



Plant Powered Wellness

Simple Tips and Tricks to Improve Nutritional Habits

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Welcome!

- ❖ Insights drawn from lifelong learning.
- ❖ For personalized advice, consult a Registered Dietitian.
- ❖ Their role is crucial—they provide expert guidance tailored to individuals and communities, promoting health and preventing disease through evidence-based recommendations.
- ❖ Influenced by Clarissa Pinkola Estes:
 - Eating well is influenced by our relationship with our bodies, our most loyal companions.
- ❖ Colorful Foods:
 - Eating a variety of colorful foods supports overall health and well-being.
- ❖ Reflect:
 - Relationship with food?
 - Early experiences' influence on current choices?
- ❖ Plant-based Eating:
 - Act of self-love, supporting both physical and emotional well-being.
- ❖ Book Recommendation: Joyous Body by Clarissa Pinkola Estes- great book to fall asleep listening to!

Guided Meditation and Grounding

Imagine it's a beautiful sunny Spring day and you are out at the farmers' Market. You are sitting on a bench allowing the sun to warm your body. In the background you hear people laughing and connecting. It's your day off work and you have decided to invest in your health by stocking up with health fruits and vegetables. You are doing something to support yourself. You feel great! Let that land in your body: feeling great, being outdoors and taking care of yourself and possibly others that you care about.

Happy

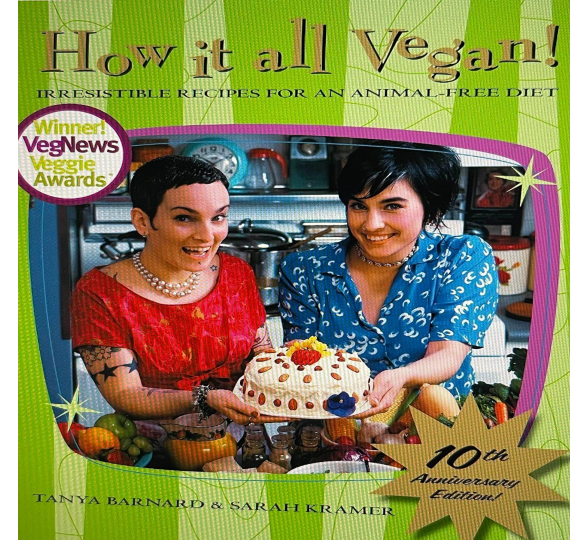
Health Benefits: More Plant Based Eating

Adopting a plant-based diet offers numerous health benefits, including:

- **Heart Health:** Lowers risk of heart disease by improving blood pressure and reducing cholesterol.
- **Weight Management:** High fiber and lower calories help in maintaining or losing weight.
- **Diabetes Prevention:** Reduces the risk and helps manage diabetes through better blood sugar control.
- **Cancer Risk Reduction:** The intake of fruits, vegetables, and whole grains may lower cancer risk.
- **Digestive Health:** High fiber content supports gut health and regular bowel movements.
- **Cognitive Health:** May protect against cognitive decline and dementia.
- **Nutritional Benefits:** Provides essential vitamins, minerals, and antioxidants, with lower saturated fats.
- **Increased Longevity:** Linked to a reduced risk of chronic diseases and potentially longer life.
- **Arthritis Symptoms:** Can reduce pain and swelling due to anti-inflammatory effects.
- **Environmental and Public Health:** Reducing meat consumption benefits the environment, contributing to overall health.

Knowledge is Power!

There are some great books out there about how to go Vegan. It is always a good idea to get a blood work up and consult with a Registered Dietitian. There are some great books on the market to help educate you on how to be healthy and be sure to get all of the nutrients your body needs. When I went Vegan I found this book to be helpful:



Supplement? Our soil is less nutrient rich these days so not a bad idea.

On a vegan diet, certain nutrients might be less abundant or bioavailable than in diets including animal products. It's important to focus on these nutrients to ensure you're getting everything your body needs:

Vitamin B12: Essential for nerve function and the production of DNA and red blood cells. B12 is naturally found in significant amounts only in animal products, so vegans should consider supplements or fortified foods.

