



# COLOR MY FOOD

Nutritional Therapy with Diana Galindo

## 4 Nutrition Strategies to Thrive through the Holidays

Chronic inflammation is the root cause of many diseases. What you eat can increase or reduce inflammation at any age. Discover how to enjoy flavors of the festive season without compromising your wellbeing. Make nutritious choices that will leave you feeling energized, satisfied, and proud.

### Stay Hydrated

Water is the #1 nutrition deficiency. Even 1% dehydration can cause to brain fog and impair cognitive function (focus, memory, spatial perception etc.). Staying hydrated also supports your body's natural detoxifying processes and helps reduce inflammation. Aim for half your body weight in ounces (for example, 160 lb. weight = 80 oz water or ten 8-oz water glasses).

#### Tips:

- Drink a glass of water after waking up to flush out the waste your body processed during the night. *Bonus:* add 1 tablespoon of lemon/lime juice or apple cider vinegar to your water glass in the morning to support your body's natural detox processes
- Drink a glass of water 10 – 15 minutes *before* each meal (not *with* your meal)
- If you feel hungry drink water; hunger is often mistaken for thirst
- Add a pinch of sea salt (electrolytes) to your water a couple times a day for improved hydration
- Eat your water. Eat more veggies than fruit

### Eat Nutrient Dense Foods that **Support** your Health

Food is more than calories. It is information that can turn on or off disease. A nutrient dense lifestyle reduces risk of chronic disease and increases both healthspan and lifespan. Nutrient density = nutrients per calorie.

- Quality proteins: breakdown into amino acids – essential building blocks for muscle, nerves, enzymes, antibodies, hemoglobin (transports oxygen around your body) and hormones like insulin and glucagon that regulate blood sugar and energy
- Carbohydrates from plants: breakdown into glucose but also provide fiber that keeps you fuller longer, helps digestion, improves your gut health (home to your immune system) and your brain health. Hunter-gatherer ancestors ate 100 – 150 grams of fiber PER DAY. Today the typical American gets **8 – 15** grams per day.

- Fats from nature break down into essential fatty acids required to
  - Build cell membranes – every cell requires fatty acids for structure
  - Maintain optimal brain development, function and aging
  - Absorb fat-soluble vitamins A, D, E and K
  - Provide high-caloric energy ideal for long, low-intensity activity
  - Improves taste and increase satiety (stay fuller longer)
- Micronutrients: vitamins, essential minerals and phytochemicals that provide the raw materials needed for rebuilding, healing and detoxifying. They are also essential in millions of molecular reactions in your body happening every moment.

### Tips:

- Get quality protein, carbs from plants, fats from nature at every meal
- Aim for 3 – 4 colors (from plants) each meal and 9 – 10 plants per day. Ancestral humans ate more than 40 plants foods. Average Americans less than 18
- Work towards 80 / 20 lifestyle – eating nutrient dense foods 80% of the time

## Be Aware of Foods that **Harm** Your Health

### Foods to Avoid

- Ultra-processed foods
- Trans fats [are known to trigger inflammation](#).
- [Industrial seed oils](#) (“vegetables oils”) introduced in 1900s are highly processed oils
- [High fructose corn syrup](#) is major cause of [heart disease](#), [obesity](#), cancer, [dementia](#), liver failure, tooth decay, and [can harm the immune system](#)
- Artificial sweeteners [trigger inflammation and alter normal metabolism](#). They also [promote intestinal inflammation and changes in gut microbiota](#) which impacts your immune system and “second brain”.

### Foods to Minimize

- Sugary beverages (including many sports drinks like Gatorade and Powerade)
- Refined white sugar (the average American consumes 160 lbs. of sugar per year!)
- Refined grains (flour)
- Alcohol

### Tips:

- Read ingredient labels: if you don’t recognize the ingredients, your body won’t recognize them as food.
- Look for 5 grams of sugar per serving
- Never eat “naked carbs”; add a bit of good fat or protein
- Add anti-inflammatory spices to your food
- Reduce refined sugar in homemade baked goods

## Eat Mindfully

Did you know that digestion starts in your brain before you begin to eat? By eating mindfully your body can better digest and absorb nutrients for optimal health. It also improves your immune system and can help weight loss.

### Tips

- Pay attention - Digestion works when your body is in a parasympathetic (relaxed) state. Multitasking while eating disconnects your ability to listen to your body's needs and signals.
- Breathe - Take three deep breaths before starting to eat. This gives your brain time to instruct your body to initiate all the digestive functions: saliva to breakdown carbs, stomach acid to breakdown protein, and more...
- Chew chew chew - The better you chew your food, the better your body absorbs nutrients. Thorough chewing reduces bloating, gas, and constipation. Also, chewing your food more leads to eating less. Reduced intake leads to weight loss.
- Let your body catch up to your brain - Did you know it takes 20 minutes from when you start to eat for your stomach to tell your brain it is full? When you eat too fast, you are likely to overeat and overwhelm your digestive system.

### Foods that Help Your Body

Leafy greens / cruciferous vegetables

- Arugula, dandelion, collard greens, kale, lettuces, mustard greens, Swiss chard/rainbow chard, spinach
- Broccoli, Brussels sprouts, cabbage, cauliflower, bok choy

Rainbow vegetables and fruits veggies

- Every color represents a family of preventative and healing compounds

Fish / seafood

- Fatty fish like salmon, sardines, mackerel,

Legumes/beans

- Peas
- Garbanzo
- Lentils

Nuts and seeds (always buy raw and put in freezer to keep fresh)

- Almonds, Brazil nuts, walnuts, pecans, pistachio, pine nuts
- Chia, flaxseed, hempseed, pumpkin seeds, sunflower seeds

Ancestral grains

- Buckwheat, bulger, faro, millet, quinoa, wild rice

Grass-fed beef, lamb and dairy, pasture raised poultry and eggs

Herbs and spices

## Foods that Harm

Ultra processed	Trans fats	Industrial Seed Oils	Artificial Sweeteners
Fast food	Margarine, Crisco, Pam spray	Vegetable oil	Aspartame
Hot dogs, lunch meat	Processed snack foods	Corn oil	Acesulfame-K (Sweet One)
Packaged cookies, cakes, doughnuts	Packaged breakfast foods	Cotton seed oil	Aspartame and neotame (NutraSweet)
Salty snacks		Rapeseed (known as canola oil)	Saccharin (Sweet'N Low)
		Safflower and soy oil	Sucralose (Splenda) Advantame

## References

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