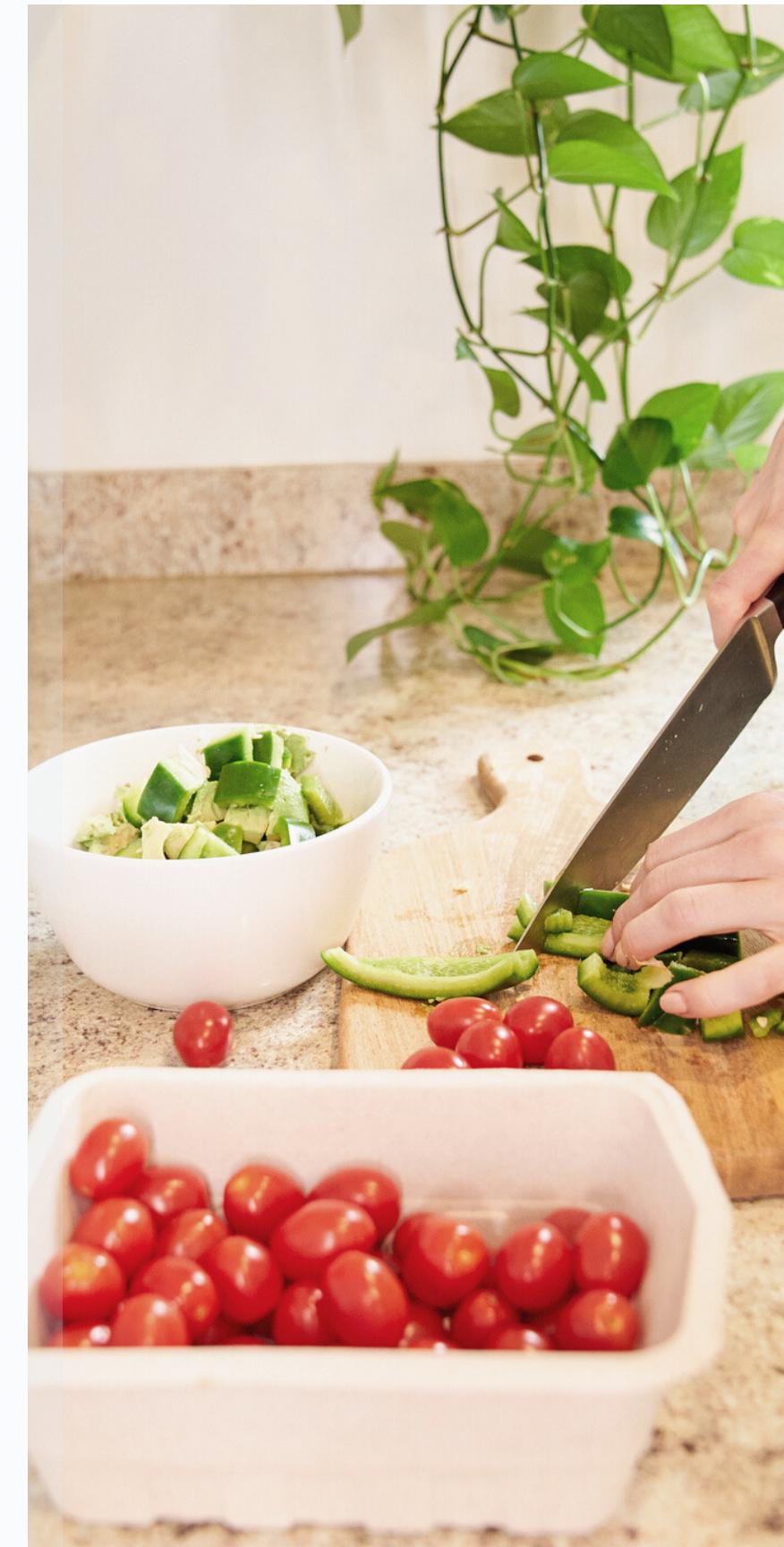


No Diet Nutrition: Practical Tips to Fuel Your Life

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Registered Dietitian Nutritionist



MS in Nutrition & Health Promotion



Certs. in Sports Nutrition and
Integrative & Functional Nutrition



Love food, movement, and travel



A Brief Disclosure

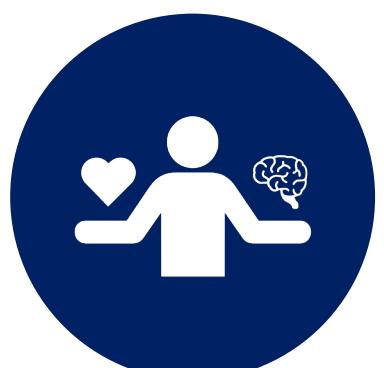
This workshop is designed for educational purposes. It is not intended to prescribe a medical diet or address individual health conditions. For individualized nutrition prescriptions, please see me for one-on-one sessions or consult your medical provider.



Ditch Diets



Give yourself permission to eat.



Honor Your Hunger

Intuit your body's needs.



Balance Your Meals

Be intentional with your nutrition.



Be a Savvy Snacker

Choose quality and satisfaction.

