



NUTRITION FOR THE NEW YEAR

From Kroger Nashville

Kara Miller, MS, RDN, CSSD, LDN



DIETITIAN VS NUTRITIONIST



DIET CULTURE

"A rigid set of expectations about valuing thinness and attractiveness over physical health and emotional well-being"
- ChoosingTherapy.com

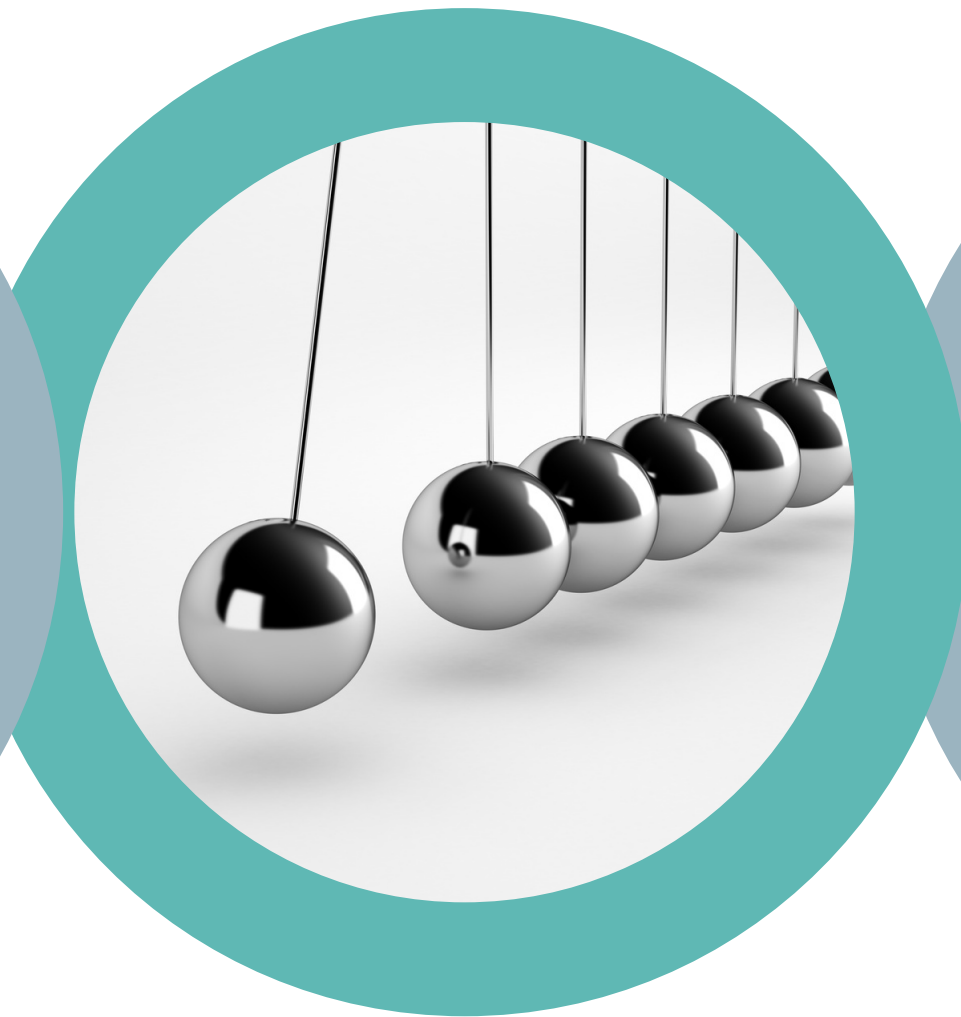
"Demonizes certain ways of eating while elevating others, which means you're forced to be hyper-vigilant about your eating, ashamed of making certain food choices, and distracted from your pleasure, your purpose, and your power."
- Christy Harrison

Diet Culture

The Life Thief: Steals joy, life, money, time, and well-being - per Chritsy Harrison



Social Impacts



**Restriction
Pendulum**



**Food Rules
+ Food Fears**



Guilt



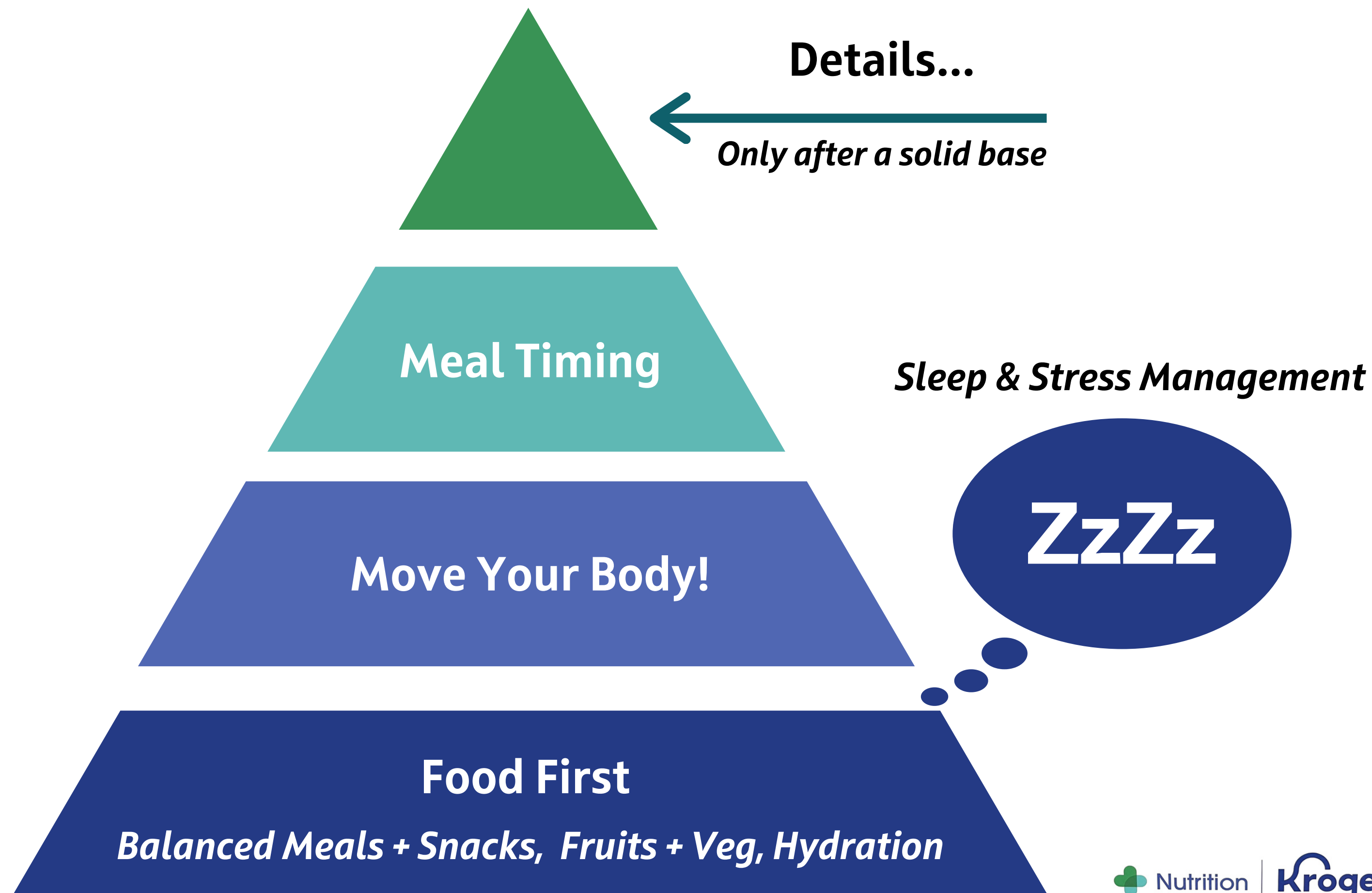
FOOD DOES NOT DEFINE YOU!

