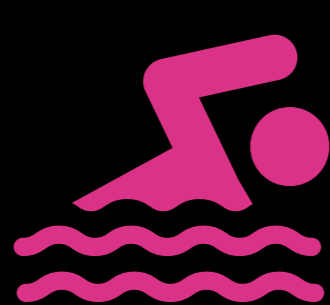


# NUTRITION AMA



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**TEAM GO BIG!**

## IS IT OK IF THE ONLY TIME I EAT BROCCOLI IT IS WITH RANCH DIP OR MELTED CHEESE?

- ▶ Broccoli is high in many vitamins and minerals, including folate, potassium, manganese, iron, and vitamins C and K1. It also boasts more protein than most other vegetables
- ▶ Since balanced eating is all about moderation, I'd rather see you eat broccoli with ranch or melted cheese than miss out on all the vitamins and minerals you get from broccoli

## WHAT ARE THE BEST METHODS FOR COOKING LIVER?

- ▶ Liver is an inexpensive meat that is high in nutrients. To enhance its taste, try cooking liver by braising, pan broiling or frying.
  - ▶ To tenderize liver and tone down the strong flavor and aroma, cut it into narrow strips and soak the strips in milk for up to four hours
- ▶ Popular ideas for Liver
  - ▶ Liver and Onions
  - ▶ Liver and Vegetables
  - ▶ Liver Pate

### ▶ Talk about sources

Information Provided by: <https://www.livestrong.com/article/478230-what-different-ways-can-you-cook-liver-for-it-to-taste-good/>


























## SOURCES OF HIGH IRON FOODS

- ▶ Dietary iron is found in two major forms:
  - ▶ **Heme iron** is derived from animal sources and is primarily made of hemoglobin and myoglobin.
  - ▶ **Nonheme iron** is obtained from plants and other iron-fortified foods.
- ▶ While heme iron contributes roughly 15% of the total dietary iron intake, it contributes to more than 40% of all absorbed iron
- ▶ Iron Tips and Tricks
  - ▶ Lucky Iron Fish
  - ▶ Cooking in a cast iron skillet

# SOURCES OF HIGH IRON FOODS

 <b>Oysters</b> 3 oz   8 mg	 <b>Dark chocolate (45%-69% cacao)</b> 3 oz   7 mg
 <b>Beef Liver</b> 3 oz   5 mg	 <b>Lentils, Boiled</b> 1/2 Cup   3 mg
 <b>Tofu</b> 1/2 Cup   3 mg	 <b>Spinach, Boiled</b> 1/2 Cup   3 mg
 <b>Sardines</b> 3 oz   2 mg	 <b>Kidney Beans, Canned</b> 1/2 Cup   2 mg
 <b>Tomatoes, Stewed</b> 1/2 Cup   2 mg	 <b>Chickpeas, Boiled &amp; Drained</b> 1/2 Cup   2 mg
 <b>Cashews</b> 1 oz   2 mg	 <b>Beef</b> 3 oz   2 mg
 <b>Whole Wheat Bread</b> 1 slice   1 mg	 <b>Chicken or Turkey</b> 3 oz   3 mg
 <b>Egg, Hard-Boiled</b> 1 Egg   1 mg	 <b>Raisins</b> 1/4 Cup   1 mg

## IRON in PLANT FOODS

 <b>BROCCOLI</b>	 <b>PUMPKIN SEEDS</b>	 <b>BOK CHOY</b>	 <b>FIGS</b>	 <b>SPROUTS</b>
 <b>KALE</b>	 <b>HEMP SEEDS</b>	 <b>AVOCADO</b>	 <b>BANANAS</b>	 <b>ALMONDS</b>
 <b>GRAPES</b>	 <b>TOMATOES</b>	 <b>BRUSSELS SPROUTS</b>	 <b>PARSLEY</b>	 <b>BEETS</b>
 <b>SPINACH</b>	 <b>POTATOES</b>	 <b>GREEN PEAS</b>	 <b>SWISS CHARD</b>	 <b>CHIA SEEDS</b>
 <b>SUNFLOWER SEEDS</b>	 <b>APRICOTS</b>	 <b>COLLARDS</b>	 <b>COCONUT MEAT</b>	 <b>PINE NUTS</b>



# ALL ABOUT ANTI-INFLAMMATORY DIET

- ▶ Top 10 Principles of an Anti-Inflammatory Diet
  - ▶ Consume at least 25 grams of fiber daily
    - ▶ Eating foods high in fiber helps reduce inflammation by supplying naturally occurring anti-inflammatory phytonutrients found in fruits, vegetables and other whole foods.
  - ▶ Eat at least 7 servings of vegetables and 2 servings of fruit
  - ▶ Eat 4 servings of Alliums and Crucifers Weekly
    - ▶ Alliums include garlic, scallions, onions and leeks, while crucifers refer to vegetables such as broccoli, cabbage, cauliflower, mustard greens and Brussels sprouts. Alliums and crucifers contain powerful antioxidant properties
    - ▶ Research shows that garlic, for instance, contains sulfur compounds (including allicin) that have anti-inflammatory properties. In onions, a compound called quercetin helps quell swelling

