



## How to Eat Healthy In Today's Busy World

### The Basics

- Background
- Importance of nutrition in wellness efforts
  1. CDC studies on measures of productivity
    - “Absenteeism” & “presenteeism”
  2. Both direct & indirect costs associated with employees having an unhealthy weight
- Keep it simple
  1. Set manageable goals
  2. Be organized & prepared
  3. Be an educated shopper
  4. Organic vs conventional farming
  5. Summer cleanse with nutritious foods



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## Set Manageable Goals

- **Moderation**
  - Crawl, walk, run
  - Don't deprive yourself
  - Celebrate fresh, wholesome, "real" foods
- **Seek help**
  - Schedule a prep night
  - Delegate tasks
- **Plan**
  - Menu board/calendar
  - Prepare for busy nights (3/2 rule)
  - Consistent theme nights



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## Be Organized & Prepared

- **Stock up**
  - Breakfast foods & grains
  - High-quality fruits & vegetables
  - Frozen foods
- **Prep in bulk**
  - Rice, quinoa, or beans
  - Chop fresh fruits & veggies
  - Double, or triple proteins
  - Smoothies into freezable cups
  - Mason jar salads
- **Accessible "fast food"**
  - At home: prepped, healthy food at line-of-sight
  - On the go: office desk/drawer
    - Nuts, seeds, trail mixes, dried/fresh fruits



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## Be Organized & Prepared

- Mason jar salads
  - Hard chopped fruits & veggies
  - Dressing
  - Grains, beans, or pasta
  - Cheeses and protein
  - Soft chopped fruits & veggies
  - Nuts or seeds
  - Greens



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## Be an Educated Shopper

- Take the grandma-approved nutrition label test
- Be wary of certain advertising
- Avoid heavily-processed foods
  - Insulin response
  - Look for high in fat, moderate in protein, low in carbs
- Avoid the following additives
  - Food colorings
  - HFCS
  - MSG
  - Partially-hydrogenated/fully-hydrogenated oils
  - Nitrates/nitrites as preservatives
- REMEMBER...the best foods are the ones that don't have full labels



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## Definition of Organic

- Produced through approved methods that:
  - Foster cycling of resources
  - Promote ecological balance
  - Conserve biodiversity
  - Cannot use synthetic fertilizers, many pesticides, sewage sludge, irradiation, or genetic engineering



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## Organic Vs Conventional

- Organic farming: Soil vs Dirt
  - More microorganisms & bugs, more stress
  - Higher in antioxidants
    - 50% more anthocyanins and flavonols
    - Anti-inflammatory effects, help fend off disease
      - Recent meta-analysis in British Journal of Nutrition (over 300 studies)
- Dirty Dozen & Clean Fifteen
- Impacts on water, air, soil, & people
  - Chemicals, pesticides, & fertilizers
  - Neurotoxins in our food
- Know your farmer



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## Organic Raising of Livestock

- Pasture-raised
  - Omega 3 vs Omega 6 balance
  - Not contained
- Raised without antibiotics
  - Extreme overuse in industrial production
  - Mostly applied to promote weight gain
- Raised without hormones
- Different impact on the environment
- Supports local farmers



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## Summer Cleanse

- Incorporate more raw and sprouted foods
- Foods and beverages that support detox:
  - Seasonal vegetables (phytochemicals)
    - Inhibit enzymes that activate toxins
    - Help the liver purge toxins from the body
    - Onions, shallots, microgreens, sprouts
  - Nuts and seeds
    - Good source of fiber, signal colon to empty
  - Kombucha, kefir, yogurt & kraut
    - Loaded with probiotics to optimize gut flora
    - Healthy immune system, improved digestion, increased nutrient absorption



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Questions?



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