Today's Agenda

A healthy, nourished life is involves more than just eating the "right" foods.



Ditch Diets

"...this weight focused paradigm is not only ineffective at producing thinner, healthier bodies, but also **damaging**, contributing to food and body **preoccupation**, repeated **cycles** of weight loss and regain, **distraction** from other personal health goals and wider health determinants, reduced self-esteem, **eating disorders**, other health decrement, and weight **stigmatization and discrimination**."

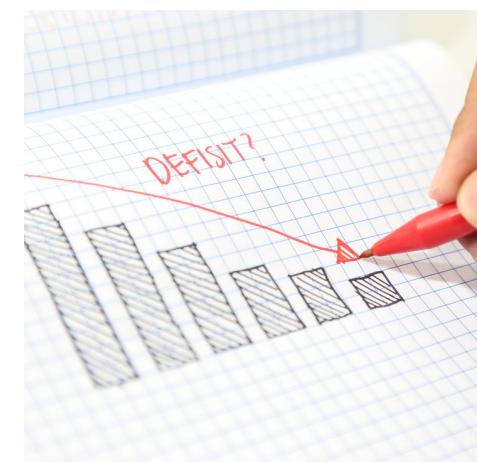
*-Evaluating the Evidence for a Paradigm Shift,
Bacon et al.*

diet (n)

1. habitual nourishment
2. a regimen of eating and drinking sparingly so as to reduce one's weight

Merriam-Webster

How Diets "Work"



Restriction

Remove a nutrient, group of foods, and/or permitted eating times

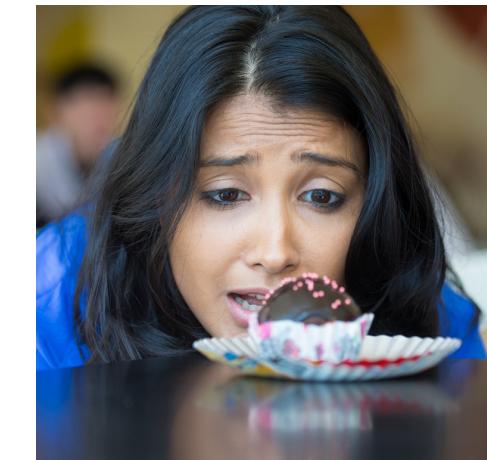
Deficit

Food restriction leads to a caloric deficit

Loss

Caloric deficit leads to water and weight loss

Why Diets Don't Work



Restriction

Biological & psychological deprivation



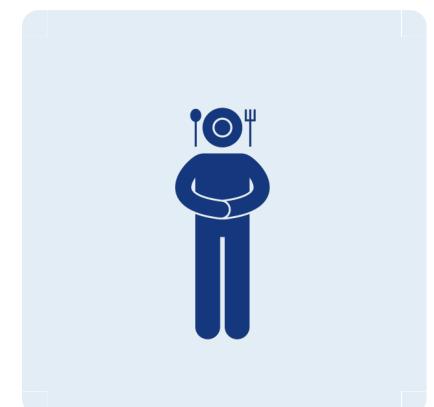
Adaptation

Increased appetite, decreased satiety



Rebound

Dieting as a predictor of weight gain



Hunger



Health



Fitness



Emotion

Why do you eat?



Convenience



Social & Cultural



Taste



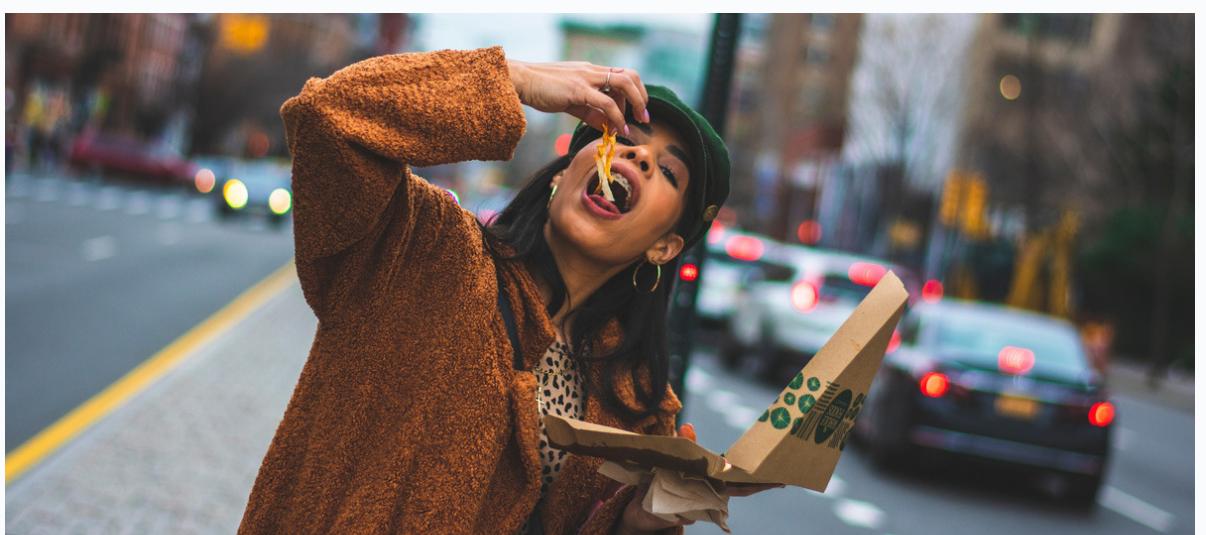
Boredom

intuition (n)

1. a natural ability or power that makes it possible to know something without any proof or evidence : a feeling that guides a person to act a certain way without fully understanding why
2. something that is known or understood without proof or evidence

Merriam-Webster

Honor Your Hunger



Permission to eat and awareness to stop.

