

NUTRITION REDEFINED

DIET CULTURE

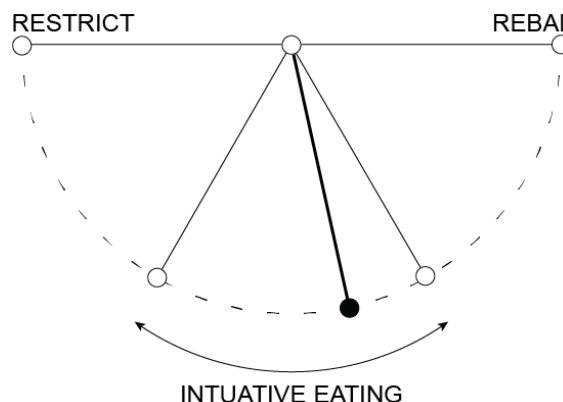
We currently live in a world that sends mixed messages regarding nutrition, food and health. Depending on the individual, countless diets and various fads may have been tried in the past. Why? Many reasons, but the most common reasons are to lose weight and/or control weight.

POOR TRADITIONAL MESSAGING VS. WHAT WE KNOW NOW

- **The Convenience Factor** - As humans, we are wired for quick and easy. Today, food has become overly abundant and convenient. In essence, food is everywhere.
 - **Cooking** - Spending time by making meals from scratch can allow one to eat nutrient dense foods, honor personal nutrition needs and flavor to taste.
- **A Calorie is a Calorie** - Calories represent energy. For many years, food has been labeled as “calories” versus food being food. Not all “calories” are the equal.
 - **Food is Information** - Each person responds to various foods differently. In addition, how the body responds to the “soda” will be different than the “apple.”
- **Restriction & Deprivation** - In regards to weight loss,, food restriction and deprivation has been encouraged. This can easily cause more harm than good if practiced.
 - **Honor Personal Needs** - One’s basal metabolic rate, activity level, underlying health conditions and more are important factors when determining needs.
- **Thin means Healthy** - Health variables such as blood pressure, lipid profile, mental health, and more isn’t “caused” by fatness or thinness.
 - **Health at Every Size** - A paradigm shift in the health world as it supports all shapes and sizes as well as all areas of health.
- **Good vs. Bad** - It is easy to label food as good or bad. This can cultivate a negative perception towards food and seeing oneself as “bad.”
 - **Nutrient Density** - Some foods are more nutrient dense than others as some foods have more micronutrients, phytochemicals, and essential macronutrients.

THE EATING PENDULUM

We can easily find ourselves swinging back and forth when it comes to our eating behaviors. Intuitive eating can be a great goal for most yet many need structure to feel more grounded.



INTUITIVE EATING

We are born with the ability to intuitively eat. Intuitive eating represents rejecting diet mentality, finding satisfaction from food, dissociate feelings from food, honor hunger, exploring fullness and more. Skyterra encourages most guests to explore the intuitive eating process by integrating more mindfulness and rejecting the irrational rules of dieting.

NUTRIENT DENSE FOODS

FOODS TO INTEGRATE

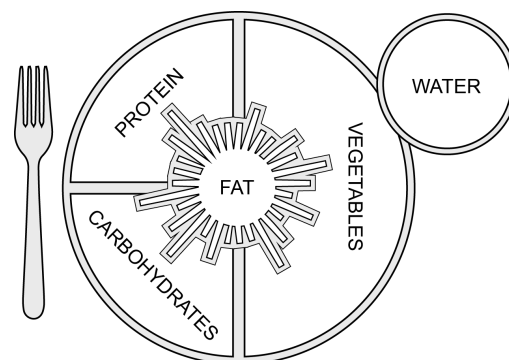
- **FRUIT** - strawberries, blueberries, raspberries, apples, pears, bananas, oranges, grapefruit, cherries, figs, pineapple, mango, kiwi, etc.
- **VEGETABLES** - spinach, broccoli, brussels sprouts, cauliflower, kale, eggplant, tomatoes, cucumber, onion, butternut squash, potatoes, beets, carrots, green beans, etc.
- **WHOLE GRAINS** - oats, wild rice, black rice, quinoa, farro, sorghum, barley, etc.
- **BEANS, LENTILS, ETC.** - black beans, kidney beans, white beans, adzuki beans, chickpeas, green lentils, yellow lentils, red lentils, edamame, etc.
- **NUTS & SEEDS** - almonds, pecans, walnuts, cashews, macadamias, pistachios, pumpkin seeds, sunflower seeds, chia seed, flaxseed, etc.
- **OILS & FATS** - olive oil, extra virgin olive oil, olives, avocado oil, avocado, coconut oil, coconut, sesame oil, grapeseed oil, ghee, butter, cheese, etc.
- **PROTEINS** - chicken, turkey, salmon, white fish, shellfish, eggs, red meat, bison, yogurt, kefir, beans, lentils, tempeh, edamame, etc.
- **OTHER** - nut butters, breads, chocolate, sprouted foods, fermented foods, etc.
- **FLAVOR** - herbs, lemon, lime, garlic, vinegars, spices, shallot, etc.

MOVING FORWARD

1. **STRUCTURED FLEXIBILITY**- value a meal plan, structure, spontaneous, flexible.
2. **CONSISTENT ROUTINE** - consistent eating times, routine, explore hunger/body cues.
3. **EAT MORE MINDFULLY** - slow down, savor food, take longer to eat, observe feelings.
4. **STAY THE COURSE** - be patient, practice forgiveness, have hope.

KEEP IN MIND - THE SKYTERRA PLATE

- Adequate Protein, Fat, Carbohydrate, Micronutrients & Fiber*
- When in doubt, try to execute the Skyterra Plate.



RECOMMENDATIONS

- Skyterra at Home
- Wired to Eat by Robb Wolf
- Health at Every Size ® - www.sizediversityandhealth.org
- Intuitive Eating by Evelyn Tribole and Elyse Resch
- Eating Mindfully by Susan Albers