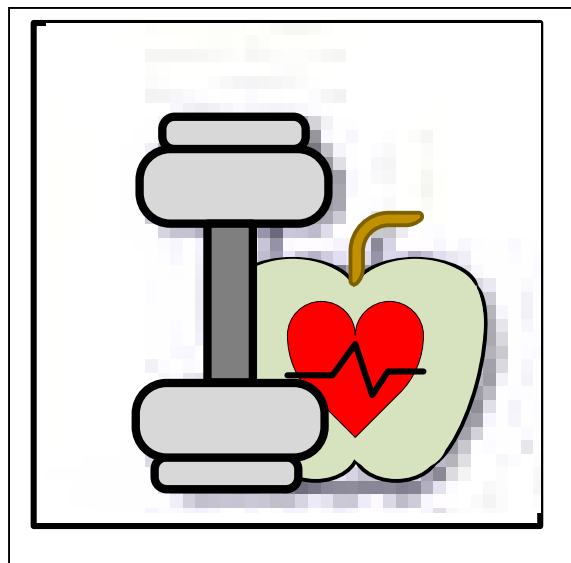


Lifestyle Change 3030

Week 3- Food Choices, Intermittent Fasting, and the Benefits of Water



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2-2-2025

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Intermittent Fasting

Intermittent fasting (IF) is an eating pattern that cycles between periods of fasting and eating. It doesn't specify which foods to eat but rather when to eat them.

Intermittent fasting can have several potential health benefits, including weight loss, improved metabolic health, and possibly extended lifespan. However, it's important to approach it carefully, especially if you have any underlying health conditions. There are several variations of intermittent fasting.

How many Hours should I fast?

The number of fasting hours necessary to reap the benefits of intermittent fasting can vary, but most research and popular protocols suggest that benefits start to become noticeable with a minimum of 12-16 hours of fasting. Here are some general guidelines:

1. **12-Hour Fast:** Involves fasting for 12 hours and eating during a 12-hour window each day. This is a less intense version and can be a good starting point for beginners. This is the simplest form of intermittent fasting and can provide some basic benefits like improved digestion and metabolic rest.
2. **16-Hour Fast (16/8 Method):** This is one of the most popular methods and is often enough to promote weight loss, improve metabolic health, enhance insulin sensitivity, and support cellular repair processes like autophagy.

The 16/8 method is often recommended for beginners and is a good starting point to experience the benefits of intermittent fasting without extreme dietary restrictions. Individual responses can vary, so it's important to find a fasting schedule that fits your lifestyle and health needs.

The 16/8 intermittent fasting method, where you fast for 16 hours and eat within an 8-hour window, offers several potential benefits:

1. **Weight Loss and Fat Loss:** By reducing the eating window, it can help reduce overall calorie intake, leading to weight loss. Fasting also promotes the use of stored body fat for energy.
2. **Improved Metabolic Health:** Intermittent fasting can improve insulin sensitivity and lower insulin levels, which helps in managing and preventing type 2 diabetes.
3. **Enhanced Hormone Function:** Fasting can increase the release of norepinephrine (noradrenaline), a hormone that boosts metabolism. It also increases growth hormone levels, which aid in fat loss and muscle gain.
4. **Cellular Repair:** During fasting, the body initiates autophagy, a process where cells remove and repair damaged components. This can contribute to overall health and longevity.
5. **Reduced Inflammation:** Intermittent fasting has been shown to reduce markers of inflammation, which is beneficial for various chronic conditions.

6. **Heart Health:** Fasting can lead to improvements in various risk factors for heart disease, such as lower blood pressure, cholesterol levels, triglycerides, and inflammatory markers.
7. **Brain Health:** Fasting increases brain-derived neurotrophic factor (BDNF), a protein that promotes nerve cell growth and resilience. It may also protect against neurodegenerative diseases like Alzheimer's.
8. **Simplified Eating:** Having fewer meals can simplify meal planning and preparation, making it easier to maintain a healthy diet.
9. **Improved Mental Clarity and Focus:** Some people report better mental clarity and concentration during fasting periods.

It's important to note that while many people experience these benefits, individual results can vary. It's advisable to consult with a healthcare professional before starting any new dietary regimen, especially if you have underlying health conditions.

What to Eat When Not Fasting?

Eating a balanced diet is important for health and maximizing IF benefits.

A. General Healthy Eating Guidelines

- **Whole grains:** Brown rice, whole wheat bread
- **Fruits and vegetables:** High in fiber, vitamins, and antioxidants
- **Lean proteins:** Poultry, fish, nuts, seeds, legumes
- **Healthy fats:** Olive oil, avocados, nuts, omega-3-rich fish

B. Eating for Specific Goals

- **Heart Health:**
 - Focus on **healthy fats and fiber**
 - Choose **vegetable oils (olive, canola), whole grains, fish, beans, and low-sodium foods**
- **Lowering Inflammation:**
 - Include **fiber-rich whole foods (whole grains, fruits, vegetables)**
 - Eat **omega-3 fats (fish, nuts, seeds)**
 - Consume **anti-inflammatory foods high in polyphenols (colorful fruits and vegetables)**

6. Personalized Nutrition & IF

- No single IF method works for everyone.

