



# Fit For Life Nutrition & Health

God's Lifestyle Design  
Allowing God's word to inform choices for your  
health & Wellness

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# Discussion Topics



- God's vision for your health
- Shifting your mindset to optimize your health
- Predisposed health conditions and nutrition
- Creating Habits that can improve your health
- Healthy Meal planning tips



# God's vision for your health

## Old Testament Law & New Testament guidelines



Dietary law was an integral part of Old Testament law given by Moses. Some Christians still adhere to those laws today at least in part by not eating pork.

In the New Testament, particularly in Colossians 2: 6-12 the views of those following these laws take a less dogmatic stance.

As Christians we know that our bodies belong to Christ.

Roman 12:1- Giving God our best “selves” allows Him to use us for His Glory.

Read Colossians 2: 6-12 NIV

## Discussion Point:

- 1. To what degree do you feel that you are influenced (and perhaps misled) by clever advertising?
- 2. So how do we implement optimum nutrition in our daily lives?
- 3. What are some negative attitudes about health and how do they influence our nutrition?



# Shifting your mindset to optimize your health



- Read: Proverbs 16:25
- “So many people’s problems are rooted in thinking patterns that actually produce the problems we experience in our lives. Satan offers wrong thinking to everyone, but we do not have to accept his offer. We must know the word of God well enough to be able to compare what’s is presented to us by society (clever ads) and compare it with what’s in God’s mind.”

-Joyce Meyers

# NEGATIVE ATTITUTES ABOUT HEALTHY EATING..



- We are ALL going to die anyway so I am going to eat whatever I want.
- If I leave it alone, it will go away.
- My grandfather lived until 105 and he smoked a pipe and ate lots of sugar!
- Healthy eating is a trend.
- I am young, I don't have to worry about that right now.
- What you don't know won't hurt you.
- He or she has good genes...I don't have good genes. Healthy eating won't work for me.



## What can we do?

- We can decrease the risk of disease by how we eat.
- Eat for healing.
- Eat to fight disease.
- Eat as though your quality of life depended on it!

Okay....So **really** how do we do it???



Something to think about:  
**Every time you eat or drink**  
you are either feeding disease  
or fighting it



# Did you know??



And?...

SO WHAT???

Truth:



**IF YOUR FOOD CAN GO  
BAD, IT'S GOOD FOR YOU.  
IF IT CAN'T GO BAD, IT'S  
BAD FOR YOU.**

*1501bstd20165.tumblr.com*

# What determines your health?



- Genetics
- Diet
- Exercise
- Weight



# Predisposed Conditions & Genetics

- Hypertension
- Diabetes
- Heart Disease
- Cancer



# Metabolic Syndrome

- **Metabolic syndrome** is a cluster of conditions — increased blood pressure, a high blood sugar level, excess body fat around the waist and abnormal cholesterol levels — that occur together, increasing your risk of heart disease, stroke and diabetes.





## Discussion Point:

- How has our society changed in the last forty years so that we have seen this dramatic increase in obesity?
- Why are we eating more and exercising less?
- **What can we do about it?**
- How does this affect us at home? At work?

## Video # 1

Food for



Thought



# Nutrition Habits that can improve your health



- Reduce Sugar
- Reduce Sodium
- Alkalize your diet
- Use healthy Cooking Methods
- Drink more water
- Eat more plant based whole foods
- Avoid GMOs and processed foods

# Create Good Habits

- Replace bad habits with good.



The new habit must be part of helping you reach some goal that is important to you.

Don't aim too high at first. Go for the low hanging fruit!

Start with ONE thing that you want to change first.

- Your new habits will lead to new thoughts, new activities, and eventually more new habits that will help you reach long term goals.

Use Fresh Natural Foods  
when you cook.

EAT  
CLEAN

# *Clean Eating*

## THE BASIC PRINCIPLES

- ✦ Eat whole foods
- ✦ Avoid processed foods
- ✦ Eliminate refined sugar
- ✦ Eat 5-6 small meals a day
- ✦ Cook your own meals
- ✦ Keep a balanced diet

[thebroccoli juice.tumblr.com](http://thebroccoli juice.tumblr.com)



# Reduce Sodium Intake



Salt, like sugar is difficult to avoid as it's added to most processed foods to make them more flavorsome.



# Reduce Processed Sugars



Choose products than 10 grams of sugar per 100g.