The Hunger Scale

An intuitive guide for when to eat, how much, and when to stop





What are your hunger cues?

Do you acknowledge or ignore them?

What else do you do while eating?

Scrolling, working?

How can you reconnect with your intuition?

Permission to eat when hungry?

Eat more often or less frequently?

Stop when full?

intention (n)

1. the thing that you plan to do or achieve: an aim or purpose

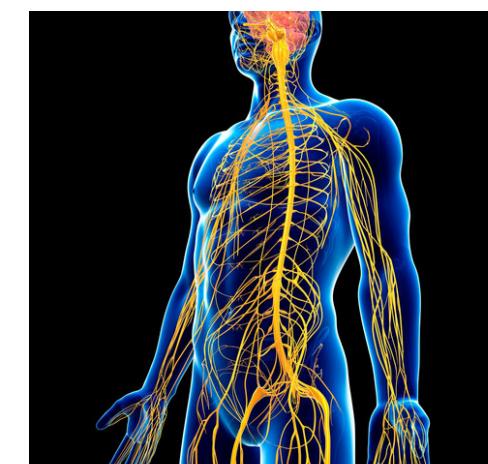
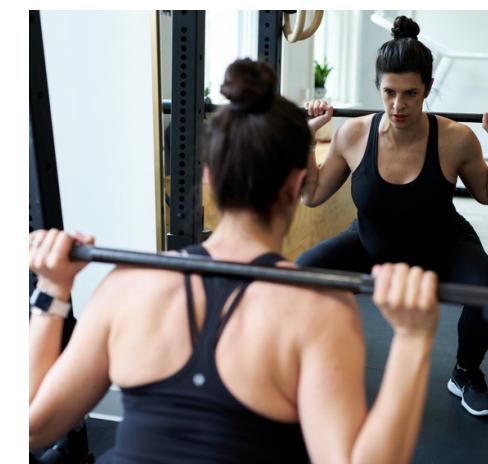
Merriam-Webster

Balance Your Meals



Instead of "good" or "bad," ask, "What can I add?" or "How can I adjust this?"

Macronutrients



Carbohydrates

Energy for your muscles, brain, and red blood cells

Protein

Muscle repair & growth, hormones, satiety, and more

Fat

Vitamins A, D, E, K absorption, satiety, hormones, nerve function, and energy at rest

