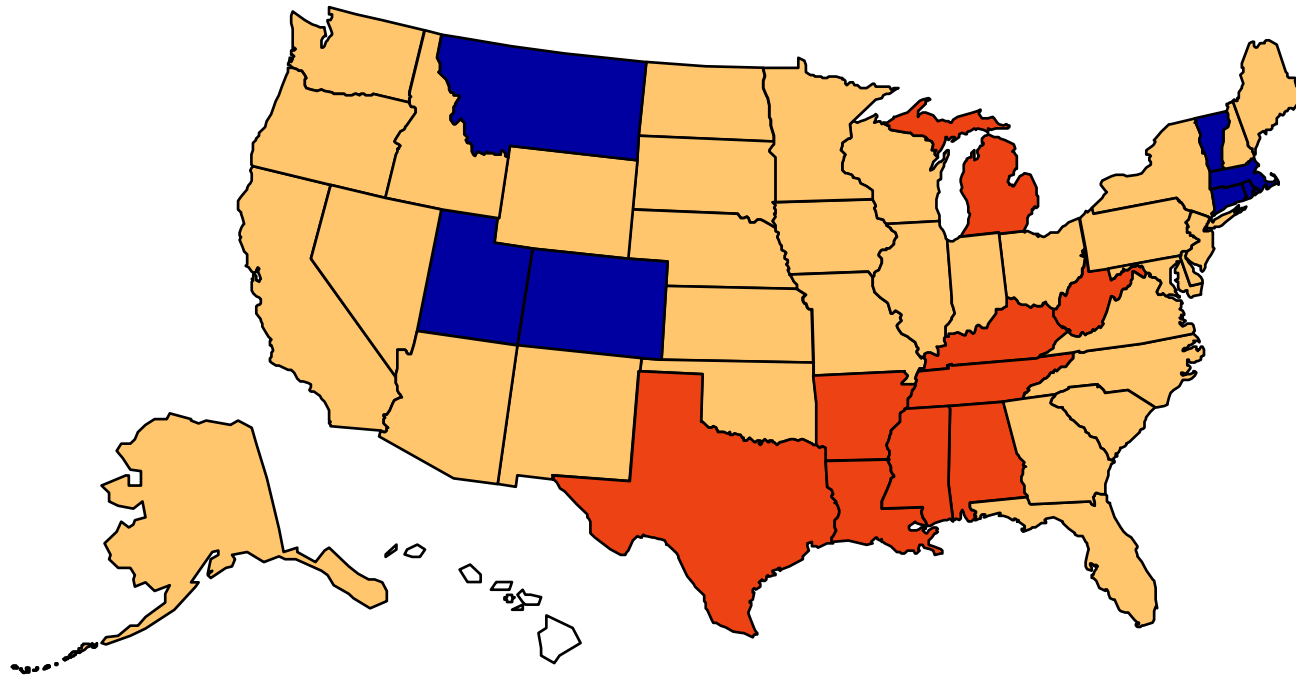


Obesity Trends* Among U.S. Adults BRFSS, 2003



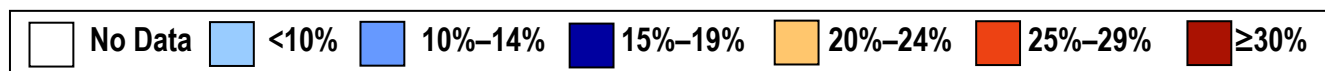
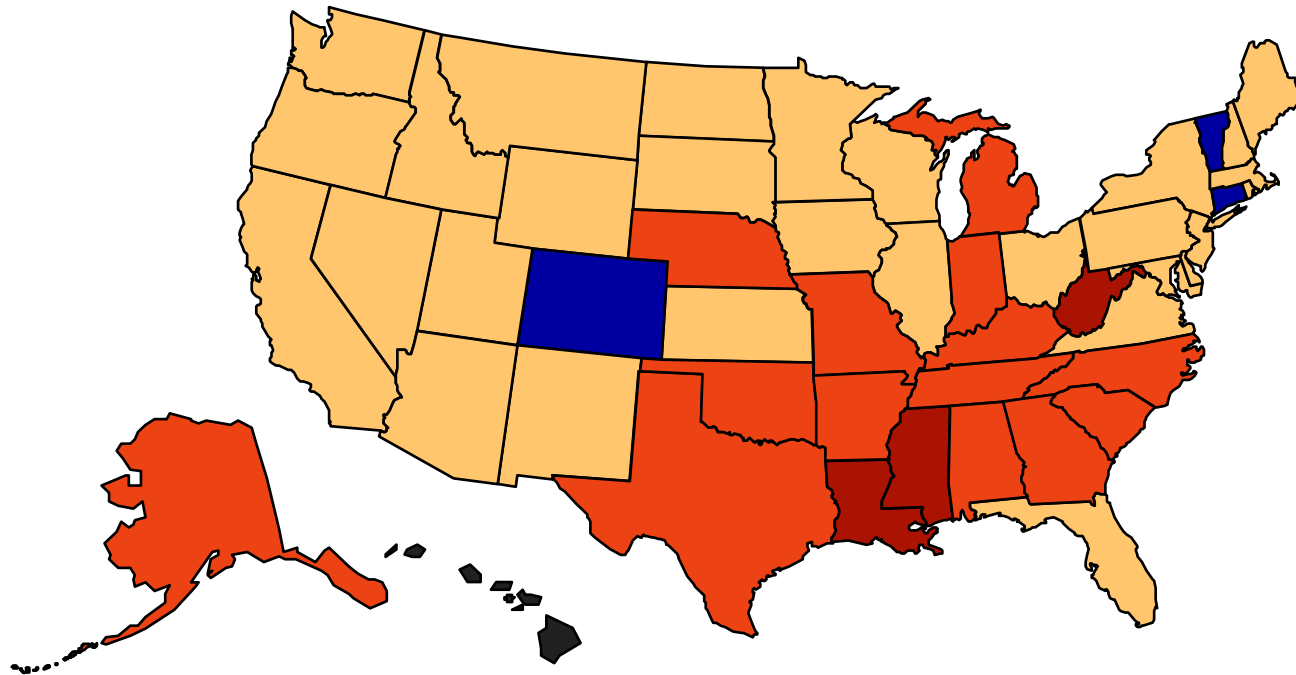
Obesity Trends* Among U.S. Adults

