



YOUR PIT CREW: MAGGIE RETTELLE & BRIANA BAKER
TOOLS FOR OPTIMAL NUTRITIONAL NAVIGATION

If you went on a cruise, that cruise would have an itinerary and a voyage plan.

You need to use navigational equipment; what are the pieces of equipment?

- Instructions/itinerary
- Operator license
- Map
- Compass
- GPS/Landmarks

What are the external forces that you cannot change that might soil your navigation?

Weather, environmental factors



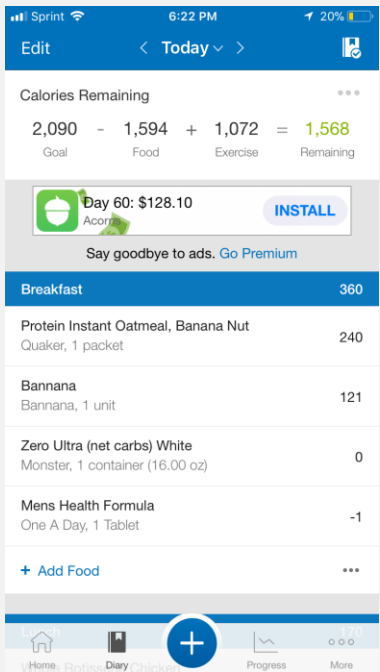
If going on a cruise, you need to prepare for the voyage.
How does our body's needs and optimal nutrition correlate?
Would you like a **Love Boat experience** or the **Titanic disaster**?

- Instructions/itinerary – **individualized needs**
- Driver's license – **skills and training for driving**
- Map-**meal plan**
- Compass – **overall why and purpose for nutrition**
- GPS/Landmarks -**apps and online resources; staying on course; *sticking to the plan***



Everyone is different, so we all have different individualized needs for nutrition (calories, fat, carbs, protein, fiber, vitamins and minerals)

Age, gender, activity level, genetics, muscle mass, bone density, etc.



MyPlate Daily Checklist
Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and making sure that each choice is limited in saturated fat, sodium, and added sugars. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

Food Group Amounts for 2,000 Calories a Day				
2 cups	2 1/2 cups	6 ounces	5 1/2 ounces	3 cups
Focus on whole fruits	Vary your veggies	Make half your grains whole grains	Vary your protein routine	Move to low-fat or fat-free milk or yogurt
Focus on whole fruits that are fresh, frozen, canned, or dried.	Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.	Find whole-grain foods by reading the Nutrition Facts label and ingredients list.	Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.	Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.

Healthy People 2030

eat less sodium, saturated fat, and added sugars. Limit: to 2,300 milligrams a day. d fat to 22 grams a day. ogars to 50 grams a day.

ove 60 minutes every day. Adults should be physically active at least 2 1/2 hours per week. an based on your age, sex, height, weight, and physical activity level. SuperTracker.usda.gov

https://www.nal.usda.gov/human-nutrition-and-food-safety/dri-calculator/results

Sex	Female
Age	45 years
Height	5 ft. 6 in.
Weight	168 lbs.
Activity level	Low Active
Pregnancy/Lactation status	Not Pregnant or Lactating



Begin New Calculation

Results:

Body Mass Index (BMI) ⓘ	27.1
Estimated Daily Caloric Needs	2,205 kcal/day



Macronutrients:

Macronutrient	Recommended Intake Per Day
Carbohydrate	248 - 358 grams ⓘ
Total Fiber	25 grams
Protein	61 grams
Fat	49 - 86 grams ⓘ
Saturated fatty acids	As low as possible while consuming a nutritionally adequate diet.
Trans fatty acids	As low as possible while consuming a nutritionally adequate diet.
α-Linolenic Acid	1.1 grams ⓘ
Linoleic Acid	12 grams ⓘ
Dietary Cholesterol	As low as possible while consuming a nutritionally adequate diet.
Total Water	2.7 liters (about 11 cups) ⓘ



usda.gov/human-nutrition-and-food-safety/dri-calculator/results

Sex	Female
Age	45 years
Height	5 ft. 6 in.
Weight	168 lbs.
Activity level	Active
Pregnancy/Lactation status	Not Pregnant or Lactating



