



## What You'll Learn

- Healthy diet basics
- Food and nutrition myths
- How to understand news articles about health or diet research



#### What's "Stuff"?







Macronutrients (Carbs, Fat, Protein)

Micronutrients (Vitamins and Minerals) Fiber (Soluble and Insoluble)

# But Don't You Need to Eat Specific Amounts of Each?

- Yes and no
- There are ranges and recommendations, but each body is different
  - Don't fixate on the numbers get an idea about the proportions instead
  - We're not machines off an assembly line!
- Your 'healthiest' may include more or less of something than another person's, and that's okay!
- Humans have lived on all kinds of diets throughout history





### Listen to Your Body!

- If something doesn't make you feel good to eat, don't eat it!
- It doesn't matter how healthy it is!



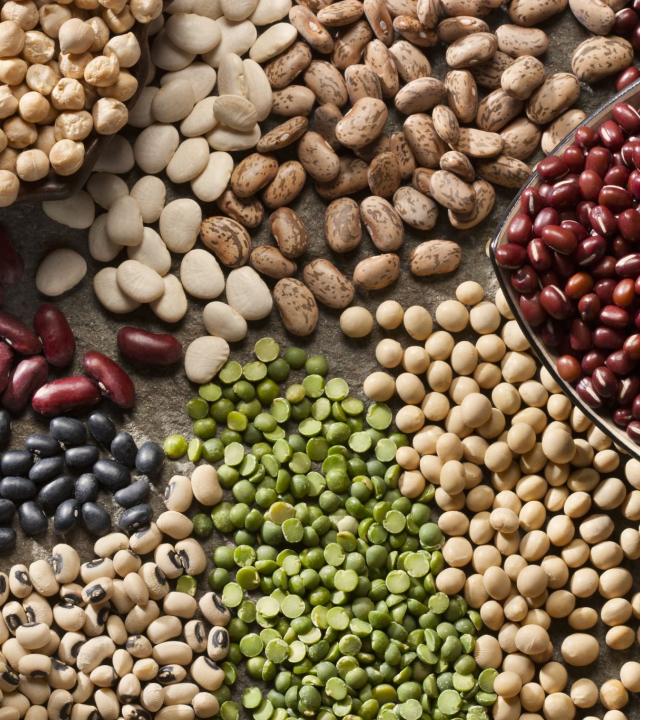
#### Carbs

- Our bodies' preferred energy source
- Not as evil as news headlines make it seem.
- Has the largest impact on blood sugar, BUT
  - This depends entirely on what else is eaten along with them
- Fiber helps your gut microbiome stay healthy
- Bottom line: Vary your carbs, get plenty of fiber, and mix them with fats and protein

#### Fat

- It's not the 90s low fat doesn't mean healthy by default
  - But neither does high fat (Keto, etc.)
- There are different kinds of fats
  - Saturated (bad for your cholesterol includes trans fats)
  - Unsaturated (good for your cholesterol)
- Healthier options include avocado, olive oil, nuts, and seeds





#### Protein

- Think about the protein package what else are you getting with your protein?
  - Red meat: Extra saturated fat, maybe not worth increasing
  - Fish: Extra omega-3s, maybe worth increasing
  - Beans and legumes: Extra fiber and micronutrients, maybe worth increasing
- It all depends on the greater context of your current diet
  - It'd be a larger improvement for someone who eats a lot of red meat to replace half of it with beans and legumes than someone who already doesn't eat much red meat



#### Eat the Rainbow

- Eating a variety of foods is the simplest way to stay healthy
- Switch up your fruits and vegetables during the week
- See if you can eat the rainbow!



Gut bacteria affect brain health, mouse study shows

Fad Finders! What's Wrong With These Headlines?

## Questions?

