eat well
get well

Welcome to Session 4

June 27

6pm – 7.30pm

Session 1

Sugar in everyday foods, especially those that don’t taste sweet
- bread, potatoes, rice, pasta
- all carbs except fibre turn into sugar when digested

Understanding labels and counting carbs

Session 2

Good fats and oils

Bad fats and oils

Session 3

Is it your fault? Our ancient biology

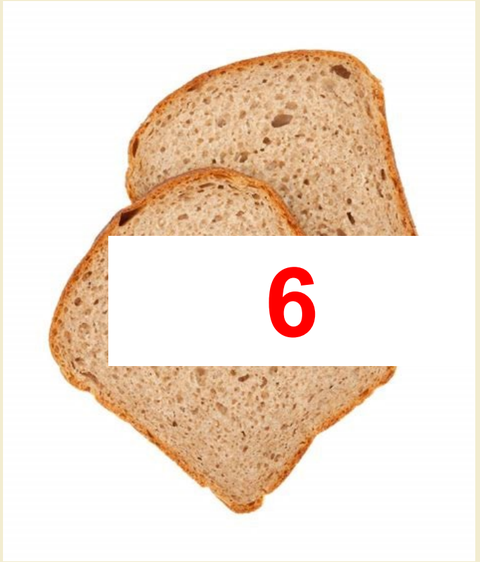
The importance of sleep

6.10/10 mins

Session 1

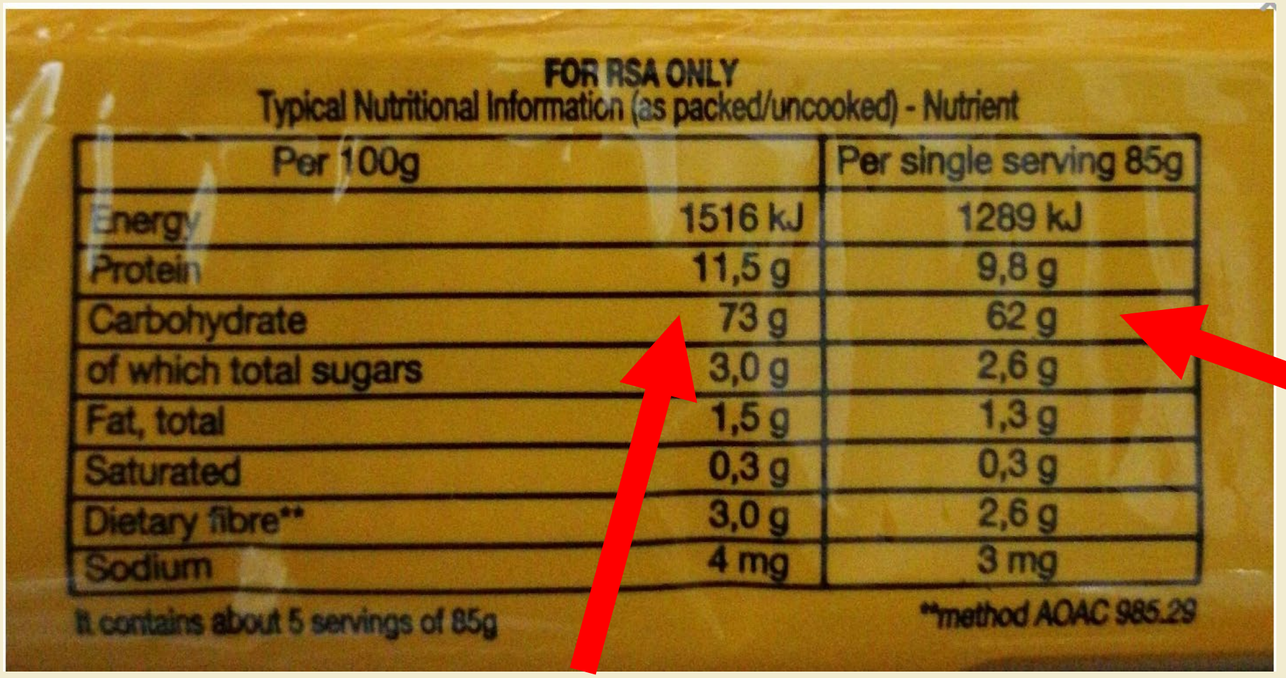
Bread, potatoes, rice, pasta

how many teaspoons in each of these?



Understanding labels

4g of carbs = 1 teaspoon of sugar



FOR RSA ONLY
Typical Nutritional Information (as packed/uncooked) - Nutrient

Per 100g		Per single serving 85g
Energy	1516 kJ	1289 kJ
Protein	11,5 g	9,8 g
Carbohydrate	73 g	62 g
of which total sugars	3,0 g	2,6 g
Fat, total	1,5 g	1,3 g
Saturated	0,3 g	0,3 g
Dietary fibre**	3,0 g	2,6 g
Sodium	4 mg	3 mg

It contains about 5 servings of 85g

**method AOAC 985.29

Recommended single serving = 85g (uncooked)
Of which 62g are carbs
62/4 = 15.5 teaspoons

Divide 73 by 4 to get the number of teaspoons of sugar in 100 grams of spaghetti (uncooked)
= 18 teaspoons