Begin New Calculation

Results:

Body Mass Index (BMI) ⓘ	27.1
Estimated Daily Caloric Needs	2,495 kcal/day



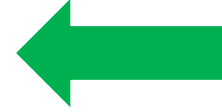
Macronutrients:

Macronutrient	Recommended Intake Per Day
Carbohydrate	281 - 405 grams ⓘ
Total Fiber	25 grams
Protein	61 grams
Fat	55 - 97 grams ⓘ
Saturated fatty acids	As low as possible while consuming a nutritionally adequate diet.
Trans fatty acids	As low as possible while consuming a nutritionally adequate diet.
α-Linolenic Acid	1.1 grams ⓘ
Linoleic Acid	12 grams ⓘ
Dietary Cholesterol	As low as possible while consuming a nutritionally adequate diet.
Total Water	2.7 liters (about 11 cups) ⓘ



na.gov/human-nutrition-and-food-safety/dri-calculator/results

Sex	Female
Age	45 years
Height	5 ft. 6 in.
Weight	168 lbs.
Activity level	Very Active
Pregnancy/Lactation status	Not Pregnant or Lactating



Begin New Calculation

Results:

Body Mass Index (BMI) ⓘ	27.1
Estimated Daily Caloric Needs	2,842 kcal/day



Macronutrients:

Macronutrient	Recommended Intake Per Day
Carbohydrate	320 - 462 grams ⓘ
Total Fiber	25 grams
Protein	61 grams
Fat	63 - 111 grams ⓘ
Saturated fatty acids	As low as possible while consuming a nutritionally adequate diet.
Trans fatty acids	As low as possible while consuming a nutritionally adequate diet.
α-Linolenic Acid	1.1 grams ⓘ
Linoleic Acid	12 grams ⓘ
Dietary Cholesterol	As low as possible while consuming a nutritionally adequate diet.
Total Water	2.7 liters (about 11 cups) ⓘ



Per Day

- Hone in on your cooking skills!
 - Knife skills
 - Understanding recipes
 - Equipment
- Storage/kitchen containers

[Mastering Cooking skills video](#)



Cooking Basics Checklist

- Prepare**
 - Read the recipe, do any preheating
 - Get all the ingredients and cooking gear out
 - Prepare all ingredients per the instructions
- Work safely**
 - Position pot/pan handles to prevent accidents
 - Place a shelf liner or damp kitchen towel under cutting boards to prevent slipping
 - Wash any items immediately after touching raw meat to prevent cross-contamination
- Work clean**
 - Keep a kitchen towel close to wipe down
 - Wipe cutting boards as you go
 - Keep trash can or another disposal nearby
- Learn basic prep and cooking skills**

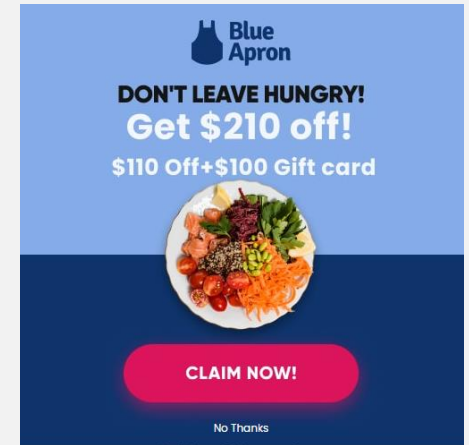
<input type="checkbox"/> Chop an onion	<input type="checkbox"/> Crush and chop garlic
<input type="checkbox"/> Hard- or soft-boil an egg	<input type="checkbox"/> Prepare peppers
<input type="checkbox"/> Poach an egg	<input type="checkbox"/> Brown meat
<input type="checkbox"/> Cook pasta and rice	<input type="checkbox"/> Cook a perfect steak
<input type="checkbox"/> Melt chocolate	<input type="checkbox"/> Make salad dressing
<input type="checkbox"/> Make a scrambled egg or an omelet	<input type="checkbox"/> Make batter
<input type="checkbox"/> Bake a potato	<input type="checkbox"/> Rub flour and butter
<input type="checkbox"/> Stuff and roast a chicken (or turkey)	<input type="checkbox"/> Line a cake tin
<input type="checkbox"/> Make gravy	<input type="checkbox"/> Make tomato sauce
<input type="checkbox"/> Make stock	<input type="checkbox"/> Pit an avocado
<input type="checkbox"/> Separate an egg	<input type="checkbox"/> Whip cream
<input type="checkbox"/> Knead dough	<input type="checkbox"/> Segment an orange
- Master key cooking methods**

