



“Food Is the fuel we use everyday to energize our mind and body”

Scott Cobbett, Simply For Life

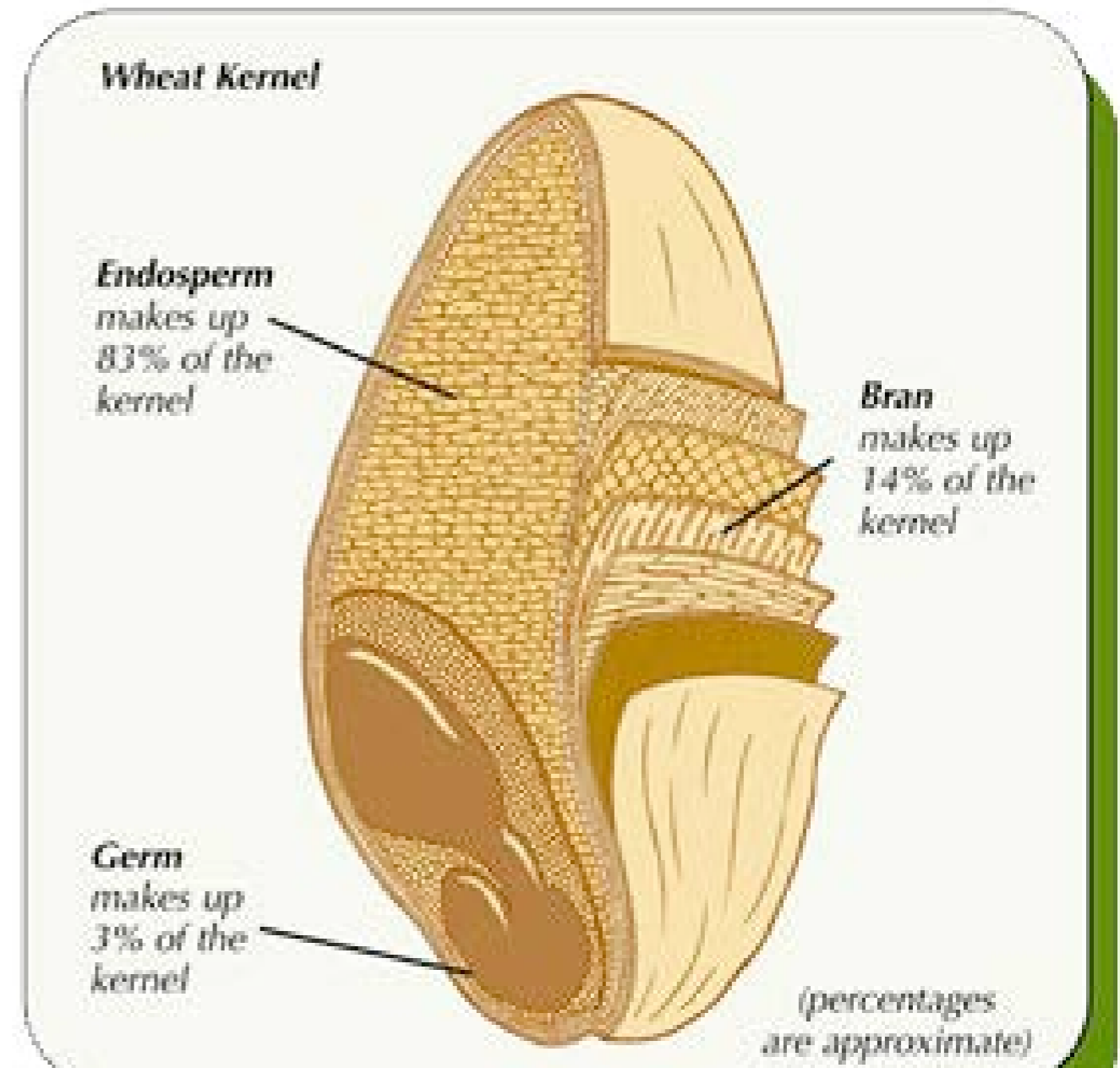
What Determines Our Health?