BRFSS, 2004



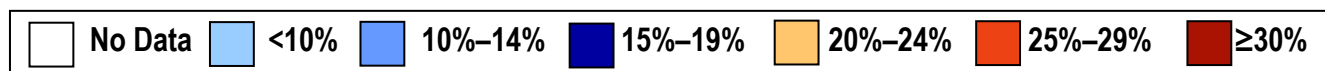
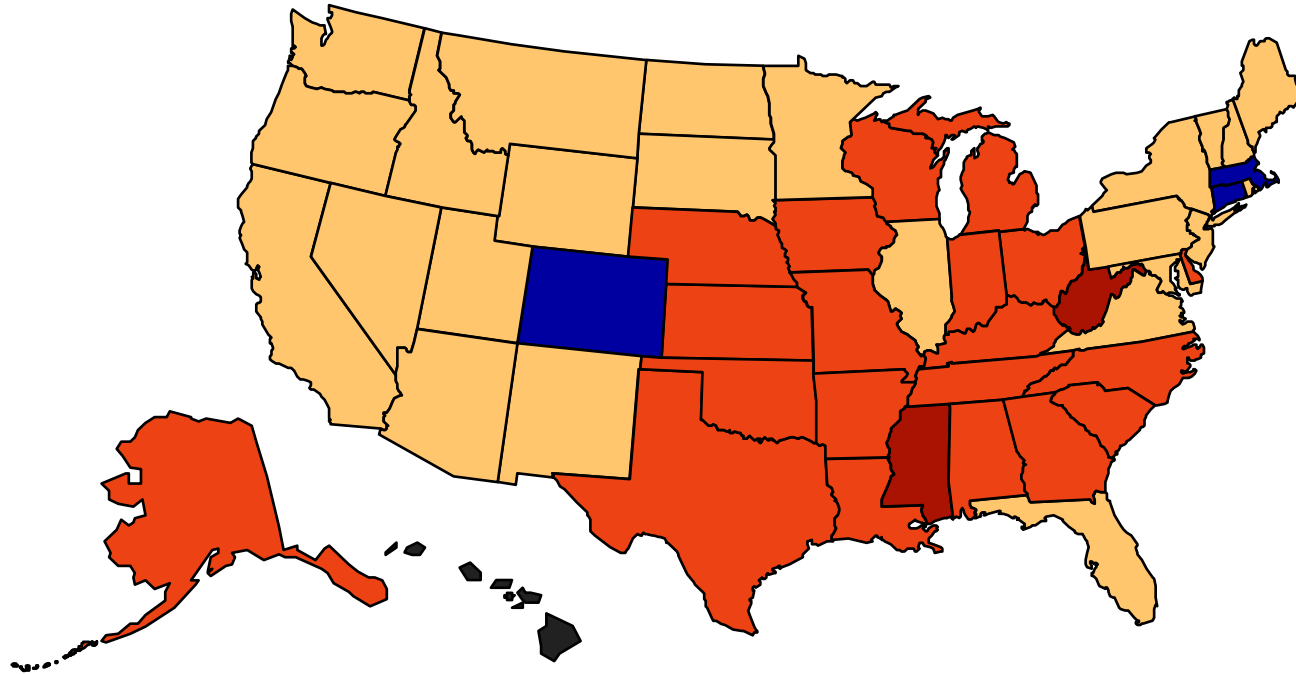
Obesity Trends* Among U.S. Adults

BRFSS, 2005



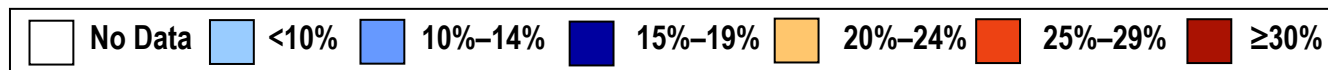
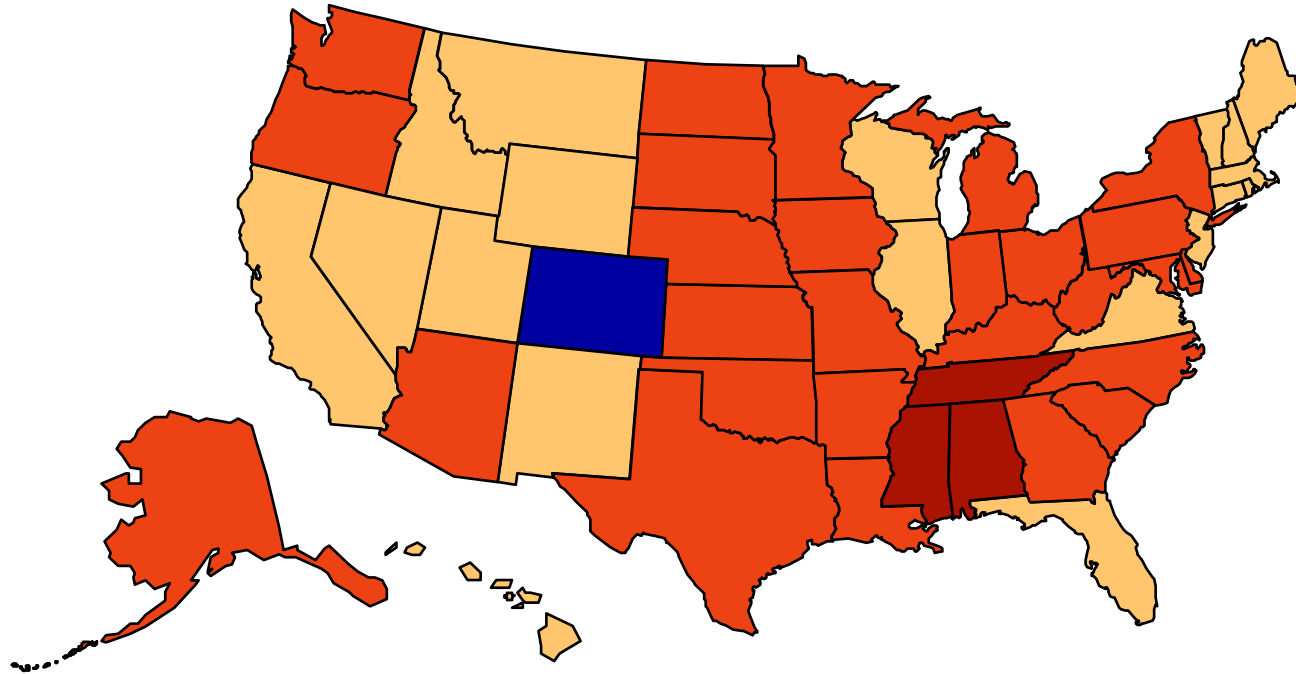
Obesity Trends* Among U.S. Adults

