

Prioritizing Health with a Busy Schedule

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When I
grow up

 I want
to be



A
Cheeseburger

Barriers to Eating Well

time

work

too hard

stress

food prep

spouse

kids

taste

expense

social activities

Which Meal Plan Are You On?

A. 7am Breakfast, 12pm Lunch, 7pm Dinner

B. 7am Breakfast, 10am Snack, 12pm Lunch, 3pm Snack, 7pm Dinner

C. 7am coffee, 12pm Lunch, 7pm Dinner

D. 7am coffee, 10am coffee, 12pm coffee, 3pm water. . . mixed with coffee, 7pm cocktails, sometimes dinner



Eating for Success

3 meals per day or 6?

Goal of meals

- Meet nutrition needs for health as well as physical/mental energy
- Minimize oxidative damage
- Promote feeling of satiety
- Food enjoyment!



Is your meal plan sustainable?

MEDITERRANEAN, *Vegan*, **Keto**, **Paleo**, *Juice Cleanse*,
Intermittent Fasting, etc. etc.

Nutrient Balance

CARBOHYDRATE

- 30-60% total calories
- Choose primarily whole foods
 - Dietary fiber
 - 25-35 g/day
 - High nutrient density

Brain prefers carbohydrate for fuel



PROTEIN

- 15-30% total calories
- 1.0-2.0g/kg
- Choose lean sources:
 - loin, round, poultry, fish, eggs, lowfat dairy, beans, lentils



FAT

- 20-40% total calories
- Choose primarily mono, omega 3's
 - Avocado, olives, nuts, chia, ground flax, walnuts, fatty fish
- Limit saturated and omega 6's
 - Meat/dairy fats, vegetable oils, coconut oil





High carb day



Low carb day



No carb day

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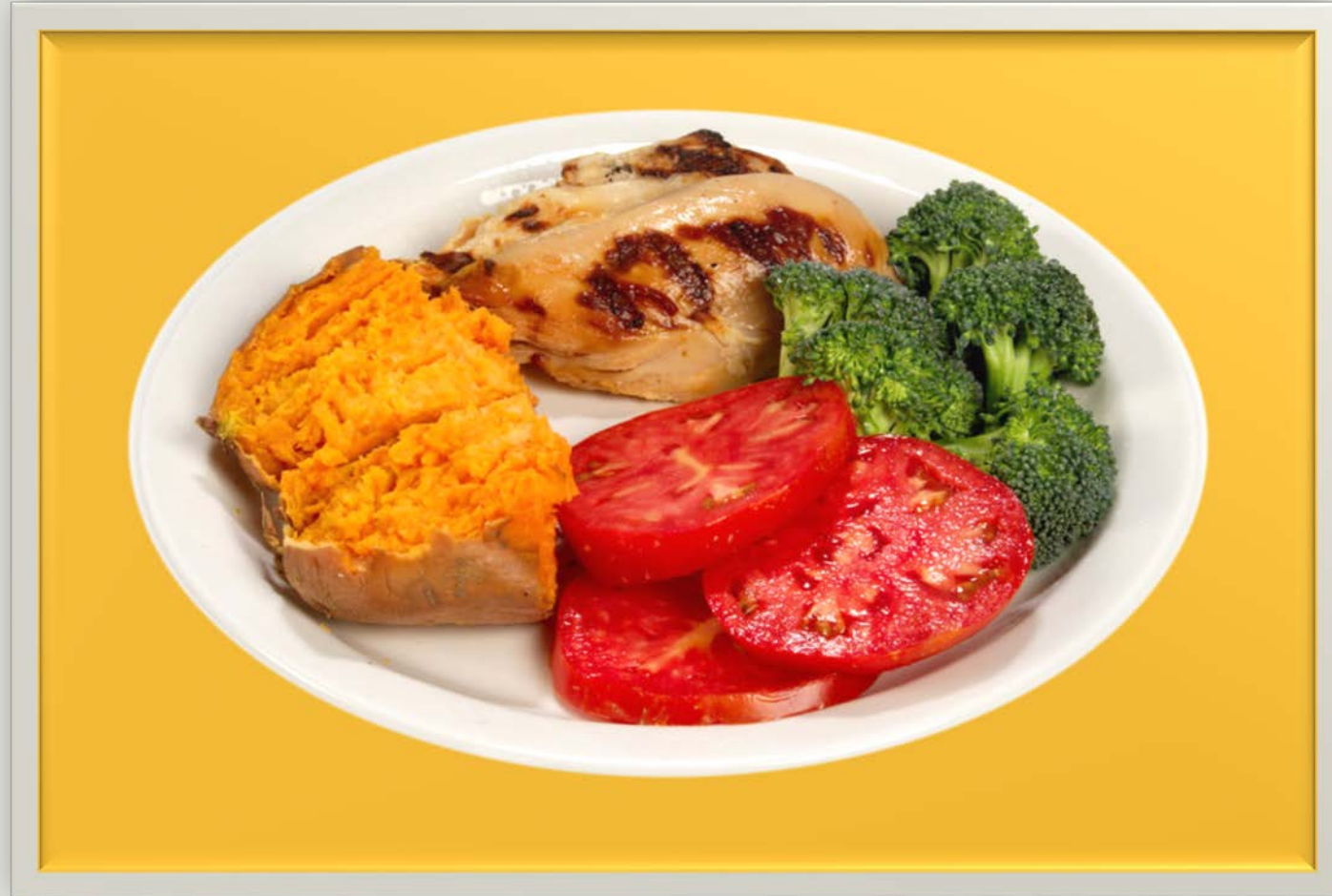