- | Attitude about ourselves and health
- | Daily nutrition – eating habits
- | Exercise habits
- | Stress management/coping skills
- | Self talk and overall mental attitude
- | Social relationships and outlets



Anatomy of a Whole Grain

- **Bran:** Outer covering- Rich in Fibe
- **Germ:** Rich in Nutrients,
- processing removes the bran and germ
- **Endosperm:** Takes up most of the grain and has the carbohydrates

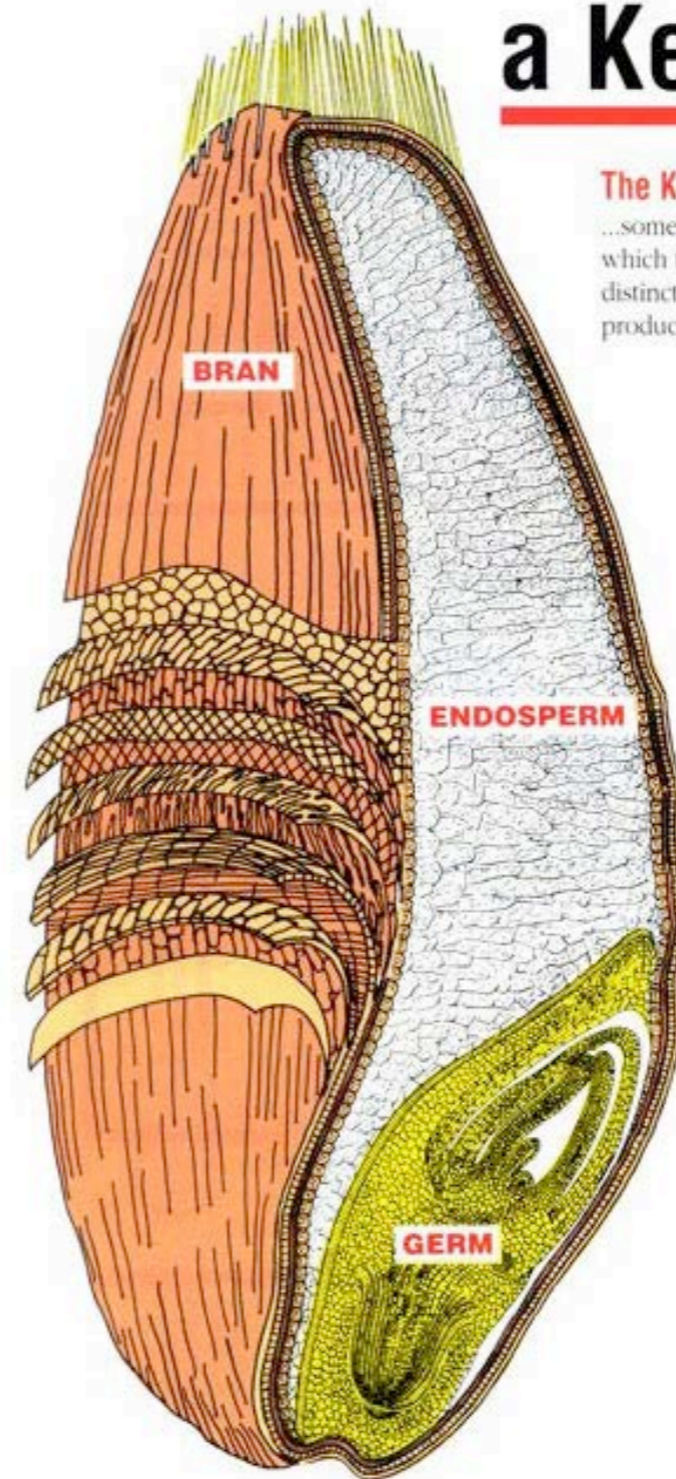


Examples of Whole Grains

- Barley
- Brown Rice
- Buckwheat
- Millet
- Oatmeal
- Quinoa



a Kernel of Wheat



The Kernel of Wheat

...sometimes called the wheat berry, the kernel is the seed from which the wheat plant grows. Each tiny seed contains three distinct parts that are separated during the milling process to produce flour.

Endosperm

...about 83 percent of the kernel weight and the source of white flour. The endosperm contains the greatest share of protein, carbohydrates and iron, as well as the major B-vitamins, such as riboflavin, niacin, and thiamine. It is also a source of soluble fiber.

Bran

...about 14½ percent of the kernel weight. Bran is included in whole wheat flour and can also be bought separately. The bran contains a small amount of protein, large quantities of the three major B-vitamins, trace minerals, and dietary fiber — primarily insoluble.

Germ

...about 2½ percent of the kernel weight. The germ is the embryo or sprouting section of the seed, often separated from flour in milling because the fat content (10 percent) limits flour's shelf-life. The germ contains minimal quantities of high quality protein and a greater share of B-complex vitamins and trace minerals. Wheat germ can be purchased separately and is part of whole wheat flour.