Food does not have moral value.

A top-down view of a white ceramic plate filled with a healthy meal. The meal includes a large portion of cooked salmon, a pile of quinoa, a mix of steamed vegetables (broccoli, spinach, carrots), and a fruit salad with apple slices, raspberries, and blueberries. A lime wedge is also on the plate. The plate is set on a light-colored wooden surface. A silver fork is placed to the right of the plate, and a glass lid is visible in the top left corner. The title 'NUTRITION BASICS' is overlaid in the center in a bold, dark blue font, flanked by two teal horizontal bars.

NUTRITION BASICS

Form a Solid Base



Calculate Your Needs

**Drink 1/2 your weight in water
(Baseline)**



Example:

160 lb divided by 2 = 80 ounces minimum

Plus more for training and sweat loss

The Funnel Effect

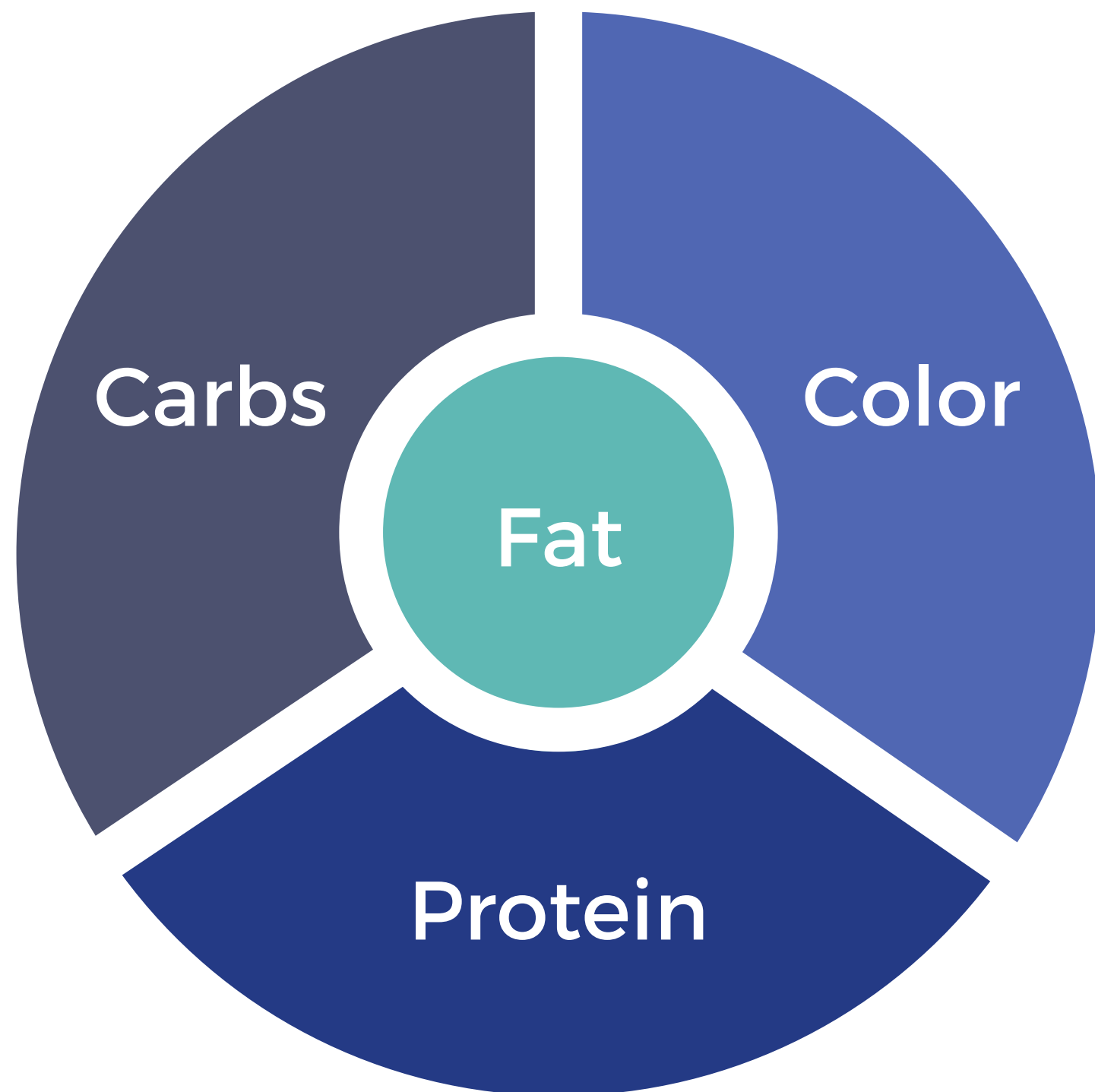


Smoochy Food



Non-Smooshy Food

Balance is Key!