<input type="checkbox"/> Braising	<input type="checkbox"/> Browning
<input type="checkbox"/> Roasting	<input type="checkbox"/> Searing
<input type="checkbox"/> Boiling	<input type="checkbox"/> Grilling
<input type="checkbox"/> Baking	<input type="checkbox"/> Frying

Transport/storage/cooking equipment



- **Step one:** decide which meals need to be planned*
 - What about dining out?
- **Step two:** find and save recipes
- **Step three:** make your grocery list
 - Look at deals/sales
- **Step four:** shop!



Sample Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Steel-cut oats	Steel-cut oats	Egg breakfast cup	Egg breakfast cup	Egg breakfast cup
Snack	Greek yogurt and berries	Greek yogurt and berries	Greek yogurt and berries	Cocoa-Nutty Energy Bites	Cocoa-Nutty Energy Bites
Lunch	Buddha bowl	Buddha bowl	Buddha bowl	Bento box	Bento box
Dinner	Greek salad with chicken	Taco lettuce wraps	Chicken Greek salad gyros	Taco bowl	Stir fry with leftovers

Naturally Stephanie
WHISKING UP HEALTH AND HAPPINESS

- Shop deals online or paper
- Coupons
- Food deliver sites:
 - Hello Fresh
 - Blue Apron
 - Green Chef
 - Home Chef

Plan menus and make your list ahead of time to stay focused as you shop and avoid purchasing less-healthy items you don't need.

This will help you eat smart AND stick to your budget!

- Look at sales
- Do your inventory
- Plan meals
- Weekly meal deals
- Use pantry stash
- In season produce
- Ingredients that need to be used before they expire





On sale
~~\$1.04 each~~ **\$0.54 each**
 (\$0.87 / lb)
 Fresh Fuji Apple

Add to cart

Add to list



On sale
~~\$5.15 each~~ **\$2.26 each**
 (\$0.87 / lb)
 Fresh Gum Drop Grapes

Add to cart

Add to list



On sale
~~\$12.97 lb~~ **\$6.97 lb** (\$0.44 / oz)
 H-E-B Wild Caught Raw Jumbo
 New Harvest Brown Gulf
 Shrimp

Add to cart



\$19.55 each (\$3.99 / lb)
 H-E-B Natural Boneless
 Chicken Breasts, Value Pack

Add to cart

Add to list



On sale
~~\$15.59 each~~ **\$8.46 each**
 (\$2.97 / lb)
 H-E-B Beef Boneless Chuck
 Roast, USDA Select

Add to cart

Add to list



\$1.00
 SAVE \$1.00 ON TWO when
 you buy TWO BOXES any
 flavor General Mills cereal...

Expires 10/14/2022
 Limit 1 per customer

Clip

More ways to save

Shop our weekly ad



Save more with DigiDeals
 New offers every week

digideals



Inventory

Time

Make what you know

Convenience items

Analyze your habits

Assess your skills

Focus on execution or action

Ways to shop for higher diet quality and ease in incorporating whole foods:

- shop for seasonal veggies and fruits
- look at the prepared packs of veggies, grains and whole cooked meats (without additives) that will make assembly of meals quicker
- batch cook items to use ingredients for meals later in the week
- have ready to eat options on hand to deter ordering out or skipping meals (sardines, tuna, whole grain crackers, baby carrots, Greek yogurt and an apple, for example)
- master the menus at restaurants to have your choices in your toolbox in advance (mastering decision fatigue or impulse control)

