

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...**

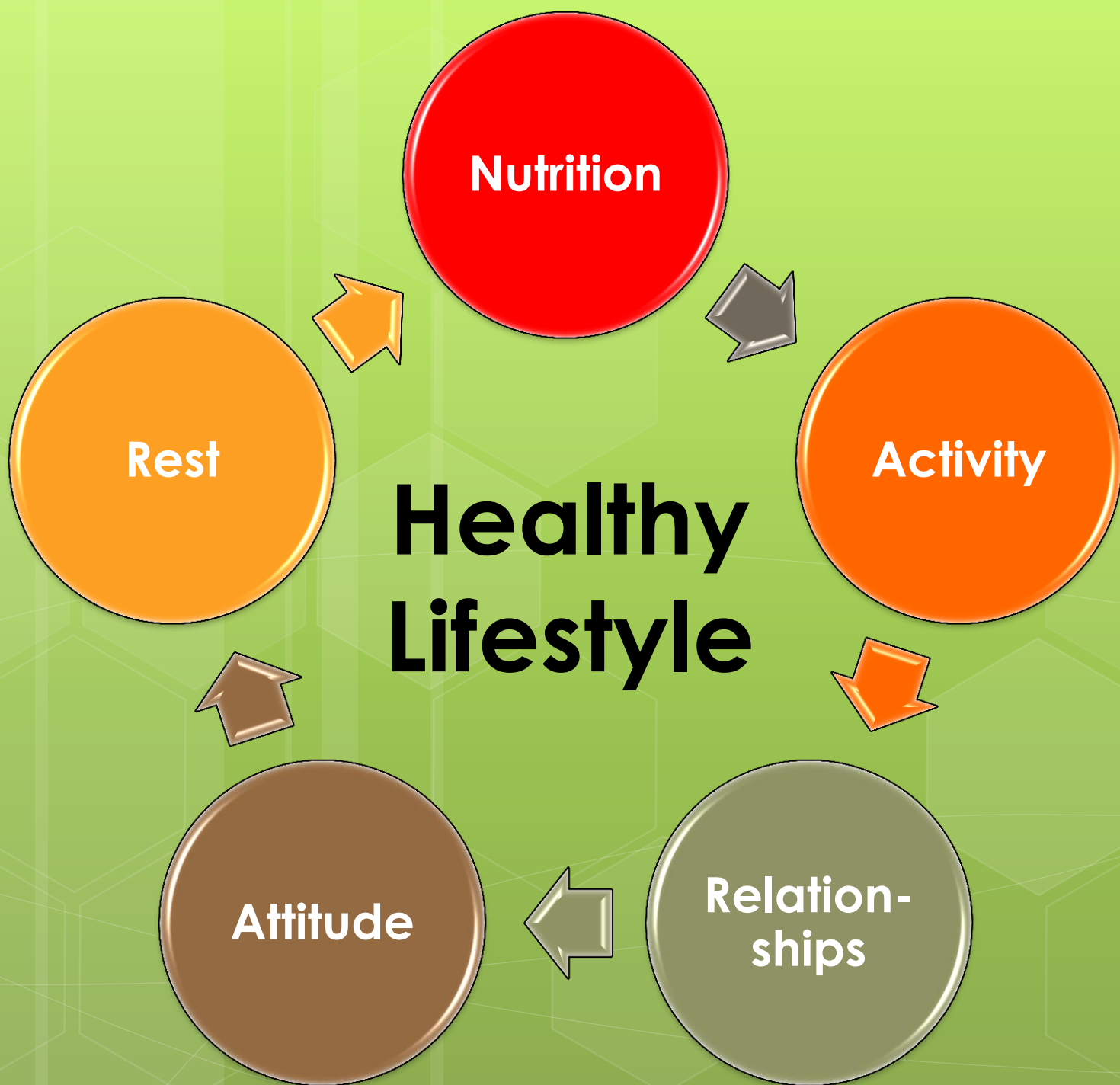
Let's get better together!

