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# NUTRITION FROM THE GROUND UP

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[www.DeliciousLivingNutrition.com](http://www.DeliciousLivingNutrition.com)

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# {dirt, nutrients & nourishment}

Compost adds nutrients to soil

Nutrients travel through plants to you

Foods breakdown into blood sugar w/ nutrients

Pancreas releases insulin

Insulin brings nutrients to cells for energy

## Supports:

digestion

energy

immunity

prevention

## Know your food

If you don't know what an ingredient is, your body will NOT know how to use it. It will choose to store it in your closets

Cells = Closets



**Fruits & Vegetables (antioxidants)**

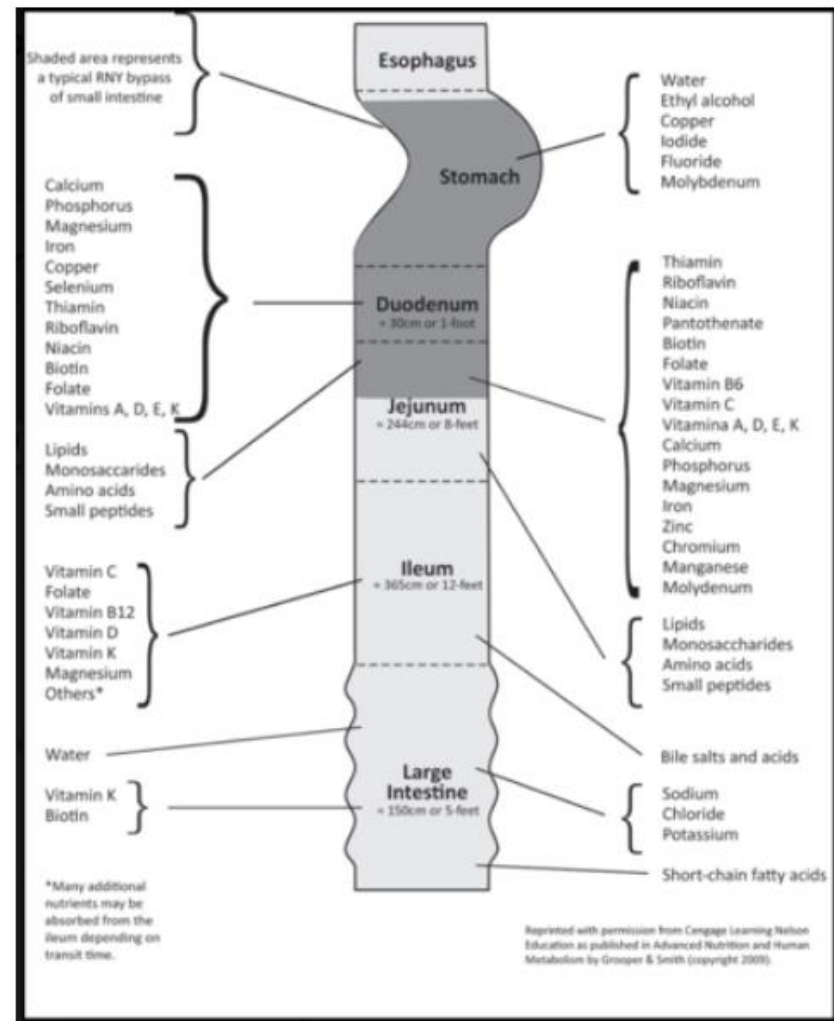


**Processed Foods**

**Clean** your Closets



# Each nutrient has a door to enter





# BRISTOL STOOL CHART

TYPE 1



TYPE 2



TYPE 3



TYPE 4



TYPE 5



TYPE 6



TYPE 7



# Balance

EAT A MEAL OR SNACK EVERY 3-4 HOURS  
CHOOSE A PROTEIN & FIBER AT EACH MEAL  
ADD GREENS TO YOUR PLATE  
USE A VARIETY OF PROTEINS from **PLANTS**



