

Nutritional Workshop - Just the Facts

“Those who think they have no time for healthy eating will sooner or later have to find time for illness.”

Trans fats have a "half-life" of 52 days. This means that 1/2 of that donut eaten today will still be in your body 52 days later

Trans fats are liquid vegetable oils that have had hydrogen gas pumped through it to make them solid.

What Hydrogenated and Partially Hydrogenated Oils Do to Your Health

Trans fats:

- * Block the process of converting healthy fats and fatty acid pre-cursors to usable fatty acids.
- * Increase LDL cholesterol (“bad”)
- * Decrease HDL cholesterol (“good”)
- * Creates Fat imbalances that cause inflammation
- * Increases insulin levels in the blood
- * Contribute to Gut problems

Butter is the most saturated of all the animal fats.

It also contains the most cholesterol of all animal fat - more than twice that of beef fat! For cardiovascular health, conventional wisdom suggests minimizing consumption of butterfat, especially in the form of butter, cream, and high-fat cheeses.

On the other hand, recent evidence suggests that natural forms of saturated fat and dietary cholesterol may not be as problematic as was once thought

The larger culprit in raising coronary disease risk now appears to be refined and processed carbohydrates such as sugars and white flour.

Fat Isn't Making Us Fat. After decades of hearing that the problem is our high-fat diets, we're now getting a new message: What's driving the obesity epidemic is overindulgence in high-glycemic load carbohydrates (think sugar-sweetened cereals, donuts, white bread and pastries).

Sugar – Healthy Choices

Lucuma Powder is made from whole Peruvian lucuma fruit that has been dried at low temperatures and milled into a fine powder. This low-glycemic sweetener contains many nutrients including beta-carotene, iron, zinc, vitamin B3, calcium and protein. Yellow lucuma powder has a unique, maple-like taste that's a delight in a variety of recipes.

Raw, Organic Mesquite Pod Meal is a nutritious condiment ground from the bean pods of the mesquite tree. This aromatic powder or meal can be used as a sweetener or flavor enhancer for your raw food and other culinary creations. Use it in salads, flax crackers, raw pies and frozen desserts. Add it to soups, sauces, pastas, vegetables, pie crusts, or sprinkle on desserts such as fruit compotes or frozen smoothies. The entire mesquite pod is ground, including the protein-rich seed. This produces a meal that is highly nutritious as well as flavorful. The meal ground from the pod contains 11 to 17 percent protein. A high lysine content makes it the perfect addition to crackers and dehydrated foods often low in this amino acid. Mesquite pod meal is rich in calcium, magnesium, potassium, iron, zinc, protein, and lysine. It has a pleasantly sweet molasses-like flavor with a hint of caramel. Traditionally, the pod flour or meal was made into a porridge.

Artificial Sweeteners

When reading a label it's often hard to decipher what all of the "ingredients" are. If you're like me, you steer clear of artificial sweeteners. However, there are so many different artificial sweetener names that it's hard to recognize them. Here's a list of 10 artificial sweetener names you might find on a label.

Names of Artificial Sweeteners:

- Acesulfame K
- Aspartame
- Hydrogenated Starch Hydrolysates
- Mannitol
- Neotame (new - NutraSweet 13,000 times sweeter than table sugar)
- Polydextrose
- Saccharin
- Sorbitol
- Sucralose (Splenda)
- Tagatose

Anything with "ose" or "tol" at the end is an artificial sweetener (yes, including xylitol, which is actually a sugar alcohol).

Are GMOs Making You Fat?

- 90 day study found rats fed GM foods got fatter.
- Research from the nonprofit Organic Center has found that nutrient levels in modern crops are anywhere from 10 to 25% lower than they were 50 years ago.
- As nutrient levels go down, we have to eat more to get the recommended levels of nutrients we need.
- Glyphosate sets off a chain reaction which is known to have antibiotic effects, killing off good bacteria in our gut.

- There is a disruption in production of essential amino acids, including tryptophan, the precursor to serotonin, a brain chemical that helps regulate appetite, satiety, and insulin levels.

Top 10 Most Common GMO Foods

- Soy
- Corn
- Canola Oil
- Cotton
- Milk
- Sugar
- Aspartame
- Zucchini
- Yellow Squash
- Papaya

Know Your Produce Labels

- **Genetically Modified** – 5 digit code starting with 8
- **Organic** – 5 digit code starting with 9
- **Conventionally Grown** – 4 digit code starting with 3-4

A Calorie is a Calorie. Or is it?

Calories – Energy

- Carbohydrates = 4 Calories per gram.
- Protein = 4 Calories per gram.
- Fat = 9 Calories per gram.

Back to “Real Food”

What is Real Food?

- Real food comes from nature.
- It nourishes our body and minds.
- It is picked fresh and enjoyed.
- It is full of vitamins and minerals.
- It supports vibrant health.
- Real food heals.
- It looks beautiful, smells great and tastes delicious.
- It is picked fresh and enjoyed seasonally.
- Real food rots.
- It is something you prioritize and prepare.
- It is something for which you give thanks and something to savor.