

Group Session 2

Make it Fun

Make it Fun Health

Two Rules

- ✦ Eat more food
- ✦ Make it fun

“Inch by inch, anything’s a
cinch.”

In Session 1, we talked about...

- ✦ Making it fun - “Life is either a daring adventure or nothing at all.”
- ✦ Sugar from fruit is good for health and weight loss - added sugar is not
- ✦ What we think we know about nutrition often isn't true.

We also discussed...

- ✦ A WFPB lifestyle - healthiest & only one proven to reverse chronic disease
- ✦ World's nutrition experts agree eating more plants - healthiest way of eating
- ✦ Eat enough plants - taste buds change, cravings stop, you don't feel restricted

Today, we'll talk about

- ✦ Fruit challenge from last week
- ✦ Last week's documentary - The Game Changers
- ✦ Vegetables

Celebrate Failure from last week...

- Who tried but failed to eat more fruit than usual at least one day last week - but kept trying?

Celebrate Success from last week

- Who ate more fruit last week **than the week before?**
- Did anyone eat three servings of fruit **every day** last week?

My fruit intake since last week...

Tuesday

1. Banana
2. Blueberries and strawberries
3. Banana
4. Grapes

Wednesday

1. Banana and blueberries
2. Mango
3. Grapefruit and clementine
4. Blueberries and banana
5. Pineapple
6. Fruit salad

Thursday

1. Banana and blueberries
2. Mango |
3. Grapes
4. Pineapple
5. Apple

Friday

1. Grapefruit and blueberries
2. Banana
3. Grapes

Saturday

1. Grapefruit
2. Banana
3. Apple
4. Watermelon

Sunday

1. Grapefruit
2. Grapes and orange
3. Apple
4. Grapes and watermelon
5. Mango and cranberries
6. Banana
7. Apple |

If you ate more fruit last week than the one before...

...give yourself 100 points to start today's game.

Did anyone try...

- ✦ Green Smoothie
- ✦ Cashew milk
- ✦ Oatmeal
- ✦ Overnight oats
- ✦ Fruit salad

How was it?

Did anyone try something WFPB...

...from the cookbook - or elsewhere - you liked and will eat again?

If you tried something new and WFPB -
from our session, cookbook, etc. ...

...give yourself 100 points.

Who made it a fun adventure last week?

How?

Who made it a daring adventure by trying a new fruit for the first time last week?

...give yourself 100 points.

Who encountered obstacles, old habits, or challenges this week...

And found a way around them?

If so,

Give yourself 100 points.

Who needs help with an obstacle they faced last week?

- ✦ Taste? Digestion?
- ✦ How can we all help?

Who thinks they could continue eating more fruit -
3 or more servings a day...

...and make it a habit?

If you're ready to try...

...give yourself 100 points.

Last week's documentary

Takeaways from The Game Changers

“That the gladiators ate mostly plants put into question everything I’d learned about nutrition.” - Narrator - James Wilks

"I felt like my whole childhood was a lie." - NFL Player

“All protein originates from plants. Cows are just the middlemen.”

Food companies fund sham studies to confuse the public and then hide their involvement.

“Now with doing it the right way, with the right spices, I love it much more than the meat.” - Arnold Schwarzenegger .

The blood plasma of the NFL players 2 hours after eating burritos...

...even though they used high quality, grass-fed, organic meat.

PLANT

BLACK BEANS



MEAT

BEEF



PLANT

BLACK BEANS



MEAT

CHICKEN



Were there any issues with the menu, grocery list, or recipes where we need to clarify or improve things?

Questions?

How to Change Your Taste Buds...

...short intro.

How to Change Your Taste Buds and like more healthy foods...

- ✦ Eat more plants - without added sugar, fat, and salt - or fake sugars and fats.
- ✦ 10-20 taste rule
- ✦ Hide small amounts of healthy foods in dishes, smoothies, etc.
- ✦ Give it time - 3 weeks to a few months

Vegetables

One study followed nearly 80,000 people for 10 years. It found...

- ✦ The **more** veggies you eat, the **less** likely you are to be overweight.
- ✦ The **fewer** veggies you eat, the **more** likely you are to be overweight.

