



Nutrition

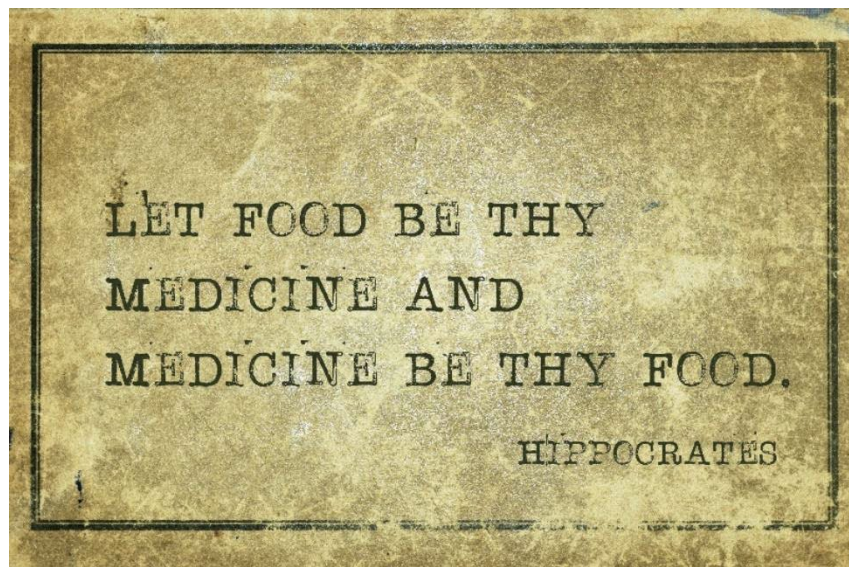
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WELLBEING

Reyné O'Shaughnessy

Nutrition

Learning Objectives

1. Explain what cellular health is
2. Explain how nutrition affects brain energy
3. Describe the impact of inflammation on your body
4. Understand why “junk” food is called “junk”
5. Explain how to read food labels
6. Describe the impact of artificial sweeteners and their effects on your mind and body



What Is Cellular Health?

Every cell in your body contributes to your overall, holistic health. Think of your cells as your body's blueprint, it's your roadmap to overall health. Hands down, the healthier your cells are, the healthier your body and mind are.

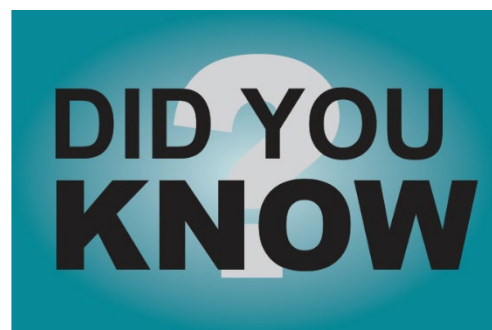


6 Factors That Impact Cellular Health

- Sunlight
- Vitamins and minerals you consume
- Genetic predispositions for certain conditions
- Age
- Inflammation throughout your body
- What you eat

Inflammation in the Gut

According to Merriam-Webster dictionary: Inflammation refers to **“your body's process of fighting against things that harm it, like infections, injuries, and toxins, in an attempt to heal itself.”**



Inflammation within your gut can cause a host of unwanted **health symptoms**, from **mental health** to **chronic constipation and fatigue** to **irregular periods**. A few changes to your diet and lifestyle, however, might just be the key to helping you improve your gut health and control these symptoms.