Based on: USDA MyPlate.gov



Carb

- Pasta
- Rice
- Bread/Bagels
- Tortillas
- Crackers



Color

- Fruits
- Vegetables

Eat a rainbow!



Protein

- Meat (Chicken, Turkey, Beef, Pork)
- Fish
- Eggs
- Nuts/Seeds
- Beans/Hummus
- Milk/Yogurt



Fat

- Avocado
- Oil/Butter
- Salad Dressing

Visualize Your Plate

Meals

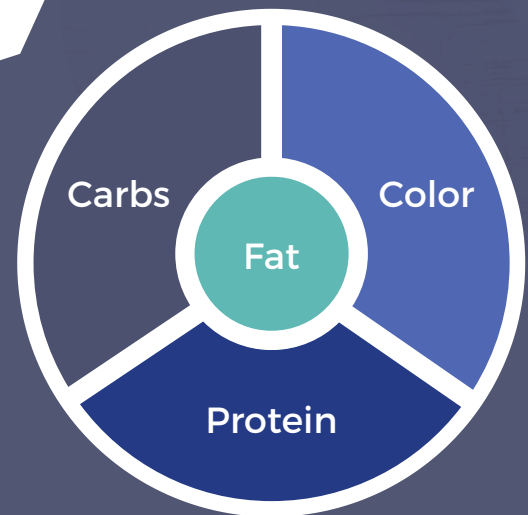
- Carb + Color + Protein + Fat

Rule of 3:

- 3 meals + 2-3 snacks
- 3 hours (between)
- 3 food groups/meal

Why?

- Helps you feel full + satisfied
- No good or bad foods.



THE HUNGER SCALE

The hunger scale is a tool that will allow you to gauge when to eat and how much food to eat. Use this scale before, during, and after meal times.

1 2 3 4 5 6 7 8 9 10



Empty
May feel ill
Difficult to concentrate
Dizzy



Neutral
Not hungry or full
The body has enough energy



Beyond full
Sick feeling
No desire to look at food



Colleen Christensen
NUTRITION



OptUP

Eating Well, Simplified.

