

HOW TO MAKE FOOD CHOICES FOR A BETTER YOU

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kitchenonfire.com / oceanviewnutrition.com

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NOURISHMENT IS ESSENTIAL

...a few simple changes can go a
long way to improve your health

OBJECTIVES

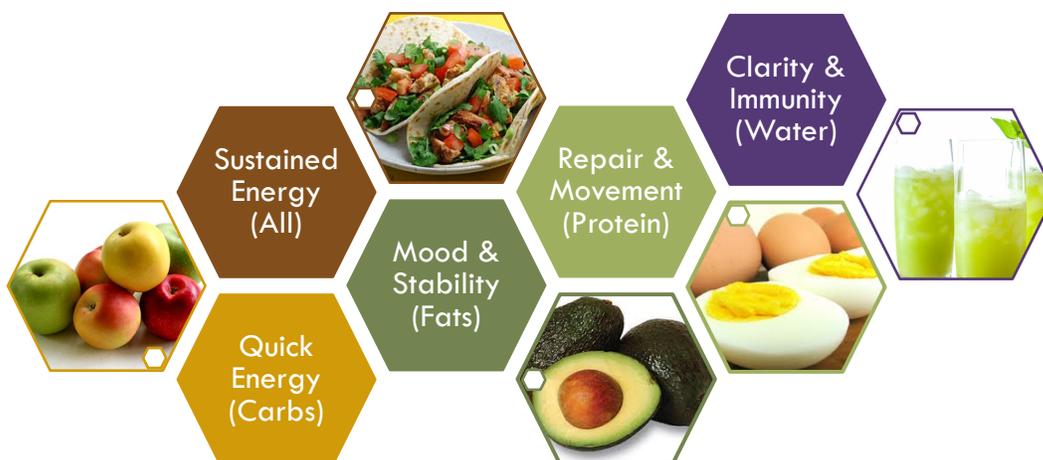
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- Understanding of nutrients and hydration
- Determine your body's needs
- Creating and achieving your wellness goals

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HOW DO FOOD CHOICES IMPACT YOUR DAY?

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UNDERSTANDING NUTRIENTS

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- Nutrients provide nourishment essential for growth and the maintenance of life
- Essential nutrients have to be consumed
- Food quality corresponds to the nutrient content and your body's response to the food
- Food colors indicate the phytonutrients inside
- Satiety indicates the absorption of nutrients

Seasonal,
Local &
Organic

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PROTEIN

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Growth
Tissue repair
Movement
Energy



15-20 grams
per meal
(half for a snack)

Combine
vegetarian and
animal based
sources



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FATS

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Store energy

Make hormones

Transport vitamins

Balance Mood

Building blocks for all cell membranes

3-4 servings/day:
1 Tbsp oil or
2-4 Tbsp seeds



Source: <http://www.dhvanishah.com>



Buy good quality and treat it well when cooking

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CARBOHYDRATES

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Essential and quick source of energy

Regulate protein and fat metabolism



5-8 servings/day

Vary colors and types (crunchy, leafy, starchy & fruits)

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HYDRATION

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Strength
Clarity
Immunity
Nutrient
movement
Blood
Fluidity
pH Balance



Base of 64 ounces
of fluids a day ($\frac{1}{2}$
cup/waking hour)

www.psytreasure.com

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IMPORTANCE OF HYDRATION

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Are you thirsty?

- Energy starts to fade with minor dehydration
- The body often mistakes thirsty as hunger or the need for caffeine
- Hydrate with water, tea, broth, and foods

Create a fool-proof hydration plan

1. Before breakfast
2. Every hour or so throughout the day
3. Away from meals

Watch-outs:
Upon waking
& 3pm

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KICK START YOUR DAY

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- Eat within 1 hour of awakening
- Starter ideas:
 - Eggs
 - Yogurt/Kefir
 - Wrap
 - Smoothie
 - Oatmeal
 - Cheese



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FINDING THE RIGHT PLAN FOR YOU

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Consider your needs throughout the day (clarity, stamina, stress relief)

Evaluate your current diet (how it makes you feel and why)

Think about manageable improvement areas

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DIET/ACTIVITY JOURNAL

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Meal / Time	Food	Drink	Meds / Supp.	How did you feel?	Bowel Movement	Exercise	Sleep (hours)
Breakfast 8am	1 cup org steel-cut oats cooked ½ cup org milk 2 Tbsp org raw walnuts 2 Tbsp raw hemp seeds ½ banana	12oz water w lemon before meal 8oz coffee w meal	1 tsp apple cider vinegar in water 1 Probiotic	Before: starving / a little jittery / weak After: energized / ready for the day	Yes: 30 minutes after waking		7 hours used three drops of herb tonic before bed
Snack(s) 10am	4 small org carrots with homemade hummus (¼ cup) 4 sesame crackers	8 oz water during exercise and 8 oz broth following snack		Ate after exercise Before: hungry and stressed After: calmer / felt a little too full		1 hour walk in the hills / heart rate raised	
Lunch							
Snack(s)							
Dinner							
Before Bed							

Directions: Indicate portion size, org/non, supplement brands/quantities, mood/energy

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CREATE YOUR OWN SUCCESS

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- ❑ Consider manageable lifestyle changes
- ❑ Set 3 realistic goals and milestones
- ❑ Monitor your progress – journal or tracker
- ❑ Check-in with yourself – set calendar reminders
- ❑ Recalibrate for continued progress
- ❑ Celebrate Successes!

Your body will thank you!

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WRAP UP / QUESTIONS?

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□ About Kitchen on Fire:

- Cooking School for the Home Chef
- In Berkeley's Gourmet Ghetto and North Oakland for 10+ years
- Owned by Chef Olivier Said (founder) & Lisa Miller
- Hands-on Classes, Team Building, Private Events, Catering, Nutrition Education

**Presentation and supplemental information available at:
kitchenonfire.com/food-choices-for-a-better-you**

Bringing people together through Cooking • Nutrition • Community Outreach