COUNTY MANAGEMENT & RISK CONFERENCE
APRIL 10-12, 2019 | SAN MARCOS
RESOURCES AND SOLUTIONS FOR COUNTIES
Stir the Pot with Nutritional Ingredients

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“People who love to eat are always the best people.”

– Julia Child
Objectives

• Discuss nutritional facts, healthy alternatives and what to avoid to stay healthy.

• Learn delicious, practical, yet simple ways to add healthy foods into your life through a cooking demonstration.
Lifestyle-Linked Conditions

The Big Six

Cancer

Stroke

Type 2 Diabetes

Obesity

Heart Disease

Dementia/Alzheimer’s Disease
The Great Paradox

80% of chronic diseases are preventable.

678,000+ deaths/year due to chronic illness.

- Michael Pollan
Pathways to Chronic Disease

- **DNA Damage:**
  - Cancer causing mutations

- **Artery Damage:**
  - Hypertension, blood clots, heart attacks, strokes causing mutations

- **Cell Membrane Damage:**
  - Premature aging & wrinkles

- **Brain Cell Damage:**
  - Dementia, Alzheimer’s Disease, MS

- **Pancreas Cell Damage:**
  - Diabetes

- **Protein Damage:**
  - Autoimmune disease
Pathways to Chronic Disease

What are the implications?
Lifestyle Cancers

Breast (Post-menopausal)  Colorectal  Endometrial  Gallbladder

Kidney  Liver  Ovarian  Pancreatic
Nutrition: Laying the Foundation

The Fight Within: This is how we roll

Inflammation: Too much of a good thing

Microbiome: Battle of the gut bugs
Winning the Battle

**Think Twice**
- Don’t Kill the Good Guys: Antibiotics & toxins
- Don’t Feed the Beasts: Sugar, fats & carbs

**On Target**
Nourish the Good Guys: Probiotics, yogurt, fruits, veggies, legumes & whole grains
# Nutrition: Building the Frame

## Macronutrients
- **Energy and Calories**

## Fats: Omega 3s
- Cold Water Fish
- Flaxseeds
- Monounsaturated Fats
- **Arthritis**
- **Cancer**
- **Alzheimer’s Disease**

## Protein: Building Blocks of Cells
- Nut Butters
- Eggs
- Legumes
- Fish
- Poultry
- Lean meats

## Carbohydrates: Brain, Muscle and Nervous System Fuel
- Fruits
- Vegetables
- Whole Grains
- Beans

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Nutrition: Supporting the Frame

With Micronutrients: Antioxidants & phytochemicals

**Calcium:** Milk, yogurt, spinach, sardines

**Vitamin B12:** Cold-water fish, cheese, eggs

**Zinc:** Lean beef, cashews, garbanzo beans, turkey

**Potassium:** Bananas, spinach, apricots

**Vitamin C:** Oranges, peppers, broccoli
Nutritional Life Hacks
Simple Ways to Unlock Healthier Food Choices
Nutritional Life Hacks

Be Prepared with Nutritious Snacks:
Trail mix, homemade energy bites, fruit and veggie packs
Nutritional Life Hacks

Pack your lunch.
Nutritional Life Hacks

Stock your Pantry and Fridge for Success.
Nutritional Life Hacks

Create an Arsenal of Healthy Meals.
Nutritional Life Hacks

Have a Back-up Plan When Eating Out

What's for dinner?
Let’s roll with Nut Butter Energy Bites!

Healthy Snack Cooking Demonstration
TAC Wellness Consultants

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