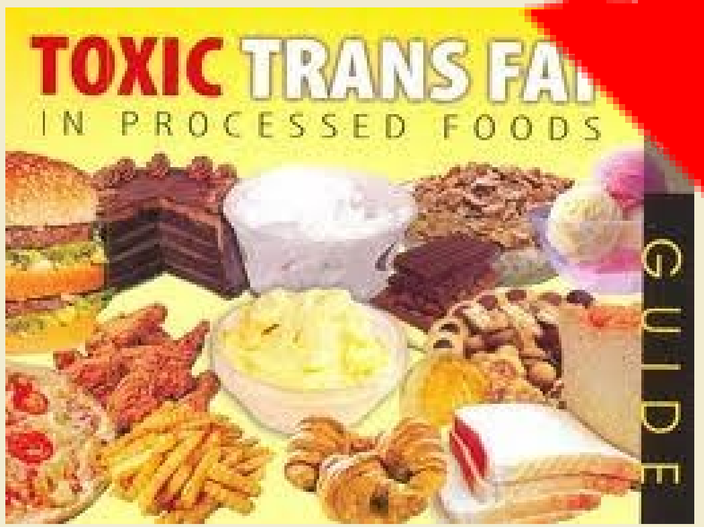
Real foods have all kinds of fat in them

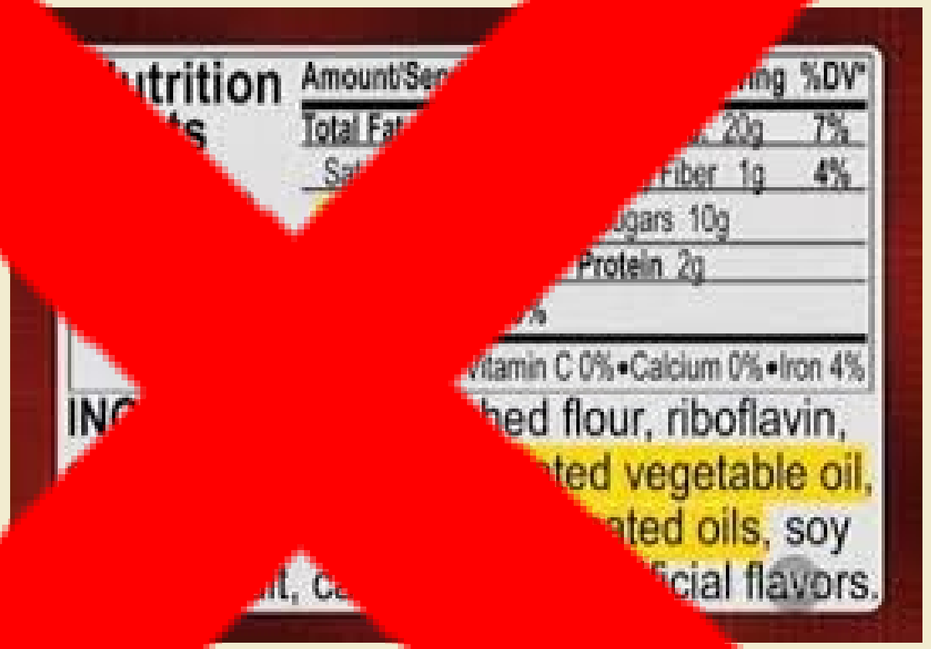
Mono-unsaturated

Poly-unsaturated

Saturated

The unhealthy ones



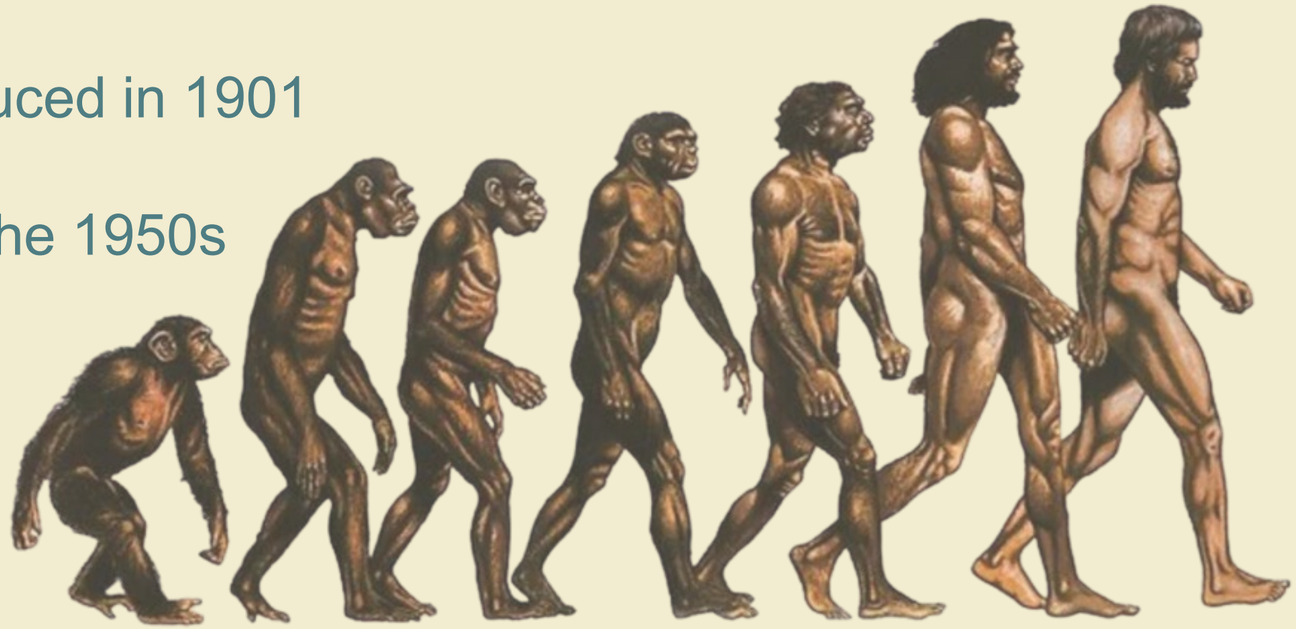


It took approximately four million years for modern humans to evolve from our earliest ancesters

eat well get well

- Modern humans (homo sapiens) emerged 200,000 years ago (approx. 8,000 generations ago)
- 10 to 12,000 years ago agriculture started (approx. 4,000 generations ago)
- The first processed food – tinned soup – was produced in 1895 (approx. five generations ago)
- The first processed seed oils were produced in 1901 (approx. five generations ago)
- Mass production of seed oils started in the 1950s (approx. five generations ago)

