



Hello and thank you for the opportunity to meet you through your participation in Womenology. Below are the key takeaways from the Healthy Living presentation, “Better with Each Bite.”

*Better with Each Bite means that we have the power to change the trajectory of our health throughout our lives one bite at a time. We don’t have to be perfect. In fact, that’s unrealistic and unattainable. Instead, be mindful and make a positive impact one bite at a time.

For many cultures, food is love. In sports, food is fuel. In health care, more and more practitioners are valuing food as medicine. Food is also information for every cell in our body and can impact our gene expression, hormone regulation, gut microbiome function and neurotransmitter activity. Nutrition matters.

*“Blue Zones: Lessons for Living Longer from the People Who’ve Lived the Longest” ~ Dan Buettner
(There is also a great Blue Zones Cookbook: “100 Recipes to Live to 100”)

- *Live life with a purpose
- *Stimulate your brain
- *Exercise your body
- *Get a good night’s rest
- *Connect with others
- *Eat nutritiously

*Nutrition Rx and Realistic, Sustainable Application

- *Consume protein and produce at every meal.
- *Recognize the food you eat. It should run, swim, fly, grow from the ground or fall from a tree. It should be beautifully packaged in shells, skins and peels, not crinkly wrappers, shiny bags, and cardboard boxes. Whenever possible, eat local and get as close to your food as possible. (Think farmers markets and CSAs)

- *Drink more water and less of everything else.
- *Vary the colors on your plate.
- *Reduce caffeine. Eliminate added sugar as much as humanly possible.

*Stress/Emotional Eating

- *85% of people change their consumption due to stress-45% eat more, 35% eat less.
- *If you identify as someone who eats emotionally or during stressful times, ask yourself whether you are eating to fill the hole in your stomach (Are you hungry?) or the hole in your heart (Are you bored, lonely, angry, sad). If you determine that you are feeding the hole in your heart, then consider a nonfood solution. For example, if you are lonely, phone a friend. If you are bored, go for a

walk.

If you'd like more information or would like a personalized nutrition plan accompanied by accountability and support, please reach out to me for more information.

Stay safe and healthy and eat well.

In the spirit of Womenology,

Julie

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