Texas Association of Counties

Regional Pool Workshops

Resources and Solutions for Counties

Various Locations | Fall 2019
Stir the Pot with Nutritional Ingredients

“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
- Obesity
- Type 2 Diabetes
- Heart Disease
- Dementia/Alzheimer’s Disease
The Great Paradox

80% of chronic diseases are **preventable**.

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

**Blue Zones**: “Eat food. Not too much. Mostly plants.”

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

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

Pancreas Cell Damage:
Diabetes.

Protein Damage:
Autoimmune disease.

Pathways to Chronic Disease

DNA Damage:
Cancer causing mutations

Cell Membrane Damage:
Premature aging & wrinkles

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