



Participant Guide

Eat Your Way to Better Health



Overview

The food we eat has a bigger impact on our health than almost any other factor. Yet, in today's environment of minimal time, super-sized portions, and conflicting reports about what is healthy and what isn't, many of us struggle to get the nutrients we need to thrive. This webinar takes the guesswork out of healthy eating. You'll learn about simple, sustainable strategies that can be incorporated into even the busiest lifestyles.

Agenda

- ✓ Tenets of optimal nutrition
- ✓ Strategies to help you thrive
- ✓ Healthy snacks and meal ideas
- ✓ Tools to make nutrition easy, inexpensive, and fun!

Seminar Length: 1 Hour

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- Tenets of Optimal Nutrition
- Strategies to Help You Thrive
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Back to Basics: Whole Foods

Healthiest foods we can eat

- Rich in phytonutrients, vitamins, minerals
- Help prevent/reverse chronic diseases (e.g., cancer, type 2 diabetes)
- Excellent source of fiber, healthy fats



Processed Foods

- High in calories, low in nutrients
- Increase risk of chronic disease
- Harmful additives
 - Preservatives, artificial flavoring
 - Partially hydrogenated oils (trans fats)
 - Sugar, sodium, food dyes



Green is Golden

- Leafy greens rich in antioxidants, vitamins
- Help prevent/reverse chronic disease
- High fiber...
 - Supports healthy elimination
 - Prevents blood sugar surges
 - Removes “bad” cholesterol
 - Promotes feeling satiated & helps avoids overeating



Eat a Rainbow!

- Vitamins & minerals essential for healthy development
- Multi-vitamins don't replace benefit of whole foods
- Colored whole foods have different vitamins & minerals
- Calcium & magnesium critical minerals
- Leafy greens contain the most vitamins & minerals

Darker the color, the higher in nutrients!



The Skinny on Fat

Trans Fat (partially hydrogenated oil)

- In baked goods, fried, packaged foods
- Boosts LDL, lowers HDL (“good”) cholesterol
- Increases risk for heart disease, stroke, diabetes & other chronic conditions
- Even tiny amounts are harmful



The Skinny on Fat

Saturated Fat

- Boosts LDL
- Increases risk for heart disease
- In animal products, coconut & palm oils



Unsaturated Fats are Healthy Fats

Help the body...

- Produce hormones, absorb vitamins, retain heat
- Increase HDL, reduce inflammation, prevent heart disease
- In plant foods (avocados, nuts, seeds)
- Two types
 - Monounsaturated
 - Polyunsaturated
 - Omega-3 fats



Clean Protein

Naturally free of cholesterol

- Beans, lentils, peas
- Tofu
- Nuts, seeds
- Leafy greens
- Whole grains



Lean Protein

Low in fat / some cholesterol

- Skinless chicken breast, lean cuts of meat, fish
- Too much > heart & kidney disease
- Added nitrates > cancer risk
- Recommended for sedentary adults
0.36 grams protein/pound of body weight



Whole Grains for Health

Entire seed of a plant:
bran, germ, endosperm

- Rich in magnesium, B vitamins, fiber
- Brown rice, millet, quinoa
- 100% whole wheat, spelt, rye
- Oats, barley, buckwheat



Whole Grains for Health

Most grains in packaged foods
are "refined grains"

- *Wheat flour or 100% wheat*
- Enriched & fortified
 - Pasta products, cereals, breads, granola bars
 - Enriched & fortified flour



Look to the Label

- Don't believe claims on package
- Look for: *enriched, fortified, partially hydrogenated*
- **Natural flavor:** mainly preservatives, solvents
 - 50-100 ingredients not listed
 - Can confuse body, lead to cravings
- **Sodium:** Can lead to high blood pressure
- **Ingredients ending in -ol or -ose**
Different names for sugar: glucose, fructose, maltose, sorbitol



Sugar - Not So Sweet

Sugar has 56+ aliases

- Worst – high-fructose corn syrup
- Seen in "healthy" items like peanut butter, granola
- If sugar in 3 first ingredients – it's a dessert
- Causes rapid spike in insulin, blood sugar
- Risk of obesity, type 2 diabetes, heart disease

Get no more than 12 grams/day of refined sugar



Nurture a Healthy Relationship with Food

- Consider the food "norms" with which you were raised
- Practice intuitive and mindful eating: HALT
- Try not to "demonize" any foods
- Naturally "crowd out" processed foods
- Stop eating when you're comfortable vs. full
- Differentiate between physical and emotional hunger
- Try not to comment about your own or others' physical appearance



Plan for a Healthy Future

- Wellness is a journey, not a destination
- Ask yourself: What will this choice do for me?
- Aim for progress, not perfection!
- When things get off track, take the next healthy step
- Gradually incorporate smaller changes, then build on those
- Get professional support when you need it
- Look for ways to make healthy eating simple and sustainable
- Check in regularly with your health care provider



Wellbeing Solutions You Can Rely On



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Concern is a full-service mental wellbeing program. We offer confidential counseling, coaching, and work-life resources such as legal and financial consultations, parenting and adult family care resources, and identity theft resolution. Balancing work and home life, dealing with all the stressors in today's world, and handling the unexpected can make your life a juggling act. If you are feeling overwhelmed, call **800-344-4222** or go to **employees.concernhealth.com**. We're here to help!

Coaching Options for Learning New Skills & Changing Habits



Personal
coaching

Tailored, actionable
strategies to achieve
personal wellbeing
and professional
development goals



Parent
coaching

Personalized guidance
to overcome parenting
challenges and build
healthier relationships
with your children



Financial
Coaching

Get expert help with
money management,
tax basics, investing,
retirement planning,
and building credit

**Interested in learning new skills?
Coaching is an excellent way to start.**

Personal Coaching with a skilled coach includes actionable strategies to help you achieve your personal wellbeing and professional development goals. **Parent coaching** helps build healthier relationships with your children, with positive, non-judgmental support, and strategies for common challenges. For **financial questions**, get help from a financial specialist for topics like investment basics, debt reduction, establishing credit, and more!



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- Instant access to all Concern resources anytime, anywhere
- Confidentiality with private, secure digital sessions
- Personalized support solutions – like videos, apps, articles, and guided exercises
- Continuous updates and new tools added regularly

Questions? Comments

Thank you!

Please complete the Survey Monkey
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