DEMYSTIFYING HEALTHY EATING

Ecc 3:13 "That each of them may eat and drink, and find satisfaction in all their work – this is the gift of God."

And

1 Cor 10:31 "so whether you eat or drink or whatever you do, do it all for the glory of God."

Healthy eating:

Provides nutrition at the cellular level

Removes the toxins (oxidants) your cells generate just to function to keep you living.

Decreasse inflammation in your body.

Allows your body to heal itself at the cellular level.

Encouragement: The power **lies within you**.

Knowledge and the willingness to make choices that would help your body achieve its goal =   power!

Refresher: We have shared much information this year about nutrition, so I don't want to burden you with much detail, so I choose to share some <mark>Pearls</mark> round Healthy eating:

1) Simple carbohydrates => the enemy: inflammation, fats, indigestion, increase glycemic index, fatigue
2) Never good to eat until your stomach is full (practice portion control)
3) Digestion of what you eat begins in the mouth: teeth, saliva, tongue have work to do
4) Make small changes, looking for consistency.
5) Don't recline / sleep soon after eating => heartburn
6) Increase your intake of water daily (8 cups / day on average) => limit juices, sodas (even diet as they have man-made sugar alternatives)
7) Limit fried foods (if you can't eliminate it all together)
8) Enjoy what you enjoy: invest in learning how to eat it healthily.
9) Remember, to exercise – helps use up calories
10) **We eat to live, NOT live to eat**

Portion Sizes:

1 cup = size of a baseball

½ cup = size of a computer mouse

¼ cup = size of an egg

1 tablespoon = size of a quarter

1 teaspoon = size of a penny

1 ounce = 4 dice in the palm of your hand

3 ounces = 1 deck of cards

Weight   suggested daily calorie goal.

<200lbs   1200-1500 cal/day

200-225lbs   1500-1800 cal/day

226-250lbs   1800- 2000 cal/day

251-300lbs   2000-2500 cal/day

301-350lbs   2500-3000 cal/day

>350lbs   professional help from a Registered Dietitian