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Know your WHY?

WHY do I need to take care of my health?

WHY should I focus on my own wellness?







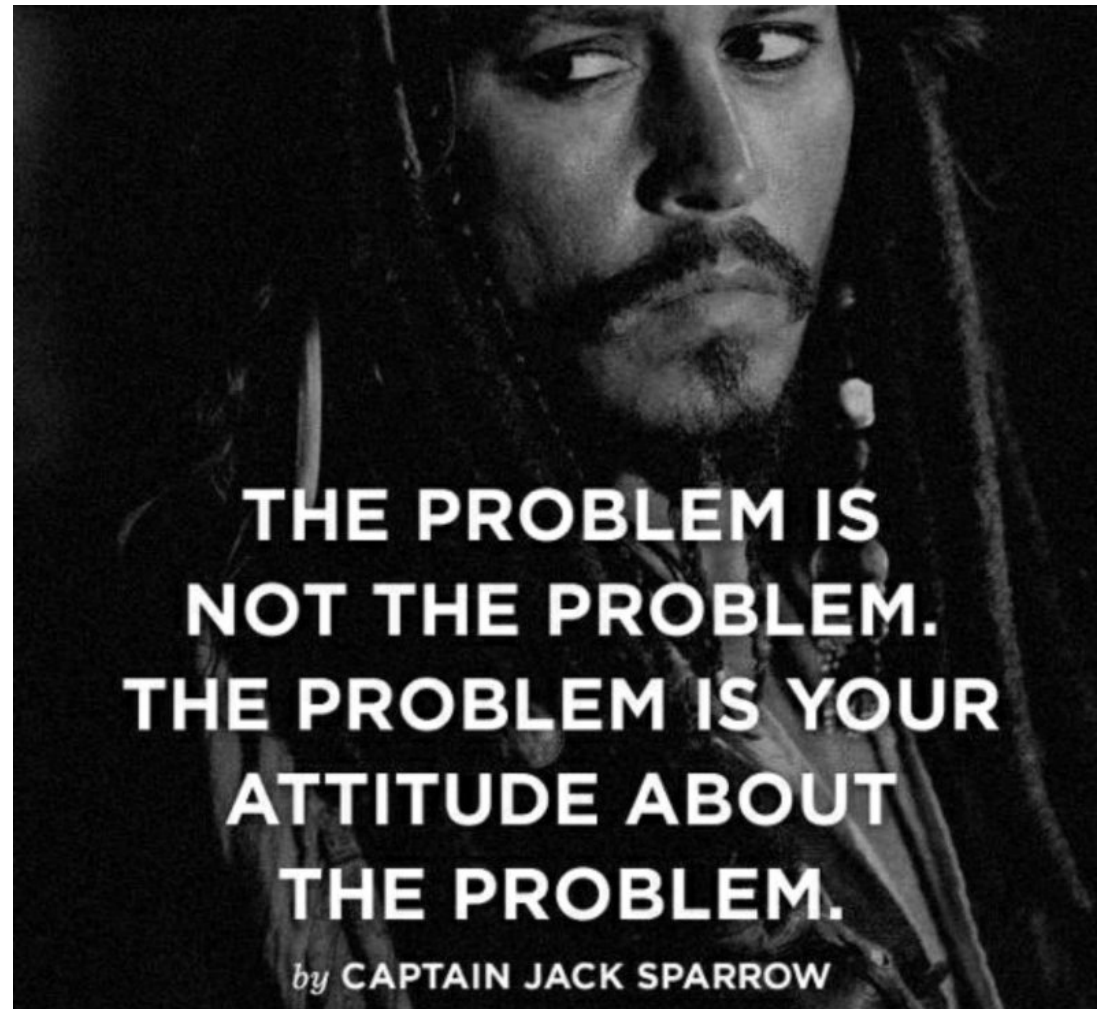






Sick and tired of being sick and tired?

**So what is the problem?**



Yes. But only partially. The real problem is this...

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# For Health...eat some food from each group...every day!



