



VanityMD

Nutrition Guide & Workbook

by Dr. Kimberly Gilbert MD



TABLE OF CONTENTS

INTRODUCTION

PART ONE: A 5-MINUTE GUIDE TO THE 6 ESSENTIAL NUTRIENTS

PART TWO: 12 SUPERFOODS

PART THREE: DISCOVER IN-SEASON FOODS

PART FOUR: GETTING STARTED WITH FOOD JOURNALING

PART FIVE: HOMEWORK

INTRODUCTION

In this guide, you'll be learning some fundamental nutrition concepts to give you a solid grounding in the best way to nourish and fuel your body.

Throughout your weight loss program, Dr. Gilbert and you will be working together to help you find simple ways to begin moving your diet in the right direction so you can achieve your health goals!

Let's dive in!



PART ONE

A 5-MINUTE GUIDE TO THE 6 ESSENTIAL NUTRIENTS

Keeping up with what you're supposed to eat may seem complicated, but there are really only six categories of essential nutrients. Those are the substances you need to get from food because your body can't produce enough of them on its own.

If you want to simplify healthy eating, focus on the six basics. That means protein, carbohydrates, fats, vitamins, minerals, and water.

Find out what you need to know with this quick guide.



MACRONUTRIENTS:

All your calories come from three macronutrients, which are protein, carbohydrates, and fats. They give you energy, and you need them in large supplies.

KEEP THESE TIPS IN MIND:

Eat enough protein.

The major building block for your body cells and tissues is protein. It helps you increase muscle mass and may boost your metabolism. Good sources include fish, eggs, beans, and dairy products.

Embrace carbohydrates.

For short term energy, your body uses carbohydrates. While low and no carb diets seem popular, it makes more sense to distinguish between refined and unrefined carbohydrates. Load up on vegetables, fruits, and whole grains while avoiding products that are mostly white flour and sugar.

Choose healthy fats.

Your body needs fats too. They give you longer term energy and help protect your organs. Healthy foods that are high in fat include olive oil, avocados, salmon, and nuts.

Stay balanced.

How much do you need to eat from each group? Current dietary guidelines recommend that you get about 45 to 65% of your total daily calories from carbohydrates, 20 to 35% from fat, and 10 to 35% from protein.



MACRONUTRIENTS:

Vitamins and minerals are the micronutrients that support your body functions. You only need them in small amounts, but they're still vital to your health and wellbeing.

BENEFIT WITH THESE STRATEGIES:

Understand vitamins and minerals.

There are 13 essential vitamins and a wide range of minerals that you need to stay fit. Vitamins help your body use other nutrients and make hormones. Minerals are especially important for your central nervous system and skeleton.

Seek variety.

Common signs of vitamin and mineral deficiencies include hair loss and slow healing. Most symptoms can be treated quickly by changing your diet.

Consider supplements.

For most adults, food is superior to supplements. However, it's important to follow your doctor's recommendations if you're on a restricted diet.

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WATER:

There's a little difference of opinion when it comes to water. Some experts call it a macronutrient because you need a lot of it. Others say it's a micronutrient because it doesn't provide energy directly. You may side with those who put it in a separate category of its own.

ADD MORE WATER TO YOUR DIET WITH THESE TIPS:

Adopt new habits.

Maybe you have trouble remembering to drink enough water. Try creating triggers like having a glass when you wake up or make a phone call. Get a 64oz bottle with times and inspiration/reminders on it so you can keep up with your intake throughout the day with encouragement!

Add flavor.

If the taste of plain water doesn't appeal to you, liven it up. Infuse it with fresh basil, cucumber, watermelon, or a few crushed cranberries.

Chew it.

Water from solid foods counts too. For meals and snacks with a high water content, use ingredients like cucumbers, celery, strawberries, cauliflower, and cottage cheese.

Avoid dehydration.

You may have heard that you can only live about 3 days without water. Even under less extreme conditions, dehydration can affect your performance. If you feel fatigued or have trouble concentrating, you may need to drink more.



Proper nutrition can be simple. Eating a diet rich in vegetables, fruits, and other whole foods is usually all you need to give your body adequate amounts of the 6 essential nutrients.

QUESTIONS FOR REFLECTION:

After reading about these nutrition concepts, is there one area you would like to improve when it comes to your diet?

Do you feel you consume enough water? If not, how might you start changing that?

PART TWO:

12 SUPERFOODS TO ADD TO YOUR DIET

There are certain foods out there that have come to earn the label “superfood”. Superfoods can improve your health by lowering your risk of heart disease and stroke, while boosting your energy, focus, and mental sharpness. The best part is that you get these benefits using all natural foods, instead of items containing chemicals and drugs.