Micronutrients



Water-Soluble Vitamins

B vitamins and C vitamins



Fat-Soluble Vitamins

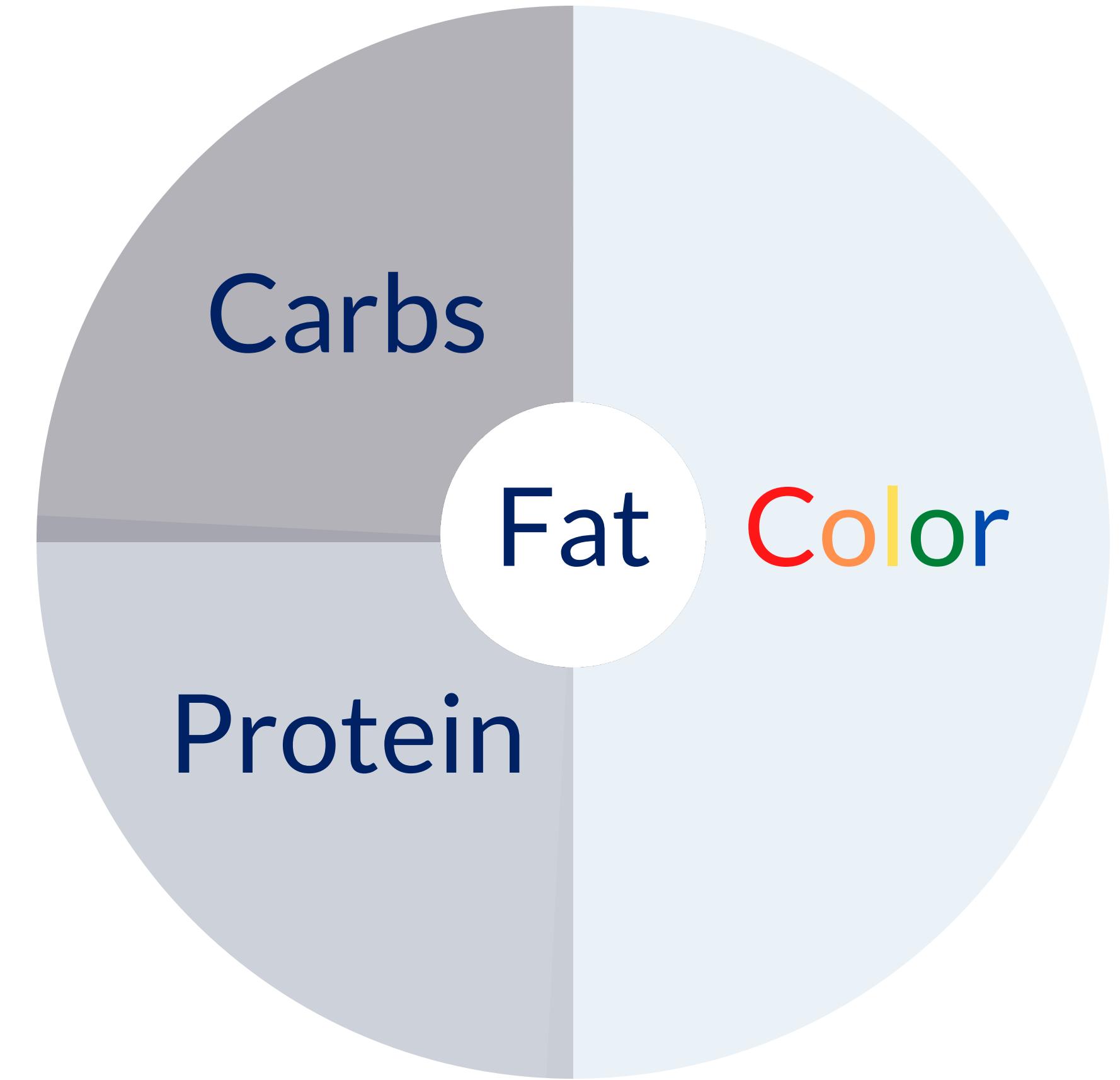
Vitamins A, D, E, K



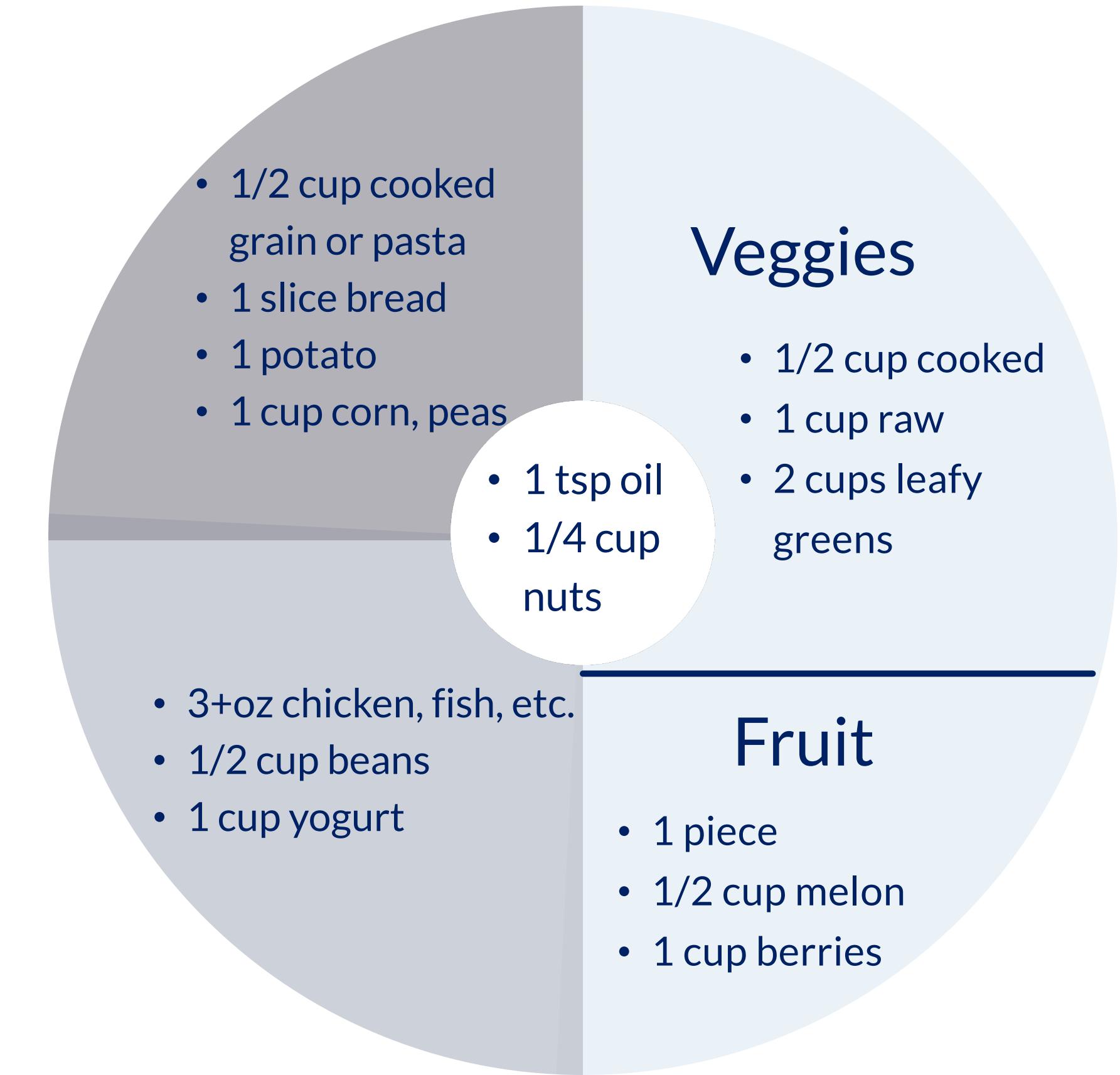
Minerals

Essential: Calcium, magnesium, sodium, potassium. *Trace:* Iron, manganese, copper, zinc, selenium

Build a Balanced Plate



Which may look like...





1

Pick a Pro(tein)

Ex. 4oz Salmon



2

Pick a CHO - aka carbohydrate

Ex. 1 cup baby potatoes



3

Add Color

1/2 cup cooked zucchini, 1/4 cup onion
in olive oil

At Each Meal

A DIY approach to meal planning
and ordering out.

Be a Savvy Snacker