Agenda

- Faith-based, Science-based Healthy Lifestyle small group
- Today
 - Nutrition: What we need and where to get it!
 - Video: Dr. Neil Nedley — NewStart Nutrition
 - Video: Proof in the Pudding (PBS SDA Health)
 - Demonstrations: Green Smoothies
 - Tasting: Smoothies, Breakfast items
- Future
 - June: Calories, Calorie is not a Calorie, Unhealthy Foods: Three Foods to Avoid, Green juicing, Summer Cooking
 - July: Weight Loss
 - August: Fitness
 - September: Lifestyle Matters: Food for Thought
 - The Daniel Plan

<http://www.thewoodshop.20m.com/Health>

The Secret to Health



The Eight Laws of Health

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

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NEW START

Nutrition Exercise Water Sunlight
Temperance Air Rest Trust God

**"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."**

— God

SDA General Conference

We believe God calls us to care for our bodies, treating them with the respect a divine creation deserves. Gluttony and excess, even of something good, can be detrimental to our health.

Adventists believe the key to wellness lies in a life of balance and temperance. Nature creates a wealth of good things that lead to vibrant health. Pure water, fresh air and sunlight—when used appropriately—promote clean, healthy lives.

Exercise and avoidance of harmful substances such as tobacco, alcohol and mind-altering substances lead to clear minds and wise choices.

A well-balanced vegetarian diet that avoids the consumption of meat coupled with intake of legumes, whole grains, nuts, fruits and vegetables, along with a source of vitamin B12, will promote vigorous health.

Because of this, Adventists choose to praise God with joyful living.

SDA General Conference

With respect to diet, the Adventist church advocates a lacto-ovo vegetarian diet as being the most healthful.

This includes the generous use of fresh fruits, vegetables, wholegrain breads & cereals, legumes and nuts.

In addition, low fat varieties of milk and dairy products are preferred and it is suggested that eggs and other foods high in cholesterol & saturated fat be limited to less than 3 per week

Position Statement on the Vegetarian Dietary Lifestyle, General Conference Nutrition Council, 1995.

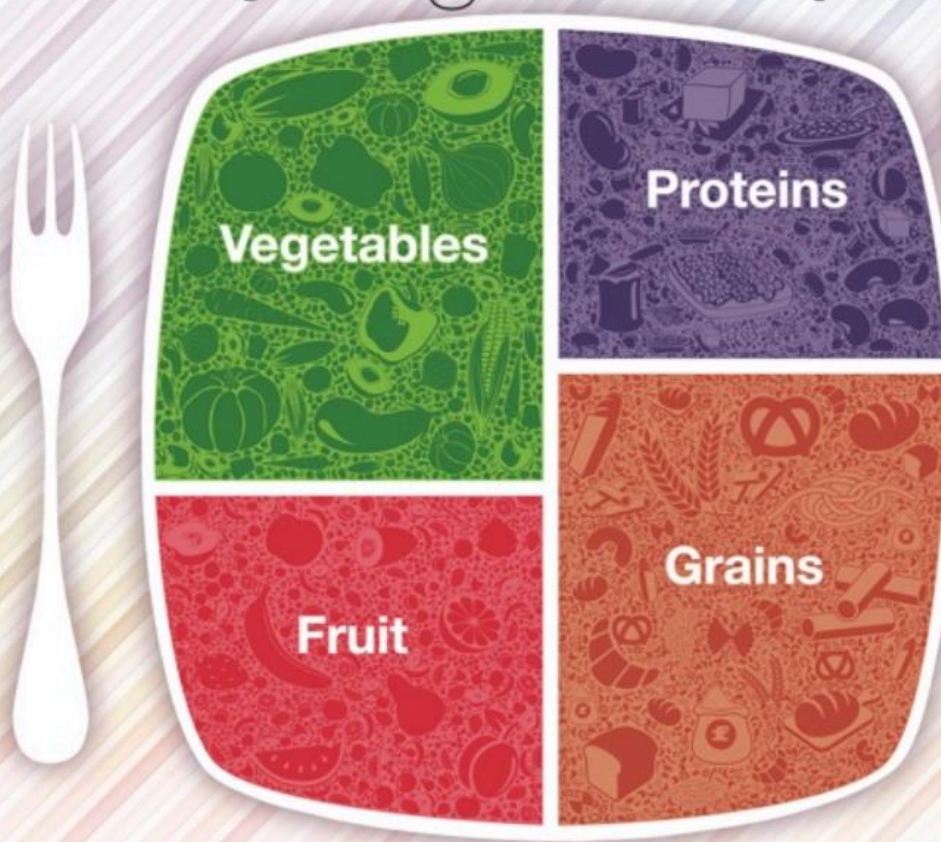
Nutrition: What is it?