*1 generation approx. 25 yrs



3-4 million years

200,000 years

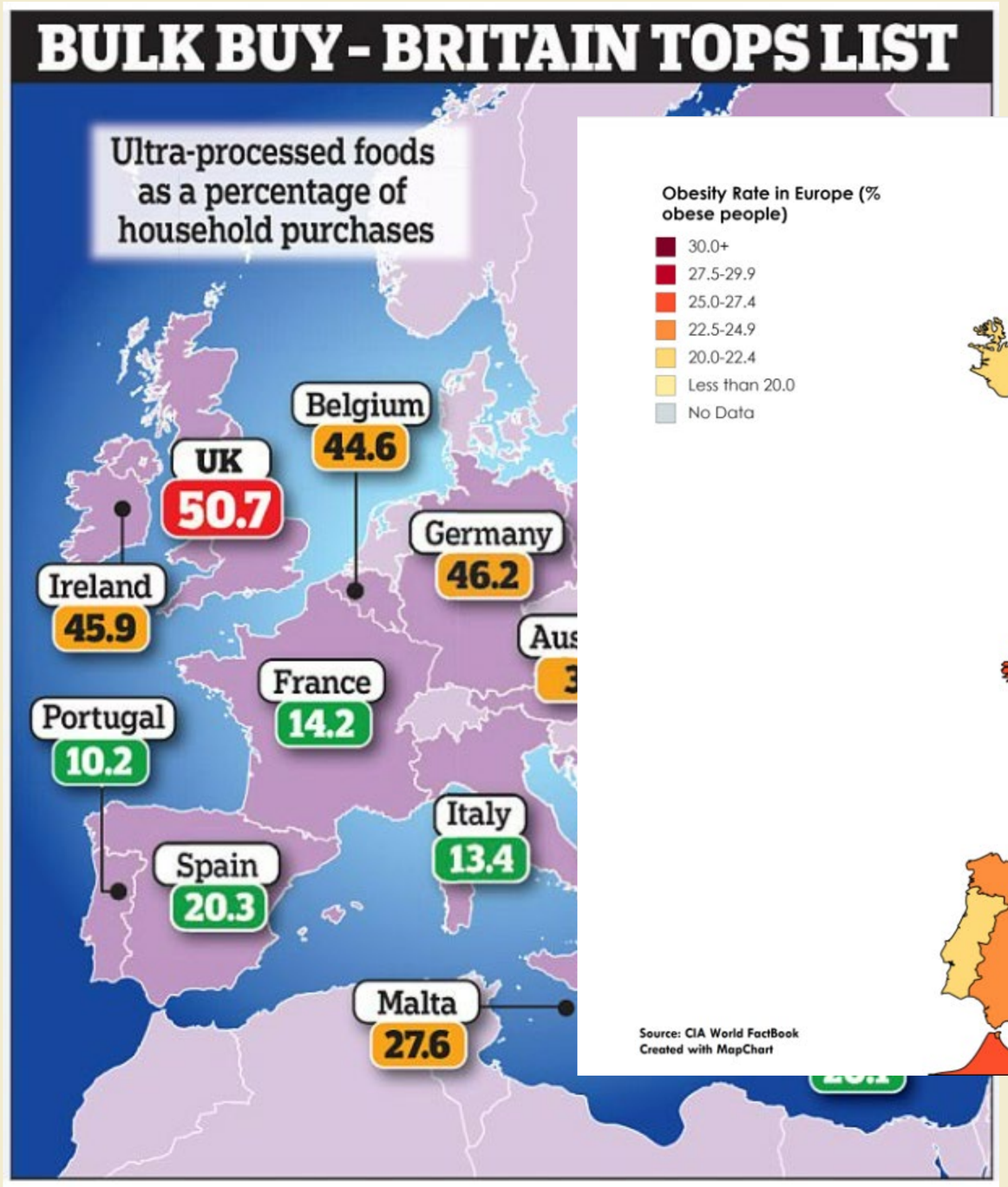
eat well
get well

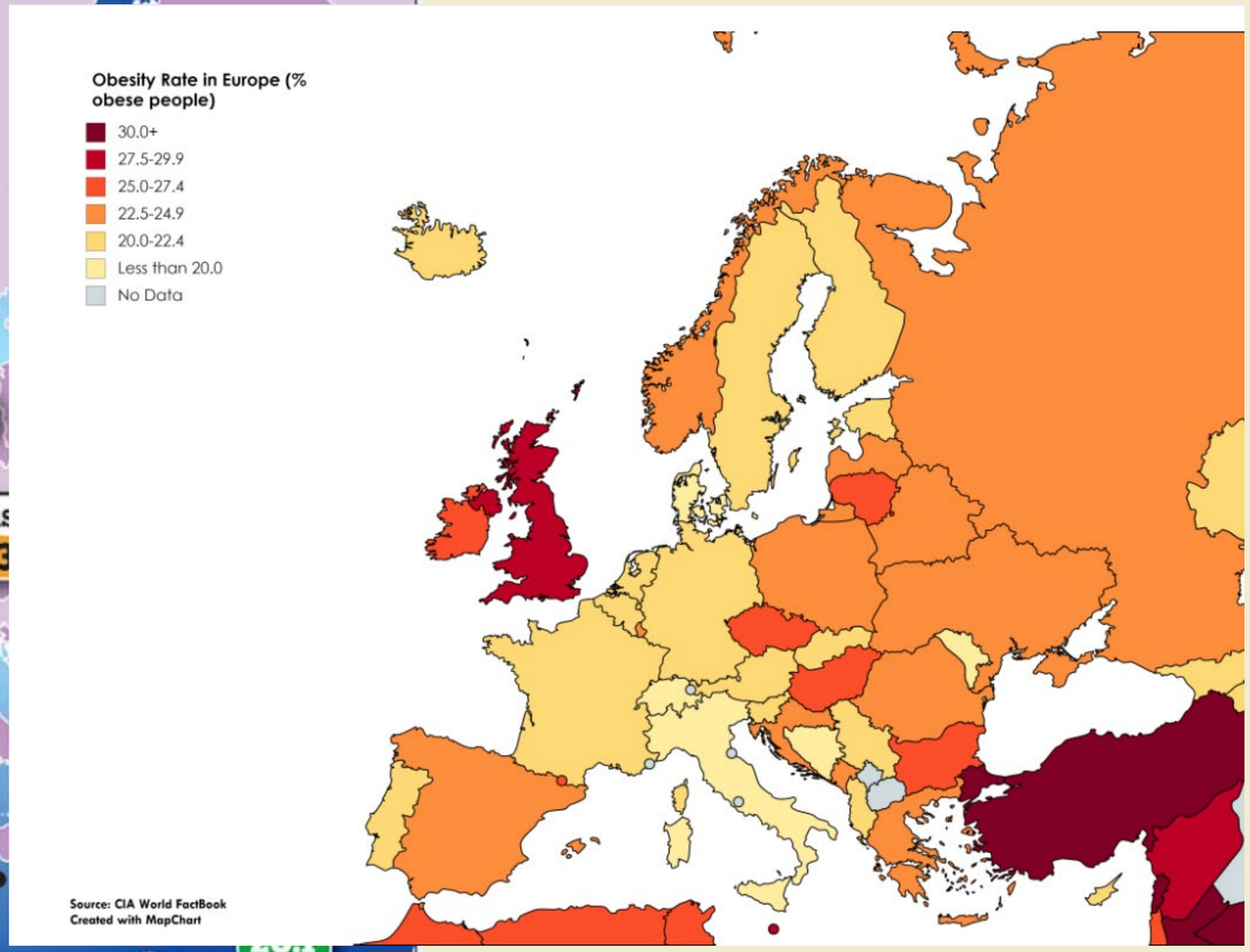
Then

- Our diet was rich in natural, unprocessed foods, such as meat, fish, fruit, nuts and vegetables.
- Today we call this low carb real food
- We were also exposed to a wide range of bacteria and other micro organisms in our environment which helped to keep our guts and overall systems healthy