Prioritize both satisfaction *and* quality.

1

LIMIT PROCESSED FOODS

Levels of Processing



Minimally Processed

Ingredients: Corn



Processed

Ingredients: Corn, Water



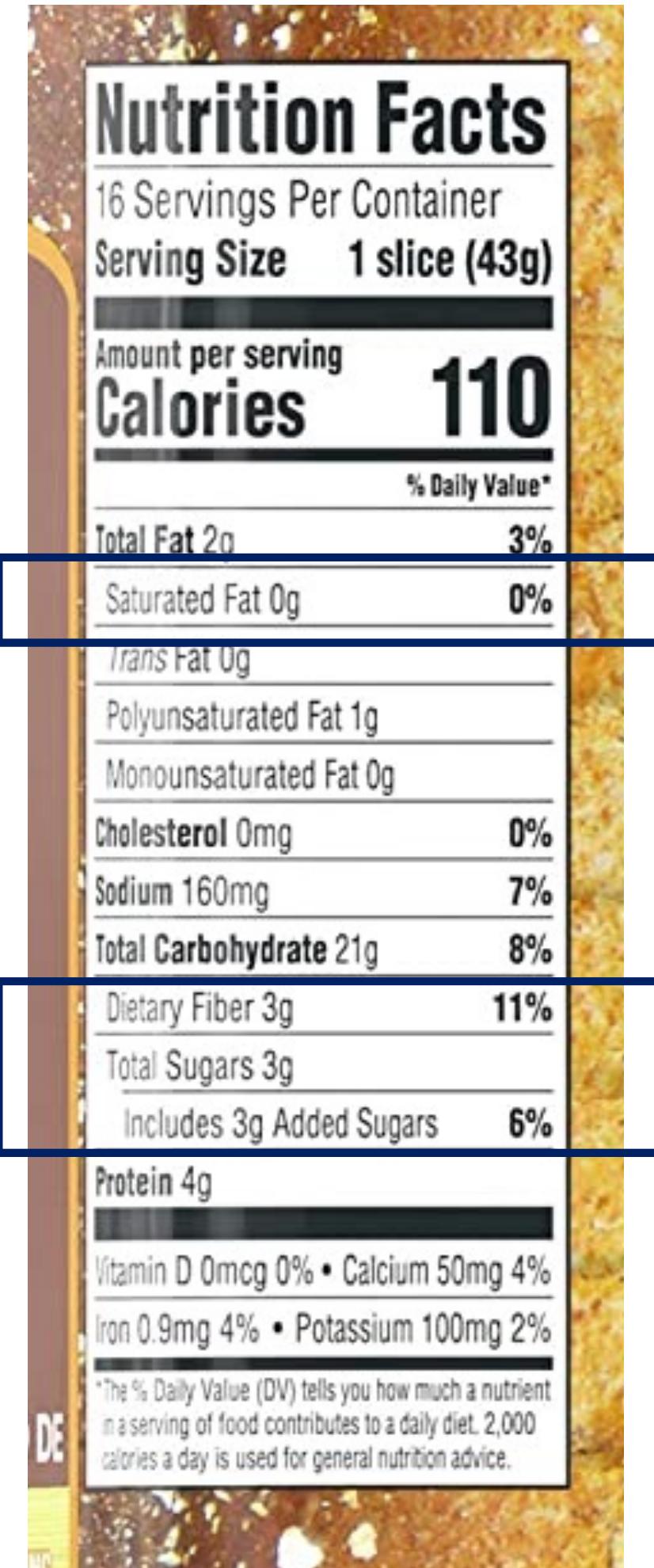
Ultra-Processed

Ingredients: Corn, Corn Oil, And Salt



Ultra-processed foods





Saturated Fat

- Aim for <24g/day
- <3.5g/serving as a guide

Dietary Fiber

- Aim for 3-4g/serving
- Goal: 25g/day minimum

Added Sugars

- Limit to <25g/day (women)
- Limit to <36g/d (men)

Natural Sugar

Three types of sugars (glucose, fructose, and lactose) that are part of the chemical structure of food.