BRFSS, 2006

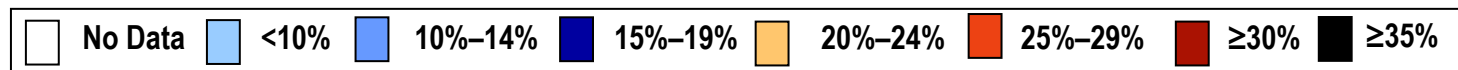
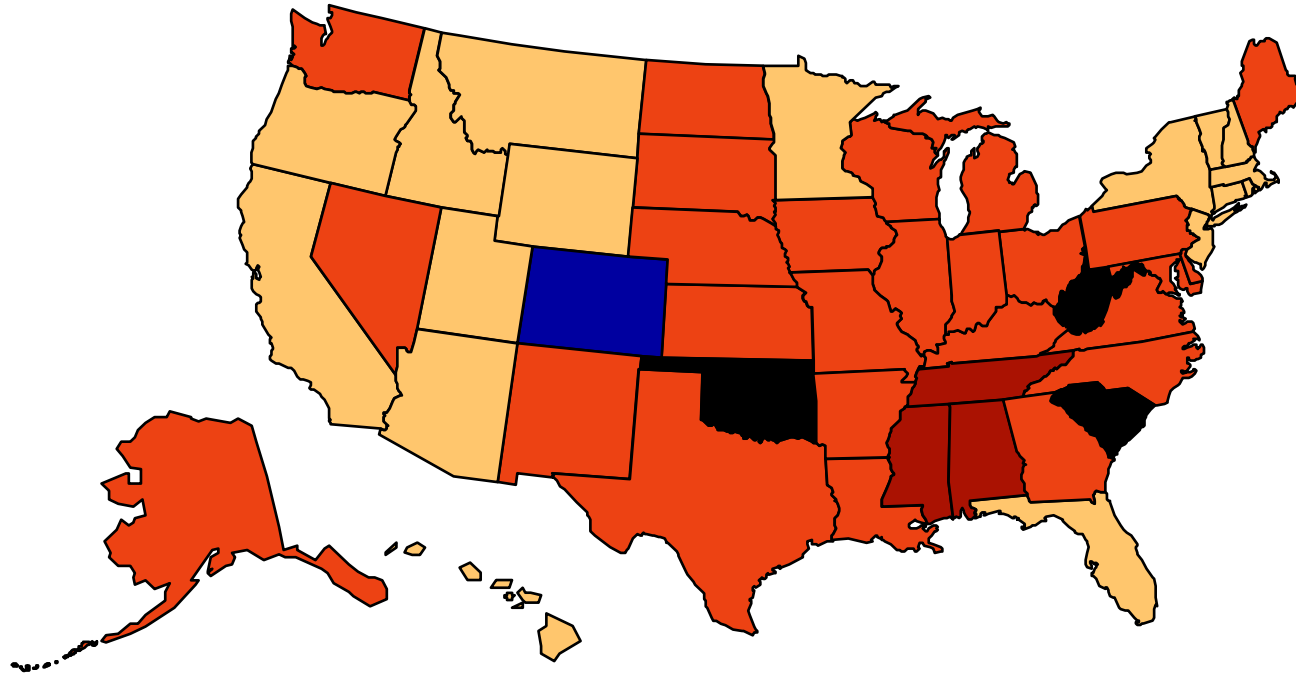


Obesity Trends* Among U.S. Adults

BRFSS, 2007

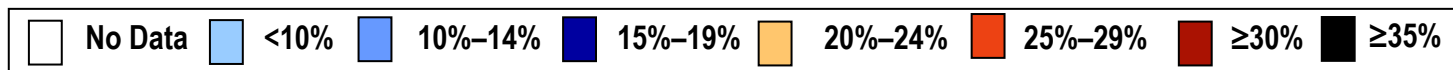
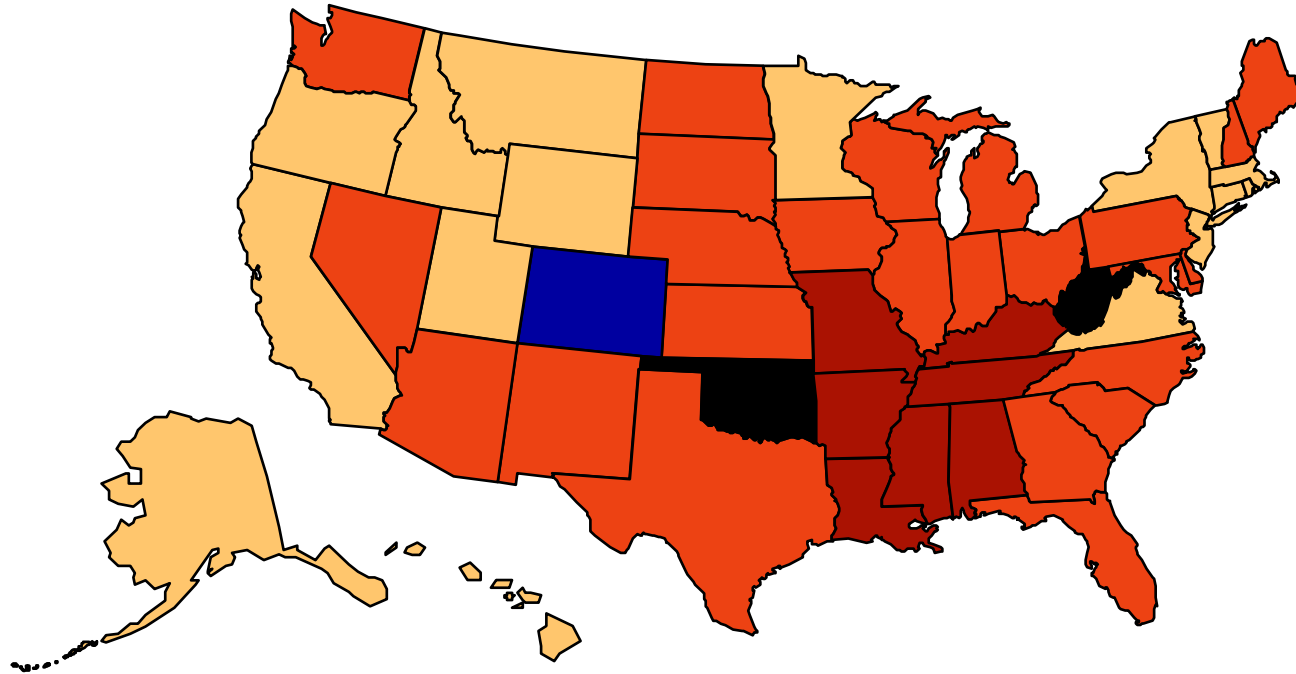


