



Whole Health Whole Nutrition Whole YOU!

Your guided tour to help meet
your nutrition goals.

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INTRODUCTION

“THE MOUNTAIN”

“First, nutrition is the master key to human health. Second, what most of us think of as proper nutrition— isn’t.”

T. Colin Campbell,
“Whole: Rethinking the Science of Nutrition”

How much do you really know about nutrition? Did you know nutrition science goes beyond just what to eat?

Managing your nutrition can feel like climbing a mountain, and you may need a guide.

K & A Registered and Licensed Dietitians can guide you by providing individualized care. That means care is specific to you, your goals, your understanding, and your needs.

These licensed professionals are required to provide advice that is supported by scientific evidence. No trends! No fad diets! These highly trained individuals will help you understand how your body functions. We want you to make the most of what you eat. We help you to identify your personal goals to create a plan.

Your nutrition is vital to your overall health. But there are many parts that make up each person. The parts, or systems, may be the same. But YOU are unique!

Your nutrition may be similar to that of another person. But your plan will be unique to you.

Key Takeaways:

- ✓ Registered Dietitians (RD’s) are your “guide”
- ✓ Your plan is unique to YOU
- ✓ Understanding nutrition requires training



WHOLE HEALTH EQUALS WHOLE NUTRITION

"The best and most efficient pharmacy is within your own system."

Robert C. Peale, MD

Businesses have many moving parts. Some jobs may seem more important than others, but they all work together to keep things running smoothly.

Your body works the same way. Each person's body functions a little differently, but everything must work together to stay healthy. When things are not working well, problems can start to develop.

That is why working with a trained professional is important to help guide you toward better health or weight loss.

Whole Health = Whole Nutrition
"Building Blocks"

1

Individualized Care

Nutrition is specific to you

2

Body Systems (Biology)

A team effort

3

Root Cause

Treating causes, not symptoms

4

Nutrition Partner

Therapeutic Relationship





Individualized Care

"...food is not just calories; it's information. It actually contains messages that connect to every cell in the body."

— Dr. Mark Hyman, MD

We have to consider the **WHOLE** you, and the specific **YOU!** That means **individualized care**. Some Doctors only deal with one specific system. But **WHOLE** health and **WHOLE** nutrition considers the whole you. And your health comes from your family traits (genetics), your lifestyle, and even your environment.

Genetics

Genes are the blueprint for our traits, such as hair and eye color. These genes play a large role in our health. Genes can put us at high or low risk for certain diseases and even our food preferences.

We are all different in how our bodies might work, based on these genes. Whole health nutrition can use information on your genes to guide nutrition advice specific to you.

Lifestyle

Daily habits, like diet, exercise and sleep can influence health. Nutrition is more than just food. It also includes your lifestyle. We design advice to bring your health and weight goals closer to your specific habits. And we educate you and empower you to make healthier choices!

Environment

This is where we live and work. It includes the air we breathe, the water we drink, and how it can help or hurt our health. For example, if we work around smoke or dust without breathing protection, it can cause illness. Toxins are things that are bad for our health. We can take in toxins through food, water, air, and even on the skin. We consider your environment when developing your plan. Personal nutrition plans also consider the support for your body and your health. This is especially true if your environment exposes you to things that can impact your health.

Key Takeaways:

Whole Nutrition includes Individualized care.

This considers: *Genes, Lifestyle & Environment*





Body Systems (Biology)

"Every system is perfectly designed to get the results it gets."

Donald Berwick
Former Admin for Medicare/Medicaid

Whole Health considers how all of your body systems work, apart and together. This explains how something in one system can affect other systems.

Digestion

Our body has several systems that break down food so that we can use it to make our energy and health.

When food is taken apart, these pieces (nutrients) need to be absorbed.