Calculate Nutrition



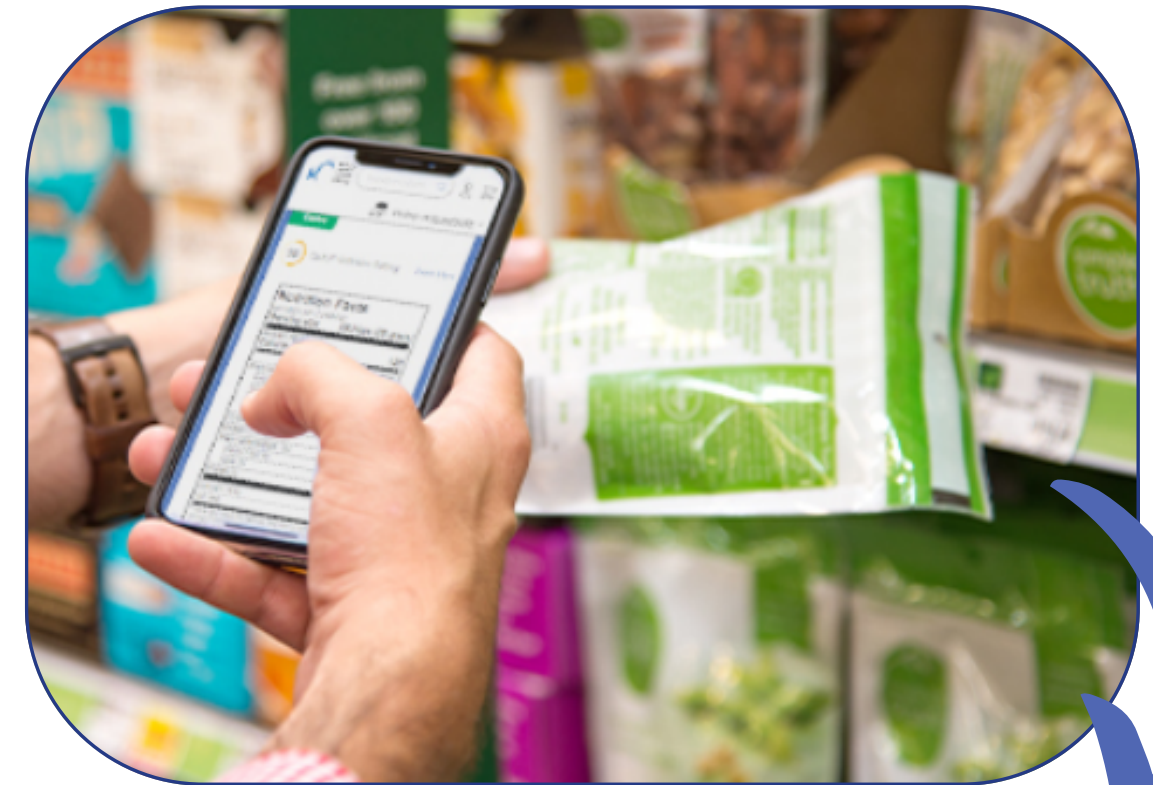