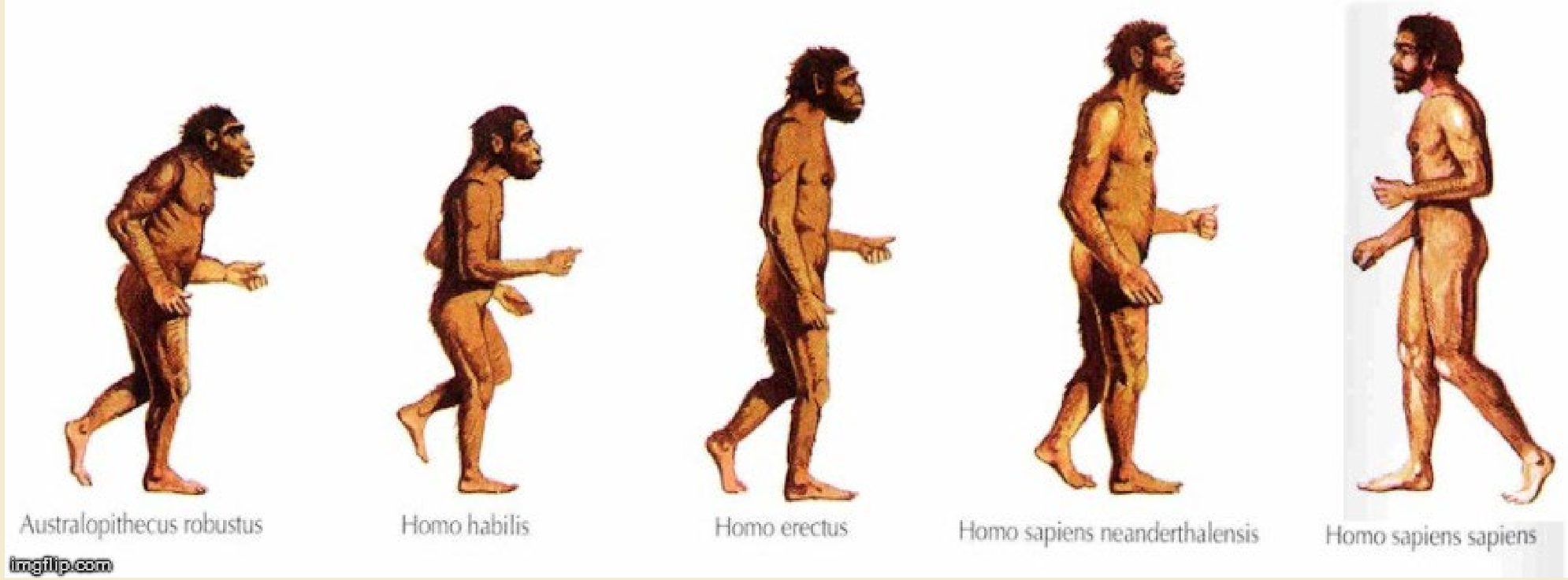
Now

- Modern diets are often mostly made up of processed foods, high in sugar, salt, and unhealthy fats.
- In addition, we now have an epidemic of gut problems caused by junk food, stress, chemicals and antibiotics
- Leading to metabolic disorders


BULK BUY - BRITAIN TOPS LIST
Ultra-processed foods as a percentage of household purchases
Belgium
44.6
UK
50.7
Germany
46.2
Ireland
45.9
France
14.2
Portugal
10.2
Italy
13.4
Spain
20.3
Malta
27.6

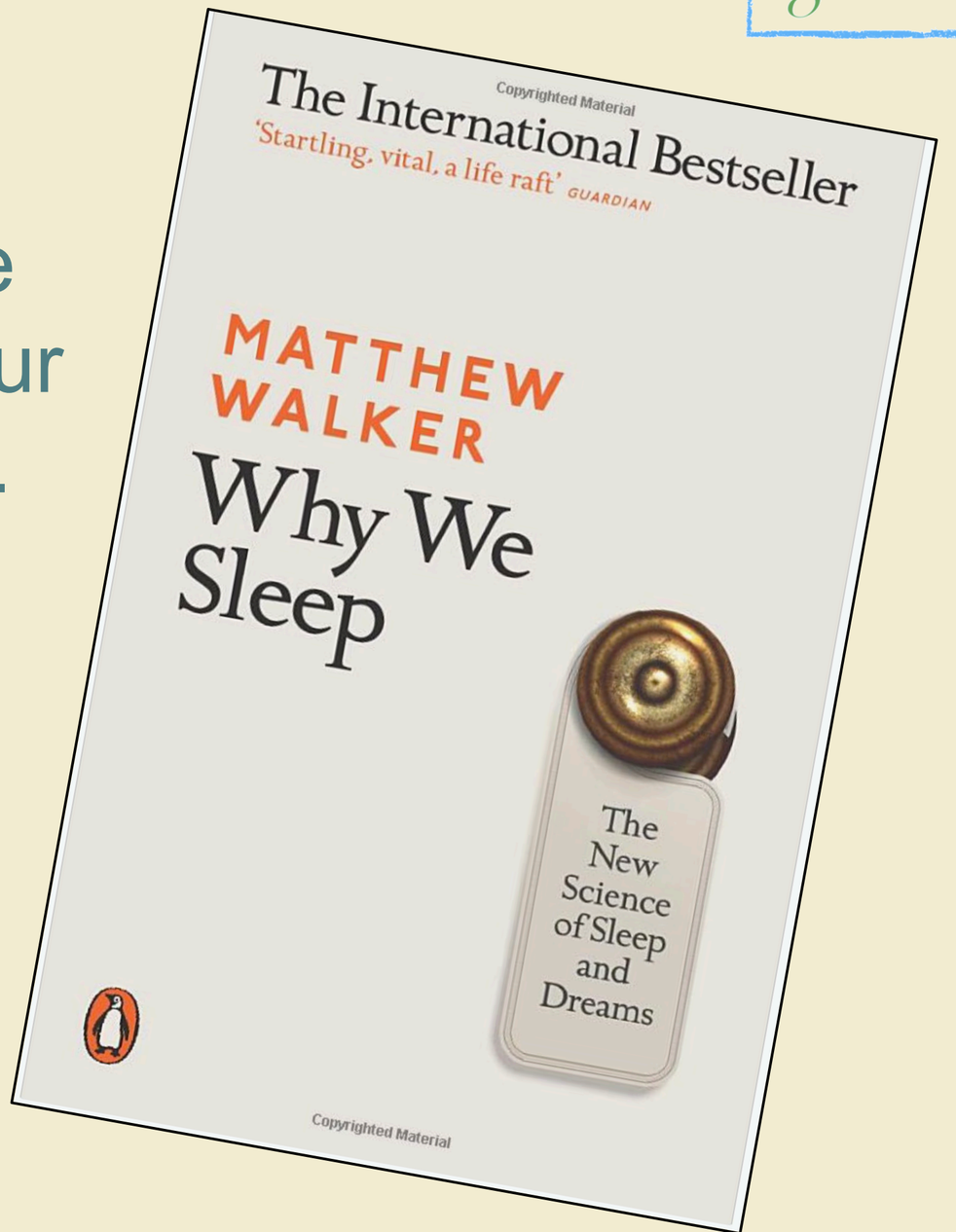

Obesity Rate in Europe (% obese people)
30.0+
27.5-29.9
25.0-27.4
22.5-24.9
20.0-22.4
Less than 20.0
No Data
Source: CIA World FactBook
Created with MapChart

SORRY BOYS WE ARE GOING BACK, WE REALLY SCREWED UP EVERYTHING



Sleep

Sleep is the single most effective thing that you can do to reset your brain and body health every day. However, it can be one of the most difficult lifestyle factors to change.



