



**Transformative
Insights**

Firstbeat Wellness Programme

Webinar 6 – Nutrition

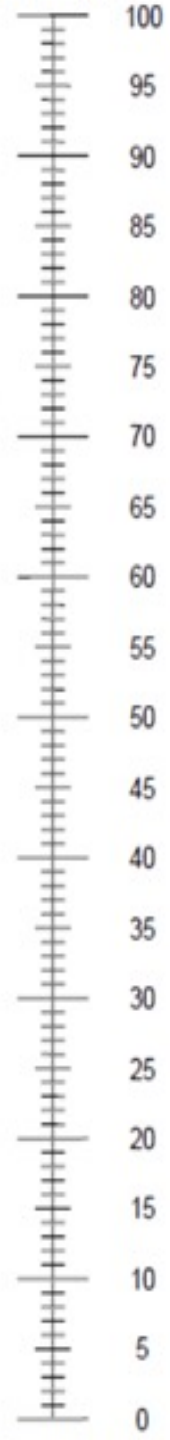


Agenda

- Reflection check-in
- Key reminders
- Why eat healthy?
- Fundamentals and key principles
- Deeper dive
- Q&A



Reflection Check-in



In break-out pairs / triads, take turns to reflect on:

1. On a scale of 0 (*completely unsuccessful*) to 100 (*wildly successful*), how successful have you been with making / sustaining your desired changes so far?
2. What conditions / behavioral change strategies have contributed to your success? How can you leverage these even more to nudge you up by 10 success points by the end of the programme?
3. What conditions / barriers have stood in your way? How can you address one of these to nudge you up another 10 success points by the end of the programme?

KEY REMINDERS

- In the final month of the programme
 - November = repeat measurement period
 - Take advantage of individual follow-up coaching session
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Why eat healthy?

- A well-balanced and healthy diet is one of our **pillars of health**
- **Physical health:** chronic health conditions (Diabetes, CVD, Obesity, Cancers, Quality of life)
- Behaviour, mood, **mental health** conditions (depression, anxiety, brain health)
- Support healthy **Sleep** (Sleep apnoea)
- Improve and stabilise **energy** levels, work performance
- Prevent and manage health conditions (iron deficiency, intolerances, Coeliac)
- Gut health, **Immunity**



Fundamental of healthy eating

- Overwhelming amount of nutrition advice
- Often contradictory!
- Research often shows correlation not causation & presents findings as relative effect not absolute
- Not just 1 style of eating that suits everyone. Individual.
- BUT, there are some universal key principles that will set most people (including your whānau) up with a well-balanced and nutritious approach to eating.



Key principles in summary

1. Whole real foods
2. Maximise vegetable intake
3. Listening to your body's hunger & satiety cues
4. Quality sleep support healthy food choices
5. Be organized
6. Stay hydrated
7. Importance of protein
8. Fibre for fullness and gut health



#1 Most of your foods should come from whole real foods

- By eating whole, real foods you **limit processed foods**
- What are real whole foods? Foods that are close to their natural form and that haven't undergone significant processing before they reach our plates. These include **vegetables, fruit, lean meats/ poultry, fish and seafood, nuts, eggs and legumes/pulses.**