U. S. GOVERNMENT CHART

**IN ADDITION TO THE BASIC 7...  
 EAT ANY OTHER FOODS YOU WANT**

# How much?



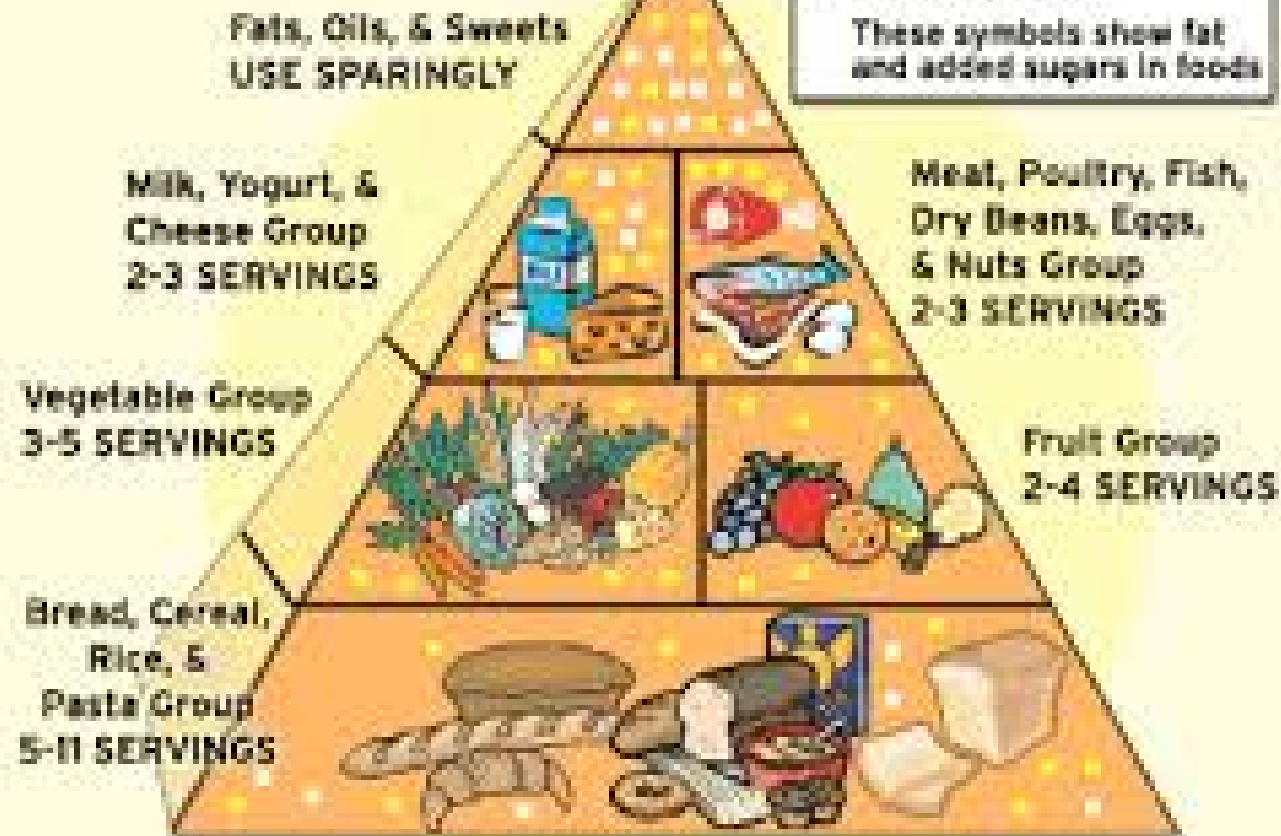
Four  
Food  
Groups

1956-  
1992

# The Food Guide Pyramid

A Guide to Daily food Choices

 Fat (naturally occurring and added)  
 Sugars (added)  
These symbols show fat and added sugars in foods