Nutrient Density Scores

Kale	1000
Collards	1000
Bok Choy	824
Spinach	739
Cabbage	481
Red Pepper	420
Romaine Lettuce	389
Broccoli	342
Cauliflower	295
Green Peppers	258
Artichoke	244
Carrots	240
Asparagus	234
Strawberries	212
Tomatoes	164
Plums	157
Blueberries	130
Iceberg Lettuce	110
Orange	109
Cantaloupe	100
Flax Seeds	44

Tofu	86
Sweet Potatoes	83
Apples	76
Peaches	73
Kidney Beans	71
Green Peas	70
Lentils	68
Pineapple	64
Avocado	64
Oatmeal	53
Mangoes	51
Cucumbers	50
Soybeans	48
Sunflower Seeds	45
Brown Rice	41
Salmon	39
Shrimp	38
Skim Milk	36
White Potatoes	31
Grapes	31
Walnuts	29

Bananas	30
Chicken Breast	27
Eggs	27
Low Fat Yogurt, plain	26
Corn	25
Almonds	25
Whole Wheat Bread	25
Feta Cheese	21
Whole Milk	20
Ground Beef	20
White Pasta	18
White Bread	18
Peanut Butter	18
Apple Juice	16
Swiss Cheese	15
Potato Chips	11
American Cheese	10
Vanilla Ice Cream	9
French Fries	7
Olive Oil	2
Cola	1

Glycemic Index Vs Glycemic Load

High GL

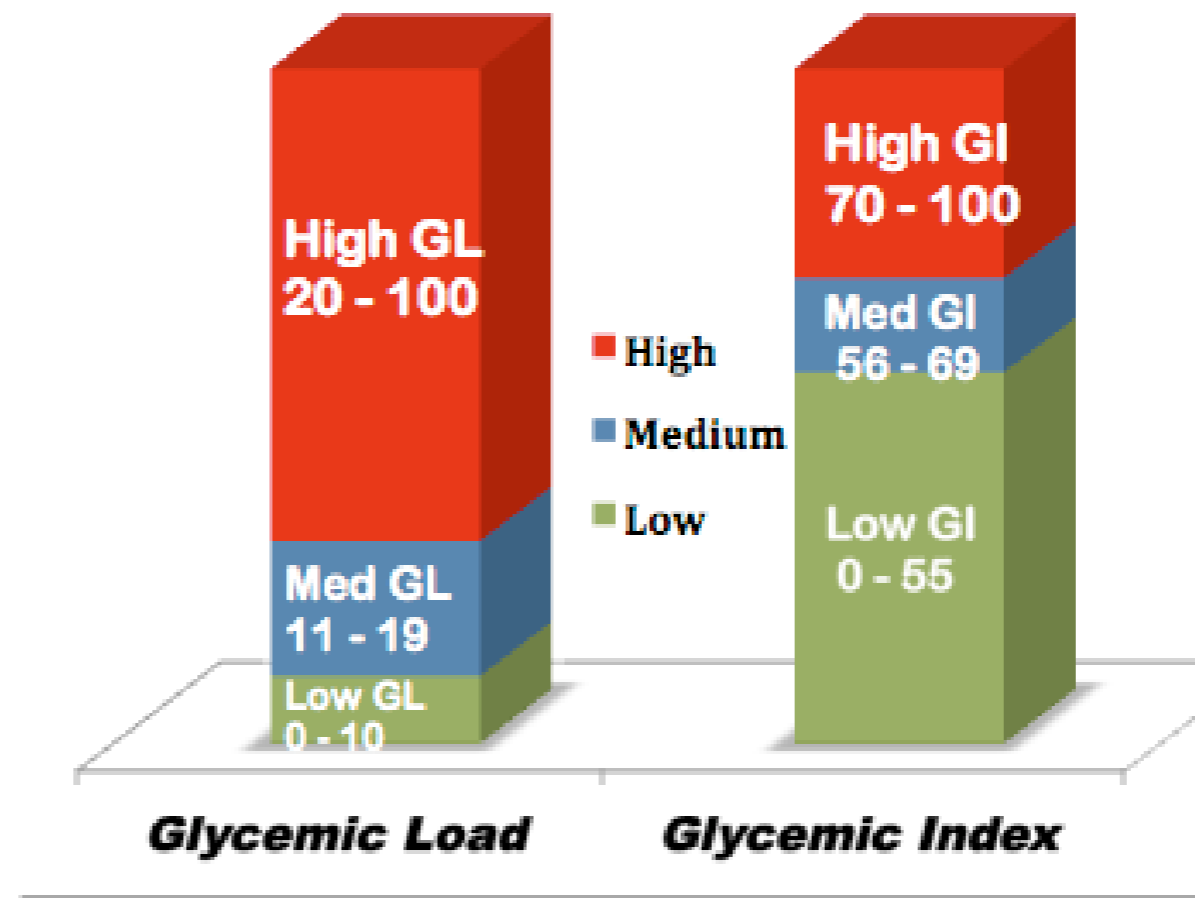
Pancakes (mix) - 38
 White Rice - 26
 Bagel (white) - 24
 Cornflakes - 23