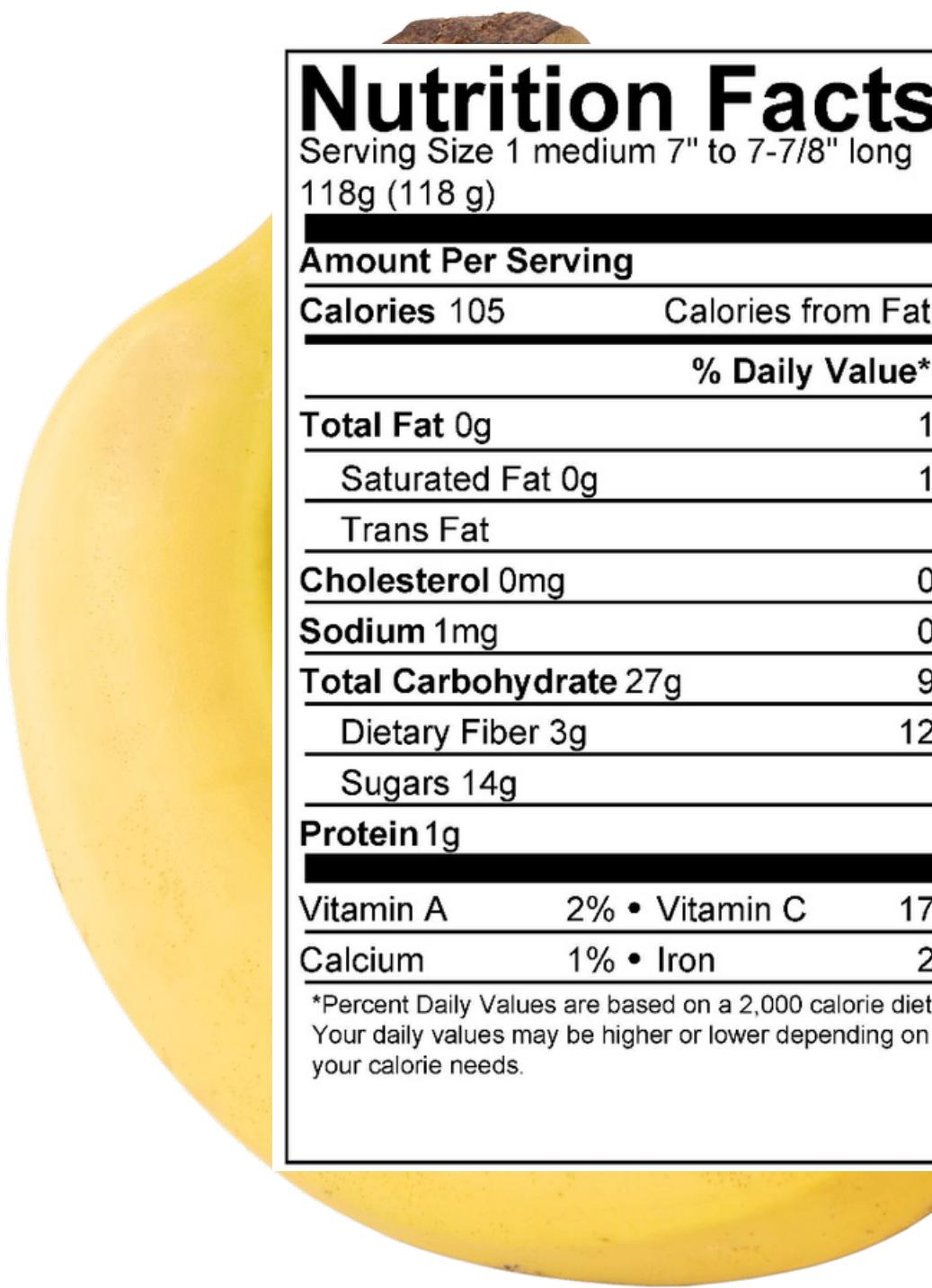


Added Sugar

Any type of sugar added to a food, beverage, baked good, or packaged product.



The Scoop on Sugars





Disguised as...

