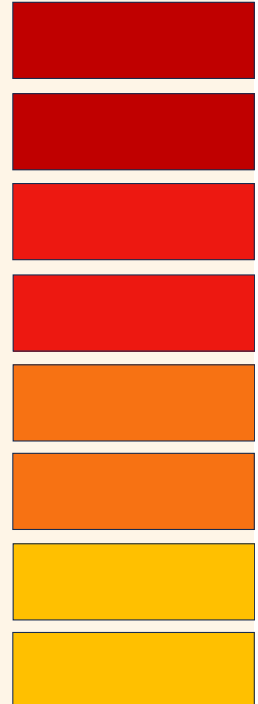


Wellness Journey: Pillars of Well-being

Personalized Nutrition: Your Body, Your Plan

Lisa Michelle Miller BS, NC
Nutrition Consultant, certified
Ocean View Nutrition – Nutrition Consulting
Kitchen on Fire – Cooking School

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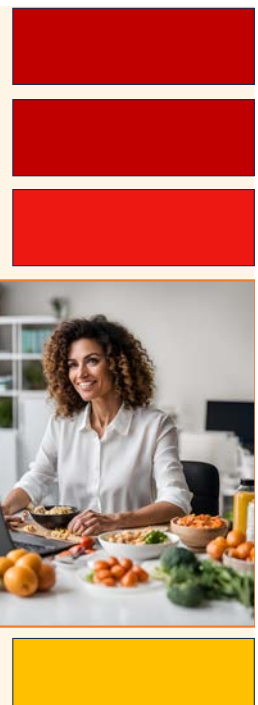
Wellness Journey: Pillars of Well-being

As we wrap up the year, we want to share some insights about the importance of addressing your health on a personal level.

Understanding why our nutritional needs can be fundamentally different, while giving us some focus areas for long-term nutritional support. Targeted strategies center on key risk factors to enhance motivation, adherence and optimize health outcomes!



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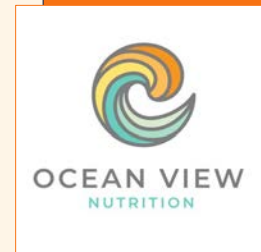


Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes
Corporate events
Individual consulting
Virtual & In-Person

- **BUY** seasonal, local, organic and GMO free when possible
- **COOK** using healthy cooking techniques
- **EAT** a variety of whole foods including herbs and spices
- **SHARE** and enjoy meals with friends and family
- **AWARENESS** of allergies and sensitivities



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Objectives for Today – Personalized Wellness!

1. Understand genetics and metabolism
2. Changing needs by age
3. Nutrients and hormones
4. How lifestyle plays a role
5. SMART Goals – a personalized plan!



Chef Olive will demonstrate a meal designed for reducing inflammation with plenty of flavor for everyone at your dinner table: Wild Cod with Sweet Potato Puree, Mushrooms and Arugula, Coriander, Cilantro and Ginger

BONUS: Attendees will be entered into a raffle for a prize!

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*Let's catch up with
Chef Olive! He's at
the farmer's market
next to our Berkeley
kitchen*

Quick question:
Is white a color in
the vegetable world?
(answer in chat)



What is Personalized Nutrition?

Defined

A revolutionary approach that specifies dietary recommendations to individual needs, moving beyond the "one-size-fits-all" model of nutrition.

Benefits

- Improved health outcomes through targeted nutritional strategies
- Prevention of chronic diseases by addressing individual risk factors
- Enhanced motivation and dietary adherence
- Optimized performance and recovery for athletes

Key Factors

- Genetic Profile
- Age and Life Stage
- Sex and Gender
- Activities Level and Lifestyle

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Nutrition Across the Lifespan: Needs by Age

1 Children

- High Calorie
- Specific Nutrients for Growth
- Brain Development

2 Teens

- High calorie during growth spurts
- Higher iron needs for females
- Bone building: calcium, mg, K

3 Adults

- Maintenance & disease prevention
- Healthy Fats and Fiber
- Antioxidants for healthy cells

4 Elderly

- Increased Protein
- Bone health: B12, D, calcium
- Hydration & fiber for digestion

Nutritional needs evolve throughout life, requiring different approaches at each stage for optimal health and development.

