NUTRITION FROM THE GROUND UP

Nicole Cormier, RD, LDN

www.DeliciousLivingNutrition.com
www.TheLocalJuice.com
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
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
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

1st Pick a serving of plant protein
   - This can be a combination of several different proteins or just one.

2nd Add a serving of cooked whole grains

3rd Add a serving of fruits and/or vegetables
   - Can be raw or cooked.

4th 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.

5th 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.delicioiuslivingnutrition.com