Agave	Fructose
Barley malt	Fruit juice / concentrate
Beet sugar	Honey
Brown/rice syrup	Maltose
Brown sugar	Maple syrup
Cane sugar	High-fructose corn syrup
Coconut sugar	Molasses
Corn syrup	Sorghum syrup
Date sugar	Treacle
Evaporated cane juice	Turbinado sugar

Added Sugar Totals



Yogurt: 7g

Granola: 10g per 1/2 cup

Snack Total: 17g



Cheerios: 12g per cup

Almond Milk: 11g per cup

Snack Total: 23g

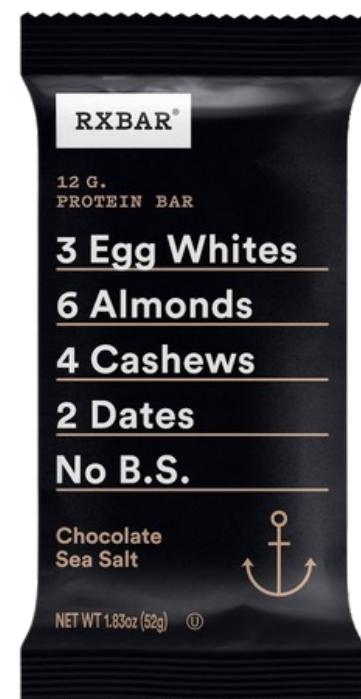


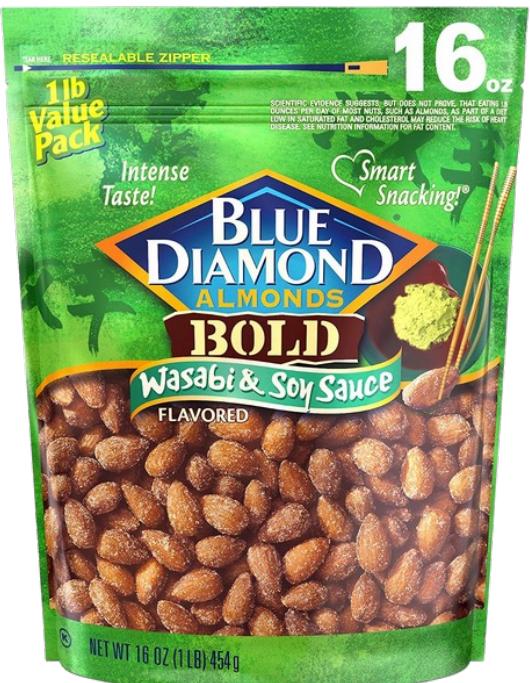
KIND Bar: 8g

Snack Total: 8g



Lower-Sugar Swaps





Less-Processed Swaps



1

LIMIT PROCESSED
FOODS

2

EAT A VARIETY
OF PLANTS



Fruit

Vegetables

Whole Grains & Starchy Vegetables

Nuts & Seeds

Beans & Legumes

Fresh Herbs

30 Plants Challenge

Planting seeds of good health

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

30 Plants Challenge

Eating 30 or more different plants per week is associated with diverse gut microbiomes and overall health. Use this list as a guide to help you plan your meals, shop, and fill in your challenge sheet. Can you reach 30 (or more!) each week?

<u>Fruit</u>	<u>Vegetables</u>	<u>Grains & Starchy Veggies</u>	<u>Beans & Legumes</u>
Apple	Acorn squash	Barley	Black beans
Apricot	Arugula	Brown rice	Black-eyed peas
Avocado	Asparagus	Buckwheat	Cannellini beans
Banana	Boston bibb lettuce	Corn	Chickpeas
Blueberries	Broccoli	Farro	Soy beans (edamame, tofu)
Cantaloupe	Brussels sprouts	Peas	Fava beans
Coconut	Butternut squash	Quinoa	Kidney beans
Dates	Cabbage	Red potato	Lentils
Figs	Carrot	Sweet potato	Lima beans
Grapes	Celery	White potato	Navy beans
Grapefruit	Cauliflower	Whole wheat	Peanuts
Honeydew	Collard greens	Yucca	Pinto beans
Kiwi	Cucumber		
Mango	Eggplant		
Olives	Fennel		
Orange	Garlic		
Papaya	Iceberg lettuce		
Peach	Jalapeno		
Pear	Kale		
Persimmon	Lemon		
Plum	Lime		
Pomegranate	Okra		
Raisins	Onion		
Raspberries	Parsnip		
Strawberries	Peppers		
Tomato	Pumpkin		
Watermelon	Red leaf lettuce		
	Radish		
	Romaine lettuce		
	Snap peas		
	Spinach		
	String beans		
	Swiss chard		
	Turnips		
	Watercress		



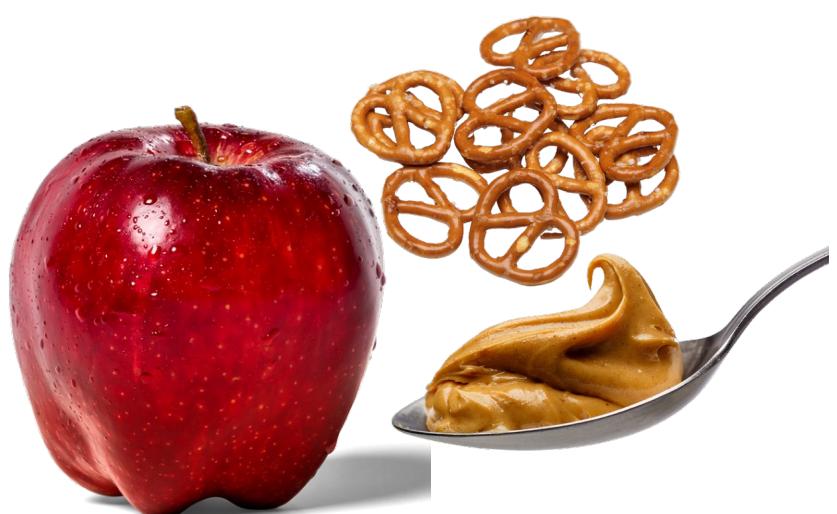
Breakfast: Spinach omelet, side berries and toast



Snack: Grapes and cheese



Lunch: Turkey sandwich with L&T, onion, avocado. Side carrot sticks



Snack: Apple, nut butter, and pretzels



Dinner: Salmon with roasted veggies and rice



Dessert: Orange and chocolate

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Honor Your Hunger

Tune into your body's hunger cues for adequate energy and to put yourself (not diet culture) in charge.