-
- **Personalized nutrition** (e.g., gut microbiome analysis, metabolic response tests) can help determine the best approach.

7. Summary

- Intermittent fasting **focuses on meal timing rather than food restriction.**
- **Time-restricted eating (16/8) is the most common method.**
- While fasting, **only non-caloric drinks (water, black coffee, unsweetened tea) are allowed.**
- A **healthy, balanced diet** when eating enhances IF benefits.
- IF can improve **metabolism, fat burning, heart health, and inflammation control.**
- **Individual responses vary**, so a personalized approach may be beneficial.

Review of Plant-based Diets

A May 2024 review of nearly 50 studies published between 2000 and 2023 found that plant-based diets, such as vegan and vegetarian diets, are associated with significant health benefits. The review, published in the journal PLOS ONE, found that these diets are associated with a lower risk of cancer, ischemic heart disease, and death. Other benefits include:

Plant-based diets are better for you, new study finds. Here are the health benefits

Lower cholesterol levels

Lower blood pressure

Lower body mass index

Lower HbA1C

Reduced inflammation

Better glycemic control

Lower risk of diabetes

However, the review also noted that plant-based diets can lead to vitamin and mineral deficiencies, and that some health conditions may require a tailored approach to food. Because of these limitations, the researchers caution against widespread adoption of plant-based diets and recommend more targeted research.

When to Eat your Biggest Meal

Eating your biggest meal in the morning and your lightest meal in the evening is often recommended for several reasons:

1. **Improved Metabolism:** Eating a larger meal in the morning can boost your metabolism and provide energy for the day ahead. Your body's ability to metabolize food is generally more efficient earlier in the day.
2. **Better Blood Sugar Control:** Consuming more calories earlier in the day can help regulate blood sugar levels, reducing the risk of insulin resistance and type 2 diabetes.
3. **Weight Management:** Studies suggest that front-loading your calories can aid in weight loss and prevent weight gain. Eating a big breakfast may reduce overall calorie intake by curbing hunger and reducing snacking later in the day.
4. **Enhanced Digestion:** Eating lighter meals in the evening can aid digestion and prevent discomfort, as the digestive system slows down at night. It can also improve sleep quality by reducing the risk of acid reflux and other digestive issues.
5. **Sustained Energy Levels:** A substantial breakfast can provide sustained energy throughout the day, improving cognitive and physical performance. In contrast, a lighter evening meal can prevent the lethargy that sometimes follows a heavy dinner.

6. **Circadian Rhythm Alignment:** Aligning your eating patterns with your circadian rhythms, which regulate various physiological processes, can improve overall health. Your body is better equipped to handle food earlier in the day.

While these benefits can be significant, it's essential to consider individual preferences and lifestyles. Some people may find it challenging to eat a large breakfast or may not feel hungry in the morning. The key is to maintain a balanced diet that meets your nutritional needs and fits your daily routine. Consulting with a healthcare or nutrition professional can provide personalized guidance.

Benefits of Eating a Good Breakfast

Eating a good breakfast offers several benefits for overall health and well-being:

1. **Improved Cognitive Function:** Breakfast can enhance memory, attention, and other cognitive functions, helping you stay focused and productive throughout the morning.
2. **Better Mood:** Consuming a nutritious breakfast can stabilize blood sugar levels, which helps in maintaining mood and reducing irritability.
3. **Increased Energy Levels:** A balanced breakfast replenishes glycogen stores and provides energy to start the day, helping you feel more energetic and ready for physical activities.
4. **Better Nutrient Intake:** Breakfast eaters tend to have a more balanced diet and are more likely to meet their daily nutrient requirements, including vitamins, minerals, and fiber.
5. **Weight Management:** Eating a healthy breakfast can help regulate appetite and reduce the likelihood of overeating later in the day. It can also boost metabolism.
6. **Enhanced Heart Health:** Regularly eating breakfast is associated with lower risks of heart disease, high blood pressure, and high cholesterol levels.
7. **Improved Metabolism:** Breakfast kick-starts the body's metabolism, helping to burn more calories throughout the day.
8. **Better Blood Sugar Control:** For people with diabetes or insulin resistance, eating a balanced breakfast can help maintain more stable blood sugar levels.
9. **Healthy Eating Habits:** Starting the day with a healthy meal can set a positive tone for making better food choices throughout the day.
10. **Improved Physical Performance:** For athletes and active individuals, breakfast provides the necessary energy and nutrients to improve performance and endurance.

For the best results, it's important to focus on a balanced breakfast that includes a mix of protein, healthy fats, and complex carbohydrates. Examples include whole grains, fruits, vegetables, lean proteins, and healthy fats like nuts or avocado.

Food Choices and Calories

Excess sugar creates low Level Inflammation in our bodies. We need to Get off Sugar. Read the food label. Diet drinks are worse than regular sodas. Among other things, they kill off our gut biome.

On average, an American consumes the following amounts of sugar and salt annually:

1. **Sugar:** The average American consumes about 17 teaspoons (71 grams) of added sugars per day, which totals approximately 57 pounds (26 kilograms) of added sugar each year.
2. **Salt (Sodium):** The average American consumes about 3,400 milligrams (3.4 grams) of sodium per day, which totals roughly 1,240 grams (1.24 kilograms) of sodium annually.