Exposure to potentially harmful chemicals on a daily basis is virtually unavoidable. The majority of the 85,000 chemicals registered for production under the U.S. Toxic Substances Control Act (TSCA) were grandfathered in with little or no health and safety testing.¹ Medical conditions linked to toxic chemicals include obesity, metabolic syndrome, diabetes, cardiovascular disease, Alzheimer's and Parkinson's, cancers, and multisystem complaints such as fibromyalgia and multiple chemical sensitivities.²

Ten categories of toxic chemicals are known to be especially prevalent, persistent, and detrimental to human and environmental health:

1. heavy metals: lead (Pb), mercury (Hg), arsenic (As), cadmium (Cd), aluminum (Al)
2. polycyclic aromatic hydrocarbons (PAHs)
3. plastics (phthalates)
4. phenols, particularly bisphenol A (BPA)
5. organochloride pesticides (OCs)
6. organophosphate pesticides (OPs)
7. polychlorinated dibenzo-dioxin & furan (dioxins)
8. polychlorinated biphenyls (PCBs)
9. polybrominated diphenyl ethers (PBDEs)
10. polyfluorinated compounds (PFCs)

Reducing Dietary Exposures

1. Choose organic and low-fat or no-fat animal products such as dairy, eggs, meats (PAHs, OCs, OPs, dioxins, PCBs, PBDEs).
2. Choose cooking methods that are low-char and that allow animal fats to drip away, such as steaming (PAHs, OCs, OPs, dioxins, PCBs, PBDEs).
3. Consult local wildlife agencies before eating freshwater fish (PCBs, dioxins, PBDEs).
4. Never eat farmed salmon (PCBs), avoid eating larger carnivorous fish (Hg, PBDEs, PCBs) and use the Environmental Working Group (EWG) Good Seafood Guide.³
5. Use glass, ceramic, or stainless steel containers for heating and storing hot food (phthalates).
6. Avoid plastic water bottles, travel mugs and bladder-style hydration reservoirs and do not wash plastic food or beverage containers under high heat (phthalates).
7. Avoid using vinyl cling wrap and only buy canned foods that are BPA-free (BPA).
8. Avoid high-fructose corn syrup and rice syrup (As) and processed foods containing BHT, BHA, benzoate, sulfites, and artificial colorings and sweeteners.
9. Choose local, seasonal, and organic produce whenever possible. Wash all fruits and vegetables using mild additive-free soap and clean water (OCs, OPs).
10. Choose organic versions of the EWG "Dirty Dozen" list of high-pesticide produce (OCs, OPs).⁴

Reducing Home & Office Exposures

1. Consult the EWG Drinking Water Database⁵ and consider testing your water supply. Use a NSF-certified water filter if indicated (Pb, As, Cd, trihalomethane, atrazine, benzene, etc.).
2. Clear water that has been standing overnight out of plumbing lines in your home or office by flushing the toilet or letting the tap run for several minutes before pouring out tap water for consumption (Pb, other metals).
3. Filter shower water (chlorine, OCs), and avoid using new vinyl shower curtains (phthalates).
4. Filter air in your bedroom and office using filters, ionizers or plants⁶ (airborne toxins).
5. Cover or replace older foam furniture and consider removing old carpets and padding (PBDEs).
6. Remove shoes you've worn outside when entering your home (OPs).
7. Clean up broken thermometers and fluorescent bulbs with gentle sweeping and wiping up with gloves and disposable materials. Do not vacuum (Hg).
8. Choose fragrance- and solvent-free detergents and cleaning agents (phthalates) and consult the EWG Guide to Healthy Cleaning.⁷
9. Avoid non-stick pots and pans and do not buy stain-resistant clothing, carpet or furniture (PCBs).
10. Avoid products made with particleboard or medium-density fiberboard (formaldehyde, solvents).
11. Remove or paint over older pressure-treated wood (As). Use low- or no-VOC (volatile organic compound) paints, glues, sealants, etc. in new construction (solvents).⁸
12. With new construction, consider "baking" out noxious fumes by vacating (people, plants and animals) and setting the house heat at maximum for 24-hour cycles followed by ventilation and rechecking for fumes (solvents and other toxic chemicals).

