
CAMILLALEERDN.COM

Camilla Lee RDN, CHHC
917 830 7716

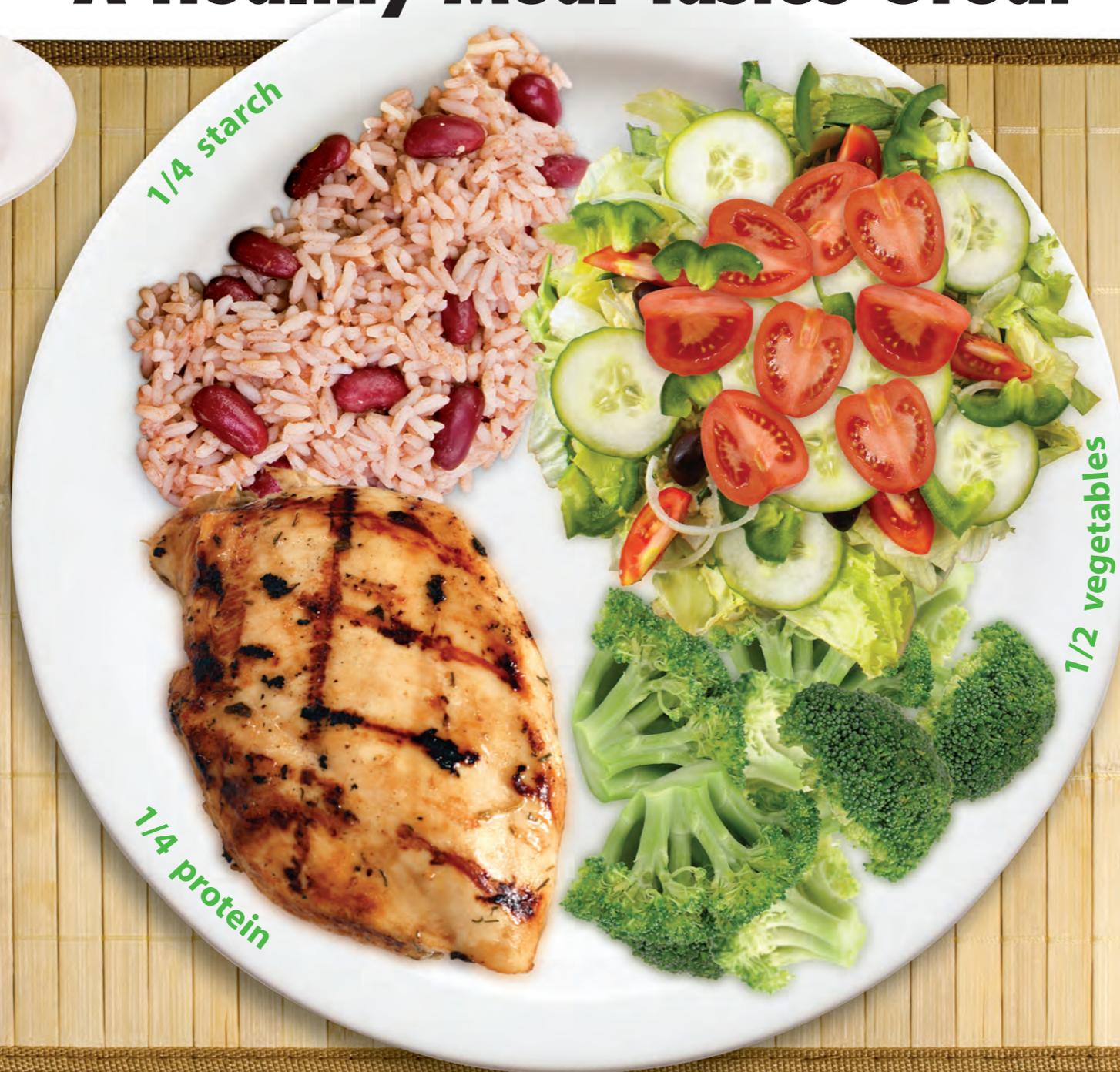
CamillaLeeRDN.com

- ❖ In my private practice I work with people suffering from digestive imbalance to restore their health and vitality through healing the gut.
- ❖ I am also a practitioner on Maven Clinic - a tele-health app for women: www.mavenclinic.com

Nutrition Basics:

My Plate Planner

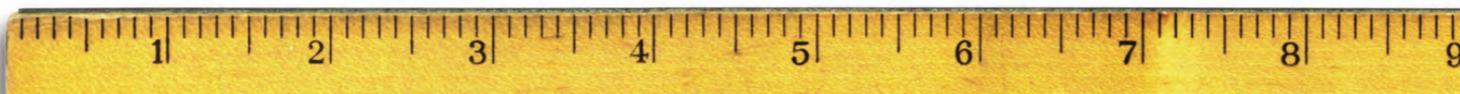
A Healthy Meal Tastes Great



The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.

1/4 protein. 1/4 starch. 1/2 vegetables.

9-inch plate



Why are vegetables so important?

- ❖ Vitamins
- ❖ Minerals
- ❖ Phytochemicals
- ❖ Antioxidants
- ❖ **FIBER!**



FIBER

- ❖ PREVENTS HEART DISEASE - LOWERS CHOLESTEROL AND BLOOD PRESSURE
- ❖ INCREASES SATIETY
- ❖ WEIGHT MANAGEMENT
- ❖ GUT MOTILITY
- ❖ FEEDS BENEFICIAL GUT BACTERIA
- ❖ MANAGES BLOOD GLUCOSE
- ❖ PREVENTS CERTAIN CANCERS (COLON)

Healthy Eating on a Budget - how
can we accomplish this?