Medium GL

Basmati Rice - 18
 Instant Oatmeal - 18
 Banana - 16
 Special K - 14
 Raisin Bran - 12

Low GL

Oat Bran - 2
 V8 Juice - 4
 Carrots - 2.5
 Apples - 6



High GI

Potato (boiled) - 78
 White bread - 75
 Whole Wheat Bread - 74
 White Rice - 73
 Table Sugar - 60

Medium GI

Special K - 69
 Popcorn - 65
 Honey - 61
 Pineapple - 59
 Banana - 47

Low GI

Oat Bran - 2
 Lentils - 32
 Apple - 36
 Strawberries - 1

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Artificial Sweeteners



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**UNDERSTANDING
ARTIFICIAL
SWEETENERS
AND SUGAR SUBSTITUTES**

Three spoons are shown, each containing a different type of sugar. The top spoon contains dark brown sugar, the middle spoon contains light brown sugar, and the bottom spoon contains white granulated sugar. The spoons are arranged in a descending staircase pattern from top-left to bottom-right.

Carolyn Stone
Evelyn Trimborn

4 Popular Sweeteners

Artificial Sweeteners

1. Aspartame
2. Stevia
3. Splenda
4. Agave Nectar



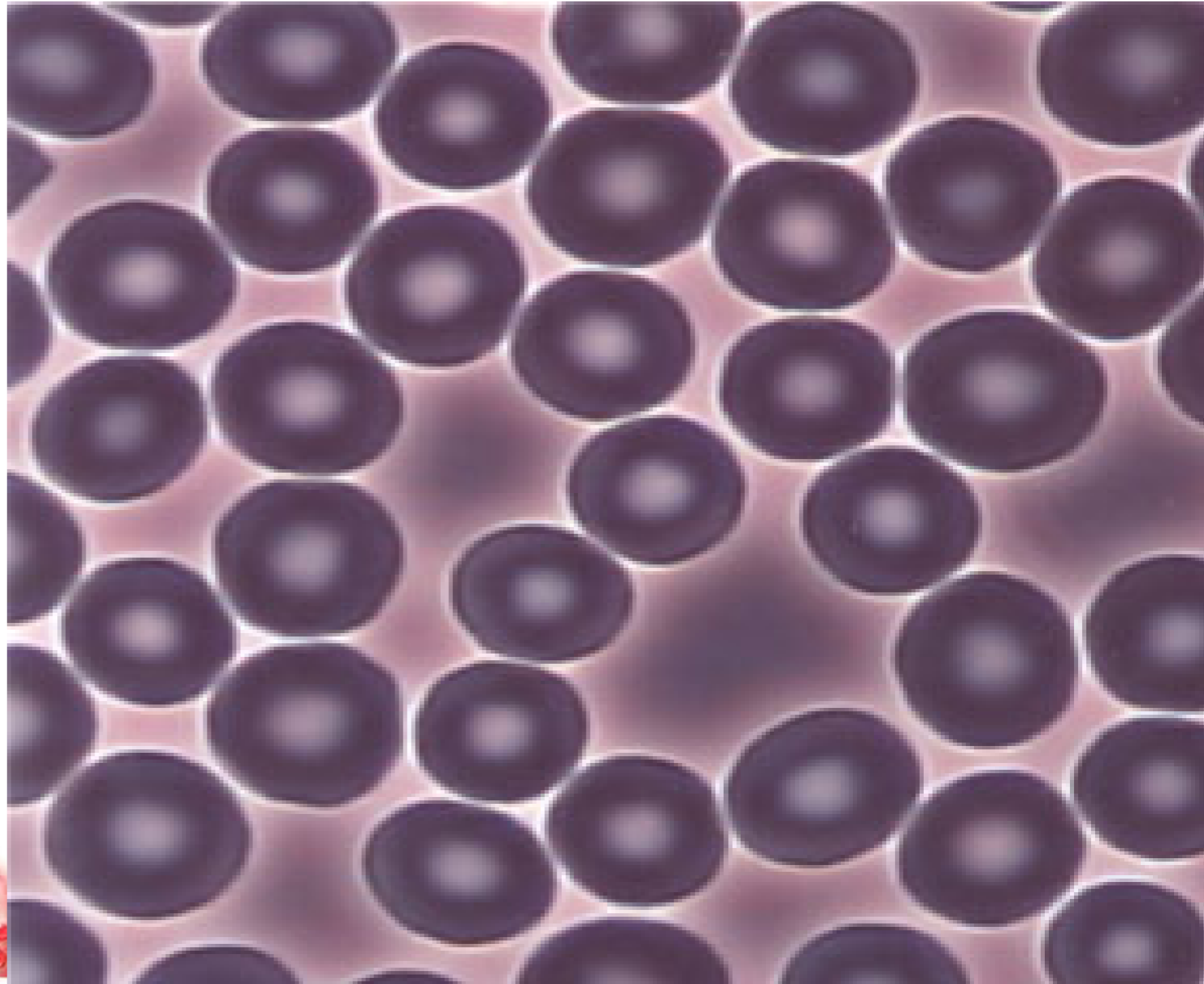
Honey and Maple Syrup



Healthy Red Blood Cell

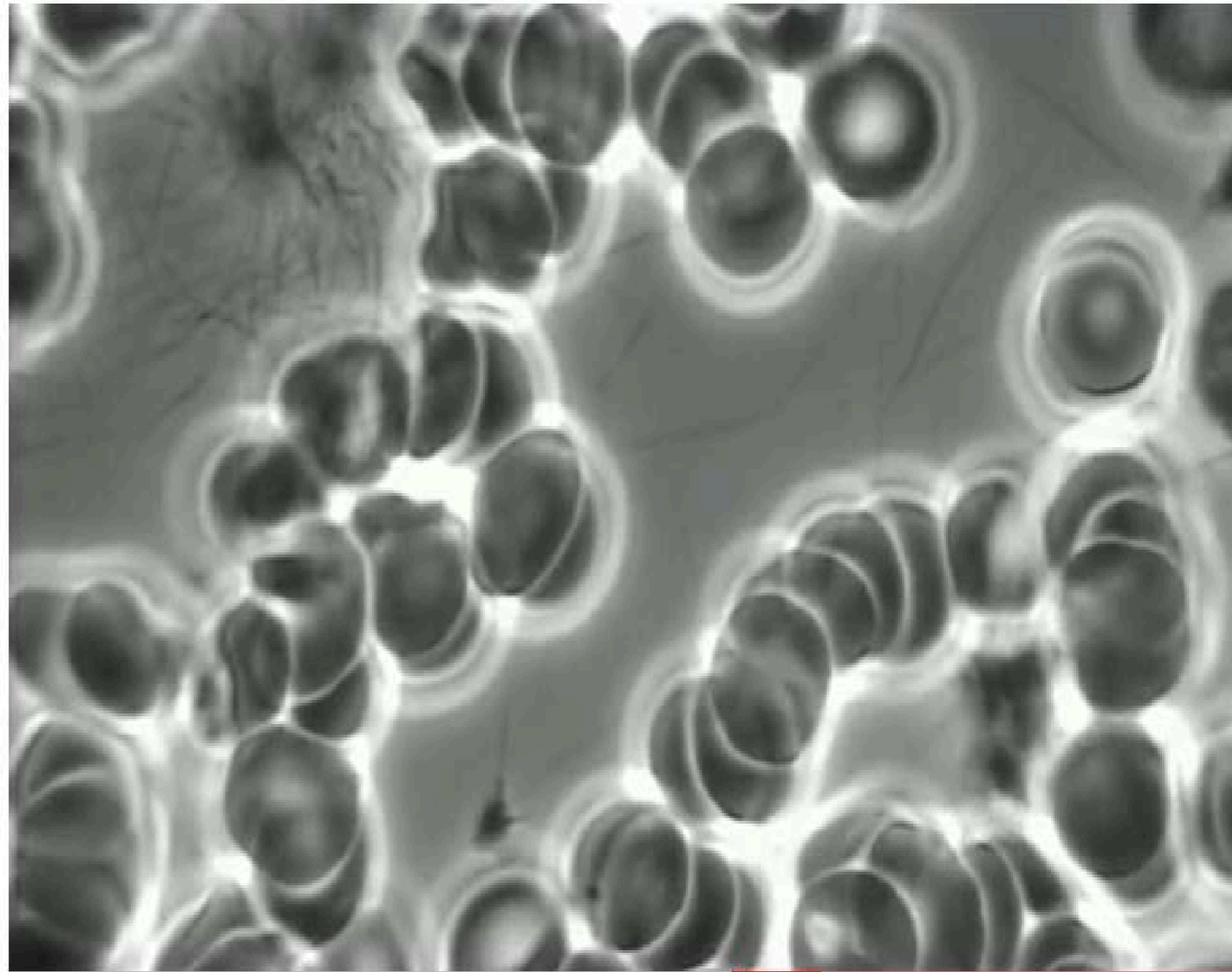
Smooth in the back

Cells Spaced apart nicely



Unhealthy Red Blood Cell

Cracking in the back
Cells all clumped together



DIET

FATS

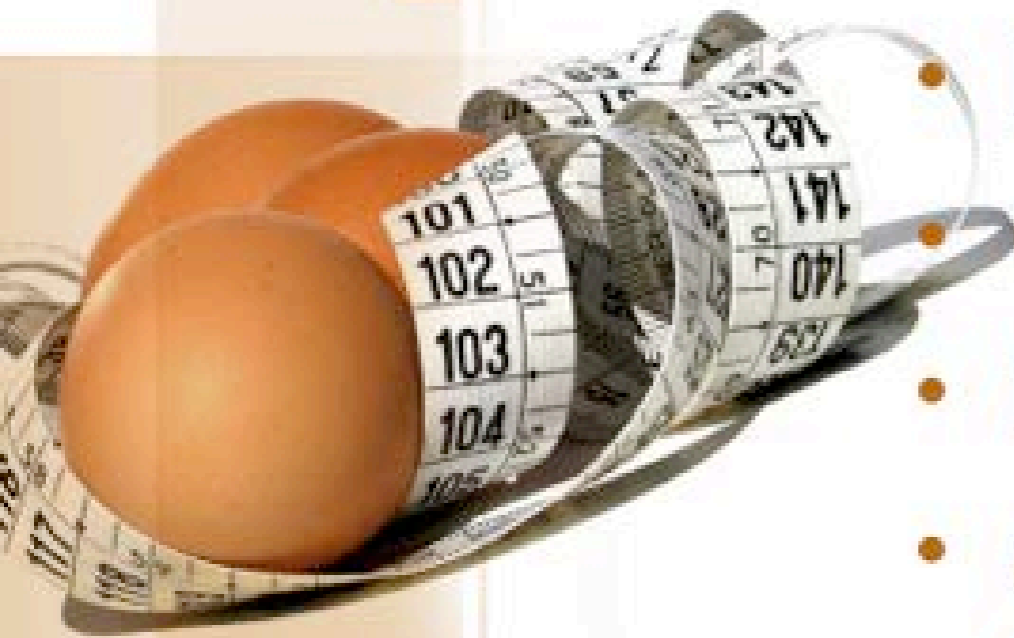


The **FACTS** *on* **FATS**

**GOOD
VS
BAD**

Omega 3 Fats

- Blood Thinner
- Hormone Regulation
- Reduce Inflammation
- Cell Growth
- Brain Function
- Animal Sources- Wild Salmon, Sardines Mackerel, Herring and Eggs
- Plant Sources- Walnuts, Flax Seeds, Hemp Seeds and Chia Seeds



