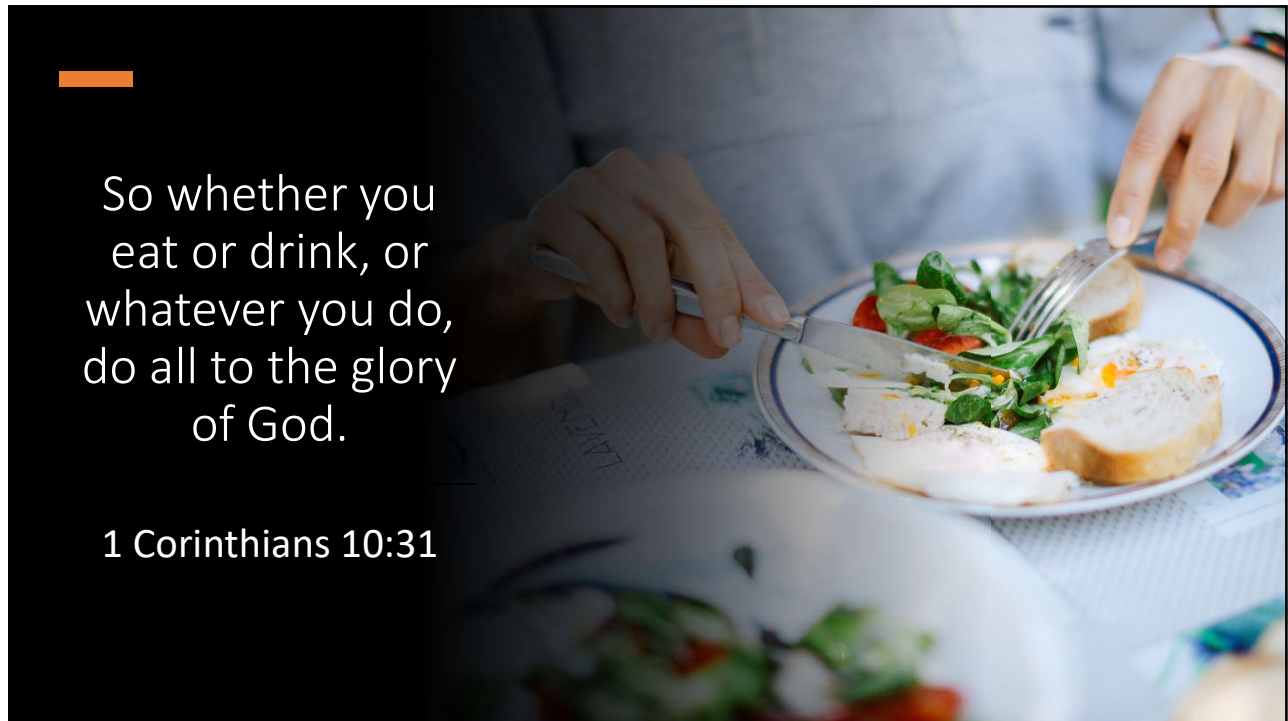




Nutrition & Meal Planning

By Christine Jensen, MS, RD, CDE
Retired
Refresh Sept. 2023

1



So whether you eat or drink, or whatever you do, do all to the glory of God.

1 Corinthians 10:31

2



Nutrition

Genesis 1:29

And God said, “Behold, I have given you every *plant yielding seed* that is on the face of all the earth, and every *tree with seed in its fruit*. You shall have them for food.

3



Nutrition

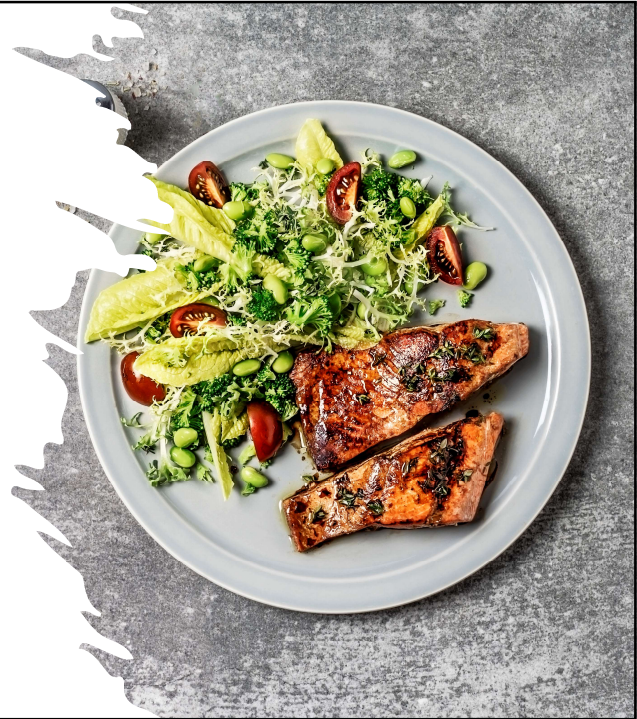
Genesis 1:30

And to every beast of the earth ... every bird of the heavens ... everything that creeps on the ground... *I have given every green plant for food*. And it was so.