Group chat

Did you make any changes to your lifestyle after last week’s session?

6.20/15 mins

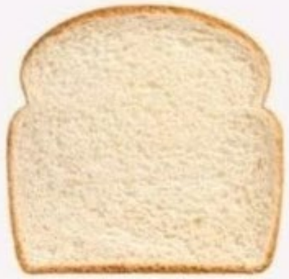
Loren

- What is it?
- Where do we get it from?
- Complete proteins
- Why do we need it? How much do we need?

6.35/15 mins

From Greek – meaning ‘in the lead’ or ‘standing in front’ – showing its importance in our food

- A protein rich meal keeps you feeling fuller and satisfied for longer
- In low carb diets, even if there is no weight loss
  - it can help get rid of fat in the liver
  - can lower blood sugar

PROTEIN	FAT	CARBS
		
Builds + repairs tissues	Provides energy	Provides energy
Makes enzymes + hormones	Makes + balances hormones	-
Transports + stores nutrients	Forms cell membranes	-
ESSENTIAL	**ESSENTIAL**	**NON-ESSENTIAL**

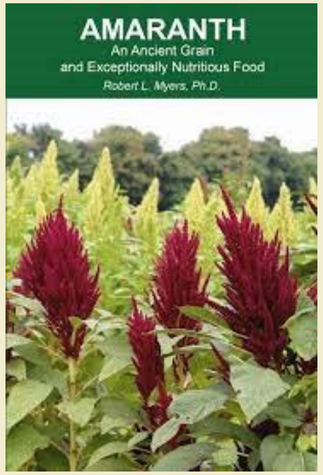
*essential nutrients need to be obtained through diet; non-essential means our bodies can create enough internally

Complete or ‘first class’ protein: where do we get it from?

meat, fish, poultry, eggs, dairy

Complete protein: where do we get it from?

Plant foods which are almost complete: Quinoa, tofu, amaranth, buckwheat, spirulina



Nuts, seeds and legumes (beans and lentils and peanuts) are high in protein

Complete protein

Combining some foods allows vegetarians to get complete protein

- grains PLUS pulses
- grains PLUS seeds
- legumes PLUS dairy

rice and peas

Masala dosa

Peanut butter sandwich

hummus

But also high in carbs ☹

Baked beans with cheese

How much protein do you need?

- 1.2g to 2g per 1 kg of bodyweight for most people

Minimum daily protein target

Height	Women	Men
Under 5’4″ (< 163 cm)	90 grams	105 grams
5’4″ to 5’7″ (163 to 170 cm)	100 grams	110 grams
5’8″ to 5’10” (171 to 178 cm)	110 grams	120 grams
5’11” to 6’2″ (179 to 188 cm)	120 grams	130 grams
Over 6’2″ (188 cm +)	130 grams	140 grams

https://www.dietdoctor.com/low-carb/protein

- Older people need slightly more protein
- older people who have more protein than the standard recommended amount have better health
- Important to maintain muscle mass as you get older
- Stress also increases our body’s demand for protein

Reasons you need more protein

- Chronic stress
- Feeling hungry between meals
- Achy joints
- Bed rest
- Craving meat
- Lifting weights
- Chronic cardio
- Cutting calories deliberately
- Only eating plant-based protein
- Only eating muscle meat

Protein is only part of the food – it will also include water and fat. So 6oz of chicken is not 6oz of protein

eat well get well

Protein in common foods

	Food type	Protein content per 100g
Meat	Chicken breast (grilled, without skin)	32.0
	Pork chop (lean, grilled)	31.6
	Beef steak (lean, grilled)	31.0
	Lamb chop (lean, grilled)	29.2
Fish	Tuna (canned in brine)	24.9
	Salmon (grilled)	24.6
	Cod (baked)	23.9
	Mackerel (grilled)	20.3
Seafood	Crab (canned in brine)	18.1
	Mussels (cooked)	17.7
	Prawns (cooked)	15.4
Eggs	Chicken egg (whole, boiled)	14.1
Dairy	Whole milk	3.4
	Semi-skimmed milk	3.5
	Skimmed milk	3.5
	Cheddar cheese	25.4
	Reduced-fat cheddar	27.9
	Cottage cheese	9.4
	Plain Greek-style yogurt	5.7
	Plain low-fat yogurt	4.8
Pulses	Red lentils (boiled)	7.6
	Chickpeas (canned)	7.2
	Tofu (steamed)	8.1

Details on your handout

Tasting session

Low carb swaps
for ultra processed and
high carb snacks

Spicy mixed nuts
Kale crisps
Cheese crisps

6.50 / 10 mins

Some myths we tackle in this programme

“We need carbs and sugar for energy”
“Saturated fat clogs your arteries and causes heart disease”
“You can outrun a bad diet”

Today it is ‘You can outrun a bad diet’

7pm / 20 mins

Exercise and calories


QUESTION
CAN YOU OUTRUN A POOR DIET?

In short ….
NO

It is vital to a healthy lifestyle that we take regular exercise

HOWEVER ……

You cannot outrun a bad diet

Good nutrition and adequate exercise are two separate elements of a healthy lifestyle

Exercise

Essential for a healthy body and mind

Many forms of exercise – it is not all about strenuous workouts in a gym

Our ancestors walked a lot, ran occasionally and lifted heavy things!