Reducing Health Care & Personal Care Exposures

1. For general wellness: Stay well hydrated and consume alcohol in moderation, if at all.
2. Avoid acetaminophen for pain relief (especially after alcohol), and avoid taking multiple over-the-counter and prescription drugs simultaneously.
3. Stop smoking and avoid second-hand smoke (Cd, PAHs).
4. Inquire about preservatives in flu shots and vaccines and chose ones without Thimerisol (Hg).
5. Choose unscented, fragrance-free personal care products (phthalates), avoid antiperspirants and antacids (Al), and use the EWG Cosmetics Database.⁹
6. Choose composite over metallic dental fillings and be sure that your dentist follows all of the recommended IAOMT¹⁰ procedures when removing silver fillings (Hg).
7. Avoid having two different metals (e.g., mercury and gold) in your mouth; this can create low-voltage electric currents, which accelerates metal degradation.

Reducing Work & Hobby Exposures

1. Identify your exposures by consulting MSDS data sheets for all chemicals you use (various toxins).
2. Wear and maintain all appropriate personal protective equipment and keep any work clothes that may have toxins on them separate from your home (various toxins).

References

1. U.S. Environmental Protection Agency: <http://www.epa.gov/oppt/existingchemicals/pubs/tscainventory/basic.html>
2. Sears ME, Genius SJ. J Environ Public Health. 2012;2012:356798 <http://dx.doi.org/10.1155/2012/356798>
3. Environmental Working Group: www.ewg.org/research/ewgs-good-seafood-guide
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6. Claudio L. Environ Health Perspect. 2011 Oct; 119(10): a426-a427. <http://ehp.niehs.nih.gov/119-a426/>
7. Environmental Working Group: <http://www.ewg.org/guides/cleaners>
8. U.S. Green Building Council's Green Home Guide: <http://greenhomeguide.com/>
9. Environmental Working Group: <http://www.ewg.org/skindeep/>
10. International Academy of Oral Medicine and Toxicology: <http://iaomt.org/safe-removal-amalgam-fillings/>



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Toxin Exposure Questionnaire

Name _____

Date _____

Please check the best response for each of the following questions. Your provider will discuss your answers with you.

FOOD & WATER	YES	SOMETIMES	IN THE PAST	NO
1. Do you consume conventionally-farmed (non-organic) or genetically-modified fruits and vegetables?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you consume conventionally-raised (non-organic) animal products (i.e., meat, poultry, dairy, eggs)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you consume canned or farmed fish and seafood?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you consume processed foods (i.e., foods with added artificial colors, flavors, preservatives, or sweeteners), deep-fried, or fast foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you drink water from a well, spring, or cistern, or from plumbing pipes or fixtures installed before 1986?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you drink sodas, juices, or other beverages with natural or refined sweeteners (i.e., high-fructose corn syrup, cane sugar, agave nectar, Stevia, undiluted fruit juice, etc.) or artificial sweeteners (i.e., NutraSweet/Equal/aspartame, Sweet 'N Low/saccharine, Splenda/sucralose, Sunett/Sweet One/acesulfame K, neotame)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HOME & WORK ENVIRONMENT	YES	SOMETIMES	IN THE PAST	NO
1. Do you live in an apartment or home built before 1978, or in a mobile home, boat, or RV?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Does your home or workplace contain new construction materials or furniture (i.e., paint, laminate flooring, particle board, new carpeting, bedding, furniture, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Does your home or workplace show signs of mold or water damage (i.e., cracking paint, ceiling leaks, decaying insulation or foam, visible mold, or damp windows, basement, or crawlspaces, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Are you exposed to toxic substances (i.e., treated lumber, lead paint, paint chips or dust, broken mercury thermometers or fluorescent bulbs, etc.) at home or work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Are you exposed to conventional cleaning chemicals, disinfectants, hand sanitizers, air fresheners, scented candles, or other scented products at home or work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you live or work near an industrial pollution source (i.e., highway, factory, incinerator, gas station, power plant, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you live or work near a source of electromagnetic radiation (i.e., cell phone tower, high-voltage power lines, or other known source)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you live or work in an agricultural area or another type of area where you are exposed to herbicides, pesticides, or fungicides?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you have wood-burning, propane, or gas stoves or appliances at home or work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you live or work in a sealed building with recirculated air?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TRAVEL & RECREATION	YES	SOMETIMES	IN THE PAST	NO
1. Do you frequent parks, golf courses, or other outdoor or recreational areas treated with herbicides, pesticides, or fungicides?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you travel by air?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you run or bike to work along busy streets?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you get sick while camping, hiking, or traveling (foreign or domestic)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Are you exposed to toxic chemicals as a result of a hobby (i.e., paints, photo-developing chemicals, epoxy adhesives, glues, varnishes, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MEDICAL & PERSONAL CARE	YES	SOMETIMES	IN THE PAST	NO
1. Are you sensitive to personal care products like lotions, moisturizers, toners, shampoos, conditioners, shaving creams, and soaps?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Are you sensitive to smoke, perfumes, fragrances, cleaning products, gasoline, or other fumes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you smoke, or are you often exposed to second-hand smoke?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you have a history of heavy use of alcohol, or recreational or prescription drugs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have any unusual reactions to anesthesia or to prescription or over-the-counter medications?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have root canals, extracted teeth, "silver" fillings, crowns, dental sealants, dentures, retainers, aligning trays, braces, mouth guards, dental implants, etc.?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you have food reactions, sensitivities, or intolerances? Do you have environmental allergies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you have any artificial materials in your body (implants, pins, joints, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you lead a high-stress lifestyle, or have you experienced a stressful or traumatic event?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