You've already learned that 90% of Americans don't eat enough fruit...

What percentage do you think don't eat enough green leafy vegetables?

a) 77%

b) 85%

c) 96%

Answer...

c) 96%

In the massive global study funded by the Gates foundation...

...of deaths attributable to diet.

The fifth leading risk factor...

Not eating enough vegetables

Benefits of Eating Vegetables

- ✦ Packed with nutrition
- ✦ High in fiber - slows digestion and keeps you full longer
- ✦ Low in calories
- ✦ Lowers likelihood of getting many chronic diseases
- ✦ Linked to longer life

True or false - for 100 points...

...eating more veggies helps reduce the symptoms of asthma in kids.

True - A study of nearly 500 children showed...

...eating more veggies reduces the severity of every type of asthma

A meta-analysis of 50 studies and nearly 5 million people - concluded veggies help protect against...

- ✦ Heart disease
- ✦ Strokes
- ✦ Esophageal cancer

A study of 57,000 people in Australia and Great Britain concluded...

People who eat more fruits and vegetables are happier and more satisfied with their lives than those who eat fewer

True or false - for 100 points...

People who eat 4 or more servings of veggies are less likely to suffer from depression.

True - Another study concluded people who eat four or more servings of veggies a day...

...Less likely to suffer from depression than those who eat less

Four types of Vegetables

- Starchy
- Non Starchy
- Green Leafy
- Cruciferous

All four have important elements

1. Starchy veggies

- ✦ Potatoes, sweet potatoes, yams, squash, and pumpkin
- ✦ Have more calories / energy than other types of veggies
- ✦ High in resistant starch

Resistant Starch

- ✦ Is not converted into energy
- ✦ Travels to your colon - broken into short-chain fatty acids - helps gut health
- ✦ A healthy gut [helps your body fight illness](#) including heart disease, helps lower the bad cholesterol, reduce hunger, and more

Starchy veggies make up...

- Majority of calories of people in the Blue Zones
- People in the Okinawa Blue Zone traditionally got 67 percent of their calories from sweet potatoes

Example - Potatoes

- ✦ Researchers in Australia tested 38 foods to see what really satisfied and kept people the fullest for the fewest calories.
- ✦ They called it the satiety index.
- ✦ The potato came out on top

2. Non-Starchy Vegetables

- ✦ Carrots, celery, onions, garlic, cucumbers, peppers, zucchini, etc.
- ✦ Much lower in calories than starchy veggies - great for weight control
- ✦ The middle ground for veggies
- ✦ More calories - and more satisfying - than green leafy veggies

Example - Zucchini

- ✦ One cup - just 20 calories
- ✦ Triggers stretch receptors in your stomach
- ✦ You feel full - but have consumed very few calories.

3. Green Leafy Veggies

- ✦ Spinach, kale, swiss chard, mustard greens, beet greens, collard greens
- ✦ More nutrition per calorie than anything except... sprouts and microgreens

Green Leafy Veggies

Have benefits no other food can match

Researchers at Harvard found...

... they protect against chronic disease more than any food.

Main source of healthy nitrates

- ✦ Help arteries expand and become more flexible
- ✦ Improves blood flow to the heart, brain, and entire body

Better Flood Flow...

- ✦ Lowers blood pressure
- ✦ Decreases chance of heart attacks, strokes, and dementia
- ✦ Improves mental clarity
- ✦ Provides more energy
- ✦ Improves recovery and athletic performance

Leafy Greens Are...

- ✦ Protective against macular degeneration - eye problems as we age
- ✦ Have lots of pigments or colors called carotenoids that filter out blue light
- ✦ Great for those who stare at screens all day

Caution

- ✦ If you take the blood-thinning drugs, tell your doctor you're eating more greens.
- ✦ They might need to adjust dosage levels
- ✦ Greens are high in Vitamin K / The drug blocks it

4. Cruciferous Veggies

- ✦ Cruciferous - Latin for "cross-bearing."
- ✦ Flowers have four petals - look like a tiny cross.
- ✦ Cabbage, radishes, broccoli, cauliflower, arugula, kale, bok choy, and brussle spouts
- ✦ Some cruciferous veggies are also leafy greens - kale, arugula, etc.
- ✦ Have unique qualities **not found in any other foods**

