

HEALTHY PEOPLE PROGRAMS



ASSESSING YOUR DIET

QUANTITY



- THE AMOUNTS OF ALL NUTRIENTS MUST MEET AND EXCEED RDA'S
- (RECOMMENDED DAILY ALLOWANCES)
- RDA'S ARE DEFINED AS THE MINIMAL AMOUNT NECESSARY TO PREVENT DEFICIENCY DISEASES

QUANTITY cont'd



- OPTIMAL HEALTH REQUIRES AVAILABILITY OF NUTRIENTS TO PROTECT, REGULATE, AND RESTORE BODY FUNCTIONS WHENEVER REQUIRED
- STRESS & INCREASED ACTIVITY INCREASE REQUIREMENTS WELL ABOVE RDA LEVELS

AN OPTIMAL HEALTHY DIET ...



□ IS MORE THAN JUST
QUANTITY OF FOOD....

□ **IT MUST ALSO
INCLUDE**

□ **QUALITY**

□ **VITALITY**

□ **VARIETY**

QUALITY



- THE QUALITY OF WHAT YOU EAT IS AS IMPORTANT AS WHAT YOU EAT
- FOOD QUALITY IS A FUNCTION OF NUTRIENT AVAILABILITY & DIGESTABILITY

AVAILABILITY



☐ ALL ESSENTIAL
NUTRIENTS PRESENT
IN THE FOOD

☐ ESSENTIAL NUTRIENTS

☐ WATER

☐ PROTEIN

☐ ESSENTIAL FATTY ACIDS

☐ CARBOHYDRATES

☐ ENZYMES, VITAMINS, MINERALS

☐ FIBRE

QUALITY



- ❑ ROBBER FOODS - ROB NUTRIENTS FROM YOUR BODY
 - ❑ JUNK FOODS, COFFEE, SUGAR, WHITE FLOUR
- ❑ POLICEMAN FOODS - PROTECT YOUR BODY WITH NUTRIENTS & ANTIOXIDANTS

TIP - FORTIFY YOUR DIET WITH WHOLE FOODS

- ❑ ORGANIC FRUITS AND VEGETABLES
- ❑ SEA VEGETATION
- ❑ BEE POLLEN & ROYAL JELLY
- ❑ Essential Fatty Acids (Omega 1:1)
- ❑ GREENS PLUS
- ❑ MOLASSES

DIGESTABILITY



- ABLE TO BE DIGESTED & ASSIMILATED INTO THE BODY
- A FUNCTION OF ENZYMES, VITAMINS, AND MINERALS
 - TIP – Whole Foods Lightly Steamed or Slow Cooked are Best
 - Tip – Use Plant Enzymes to assist Digestion

DIGESTABILITY



□ FRYING & COOKING IN OIL MAKES FOOD HARD TO DIGEST AND CONTRIBUTES TO ATHEROSCLEROSIS, PAIN & INFLAMMATION

□ Tip: Avoid Frying in Oil, Heat water in frying pan or wok and add a small amount of oil as needed. (Protect yourself from splatter when adding the oil.)

VITALITY



- VITALITY IS A FUNCTION OF ALIVENESS & FRESHNESS
- THE HIGHER THE VITALITY OF THE FOOD THE MORE POTENTIAL LIFE GIVING ENERGY IT CAN IMPART
 - I.E. BAKED POTATO VS. FRENCH FRIESVITALITY
- TIP - EAT SOME FRESH FOODS WITH EVERY MEAL

VARIETY



□ COLORS, TASTES, TEXTURES
=

□ Nutrient Variety and Protection

FOOD & COLORS



- EACH COLOR CONTAINS
DIFFERENT PHYTONUTRIENTS
& BIOFLAVONOIDS
- THESE HELP STRENGTHEN &
PROTECT OUR SYSTEM
- TIP - GET A VARIETY OF
COLORS INTO YOUR DIET

TASTES



- VARIETY IS THE SPICE OF LIFE
- THE TASTES ARE SWEET, SOUR, BITTER, PUNGENT
- Tastes add essential trace nutrients and essential oils
 - TIP -USE SPICES FOR VARIETY OF FLAVORING & TRACE NUTRIENTS

TEXTURES



- TEXTURES PROVIDE DIFFERENT TYPES AND AMOUNTS OF FIBRE
- TO SCRUB, CLEANSE, AND STABILIZE BLOOD SUGAR & CHOLESTEROL
- TIP - EAT SOME CHEWY, CRISPY, LEAFY FOODS WITH EACH MEAL

VARIETY



- VARY THE FOODS YOU EAT
- BUILD AROUND THE 5 + 5 MEAL PLAN
 - 5 DIFFERENT VEGETABLES
 - + 5 DIFFERENT SOURCES OF PROTEINS
 - EACH MEAL

DIGESTION



- **YOU ARE WHAT YOU EAT AND WHAT YOU DIGEST**
- **DIGESTION IS A COMPLEX PROCESS THAT RELIES ON AVAILABLE NUTRIENTS AND YOUR STATE OF MIND**

STATE MANAGEMENT




- THE STATE IN WHICH YOU EAT MAY BE AS IMPORTANT AS WHAT YOU EAT
- BEING HURRIED, WORRIED, AND IRRITATED (STRESSED) INTERFERES WITH GOOD DIGESTION AND ASSIMILATION

TIP



- TAKE TIME TO CAREFULLY
SELECT YOUR FOOD FOR
YOUR TRUE NEEDS
- BELLY BREATH BEFORE YOU
EAT
- RELAX WITH AN ATTITUDE OF
GRATITUDE WHILE EATING
YOUR FOOD

BELIEFS & EMOTIONS



- **STRONGLY INFLUENCE WHAT WE WILL/WON'T DO**
- **CHANGE BELIEFS/REFERENCES IN ORDER TO CHANGE EATING HABITS**

MAKE CHANGES



□ MAKING CHANGES REQUIRES
CHANGING HABITS

HABIT BUSTING & HABIT ENHANCING ACTIONS

- HABIT BUSTING = PATTERN INTERRUPTIONS
- HABIT ENHANCING = POSITIVE PRACTICE & REWARD
- TIP - ALLOW YOURSELF A COUPLE WEEKS OF PRACTICE TO CHANGE A HABIT COMPLETELY

YOUR BODY HAS A BUILT IN SENSE OF WHAT IT REQUIRES

- TAKE THE TIME TO FOCUS
WITHIN AND LISTEN TO
YOUR TRUE NEEDS
- TRAIN YOUR SENSES OF
SMELL/TASTE
- TRUST TIME TESTED
PRINCIPLES OF GOOD
NUTRITION

ASK FOR HELP



- EVERYONE NEEDS HELP
SOMETIME
- ASKING MAKES IT EASIER
- WE'RE HERE TO HELP

YOU CAN DO IT



- FOLLOW THE VICTORY BLOOD TYPE DIET
- MAKE CHANGES WEEK BY WEEK
- STICK TO IT
- ACHIEVE MASTERY OVER YOUR HABITS