

Ask Karleigh Nutrition Talk

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How can a person do a successful Keto diet easily if they prefer to avoid meat?

Keto macronutrient distribution

- 50% to 60% fat
 - Oils, nuts, seeds, avocados, full fat dairy, nut butters
- 30% to 35% protein
 - Beef, chicken, pork, fish, eggs, tofu, tempeh
- 5% - 10% carbohydrates
 - Grains, beans, legumes, starchy vegetables, fruits

Traditional plant-based protein alternatives

- Beans, legumes, soy, tofu, tempeh, nutritional yeast, spirulina, nuts, (fish, dairy and eggs if including)

How can a person do a successful Keto diet easily if they prefer to avoid meat?

Keto while avoiding meat

- Several protein sources that are meatless also have a considerable amount of carbohydrates
- To meet the recommended percentages of protein, while also staying under the carbohydrate amount, it will take careful planning
 - Low carbohydrate sources of protein: soy, tofu, tempeh, nuts, seeds, some vegetables, dairy, eggs, and seafood (if eating)
- Monitor the amount of fats you are eating
 - Talk with your doctor so you can monitor blood lipid levels

What supplements do you recommend for endurance athletes? I take Mega Men from GNC and Krill Oil.

Typically, I recommend food first, supplement second

Supplements are not regulated by the FDA – they are not verified to ensure that what is claimed to be in the pill is actually present in the pill or for any contaminants

- When taking a supplement, always choose a brand that has undergone a third party audit
 - NSF
 - USP
 - UL
- Even if the vitamin is certified, it does not ensure that what you are taking is considered safe
 - Or considers any drug/drug interactions
- GNC does not have any third party auditing, look for a men's MVI that has been audited
- Krill oil is typically taken for its omega 3 fatty acid content – lots of good research on the benefits
 - Purchase a brand with a certification, personally I like Nordic Naturals and Garden of Life

Consider incorporating an electrolyte tablet

What are these ingredients and are there any health benefits to them?

Food items:

- Flaxseed and chia seed – a type of seed that is considered heart healthy and nutrient-dense
- Cinnamon – a spice used in cooking and sometimes promoted as a supplement.
 - Evidence supports some health benefits from regular use in small amounts
 - Add it to your food versus taking it as a supplement
- Dates – a fruit used to naturally sweeten foods, good source of fiber, potassium, and calcium
- Black pepper – A spice used universally, but included in recipes with turmeric (curcumin) to increase absorption



Supplements:

- Turmeric (curcumin)
 - Is actually a spice with a vibrant yellow color, common in Indian cuisines
 - Now sold as a supplement due to its touted health benefits such as fighting depression, regulate blood sugars, fight infection, cholesterol, Alzheimer's disease, arthritis, cancer, headaches

What are these ingredients and are there any health benefits to them?

Supplements continued:

- Matcha tea
 - A form of green tea common in China and Japan
 - Contains powerful antioxidants, but unsure if it is more than other green teas
 - Benefits include: lower blood pressure and cholesterol, and fight against cancer
- Aloe tonic – A type of aloe-vera juice from the aloe vera plant that has not been filtered or heated in any way
 - Aloe vera has been established as a powerful antioxidant that can improve your skin, lower heart burn side effects, and lower the risk of some cancers
 - Thought to help fight off breast cancer- research on this is sparse
 - You can make your own aloe vera juice
- Amla Boss (Indian Gooseberry)
 - Considered a superfruit – 100 gram serving contains the amount of Vitamin C found in 20 oranges
 - Used in Ayurvedic healing over 1,000 years ago
 - Benefits include: diabetes control, improved digestion, healthier eyes, immunity, and cognitive health

What are your thoughts on all sweeteners? IE agave, honey, raw sugar, sweet n low, diet soda, etc

There are different types of sugars

- **Nutritive** – provides calories in the form of carbohydrates
 - Natural sugars – any sugar that occurs naturally in a food (fruit, starchy vegetables, dairy, grains, etc)
 - Added sugars – any sugar that is added to a food to change the texture, flavor, etc (cane sugar, sugar in the raw, brown sugar, agave, honey, maple syrup, molasses, etc)
- **Non-nutritive** – does not provide calories, but has a greater intensity of sweetness
 - Some are not metabolized and pass through the digestive tract
 - There are 8 types of sugar substitutes approved by the FDA – Aspartame, Acesulfame potassium, Neotame, Saccharin, Sucralose, Stevia, Monk fruit extract, Advantame
 - All of these have been rigorously studied by the FDA and have the GRAS (generally recognized as safe) label and most have over 100 studies depicting their safety
 - Stevia extract is considered GRAS, but not crude or whole leaf stevia.

What are your thoughts on all sweeteners? IE agave, honey, raw sugar, sweet n low, diet soda, etc

Thoughts on sugars:

- When adding nutritive sugar to foods, sugar is sugar
 - Sources such as honey, maple, syrup, agave, etc have some health benefits
- Be mindful of how much you are adding
 - 9 tsp for men
 - 6 tsp for women
- Non-nutritive sweeteners are a great alternative and way to lower the amount of added sugar you eat in a day
 - But these should not replace other nutrient-dense, healthful foods



Are there any nutrition strategies to help with sleep?

Melatonin – the hormone that helps regulate your sleep cycle

- You can take as a supplement at night
- Dark cherries are a good source as well

Avoid caffeinated beverages 3-4 hours before bed

Avoid excess alcohol

- Yes it might help you fall asleep initially, but studies have found that alcohol inhibits REM sleep. This is the most restorative type of sleep

Avoid spicy or high acid foods

- These foods contribute to heart burn and acid reflux, which tends to worsen at night

Avoid high intensity exercise right before bed

Practice good sleep hygiene

- Go to bed and wake up around the same time every day
- Avoid screens for at least 1 hour before going to bed



What are foods or drinks that interfere with nutrient absorption? How do we fix?