Obesity Trends* Among U.S. Adults BRFSS, 2008



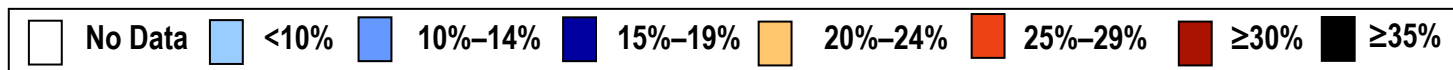
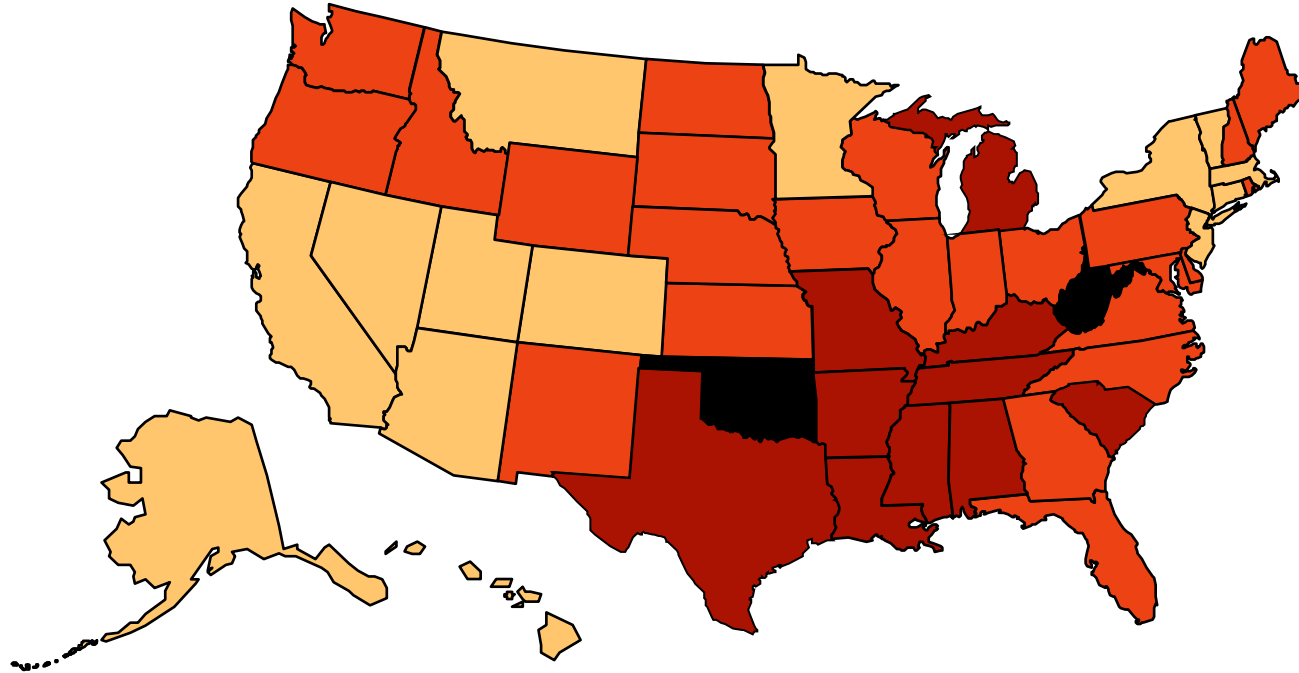
Obesity Trends* Among U.S. Adults

BRFSS, 2009



Obesity Trends* Among U.S. Adults

BRFSS, 2010



Why??



Processed food
industry

Increased sugar
consumption



Incorrect dietary
guidelines

Increased
portion sizes



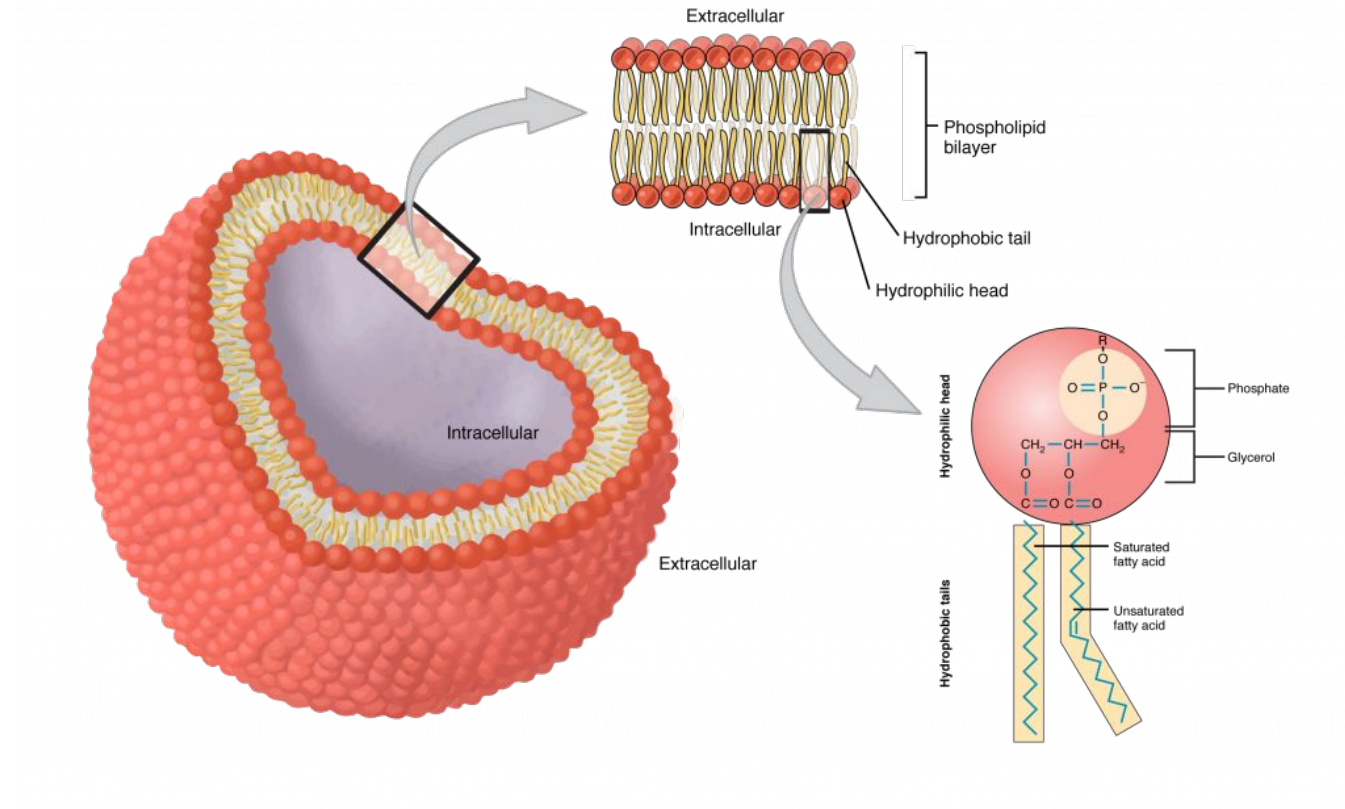
The Simple Truth

- Fats do NOT make you fat
- Carbohydrates should be complex
- Added sugar is a major problem
- Many of the preservatives found in our processed foods are banned in other countries



Healthy Fats are a **NECESSITY**

Remember the phospholipid bilayer?



