

Guided Nutrition Program
HEALTHY FATS & DRINKING WATER

1. **Share your WINS** _____

2. **Review Previous Session Goals and Food Log**

How did it work for you? Energy level? Cravings?

3. **Past Sessions – Any questions or concerns?**

- Handouts**
- ☐ Healthy Fats
 - ☐ Bad Fats
 - ☐ Drinking Water
 - ☐ Water Sources

- Additional Handouts**
- ☐ Alternatives to Plain Water
 - ☐ Chocolate Avocado Mousse
 - ☐ Peanut Sauce for Recipes

- Exercise**
- ☐ Healthy Fats vs Bad Fats Goal Worksheet

Recommendations for Next Session:

Healthy Fats



What do they do for you?

Decrease Inflammation
Decrease Risk of Heart Disease
Activate Metabolism
Increase Learning/Memory
Improve Mood
Help your Body Absorb Fat Soluble Nutrients
Satiates

Coconut Oil – Cooking (med-high heat), smoothies, baking recipes

Coconut Butter – spread, baking recipe, eat from spoon

Ghee (clarified butter) – Cooking (med-high heat), vegetables, recipes

Olive Oil – Cooking (low heat), salads, vegetables, salad dressings

Avocado Oil – Cooking (med-high heat) meat, vegetables,

Beef Tallow, Duck Fat, Lard – (med-high heat) meat

Butter – Cooking (low heat), spread, baking, vegetables

***Oils should be expeller-pressed or cold-pressed**

***Fats should be from grass-fed, organic sources (Epic Brand)**

Dairy (full-fat) – organic, grass-fed, antibiotic/hormone-free

***If not organic** – use low-fat version because toxins from antibiotics, hormones are stored in the fat of the product

Avocados, Olives, Nuts, Nut Butters, Seeds, Eggs, Fatty Fish

BAD FATS

Margarine
Canola Oil
Soybean Oil
Corn Oil



Sunflower Oil
Safflower Oil
Grapeseed Oil
Peanut Oil

What makes them bad for you?

- Contain hydrogenated and partially hydrogenated trans-fats that raise bad cholesterol and triglycerides and lower good cholesterol
- Difficult for body to breakdown so puts strain on liver, pancreas and digestive system
- Oxidize easily when cooked so can both injure and deposit within arteries contributing to inflammation, plaque build-up and heart disease
- Can contribute to cancer, auto-immune diseases, insulin resistance, infertility and premature aging

What about Canola Oil?

Canola oil stands for Canadian oil and was created by genetically engineering the rapeseed plant originally grown in Canada.

It can be mass-produced cheaply.

Drinking Water



What does it do for you?

- Boosts Metabolism
- Reduces Wrinkles
- Helps Flush out Toxins
- Suppresses Appetite
- Helps Relieve Constipation
- Helps with Headaches (dehydration)

How Much Water?

Body Weight x $\frac{1}{2}$ = **minimum** # ounces per day

Example: 128 lb person

$128 \times \frac{1}{2} =$ minimum 64 ounces per day

Equivalent to 8 - 8 ounce glasses

Water Sources



Tap Water

On average there are over 130,000 man-made chemicals that are finding their way into the public water supply systems such as chlorine, aluminum, industrial fluoride, medications, bacteria, arsenic



Well Water

Contaminated with manufacturing waste and farm run-off chemicals from fertilizers, pesticides, herbicides, insecticides that include carcinogenic arsenic and atrazine

Best Water Choices

“Best” - Reverse Osmosis & Berkey Water Filtration

Installed at your kitchen sink and removes all toxins

“Better than nothing” - Carbon Filters

Reduces (does not remove) some toxins such as copper, chloride, mercury. Does not remove fluoride. Mainly removes taste and odor

“Caution” – Bottled Water

May not be true spring water. Many plastic bottles contain BPA which when heated (hot warehouses, delivery trucks) leaches into the water and is toxic

Alternatives to Plain Water

Add some flavor to your water the natural way with:

A twist of lemon or lime

Add a little unsweetened cranberry juice

A small piece of fruit

A slice of cucumber (subtle, but refreshing)

A mint leaf or two ("bruise" them a little to release the flavor)

Herbal tea bags

Coconut Water

Add Some Sparkle:

Any of the above flavorings can be added to plain sparkling water.

You can buy flavored sparkling waters at the store (check labels)

Add *Ultima Replenisher*® powder

It adds electrolytes and is sweetened with natural stevia.

Great for extensive exercise or training

Great option for kids

Hot Alternative - Herbal tea varieties are numerous

Green teas are loaded with antioxidants

Chocolate Avocado Mousse

2 ripe avocados

2 Tbs melted (not hot) coconut oil

1 tsp vanilla extract

1/2 cup cocoa powder

Natural sweetener to taste (Swerve, stevia, monk fruit, etc)

Dash of sea salt (optional)

In a food processor, blend the avocados, vanilla, and sweetener until smooth (or can mash and whip by hand)

Add coconut oil and blend again.

Add cocoa powder and blend until mixed throughout. Stir in sea salt.

Pour into dessert cups or small bowl.

Cool in refrigerator and top with yogurt or whipped cream.

Peanut Sauce for Recipes

1/2 cup natural creamy peanut butter

1 (14.5 oz) can coconut milk

1 Tbs melted coconut oil

3 Tbs unseasoned rice vinegar

2 Tbs GF soy sauce

Natural sweetener to taste (Swerve, stevia, monk fruit, etc)

Blend everything in food processor on high speed.

Serve as dipping sauce or sauce on vegetable noodles with chicken or cabbage with chicken (hot or cold).

Variations:

- Substitute almond butter for peanut butter
- Add ¼ cup red curry paste for added heat

Add Healthy Fats & Eliminate Bad Fats

Goals Worksheet

Goals:**Strategy:**

1.)	1.)
2.)	2.)
3.)	3.)