There are substances called “anti-nutrients” that hinder the absorption of certain nutrients

- Glucosinolates – found in cruciferous vegetables and hinder iodine absorption
- Lectins – found in legumes and whole grains and hinder calcium, iron, phosphorus and zinc absorption
- Oxalates – in green leafy vegetables can prevent calcium absorption
- Phytates – in whole grains can prevent iron, zinc, magnesium, and calcium absorption
- Tannins – decrease iron absorption

These interactions occur when the foods are consumed at the same time, plan your meals accordingly – the key is eating a variety

What about medication and food interactions?

A food and drug interaction occurs when components of the medication interact with components of the food and alter the function of the drug.

- This can include increasing or decreasing the action of the drug, creating different side effects, etc.
- Over the counter medication includes this information
 - Check the “warnings,” “uses,” and “other information” for any potential drug interactions

The most common medication and food interactions include:

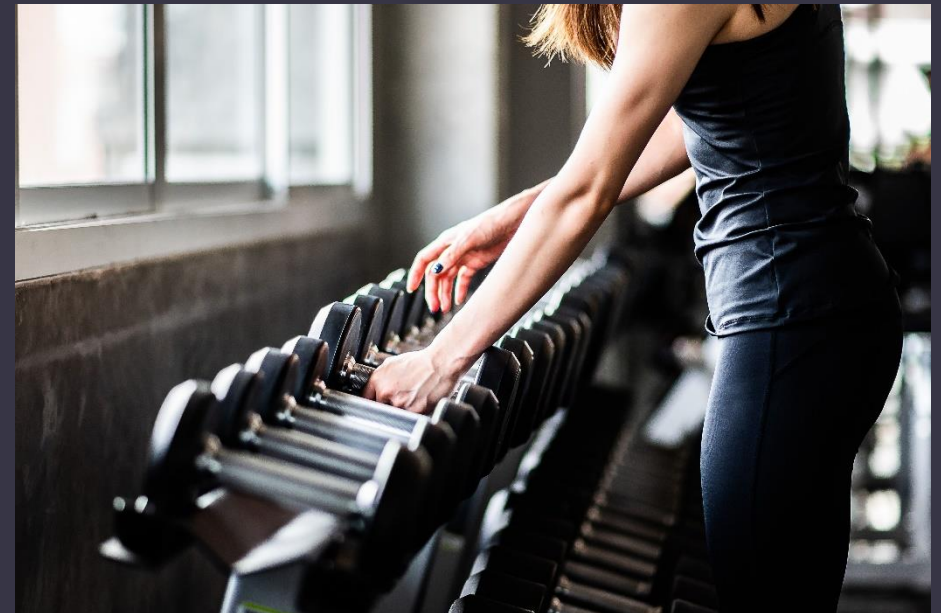
- Tylenol (acetaminophen) and alcohol
- Calcium channel blockers and grapefruit – treats high blood pressure and angina
- MAOIs and aged cheese – an antidepressant
- Hypothyroid drugs and any foods – food lowers the absorption of the drug
- Warfarin and leafy greens – A blood thinner
- This is not an exhaustive list!
- There are also interactions with supplements

Talk with your doctor and pharmacist when starting any new medication or start a new supplement

What and when should I eat before and after a workout?

These are general guidelines for pre and post workout fueling

- Before (30 minutes)
 - Eat something that has quick digesting carbohydrates and little to no fat or protein
 - Why?
 - Protein and fat take more to digest and can cause GI upset during exercise. Carbohydrates are broken down quickly and provide quick energy.
 - Ex. Piece of fruit, yogurt, whole grain crackers, rice cake, etc
- After (30-60 minutes)
 - You want to eat a combination of carbohydrates and protein
 - Why?
 - Carbohydrates to replenish stores used during exercise
 - Protein to provide amino acids for muscle building and recovery
 - Ex. Fairlife chocolate milk, protein shake (milk, fruit, protein powder, etc), cheese and crackers, etc



What do you think of the DASH diet?

Dietary Approaches to Stop Hypertension (DASH) diet was created to help lower hypertension

- Low sodium, high in potassium, magnesium, and calcium

Emphasizes whole grains, fruits, vegetables, low fat dairy, lean proteins while limiting processed, high sodium, and sweet foods

- Moderate amounts of fats

Diet is broken down into the number of servings you should eat in a day from specific food groups

Very similar to the Mediterranean diet

It is continually ranked one of the top 5 diets – for good reason!

DASH diet



Source: National Heart, Lung and Blood Institute

The DASH diet (Dietary Approaches to Stop Hypertension) has been shown to help lower blood pressure and prevent heart disease, stroke, diabetes and even some forms of cancer. It focuses on eating more fresh fruits and vegetables.

This is a guide to how much of each food group you should eat every day, based on eating 2,000 calories per day.

UKHealthCare
Gill Heart Institute

I am trying to eat vegan/vegetarian all day once or twice a week. Meatless Monday, Tofu Tuesday.....what are your favorite vegan/vegetarian meals?

Favorite vegan meals:

- Buddha bowls
 - Grain, chickpeas, roasted sweet potatoes, broccoli, kale, and a tahini drizzle
- Stuffed baked potatoes with corn, black beans, guacamole, salsa, and nutritional yeast
- Good source for vegan meals: minimalistbaker.com, delishknowledge.com, loveandlemons.com

Favorite vegetarian meals:

- Anything with Tortellini
- Tomato spinach gnocchi
- Black bean burrito bowls
- Good source for vegetarian meals: hummusapien.com

Thank you!

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