



savory living®

Eat well. Feel better.

## **Make Healthy Eating Happen! Workshop Summary**

### **A lifestyle approach NOT a diet**

- You deciding how to eat
- Supports your goals
- Fits your lifestyle
- Flexible, inclusive and adaptable
- Pleasurable: enjoy what you eat and how you feel

### **Healthy Eating - Guidelines**

- “Crowd in” NUTRIENT-RICH foods
  - Make vegetables half of what you eat a day
- Include PROTEIN when you eat
  - More plant-based sources
  - Animal – lean, AVOID processed meats (bacon, cold cuts, hot dogs)
  - Fish – ONLY 1-2 serving a week, choose low mercury and PCBs, high omega-3
- Enjoy WHOLE grains - in moderation (1-2 servings a day)
- Limit Milk and DAIRY – “have no more than 1-2 servings a day”\*
- Include HEALTHY FATS and salt (in moderation)
- Drink WATER, limit juice and soda

\* Harvard School of Public Health. [www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

## Tip 1 – Eat more real food whole food

- Eat to pull in the nutrients your body needs to run well.
- Reduce the amount of packaged processed foods you eat.

---

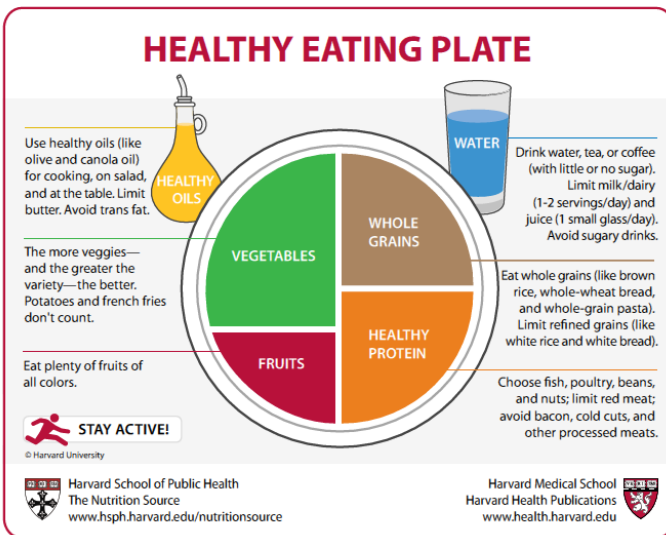
---

---

---

---

## Tip 2 – Practice “Proportion” Control



---

---

---

---

---

---

---

---

## Tip 3 – Go FOR IT – Commit and make it happen

- How I eat MATTERS – I want to make changes to help me with X, Y, and Z.
- Prioritize and make the time.

---

---

---

---

---

#### Tip 4 – Adopt a SIMPLE approach

- HOW I EAT – my actions
  1. I eat foods I like
  2. I eat more of some foods and less of others
  3. I have treats, but not all the time
- Eat *More*
  - Vegetables, dark leafy greens, fruits, beans, seeds & nuts, avocados, olives
  - Water – avoid juice, soda, flavored milk
- Eat *Less*
  - Grains (WHOLE and keep to 1-2 a day)
  - Dairy (no more than 1-2 a day)
  - Sugar (keep to daily limit with packaged foods, and eat less mid-high glycemic load foods)

#### Packaged Foods Daily Sugar Limit

Women: 24 grams (6 tsp)/day

Men: 36 grams (9 tsp)/day

Preschoolers: 16 grams (4 tsp)/day

Ages 4-8: 18 grams (3 tsp)/day

Pre-teen and teenagers: 20-32 grams (5-6 tsp)/day

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

#### Tip 5 – Eat FIVE times a day

- Eat three meals
- Include two power boosts
- Eat 2:1
  - Divide a plate into thirds, fill 2 parts with carbohydrates and 1 part with protein

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

#### Tip 6 – Get new food SKILLS and PRACTICE

- It really is all about the food 😊
- Pick up the knowledge and food ideas to shift how you eat to work better for you.
  - Learn how food works inside your body
  - Get easy ideas for meals and snacks
  - Learn how to quickly assemble, cook and flavor delicious healthy foods

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



**CHANGE HOW YOU EAT.  
CHANGE HOW YOU FEEL.**

## **Move beyond a diet and make healthy eating happen!**

- Learn how to eat to feel better NOW, lose harmful belly fat, reduce sugar and inflammation, improve digestion and immunity, and prevent and manage disease
- Boost your “nutrition IQ,” and get the eating and cooking skills you need to eat well daily
- Proven online 10-week behavior change program — classes and personalized coaching support, runs on demand - 24x7, mobile accessible
- Discounted rate: \$31 a week, FSA eligible

### **How it works**

- Sign up and pick your start date
- Take action each week - View class, try eating suggestions and recipes, log food
- Get personalized support from your coach, and connect with others

**Revolutionize Retirement!**  
**Discount Code: VSMFHG08**

**Sign up at [www.savoryliving.com](http://www.savoryliving.com)**



**savory living**  
Eat well. Feel better.

## ***“This program changed our employees’ lives.***

*All across the country the Giants are enjoying getting fit and feeling healthier. It’s a large part of why we won the BBJ ‘Healthiest Employers 2015’ award. Write this down: Savory Living. You need to run this program at your company.”*

*~ Larry O’Toole, CEO and Founder  
Gentle Giant Moving Company*

*“I highly recommend Savory Living for a nutrition program at your company.*

***The sessions were engaging  
and our employees left each week inspired  
and ready to make changes to how they ate – and the food was delicious!”***

*~ Aimee Sprung  
Microsoft*

*“I’ve had eating and weight issues my entire life. I had some success with programs like Jenny Craig and Weight Watchers, but I never experienced the ‘aha’ moments I had with the Savory Living program. The difference is a focus on health (not just losing weight) and sharing scientific information in a way that’s understandable, logical and actionable.*

***Now, not only am I taking off weight but I feel better, sleep better and have more energy.***

*I know I can sustain the lifestyle changes the program taught me.”*

*~ Helen  
McKesson employee*