GROCERIES

PRODUCE	CONDIMENTS	BAKING/SPICES	CANNED GOODS
<input type="checkbox"/> broccoli	<input type="checkbox"/> ketchup	<input type="checkbox"/> salt/pepper	<input type="checkbox"/> vegetables
<input type="checkbox"/> cauliflower	<input type="checkbox"/> mustard	<input type="checkbox"/> flour	<input type="checkbox"/> fruit
<input type="checkbox"/> carrots	<input type="checkbox"/> mayonnaise	<input type="checkbox"/> sugar	<input type="checkbox"/> soup/broth
<input type="checkbox"/> celery	<input type="checkbox"/> pickles	<input type="checkbox"/> cake/dessert mix	<input type="checkbox"/> tomato sauce
<input type="checkbox"/> cucumbers	<input type="checkbox"/> bbq sauce	<input type="checkbox"/> vanilla	<input type="checkbox"/> tuna
<input type="checkbox"/> mushrooms	<input type="checkbox"/> soy sauce	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> lettuce	<input type="checkbox"/> salad dressing	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> tomatoes	<input type="checkbox"/> salsa	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> onions	<input type="checkbox"/> oil	BREAD/GRAINS	FOR THE HOME
<input type="checkbox"/> peppers	<input type="checkbox"/> honey	<input type="checkbox"/> bread	<input type="checkbox"/> paper towels
<input type="checkbox"/> green beans	<input type="checkbox"/> jam/jelly	<input type="checkbox"/> grains	<input type="checkbox"/> toilet paper
<input type="checkbox"/> potatoes	<input type="checkbox"/> peanut butter	<input type="checkbox"/> buns	<input type="checkbox"/> tissues
<input type="checkbox"/> garlic	<input type="checkbox"/> maple syrup	<input type="checkbox"/> cereal	<input type="checkbox"/> laundry detergent
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> tortillas	<input type="checkbox"/> dish soap
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> pasta	<input type="checkbox"/> sponges
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> rice	<input type="checkbox"/> aluminum foil
FRUIT	BEVERAGES	<input type="checkbox"/>	<input type="checkbox"/> plastic wrap
<input type="checkbox"/> apples	<input type="checkbox"/> water	<input type="checkbox"/>	<input type="checkbox"/> freezer bags
<input type="checkbox"/> oranges	<input type="checkbox"/> juice	<input type="checkbox"/>	<input type="checkbox"/> trash bags
<input type="checkbox"/> bananas	<input type="checkbox"/> coffee/tea	<input type="checkbox"/>	<input type="checkbox"/> batteries
<input type="checkbox"/> berries	<input type="checkbox"/> soda	<input type="checkbox"/>	<input type="checkbox"/> light bulbs
<input type="checkbox"/> grapes	<input type="checkbox"/> beer/wine	DAIRY	<input type="checkbox"/>
<input type="checkbox"/> lemons/limes	<input type="checkbox"/>	<input type="checkbox"/> milk/cream	<input type="checkbox"/>
<input type="checkbox"/> melon	<input type="checkbox"/>	<input type="checkbox"/> milk alternative	<input type="checkbox"/>
<input type="checkbox"/> peaches	SNACKS	<input type="checkbox"/> cheese	<input type="checkbox"/>
<input type="checkbox"/> pineapple	<input type="checkbox"/> crackers	<input type="checkbox"/> eggs	<input type="checkbox"/>
<input type="checkbox"/> avocados	<input type="checkbox"/> cookies	<input type="checkbox"/> butter	TOILETRIES
<input type="checkbox"/>	<input type="checkbox"/> chips	<input type="checkbox"/> yogurt	<input type="checkbox"/> soap
<input type="checkbox"/>	<input type="checkbox"/> pretzels	<input type="checkbox"/> sour cream	<input type="checkbox"/> shampoo
<input type="checkbox"/>	<input type="checkbox"/> popcorn	<input type="checkbox"/>	<input type="checkbox"/> conditioner
MEAT/FISH	<input type="checkbox"/> candy	<input type="checkbox"/>	<input type="checkbox"/> razors
<input type="checkbox"/> beef	<input type="checkbox"/> nuts	<input type="checkbox"/>	<input type="checkbox"/> shaving cream
<input type="checkbox"/> chicken/poultry	<input type="checkbox"/> snack bars	FROZEN FOOD	<input type="checkbox"/> deodorant
<input type="checkbox"/> pork	<input type="checkbox"/>	<input type="checkbox"/> fruit/vegetables	<input type="checkbox"/> body/face wash
<input type="checkbox"/> sausage	<input type="checkbox"/>	<input type="checkbox"/> meals	<input type="checkbox"/> toothpaste
<input type="checkbox"/> bacon	<input type="checkbox"/>	<input type="checkbox"/> pizza	<input type="checkbox"/> floss
<input type="checkbox"/> fish	PETS	<input type="checkbox"/> french fries	<input type="checkbox"/> pain reliever
<input type="checkbox"/>	<input type="checkbox"/> food	<input type="checkbox"/> waffles	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> treats	<input type="checkbox"/> ice cream	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> litter	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Microsoft To Do



