


Eat To Your Heart's Content!

Ninth Annual Mid-America Institute on Aging and Wellness

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Take-Aways

- Benefits of plant-based meals
- Practical and pleasing ways to incorporate fresh and local whole foods into your daily meal plan



The Return to Real Food

What you eat really does matter

- We have strayed off the path...
 - convenience
 - eat in season
- Perils of processed food
 - inflammation → disease states
 - coronary artery disease, "leaky gut", food allergies
 - obesity
 - diabetes



Real Food Guidelines

- 80 - 20 rule
 - enjoy the splurge!
- 5 small feedings (meals) per day
 - maintains a consistent blood glucose level
 - regulates hunger, brain fuel, and productivity
 - weight management




Real Food Guidelines

- Plan ahead
 - balance the day
- Drink lots of water
 - fat mobilization, flushed kidneys




Plant Based Eating

- Why?
 - carbs are the premier source of energy
 - high fiber content (low glycemic)
 - regulates blood glucose metabolism
 - fiber binds with cholesterol to lower levels in the blood
 - oh yeah, fiber keeps you regular!
 - micro-nutrients, antioxidants




Plant Based Eating

- Eat your fruits and veggies!
 - unlimited veggies
 - moderate amount of fruit
 - fruit juice, diluted with water
- Grains, beans and legumes
 - ½ - ¾ cup serving size
 - plants as a protein source



Plant Based Eating

- Eat protein and/or a fat with your carbs
 - modulates glucose metabolism
- 6 colors on your plate
- Consider meat as a compliment to your meal



Choose...

- Whole milk dairy products
- Saturated fats
 - coconut oil, butter
- Mono-unsaturated fats
 - olive, peanut, sesame oils; avocado, nuts



Eat Fresh, Eat Local

- Healthier choice
 - greater nutritional value
- Support the local economy
 - your local dollars support small, local farmers
- Vote, with your dollar
 - where you shop speaks volumes



90-Minutes of Kitchen Zen™

- Prepare for the week!
- Allows for cooked-from-scratch meals, even in your busy life
 - <http://heartmatters.pro>
- Family and/or friends
- Try it Tuesday...



On Becoming Well-Fed

- Being hungry
 - creates vulnerability
- Satiation
 - feeling full takes 15 minutes
- Emotions
 - are you hungry, or... ?