## *Increase Plant Proteins*

{Protein  Fiber}

**BREAKFAST:** Plant Protein & Fiber (Whole Grain & Fruit)

**SNACK:** Fiber (Fruit/Veggies)

**LUNCH:** Plant Protein & Fiber (Vegetables & Whole Grain/Potato)

**SNACK:** Protein & Fiber

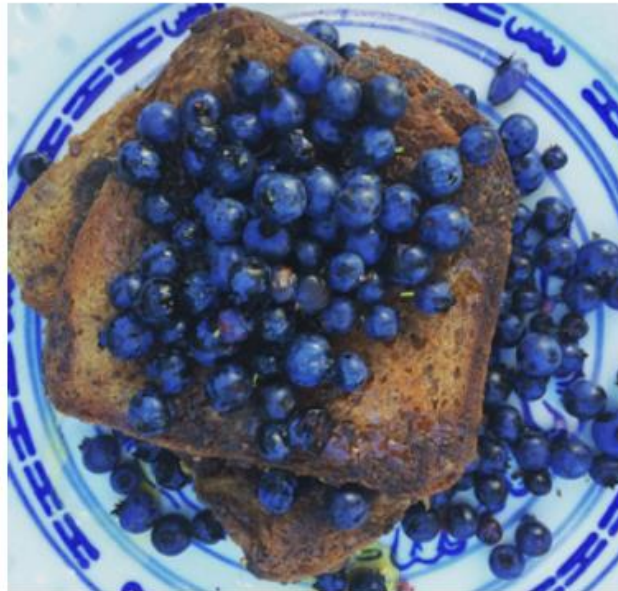
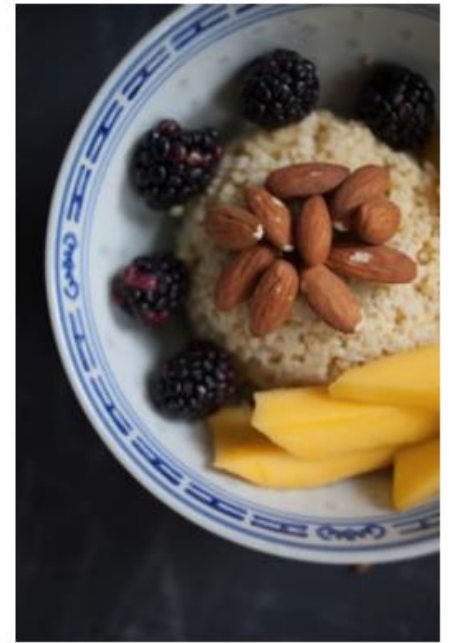
**DINNER:** Plant Protein & Fiber (Vegetables & Whole Grain/Potato)





# Breakfast

1. choose protein
2. choose vegetables / fruit
3. add 1/2 cup whole grain
4. add greens + herbs

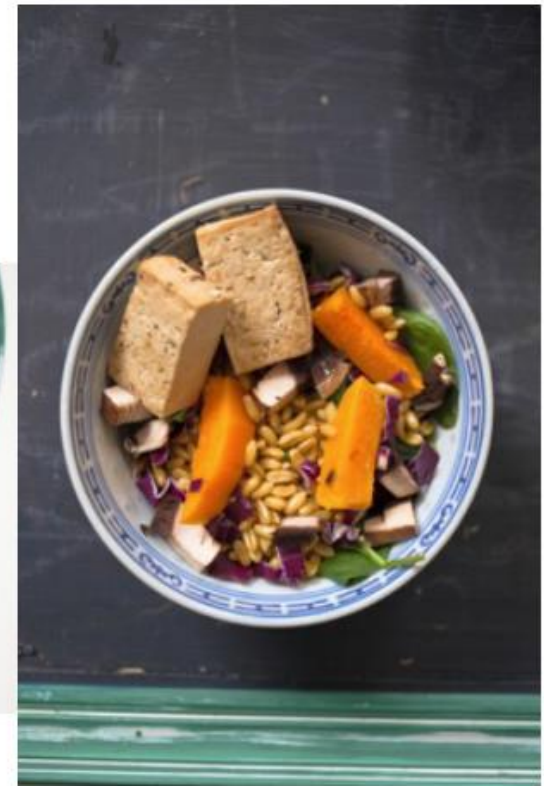






# Lunch

1. choose protein
2. choose vegetables
3. add 1/2 cup whole grain
4. add greens + herbs



# Snack

1. choose protein
2. choose vegetables / fruit
3. add whole grain (optional)





# How to create a nourishing Meal Bowl

1<sup>st</sup> Pick a serving of plant **protein**

- This can be a combination of several different proteins or just one.

2<sup>nd</sup> Add a serving of cooked **whole grains**

3<sup>rd</sup> Add a serving of **fruits and/or vegetables**

- Can be raw or cooked.

4<sup>th</sup> Don't forget to add **greens!**

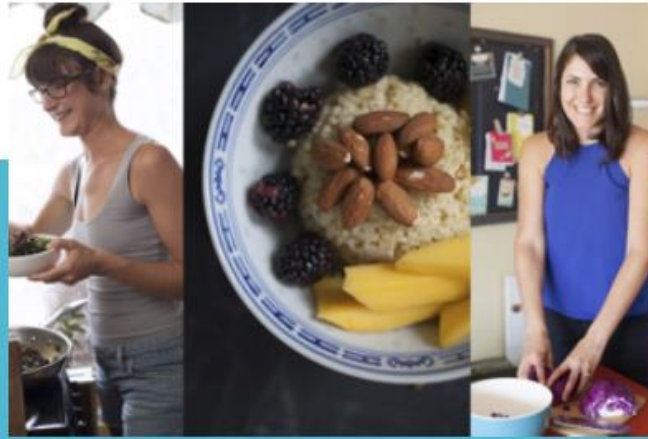
- By adding greens in addition to vegetables (and/or fruits), you are maximizing your intake of vitamins, minerals, antioxidants and fiber.

5<sup>th</sup> For increased flavor add **healthy additions**

- Add fresh herbs and spices, homemade dressings or sauces, tahini, citrus, olive oil and/or any type of vinegar for added flavor!
- Add fermented vegetables such as kimchi or sauerkraut, kelp flakes, or nutritional yeast for added digestive and nutritional benefits!







Delicious Living Nutrition, Inc. is a private practice offering nutrition counseling throughout Cape Cod and the Islands. Our practice is comprised of experienced Registered Dietitians who provide medical nutrition therapy for various health issues and concerns, specializing in gastrointestinal issues, food allergies/intolerances, heart disease, diabetes and disease prevention. We work with our clients to create their own individualized nutrition practice and cultivate sustainable, healthy relationships with food!

For more information, to schedule an appointment or workshop  
please visit our website:  
[www.deliciouslivingnutrition.com](http://www.deliciouslivingnutrition.com)

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