Be careful with so-called health bars as in a lot contain high levels of sugar and can contain up to 4 different types of sugar.

Avoid soft drinks, flavored mineral waters, and energy drinks.

Use natural sugars ex: small servings of raw organic honey or stevia

Avoid sugar substitutes such as Splenda and other artificial sweeteners

Research studies suggest that artificial sweeteners contribute to weight gain. -Yale Journal of Biology

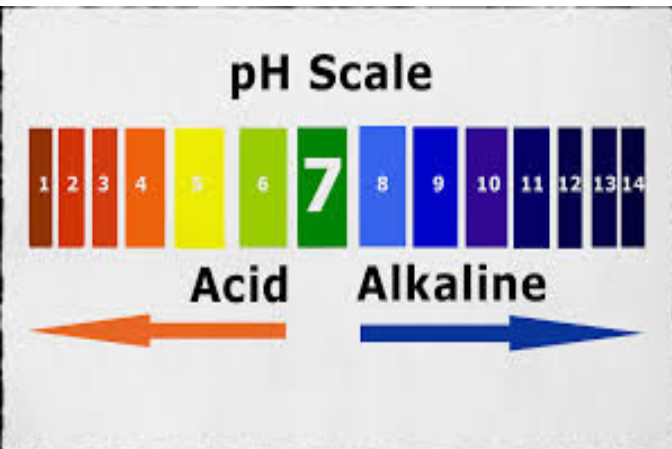
# Alkalize Your Diet

The body has an acid-alkaline ratio called “pH”. Maintaining a healthy pH is extremely important for good health and prevention of disease.

Acidosis-When the body becomes too acidic due to overconsumption of processed sugary foods and meat and there is not enough alkalizing foods such as fresh fruit and vegetables.

Know the difference between acid forming foods vs acidic foods

A healthy body should be more alkaline than acidic (80% alkaline to 20% acid forming foods)



# Vitamins & Minerals

## The Lowdown



Vitamins and Minerals are substances needed by the body for healthy growth and function.

A good healthy diet can provide a broad spectrum of vital nutrients and is the optimal source of essential vitamins and minerals. However, it is important to know which foods are best sources of which nutrients.

Supplements will never and should never replace a balanced diet but appropriate nutritional supplementation can help bridge the gap between dietary consumption and the body's requirements.



# 1. Use Fresh Natural foods whenever you cook.



Processed Foods



Fresh foods





## 2. Eat more of an array of fruits & Veggies daily vs more starchy foods



Phytonutrients



Carbohydrate



### 3. Drink Water vs Diet Soda



Hydrogen & Oxygen



Aspartame & Caffeine



## Quick Exercise



List/Name the benefits of drinking lemon water in the morning.

# 5.BAKING VS FRYING



Baking



Frying





# 6. Steaming & Roasting Veggies



Steamed

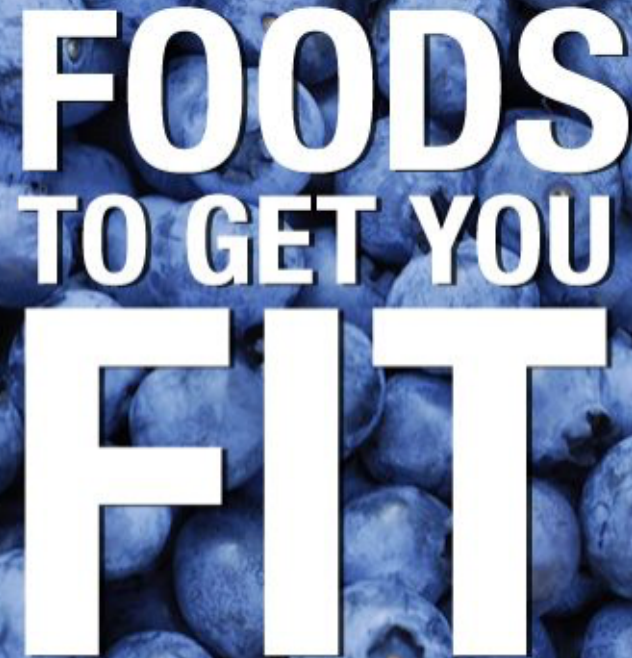


Roasted





What foods  
can improve  
my health?



**FOODS  
TO GET YOU  
FIT**

A stylized graphic of leafy greens, consisting of three overlapping circles in shades of green, positioned above the text.