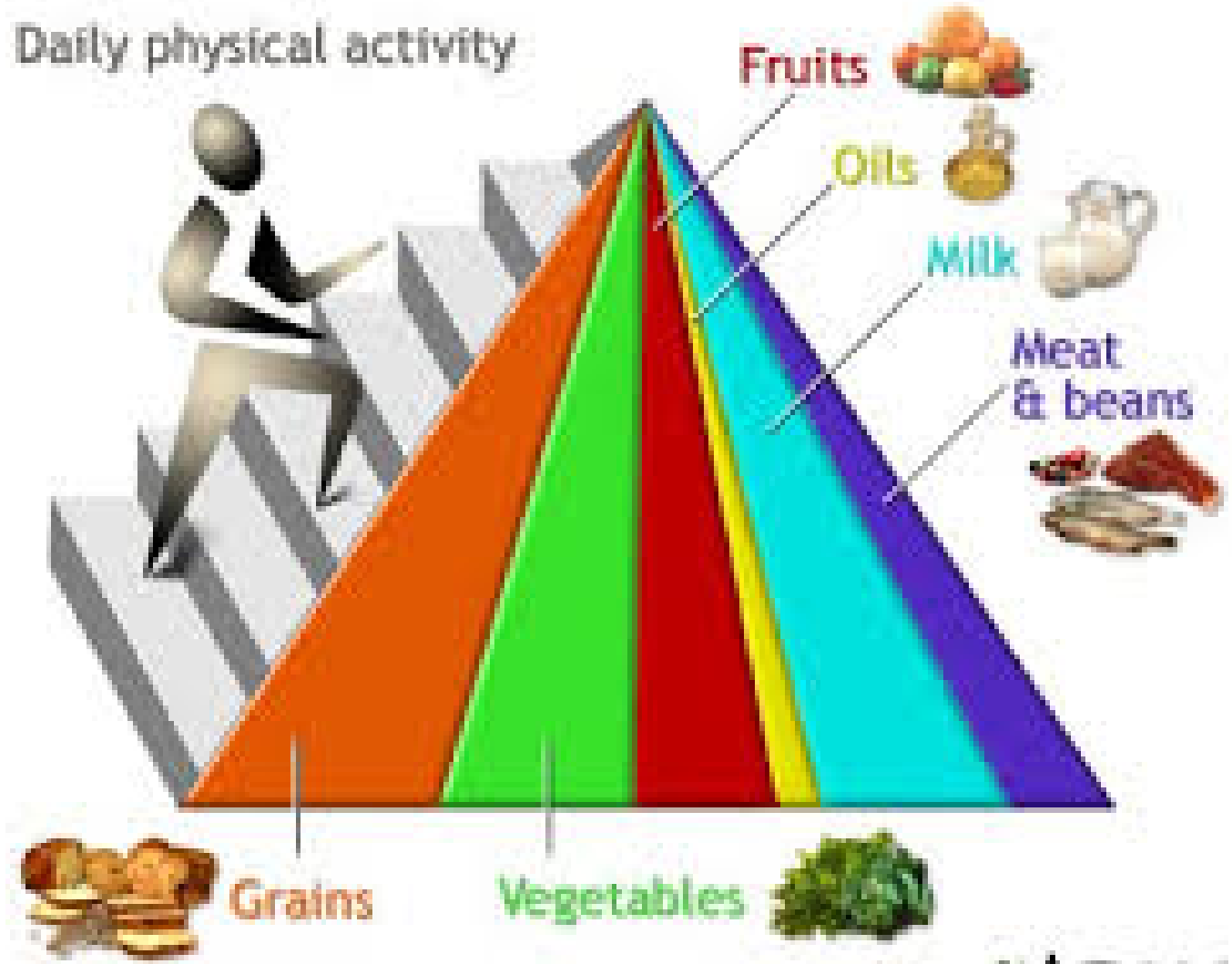


USDA PYRAMID

HARVARD PYRAMID



Daily physical activity



Grains

Vegetables



ADAM



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There are four basic food groups:





# AN ELF'S FOUR MAIN FOOD GROUPS



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# Biochemistry 101

<b>Nutrition Facts</b>	
Serving Size 1 cup (240 mL)	
Servings Per Container About 16	
Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
<b>Cholesterol</b> Less than 5mg	1%
<b>Sodium</b> 135mg	6%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 0g	0%
Sugars 13g	
<b>Protein</b> 9g	
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 0% • Vitamin D 25%

Look at the label to the left. 3 of the 4 macromolecules can be found in foods. The 3 biochemical molecules found on a nutrition label

- are:
- 1 **FAT** (0 grams in this product)
  - 2 **Carbohydrates** (13 grams in this product)
  - 3 **Protein** (9 grams in this product)

## Vitamins & Minerals



- A, D, E, K
- B complex, C
- Ca Mg K Na S P Cl
- Zn Fe Cu I Se Mn Cr
- Phytonutrients

# Common Allergens

**Eight types** of food are responsible for more than ninety percent of allergic reactions. These foods are: **milk**, eggs, peanuts, tree nuts, shell, soy, and **wheat**.

[cdc.gov](https://www.cdc.gov)



#EVERYDAYMOMENTS



## gluten

wheat germ, bran, cereals, bulgar, rye, barley, wheat-based pastas, breads, cookies, crackers, etc.

**SWAP:** NON-GMO CORN TORTILLAS, RICE NOODLES, ZUCCHINI LINGUINE USING A SPIRALIZER, HOMEMADE GRANOLAS, GLUTEN-FREE FLOURS SUCH



## eggs

mayo, baked goods, breads, marshmallows, meringues, meatballs, ice cream, etc.

**SWAP:** MASHED BANANA, APPLESAUCE, NUT BUTTER, FLAX/



## dairy

Cow's milk, cheese, cottage cheese, half and half, cream, sour cream, pudding, yogurt, etc.