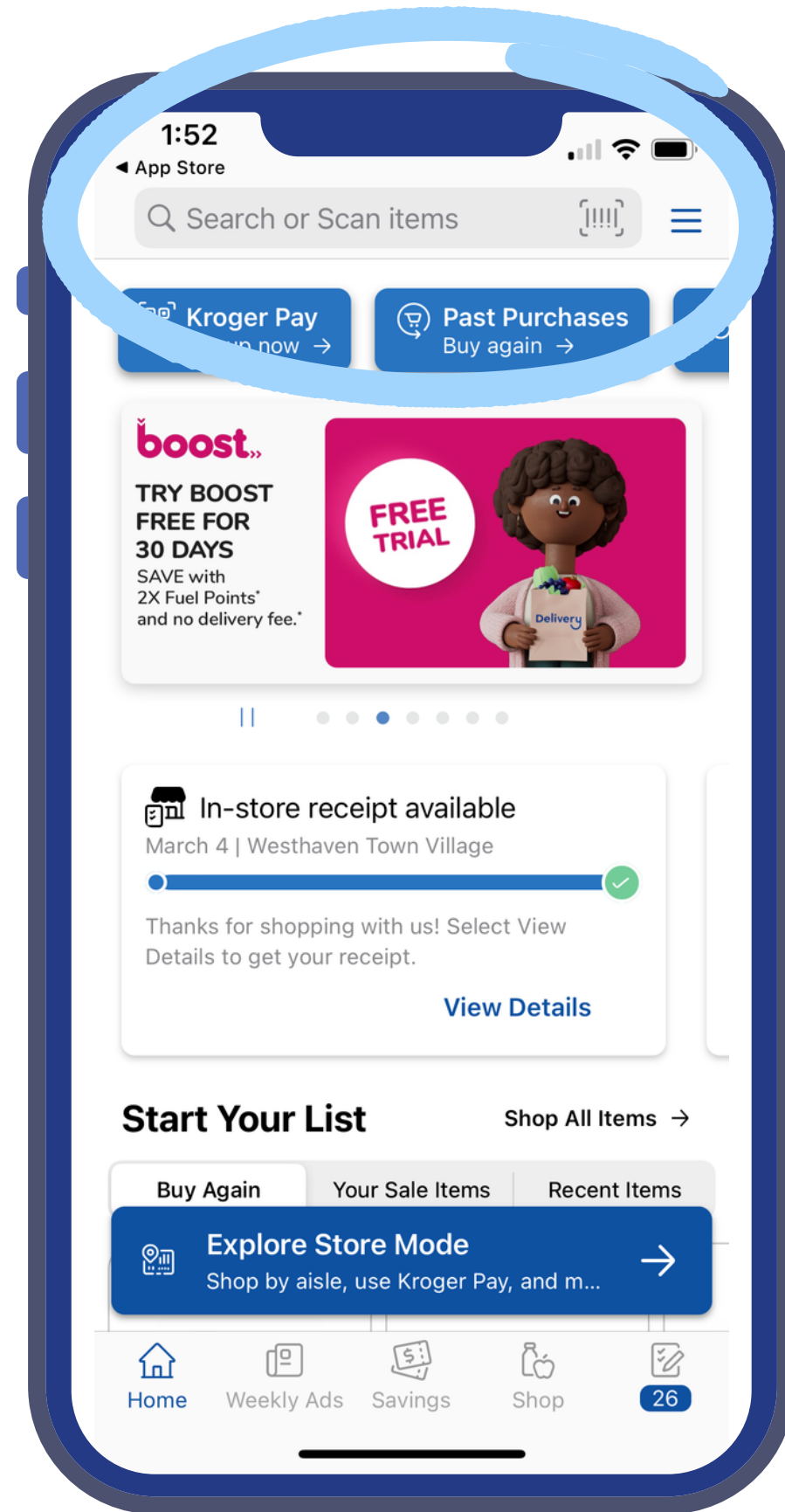
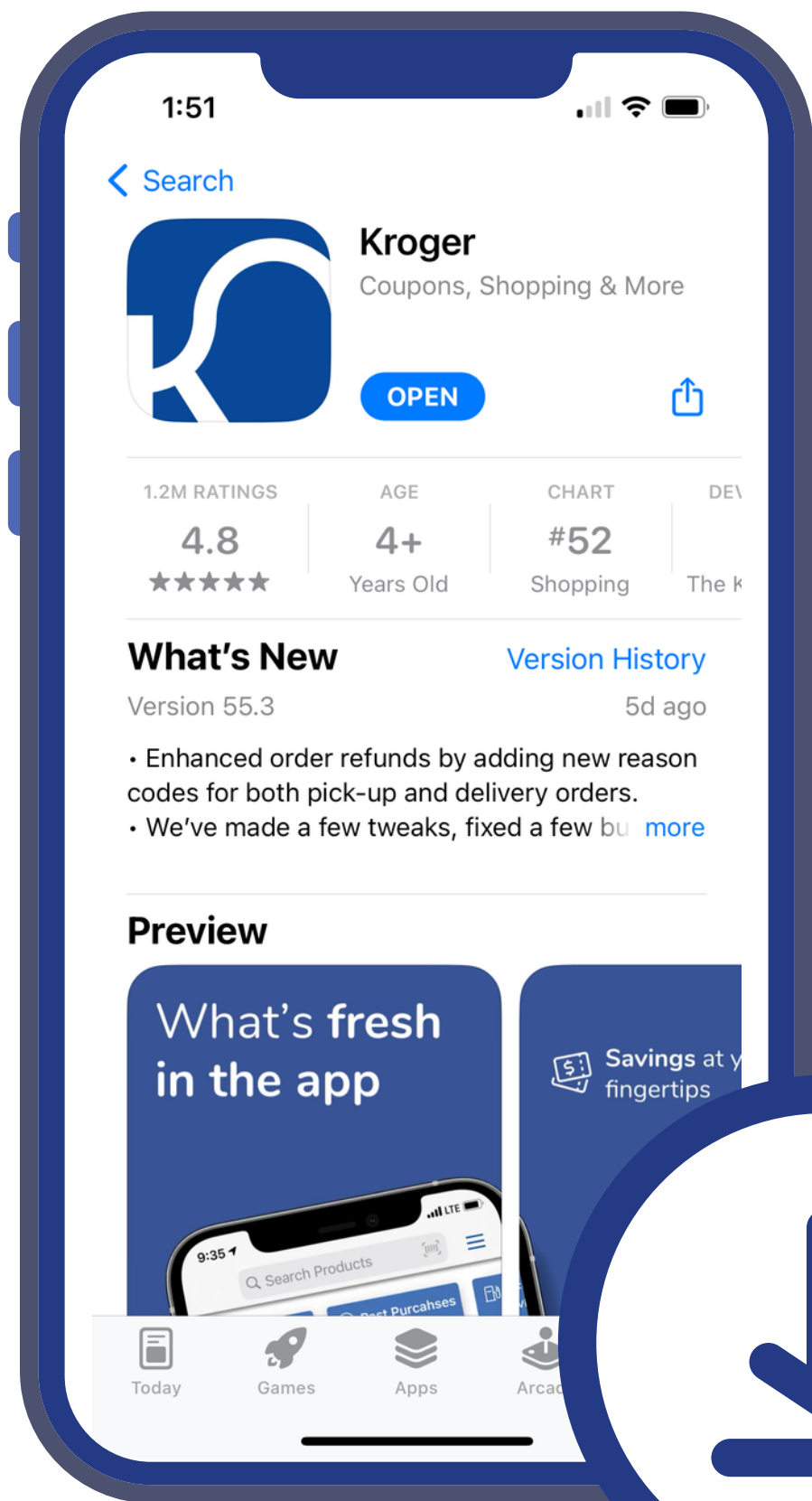
Ratings Increase