Mealime



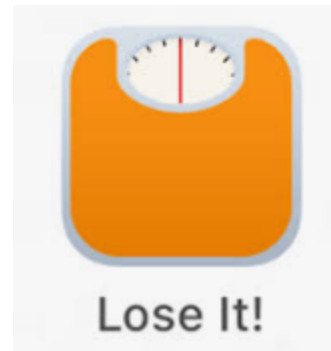
Noom



My Fitness Pal



Fooducate



Lose It!



Tasty

Why do you make the nutrition choices you make?

External influences?

Cultural

Ease/convenience



Social media resources

TikTok

Instagram

YouTube

Do it yourself meals, keep it simple

1. Choose your fruit/vegetables: (yes, choose these FIRST!)
 2. Choose your lean protein: (could be a plant-based mixture)
 3. Choose your grain, starchy vegetable, legume/bean (any combo)
 4. Choose a healthy fat and seasoning
1. Broccoli, yellow peppers, black bean salsa
 2. 1 egg, 1 egg white, 1 oz. Canadian bacon
 3. Whole wheat bagel
 4. Avocado



Do it yourself meals, keep it simple

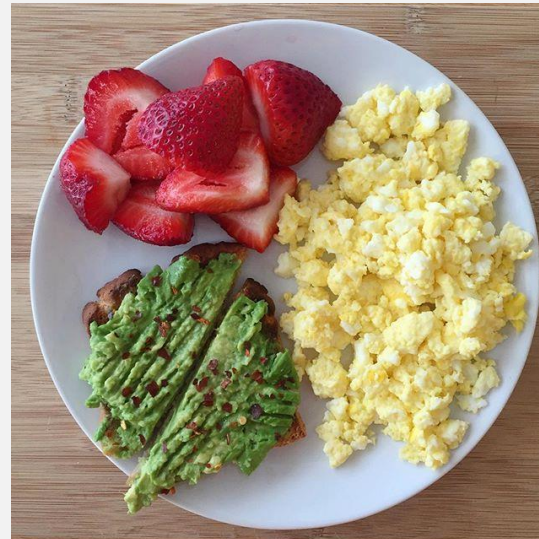
1. Choose your fruit/vegetables: (yes, choose these FIRST!)
2. Choose your lean protein: (could be a plant-based mixture)
3. Choose your grain, starchy vegetable, legume/bean (any combo)
4. Choose a healthy fat and seasoning

1. Strawberries

2. 1 egg, 1 egg white

3. Whole wheat toast

4. Avocado and everything bagel seasoning



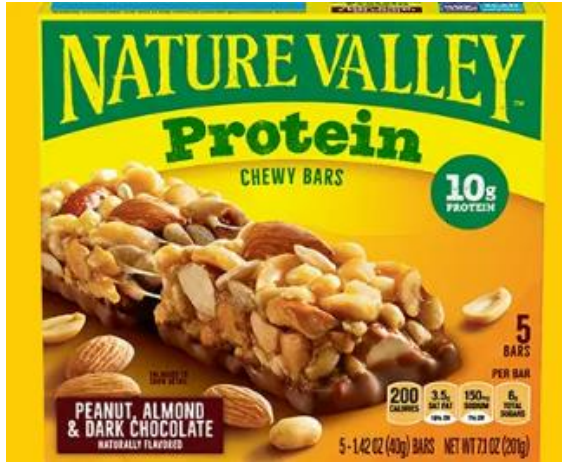
Do it yourself meals, keep it simple

1. Choose your fruit/vegetables: (yes, choose these FIRST!)
2. Choose your lean protein: (could be a plant-based mixture)
3. Choose your grain, starchy vegetable, legume/bean (any combo)
4. Choose a healthy fat and seasoning