**SWAP:** ALMOND MILK OR OTHER NUT MILKS, COCONUT MILK, DAIRY-FREE CHOCOLATE CHIPS, SORBET FOR ICE CREAM, COCONUT OR ALMOND MILK BASED ICE CREAM



## soy

soy sauce, soy milk, tofu, soy protein isolate, miso, some deli meats, tamari, etc.

**SWAP:** COCONUT AMINOS FOR SOY SAUCE



<https://www.pinterest.com/laureiin/ap-biology//>

<b>Low Glycemic Foods</b> <b>0 - 54</b> <b>GO! Ideal To Consume</b>	<b>Moderate Glycemic Foods</b> <b>55 - 69</b> <b>Use With Caution</b>	<b>High Glycemic Foods</b> <b>70+</b> <b>STOP - Try To Avoid</b>
<p>Most non starchy vegetable &lt;15  Peanuts &lt;15  Low-fat yogurt, no sugar&lt;15  Tomatoes 15  Cherries 22  Peas 22  Plum 24  Grapefruit 25  Pearled barley 25  Peach 28  Can peaches, natural juice 30  Soy milk 30  Baby lima beans 32  Fat-free milk 32  Low-fat yogurt, with sugar 33  Apple 36  Pear 36  Whole wheat spaghetti 37  Tomato soup 38  Carrots, cooked 39  Apple juice 41  All-Bran 42  Canned chickpeas 42  Custard 43  Grapes 43  Orange 43</p>	<p>Canned kidney beans 52  Kiwifruit 52  Orange juice 52  Banana 53  Potato chips 54  Special K 54  Sweet potato 54  Brown Rice 54  Linguine 55  Oatmeal cookies 55  Popcorn 55  Sweet corn 55  Muesli 5  White rice 56  Pita bread 57  Blueberry muffin 59  Bran muffin 60  Hamburger bun 61  Ice cream 61  Canned apricots, light syrup 64  Macaroni and cheese 64  Raisins 64  Couscous 65  Quick-cooking porridge 65  Rye crisp-bread 65  Table sugar (sucrose) 65</p>	<p>Bagel 72  Corn chips 72  Watermelon 72  Honey 73  Mashed potatoes 73  Cheerios 74  Puffed wheat 74  Doughnuts 75  French fries 76  Vanilla wafers 77  White bread 79  Jelly beans 80  Pretzels 81  Rice cakes 82  Mashed potatoes, instant 83  Cornflakes 84  Baked potato 85  Rice, instant 91  French bread 95  Parsnips 97  Dates 100</p>

# GMOs in Food

In the U.S., three major commodity crops are raised predominantly from GMO seed: field corn (92%\*), soybeans (94%\*), and cotton (94%\*). \*based on U.S. acreage as of 2015 (USDA)

Almost 98% of Canadian grown Canola is genetically engineered for herbicide resistance.

U.S. sugar beet production is estimated to be over 95% genetically modified for herbicide resistance.

GMO sweet corn, papaya, zucchini, and yellow summer squash are also for sale in grocery stores, but in far lesser amounts.

Genetically modified alfalfa is grown for use as hay and forage for animals.