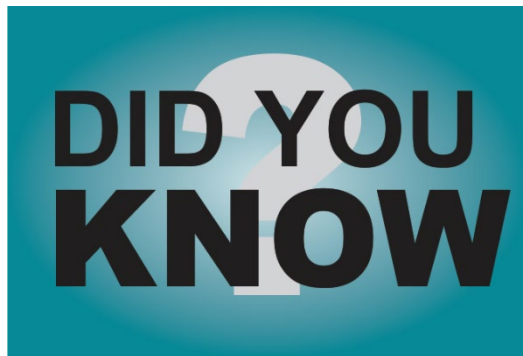
Note: For more information on the questions included here, please see the [Toxin Exposure Questionnaire—Bibliography](#) in IFM's Clinical Practice Toolkit.



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6 Tips to Reduce Inflammation in the Body

- Load up on anti-inflammatory foods
- Cut back or eliminate inflammatory foods
- Control blood sugar
- Make time to exercise
- Lose weight
- Manage stress



Red Meat, Processed Foods, and Sugar are all considered inflammatory foods



The Better Nutrition

Eat A Rainbow Evaluation

What can eating a better Rainbow of fruits and vegetables do for you? Lead you to your pot of gold – the better health results you crave – of course! That's right, your body wants and needs a variety of colors, from real food, daily. Different colors indicate the different super powers found in plants.

- Red foods help promote healthy hearts, skin, and reduce risk of certain cancers.
- Orange and Yellow foods promote healthy vision, help build and repair healthy skin - both external and internal (digestive & urinary tracts, airways etc)...
- Green foods promote hormone and digestive balance, support detoxification, healthy vision, and reduce risk of certain cancers.
- Blue and Purple foods promote cognitive, oral and heart health, reduce risk of certain cancers.
- White and brown foods promote liver, gastrointestinal health, and help reduce risk of certain cancers.



Let's assess your nutrition.
How often do you eat a Rainbow?

Section A:

What colors are you eating (includes liquids, soups, purees)?

Daily Weekly Don't Recall

Do you eat Red - Raspberries, cranberries, strawberries, red cherries, red grapes, pomegranates, red apples, red plums, rhubarb, pink grapefruit, watermelon, guava, tomatoes, red peppers, radishes, radicchio, red pears, red onions cayenne, chili, red pepper flakes?

Do you eat Orange & Yellow - Apricots, lemons, cantaloupe, mangoes, nectarines, peaches, papaya, oranges, tangerines/mandarin oranges, grapefruit, pineapple, passion fruit, carrots, swede (rutabaga), sweet potatoes, butternut squash, pumpkin, yellow and orange peppers, turmeric, saffron, paprika?