These amounts are considerably higher than the recommended intake levels by health organizations, which suggests the need for more balanced dietary habits.

Fast Food alternatives in line with whole food diet. Places that support a Whole food plant base diet. CAVA, CHIPOTLE, MEZEH, Whole Foods, selective Chinese and Indian dishes, Mediterranean dishes.

How to arrange your food for eating

Vegetables first, protein and fat second, starches and sugar last. Fiber will coat your upper intestines allowing your body not to absorb the glucose that fast from the starches or sugar. You can reduce the glucose spike of your meal by up to 75%. **Don't eat your carbs naked.** Coat them with something, either fiber, protein, or fat. Take a slice of bread and add avocado on top. Take a cookie input a couple almonds with it. For cake, the add Greek yogurt with it. This will slow down the glucose spike of the food you are eating.

Walking 10 minutes after a meal can help lower and stabilize blood sugar levels. Here are the key benefits:

1. ****Improves Insulin Sensitivity**:** Walking helps your muscles use glucose more effectively, which can improve insulin sensitivity and lower blood sugar levels. Shoot for 10-minute walk.
2. ****Reduces Blood Sugar Spikes**:** Physical activity after eating helps your body process glucose more efficiently, reducing post-meal blood sugar spikes by 30 to 35%.
3. ****Promotes Better Glucose Control**:** Regular post-meal walks can contribute to overall better blood sugar management, especially for individuals with diabetes or insulin resistance.

Overall, a post-meal walk can be an effective way to manage and stabilize blood sugar levels, promoting better metabolic health.

1 tbsp of Apple cider vinegar taking 15 minutes before a meal will help reduce the glucose load of the foods in your meal. Eating a salad with olive oil and lemon juice will help to pass bad food choices through your body. **This will coat your intestines and reduce the glucose level absorbed.**

Good Breakfast Options

1. Make [overnight oats](#) and load them with nutrients and protein. Mix the oats with soy milk and adds Greek yogurt for protein and for your gut health, as it's a fermented food that contains probiotics. You can sprinkles lots of chia seeds to boost the fiber content of the oats, and berries for micronutrients.

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- Swapping sugar-sweetened yogurt, which is typically ultra-processed, for Greek yogurt with fruit can be a good place to start reducing your intake of UPFs.
- Eggs are a great source of protein and vitamins, and [avocados](#) contain healthy fats, fiber, and antioxidants. Two eggs with low calorie toast covered with ½ avocado spread or toast with nut butter and fresh fruit.

Plant-based Protein Choices

Here are some common sources of plant-based protein along with their approximate protein content per serving:

1. Lentils: - 1 cup cooked: ~18 grams of protein	2. Chickpeas (Garbanzo Beans): - 1 cup cooked: ~15 grams of protein
3. Black Beans: - 1 cup cooked: ~15 grams of protein	4. Kidney Beans: - 1 cup cooked: ~13 grams of protein
5. Quinoa: - 1 cup cooked: ~8 grams of protein	6. Tofu: - 1/2 cup (firm): ~10 grams of protein
7. Tempeh: - 1/2 cup: ~15 grams of protein	8. Edamame: - 1 cup cooked: ~17 grams of protein
9. Peas: - 1 cup cooked: ~8 grams of protein	10. Hemp Seeds: - 3 tablespoons: ~10 grams of protein
11. Chia Seeds: - 2 tablespoons: ~4 grams of protein	12. Pumpkin Seeds: - 1/4 cup: ~9 grams of protein
13. Almonds: - 1/4 cup: ~8 grams of protein	14. Peanut Butter: - 2 tablespoons: ~8 grams of protein
15. Nutritional Yeast: - 1/4 cup: ~8 grams of protein	

These sources provide a variety of essential amino acids and other nutrients, making them excellent options for those following a plant-based diet.

Good Fat Choices

Good fats, also known as healthy fats, are essential for overall health and can help reduce the risk of heart disease and improve cholesterol levels. **These include monounsaturated fats, polyunsaturated fats, and omega-3 fatty acids.** Here are some sources of good fats:

- Monounsaturated Fats:
 - Olive oil
 - Avocados
 - Nuts (almonds, cashews, peanuts)
 - Seeds (pumpkin seeds, sesame seeds)
 - Peanut butter and other nut butters
- Polyunsaturated Fats:
 - Fatty fish (salmon, mackerel, sardines, trout)
 - Walnuts
 - Flaxseeds and flaxseed oil
 - Chia seeds
 - Sunflower seeds

-
- Soybean oil
 - Corn oil

3. Omega-3 Fatty Acids:

- Fatty fish (salmon, mackerel, sardines, trout)
- Flaxseeds and flaxseed oil
- Chia seeds
- Walnuts
- Hemp seeds
- Algal oil (plant-based omega-3 supplement)

4. Other Sources:

- Dark chocolate (in moderation)
- Eggs (especially those enriched with omega-3)

Including these fats in your diet can promote heart health, support brain function, and provide essential nutrients for the body.