DIET



Omega 6 VS Omega 3

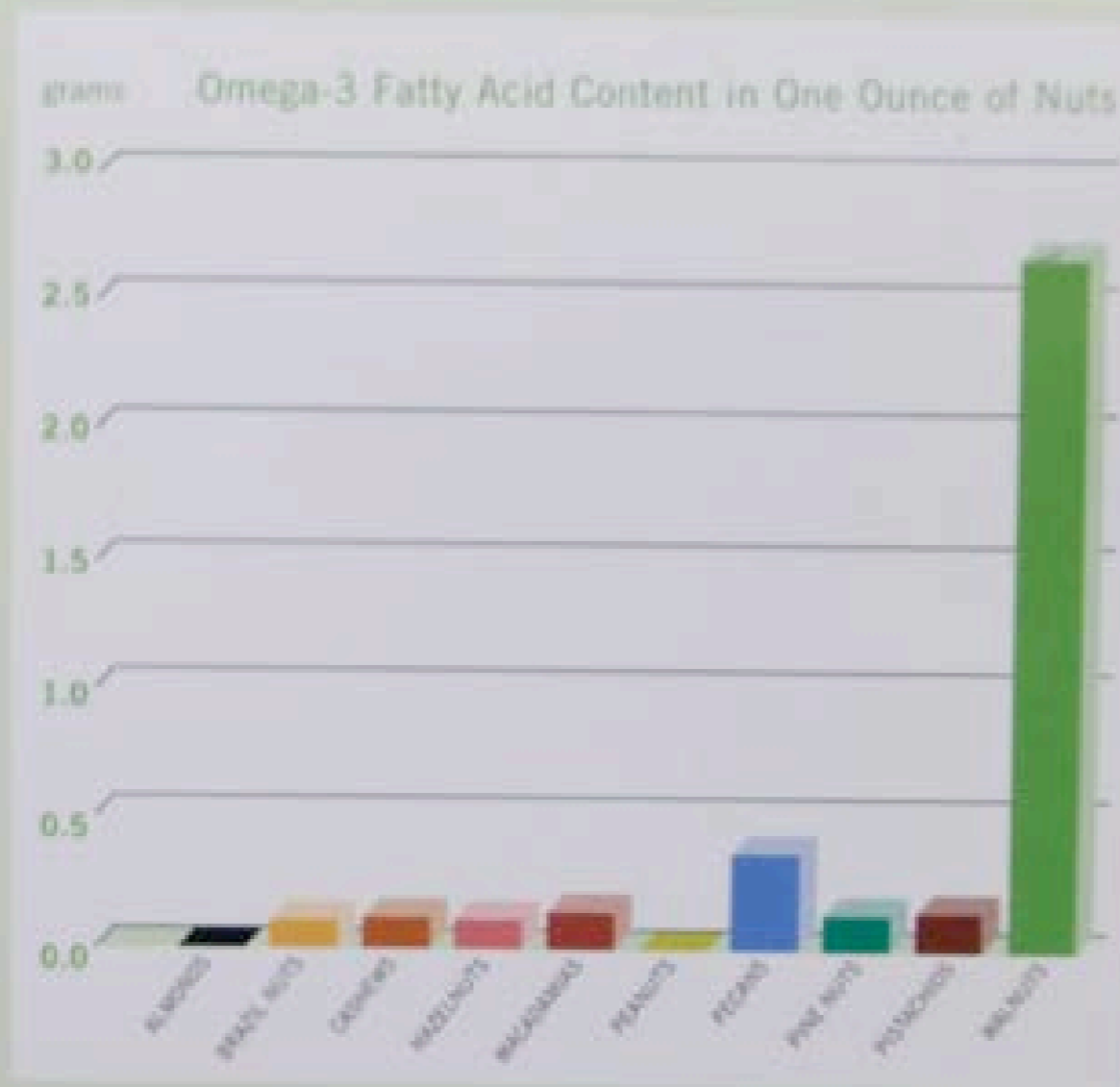
- Current Canadian ratio 20:1 to 30:1
- Ideal Ratio is 1:1 or 2:1
- **Incorrect ratio leads to**
 - Excess Inflammation
 - Hormonal Imbalance
 - Brain Fog