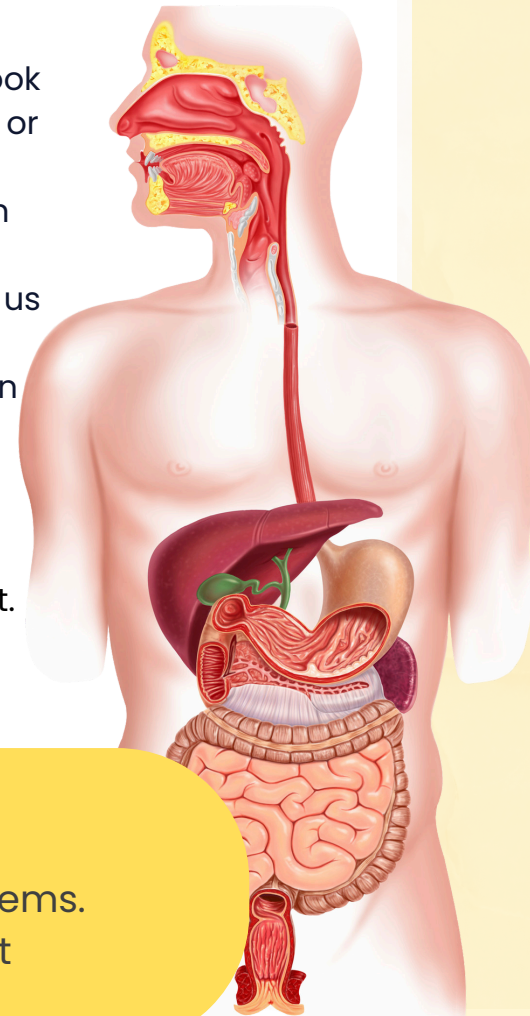
But what if we have a hard time absorbing the nutrients that we received from our food? The ability to absorb nutrients is called "gut health." If the gut is not healthy, it could lead to gas, bloating, stomach pain, or constipation.

Mental health

These nutrients that are taken and absorbed from our food can even influence moods and behaviors. If you don't believe this, look at the mood and energy of a child who has eaten a lot of candy or sugary drinks. There is a spike in energy and even "acting out." This is followed by what some call a "sugar crash." Nutrients can help the parts of our brain and nervous systems that send and receive messages. One messenger, called serotonin, can make us feel happy. And this is made right in our very own gut. So, gut health can even impact our mood. Problems with gut health can contribute to conditions like depression and anxiety.

Immunity

This is what protects our body from viruses, bacteria and diseases. Around 70% of our immune cells are located in our gut. Issues with gut health can directly influence our immunity. This can make us more susceptible to infections and diseases

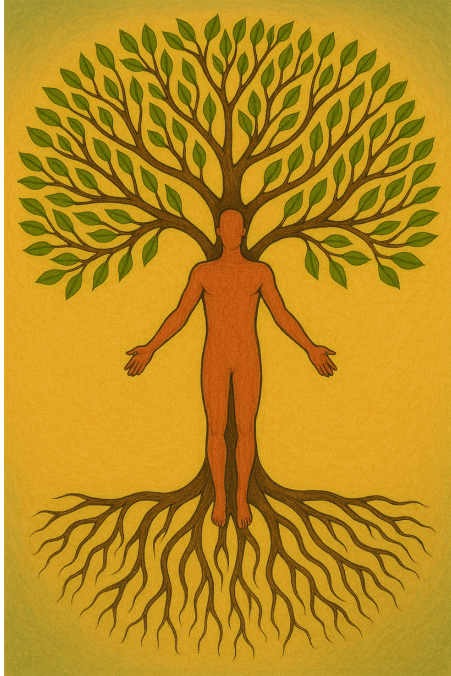


Key Takeaways:

Each Body System has "job duties."

When a system isn't doing its job, it can affect other systems.

When the systems aren't working as a team, it can affect health.



Root and Branch

"Rather than slapping on a diagnosis and giving an 'off-the-shelf' drug, we need to dig deeper and look at the whole person, the lifestyle, the stress — the root cause."

Dr. Deanna Minich

Whole health considers root causes, not just symptoms. Remember the Tree of Life? This is a very old symbol that shows how we, like the tree, are connected. Our body systems are connected. We are connected to our Lifestyle, our parents and grandparents, and our environment.

Whole health nutrition means

- We consider the root cause or problem.
- We strive to fix that root cause.
- We treat the problem, not the symptom.

If the soil isn't feeding or watering the tree, we will eventually see it in the branches (just like symptoms).

The root of nutrition problems can be hidden, like the roots of a tree.

Think about headaches; why see the doctor when we can take an over-the-counter medicine?

But what if the headaches keep coming back?

Whole health nutrition asks "Why?"

- Are you not drinking enough water?
- Are you allergic to a particular food or ingredient?

Instead of covering up the root of the problem with medicines, we uncover the problem, help to address it, and work to make sure you don't keep getting that headache.

This can empower you to make better choices that help your "roots" and all of the body systems that depend on each other.



Health Partner

The Therapeutic Relationship

“The secret of the care of the patient is in caring for the patient.”