Good Carbohydrate Choices

Good carbs, also known as complex carbohydrates, are generally unprocessed or minimally processed foods that contain fiber, vitamins, and minerals. They provide sustained energy and have a lower glycemic index, which means they release sugar more slowly into the bloodstream. Here are some examples:

1. Whole Grains:

- Brown rice
- Quinoa
- Oats
- Barley
- Bulgur
- Farro
- Whole wheat products (bread, pasta)

2. Fruits:

- Apples
- Berries (blueberries, strawberries, raspberries)
- Oranges
- Pears
- Grapes

3. Vegetables:

- Leafy greens (spinach, kale)
- Broccoli
- Brussels sprouts
- Sweet potatoes
- Carrots
- Squash

4. Legumes:

- Lentils
- Chickpeas
- Black beans
- Kidney beans
- Peas

5. Nuts and Seeds:

- Almonds
- Chia seeds
- Flaxseeds
- Pumpkin seeds

6. Tubers:

- Sweet potatoes
- Yams

7. Whole Fruits:

- Not processed or in juice form

These foods are rich in nutrients and fiber, which help with digestion, provide long-lasting energy, and support overall health.

Bad Carbohydrate Choices, Limit or not consume these Carbs

Simple carbohydrates, also known as simple sugars, are quickly digested and absorbed by the body, leading to rapid spikes in blood sugar levels. They are often found in processed and refined foods. Here are some common examples of simple carb foods:

1. Sugary Foods and Sweets:

- Candy
- Chocolate
- Cookies
- Cakes
- Pastries
- Donuts

2. Sugary Beverages:

- Soda
- Fruit juices (with added sugar)
- Sweetened teas
- Energy drinks

3. Processed Foods:

- Breakfast cereals (with added sugar)
- Sweetened yogurt
- Ice cream
- Granola bars (with added sugar)

4. White Flour Products:

- White bread

- White pasta
- White rice
- Crackers
- Bagels

5. Sweeteners:

- Table sugar (sucrose)
- Honey
- Maple syrup
- Corn syrup
- Agave nectar

6. Fruits (high in natural sugars):

- Bananas
- Grapes
- Watermelon

These foods can provide quick energy but often lack essential nutrients and can contribute to weight gain and other health issues if consumed in excess.

Own this: Eating fat won't make you fat... unless you inhale carbs with them!

Quick Fat Summary

- **Healthy high-fat and cholesterol- containing foods** are critical to optimal metabolic function and general health.
- The conventional wisdom "lipid hypothesis of heart disease" is relevant only if you are a sugar burner, with high levels of insulin and glucose in the blood promoting oxidation and inflammation.
- **Partially hydrogenated trans fats** (processed, packaged, frozen, junk foods) and refined PUFAs (vegetable and seed oils, margarine, buttery sprays. baked and packaged goods) disturb healthy cellular function and promote systemic inflammation, obesity, and all manner of serious disease. Total elimination of objectional PUFA oils and Franken fats is critical.
- **Emphasize intake of healthy fats**, including saturated animal fats (ideally pasture-raised/grass-fed, or organic). oily, cold-water fish (high in omega 3) and monounsaturated fat plant foods (avocado, macadamia nuts, olives/extra-virgin olive oil). ***A healthy "high fat" (by SAD standards) diet supports optimal hormone and cellular function, promotes satiety, and raises HDL.***
- **Excess insulin production from a grain- based Standard American Diet inhibits fat metabolism, disrupts hormone and immune function, accelerates aging, and promotes systemic inflammation and disease.** Moderating insulin production promotes efficient fat metabolism, optimal hormone and immune function, and longevity
- **The Primal Blueprint Carbohydrate Curve reveals that eating 150 grams per day or less results in effortless weight loss or maintenance; eating over 150 grams (per SAD recommendations) results in lifelong insidious weight gain and accelerated disease risk.**
 - **Your genes compensate for a high insulin-producing diet by triggering the fight-or-flight response, resulting in a "burnout" cycle of glucose-spike/insulin- crash stress response, and finally exhaustion.** Alas, skinny people suffer too- from burnout, accelerated aging and disease pathologies.

BMR Calculator

Clipped from : <https://www.calculator.net/bmr-calculator.html?ctype=standard&cage=67&csex=m&cheightfeet=5&cheightinch=11&cpound=180&cheightmeter=180&cmop=0&coutunit=c&cformula=m&cfatpct=20&x=Calculate>

BMR Calculator

The Basal Metabolic Rate (BMR) Calculator estimates your basal metabolic rate—the amount of energy expended while at rest in a neutrally temperate environment, and in a post-absorptive state (meaning that the digestive system is inactive, which requires about 12 hours of fasting).

US units **metric units** other units

Age ages 15 - 80

Gender ☒ male ☐ female

Height feet inches

Weight pounds

Height cm

Weight kg

[+ Settings](#)

Calculate **Clear**

Result

BMR = 1,614 Calories/day

Daily calorie needs based on activity level

Activity Level	Calorie
Sedentary: little or no exercise	1,936
Exercise 1-3 times/week	2,219
Exercise 4-5 times/week	2,364
Daily exercise or intense exercise 3-4 times/week	2,501
Intense exercise 6-7 times/week	2,783
Very intense exercise daily, or physical job	3,066

Exercise: 15-30 minutes of elevated heart rate activity.
Intense exercise: 45-120 minutes of elevated heart rate activity.
Very intense exercise: 2+ hours of elevated heart rate activity.