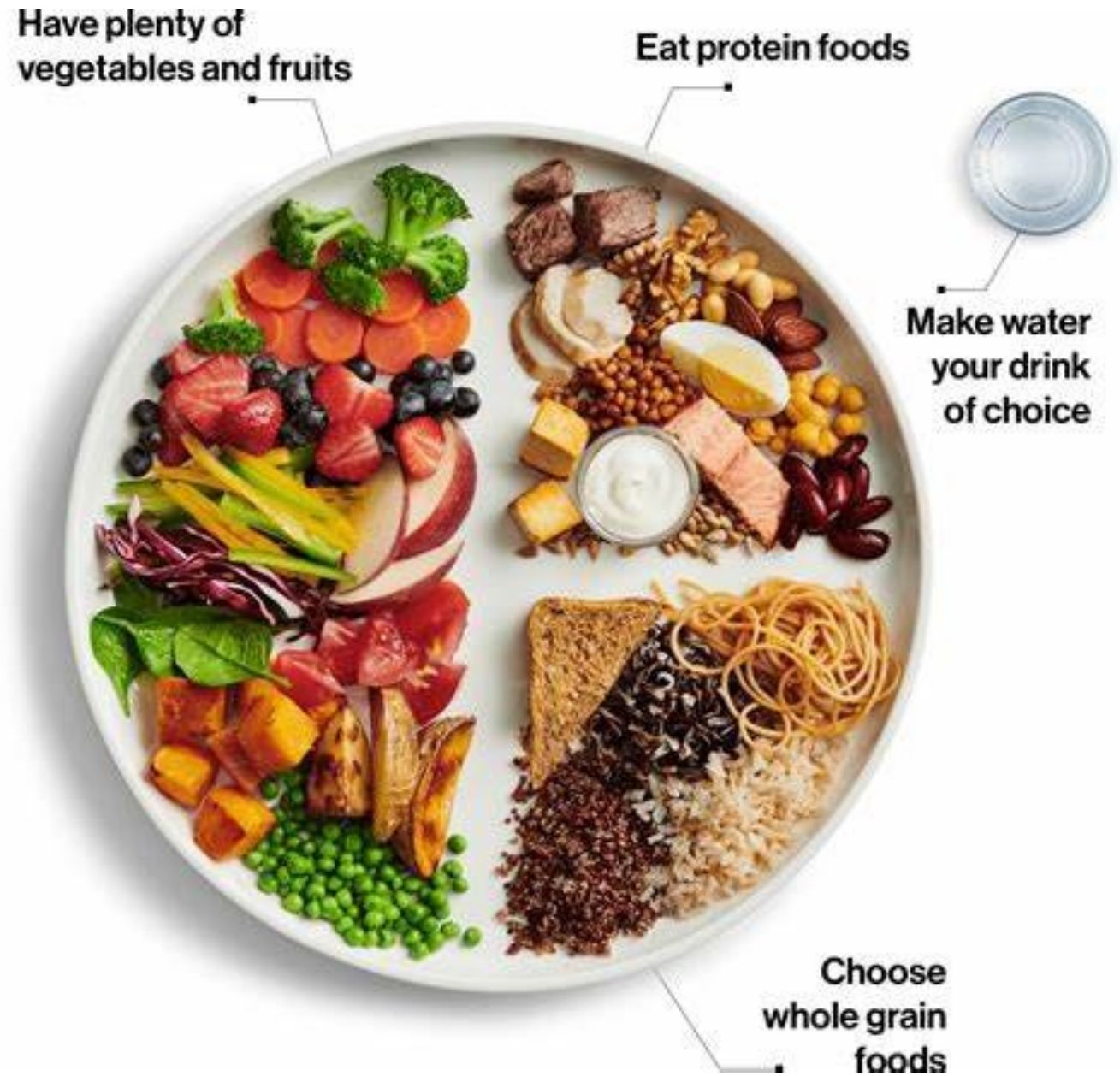


#2 Maximise your vegetable intake and eat a variety of colours

- Eat the rainbow!
- More than 5 servings of fruits and vegetables. The healthiest people worldwide are those who manage to eat about **ten servings per day!**
- **10 sound daunting- but can you add in 1 or 2 more serves a day?**



What does a healthy meal look like?



#3 Listen to your body's hunger and satiety cues

- Are you eating because it is 'lunchtime' or because you are **physiologically hungry**?
- Food diary: hunger, fullness/ satisfaction, do you eat when you are bored/ stressed..
- Eat mindfully- away from your desk/ no TV on. Less likely to overeat, enjoy your meal



#4 Quality sleep supports healthy food choices



Insufficient good quality sleep can lead to:

- More snacks (carbohydrates), in particular at night
- Preference for foods and drinks with added sugars, fats and caffeine
- Feeling hungrier sooner and a tendency to overeat
- Higher alcohol consumption

Poor sleep can lead to insulin resistance and weight gain, in particular around your mid-section.

Higher parasympathetic activity (better recovery) during sleep is associated with more health-promoting diet quality and lower alcohol consumption.