- ❖ Planning ahead
- ❖ Setting a small amount of time aside
- ❖ Keeping staple foods on hand

Pantry/Kitchen Staples

- ❖ Lentils
- ❖ Canned fish - tuna, salmon, anchovies
- ❖ Canned beans - garbanzo, black, pinto, etc...
- ❖ Canned tomatoes
- ❖ Frozen vegetables - spinach, broccoli, greens
- ❖ Fruit - bananas, kiwis, frozen berries
- ❖ Better Than Bouillon
- ❖ Grains - oatmeal, quinoa, cous cous - whole wheat
- ❖ Spices - cinnamon, cumin, turmeric, curry spice, pepper
- ❖ Cabbage, onions and garlic
- ❖ Eggs
- ❖ (canned coconut milk)

Quick and Easy Meal Ideas

SOUPS

- ❖ Black beans, tomatoes, frozen spinach, cumin, garlic, onion, better than bouillon - extras: avocado, lime, dollop of plain yogurt or sour cream, hot sauce or spicy pepper, cilantro - serve over brown rice or quinoa
- ❖ Red lentils, better than bouillon, coconut milk, curry spices, onion, frozen (or fresh) spinach or greens

Breakfasts

- ❖ Oatmeal with peanut or almond butter and bananas
- ❖ Baked oatmeal - make ahead
- ❖ Chia seed pudding with frozen berries
- ❖ Egg strata - make ahead
- ❖ Hard or soft boiled eggs on whole wheat toast - add avocado
- ❖ Smoothie - Greek yogurt, frozen berries, frozen or fresh bananas

Cabbage

- ❖ Lasts for a very long time in the refrigerator
- ❖ Loaded with fiber and other nutrients - detoxifying
- ❖ Chopped cabbage with dressing (oil, vinegar, soy sauce, crunchy peanut butter, brown sugar or honey) add ins - chicken, canned salmon, scallions
- ❖ Healthy Slaw - chopped cabbage, apples, carrots, red onions, Greek yogurt, vinegar, lemon dijon mustard

Romaine Lettuce

- ❖ Cheaper than many greens, more nutrient dense and keeps longer
- ❖ Cut off end and wash by soaking in cold water, drain and let air dry for a minute or two - wrap tightly in a dish towel before completely dry and then put in a plastic bag and seal tightly getting out as much air as possible - will last much longer!

Resources:

- ❖ <http://www.ewg.org/goodfood/>
- ❖ <http://plantbasedonabudget.com/>
- ❖ Good and Cheap by Leanne Brown: <http://www.leannebrown.com/>

Info on times of the day for eating,
i.e. it's bad to starve all day long
then eat a huge meal, but what
would some better habits be?

- ❖ Ideally - 3 meals and 2 snacks
- ❖ Give your body some food every 3ish hours
- ❖ Maintains blood sugar levels which gives energy and prevents mood swings and crashes
- ❖ If you do a large meal - it should be earlier in the day
- ❖ Skipping meals is not great for metabolism

What are some good "brain foods" for studying/working long hours?

- ❖ Drink plenty of water
- ❖ Eat regular meals - balanced meals
- ❖ B vitamins - eggs, whole grains, lentils, fish, meat, brewer's yeast
- ❖ Vitamin E - sunflower seeds, wheat germ, whole grains
- ❖ Anti-inflammatory herbs and spices
- ❖ Healthy fats - fish, nuts, seeds, avocado, olive oil

Foods for Brain Health

- ❖ Sunflower seeds - vitamin E, antioxidants
- ❖ Avocados - healthy fats, fiber and folate
- ❖ Buckwheat - magnesium
- ❖ Turmeric - anti-inflammatory
- ❖ Wild fish - omega 3, B12, essential amino acids
- ❖ Nuts - healthy fats, fiber
- ❖ Dark leafy greens - vitamin C, folate, magnesium, iron and fiber
- ❖ Tea - black, white and green

Foods or eating habits to help you
sleep better?

- ❖ Stress management - meditation, breathing exercises
- ❖ Exercise
- ❖ Lemon Balm tea
- ❖ Don't eat late at night
- ❖ Minimizing screens before bed
- ❖ Magnesium

Magnesium

- ❖ The relaxation mineral - helps body and mind to relax
- ❖ Lowers blood pressure
- ❖ Improves sleep
- ❖ Alleviates constipation
- ❖ Reduces stress
- ❖ Relaxes anything that is tight, cramps or irritable - muscles, mood
- ❖ Helps cells make energy

Signs of Magnesium Deficiency

- ❖ Insomnia
- ❖ Irritability
- ❖ Anxiety
- ❖ Constipation
- ❖ Headaches or Migraines
- ❖ Kidney stones
- ❖ Weight gain
- ❖ High blood pressure
- ❖ PMS and Menstrual cramps
- ❖ Irritable Bowel Syndrome
- ❖ Reflux

Magnesium Depleters

- ❖ Coffee
- ❖ Colas
- ❖ High salt diet
- ❖ High sugar diet
- ❖ Alcohol
- ❖ Stress

Foods High in Magnesium

- ❖ Wheat bran
- ❖ Wheat germ
- ❖ Almonds
- ❖ Cashews
- ❖ Brazil nuts
- ❖ Walnuts
- ❖ Tofu
- ❖ Brown rice
- ❖ Collard greens
- ❖ Avocado
- ❖ Parsley
- ❖ Beans
- ❖ Garlic
- ❖ Supplement - 400-1000 mg/ day
- ❖ Magnesium citrate or glycinate are most easily absorbed

Are there nutritious alternatives (food, drink, habits, etc.) to caffeine?

- ❖ Getting enough water
- ❖ Exercise
- ❖ Green tea
- ❖ Keeping a regular schedule
- ❖ Multivitamin