

3 Steps to Good Nutrition

in 10 minutes or less

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Healthy eating - common sense, not nonsense

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“Eat less and exercise more? That’s the most ridiculous fad diet I’ve heard of yet!”

How many of you have
been on a diet before?

Diets Don't Work! (Usually!)

- ✓ Do you fail the diet, or does the diet fail you?
- ✓ Diets tell us what to eat, when to eat, and how much to eat. Is this physiological? No!
- ✓ If diets were as easy as 'eat this, don't eat that' - everyone would be successful - it's about something MORE.
- ✓ # of diets you've been on is a predictor for weight GAIN, not loss

It's not (entirely) a lack of
nutrition knowledge.
It's our BEHAVIOURS
around food!

So... what the heck do we do then?

- ✓ What's the healthiest life you ACTUALLY enjoy?
- ✓ Learn healthy behaviours, habits, and skills - rewire that brain!
- ✓ Restriction = human nature, metabolism to rebel!
- ✓ Set health goals around achievable outcomes - not things you don't have absolute control over! (Values, intentions, adding MORE)
- ✓ Behaviour, and practical nutrition to get you to your goal

Real Life, Real Nutrition

- Progress, not perfection
- 80/20 rule - all food fits
- Focus on fuelling your body - with proper nutrition knowledge
- How can we be 1% better, every day?
- Shape behaviour & perceptions



3 Steps to Good Nutrition - in 10 Minutes or Less!

1. Meal planning - and prep!
2. Making the best, worst choice - what's 1% better?
3. Mindful eating - our bodies know best

1. Meal Planning & Preparation



Why is meal planning important?

- Writing it down = commitment
- Reduces time and stress in the kitchen
- Less food waste
- Improved success with healthy eating



51% of Calgarians prefer to eat food that is convenient & easy to prepare



55% of Calgarians choose their meal plans based on fitness & health goals



45% of Calgarians choose their meal plans based on weight loss goals



30 to 45 minutes each week are dedicated to finding new recipes and doing meal prep.



Calgarians spend more than 120 minutes in the grocery store shopping for food.



Calgarians spend 1 to 4 hours per week prepping dinner for their families.

made.

Meal Planning - Start Small!

Create a Master Meal List

- Meals that take 5 ingredients or less
- Meals that you can make from pantry staples
- Meals that take 20 min or less

From there - choose 3 meals to make this week

MASTER MEAL LIST	
BREAKFAST	
LUNCH	
DINNER	
SNACKS	



MEAL PLANNING PREPARATION CHECKLIST



Getting meal prepped, starts with having the right tools. Here is a checklist of items that will help you to successfully start your meal planning journey.

✓ Food Prep Storage Solutions

Think about how you're going to store the meals you make. If you are making meals that you plan on taking to work or school, is there a place to warm up your meal or do you need a thermos? Is there a fridge, or do you need a cooler bag to keep items cold? At home, think about how you want to heat up your prepared meals, do you want containers you can take out from the freezer and pop in the oven?

✓ To-Go Containers

Depending on how many meals you need to prep for, have at least three days worth of containers. Look for containers with well-fitting lids that don't leak. Less is more, look for contains that are multi-sectional.

✓ Containers for Prepared Ingredients

You will use these containers to hold all the prepped ingredients that you will be cooking with later. It's always a good idea to have separate containers you use for storing raw meat/marinating meat.

✓ Containers or Plastic Bags for prepared or fully cooked meals that will be frozen.

Think about the space you have available and find solutions that will maximize the space.

✓ Convenience Appliances

You don't need fancy kitchen equipment to meal plan, however certain items might be beneficial to you to save you time and a ton of dishes. Here are some suggestions:

- Rice Cooker
- Veggie Steamer
- Slow Cooker
- Food Processer
- Instapot

www.getmealprepped.com
or through your dietitian

Preparation, preparation, preparation

When you get home from the grocery store, immediately:

- wash fruit and veggies
- pre-pack your veggies and fruits for lunches - keep it simple!



2. Eating Out - The Best, Worst Choice & Other Tips



Why is eating out a problem?

- When you eat out, you lack the control to know what is in your food
- Often times, choices that may seem healthy are full of hidden sources of fat, salt, and calories
- Often times, social pressures influence our choices while eating out
- Portion distortion is rampant



The Best, Worst Choice

- When eating out at a restaurant, choose ‘the best worst choice’
- Meaning the most nutritious thing you *feel like eating* on the menu



Food Fear of Missing Out (FFOMO)

- The 'everyone else is doing it' mentality
- Are you REALLY craving that food?
- Is this worth your 20%?



A, B, C, D - Choose one, not all four

- Appetizers
- Bread
- Cocktails
- Dessert
- Not about deprivation - rather making sure you don't go overboard!

Examples of The Best, Worst Choice

- Stiryfrys with sauces on the side
- Chicken sandwich (with baked chicken) and a side salad
- Small steak with a baked potato and extra veggies (request the steak to not be buttered)
- Fish with vegetables and rice
- Salad with dressings on side (be ware of salad toppings!)

Tips and Tricks for Eating Out

- Order half-sized entrees or ‘lunch portions’ if the restaurant has them
- Pack up half your meal before you start eating
- Share with a friend
- Know when it’s time to ‘throw in the white towel’
- Do not nibble mindlessly
- Portion distortion - be aware!

3. Mindful Eating



How did mindfully eating differ from your usual eating practice?

- Distraction free
- Solely focused on food
- Increased enjoyment & satisfaction
- Attunement to brain and gut

Real life, real advice

- Small, meaningful changes
- Progress, not perfection
- Small time investment, big payoff
- Nutrition is a skill - practice practice practice!
- Healthy eating looks different for everyone. Work with a dietitian to find out what that looks like for you!

Meet The Team



Andrea Hardy, RD

Owner, Gut Health Specialist

IBS / Gut Health / Celiac, Crohn's, Colitis / Liver
Disease / Food Relationship / Weight Management /
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Karli Nordman, RD

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Gut Health / Weight Management / Food
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Nutrition Counselling for Disease / Gut Health / Food
Relationship / Pre-Natal and Post-Natal Nutrition

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- Check with your HR department, call your benefits provider or log into your online portal to review your benefits!
- Get booked in today!

Questions



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