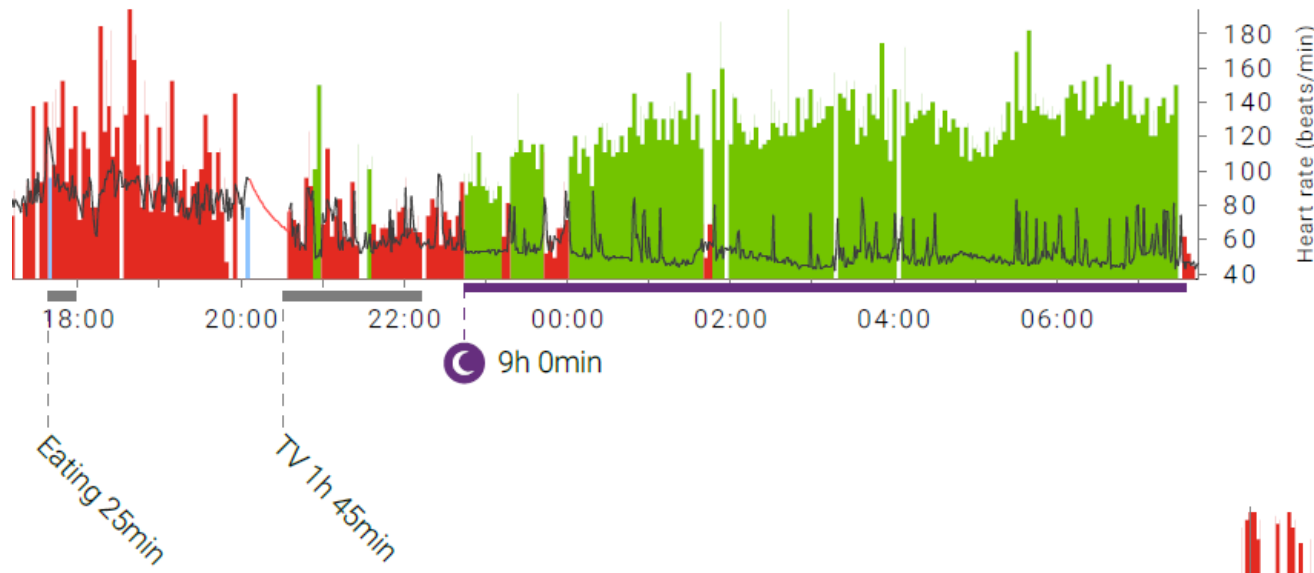


#5 Be organised

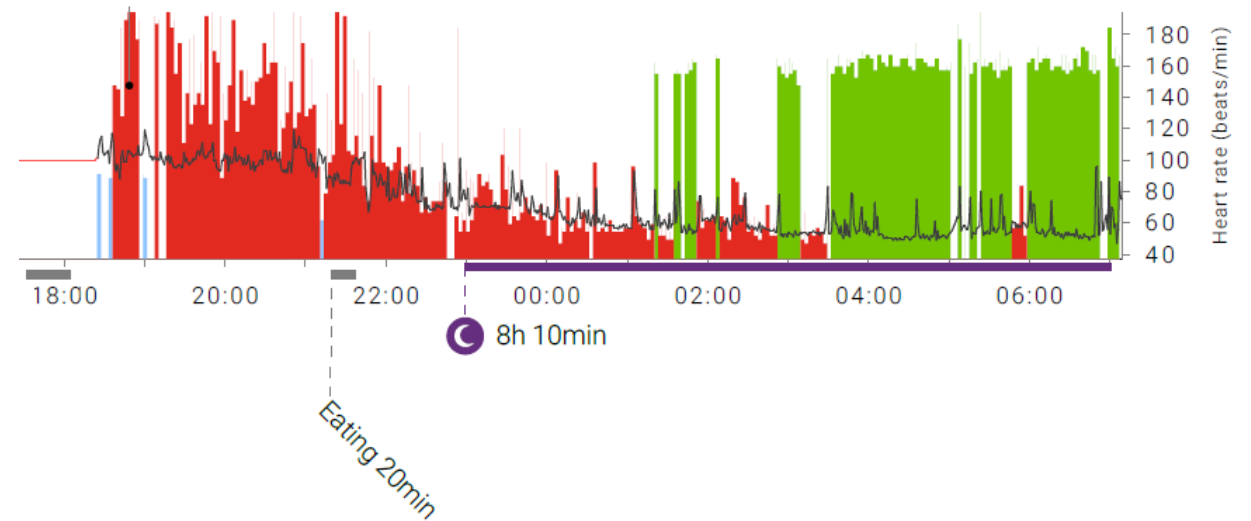
- Lack of preparation and organisation is a common barrier
- If you have plenty of healthy meal and snack options at home and work it is easier to make healthier choices (“nudging”)
- Practical strategies
 - Larger grocery shops rather than small frequent shops
 - Meal planning
 - Leftovers for lunch
 - Freezing extras
 - Slow cooker



#5 Be organised: impact of timing & type of meal



A heavier meal consumed close to bed time delays recovery during sleep



#6 Water as your drink of choice

- Fundamental for good health and optimal functioning. Up to 75% chronically dehydrated.
- Dehydration can
 - Impair cognitive functioning
 - Impact our digestive system
 - Reduce exercise tolerance



#7 Protein at meals and snacks

- Why? Promote feelings of fullness and satisfaction
- Weight management
- Building blocks for our body, growth and repair
- Lean muscle mass
- ¼ of our plate from protein



#8 Fibre for fullness and gut health

Fibre is the part of plant foods – fruits, vegetables, seeds, nuts, legumes, grains – that passes through us, imparting many benefits along the way, including:

- Keeps you regular
- Feeling fuller for longer
- Feeds the good bacteria in our gut
- Binds with cholesterol
- Prevent chronic health conditions



Final thoughts

- The key to sustainable healthy eating is to **find healthy foods that you enjoy.**
- Avoid restrictive eating and the promise of a quick fix.
- Foods are not 'good' or 'bad', there are just some foods that are less nutritious and should therefore make up less of what we eat.
- **Small dietary changes in time will create a big difference to your health and wellbeing.** These small changes over time will also set up you for **long term sustainable change and success.**





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