Here's a list of 12 superfoods and a description of how they'll help your body and mind:

1. Sweet Potatoes. Sweet potatoes are packed with added fiber, potassium and vitamin C. You can cook them in many ways including baked or mashed, as well as cubed in soups.

2. Blueberries. Blueberries are definitely a super fruit! They contain beneficial antioxidants as well as vitamin C and fiber. They make a healthy treat and they're easy to eat on their own or in smoothies and baked goods.

3. Bananas. Bananas make the list because of their beneficial nutrients as well as high potassium content. They also contain a healthy dose of vitamin B6.

4. Broccoli. Broccoli is a vegetable that contains a healthy amount of vitamin C and folic acid. If you don't like the taste, you can use some spices, cheese, or dip to add some flavor.

PART TWO:



5. Spinach. Spinach comes packed with many beneficial ingredients. It's one of the best leafy green vegetables that you can eat. It contains folate, potassium, magnesium, iron, and more. Plus it's easy to add to salads.

6. Apples. So now you know there's truth to the saying that an apple a day keeps the doctor away! They contain many of the benefits of the other super food fruits, as well as a decent fiber content. They're also a low glycemic index food. Apples can help you stay full and may help with weight loss.

7. Baked Beans. Protein, fiber and calcium are just some of the benefits of this low GI super food. Baked beans have also been known to lower the chances of bowel type cancers because of the unique way they're digested.

8. Yogurt. Yogurt is a super healthy way of getting your dairy intake for the day. In addition to being an excellent source of calcium, yogurt has also been known to improve your bowel health overall. Yogurt can help with regulating the digestive system.

9. Salmon. Lean fish are always good alternatives for healthy meats in your diet. However, salmon is extra special because it contains Omega 3's. Omega 3's alone have many health benefits such as reduced risks of heart attacks as well as mental disorders such as depression.

10. Olive Oil. Olive oil is one type of oil that's okay to add to your diet in moderation. It's a good idea to keep in mind that a little bit goes a long way. Olive oil can lower bad cholesterol levels and it also contains a healthy amount of antioxidants. Use olive oil mixed with balsamic vinegar for salad dressing, instead of the creamy stuff.

PART TWO:

11. Dark Chocolate. This is usually the shocker on the super foods list. Dark chocolate can be yummy and beneficial to your health. Dark chocolate, in small amounts each day, can lower your blood pressure and it also contains antioxidants.

12. Citrus Fruit. Many like the taste of sweet citrus fruits, which makes it quite the popular super food. You'll still want to eat these fruits in moderation because they have a higher sugar content. However, citrus fruits also come with a high amount of vitamin C, fiber, and folic acid.

There are many other foods that are earning the title of superfood, but this list should get you started in the right direction. It's always a great thing to hear when a delicious food also helps you live a happier and healthier life!

QUESTIONS FOR REFLECTION:

Choose 3 superfoods from the above list that you would like to include more of in your diet. How might you begin to add them in?



PART THREE:

DISCOVER IN- SEASON FOODS THAT BENEFIT YOUR HEALTH AND BUDGET

Eating seasonal foods is a healthier choice. You can eat in season by selecting food that is growing at the same time you're shopping.

EATING IN-SEASON FOODS IS A WISE
DECISION THAT HELPS YOU STRENGTHEN
YOUR HEALTH AND SAVE MONEY.



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CONSIDER THESE FACTS ABOUT SEASONAL FOODS:

Eating in season adds variety to your diet.

Eating fresh, in-season foods exposes you to new fruits and vegetables, expanding your repertoire of nutrients and flavors in your meals. Variety is crucial to a well-rounded diet. Experts agree that variety is important for health because your body needs many different nutrients.

Local, seasonal food has more nutrients.

Food starts losing nutrients the minute it's picked. With in-season produce, the reduction in time from farm to table keeps the nutrient levels high. Additionally, foods that have to travel long distances are usually covered in chemicals to help preserve them.

In-season foods are less expensive.

You can save money on your grocery bill every week by taking advantage of seasonal foods.

Seasonal food tastes better.

Experts can't agree on a single answer for why food tastes better in-season. A couple of factors, though, contribute to the good taste:

- Being able to wait and pick the food when it's ripe naturally makes it taste better.
- Not having to travel a long distance cuts down on the time between when it's harvested to the moment you eat it. So fewer chemicals are needed to preserve it.