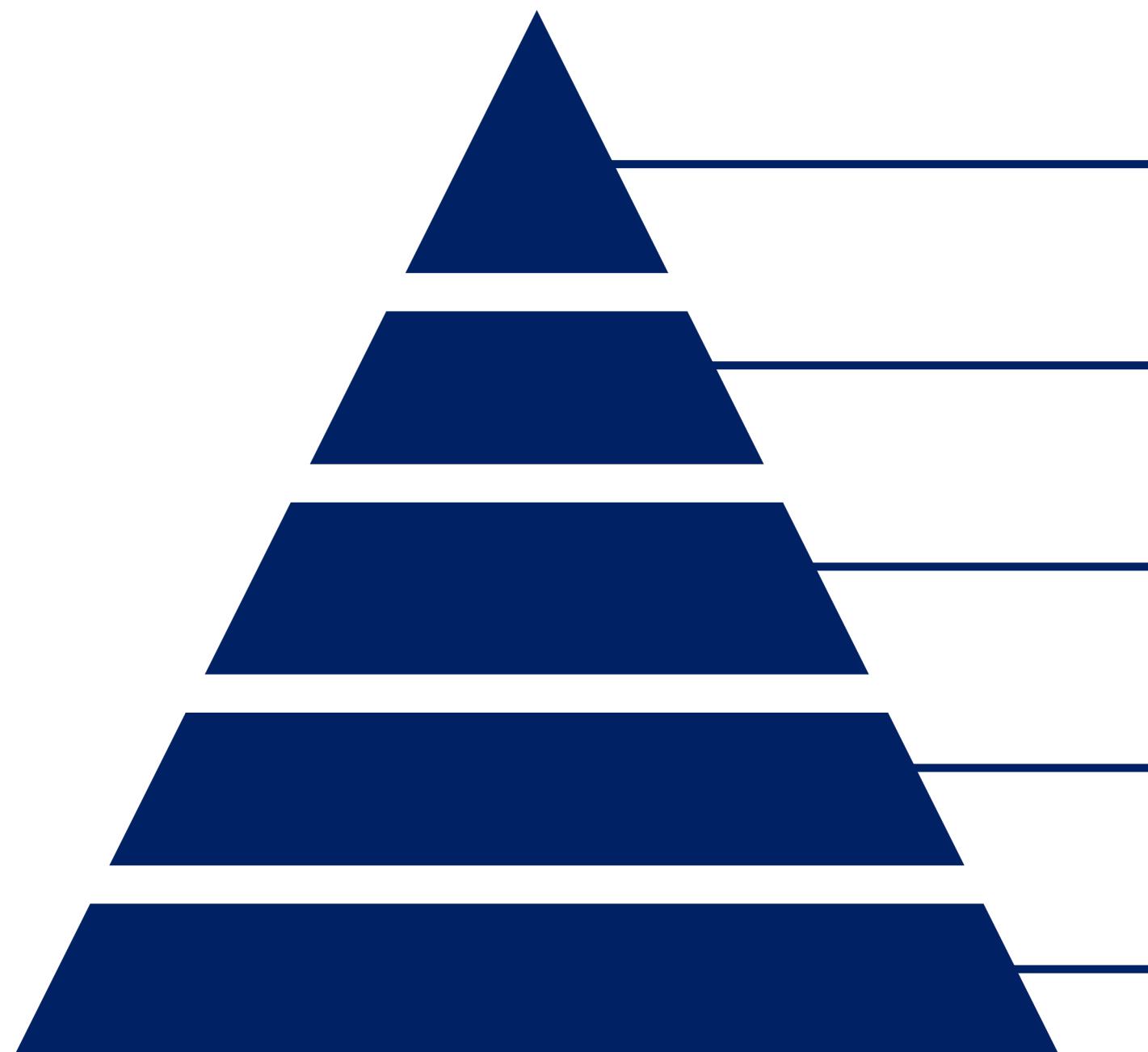
Balance Your Plate

Include carbohydrates, protein, and color to support energy, satiety, and nutrient needs at each meal.

Snack Smarter

Limit processed foods - especially added sugars - and incorporate a variety of plants for enjoyment, digestive health, and well-being.

In Other Words



Further personalization *for your unique needs*

Fuel & hydrate *for performance goals*

Limit processed foods *for micronutrient variety*

Balance your plate *for macronutrient needs*

Honor your hunger *for adequate energy*



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Thank you!

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