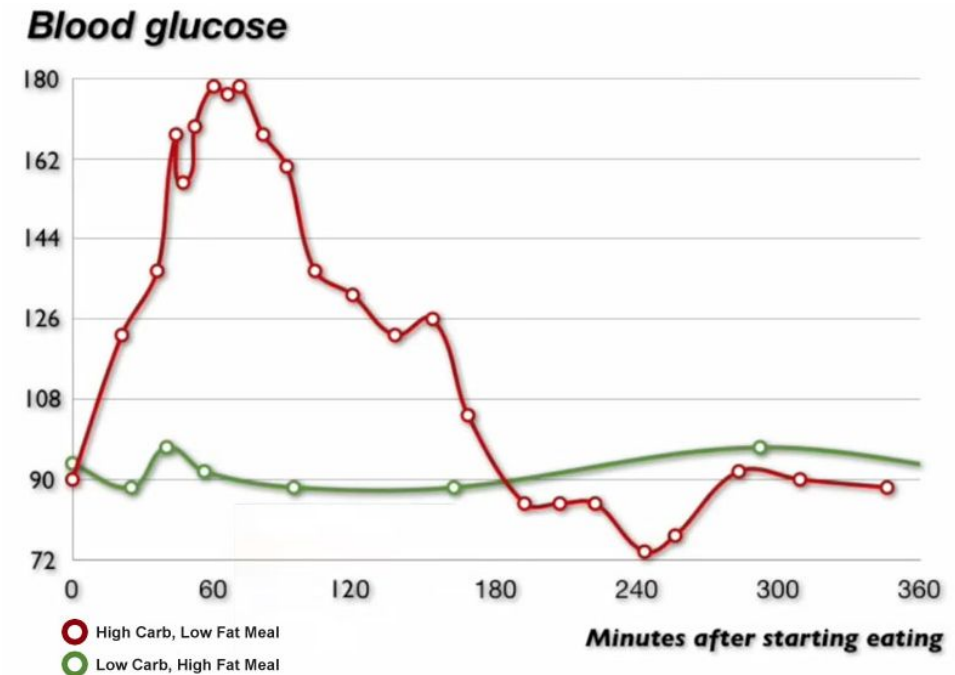
Healthy Fats are a **NECESSITY**

- Avocado
- Coconut oil/flakes
- Grass fed butter/Ghee
- Full fat yogurt
- Nuts
- Grass fed beef
- Good quality bacon
- Full fat sour cream
- Cheese
- Guacamole
- Nut butter
- Unsweetened Nut milk
(almond/coconut/cashew)

Carbohydrates Should Be Complex

What are complex carbohydrates & why should they be complex?

-
- Brown rice
- Sweet potato
- Brown rice pasta
- Quinoa
- Beans
- Lentils
- Oats
- Green veggies
- Carrots



Added Sugar is a MAJOR Problem

The average American consumes
22.2 teaspoons or 90g
of added sugar per **day**.

The World Health Organization (WHO) recommends no
more than
6 teaspoons or 25g
of sugar per **day**.

Additives banned in Countries Other than the US

Chemicals	Found in:	Why
Artificial Colors (Blue no. 1, Blue no. 2, Red no. 3, Red no. 40, Yellow no. 6)	Soda, salad dressings, candy, sports drinks, fruit juices, lotions and soaps, ice cream, cereals etc.	Proven to cause cancer in animals. Enough said.
Butylated Hydroxytoluene (BHT)	Cereals, chewing gum, potato chips, vegetable oils, spam, nuts etc.	Shown to cause cancer in rats and effects the neurological system, altering behavior.
High Fructose Corn Syrup	Almost all processed foods	It is now our number one source of calories in America. GROSS. Increases your LDL (“bad”) cholesterol levels, type II diabetes, inflammation and tissue damage.
Aspartame	Food and drinks labeled “diet” or “sugar free”	Known to be a neurotoxin and carcinogen.
Bisphenol A (BPA) and Phthalates	Additives in plastic containers, canned food, rain jackets, shower curtains, blow up toys and scented soaps, perfumes and lotions.	They are linked to early puberty in females and reproductive problems and low testosterone in males.
Monosodium Glutamate (MSG)	Soups, chips, frozen entrees, salad dressings and restaurant foods	This can lead to depression, headaches, fatigue, and obesity. MSG effects neural pathways which tell the body that you are full. When these are disrupted, this leads to overeating and therefore weight gain.
Sulfites (sodium sulfite)	Wine, dried fruit and other processed foods	Studies show a link between asthma and sulfites. Known to cause headaches and rashes.

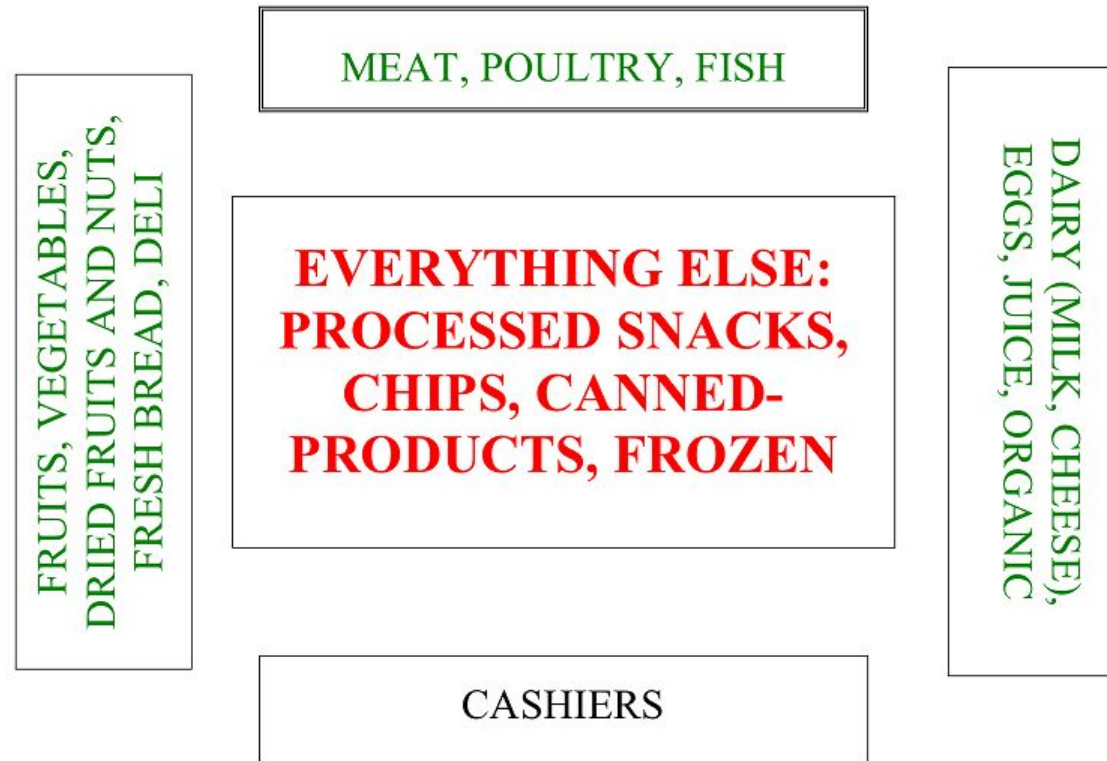
EAT *REAL* FOOD



“If it doesn’t swim, run, or fly or isn’t green and grow in the ground, don’t eat it.”