- Fruits
- Vegetables
- Nuts
- Whole Grains
- Protein
- Fiber
- Healthy Fats

Ratings Decrease

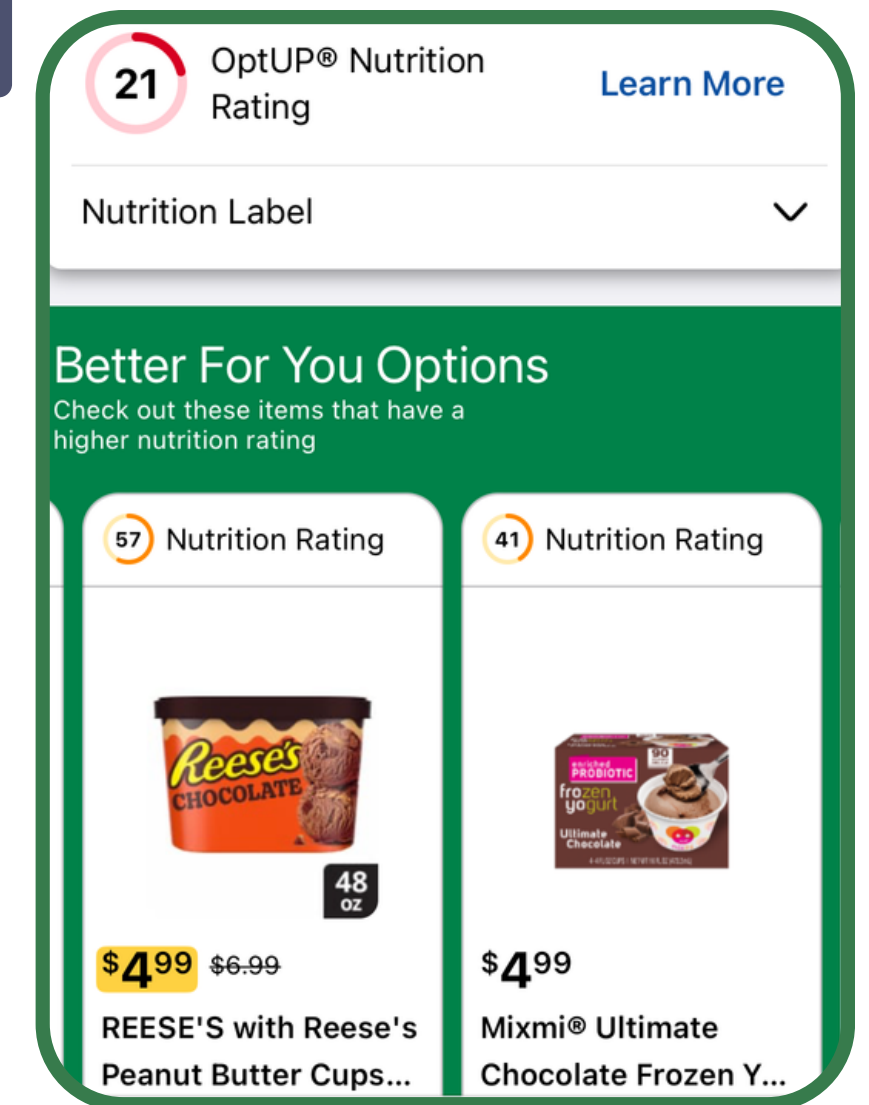