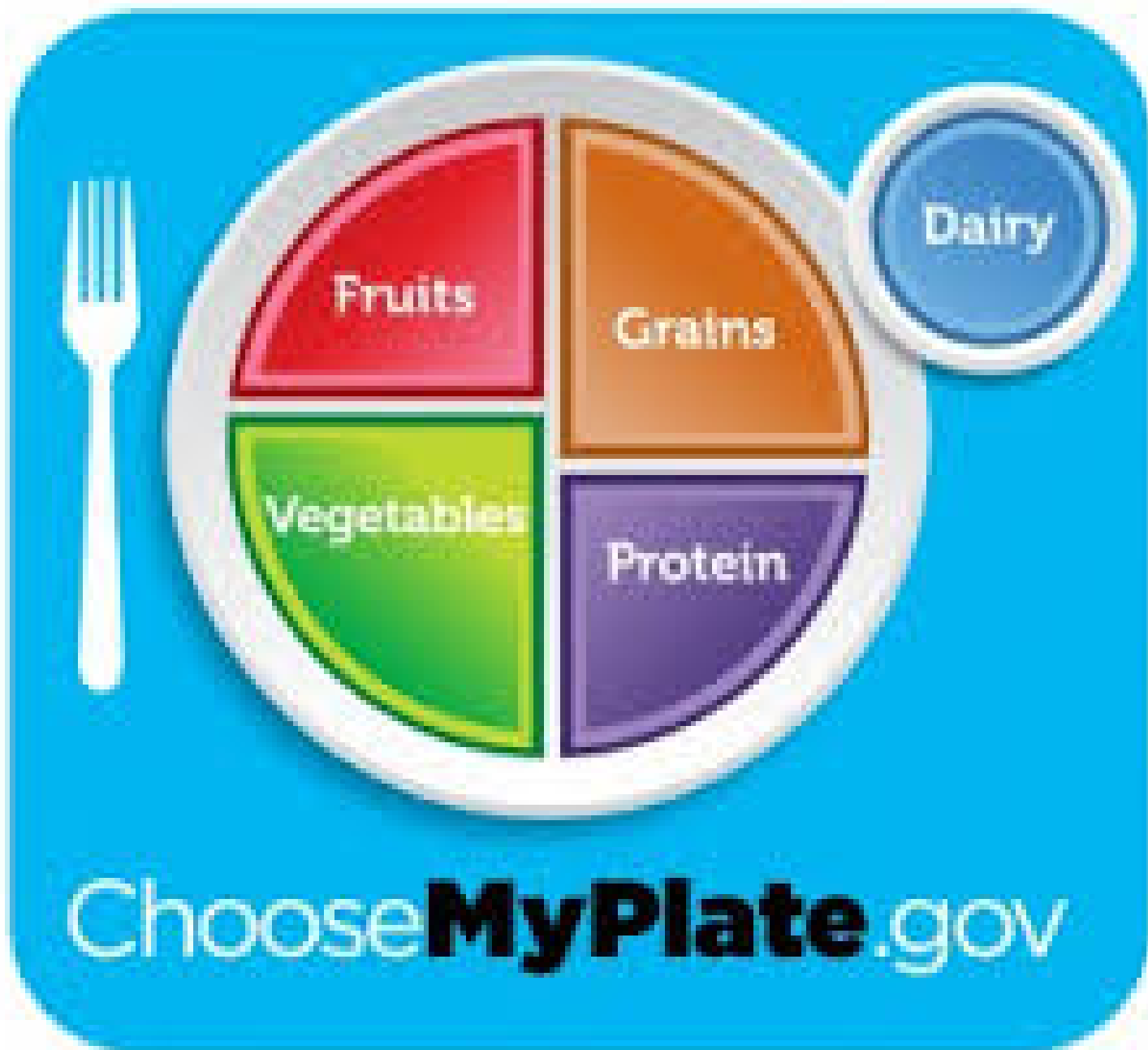
NEW: 'White Russet' brand potatoes, genetically modified to resist bruising were introduced to some grocery stores in 2015, but are not yet widely available.

Genetically engineered non-browning 'Arctic' apples have been deregulated by the USDA and are expected to be on the market in 2016.

<http://responsibletechnology.org/gmo-education/gmos-in-food/>

## Other Sources of GMOs:

- Dairy products from cows injected with the GM hormone rbGH
- Food additives, enzymes, flavorings, and processing agents, including the sweetener aspartame (NutraSweet) and rennet used to make hard cheeses
- Meat, eggs, and dairy products from animals that have eaten GM feed
- Honey and bee pollen that may have GM sources of pollen
- Contamination or pollination caused by GM seeds or pollen



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# Vera Quijano

## **Human first.**

Female second.

Mother third.

Grandmother fourth.

Wife fifth (don't tell my husband).

**Then,** all that crap on the right:

- Bachelor of Science, Cell/Molecular Biology, minor chemistry, SFSU
- MPA, HR Management, NDNU
- Certified Nutritional Consultant, GCNM
- Certified Ayurvedic Instructor, Deepak Chopra Center for Well-Being
- Certified Yoga Instructor, Deepak Chopra Center for Well-Being
- Certified Dance Instructor, Dance Masters of America, Inc. (DMA)
- Certified Personal Trainer, American College of Sports Medicine (ACSM)
- MS, Human Anatomy and Physiology Instruction (in progress)







Retrieved from <http://www.medstarmontgomery.org/>



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# The First Giant Step to Yay!

(This is **not** medical advice.)

- a) RPM, ujjayi, gratitude, chakras, primordial sound, deep breathing
- b) ACV, upon waking, before lunch, before dinner, before bed
- c) Add coconut oil to coffee
- d) Bounce and shake, 3 - 5 minutes, **cellercise.com**
- e) Slow yoga stretches
- f) Use your feet for anti-stress self-defense
- g) “Go-to” for easy-access stress reduction







Retrieved from <http://weknowmemes.com/2012/02/think-the-flowers-feel-the-flowers-be-the-flowers/>