Vitamin D: Important for bone health and immune function. While the body can produce Vitamin D when exposed to sunlight, factors like geography, skin color, and sunscreen use can limit production. Supplements might be necessary, especially in winter months.

Omega-3 Fatty Acids: Important for brain health. ALA (alpha-linolenic acid) is found in plants, but EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), more readily used by the body, are primarily in fish. Flaxseeds, chia seeds, hemp seeds, and walnuts are good ALA sources. Algal oil supplements are a vegan source of DHA and EPA.

Iron: Crucial for making blood and transporting oxygen. Plant-based (non-heme) iron is less easily absorbed than heme iron from animal products. Pairing iron-rich foods like lentils, beans, and spinach with vitamin C-rich foods can enhance absorption.

Calcium: Vital for bone health. While available in fortified plant milks and juices, tofu, and some green vegetables, supplementation might be beneficial if your diet lacks these foods.

Zinc: Important for metabolism, immune function, and repair of body cells. Found in legumes, nuts, seeds, and whole grains, but like iron, it's less bioavailable from plant sources. Soaking nuts, seeds, and legumes can improve zinc absorption.

Iodine: Critical for thyroid function. Iodized salt, seaweed, and other sea vegetables are vegan sources. However, intake levels can be inconsistent, so some people might need a supplement.

When considering supplements, it's best to consult with a healthcare provider or a dietitian to tailor your supplement needs to your specific health profile, diet, and lifestyle. Organizations like the Academy of Nutrition and Dietetics, the National Institutes of Health, and the World Health Organization offer up-to-date resources and recommendations for nutrient requirements, including those specific to vegan diets.

There is some controversy around the funding of this docuseries, however, I found it interesting. My advice: add more whole foods that are green, how do you feel?



The vegan diet group showed notable improvements in LDL-C levels, fasting insulin, and weight loss compared to their omnivorous counterparts.

Check out Local Farmers Market and Vegan Food Festivals

Bizerkeley Vegan Food Festival (September): <http://tinyurl.com/yfjxuxme>

Contra Costa County Farmer's Market Guide:

<https://www.contracosta.ca.gov/7549/Contra-Costa-Certified-Farmers-Markets>

Ask the vendors to talk about what they are selling and recipes. The Vendors love to talk about nutrition and you will learn a ton! Farmer's Markets are a great place to socialize and connect too. I particularly enjoy San Mateo Farmers Market at College of San Mateo- its huge and year round.

Try a new fruit or vegetable every time you go, we grow outside our comfort zone.

Self Compassion and Moderation

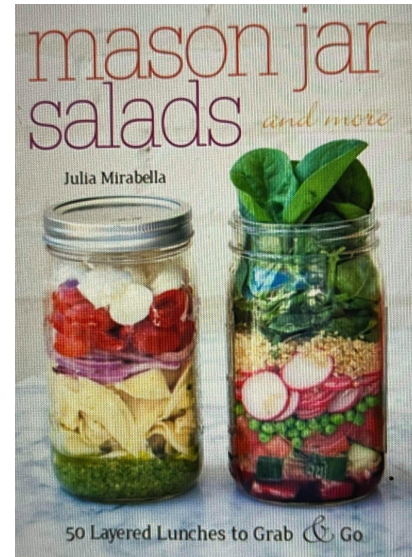
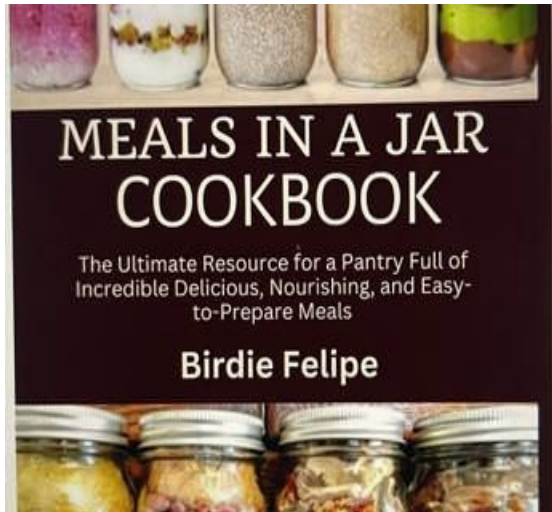
Force VS Alignment:

When we have forceful energy around making changes all at once, we can set ourselves up for failure. When we align with ourselves and values, we self partner which sets us up for success.