- Protein
- Carbohydrates
- Fats
- Vitamins and Minerals
- Antioxidants
- Water
- Calories in Food
 - Fat 1 gram = 9 calories
 - Carbohydrates 1 gram = 4 calories
 - Protein 1 gram = 4 calories
 - Alcohol 1 gram = 7 calories
 - Water = 0 calories



This is
nutrition!

my Vegetarian plate



Keep Moving:

10,000 steps daily for fitness; or walk 60-90 minutes for weight loss.



Think Your Drink:

Give priority to water instead of soda, alcohol, or sugary fruit drinks; 5-8 glasses of water daily.



Vary the Vegetables

2½ cups daily

Choose More: Vary the type, color and taste; eat a rainbow of colors such as asparagus, broccoli, kale, squash, carrots, tomato, turnip, potato, and onion.

Limit: French fries, breaded and fried vegetables.

Feature the Fruits

2 cups daily

Choose More: Add more colors to the rainbow: berries, figs, plums, grapes, citrus, melons, pomegranate, apricot, mango, pear, peach, and pineapple.

Limit: Sweetened juices, fruit pies and tarts with added sugar.

Protect with Proteins

6½ ounces daily

Choose More: All types of lentils, nuts, peas, seeds, many kinds of beans and meat alternates from soy and/or grains and eggs.

Limit: High fat and salty foods like highly seasoned entrées, meat analogs and deep fried foods.

Go whole Grains

6 ounces daily

Choose More: Whole grains such as barley, brown rice, bulgur, oatmeal, millet, popcorn, quinoa, wheat, and yellow corn.

Limit: Processed grains, white pasta and rice, refined crackers, cereals and pastries.

Calcium-rich Dairy & Equivalents

3 cups daily

Choose More: Low fat milk, yogurt, ricotta cheese, and other fresh cheeses. Fortified soy or plant equivalent beverages, yogurt, and cheeses.

Limit: Whole-fat dairy such as milk, ice cream, cheese and cream.

Nutrition: Where to Get it?

Protein

Leafy greens, green peas, chick peas, hemp, nuts and nut butter, soy (tofu, tempeh, soy milk, edamame), quinoa, lentils, beans, grains, and seeds (chia, sesame, sunflower).

Calcium

Leafy greens (kale, spinach), broccoli, soy (tofu), sesame seeds, figs, oranges, Brazil nuts, chickpeas, almonds.

Potassium

Potatoes, Bananas, raisins, oranges, apricots, avocados, dates, cantaloupe, watermelon, prunes, broccoli, spinach, carrots, winter squash, peas, lentils, dried beans, peanuts

Phosphorus

Nearly all foods contain some amount of phosphorus. Seeds, beans and nuts are good sources.

Vitamin D

Comes from getting about 15 minutes of sunlight a day. If you're worried, take a supplement. After all, since 1933, U.S. milk is supplemented to include Vitamin D!

Vitamin B12

People used to get B12 from eating unwashed vegetables. Take a supplement.

Iron

Lentils, leafy greens, legumes, whole grains, molasses, tomato juice, and watermelon. Absorption increased when you eat an iron containing food with food containing vitamin C.

Nutrition: Where to Get it?

Vitamin A

Dark green and yellow vegetables and yellow fruits, such as broccoli spinach, turnip greens, carrots, squash, sweet potatoes, pumpkin, cantaloupe, and apricots.

Vitamin E

Vegetables, vegetable oil (soybean, corn, safflower, and cottonseed), wheat germ, wheat, leafy greens (mustard greens, Swiss chard, spinach, kale), nuts (almonds, peanuts), red bell peppers, broccoli, etc.

Vitamin C (Ascorbic acid)

Fresh vegetables and fruits, such as broccoli, green and red peppers, collard greens, Brussels sprouts, cauliflower, lemon, cabbage, pineapples, strawberries, citrus fruits.

Vitamin K

green leafy vegetables, spinach, turnip greens, kale, parsley, Brussels sprouts, broccoli, cauliflower, soybeans and soybean oil, cabbage, green tea, tomatoes.