Unique things about Cruciferous Veggies - Hormones

- ✦ Cruciferous veggies help balance hormones - like estrogen
- ✦ That makes it easier to lose weight and...
- ✦ Improves mood

Unique things about Cruciferous Veggies - Aging

- Help you look younger - fixes damage from the sun and pollution
- Along with leafy greens, much higher in Vitamin K than other foods - helps bruises heal faster and clears dark circles under the eyes
- Helps fight cancer. Can trigger a cell to “turn itself off” before it spreads

Bonus - two more kinds of veggies

Onions and garlic - have unique properties associated with...

- ✦ Less inflammation
- ✦ Lower cholesterol
- ✦ Lower blood pressure

Onions and garlic are also linked to...

- ✦ Lower rates of some types of [cancer](#)
- ✦ Much lower rates of [enlarged prostates](#) in men
- ✦ Better [immune function](#), so your body can better fight sickness and disease

Peppers...

- ✦ Incredible fuel for your immune system
- ✦ Spicy peppers - increase metabolism - helps with weight loss
- ✦ Loaded with carotenoids that protect your eyes from screens and vision loss as we age

Peppers are also...

- ✦ Higher in Vitamin C than almost any food - 3 times more than an orange
- ✦ Vitamin C helps body make more white blood cells
- ✦ White blood cells - like having more soldiers - protect against illness

Bottom Line - More Veggies =

- ✦ Healthier Weight
- ✦ More Energy
- ✦ Better Health

People who eat a wide variety of veggies and plants...

Tend to have the lowest disease risk and best overall health.

Eat the Rainbow

A colorful mix of fruits and veggies helps your body get a wide range of vitamins, minerals, and antioxidants.

Consider Darker Colors over Lighter

- ✦ Darker colors have more antioxidants and phytonutrients
- ✦ Antioxidants and phytonutrients protect plants from the sun, bugs, and disease
- ✦ When we eat them - they do the same for us

Examples...

- Red cabbage - has more phytonutrients and antioxidants than green cabbage
- Orange and purple sweet potatoes - more antioxidants than regular potatoes

Two exceptions to darker vs. lighter rule...

- **White Mushrooms** - Technically not a vegetable - a fungus - similar health benefits to veggies.
- **White Cauliflower** - A cruciferous vegetable

But all veggies...

...are great!

So what are...

- ✦ Phytochemicals
- ✦ Phytonutrients
- ✦ Antioxidants

Phyto = Plant — Phytochemicals...

- ✦ Plant chemicals
- ✦ Only in plants
- ✦ Not all plant chemicals are good for us - because...
- ✦ We can't eat all plants - some are poisonous or toxic

Phytonutrients...

- ✦ The plant nutrients good for human health
- ✦ Example - Lutein
- ✦ Found in spinach - great for your eyes

Antioxidants...

- ✦ Called “anti-oxidants” because they prevent or slow oxidation - a chemical reaction that damages cells
- ✦ Protect cells from damage - prevent cancer and other diseases from forming or spreading
- ✦ Stop harmful molecules called free radicals from doing damage

Not all antioxidants come from plants...

...but most do.

A massive study of more than 3,000 foods found...

- ✦ Plants average 64 times more antioxidants than animal products
- ✦ Even iceberg lettuce - far more antioxidants than meat and dairy
- ✦ One slice of apple - more antioxidants than an entire serving of chicken or salmon

Antioxidants in whole vs. man-made food

- ✦ Processed / man-made food - often has no antioxidants
- ✦ One tomato or spinach leaf - has hundreds of antioxidants

So when cell damage occurs from...

- ✦ Unhealthy food
- ✦ Alcohol
- ✦ Smoke
- ✦ Pollution
- ✦ Radiation (UV light or x-rays)
- ✦ Stress
- ✦ Etc.

Antioxidants fight the free radicals...

...and help keep you healthy.

Free radicals are normal and not always bad.

Our bodies are designed to fight them with antioxidants.

Problems happen when there are too many free radicals...