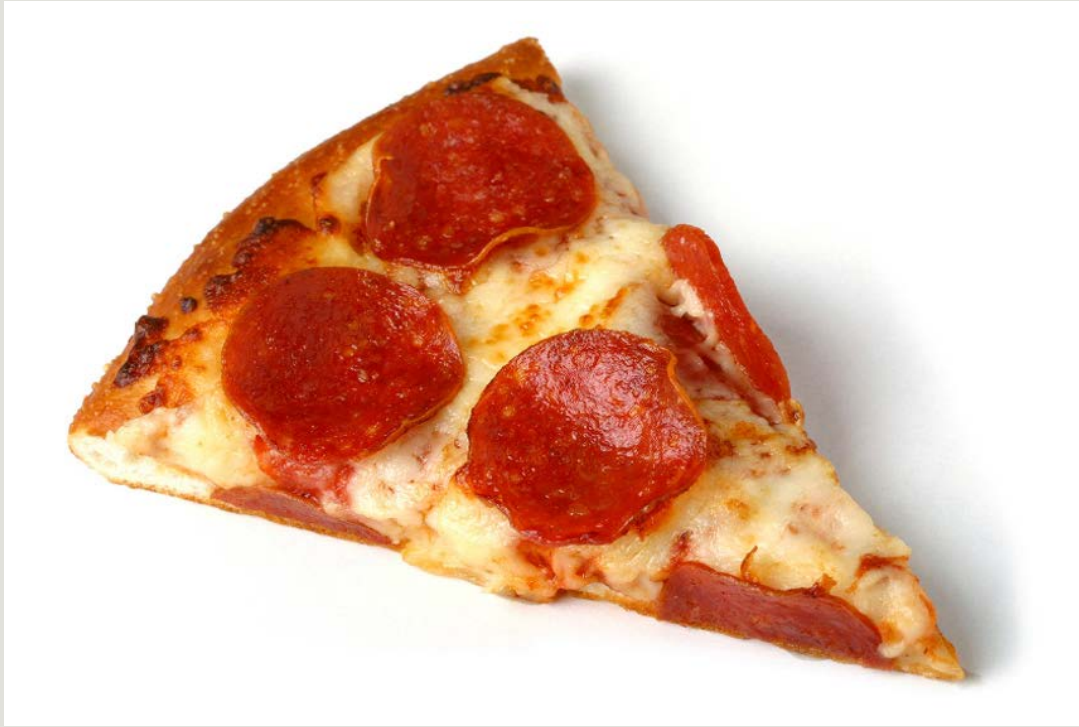
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Nutrient Balance





Whole vs. Processed

Balanced Meal and Snack Ideas

- Plain yogurt with fruit and nuts
- Fruit with cheese
- 100% whole wheat bread with peanut butter
- 100% whole wheat tortilla with chicken, hummus and tomato
- Loin roast with potatoes and green beans
- Salmon with brown rice and asparagus
- Rice cakes with peanut butter
- Cottage cheese with cucumbers and tomatoes
- 100% whole wheat toast with avocado
- Eggs, veggies, and lentils



Time Saving Tips

- Do a time audit
- Plan sandwiches or crockpot meals during the week
- Buy pre-cut fruits and veggies or use steamable frozen veggies
- Buy frozen, pre-cooked grains OR microwave options (unflavored)
- Use no salt added canned beans, eggs, edamame, and other vegetarian proteins
- Plan fruits, nuts, yogurts, hummus or minimally processed whole grains as snacks rather than bars or chips
- Try pre-mixed seasoning blends
- Use healthy meal services



Intuitive Eating

A nutrition philosophy based on the premise that becoming more attuned to the body's natural hunger signals is a more effective way to attain a healthy weight, rather than keeping track of the amounts of energy and fats in foods. It's a process that is intended to create a healthy relationship with food, mind and body.