Thiamin (B1)

Whole grains, oats, soybeans, peas, legumes, seeds, and nuts.

Riboflavin (B2)

Grains, broccoli, turnip greens, asparagus, spinach.

Niacin (B3)

Leafy green vegetables.

Nutrition: Where to Get it?

Nutrients Present in 100 —Calorie Portions of Selected Foods

	BROCCOLI	SIRLOIN	ROMAINE LETTUCE	KALE
Protein	11.2 g	5.4 g	11.6 g	9.46 g
Calcium	182 mg	2.4 mg	257 mg	455 mg
Iron	2.2 mg	.7 mg	7.9 mg	3.1 mg
Magnesium	71.4 mg	5 mg	43 mg	59 mg
Potassium	643 mg	5 mg	43 mg	59 mg
Fiber	10.7 g	0	12 g	6.7 g
Phytochemicals	very high	0	very high	very high
Antioxidants	very high	0	very high	very high
Folate	107 mcg	3 mcg	971 mcg	47 mcg
B ₂	.29 mg	.04 mg	.71 mg	.38 mg
Niacin	1.64 mg	1.1 mg	3.6 mg	2.2 mg
Zinc	1.1 mg	1.2 mg	1.8 mg	.59 mg
Vitamin C	143 mg	0	171 mg	83 mg
Vitamin A	6,757 IU	24 IU	18,571 IU	21,159 IU
Vitamin E	5 mg	0	3.2 mg	1 mg
Cholesterol	0	55 mg	0	0
Saturated fat	0	1.7 gm	0	0
Weight	357 g (12.6 oz)	24 g (.84 oz)	714 g 25.1 oz)	333 g (11.7 oz)

Source: Adams, C. 1986. *Handbook of the Nutritional Value of Foods in Common Units* (New York: Dover Publications).

Nutrition: Where to Get it?



The Disease Equation

Disease = Deficiency + Toxicity

**“Let food be thy medicine...”
—Hippocrates**



Nutrition: Antioxidants — Top 20 List

Antioxidants fight heart disease, cancer, and aging...

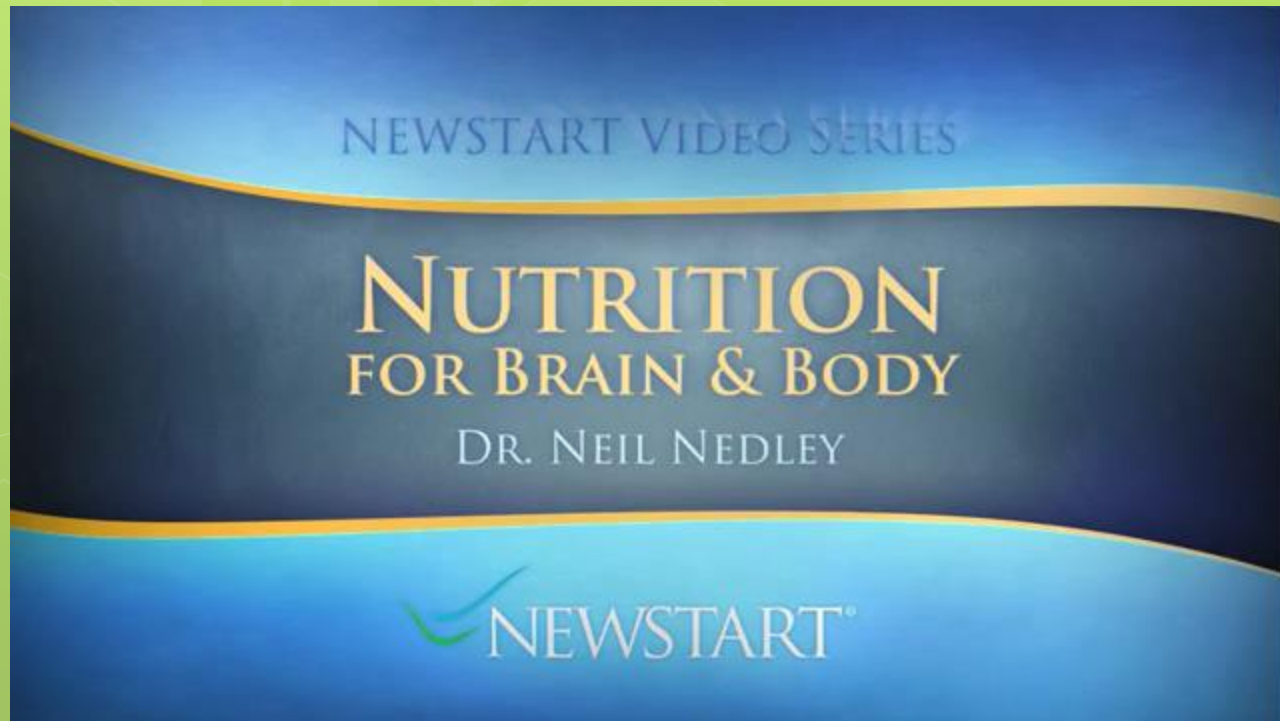
- Legumes-Beans (Small Red, Kidney, Pinto, Black)
- Berries (Blueberry, Blackberry, Cranberry, Raspberry, Strawberry, cherries)
- Leafy Greens and Artichokes (cooked)
- Prunes and dried fruits (i.e., raisins)
- Apples (Red Delicious, Granny Smith, Gala)
- Pecans (walnuts and almonds)
- Russet potatoes
- Plums
- Grapefruit
- Kiwi Fruit