Do you eat Green - Arugula, asparagus, avocado, spinach, leafy greens, limes, lettuce, watercress, cucumber, broccoli, Brussels sprouts, celery, cabbage, bok choy, zucchini, green beans, peas, sugar snap peas, cucumbers, green pepper, okra, spring onions, leeks, green apples and grapes, kiwi fruit, basil, oregano, mint, rosemary, thyme, parsley, cilantro?

Do you eat Blue & Purple - Blackberries, blueberries, black/purple grapes, beetroot, blackcurrants, purple plums, elderberry, acai, figs, prunes, raisins, red cabbage, purple corn, purple potatoes, purple and black olives, eggplant?

Do you eat White & Brown - bananas, shallots, turnip, parsnips, Jerusalem artichoke, garlic, cauliflower, onions, potatoes, mushrooms, ginger, cinnamon, cardamom?

Outside of Halloween & Easter, do you take in colors from non-food sources like those used in candy, cereals, beverages, dressings, flavor drops & powders for water?

How much of them are you eating daily?

(1 serving = ~1/2c raw/1c cooked non-starchy veggies; fruit (you eat the skin): small fist/1 c berries/ 1/4 c dried; starchy veggies & fruits (do not eat skin): 1/2 (banana/potato) 1/2 c (pineapple, melons, pumpkin, corn, peas, beets); herbs & spices: good sized pinch / dash / 1/4 tsp dried)

< 1 Serving

1 Serving

> 1 Serving

How many servings of red - tomatoes, peppers, beets, cherries?

How many servings of orange - sweet potato, carrots, oranges?

How many servings of yellow - corn, yellow peppers, pineapple?

How many servings of green - broccoli, kale, spinach, peas?

How many servings of blue & purple - eggplant, blue potatoes, blueberries?

How many servings of white & brown - cauliflower, onions, potatoes, mushrooms?

Most days do you eat your fruits & vegetables as:

Fruit	Yes	No	Vegetables	Yes	No
Ready to eat / "fresh" fruit			Ready to eat / "fresh"		
Dried or dehydrated			Dried or dehydrated		
Frozen			Frozen		
Canned			Canned		
Juiced			Juiced		
Blended			Blended		
Baked			Baked or roasted		
Organic			Sauteed		
Non-GMO			Steamed		
			Boiled		
			Microwaved		
			Organic		
			Non-GMO		



Section B:

Tell us a little about yourself

Yes

No

Did you grow up with a smoker, are you an ex-smoker, or currently smoking cigarettes?

Do you relax with a glass (or more) of wine, a cocktail(s) or beer(s) most nights?

Are you feeling a little (or maybe a lot) stressed at home or work?

Are you living with chronic health issues/disease (heart/digestive/joint/pain)?

Are you spending time somewhere indoors (office, factory, airplane) or outdoors where you aren't in control of the air quality?

Have you had any treatments or surgery, or are you taking medications?

Are your current health goals focused on a better immune system?

Are you taking supplements of nutrients found in fruits and vegetables, like a multivitamin?

The Better Nutrition Eat A Rainbow Evaluation

NOTES:



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DID YOU KNOW

What causes junk food and processed food cravings

- **Artificial Sweeteners**
- **Energy Drinks:** Energy drinks are designed to stimulate the brain and nervous system, shocking the body into alertness. These types of drinks significantly affect your brain, your heart, blood pressure, and heart rhythm. Long term use may also affect the body's capability to metabolize properly, including negatively affecting your cholesterol, blood sugars, and weight.





Sweeteners at a Glance

If you find yourself confused by the many different types of sweeteners included in processed foods, you're not alone. Many processed foods contain multiple forms of sweeteners, which makes it difficult to determine just how much sugar the food contains.