Why exercise is important

- Healthy bones, joints, skin
- Healthy heart
- Healthy brain – mental health, anti-ageing, stress, sleep
- Helps prevent muscle loss
- Improves blood glucose control
- Improves fat burning
- Reduces risk of heart disease, stroke, cancer

The science is in: exercise won't help you lose much weight

By Julia Belluz and Christophe Haubursin | Updated Jan 2, 2019, 11:59am EST

SHARE

We've been conditioned to think of exercise as a key ingredient — perhaps the most important ingredient — of any weight loss effort.

Most Read

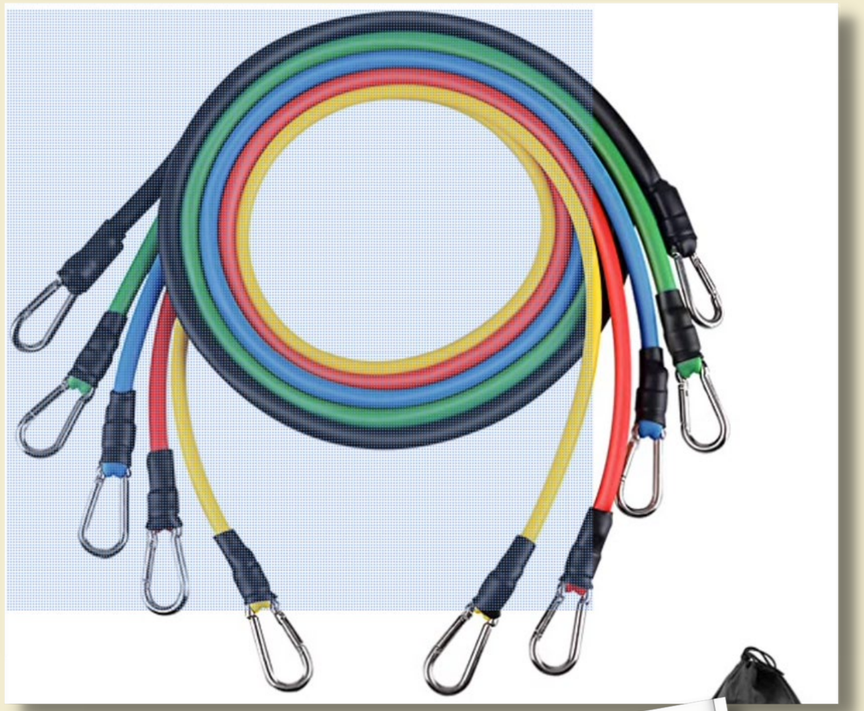
1 A new Supreme Court case turn every workplace into a religious battleground

2 It looks like people are actu

- Most of the calories we take in – about 80% - are used up in running our bodies – especially the brain.
- Another 10% used up digesting food
- Only about 10% used up in exercise
- Our bodies are very efficient at storing energy and reducing energy expenditure
- Our hunter gatherer ancestors needed to eat more and move less!

Exercise

- Walk as much as you can.
- Set an alarm to encourage movement every hour – stand up and walk around for 5 minutes – make a brew, etc.
- If you can’t walk well, still set the alarm but do as much as you can from a seated position – stretching arms and legs, flexing joints etc.



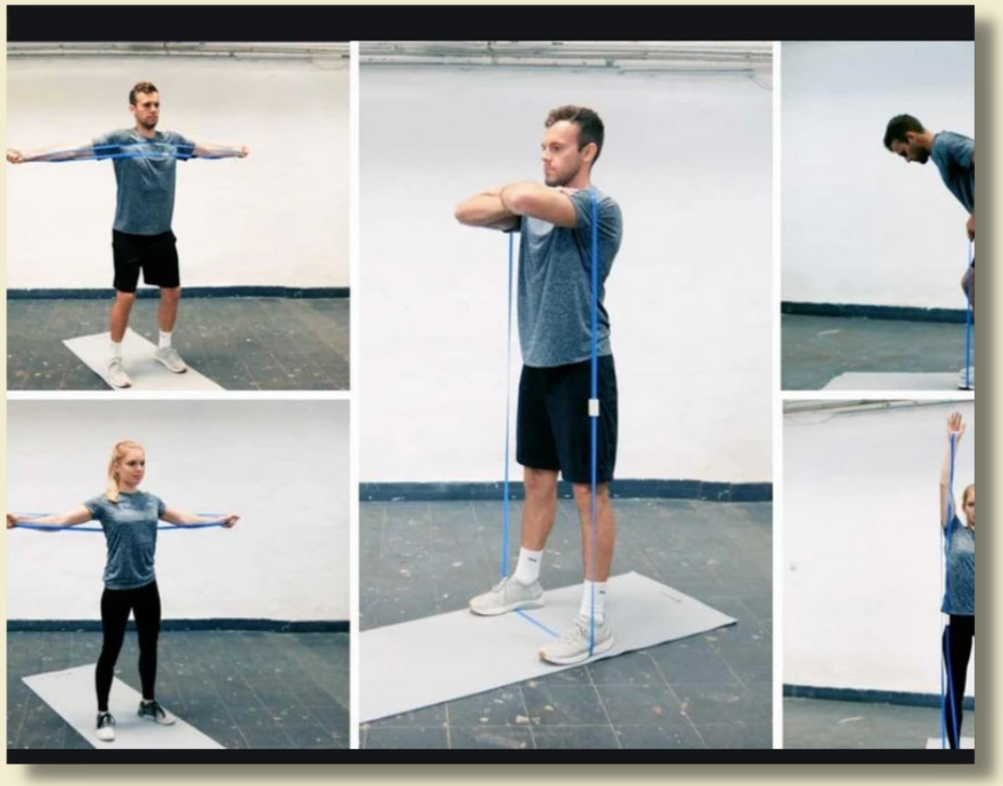
Resistance exercise

- Strength and resistance exercise helps to increase muscle
- Muscle is more efficient for burning fat
- Helps insulin sensitivity
- Does not tend to increase appetite
- Strengthens bones and joints