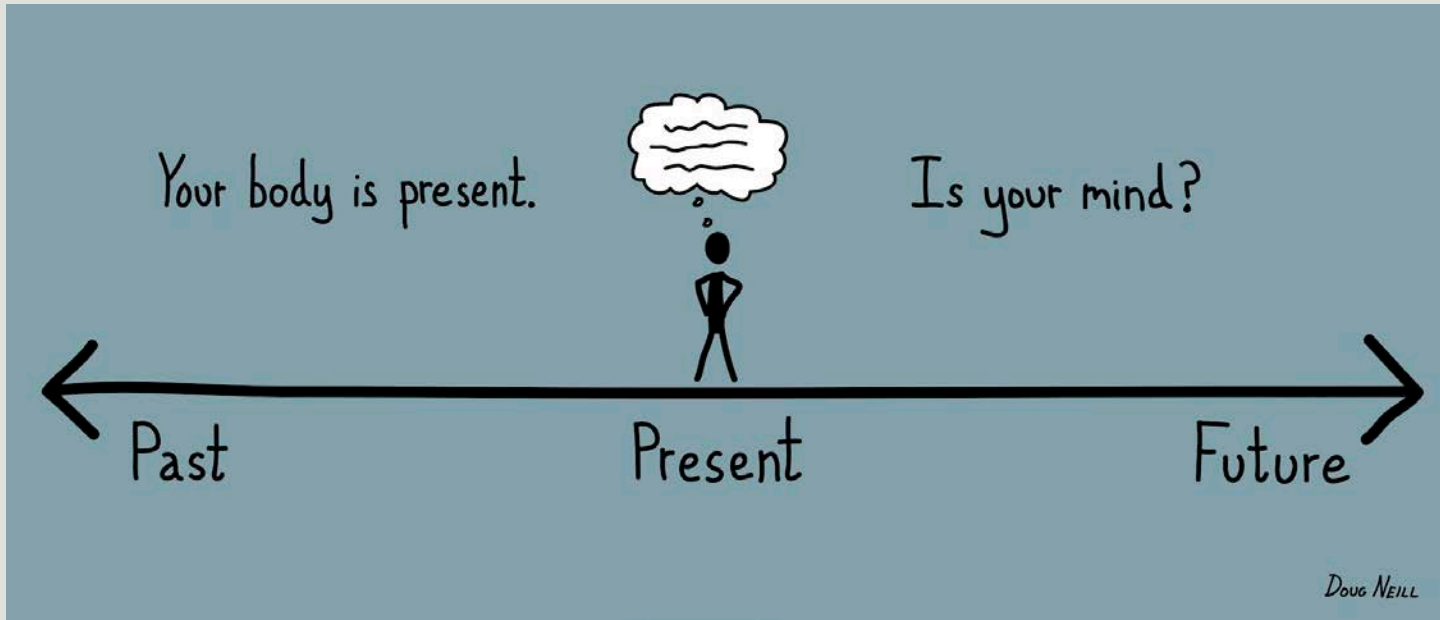
Intuitive Eating

When have you been an intuitive eater?

Hunger/fullness Scale

Why are you eating?

Why are you drinking?



Hunger and Fullness Scale

Rating	Feeling
10	Physically uncomfortable feeling of fullness or sick
9	Stuffed and uncomfortable
8	Too full or somewhat uncomfortable
7	Full, but not yet uncomfortable
6	Filling up, but still comfortable
5	Neutral – neither hungry nor full
4	Slightly hungry, but you can still wait to eat
3	Hungry, but not yet uncomfortable (hungry enough to eat a neutral food (apple, sandwich) in the next 15-20 minutes)
2	Very hungry, irritable, or anxious
1	Starving, feeling weak, lightheaded, uncomfortable, or dizzy

Become a Better Intuitive Eater

Get rid of distractions while eating.

Take one bite of food at a time, and slow down while eating.

Tune in half way through the meal to determine if you're filling up.

Be mindful: are you eating out of hunger, stress, boredom, time cues, peer pressure, or something else?



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Questions???



Caffeine



- Found in coffee, tea, dark chocolate, energy drinks and supplements
- Central nervous system stimulant: provokes feelings of alertness, stimulates smooth muscle tissue, and can reduce pain
- Effects last for approx. 6 hours, can produce a tired feeling as effects decline
- Dependency is common when multiple caffeinated drinks consumed daily



Alcohol and Health

What's a drink?

Beer: 12 fluid ounces

Wine: 5 fluid ounces

Distilled spirits (80 proof): 1.5 fluid ounces

Alcohol to *improve* health?

- Research suggests that up to 1 drink per day for women and up to 2 drinks per day for men may reduce risk of heart disease, stroke, and diabetes. It is *not recommended* to start drinking if you don't already drink.