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Genesis 9:1-4

... “Be fruitful and multiply and fill the earth. The fear of you and the dread of you shall be upon every beast of the earth and upon every bird of the heavens, upon everything that creeps on the ground and all the fish of the sea. Into your hand they are delivered. *Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything. But you shall not eat flesh with its life, that is, its blood.*



5



6

Take Aways from Blue Zones

Have purpose

Manage stress

Prioritize family/Belong to the right community

Be physically active/move naturally

Eat plant-based, whole foods

Follow 80% rule

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Blue Zone Foods

- **Icaria, Greece** – greens, lemons, eggplant, potatoes, herbs, chickpeas, black-eyed peas, olive oil, honey, coffee.
- **Sardinia, Italy** – tomatoes, artichokes, onions, almonds, barley, pasta made from durum semolina, pecorino cheese, goat's milk, wine.
- **Nicoya, Cost Rica** – papaya, bananas, mango, winter squash, cabbage, yams, corn, black beans, limes.
- **Okinawa, Japan** – shitake mushrooms, sweet potatoes, green onions, garlic, seaweed, tofu, brown rice, green & black tea.
- **Loma Linda, CA** – beans, bell peppers, broccoli, berries, avocado, nuts, oats, whole grains, tempeh (fermented soybeans).

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Eating & Drinking to the Glory of God

1. Choose
nutritious, whole
foods, most of the
time.

- Fruits, vegetables,
whole grains, beans,
nuts, lean protein
sources and plant fats.



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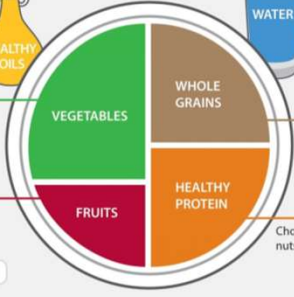
- Follow the 80%
rule.
- Limit sweets,
sugary drinks, junk
food and other
highly processed
foods.
- Limit high fat
meats, fried food
and fast food.



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Nutrition

HEALTHY EATING PLATE



HEALTHY OILS

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.

STAY ACTIVE!

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WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

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2. Plan Your Meals

A way to demonstrate good stewardship over what God has given:

- Time
- \$\$\$
- Family/Friends
- Our physical bodies

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Meal Planning

- Start small. For ex. one week of meals; focus on 5 dinners.
- Look at your schedule for the week.



13

Meal Planning

- Check your refrigerator, freezer and cupboards to see what you already have.



14

Meal Planning

- Take advantage of seasonal foods.
- Check your grocery store's online sales ad.



15

Meal Planning

- Plan your dinners; write them down.
- Make a shopping list of what you will need.



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Meal Plan Example

Sunday: pork tenderloin, sweet potatoes, steamed broccoli

Monday: enchiladas made with ground turkey, kale salad

Tuesday: chili with beans, sourdough bread, tossed salad

Wednesday: chicken stir-fry with lo mein noodles

Thursday: leftovers

Friday: salmon burgers with buns, cucumber and tomato salad, watermelon

Saturday: pizza, spinach salad

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3. Keep food in its proper place; have the proper perspective

- Avoid extremes in eating
- Don't use food for comfort or to fill a hole that only God can fill
- Enjoy your food!



18



Whether you eat or drink... do all to the glory of God!

Nourish our bodies with healthy foods, most of the time.

Plan meals to demonstrate good stewardship over all that God has given.

Keep food in its proper place; have the proper perspective.

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Temporary Food vs. Eternal Food

- John 6:35

Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst."



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HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.



Eat plenty of fruits of all colors.



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WHOLE GRAINS



Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).



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Weekly Menu Meal Planner

Week of: _____

Monday

notes

Tuesday

notes

Wednesday

notes

Thursday

notes

Friday

notes

Saturday

notes

Sunday

notes

Nutrition & Meal Planning
Table Discussion
Refresh Sept. 2023

Nutrition:

On a scale of 1 to 10 (with 1 being *Never* and 10 being *Always*) how would you rate yourself in terms of eating nutritious, whole foods?

If you desire to improve your rating (for example move from a 5 to a 6), what are some hindrances that need to be overcome and how could you overcome them to make changes in this area? Brainstorm ideas.

Meal Planning:

On a scale of 1 to 10 (with 1 being *Never* and 10 being *Always*) how would you rate yourself in terms of planning your meals?

If you desire to improve your rating (for example move from a 5 to a 6), what are some hindrances that need to be overcome and how could you overcome them to make changes in this area? Brainstorm ideas.

Keeping Food in Its Proper Place:

On a scale of 1 to 10 (with 1 being *Never* and 10 being *Always*) how would you rate yourself in terms of keeping food in its proper place?

If you desire to improve your rating (for example move from a 5 to a 6), what are some hindrances that need to be overcome and how could you overcome them to make changes in this area? Brainstorm ideas.

Take 5 minutes to plan 5 meals for the week ahead.

Share tips, resources (recipe apps, websites, cookbooks, etc.) that help you eat nutritiously and/or help with meal planning.