When possible, opt for foods that are naturally sugar-free, or foods that contain only natural sweeteners. The chart below lists the different names and types of artificial sweeteners, sugar alcohols, caloric sweeteners, and natural sweeteners. Use this list to help you make smart decisions about how much added sugar you consume on a daily basis.

Artificial Sweeteners	Sugar Alcohols	Caloric Sweeteners and Sugars	Natural Sweeteners
Acesulfame-K (Sunett®, Sweet One®, Swiss Sweet®) Advantame Aspartame (Equal®, Natra Taste®, NutraSweet®) Neotame (Newtame®) Saccharin (Sweet'N Low®, Sugar Twin®, Necta Sweet®) Stevia* (PureVia®, Rebiana®, Splenda Naturals®, Truvia®) Sucralose (Splenda®) Tagatose (Nutralatose®)	Erythritol Hydrogenated starch hydrolysate Isomalt Lactitol Maltitol Mannitol Sorbitol Xylitol	Barbados sugar Barley malt Beet sugar Brown sugar Buttered syrup Cane sugar (syrup, crystals, juice, etc.) Caramel Confectioner's sugar Corn syrup (high fructose, solids, etc.) Crystalline fructose Demerara sugar Dextran Dextrose Diastatic malt Diatase Florida crystals Fructose Galactose Glucose Golden sugar (syrup, etc.) Icing sugar Invert sugar Malt syrup Maltodextrin Maltose Muscovado Raw sugar Rice syrup Sucrose Treacle Turbinado sugar Yellow sugar	Agave nectar Date sugar Fruit juice concentrate Honey Maple syrup Molasses Sorghum syrup Stevia*

*See the section titled "A Note about Stevia" on the next page.

Food manufacturers began developing artificial sweeteners and marketing them as healthy alternatives to refined sugar as early as 1880. These types of sweeteners became increasingly popular in the 1960s, and are still widely used today. The FDA endorses the safety of artificial sweeteners, but there is a lack of high quality, evidence-based research on humans to encourage their use.

Are Artificial Sweeteners Safe?

One of the main concerns about artificial sweeteners is their potential to cause harm in the body. Some have been linked to attention-deficit disorders, birth defects, diabetes, digestive upset, headaches, inflammatory bowel disease (IBD), seizures, and some forms of cancer. For this reason, consumption of artificial sweeteners is not recommended for children or pregnant women.

Another concern about artificial sweeteners is how they affect the body and brain's ability to gauge how much has been eaten. Providing sweetness without calories confuses the body's normal digestive processes. This can lead to intense food cravings, overeating, storage of extra calories as fat, and metabolic diseases and disorders.

For best health, it is recommended that only minimal amounts of sugars, natural sweeteners, and artificial sweeteners be consumed regularly. A balanced diet rich in whole foods and minimal inclusion of processed foods and additives is preferred.

A Note about Stevia

Stevia is marketed as a natural, no-calorie alternative sweetener. It is made from the plant *Stevia rebaudiana*, but packaged stevia and other sweeteners made with stevia aren't always 100% natural. To make it shelf stable, some brands include additives and fillers that can cause adverse reactions to food. To be sure you are choosing the most pure, natural form of stevia, choose brands with only one ingredient: organic stevia leaves.

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Understanding Food Labels

Understanding food labels makes it easier to stay on track with your health and nutrition goals, but the information found on food labels can be confusing. This handout walks you through how to read food labels along with general recommendations.

This section of a food label contains information about the amount of food in the package. Labels indicate two things: the number of servings in the entire package, and the average serving size. Serving sizes are shown in two measurements: standard (cups) and metric (grams). In this example, the package contains 8 servings of food. One serving is equal to $\frac{2}{3}$ cup, or 55 grams.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories: This section contains information about the number of calories in one serving of this food. Calories are units of energy generated by the food. In this label example, the entire package of food contains 1,840 calories (230 calories multiplied by 8 servings).