[kg=60&cmop=0&coutunit=c&cformula=m&cfatpct=20&x=Calculate](https://www.calculator.net/body-fat-calculator.html?ctype=skinfold&cage=67&csex=m&cfatpct=20&x=Calculate)

The basal metabolic rate (BMR) is the amount of energy needed while resting in a temperate environment when the digestive system is inactive. It is the equivalent of figuring out how much gas an idle car consumes while parked. In such a state, energy will be used only to maintain vital organs, which include the heart, brain, kidneys, nervous system, intestines, liver, lungs, sex organs, muscles, and skin. For most people, upwards of ~70% of total energy (calories) burned each day is due to upkeep. Physical activity makes up ~20% of expenditure and ~10% is used for the digestion of food, also known as thermogenesis.

The BMR is measured under very restrictive circumstances while awake. An accurate BMR measurement requires that a person's sympathetic nervous system is inactive, which means the person must be completely rested. Basal metabolism is usually the largest component of a person's total caloric needs. The daily caloric need is the BMR value multiplied by a factor with a value between 1.2 and 1.9, depending on activity level.

BMR Variables

Muscle Mass – Aerobic exercises, such as running or cycling, have no effect on BMR. However, anaerobic exercises, such as weight-lifting, indirectly lead to a higher BMR because they build muscle mass, increasing resting energy consumption. The more muscle mass in the physical composition of an individual, the higher the BMR required to sustain their body at a certain level.

Age – The more elderly and limber an individual, the lower their BMR, or the lower the minimum caloric intake required to sustain the functioning of their organs at a certain level.

Genetics – Hereditary traits passed down from ancestors influence BMR.

Weather – Cold environments raise BMR because of the energy required to create a homeostatic body temperature. Likewise, too much external heat can raise BMR as the body expends energy to cool off internal organs. BMR increases approximately 7% for every increase of 1.36 degrees Fahrenheit in the body's internal temperature.

Diet – Small, routinely dispersed meals increase BMR. On the other hand, starvation can reduce BMR by as much as 30%. Similar to a phone that goes into power-saving mode during the last 5% of its battery, a human body will make sacrifices such as energy levels, moods, upkeep of bodily physique, and brain functions in order to more efficiently utilize what little caloric energy is being used to sustain it.

Pregnancy – Ensuring the livelihood of a separate fetus internally increases BMR. This is why pregnant women tend to eat more than usual. Also, menopause can increase or decrease BMR depending on hormonal changes.

Supplements – Certain supplements or drugs raise BMR, mostly to fuel weight loss like caffeine.

Benefits of Drinking Water, Stay Hydrated

Drinking enough water is essential for overall health. Here are some key benefits of staying well-hydrated:

Benefits of Drinking More Water

1. **Boosts Energy Levels** – Dehydration can cause fatigue and sluggishness. Water helps maintain energy and focus.
2. **Aids Digestion** – Water supports digestion, prevents constipation, and promotes regular bowel movements.
3. **Supports Kidney Function** – Helps flush out toxins and reduces the risk of kidney stones.
4. **Regulates Body Temperature** – Essential for sweating and cooling the body during hot weather or exercise.
5. **Enhances Skin Health** – Keeps the skin hydrated, reducing dryness and promoting a healthy glow.
6. **Supports Weight Loss** – Drinking water before meals can help with appetite control and metabolism.
7. **Promotes Joint and Muscle Health** – Keeps joints lubricated and helps prevent cramps and stiffness.
8. **Improves Cognitive Function** – Hydration is crucial for brain function, improving memory and concentration.
9. **Maintains Heart Health** – Supports circulation and blood pressure regulation.
10. **Prevents Headaches** – Dehydration is a common trigger for headaches and migraines.

How Much Water Should You Drink?

A general formula to estimate your daily water intake:

$$\text{Body Weight (lbs)} \div 2 = \text{Ounces of Water Per Day}$$

For example:

- If you weigh **160 lbs**, you should drink about **80 ounces** (10 cups) of water daily.
- If you weigh **200 lbs**, you should drink about **100 ounces** (12.5 cups) of water daily.

Additional Factors to Consider

- **Exercise:** Add **12–24 ounces** per hour of exercise.
- **Hot Weather:** Increase intake to replace fluids lost through sweating.

- **High Salt, Protein, or Fiber Intake:** More water is needed for digestion and waste removal.
- **Pregnancy/Breastfeeding:** Extra hydration is required.

A simple guideline is to aim for **8–10 cups (64–80 oz) per day** as a baseline, then adjust based on your personal needs. Listening to your body's thirst signals and checking your urine color (light yellow is ideal) can also help guide hydration.

Lack of Water, or **Dehydration**

Lack of water, or **dehydration**, can have serious effects on the body, ranging from mild discomfort to severe health issues. Here's what happens when your body doesn't get enough water:

Immediate Effects of Dehydration

1. **Fatigue and Low Energy** – Dehydration reduces oxygen flow to the brain and muscles, causing tiredness.
2. **Headaches and Dizziness** – The brain temporarily shrinks due to lack of fluids, leading to headaches.
3. **Dry Skin and Lips** – Dehydration reduces moisture, making the skin dry and flaky.
4. **Dark Yellow Urine & Less Frequent Urination** – The body conserves water, making urine darker and more concentrated.
5. **Constipation and Digestive Issues** – Water is needed for smooth digestion and bowel movements.