Francis Peabody

Your Registered Dietitian has many roles. But so do **YOU**. The relationship is not a one-way street. Just like your body systems, you depend on each other. But there are boundaries. Your RD is a paid professional, who is there to help you. This is one-half of the partnership. This is called a *Therapeutic Relationship*.

Empowerment

We help you to understand your health through nutrition. This gives **YOU** the power to make healthy choices. **YOU** have the power to climb that mountain, to reach your health and weight goals, and to limit or prevent diseases and symptoms related to nutrition. We are your guide. We will partner with you to create a plan and define your goals. We are your guide. But **YOU** are the one that chooses the path up the mountain.

Education

Knowledge is power when it comes to health. That's why education is so important. We will help you understand your health conditions, what makes them better or worse, and what you can do to improve them. We may educate you about nutrition, lifestyle habits, and how to overcome the obstacles that might seem to block the path towards your goals.

Self-care

Caring for yourself, empowering yourself through educated choices – these are key to reaching your nutritional health and weight goals. This might include:

- Learning how to eat healthier for YOU
- Physical activity
- Sleep habits
- Managing Stress

The Therapeutic Relationship means you are “partners” in:

Empowering YOU to choose

Education to inform choices

Self-Care to reach the top of the mountain



Dietary Guidelines

Dietary Guidelines can change. Registered Dietitians keep up with these changes, and educate and guide you to meet your goals.

Variety

Eat fruits and vegetables of many colors. The color in fruits and vegetables can indicate important nutrients that help your body systems function.

Density

Added sugar is not necessary, especially if there aren't many healthy nutrients to go with it. Choose foods that are whole, natural, less or unprocessed (natural ingredients that you can recognize). These foods will give your body what it needs and leave you feeling fuller and more satisfied. Did you ever wonder why you can eat several cookies and still want more? But one apple will do the trick?

Trust your Gut

Your gut health can promote better immune (protection) function. Your gut can help help your sleep and mood. Some foods are fermented. That means that they have healthy bacteria in them to help gut function. So, trust your gut. If you don't know what an ingredient is without taking a science class, maybe avoid it? Your gut will thank you for it..

Key Takeaways:

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Drink more water verses sugary drinks





YOU have the power!

Whole Health Nutrition considers all of things that you can learn and change to help reach your goals. It's not just diet.

Sleep

Sleep is essential. Poor sleep can affect your mood, your weight, and increase the risk of chronic diseases.

Every cell in your body needs 3 things:

- Energy In
- Waste out
- Sleep or refreshment



Stress Management

Stress can bring your defenses (Immune system) down. Chronic stress can affect almost every body system. Practicing things to relieve stress, regularly, can help you achieve your goals. Some people run, exercise, meditate, practice yoga or martial arts. What helps you manage your stress?

Physical Activity

We were designed to move, not sit! Regular exercise can help reduce weight, reduce the risk of chronic diseases, help your mood, and help your body feel good. Look for things you enjoy and could imagine doing long-term.

Socialization

Family and friends help us to connect. They give us a support system and a community. Just like we were made to move, we were also made to socialize. Connect with people that fit your needs. Connect with friends and family that share or support your goals - from how you eat, move, manage stress, and enjoy life.



Key Takeaways

“The power of food as medicine is more than just an idea. It’s a practical solution that can help us heal our bodies, prevent disease, and achieve optimal health.”

Dr. Mark Hyman



Whole Health Nutrition Includes

- ✓ Individualized Care - Care specific to YOU
- ✓ Body Systems (Biology) - Helping your “team” win
- ✓ Tree of Life (Root cause) - Focus on the root problems, not the symptoms
- ✓ Health Partners (Therapeutic Relationship) - Guiding you to reach the summit of your health.

Moroccan Chickpea Stew¹

Ingredients

- 1 tablespoon olive oil
- 2 cups cubed peeled butternut squash (1/2-inch cubes)
- 1 large onion, chopped
- 1 large sweet red pepper, chopped
- 1 teaspoon ground cinnamon
- 1/2 teaspoon pepper
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 can (15 ounces) chickpeas or garbanzo beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 cup water
- Chopped cilantro, optional



- In a Dutch oven, heat oil over medium-high heat. Add squash, onion and red pepper; cook and stir until onion is translucent and red pepper is crisp-tender, about 5 minutes. Stir in seasonings until blended.
- Add chickpeas, tomatoes and water; bring to a boil. Reduce heat; cover and simmer until squash is tender, about 8 minutes. If desired, top with cilantro.