The fact that we live in a toxic environment requires more antioxidants now than over a century ago. If you exercise regularly, you do increase the potential for oxidative stress, making consumption of antioxidants even more important.

—Paul Fassa

Nutrition: Antioxidants — Top 20 List

Rank	Food item	Serving size	Total antioxidant capacity per serving size
1	Small Red Bean (dried)	Half cup	13,727
2	Wild blueberry	1 cup	13,427
3	Red kidney bean (dried)	Half cup	13,259
4	Pinto bean	Half cup	11,864
5	Blueberry (cultivated)	1 cup	9,019
6	Cranberry	1 cup (whole)	8,983
7	Artichoke (cooked)	1 cup (hearts)	7,904
8	Blackberry	1 cup	7,701
9	Prune	Half cup	7,291
10	Raspberry	1 cup	6,058
11	Strawberry	1 cup	5,938
12	Red Delicious apple	1 whole	5,900
13	Granny Smith apple	1 whole	5,381
14	Pecan	1 ounce	5,095
15	Sweet cherry	1 cup	4,873
16	Black plum	1 whole	4,844
17	Russet potato (cooked)	1 whole	4,649
18	Black bean (dried)	Half cup	4,181
19	Plum	1 whole	4,118
20	Gala apple	1 whole	3,903



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Nutrition: The Takeaway!

STOP doing what makes us sick!

And

START doing what makes us well!

Demonstrate – Green Smoothies

- Water
- Leafy Greens and vegetables
- Fruit (berries, apple, banana, pear, pineapple, mango)
- Protein (powder, hemp, seeds, peas, nuts) (Optional!)



Meet and Eat

- Breakfast Items
- Treats

The Future: *June Meeting*

- Nutrition: Calories, Calorie is not a Calorie,
- Three Foods to avoid when trying to lose weight
- Demonstrate: Green Juicing
- Meet and Eat: Juices, Summer Cooking (BBQ, Desserts)

Links

May Meeting Links:

<http://www.thewoodshop.20m.com/Health>

<http://www.thewoodshop.20m.com/Health/Session2/>

<http://www.thewoodshop.20m.com/Health/Session2/session02.htm>

Misc. Links

- <http://authoritynutrition.com/top-10-nutrition-facts/>
- <http://www.drscottgraves.com/nutrition-response-testing/disease-toxicity-and-deficiency/>
- How to make a green smoothie: <http://www.youtube.com/watch?v=eXr8-jru1KE>
- PBS SDA Health Video: <http://video.pbs.org/video/2213969092/>
- <http://www.nutristrategy.com/nutritioninfo2.htm>
- <http://www.fitday.com/fitness-articles/nutrition/vitamins-minerals/>
- <http://www.nadhealthministries.org/article/105/resources/>
- <http://www.zoeharcombe.com/the-knowledge/1lb-does-not-equal-3500-calories/>