Moderate Dehydration Symptoms

6. **Muscle Cramps and Joint Pain** – Lack of water causes electrolyte imbalances, leading to cramps and stiffness.
7. **Brain Fog and Poor Concentration** – Dehydration affects brain function, memory, and focus.
8. **Mood Changes (Irritability & Anxiety)** – Dehydration can impact stress hormones and mood regulation.
9. **Bad Breath (Halitosis)** – Reduced saliva production allows bacteria to thrive in the mouth.
10. **Increased Hunger & Cravings** – The body can mistake thirst for hunger, leading to overeating.

Severe Dehydration Risks

11. **Rapid Heart Rate & Low Blood Pressure** – The heart works harder to pump blood when fluid levels drop.

-
12. **Kidney Damage & Kidney Stones** – Chronic dehydration can lead to kidney problems and stone formation.
 13. **Weakened Immune System** – Water helps flush toxins; without it, your body is more prone to illness.
 14. **Heatstroke & Overheating** – The body loses its ability to regulate temperature effectively.
 15. **Shock and Organ Failure** – Extreme dehydration can be life-threatening, requiring medical intervention.

How to Prevent Dehydration

- Drink **water consistently** throughout the day, even if you're not thirsty.
- Pay attention to your **urine color** (light yellow is ideal).
- Increase water intake during **exercise, hot weather, or illness**.
- Eat **water-rich foods** like fruits and vegetables.

Staying hydrated is **one of the simplest yet most powerful ways** to maintain overall health!

Breast Cancer: 'Lifesaving' Diet Facts Not Known By 70% of U.S. Women

Slide 1: Title Slide

Breast Cancer: 'Lifesaving' Diet Facts Not Known By 70% of U.S. Women

Published August 27, 2024 | By Hatty Willmoth, Food & Nutrition Reporter

- Slide 2: Key Statistics
 - 70% of U.S. Women Unaware of Diet's Role in Breast Cancer Prevention
 - Only 28% mentioned diet as a way to reduce breast cancer risk.
 - 56% cited screening methods like mammograms instead.
 - Little Progress in 30 Years:
 - In 1995, 23% cited diet as a prevention method.
 - In 2024, only 28% did so—a mere 5% increase.
- Slide 3: The Power of Prevention

- "Science shows nearly 50% of cases are preventable through diet and lifestyle, at least in theory, and in my opinion, 80 to 90% of cases could be avoided."
 - *Dr. Kristi Funk, Breast Cancer Surgeon and Prevention Expert*
-
- Slide 4: Foods That Reduce Breast Cancer Risk
 - Soy Foods:
 - Tofu, tempeh, edamame, soy milk.
 - High in isoflavones, which reduce breast cancer risk.
 - Only 17% of women knew soy could lower risk.
 - High-Fiber Foods:
 - Legumes (chickpeas, lentils), flaxseed (lignans block estrogen receptors).
 - Cruciferous Vegetables:
 - Broccoli, cauliflower, Brussels sprouts, cabbage, kale.
 - Contain sulforaphane, an anticancer compound.
-
- Slide 5: Foods That Increase Breast Cancer Risk
 - Processed Meats:
 - Sausage, bacon, ham, hot dogs, deli slices.
 - Dairy Products:
 - 1 cup of cow's milk daily = 50% increased risk.
 - 2-3 cups daily = 80% increased risk.
 - Fatty and Meaty Diets:
 - Low in fiber, high in saturated fat and carcinogens.
-
- Slide 6: Survey Insights
 - 72% of Women:
 - Never received education about diet and breast cancer risk from healthcare professionals.
 - Only 2% of Women:
 - Mentioned a plant-based or vegetarian diet as a prevention strategy.
 - Better-Informed Women:
 - Older, more educated, or wealthier demographics.
-
- Slide 7: Recommendations for Reducing Breast Cancer Risk
- Eat Plants:
 - Fill your plate with fiber-rich, antioxidant-packed plant foods.
- Incorporate Soy:

-
- Women who eat the most soy have the lowest breast cancer risk.
 - Reduce Meat Consumption:
 - Replace meat with plant proteins to lower obesity, diabetes, and cancer risks.
 - Exercise Regularly:
 - Lowers blood estrogen levels and reduces breast cancer rates.
 - Limit Alcohol:
 - Alcohol is a known carcinogen linked to breast cancer.
 -
 - Slide 8: Call to Action
 - September is Breast Cancer Awareness Month
 - Spread Awareness:
 - Share the lifesaving message about diet and breast cancer prevention.
 - Adopt a Whole-Food, Plant-Based Diet:
 - Exercise regularly, maintain a healthy weight, and limit alcohol.
 -
 - Slide 9: References
 - Physicians Committee for Responsible Medicine & Morning Consult. (2024, August).
Beliefs About Dietary Factors in Breast Cancer Prevention Among American Women.
 - <https://pcrm.widen.net/s/fblnjvzsdh/pcrm-breast-cancer-awareness-8.15.24>
-

Health Issues Linked to Weight Gain in Men

1. Cardiovascular Disease

- Extra weight, especially belly fat, raises blood pressure and cholesterol levels, increasing the risk of heart attacks and strokes.
- Risk Factor: Abdominal obesity is linked to higher levels of bad cholesterol (LDL) and lower levels of good cholesterol (HDL).