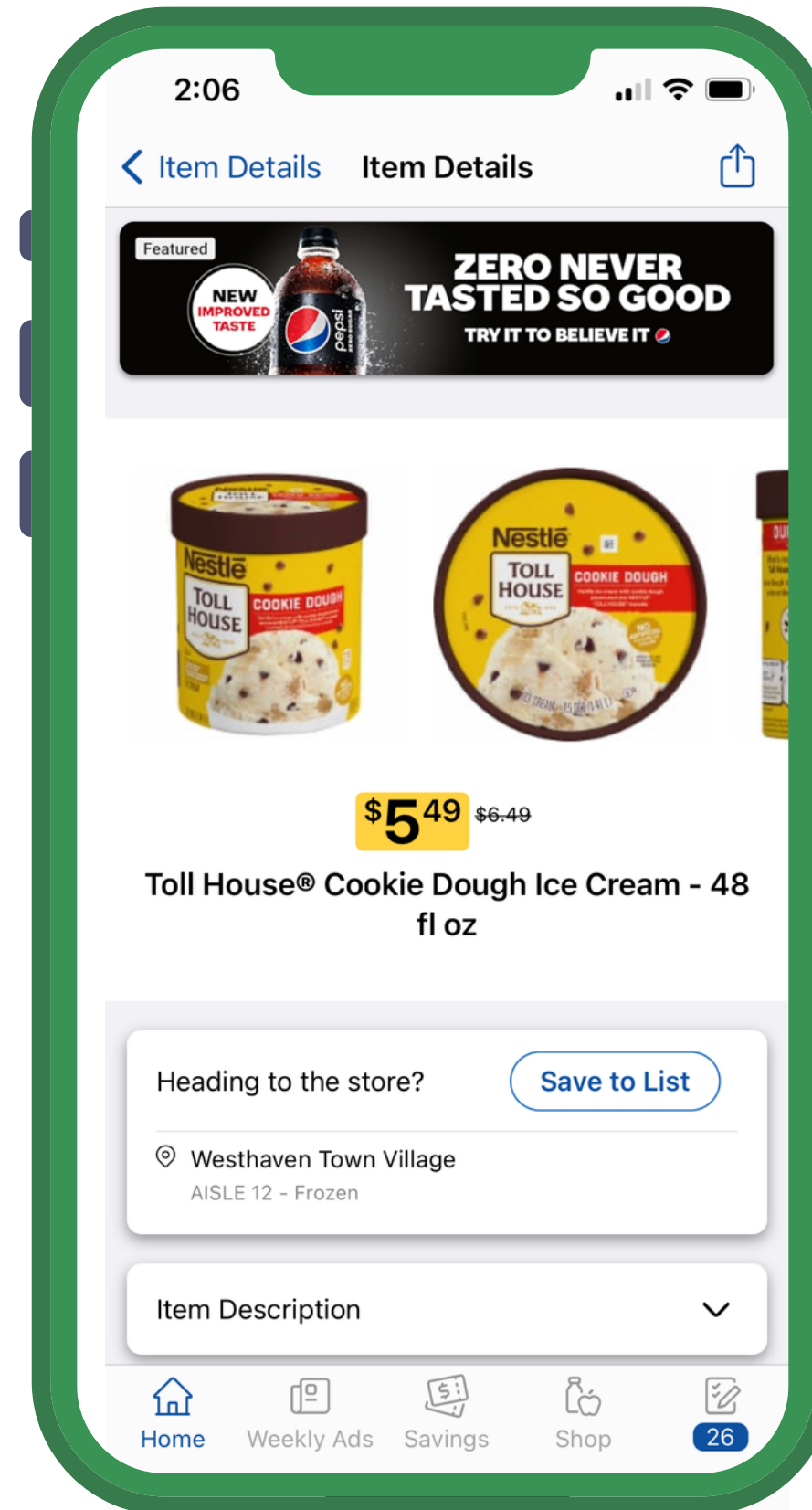
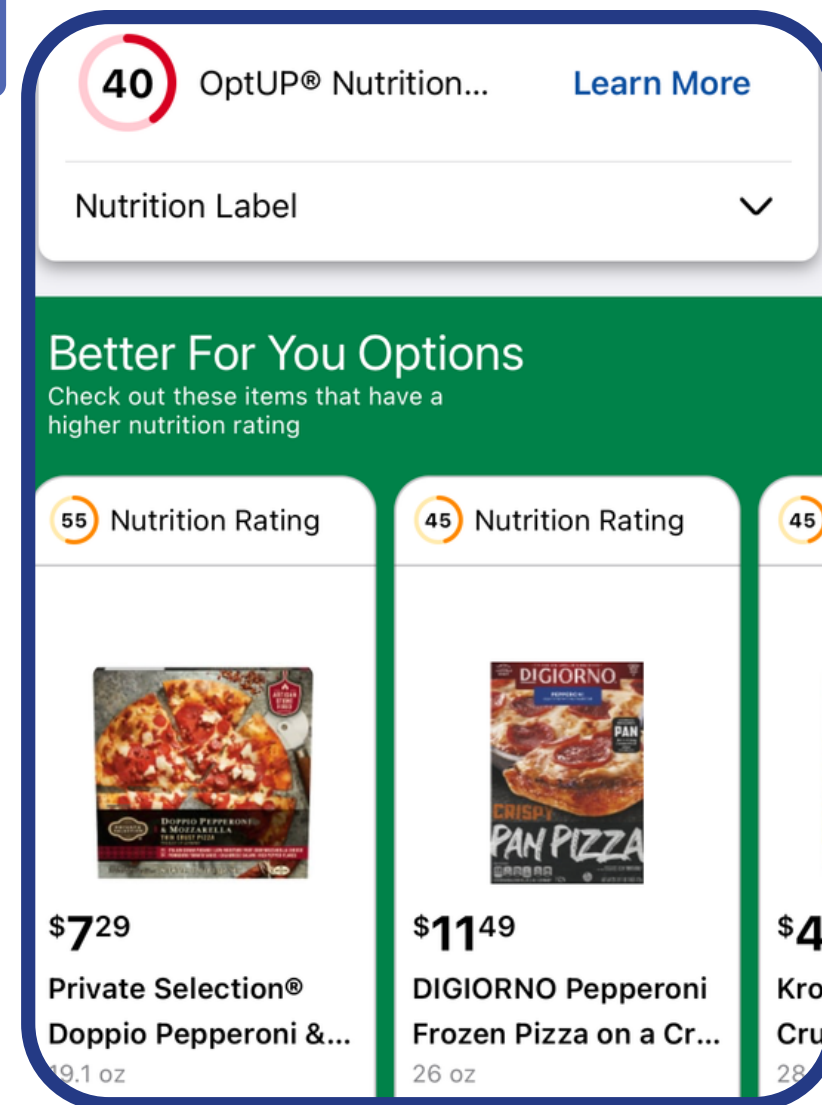
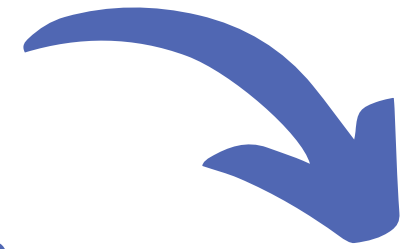
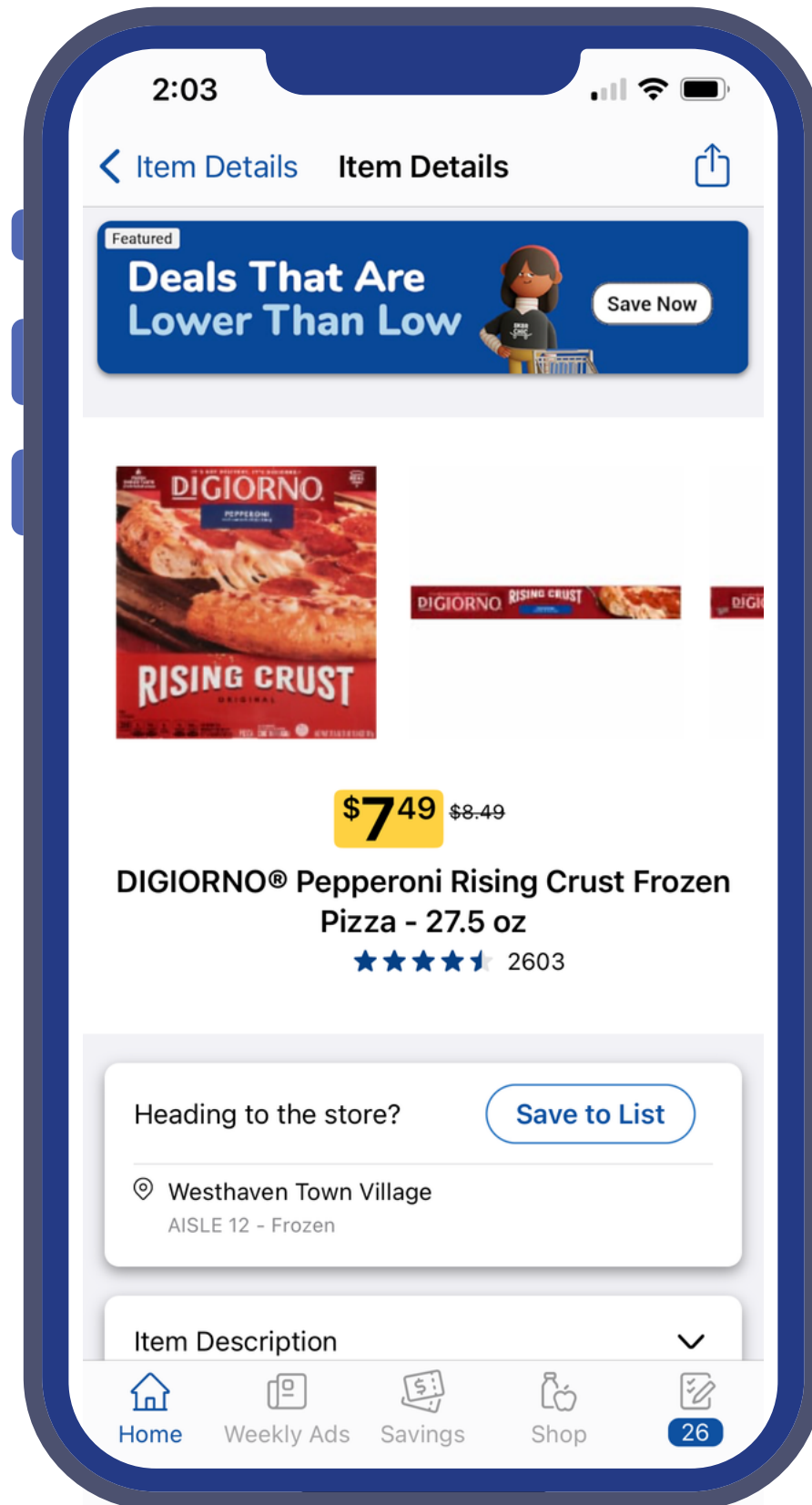