Under Total Fat, two sections are listed:

- **Saturated Fat:** For heart health, limit saturated fats to 7-10% of your total daily calories, which is about 12-15 grams of saturated fat per day.
- **Trans Fat:** Because of their negative effect on heart health, avoid trans fats. A food label can list the trans fat content as zero if amount contained in one serving is less than 0.5 grams. To be sure a food is free of trans fat, look at the ingredient list. Trans fats are often listed as “partially-hydrogenated” fats or oils.

Under Total Carbohydrate, three sections are listed:

- **Dietary Fiber:** Fiber is a healthy carbohydrate that isn’t absorbed by the body. Aim to eat at least 25 grams fiber each day for women or 38 grams for men.
- **Total Sugars:** This includes both naturally occurring and added sugars.
- **Added Sugars:** This is the amount of sugar the food manufacturer has added to the food. Limit added sugars to no more than 24 grams per day for women or 35 grams per day for men.

Select vitamins and minerals are also listed. For all nutrients, the Percent Daily Value (DV) is shown on the right side of the label. DVs are an percentage of how much that nutrient contributes to a day’s worth of food. All DVs are based on a diet of 2,000 calories per day, however individual calorie needs vary. You may require more or less calories than this amount.

Decoding Ingredient Lists

In the ingredients list of a food label, ingredients are listed in order of largest to smallest amounts. This means that the ingredient that weighs the most is listed first, and the ingredients that weigh the least are listed last.

The ingredient list is particularly important if you have food allergies or sensitivities, as many packaged foods can have hidden sources of common allergens. The eight most common food allergens include eggs, milk, peanuts, tree nuts, fish, shellfish, wheat (gluten), and soy. These ingredients, and any ingredients derived from them, are required by U.S. law to be listed on all food labels. While they will be listed in the ingredients, they may also appear in a statement immediately after the list (e.g., “Contains wheat, milk, and soy”).

Allergen-free packaged foods may still contain trace amounts if they are made on shared equipment. Some manufacturers include advisory statements on their products if they are made in a facility that also processes a major food allergen (e.g., “Packaged in a plant that also processes wheat”). Read the ingredient list thoroughly to prevent an accidental adverse food reaction. The list below provides examples of how these foods might be listed in ingredient lists.

- **Eggs:** albumin (or albumen), egg (dried, powdered, solids, white, yolk), eggnog, lysozyme, mayonnaise, meringue (meringue powder), ovalbumin, surimi
- **Fish:** fish meal, fish oil, fish sauce, surimi, specific species of fish (e.g., bass, cod, flounder, etc.)
- **Milk:** buttermilk solids, casein, caseinate, galactose, hydrolysate, lactate, lactose, milk (dried, malted, powdered, solids, etc.), quark, rennet, whey
- **Peanuts:** arachic oil, beer nuts, cold-pressed, extruded or expelled peanut oil, earth nuts, hydrolyzed peanut protein, mixed nuts, Nu nuts, nut pieces, nutmeat, peanut (butter, flour, paste, sauce, etc.)
- **Shellfish:** barnacle, fish stock, seafood flavoring, surimi, specific type of crustacean shellfish (e.g., crab, crawfish, krill, lobster, prawns, or shrimp)
- **Soy:** bean curd, edamame, hydrolyzed soy protein, kinako, miso, natto, okara, soy (albumin, concentrate, fiber, grits, milk, miso, nuts, sauce, flour, etc.), soybeans, soy lecithin, tamari, tempeh, textured vegetable protein, tofu
- **Tree Nuts:** artificial flavoring, nut butters, nut meal, nutmeat, nut oil, nut pieces, any ingredient made with a specific type of tree nut (e.g., almond, cashew, pecan, walnut, etc.)
- **Wheat (gluten):** dextrin, maltodextrin, modified food starch, textured vegetable protein, specific strains of wheat (e.g., durum wheat, club wheat, spelt, semolina, Einkorn, emmer, kamut, and triticale. Note that “wheat-free” does not mean “gluten-free,” as “wheat-free” products may contain barley, rye, or oats. If you are sensitive to gluten, be sure to avoid products containing barley, rye, and oats.

