

The background is a solid light green color with a pattern of faint, white-outlined hexagons of varying sizes scattered across it.

# **Welcome!**

# **Healthy Lifestyle Small Group**

**DG SDA Personal Ministries**

**Nothing more powerful than  
community in helping  
people change...**

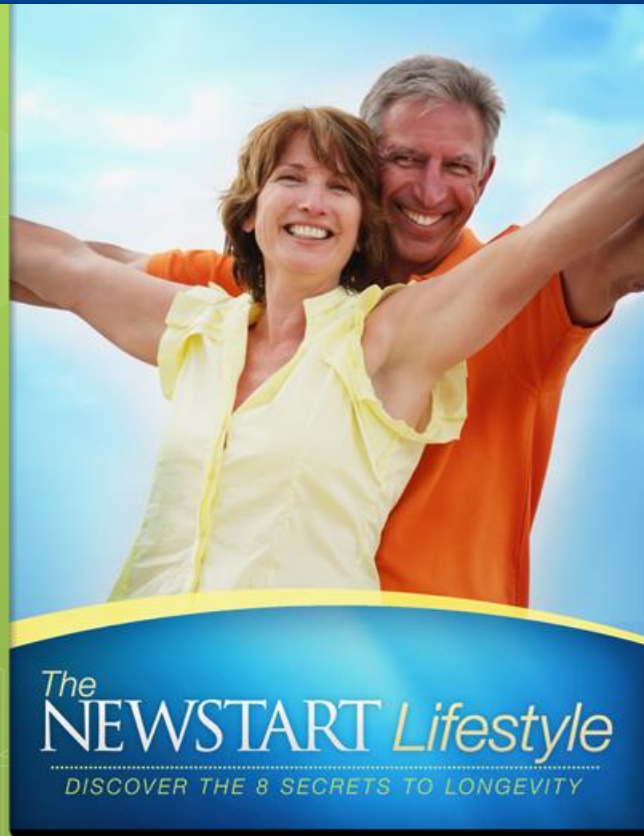
**Let's get better together!**

## **April**

- **Small Group Introduction**
  - Faith-based, Science-based Healthy Lifestyle small group
- **Scope – Healthy Lifestyle**
  - Healthy Eating
  - Healthy Thinking
  - Healthy Relationships
  - Healthy Activity
- **Today**
  - Video: Dr. Neil Nedley — NewStart Nutrition
  - Video: Colleen Patrick-Goudreau — Debunking Vegan Myths
  - Demonstrations: Nut and Grain Milks
  - Tasting: Healthy vegetarian appetizers, nut milks
- **Future**
  - May: A Calorie is not a Calorie, Unhealthy Foods: Three Foods to Avoid, Demonstrations and tasting: Green Juicing and Smoothies
  - June: Whole Grains, Making whole grain breads, dinner loafs
  - July: Health Expo
  - August: Fitness
  - September: Lifestyle Matters: Food for Thought
  - The Daniel Plan

# NEW START

Nutrition Exercise Water Sunlight  
Temperance Air Rest Trust God



DISCOVER THE 8 SECRETS TO LONGEVITY

## The Eight Laws of Health: *NEWSTART*

- ***Nutrition***
- Exercise
- Water
- Sunlight
- Temperance
- Air
- Rest
- Trust

**Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."**

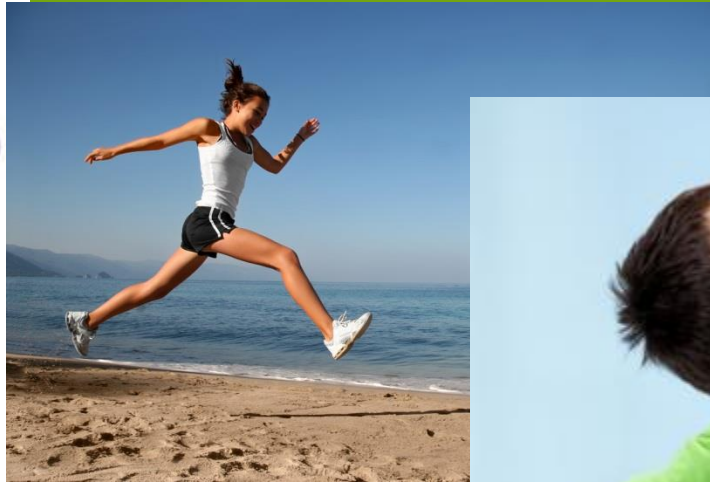






## Vegan and Vegetarian Nutrition – *Seven Significant Benefits*

- Heart Health
- Bone and Teeth Strength
- Energy
- Brain Health
- Weight Control
- General well-being
- Compassion and Environmentally Sound





## Daniel 1: *The First Nutrition Health Study*

The king assigned them a daily amount of food and wine from the king's table. They were to be trained for three years, and after that they were to enter the king's service...

...But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way...