1. Mixed greens, diced tomato with chilies (any veggies)
2. Any frozen fish (fish cooked in tomatoes and chilis)
3. Microwaved sweet potato
4. Any dressing for the greens, top with spicy kimchi

Considerations for Evaluating Your Snack Bars



Calories		200
% Daily Value *		
Total Fat	12g	15%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	<5mg	1%
Sodium	150mg	7%
Potassium	130mg	2%
Total Carbohydrate	15g	5%
Dietary Fiber	5g	19%
Total Sugars	6g	
Incl. Added Sugars	5g	10%
Protein	10g	15%

Calories		150
% Daily Value *		
Total Fat	4.5g	6%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	65mg	3%
Potassium	0mg	0%
Total Carbohydrate	24g	9%
Dietary Fiber	2g	7%
Total Sugars	8g	
Incl. Added Sugars	6g	12%
Protein	3g	

Calories		190
% Daily Value *		
Total Fat	7g	9%
Saturated Fat	0.5g	4%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	150mg	7%
Total Carbohydrate	29g	11%
Dietary Fiber	2g	8%
Total Sugars	12g	
Incl. Added Sugars	12g	23%
Protein	3g	

Is there really a difference in peanut butters? YES!

Nutrition Facts	
Serving Size	2 Tbsp (32g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 16g	20%
Saturated Fat 3g	14%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	10%
Total Sugars 2g	
Incl 0g of Added Sugars	0%
Protein 8g	8%
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	2%
Potassium 201mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients
Peanuts, Contains 1% or Less of Salt.

- Product Information**
- 8g Protein per Serving*
 - *See Nutrition Information for Fat And Saturated Fat Content
 - Natural
 - Gluten Free
 - Kosher Pareve
 - Non-GMO Certified by NSF



Nutrition Facts	
Serving Size	2 Tbsp (33g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3.5g	17%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	9%
Total Sugars 3g	
Incl 2g of Added Sugars	4%
Protein 7g	7%
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	4%
Potassium 185mg	4%
Vitamin E 2mg	10%
Niacin 5mg	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients
Made From Roasted Peanuts And Sugar, Contains 2% Or Less Of: Molasses, Fully Hydrogenated Vegetable Oils (Rapeseed And Soybean), Mono And Diglycerides, Salt.

- Product Information**
- 7g Protein Per Serving*
 - *See Nutrition Information For Fat And Saturated Fat Content
 - Gluten Free
 - Contains No Artificial Preservatives
 - Kosher Pareve
 - Non-GMO Certified by NSF
- Allergens**
Contains peanuts



- Apps (My Fitness Pal, Lose It, Noom, Fooducate)
- Shopping sites (for pickup/sales)
- Online meal planning
- Food delivery (Hello Fresh)
- Online recipe resources (Pinterest, Tasty, Mealime)
- Personal needs calculators (My Fitness Pal, In body assessment (body fat percentage))
- Social media resources (TikTok, Instagram, YouTube)
- Research based (Healthline articles, Eat This, Not That!)
- Government resources (MyPlate, CDC, Healthy People 2020, American Heart Association, American Cancer society, food labels)
- Purchase equipment (knives, storage containers, transport items)
- Gain skills
- Use your Registered Dietitian Health Coach/Provider

Do your research

Stick with boundaries plan vs. what sounds good plan

Develop kitchen skills

Convenience items are ok

Improve diet quality

Focus on mindset

Use nutrition applications

Stick to action-oriented steps

Keep it simple (KISS!)



TIME for your health starts in the kitchen and with your fueling needs – MAKE IT A PRIORITY TODAY!