- Added sugar
- Sodium
- Calories
- Saturated Fats



<https://www.kroger.com/health>

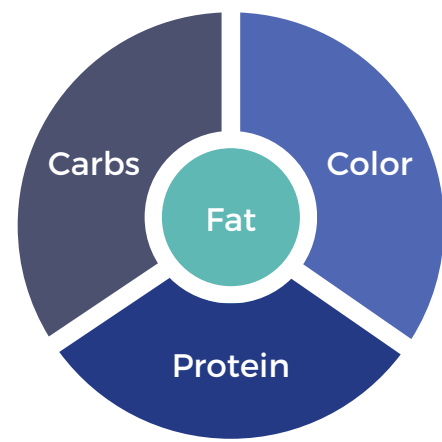
Let's OptUp!





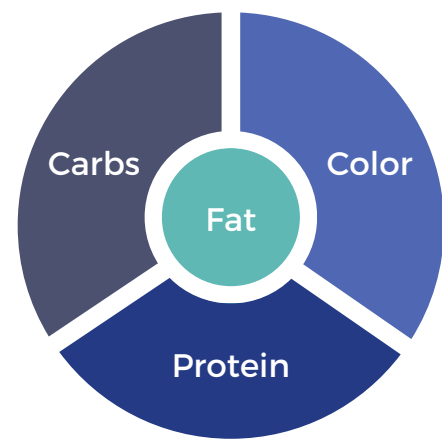
4 EASY MEALS

In less than 10 minutes



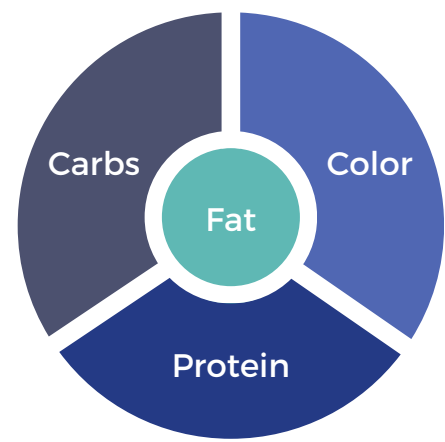
Easy Meals: Fajitas



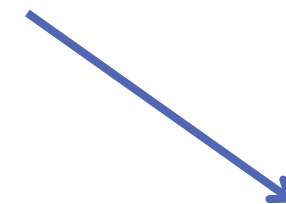
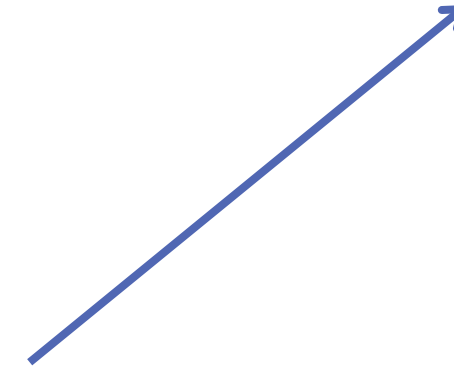
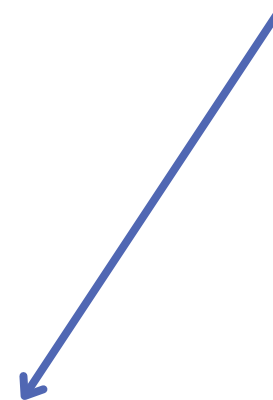
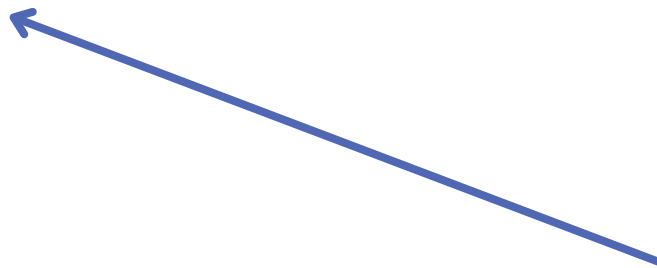


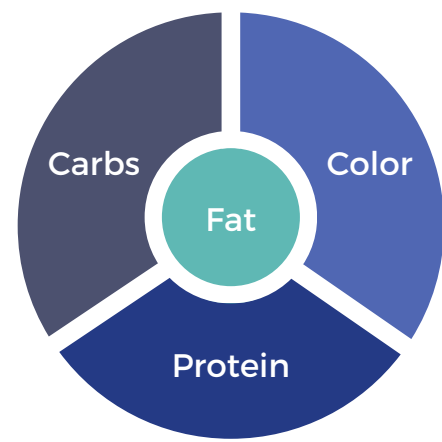
Easy Meals: Stir Fry



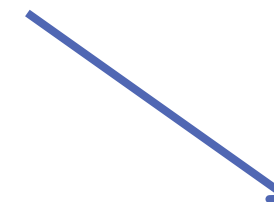
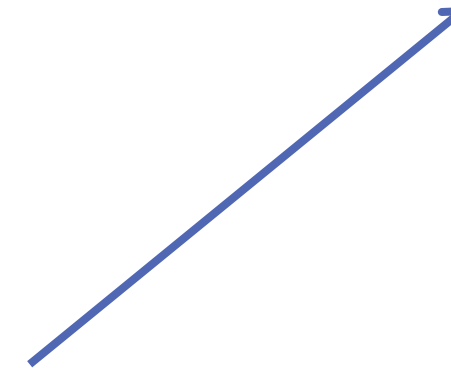
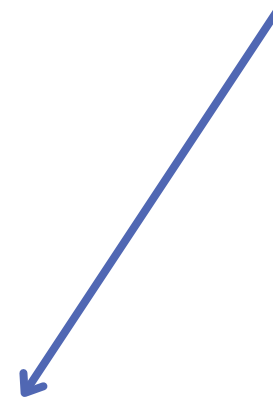


Easy Meals: Italian





Easy Meals: Sheet Pan





QUESTIONS?

Kara Miller, MS, RDN, CSSD, LDN
kara.miller@kroger.com

Call for appointment: 513.387.8313

RESOURCES



Podcasts:

Food Psych Podcast + Rethinking Wellness *by Christy Harrison*

Body Kindness *by Rebecca Scritchfield*

Diet Culture Rebel *by Bonnie Roney*

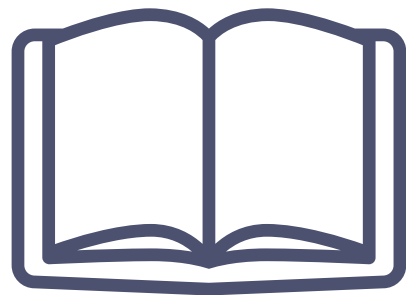
Intuitive Eating for Christian Women *by Erin Todd + Char-Lee Cassel*

What the Actual Fork

The Midlife Feast *by Jenn Salib Huber (Menopause RD)*

RDs vs. BS *by Marie Pesacreta & Emily Zorn*

Finding Food Freedom *by Sam Previte*



Books:

Intuitive Eating Workbook + Intuitive Eating *by Evelyn Tribole & Elyse Resch*

Anti Diet *by Christy Harrison*

Fearing the Black Body *by Sabrina Strings*

RESOURCES



Instagram:

@dietitiananna

@bodyimagewithbri

@encouragingdietitian

@aaronfloresrdn

@jennifer_rollin

@chr!styharrison

@nutritionwithlaura

@emilymurray.rd

@thenutritiontea

@find.food.freedom

@no.food.rules

@veggiesandchocolate

@food.peace.nutritionist

@rachaelhartleyrd

@sissygoff

@menopause.nutritionist