

- Are there any foods to completely eliminate from our diets?

Nope! Any food you're allergic to, but other than that all foods have a place in our lives. Some might be more productive for your health, so prioritize those first.

- How do you feel about eliminating carbohydrates from older women's diets?

Carbs have a place in all of our diets! IF you crave them, then it's best to satisfy that craving. Fill your plate with protein & veggies first & eat them first, then move on to the carbs.

- What do you recommend for teenagers and young adults to keep them from following that food..stress route you took?

TRY and educate them. Fortunately, millennial & gen Z groups are getting better at managing stress & establishing boundaries. Live by example!! IF they see you establish a boundary (especially if it's a tough one to set), they will be more inclined to follow suit & have that conversation. Get them in communities that support a healthy mindset...whether it's virtual (ie social media or in person).

- Any special comments about those of us who are welcoming the end of Covid-19?

I'm right there with you. I would have some set plans as a reward for when the end comes. Emphasize that end of the tunnel light we see. Maybe it's a fun trip. Maybe it's a night at your favorite restaurant. I think many of us are & are sometimes afraid to talk about it, so keep talking & connecting! AND like I said in the talk, don't shy away from a glass of wine or a celebratory cake for the sake of "health". Food brings comfort & is many peoples' way of showing love. I know when I can see my grandma, I will be eating every bite of spaghetti & homemade rice crispy treats she makes.

- How have our mindsets suffered during the pandemic?

Tremendously. Grief has been a big one...either from the pandemic itself, politics, isolation, or personal grief. If you're an empathetic person, you felt this more. Everyone has suffered & it's taken a toll on a lot of people. Moving out of the pandemic, I'm excited to see the growth of community & connection.

- What is the best encouragement that you've found for healthy eating?

There's no absolute wrong or right way & you're a lot smarter at it than you realize. Healthy isn't complex. In fact, it's really simple! We just tend to complicate it. Ignore the fancy, complex diets & stick to the simplicity. Doing ONE thing productive for you each day is more than enough to get started & it's never too late!!

- How does one living on a fixed income follow a healthy lifestyle?

Food Lion, canned veggies, "discount" proteins, etc. are perfectly fine. You don't need to go to Whole Foods & spend \$200/week on groceries like society tells you. Cooking

will always save you \$\$\$\$. The more "prepared" you buy a meal, the more it's going to cost. A chili with cheaply priced ground beef & some canned beans & veggies will cost you very little per serving & you can make a lot of it & freeze. Same with pasta sauces (load up with mushrooms & onions for veggies & can still freeze). When you go out to eat, go to places with big servings so you can save half for the next day. Verde, Kairos, & Chipotle are my go-tos! ***Chipotle secret - ask for half of 2 proteins & you'll get extra for no extra cost***

- Do you recommend anything on the Food Network?

I personally love Chopped...but more for entertainment!

- Where does caffeinated beverages fit into good eating and healthy lifestyle?
- What about "Power drinks" often advertised for workouts?

Coffee works just as well. So does fruit, actually. I don't recommend pre-workout or energy drinks after 3pm. So evening exercisers...find an alternative! "Needing" caffeine for a workout is a very mental thing...so try & work through that. Even a decaf coffee can give you the feeling of caffeine...while letting you sleep at night.

- How does one encourage others to have a healthy lifestyle?

Live by example!!! Show people how much better & fulfilling it is & they will lead by example. Telling someone to do something doesn't work as effective as simply staying in your lane and showing them how great their lives could be!

- What is the nicest way to tell your spouse/friend/family member to keep the portion size down?

Again, live by example. Recommend ADDING things instead of limiting portion sizes. A lot of you loved the idea of adding things instead of taking away! Do the same for your loved ones. If you're cooking, add more protein & veggies so the loved one doesn't really have a choice & will inherently fill up on the good stuff. THEN they likely feel better & it will snowball to other things. If you're not cooking, find recipes & suggest them...or offer to cook dinner once in a while...or have this be a partnership (especially if spouse). Make the cooking a nightly experience tagging along :)

- What about childhood diabetes and obesity? Any recommendations for kids?