Use your Phone's Camera. Focus on this code.

Click the Link to:

- 1 page printable recipe
- Cooking video
- Shopping List
- Healthy Substitutions
- Nutrition Information

Vietnamese Spring Rolls

Yield: 6 Servings

Prep Time: 15 minutes Total

Time: 25 minutes

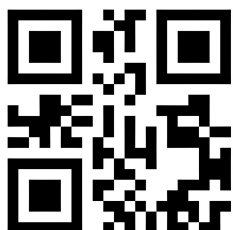


Ingredients:

- 2 cups thinly sliced romaine
- 1-1/2 cups cubed cooked pork
- 1 cup thinly sliced fresh spinach
- 3/4 cup julienned carrot
- 1/3 cup thinly sliced celery
- 1/3 cup dried cherries, coarsely chopped
- 1 tablespoon sesame oil
- 12 round rice paper wrappers (8 inches)
- 1/4 cup sliced almonds
- 1/4 cup wasabi-coated green peas
- Sesame ginger salad dressing

Instructions:

1. In a large bowl, combine the first 6 ingredients. Drizzle with oil; toss to coat.
- 2. Fill a large shallow dish partway with water. Dip a rice paper wrapper into warm water just until pliable, about 10-15 seconds (do not soften completely); allow excess water to drip off.
3. Place wrapper on a flat surface. Layer salad mixture, almonds and peas across bottom third of wrapper. Fold in both ends of wrapper; fold bottom side over filling, then roll up tightly. Place on a serving plate, seam side down. Repeat with remaining ingredients. Serve with dressing.



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Turkey Gyros

Yield: 1 Servings

Prep Time: 5 minutes Total Time: 5 minutes

Ingredients

- 1 medium cucumber, peeled
- 2/3 cup reduced-fat sour cream
- 1/4 cup finely chopped onion
- 2 teaspoons dill weed
- 2 teaspoons lemon juice
- 1 teaspoon olive oil
- 1/2 pound turkey breast tenderloin, cut into 1/4-inch-thick strips
- 1-1/2 teaspoons salt-free Greek seasoning
- 1-1/2 cups shredded lettuce
- 8 thin tomato slices
- 4 whole pita breads, warmed
- 2 tablespoons crumbled feta cheese

Instructions:

Finely chop a third of the cucumber. For sauce, mix sour cream, onion, dill, lemon juice and chopped cucumber. Thinly slice remaining cucumber.

In a nonstick skillet, heat oil over medium-high heat; saute turkey until no longer pink, 4-6 minutes. Stir in Greek seasoning. Serve turkey, lettuce, tomato and sliced cucumber on pitas; top with sauce and cheese.



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Healthy Substitutions

Nutrition Facts

Crispy Salmon Rice Bowl

Yield: 4 Servings

Prep Time: 5 minutes

Total Time: 15 minutes



Ingredients:

- 1 pound skinless center-cut salmon fillet, cut into 1 1/2-inch chunks
- 1 tablespoon sesame oil
- 1/4 cup teriyaki glaze, preferably low-sodium
- 2 cups hot cooked brown rice
- 1 cup cooked shelled edamame
- 2 scallions, sliced
- 1 cup diced cucumber
- 1 medium avocado, sliced
- 2 tablespoons Sriracha mayonnaise
- 2 teaspoons toasted sesame seeds (optional)
- Tbs olive oil
- 1/4 tsp sea salt
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder

Instructiona:

1. Position oven rack in upper third; preheat to 450°F. Line a large rimmed baking sheet with foil and coat with cooking spray. Toss salmon and sesame oil together on the prepared baking sheet.
2. Roast until opaque on the outside, about 6 minutes. Remove from the oven and turn the broiler to High. Drizzle the salmon with teriyaki glaze and toss to coat. Broil until browned, crispy and just cooked through, 2 to 3 minutes.
3. Divide cucumber and avocado among the bowls. Top with the salmon. Drizzle with the remaining glaze from the baking sheet and Sriracha mayonnaise. Sprinkle with sesame seeds, if desired.



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Shopping List

Healthy Substitutions

Nutrition information

RECIPE REFERENCES

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3. Source: Taste of Home – Donna Garvin <https://www.tasteofhome.com/recipes/turkey-gyros/>
4. Crispy Salmon Rice Bowl – <https://www.eatingwell.com/crispy-salmon-rice-bowl-8628232>

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