Charles Poliquin

Where to Find Real Food



Aisle Exceptions

- | | |
|--|---|
| ☐ Nuts/trail mix | ☐ Rice cakes |
| ☐ Kind bars & Lara bars | ☐ Frozen rice/quinoa |
| ☐ Nut butters | ☐ Spices |
| ☐ Olive oil | ☐ Condiments |
| ☐ Balsamic vinegar | ☐ Granola (<10g sugar) |
| ☐ Brown rice pasta | ☐ Frozen veggies |



ALTITUDE

Nutrition Labels

1 Pastry!

Sugar: 16g of sugar! (AHA recommends a MAX of 20g per day for women and 36g per day for men)

Rules of Thumb:

- Less sugar is better
- More protein is better*
- Saturated fat is not scary
- Avoid trans fat

Saturated Fat: Do not panic about these... your body needs fat for energy

Trans fat: fat made in factories for processed foods using hydrogenated oils
AVOID THEM.

Calories: Stop panicking about the number of calories in products! Start panicking about ingredient lists which look like this!

Nutrition Facts
Serving Size 1 Pastry (50g)
Servings Per Container 8

Amount Per Serving	
Calories 210	Calories from Fat 60
% Daily Value	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 34g	11%
Dietary Fiber less than 1g	3%
Sugars 16g	
Protein 2g	

Vitamin A 10% • Vitamin C 0% • Calcium 0% • Iron 10%
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B₆ 10%
Folic Acid 10%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

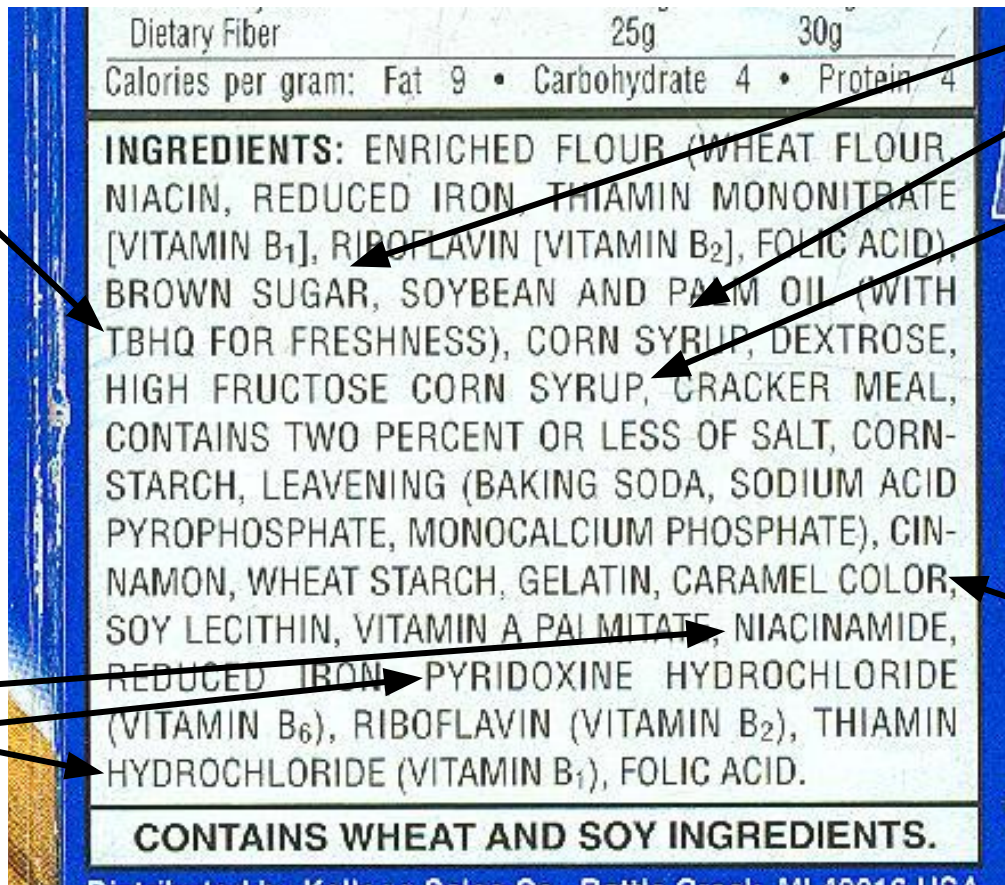
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), BROWN SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CORN SYRUP, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, CRACKER MEAL, BUTTER, TWO PERCENT OR LESS OF SALT, CORN STARCH, LEAVENING (BAKING SODA, SODIUM ACID

MICHELLE MUDGE | DIRECTOR OF NUTRITION | TOPS
FITNESS MANAGEMENT

Nutrition Labels: Ingredients

TBHQ (Tertiary Butylhydroquinone): a form of butane used to preserve the shelf life of processed foods
 FDA only allows 0.02% of products to be comprised of TBHQ
 Side effects: nausea, delirium, vomiting, asthma

Ingredients you cannot pronounce!!!



Brown sugar (2nd), corn syrup (4th), high fructose corn syrup (6th): All forms of sugar.
 Ingredients are listed in order of abundance found in the product... the 2nd, 4th and 6th ingredients are all sugar.