2. Type 2 Diabetes

- Excess fat, particularly visceral fat, leads to insulin resistance, which can cause diabetes.
- Symptoms: High blood sugar, fatigue, frequent urination, and increased thirst.

3. Sleep Apnea

- Extra weight, especially around the neck, can cause the airway to become blocked during sleep.
- Symptoms: Loud snoring, fatigue, and breathing interruptions during sleep.

4. Low Testosterone & Erectile Dysfunction (ED)

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- Weight gain is linked to lower testosterone levels, which can lead to reduced muscle mass, low libido, and erectile dysfunction.
 - Excess body fat increases estrogen levels, which can further lower testosterone.

5. Joint Pain & Osteoarthritis

- Extra weight puts more pressure on knees, hips, and lower back, leading to joint pain and arthritis.
- Over time, cartilage wears down, making movement painful and difficult.

6. Fatty Liver Disease

- Being overweight can lead to non-alcoholic fatty liver disease (NAFLD), where fat builds up in the liver and can cause inflammation and liver damage.
- If untreated, it may progress to cirrhosis (severe liver damage).

7. Cognitive Decline & Alzheimer's Disease

- Obesity is linked to a higher risk of dementia and memory loss due to inflammation and reduced blood flow to the brain.
- Studies show that excess belly fat in middle age increases the risk of Alzheimer's later in life.

How to Minimize These Risks for Men?

1. Maintain a Healthy Diet

- Prioritize Whole Foods:
 - Fruits & Vegetables: High in fiber, vitamins, and antioxidants.
 - Lean Proteins: Chicken, fish, beans, and nuts for muscle maintenance.
 - Healthy Fats: Olive oil, avocado, and omega-3 fatty acids (salmon, flaxseeds).
 - Whole Grains: Brown rice, quinoa, and whole wheat bread instead of refined grains.
- Reduce Sugar & Processed Foods: Avoid sodas, junk food, and excess alcohol to prevent fat accumulation.

2. Exercise Regularly

- Strength Training (2–3x per week): Builds muscle and boosts metabolism.
- Cardio (150 minutes per week): Walking, running, or cycling to burn fat and improve heart health.
- Flexibility & Balance Workouts: Yoga or stretching to prevent injuries.

3. Get Enough Sleep

- Aim for 7–9 hours per night. Poor sleep increases hunger hormones and weight gain risk.
- Avoid screens before bed and keep a consistent sleep schedule.

4. Manage Stress Levels

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- Chronic stress increases cortisol, which promotes belly fat storage.
 - Practices like meditation, deep breathing, and spending time outdoors can reduce stress.

5. Monitor Hormone Levels

- Get testosterone and blood sugar levels checked if experiencing symptoms of fatigue, low libido, or weight gain.
- Maintain healthy testosterone levels through diet, exercise, and adequate sleep.

6. Stay Hydrated

- Drinking enough water helps metabolism and prevents overeating.
- Replace sugary drinks with water or herbal teas.

7. Regular Health Check-Ups

- Routine blood pressure, cholesterol, and blood sugar tests help detect issues early.
 - Consult a doctor if experiencing unexplained weight gain or other health symptoms.
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Conclusion

Age-related weight gain in men increases the risk of heart disease, diabetes, sleep apnea, low testosterone, joint pain, fatty liver disease, and cognitive decline. To minimize these risks, men should eat a healthy diet, exercise regularly, manage stress, get enough sleep, and monitor their health. Making these lifestyle changes can help maintain weight, improve overall health, and enhance quality of life as they age.

Maple Syrup vs. Refined Sugars: A Healthier Sweetener?

- Key Findings from the Study:
 - Lead Scientist: Dr. André Marette, PhD.
 - Study Design: First human trial substituting refined sugars with pure maple syrup.
 - Results: Significant improvement in cardiometabolic risk factors.
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- Dr. Marette's Remarks:
- *"While this study was limited to a relatively small sample size (42 men and women) and took place during a relatively short duration of time, the results are still significant. We now have human evidence to support replacing refined sugars with maple syrup, a natural sweetener, for preventing metabolic diseases. Our next goal is to conduct larger studies with other populations to explore how replacing refined sugars with maple syrup might impact their unique health conditions."*
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- Nutritional Benefits of Maple Syrup (2 Tablespoons):
 - Excellent Source of Manganese (35%).
 - Good Source of Riboflavin (15%).

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- Contains Calcium (2%), Thiamin (2%), Potassium (2%), and Copper (8%).
 - 12% Fewer Calories Than Light Corn Syrup.
 -
 - Comparison to Refined Sugar:
 - Refined Sugar: Highly processed, lacks nutritional value.
 - Maple Syrup: Natural, nutrient-rich alternative.
 - Reference:
 - *[“Substituting Refined Sugars With Maple Syrup Decreases Key Cardiometabolic Risk Factors in Individuals With Mild Metabolic Alterations: A Randomized, Double-Blind, Controlled Crossover Trial”](#)*
 - By Arianne Morissette et al., **The Journal of Nutrition**, August 18, 2024.

