

FIRSTBEAT



FIRSTBEAT TRANSFORMATION PROGRAMME
NUTRITION & HEALTHY EATING SEMINAR

TOP TIPS

- Experimental measurements
 - Accountability partnership focus
 - Book an individual follow-up session
 - Deeper dive on learning platform
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Why eat healthy? Link between Nutrition and Health

- 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**



Fundamentals of Healthy Eating

- Overwhelming amount of nutrition advice
- Often contradictory!
- 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.



#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?

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods



#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 Healthy 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.

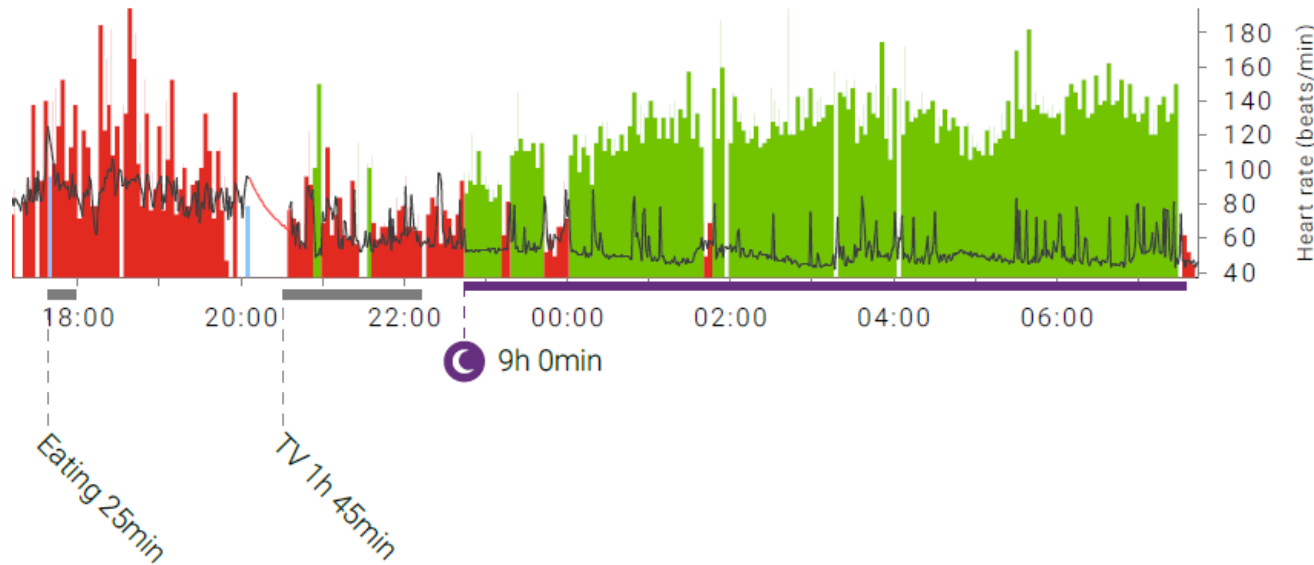
Higher sleep-time parasympathetic activity, which is indicative of better physiological recovery, is associated with more health-promoting diet quality and lower alcohol consumption.

#5 Be organised!

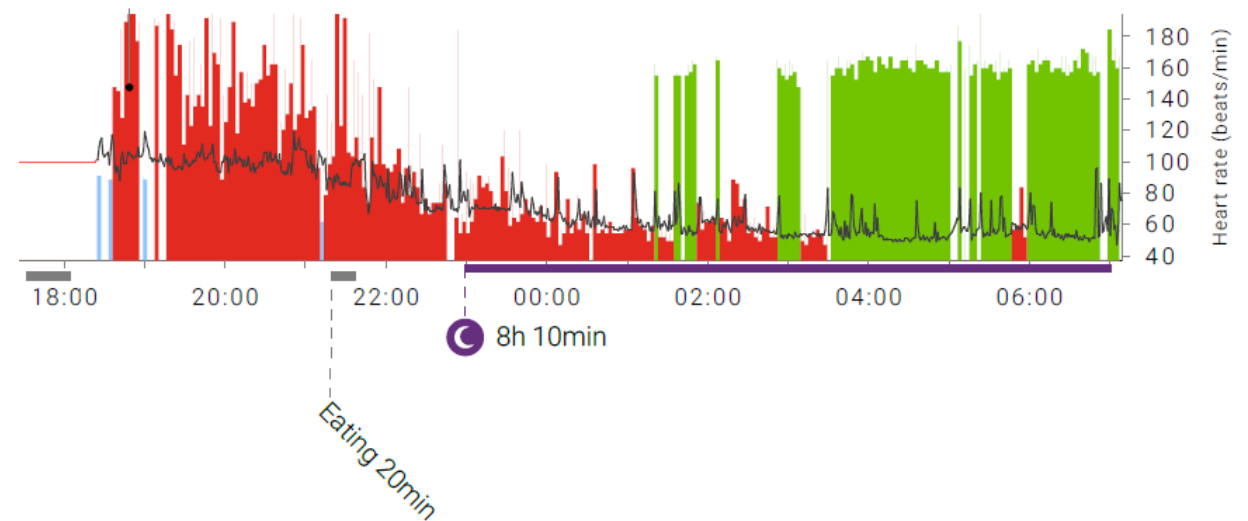
- A barrier is often a lack of preparation and organisation.
- If you have plenty of healthy meal and snack options at home and work it is easier to make healthier choices
- Practical strategies
 - Larger grocery shops rather than small frequent shops
 - Meal planning
 - Leftovers for lunch
 - Freezing extras
 - Slow cooker