Caramel color: linked to lung cancer in rats and recently added to California's list of "potentially toxic chemicals"

As of Jan 1, 2020

****However, manufacturers with less than \$10 million in annual food sales will have an additional year to comply.**

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230		Calories from Fat 72	
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

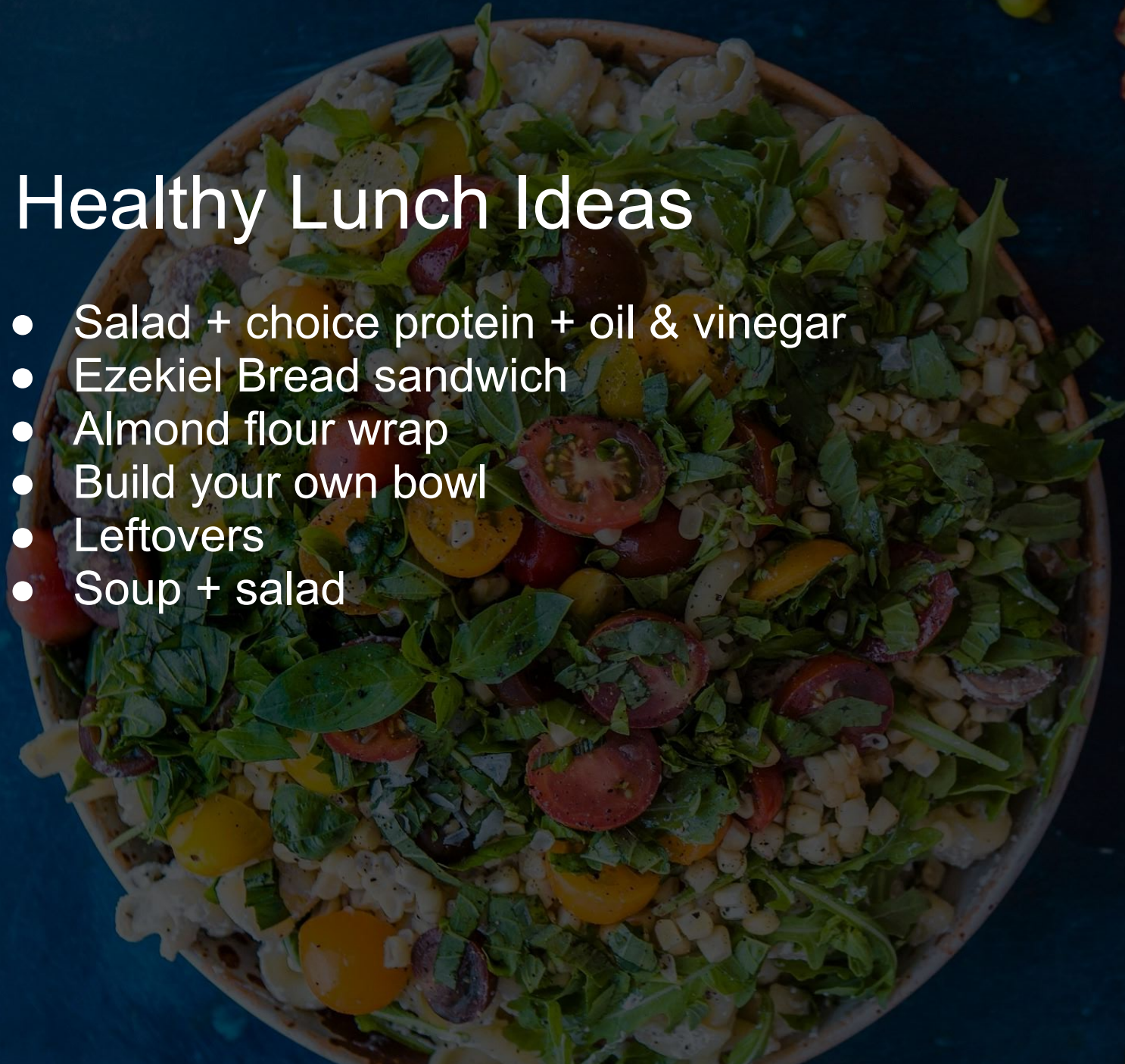
Healthy Breakfast Ideas

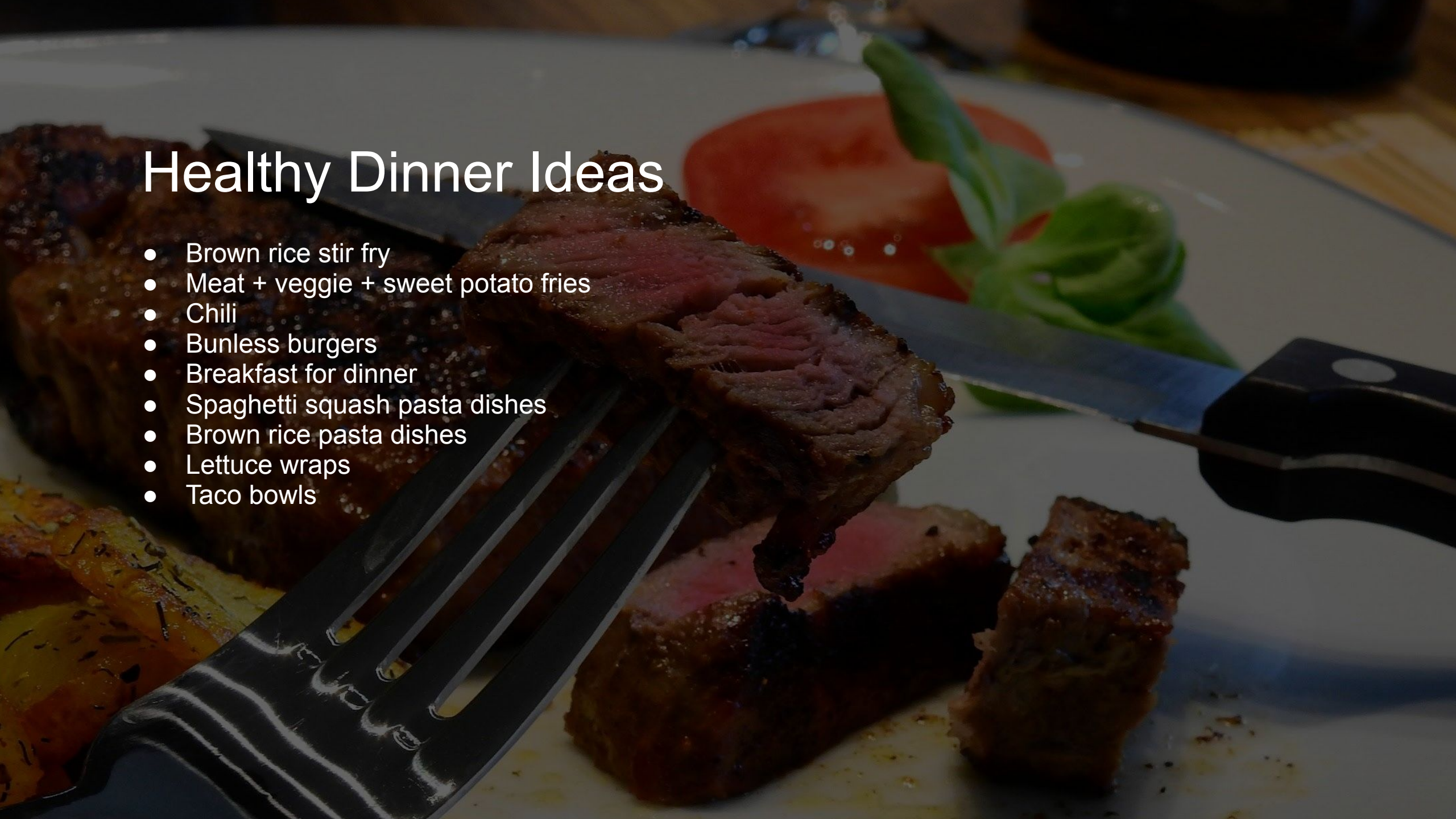
- Eggs anyway
- Greek yogurt + fruit
- Overnight oats
- Oatmeal
- Crustless quiche
- Smoothie
- Acai Bowl
- Leftovers