Week 3 – Food Choices, Intermittent Fasting, and the Benefits of Water

Dr. Michael Greger and Nutritionfacts.org

Dr. Michael Greger is a physician, author, and public health advocate renowned for his work in nutrition and health education. Here's an overview of his contributions:

Website: NutritionFacts.org

- **Purpose:** NutritionFacts.org is a non-commercial, science-based public service providing free daily updates on the latest in nutrition research via bite-sized videos and articles.

nutritionfacts.org

- **Content:** The site offers over 2,000 health and nutrition topics, with new videos and articles uploaded daily.

nutritionfacts.org

Books Authored:

- *How Not to Die* (2015): Explores how dietary and lifestyle changes can prevent and reverse common diseases.
- *The How Not to Die Cookbook* (2017): Provides over 100 plant-based recipes aimed at preventing and reversing disease.
- *How Not to Diet* (2019): Focuses on the science of healthy, sustainable weight loss.
- *The How Not to Diet Cookbook* (2020): Offers recipes to support weight loss efforts.
- *How to Survive a Pandemic* (2020): Discusses the origins of pandemics and how to protect oneself.
- *How Not to Age* (2023): Examines evidence-based strategies to slow the aging process.
- *OZEMPIC: Risks, Benefits, and Natural Alternatives to GLP-1 Weight-Loss Drugs* (2024): Analyzes the science behind popular weight-loss medications.

App Developed:

- **Dr. Greger's Daily Dozen:** A free app designed to help users track daily servings of recommended food groups, based on Dr. Greger's "Daily Dozen" checklist from his book *How Not to Die*. The app is available for both iOS and Android devices.

nutritionfacts.org

Dr. Greger's work emphasizes the importance of a whole-food, plant-based diet in preventing and reversing chronic diseases, aiming to make nutrition information accessible and actionable for the public.

Forks Over Knives

"Forks Over Knives" is a comprehensive initiative promoting a whole-food, plant-based diet to improve health and prevent chronic diseases. Here's an overview of its key components:

Website: ForksOverKnives.com

- **Purpose:** Serves as a resource hub offering information, recipes, and tools to support a plant-based lifestyle.
- **Content:** Features articles on health topics, a variety of plant-based recipes, meal planning resources, and educational materials.

Books:

- *Forks Over Knives: The Plant-Based Way to Health* (2011): Edited by Gene Stone, this book provides insights into the benefits of a plant-based diet and includes over 125 original recipes.
- *Forks Over Knives—The Cookbook* (2012): Authored by Del Sroufe, it offers over 300 plant-based recipes that are vegan, oil-free, and predominantly low-fat.
- *The Forks Over Knives Plan* (2014): Written by Dr. Alona Pulde and Dr. Matthew Lederman, this guide outlines a transition plan to a whole-food, plant-based diet, accompanied by over 100 recipes.
- *Forks Over Knives: Flavor!* (2020): Created by Chef Darshana Thacker, this cookbook presents 150 globally inspired plant-based recipes emphasizing rich flavors and diverse cuisines.

Apps Developed:

- **Forks Plant-Based Recipes App:**
 - **Description:** Provides access to over 1,600 plant-based recipes with step-by-step instructions and high-quality photos.
 - **Features:** Includes a personal shopping list, the ability to save favorite recipes, and regular updates with new dishes.
 - **Availability:** Available for both iOS and Android devices.
- **Forks Meal Planner App:**
 - **Description:** A meal planning tool offering weekly plant-based meal plans, customizable grocery lists, and a recipe box.
 - **Features:** Allows users to adjust for common food sensitivities, scale recipes for different serving sizes, and access a community group for support.
 - **Availability:** Accessible via web and mobile devices.

Week 3 – Food Choices, Intermittent Fasting, and the Benefits of Water

The "Forks Over Knives" initiative aims to empower individuals to adopt a plant-based diet through accessible resources, practical tools, and evidence-based information.

Homework

1. Walk 30 minutes a day to burn fat. Walk with purpose! Don't stroll along.
2. Complete strength exercises or resistance exercises 3 times a week for 15 to 30 minutes a day for building muscle for glucose storage.
3. Determine your BMR and utilize your Resource Guide to educate yourself.
4. Try 8/16 Intermittent Fasting
5. Watch Videos on 3ABN. Links on lifestyle change website:
 - a. The HAL Thing| A Cutting Edge Health Message with Rise Rafferty
https://www.youtube.com/live/_6poQ0LMpHw?si=RUxNXpUExni1dV5y
 - b. Watch Video - Made for Health-E5, ["Fired Up"](#)
 - c. Watch Video - Made for Health-E6, ["Quenching the Flame"](#)
 - d. Watch Video - Made for Health-E7, ["Fire Extinguisher"](#)
6. Remove non-nutritional foods from your diet.
 - a. Fried foods, triple the calories
 - b. Sugary drinks, including most bottled teas, coffees, energy drinks.
 - c. Package foods with sneaky sugars
 - d. Foods loaded with stealth salt. Watch frozen and can foods.
 - e. Ultra-processed snacks
7. Start drinking more water. Hydrate yourself.