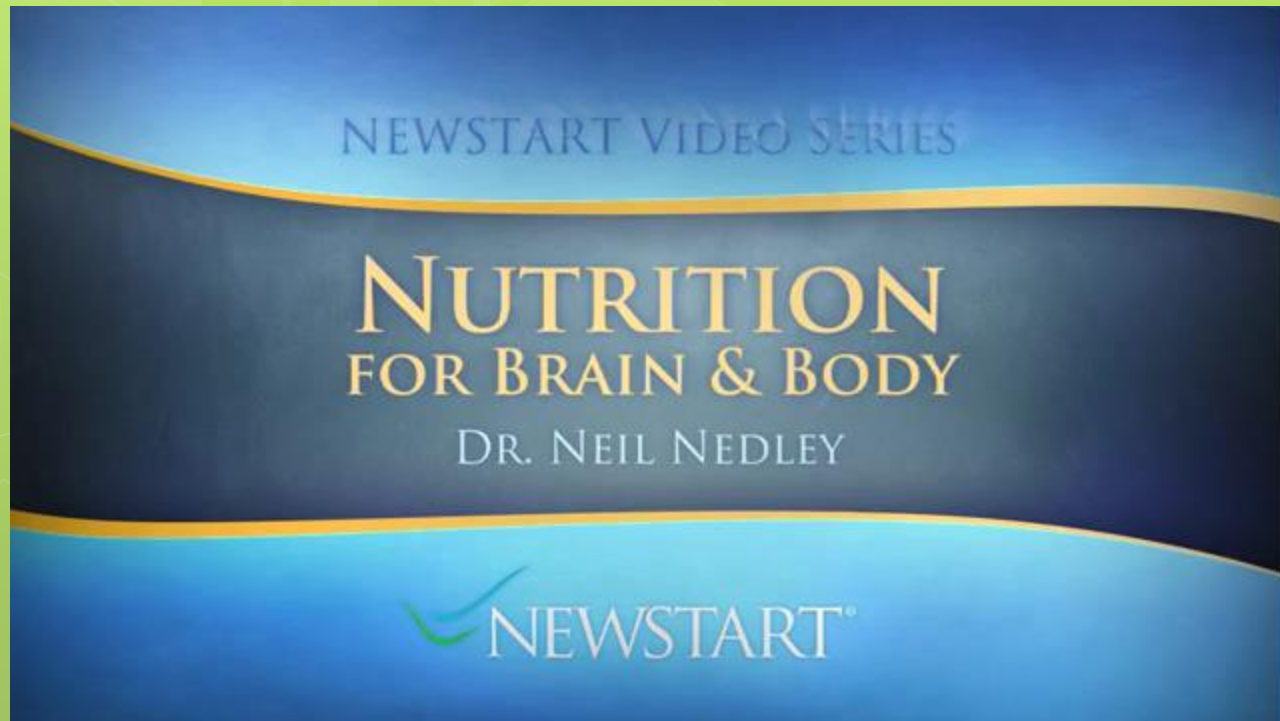
...Daniel then said to the guard, Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then *compare* our appearance with that of the young men who eat the royal food...So he agreed to this and tested them for ten days...

...At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food...

...At the end of the time set by the king to bring them into his service, the chief official presented them to Nebuchadnezzar. In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom.

## Science Today...

- The American Dietetic Association has finally conceded that a vegetarian diet can supply all the necessary dietary ingredients to maintain health.
- The prestigious Mayo Clinic endorses a plant-based diet.
- More and more researchers, physicians and nutritionists are beginning to echo the same; Go plant-based!
- Eating a wide variety of fruits, vegetables, grains, and nuts will prevent disease and cause existing disease to disappear, largely through anti-inflammatory properties.
- A plant-based diet assures one of getting the most antioxidants, fiber, vitamins, and minerals with the least amount of calories.



[Click Image to View Video](#)

## Colleen Patrick-Goudreau



[Click Image to View Video](#)

# **Debrief - Discuss**

# Healthy Eating: *Go to the Source*





## Cravings — *Does our Body Crave Meat?*

- Humans crave fat, salt, familiarity...
- Emotional connection or reaction to something familiar to us...
- Sensory, touch, smell, mouth feel, texture
- We are taught that animal products are the apex
- Think about what the craving is, and meet the craving with vegetable-based foods
- What can we not give up? Cheese, Bacon, Hamburgers
- We do nothing because we think we have to do everything...



## No Time — *Anyone Can Spare Ten Minutes!*

- If we have time to...we have time to prepare food!
- Get in the kitchen!
- Tips: Buy pre-chopped, prepare ahead of time and store in plastic containers, make it a family activity,...



## Demonstrate – Nut Milks

- Cashew
- Almond
- Oat
- Rice



## Taste and Share

- Nut milks
- Healthy Appetizers

## The Future: *May Meeting*

- A calorie is not a calorie
- What x calories looks like
- Foods to avoid when trying to lose weight
- Demonstrate: Juicing and smoothies
- Taste and share: Juices, smoothies, healthy vegetarian recipes