Healthy Lunch Ideas

- Salad + choice protein + oil & vinegar
- Ezekiel Bread sandwich
- Almond flour wrap
- Build your own bowl
- Leftovers
- Soup + salad





Healthy Dinner Ideas

- Brown rice stir fry
- Meat + veggie + sweet potato fries
- Chili
- Bunless burgers
- Breakfast for dinner
- Spaghetti squash pasta dishes
- Brown rice pasta dishes
- Lettuce wraps
- Taco bowls

Healthy Snack Ideas

- Rx Bar
- Kind Bar
- Beef Jerky
- Epic Bars
- Fruit + nut butter
- Almonds
- Protein Shake

- ☐ Greek yogurt
- ☐ Vega Bars
- ☐ Cliff WHEY Bars
- ☐ Rice cake + nut butter
- ☐ Trail Mix

Healthier Versions of Your Favorite Comfort Foods





Fried Chicken

Swap breading for a combo of almond and coconut flour & pan fry in avocado oil or use air fryer.



Lasagna

Swap the noodles for thinly sliced sweet potato and the cheese for egg.



Waffles

Opt for Birch Benders Paleo Pancake & Waffle Mix. Combine with fried chicken for a healthy chicken & waffles!



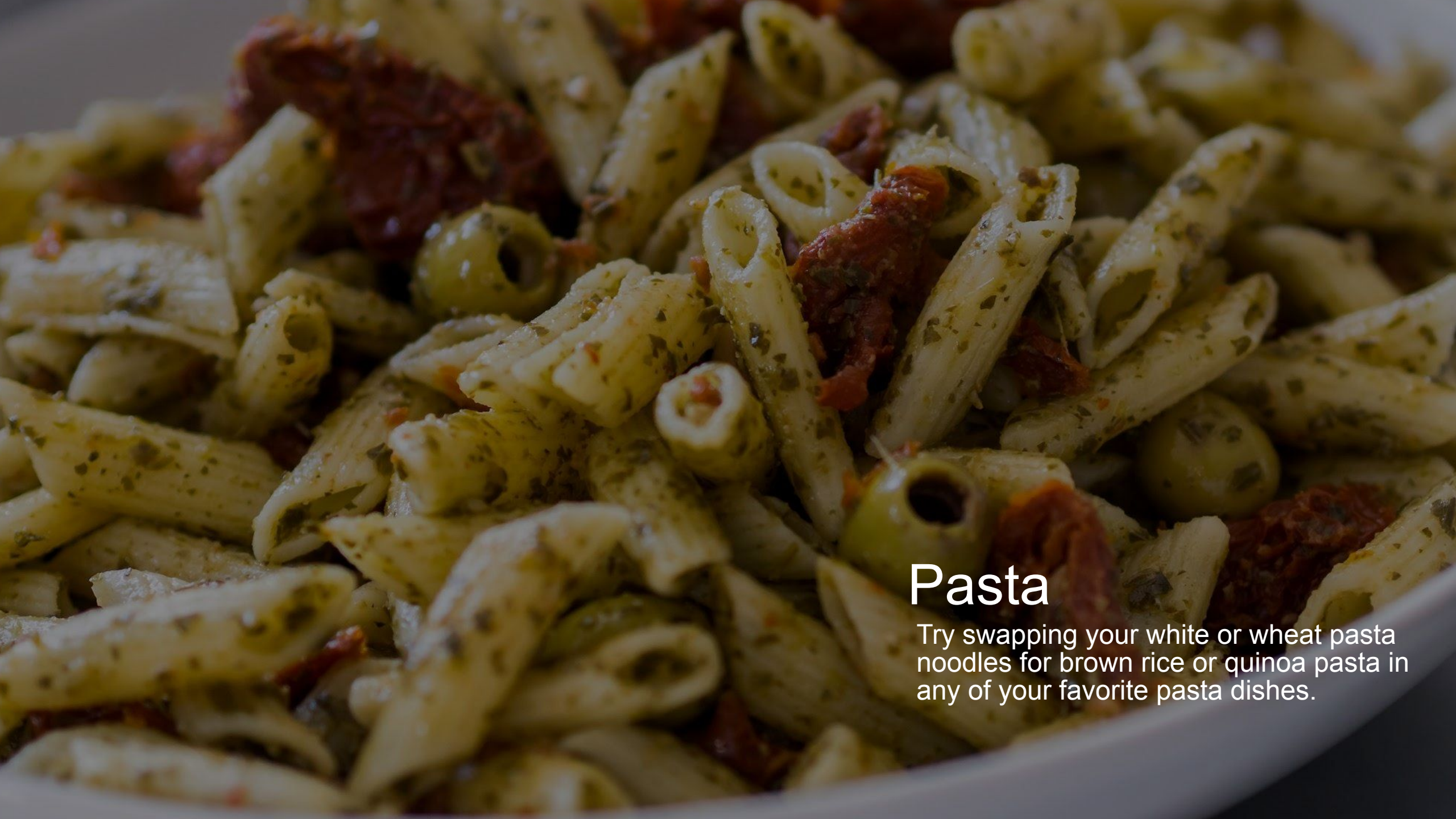
Jambalaya

For a healthier version, opt for black rice or cauliflower rice and cook with avocado oil!



Bread/Buns

This homemade bun recipe takes 15 minutes and uses almond and tapioca flour! Use for burgers, sloppy joes, chicken sandwiches, breakfast toast and more!



Pasta

Try swapping your white or wheat pasta noodles for brown rice or quinoa pasta in any of your favorite pasta dishes.



BBQ

When possible opt for Primal Kitchen BBQ sauce or make your own! When eating out, vinegar based BBQ sauces will typically have less sugar.



ALTITUDE

Summary

Minimize
sugar.

Eat real
food.

Read the
ingredients.

Plan ahead.

Shop around
the edges.

Questions?



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