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Sex and Gender Differences in Nutrition

Key Nutritional Differences

Nutrient	Female Needs	Male Needs
Iron	Higher (esp. menstruating)	Lower
Calcium	Higher for bone health	Moderate
Protein	~0.8-1.6g/kg body weight	~1.2-2.0g/kg body weight
Calories	Generally lower	Generally higher

Body Composition Effects

- ♀ Females store more subcutaneous fat and have higher essential fat %
- ♂ Males have more muscle mass and store more visceral fat

Hormonal Influences

Estrogen affects appetite regulation and fat storage patterns in females

Testosterone promotes muscle protein synthesis and higher caloric needs in males



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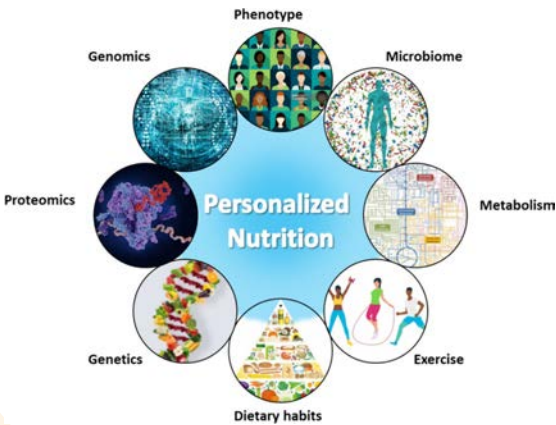
Genetics and Body Chemistry: The Cutting Edge

Nutrigenomics: DNA & Nutrition

- Lactose Intolerance
- Your genes can affect how you metabolize certain nutrients
- DNA variations influence disease risk and nutritional requirements
- Genetic testing can identify specific dietary needs and sensitivities

Common Genetic Variations

- Lactose Intolerance
- Affects folate metabolism and needs
- Influences lipid metabolism and cardiovascular health
- Microbiome: Gut bacteria affects nutrient absorption and health



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Activity Level and Metabolic Considerations

Activity-Based Nutritional Needs

Activity Level	Energy Needs	Focus Areas
Athletes/ Very Active	↑↑↑	Higher carbs, protein, hydration
Moderately Active	↑↑	Balanced macros, timing
Lightly Active	↑	Nutrient density, portion control
Sedentary	↓	Nutrient density, limiting calories

Key Considerations

Timing: Pre/during/post workout nutrition

Metabolic Rate: Affects total energy needs

Exercise Type: Endurance vs. strength training needs

Hydration: Increased with activity level



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Raffle Prize!

Traditional Cast Cookware:

This pan is pre-seasoned and ready to use!
A timeless add to your kitchen!

Appropriate for all cooking surfaces:

Electric Stovetop Compatible, Gas Stovetop
Compatible, Induction Stovetop Compatible



Set SMART goals to appreciate cultural diversity

Invest in yourself from the inside out!

- ✓ 1 goal to consider your nutritional needs based on your activity level
- ✓ 1 goal to listen to your body and track how you feel for one week before and after meals

These are just ideas ... create **PERSONALIZED** goals 😊

Sign up
today!

1:1 Nutrition Sessions
December 11th & 12th
6 spots remaining

Specific
Measurable
take Action
be Realistic
Time-oriented

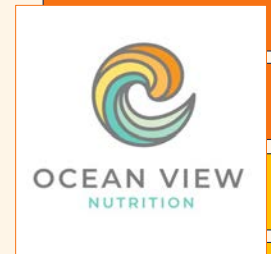


About us

- Kitchen on Fire Cooking School
 - For the Home Chef in Berkeley & Oakland since 2005
 - Owned by Chef Olivier Said (founder) & Lisa Miller
 - Hands-on Cooking Classes, Events: In-Person and Virtual
 - Nutrition Education, Corporate Wellness, Individual Consulting
 - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
 - Owner & Nutrition Consultant, certified
 - Consultations, Classes & Presentations
 - lisa@oceanviewnutrition.com



Link to today's presentation,
demo info and more
[https://www.kitchenonfire.com/
assetmark-the-pillars-of-well-
being](https://www.kitchenonfire.com/assetmark-the-pillars-of-well-being)



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