DIET



Walnuts

Walnuts are the only nut with a significant amount of Omega-3s



DIET



Walnuts



Vegetable oils

Comparison of Dietary Fats

Average Fatty Acid Value

SATURATED FAT



MONOUNSATURATED FAT



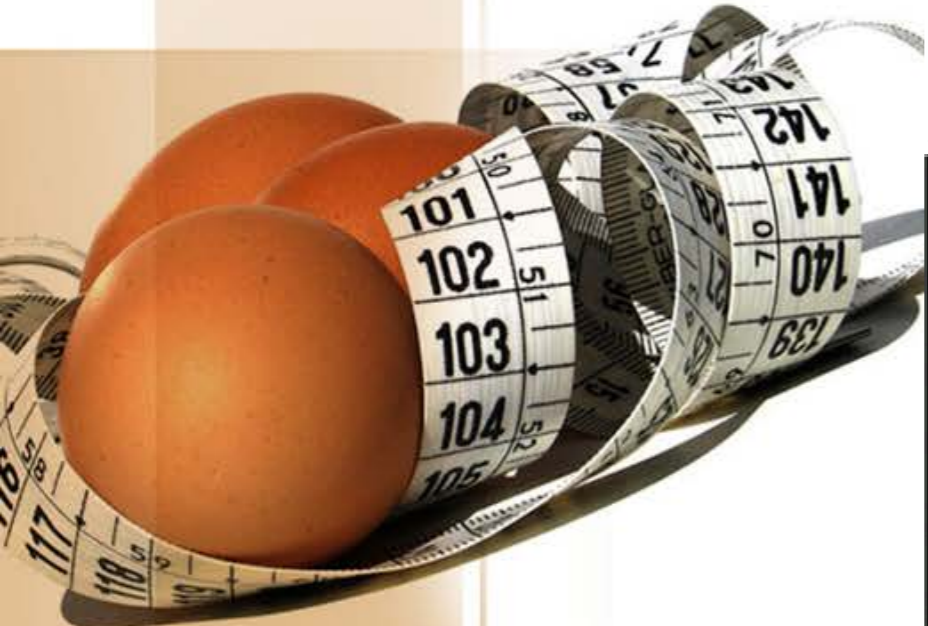
POLYUNSATURATED FATS



LINOLEIC ACID: OMEGA 6



ALPHA-LINOLENIC ACID: OMEGA 3

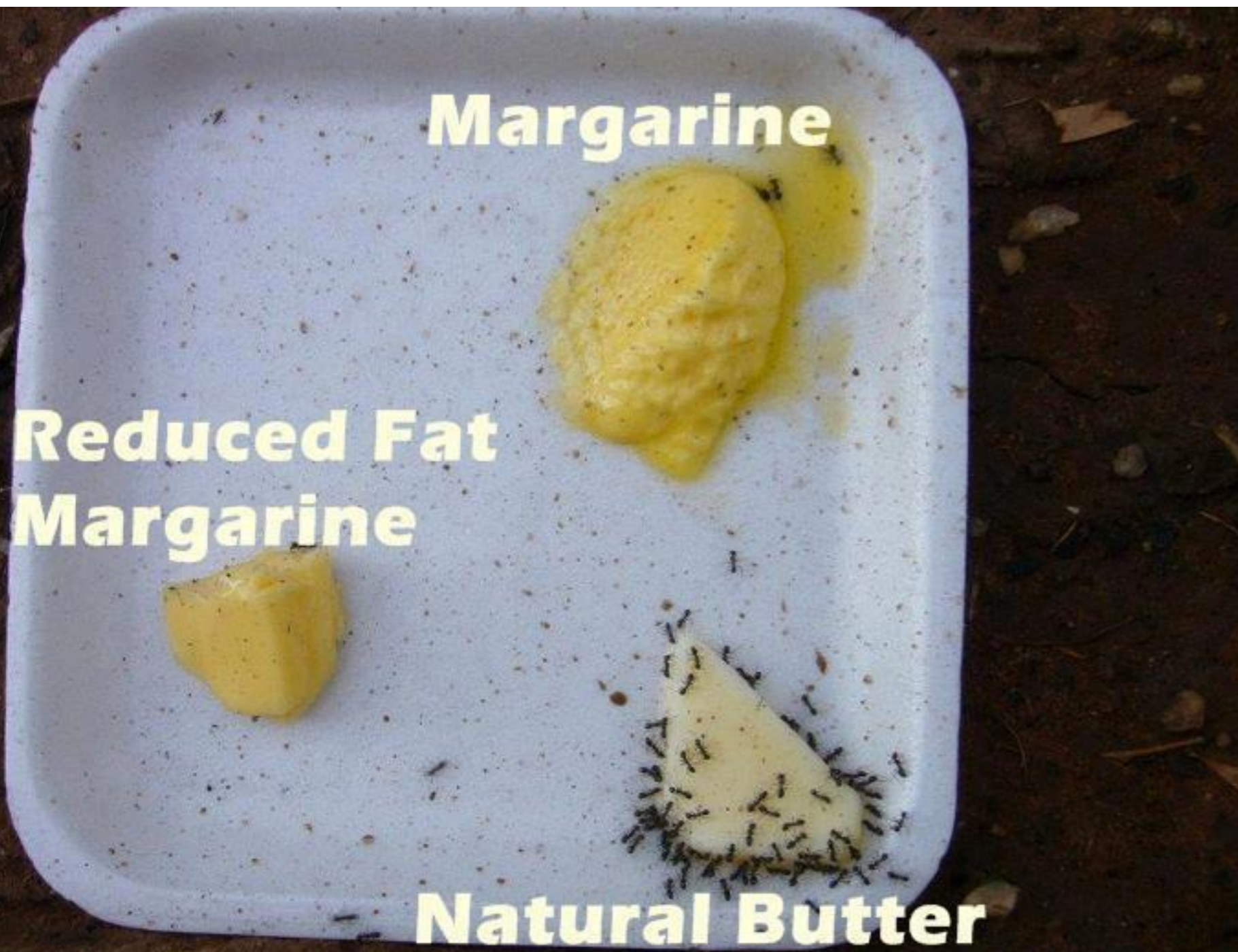


Canola	7%	21%	11%	61%
Grapeseed	11%	65%	Trace	24%
Sunflower	12%	71%	1%	16%
Corn	13%	57%	1%	29%
Olive	15%	9%	1%	75%
Soyabean	15%	54%	8%	23%
Peanut	19%	33%	Trace	48%
Cottonseed	27%	54%	Trace	19%
Lard	43%	9%	1%	47%
DF Palm Olein *	41%	14%	Trace	45%
Palm Olein	47%	12%	Trace	41%
Butterfat	68%	3%	1%	28%
Coconut	91%	2%	7%	

DIET



Butter VS Margarine



DIET



Olive oil

Anti-inflammatory Agent: Virgin olive oil is Mediterranean's secret to longevity. Its rich supply of polyphenols protects the heart and blood vessels from inflammation.



DIET



Cooking With High Heats

- Avocado Oil- 520 F
- Macadamia Nut Oil - 413 F
- Using Awesome Backgrou



Mark Before



Mark After