# LEAFY GREENS





Fruits







# Wild Caught Salmon

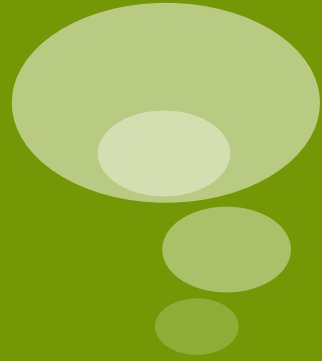




LEAN  
POULTRY

Chicken Breast

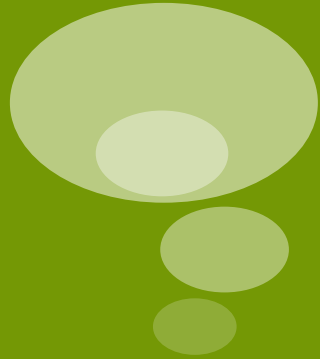




# Coconut

The good Fats





# NUTS

The Good Fats





# Avocado

The good Fats





# Spirulina

**Vitamin B12:** (0%) 0  $\mu\text{g}$   
25.5  $\mu\text{g}$   
**Protein:** 57.47 g  
10.1 mg

**Vitamin K:** (24%)

**Vitamin C:** (12%)



## Why is meal planning beneficial?

Planning meals is an activity that can bring a number of benefits. Whether you are cooking for one, for two or for your entire family, taking time to sit down and plan your future meals will not only save you time, effort and money but will improve your eating habits.



# Benefits of Meal Planning

1. You will eat healthier
2. You will already have menu of foods to prepare for the next several days.
3. You will be able to avoid take out.
4. You will shop more efficiently (You'll have a pre-made list of ingredients you need before grocery shopping.)
5. You will save more money in the process.
6. You will enjoy more variety





GOD MADE  
YOUR BODY,

JESUS DIED FOR  
YOUR BODY,  
AND HE EXPECTS YOU

*to take care*  
OF YOUR BODY.

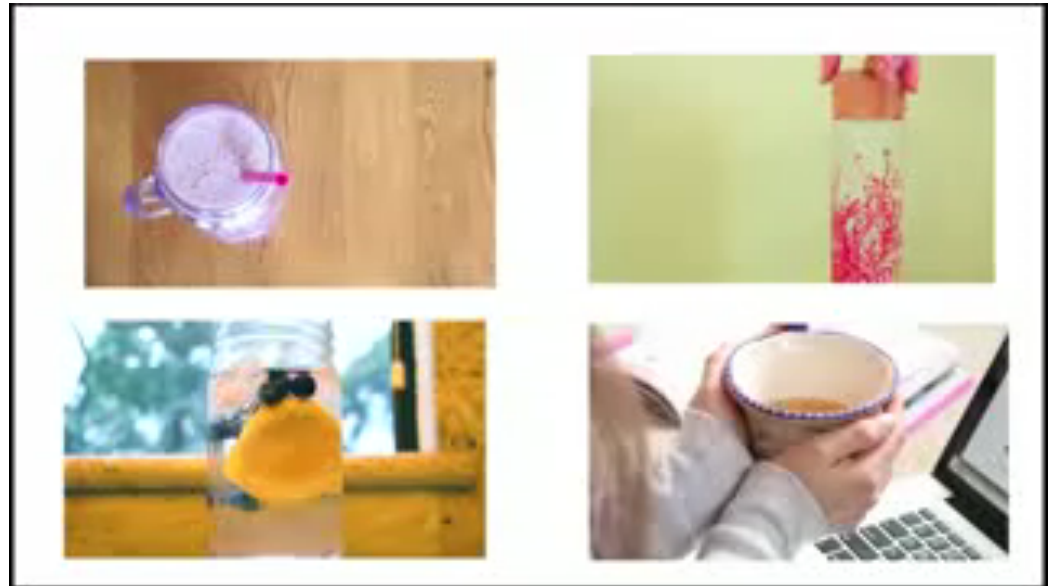
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*Rick Warren*



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## Video # 2



# Discussion



How aware are you of your hunger and satisfaction levels when you eat?

Are there strategies that you can think of that may help you not to overeat?

What changes do I need to make in my relationship with food?

# Conclusion



There may be many habits you feel you need to change in relation to how you eat, but remember, even the smallest change can have a positive impact on your health.



Philippians 4:13- "I am able to do all things through Christ who gives me strength."