...and not enough antioxidants of to fight them.

Processed food...

...gives virtually no protection.

Animal products are heavily linked to...

- ✦ Breast, Colon, and Prostate Cancer
- ✦ Heart Disease
- ✦ High Cholesterol
- ✦ Type-2 Diabetes
- ✦ High Blood Pressure
- ✦ and more

Whole plant foods are not.

They help prevent - and often reverse - those conditions.

Processed foods are heavily linked to...

- ✦ Type-2 diabetes
- ✦ Heart Disease
- ✦ High Cholesterol
- ✦ Depression
- ✦ Fatty Liver Disease
- ✦ and more

Whole plant foods are not.

They help prevent - and often reverse - those conditions too.

A serving size of veggies is...

- Raw leafy veggies (spinach) and mushrooms - 1 cup
- Cooked leafy veggies (cooked spinach)- 1/2 cup
- Non-leafy veggies (carrots)- 1/2 cup
- Sprouts - 1/4 cup

What doesn't count...

1. Vegetable juice (but your own smoothies do)
2. French fries
3. Greens in supplement or powdered form
4. Taking vitamins

Suggestions for eating more...

- ✦ Make a plan - and plan for what might go wrong
- ✦ Put eating veggies on your calendar or planner
- ✦ Make a list for the grocery store, farmer's market, produce stand, etc.
- ✦ Don't beat yourself up if you're not perfect. Enjoy the daring adventure.
- ✦ Have fun!

Ways to Make it Fun...

- ✦ Try a vegetable you've never had
- ✦ See how many different vegetables you can try during the week
- ✦ Get reacquainted with veggies you haven't eaten in years

Cool Veggies to Try

- ✦ Roasted beets
- ✦ Delicata squash
- ✦ Jicama - pronounced HIK-uh-muh
- ✦ Purple potatoes

Make it Easy

- ✦ Leave veggies in a bowl on your kitchen counter
- ✦ Put it in the front of your refrigerator
- ✦ Pre wash and cut veggies
- ✦ Roast tiny potatoes for snacks
- ✦ Put a lunch bag with veggies by the door - take it when you leave
- ✦ Put veggies on your desk at work
- ✦ Frozen veggies

Add Veggies Nearly Everything

- ✦ “Mirepoix” - onion, carrots, and celery
- ✦ Frozen veggies...
 - ✦ Mixed veggies
 - ✦ Peas and carrots
 - ✦ Stir fry veggies
 - ✦ Normandy veggies (a mixed blend popular in Normandy, France)

Watch out for junk in veggies

- ✦ Oil, salt, and other ingredients - in frozen and canned veggies
- ✦ Veggies - should be from produce isle - or have just one ingredient
- ✦ Mixed veggies - should only include veggies

Make them taste good...

- ✦ Add fruit for sweetness
- ✦ Lots of herbs and spices
- ✦ Mix or add to other foods
- ✦ Hide in smoothies and shakes
- ✦ Eat as sprouts

Make them fun...



Remember 3 bumps on a log?

How about playing with your food?



The eyes are unpeeled clementines.

Review

- ✦ Veggies - super high in nutrition / super low in calories
- ✦ Eat a variety of veggies - starchy, non-starchy, green leafy, and cruciferous
- ✦ Eat the rainbow - lots of colors - blue, red, orange, yellow, green, etc.
- ✦ Green leafy veggies help expand arteries and blood flow
- ✦ Cruciferous veggies - especially helpful in fighting disease

For 100 points - what are the only 2 rules in this program?

- ✦ Eat more food
- ✦ Make it fun

Give yourself the points - and add them up.

Who won today's game?

This Week's Challenge / Daring Adventure

1. Continue to eat three servings of fruit per day
2. Build up to three servings of veggies per day - including one serving - either green leafy or cruciferous veggies
3. Keep a record

Checklist

1. Continue three servings of fruit per day
2. Build up to three servings of veggies per day - including one serving of either green leafy or cruciferous veggies
3. Screen jam - Calorie Density - Jeff Novick
4. Grocery list
5. Make it fun!

Next Week

Whole grains

Questions?

Shared with participants of Make It Fun Health's
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