THESE TIPS WILL HELP YOU DISCOVER A VARIETY OF FOODS THAT ARE HEALTHY, BUDGET-FRIENDLY, AND IN SEASON:

Talk to your store manager.

Shopping blindly isn't the answer. You'll benefit from asking questions and figuring out exactly which items are in season. Grocery store managers can provide you with helpful information on eating in season. They can help you pick out the freshest items and educate you about eating healthier.

Visit local farmers' markets and talk to the farmers. *Your local farmers' markets are valuable sources of both food and information.*

- Take a stroll through your local market and you'll see fresh produce at every turn. This is a good way to learn more about what is being grown in season in your area and to stock up on fresh food.

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CONSIDER THESE SEASONAL FOODS:

- **Spring.** During spring, you can find a variety of greens. Spring is the perfect time to find fresh greens such as spinach, lettuce and others. Leafy green vegetables are a healthy addition to your diet and don't add a huge amount of calories.
- **Summer.** During summer, look for berries and other fruits. Foods like strawberries and plums are a healthy addition to your diet during the summer.
- **Fall.** During fall, focus on vegetables and favorites like cranberries. The fall brings out beets, carrots, corn, eggplant, potatoes, and garlic.
- **Winter.** During winter, you can still find many vegetables, so your diet can stay healthy. Consider shopping for kale, broccoli, squash, turnips, and potatoes.

Eat healthier by adjusting your shopping habits to include seasonal foods. You'll like the way you feel!

QUESTIONS FOR REFLECTION:

What is one strategy you could start with this week for including more in-season food in your diet?

For the season we are currently in, which foods would you like to include in your diet this week?



PREPARATION HELPS MAKE GOOD DECISIONS EASIER

- **Count the calories early.** As you find foods you love, keep track of how much of that food gets you to a certain amount of calories. You will use this knowledge to plan meals and snacks. Make sure you explore many different types of foods so you don't risk getting bored with your new, healthier lifestyle. Put combinations of foods you choose from the grocery store together to give you variety within each meal to make sure you get your essential nutrients discussed earlier in this guide. Get creative!
- **Get a 3-ring Recipe Book Binder with sheet protectors and dividers.** Make one Divider section "MEALS" and one section "SNACKS". As you make different meal and snack combinations, write them on an index card or sheet of paper. Your recipe book will help you make easy decisions when choosing your meals for the moment, day, or week. You will keep this book forever - always adding more recipes as you have fun creating them!
- **Don't want a binder? Download the "RECIPE KEEPER" app (or your favorite app) to store your recipes that you collect or create!**
- **Separate your foods early and try to have the foods readily available.** It's not easy for some people to go major grocery shopping every week, but do your best to have as many options readily available to either cook or immediately eat. This minimizes the risk of "bad choices because I was hungry and needed something quicker". Pick convenient time(s) when you can separate your foods into containers ready to eat or cook. This helps make any last-minute choices or prep-time for cooking much easier, which helps you stick to your plan and keep achieving your goals.

PART FOUR

YOUR RELATIONSHIP WITH FOOD: ASSESSMENT

- ☐ I eat when I am not hungry.
- ☐ I eat beyond the point of satiety or fullness.
- ☐ I eat when I am stressed.
- ☐ I eat to celebrate, console myself, etc.
- ☐ I eat foods that I know are unhealthy.
- ☐ I rarely eat foods that are healthy.
- ☐ I drink more than 1-2 sodas daily.
- ☐ I am a sugar addict.
- ☐ I use food to soothe myself when I am upset or feel deprived in any way.
- ☐ There are certain foods/drinks that I think I can't live without.
- ☐ I have a history of yo-yo dieting (lose weight, then gain it back).
- ☐ I have binge foods that I always overeat.
- ☐ Others in my family struggle with food/weight issues.
- ☐ I have tried unsuccessfully to diet and/or exercise many times.
- ☐ I have spent money on several weight loss programs, pills and fad diets.

Scoring

Count the number of check marks.

1-4 – You may have some habits or behaviors to work on.

5-9 – Your relationship to food probably needs work.

10 and above – You need help – let's talk about this next time you see me

WORKSHEET

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HOMEWORK



1. Begin journaling about your food and complete the relationship with food assessment



2. Work on finding ways to increase your water



consumption



3. Create your personal Recipe Book

4. Begin exploring in-season foods and finding ways to incorporate them into your diet - create your list of favorite combinations for meals and snacks as well as separating the exact amount of snacks for "grab-and-go" ease and put in your recipe book