#5 Be organised: timing and type of meal relates to sleep



A heavier meal consumed close to bed time



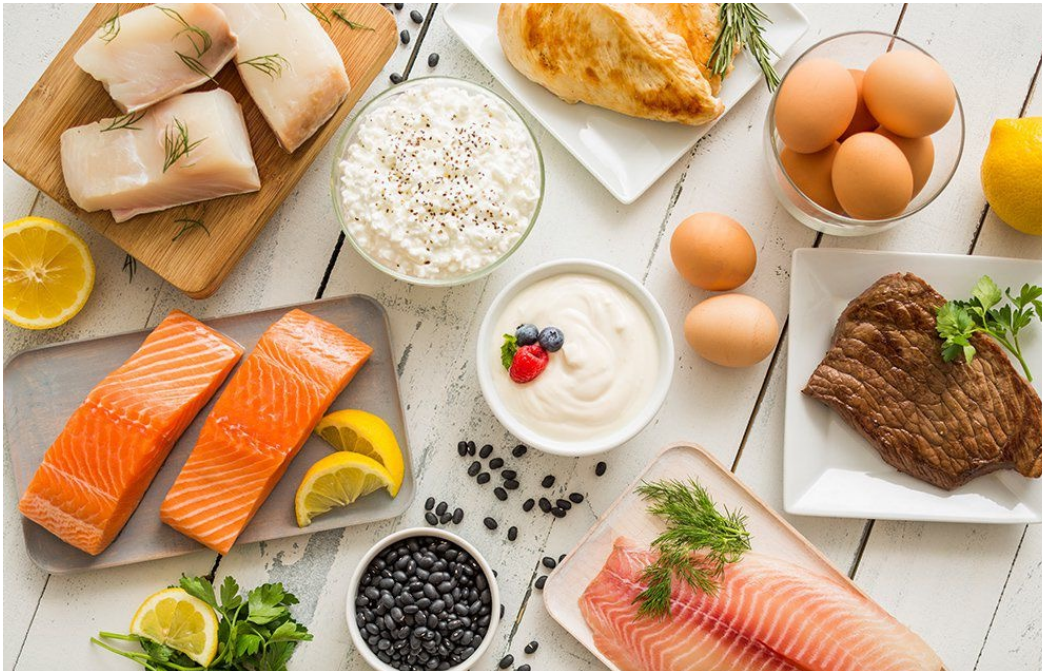
#6 Water as your drink of choice

- 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
- ¼ of our plate from protein



BEST HIGH PROTEIN VEGETARIAN FOOD SOURCES			
			
Kidney Beans 15g of protein per boiled cup	Chickpeas 16g of protein per boiled cup	Peanuts 26g of protein in 100 grams	Green Peas 9g of protein per boiled cup
			
Greek Yogurt 17g of protein per container	Lentils 18g of protein per boiled cup	Quinoa 8g of protein per cup	Flaxseeds 18g of protein in 100grams
			
Soybean 29g of protein per boiled cup	Paneer 14g of protein in 80 grams	Pumpkin Seeds 30g of protein in 100g roasted	Cashews 18g of protein in 100g

#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

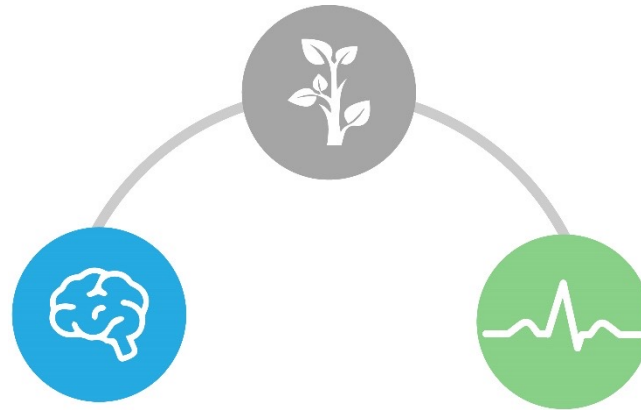


Final thoughts:

- 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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THANK YOU

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