## ALL ABOUT ANTI-INFLAMMATORY DIET

- ▶ Top 10 Principles of an Anti-Inflammatory Diet
  - ▶ Consume Omega-3 Fatty Acids (Fish, Flax seed, walnuts)
    - ▶ Research shows that omega-3 fatty acids reduce inflammation and may help lower the risk of chronic diseases such as heart disease, cancer and arthritis—conditions that often have a high-inflammation process at their root
  - ▶ Swap in unsaturated fats
    - ▶ A study in The American Journal of Clinical Nutrition found that people who ate more nuts weekly had lower inflammatory biomarkers
  - ▶ Cook with Herbs and Spices
    - ▶ Many herbs and spices are known for their anti-inflammatory properties. These include chili peppers, cloves, cinnamon, turmeric, ginger, rosemary, sage and thyme.

## ALL ABOUT ANTI-INFLAMMATORY DIET

- ▶ Top 10 Principles of an Anti-Inflammatory Diet
  - ▶ Limit Hyperpalatables
    - ▶ This includes any food that contains high-fructose corn syrup or is high in sodium—both of which contribute to inflammation throughout the body.
  - ▶ Limit Saturated Fats
    - ▶ Several studies have shown that saturated fats create fat tissue inflammation that can contribute to heart disease and exacerbate overall inflammation
  - ▶ Cut out Trans Fats
    - ▶ Studies show that people who eat foods high in trans fats have higher levels of C-reactive protein, a biomarker for inflammation in the body
  - ▶ Steer Clear of Personal Inflammatory triggers
    - ▶ Gluten, Lactose, Alcohol



# ALL ABOUT ANTI-INFLAMMATORY DIET

## ▶ Anti-Inflammatory Superfoods

- ▶ Berries
- ▶ Cacao
- ▶ citrus fruits
- ▶ Ginger
- ▶ grass-fed meat
- ▶ green leafy vegetables
- ▶ green tea
- ▶ wild-caught fish

## BREAKFAST IDEAS

- ▶ Egg Scrambles
  - ▶ Great way to incorporate veggies
  - ▶ Can be a base for breakfast skillet, breakfast quesadillas, or breakfast burritos
  - ▶ Can include cottage cheese to pump up the protein
  - ▶ Can be made ahead
- ▶ Protein Waffles
  - ▶ Kodiak cakes makes a great mix as well as frozen waffles
- ▶ Overnight Oats
  - ▶ Great way to get in fruits and protein that isn't eggs
- ▶ Chia Pudding

# BREAKFAST IDEAS

## Slammin' Salmon Sandwich Recipe

Serving: 1

### Ingredients

- ▶ 1/2 package 3 oz Chicken of the Sea Smoked Salmon
- ▶ 2 Tablespoon of cream cheese
- ▶ Capers (Optional)
- ▶ Toppings for your sandwich (Arugula, Red onion, Tomato)
- ▶ Any bread for your sandwich (bagel, English muffin, tortilla)

### Instructions

- ▶ Place the salmon and cream cheese in a bowl and mix well. (I have found using whipped cream cheese found it easier to mix). Mix in capers if you are using capers.
- ▶ Top your salmon and cream cheese mixture on your sandwich bread & top with your favorite ingredients

# COLLAGEN POWDER VERSUS PROTEIN POWDER

## ▶ Collagen Powder

- ▶ Collagen Powder contains 19 amino acids, however the one missing is tryptophan, one of the essential 9 amino acids that make up a complete protein. So by definition, collagen is not a complete protein
- ▶ Benefits of taking collagen powder: stronger bones, skin elasticity and hydration, thicker hair, healthier nails, reduced osteoarthritis pain, and Increased muscle mass

## ▶ Protein Powder

- ▶ Protein powder is a popular nutritional supplement. Protein is an essential macronutrient that helps build muscle, repair tissue, and make enzymes and hormones. There are many different types of protein powder, including dairy-based and plant-based powders
- ▶ Benefits of taking protein powder: Weight management, muscle growth, recovery after exercise, added nutrition

# TYPES OF PROTEIN

- ▶ **Whey:** This water-soluble milk protein is popular among athletes. It is a complete protein, meaning that it contains all of the amino acids that the human body requires from food. The body absorbs whey protein quickly and easily.
- ▶ **Casein:** This type of protein is rich in glutamine, an amino acid that may speed up muscle recovery after exercise. Casein comes from dairy, making it unsuitable for vegans and people with milk allergies. The body digests this protein more slowly, so it may be best to take it at night.
- ▶ **Soy:** Soy protein is an excellent alternative to whey or casein for people who do not consume dairy. It also contains all the essential amino acids.
- ▶ **Pea:** Many plant-based protein powders contain pea protein, which is a high-quality alternative to soy- and dairy-based proteins. Pea protein is a good source of the amino acid arginine.
- ▶ **Hemp:** Hemp seeds are complete proteins that also contain essential fatty acids. This makes hemp an excellent choice for vegans with soy allergy