What About Sugar?

Some packaged foods that are made almost entirely of sugar may not list the first ingredient as sugar, which can be misleading. In some cases, many different types of sugar are included in one product. Each of those types of sugar is listed separately according to its weight, but when added together, they could make up the majority of the food product. This is why it is important to check food labels for the total amount of sugar per serving.



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Breaking Habit, New Pathways

- Small behavior changes that have a big impact.
- Reduce or eliminate junk food, processed food, sugary foods, from your diet.

9 Ways to Curb Junk Food Cravings

- Practice mindful eating
- Avoid eating while watching TV or in the car
- Use an air fryer
- Implement a reward system
- Drink lots of water
- Get a good night's sleep
- Manage stress
- Plan your meals
- Avoid getting extremely hungry

Eat to Mitigate Stress

- Eat protein for breakfast
- Drink water
- Choose healthy snacks
- Eat smaller meals
- Reduce or eliminate sugar
- Dine with community
- Be mindful with alcohol



Mindful Eating Exercise

Mindful eating is an ongoing practice, but it starts with three simple steps.

1. Become aware of the physical characteristics of food. Make each bite a mindful bite. Think of your mouth as being a magnifying glass, able to zoom in. Imagine magnifying each bite 100%. Pay close attention to your senses. Use your tongue to feel the texture of your food and to gauge the temperature. Take a whiff of the aroma. Ask yourself, *“How does it really taste? What does it feel like in my mouth? Is this something I really want? Does it satisfy my taste buds? Is my mind truly present when I take a bite so that I experience it fully?”*
2. Become aware of repetitive habits and the process of eating. Notice how you eat. Fast? Slow? Do you put your fork down between bites? Are you stuck in any mindless habits, such as eating a snack at the same time each day, multi-tasking while you eat, or eating the same foods over and over again? Ask yourself the following questions: *“Do I have any ingrained habits concerning how I snack? When I pick up my fork, what stands in the way of eating wisely?”*
3. Become aware of mindless eating triggers. Look for specific cues that prompt you to start and stop eating. Is your kitchen a hot spot for snacking? Do feelings such as stress, discomfort, or boredom lead to a food binge? Do judgmental thoughts like “I’m an idiot!” trigger mindless eating?
4. Become an expert on the emotions that trigger you to eat when you aren’t physically hungry. When you know your triggers, you can anticipate and respond to them. Ask yourself, *“What am I feeling right before I mindlessly snack? Is my environment or emotional state helping or hurting my efforts to eat wisely? Are the people surrounding me helping or hurting my efforts?”*

My Health Choice

Circle your choice below.



Be Involved in Your Health Care



Be Safe



Eat Wisely



Be Physically Active



Strive for a Healthy Weight -



Limit Alcohol



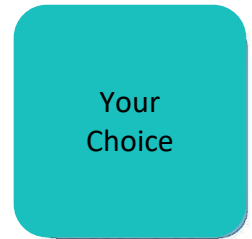
Be Tobacco Free



Get Recommended Screening Tests & Immunizations -



Manage Stress -



Your Choice

My goal for the next week is: *(Set a SMART goal — Specific, Measurable, Action-oriented, Realistic, Timetable to complete. Example: I will walk at least 3 times this week for 15 minutes each, after I get home) from work.)*

Things that might get in my way: *(Examples: weather, pain, time)*

What I can do to overcome these things: *(Examples: exercise indoors, walk with a friend)*

I believe that I can reach my goal: *(Rate how confident you feel.)*

1 2 3 4 5 6 7 8 9 10
 Not at All Somewhat Very
 Confident Confident Confident

Complete and update your plan every week. Use the charts below to track your progress.

My Progress Report		For week beginning:	
		Goal:	
Day of Week	Action Taken	Comments (how I felt, challenges, success)	
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

My Progress Report		For week beginning:	
		Goal:	
Day of Week	Action Taken	Comments (how I felt, challenges, success)	
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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