Again, adding things first. Add veggies & proteins to every meal & get them active. Family walks each night, getting them into sports if they're interested, bringing them along on your exercises, and addressing stress, sleep & mindset. How many of you think "if I'd only done this stuff when I was a kid"??? Do that for the kids in your life! Start the habit now so when they're 30 years old, it's just what they've always been doing.

- For type 2 diabetics, any recommendations?

Adding protein & veggies & keeping exercise high. Sourcing majority of carbs from whole grain sources - rices, quinoas, whole grain breads - and having the sugary stuff only once a week (just ADD the good stuff in replacement so you're not miserable or hungry). Go for frequent walks.

- For someone trying to regulate blood pressure and blood sugar, any recommendations?

You'll be tired of me saying by the end of it...but whole foods as 80% of your intake - i.e. protein, fruits, veggies & whole foods & daily movement! Protein & veggies don't have the insulin response sugar does...so if blood sugar is a concern, increase your protein & veggies at each meal & even consider some meals that are just those (i.e. salads, omelettes, scrambles) :)

- What food/calorie chart is available for our members?

A few resources:

- [Article 1](#)
- [Article 2 - has a good chart](#)
- [Article 3 - portion sizes](#)
- [Article 4 - age-specific](#)

- Is the idea of hours of "starvation" helpful?

In my opinion, anything that promotes starvation is unhealthy. SOME people like fasting (what I'm assuming is this question), but you still need some calories in that eating window. Everyone naturally "fasts" when you sleep (hence breakfast is "breaking the fast"), so it's not inherently good or bad, just how late you eat breakfast is individual to you. I personally don't do well skipping breakfast. Other's do. Try both & see how it works.

- For my anniversary dinner - what do you recommend and start with steak!?

If you have one off day in a year, $1/365 = 0.2\%$ of the year. If you have one "off" day each month, that's 3% of the year. If you celebrate every major holiday (New Years, Easter, 4th of July, Halloween, Thanksgiving, & Christmas & a birthday and anniversary, that's 8 days ($8/365 = 2\%$) of the year. My point here is that ONE day doesn't make a huge difference...you still have at most 97% of other days to make "perfect" so enjoy the anniversary meal with what YOU want :) What makes the difference is when Christmas becomes all of December...and then January...and that keeps going. When you have a fun day, just get back to normal the next day!

- Is there any type of dieting to avoid?

Anything that promises "guaranteed weight loss fast" gimmick, anything that removes large food groups, HCG diets, diets that encourage starvation, and any diet that YOU personally have an end date. If you're following a diet and

- What about water intake? Some people carry around a bottle of water around all day. Good? Bad?

Great!! Minimum is half your bodyweight in oz of water and add 15 oz for every hour of exercise = usually 80-120 oz for many. This would equal 2-3 water bottles we carry around, which is more doable than 10x 8oz glasses of water. Other options, have a large glass of water when you wake up (24-30z), midday, & after the day ends.

- Any type of food recommendation when under stress? Suffering from lack of sleep? Exhaustion?

Quality - whole foods. Your adrenal glands are what works when you're stressed, exhausted & sleep deprived to pump out stress hormone: cortisol. When your adrenals are overworked, they pull nutrients from other parts of your body: your muscles (why injury risk is higher when stressed/tired), your gut (why you have GI issues when stressed), so filling your body with nutrients from whole foods (things that swam, grew, ran or flew on Earth) is your priority.

- Some aging adults have problems with gastritis—suggested foods to avoid?

Citrus, tomatoes & spicy foods generally cause the most discomfort. Carbonated drinks can cause discomfort. LMNT powders & Nuun tablets can be used instead to flavor water to avoid carbonation. Lastly, eat SLOW and chew your food!

- Is there a way to "spice" up food. Rather than always using Franks' Hot sauce on top – taste buds have changed, and what ways to address that.

Find marinades & sauces to cook with - Hot sauce isn't bad for you, so if that's what works for someone, that is what works & could be a lot worse!