I LOVE the entire Habit Nest Series and am just staring the one on nutrition. Journaling is a great way to observe and change habits!

Tips and Tricks

Cook ahead Sundays: Purchase some mason jars and cook ahead for your week. Sometimes I do this with a friend and we do food swap: have twice the meals prepared for the week. It is so nice to come home and not have to cook.



Crockpot Heaven

Fix and forget it!



<https://www.wellplated.com/overnight-steel-cut-oats/> Breakfast is served!

Stock your Kitchen Well

Some of the items I have out on my countertop to promote healthier choices are:

A variety of nuts and legumes

Supplements such as Brewers Yeast, Plant based protein powder, flaxmeal etc...

Make healthy choices as simple and easy as possible. I also keep small packages of nuts stashed in my bag. If you start to get hungry, this will curb your appetite so you are less likely to settle for that quick sugar fix.

Fall in Love with Leafy Greens

Nutritional info: Leafy greens are rich in a combination of vitamins A, C, and K; several B vitamins; and potassium. They also contain fiber and are low in calories. As a general rule, the darker the green, the more nutrients it contains. Easy recipe: Heat a tablespoon of olive oil. Try to incorporate a salad per day. Most people fall short on leafy greens like kales, chards and bok choy.

My Favorite: Bake a head of any variety of kale (I like Dinosaur Kale best) for about 15 minutes or until it softens at 350. Before putting it in your oven sprinkle with a little olive oil and **brewers yeast**.

Brewers Yeast value: It has been grown and used as a nutritional supplement for years. Brewer's yeast is a rich source of minerals – particularly selenium; protein; B-complex vitamins, and chromium, an essential trace mineral that helps the body maintain normal blood sugar levels.

<https://www.tasteofhome.com/collection/ways-to-get-more-leafy-greens-in-your-life/>



Beware of Vegan Fast Foods!

Pay close attention to sodium content and additives.

Plant-based meat alternatives often contain more sodium than animal meats—in some examples up to six times more—and some of them contain **added sugars, artificial coloring, and controversial additives like carrageenan and methylcellulose**, which are bulking agents.

Some popular burger substitutes are highly processed to give the “meaty texture”. Make your own burgers out of Lentils or other meat substitute. We often pay the price nutritionally for the quick and easy food. Educated yourself, read labels and spend time preparing your food.

Can you be plant based and unhealthy? Yes!

Summary

- Enjoy eating more plant based. If you keep it fun and interesting you are much more likely to succeed.
- Educate yourself about how to eat well, get blood work and check nutrient levels. See a Registered Dietician. Read more about the health benefits of eating a more plant based diet- check out some library books.
- Visit your local book store and pursue the recipe section for new recipes.
- Cook ahead Sundays, food swap with a friend.
- Pull out your crock pot and mason jars, have some fun.
- Stock your kitchen with health choices and supplements
- Read labels! Watch out for high sodium or additives. Eat whole foods.

Take a Moment for Integration

I invite you to reflect of what I have shared and take note of some ideas that may be helpful to you?

- Record take aways on your phone or on paper?
- We learn best from community. Do you have a share about strategies for including more plant based foods into your day? If you are on this webinar, please share in chat.
- Maybe implement one new idea from this talk today?
- Changing any habit takes time, consistency and self compassion.

This Presentation was brought to you by CC Health Wellness Team

These suggestions are based upon my experience. If you want to learn about how to eat more healthfully, visit a Registered Dietitian.

For more informations or to contact me, I can be reached at www.somaticcotherapy.com

Thank you for your time and attention!