Resistance bands – versatile, inexpensive, can be used at home for full body workout

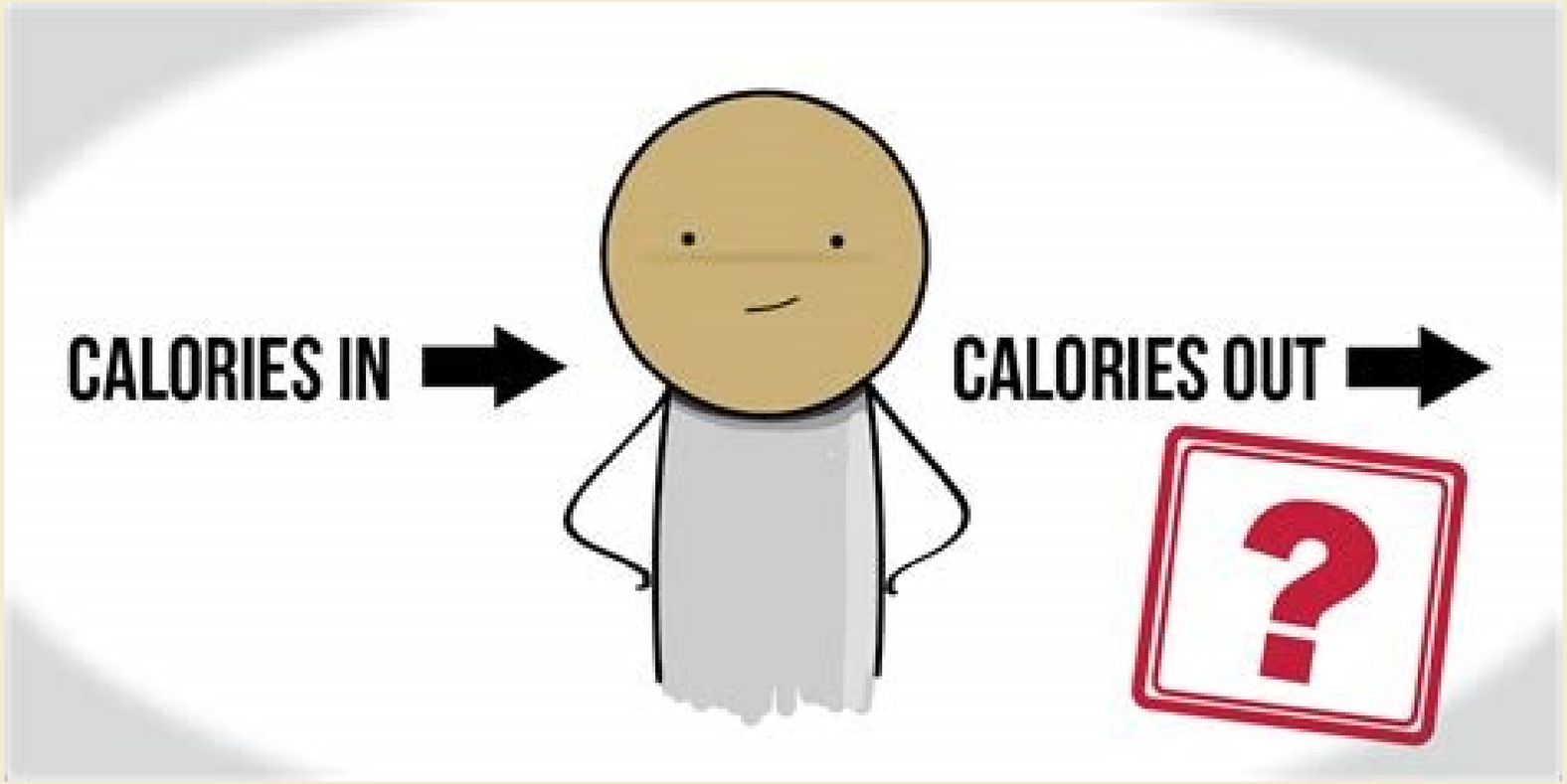
Videos of resistance exercises

https://www.youtube.com/watch?v=OrR6PTSF9Y0



https://www.youtube.com/watch?v=pV73fvNABlg

Calories myths



The human body is not a slot machine!

The same number of calories …

- …but very different nutritional values
- The ingredients will affect your body very differently
- One will nourish you and make you feel fuller for longer
- The other will spike your blood sugar and make you feel hungry again very quickly

All calories are not equal

- Calories are digested differently
- Not all the ‘calories’ in a food will be absorbed
- Some foods need you to burn energy to be completely digested – for example, protein.
- Out of 100 calories of protein, 20 calories will be used up in digesting it.
- Out of 100 calories of sugar, 100 calories will be available to the body to use for energy or store as fat

Low cost/no cost physical activity sessions this summer

- Available to our Longsight and Ardwick groups
- Funded by the NHS
- Matthew Youngson from Manchester Active will come along to talk to you about this on July 11

Healthy habits and how to stick to them

7.20 / 5 mins

What are you going to plan to do this week?

Next week

7.25 / 5 mins

- The importance of our gut and digestive system in diabetes and health
- Chronic stress – what impact does it have?
- Tasting session – chicken Biriani

Thank you for coming along today

See you next time!