# Nutrition - JC Notes

New and Old Basics We Get to Personalize

## WHAT REALLY MATTERS

A few fundamentals + some personalizing for...

**Our genes →** how they influence responses to what and when we eat

**Our current health status →** chronic or acute conditions, inflammation, metabolism...

**Our current life →** age, priorities, what's doable

## WHOLE FOODS ARE BOTH ENERGY AND INFORMATION

Give the brain the right signals & info needed to build more energy, a sharper mind, a healthier body, and a better mood.

**Fullness Signals to the Brain →** Feel satisfied when body has had enough, full longer

**Focus →** Improve ability to concentrate & think with clarity

**Energy →** Stabilize energy, avoid energy peaks & crashes leading to fatigue & cravings

**Inflammation →** Calm chronic inflammation in the brain & body

**Disease →** Reduce disease risks (Cancer, diabetes, heart disease & stroke, dementia...)

**Mind & Mood States →** Stabilize depression, anxiety, threat perception, ADHD & more

## FOOD KRYPTONITE

Challenges built into our modern food environment.

| The Kryptonite | Issue | Impact |
|---|---|---|
| **Ultra Processed Foods (UPFs)**<br><br>Issues when common in diet | Designed to be addictive | Designed to keep us eating |
| | High Calories / Low Satiety | Overeating yet malnourished |
| | MicroBiome Disruption<br>⇓ *Good bugs* ⇑ *Bad Bugs* | Brain Inflammation<br>Higher risk for most poor health |
| **Added Sugars & Liquid Sugars** | ↑ Glucose spike → Insulin demand → Energy Crash → Hunger/Cravings → Eat more | ↑ Weight gain ↑ Inflammation ↑ Disease risk - chronic & acute |
| **Fat Myth**<br>We need good fat | Deprives brain & body of needed fats & satiety signals | ↓ satiety → more eating → more inflammation → more disease risk |
| **Food Environment** | Fast, cheap UPFs dominate<br>Temptation Everywhere<br>City food deserts | Busy, stressful lives make healthy choices even harder. Increasing loss of home cooking skills. |

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## FOOD TIMING MATTERS

### Time your meals for high impact benefits

**Avoid eating 2–3 hours before bed**
Digestion takes 2-4 hours (varies with meal size and type of food)

Crowds out deep sleep's scheduled time for cleansing, rest, repair, restore processes

Downstream impacts → lower energy, build up of brain metabolic waste (i.e. amyloid)

**Overnight Fast** - 12+ hours between last bite of the day / first bite the next day.
Brain and body need absence of food processing to run scheduled maintenance shifts:

- Gut housekeeping that only runs between meals
- Gut microbes and mitochondria shifting to repair and cleanup.
- Switching fuel source from sugar-burning to fat-burning
- Growth signals (mTOR) turn down allowing repair signals (AMPK) to activate autophagy for repair and cleanup. *Ebb and flow - essential to health.*
- Reset internal body clock for the next day (Circadian Rhythm Alignment)

Timing Tip: Brisk walk 10-30 minutes after main meal blunts blood glucose spikes

## PRACTICAL MATTERS

### When refining food choices, begin with a swap or two.

**Small Steps →** Add one priority whole food at a time.

***Swap →*** *Don't deprive. Create a positive brain feedback loop.*

Eat whole foods, mostly plants but not too much. (Michal Pollan) + a few refinements

| | |
|---|---|
| **Protein of your choice** | Plants great, fish very good, meat OK in moderation |
| **Whole grains vs. refined** | Swap out bread, rice, crackers, baked goods |
| **Whole fruit & veg vs. juiced** | Keep the fiber and texture, ⇓ sugar spikes & crashes |
| **Fiber** | Eat whole grains, high fiber fruit and veg |
| **Healthy Fats** | Get enough good from plants & fish, less from meat |
| **Ferments** | Live best, not live have benefits too. See example list |

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## Quick Ref Sample of Whole Foods, Fiber, and Ferments

Herbs and Spice Favorites. Healthy whole food choices for fish, poultry, meat.
Ideas for more plant source variety and live ferments. 'Not-live' ferments are also pretty good for us but don't count for our 3 servings of live ferments.

**VEGETABLES**
Asparagus
Artichokes
Broccoli
Brussels Sprouts
Squash
Carrots
Cauliflower
Fennel
Garlic
Green Beans
Ginger
Onions – red, yellow
Peppers – R/Y/Or/Gr
Scallions
Radish
Shallots
Green Onions
Mushrooms
Kohlrabi

**LEAFY GREENS**
Arugula
Kale
Lettuce – Romaine
Lettuce – Red Leaf
Sprouted Greens
Spinach
Watercress

**GRAINS**
Wheatberries
Buckwheat Groats
Wild Rice
Steel Cut Oats

**NUTS & SEEDS**
Nuts – Walnut
Nuts – Almond
Nuts – Pistachio
Nuts – Macadamia
Seeds – Chia
Seeds – Sesame
Seeds – Sunflower
Seeds – Pumpkin
Seeds – Flax
Seeds – Hemp

**SPICES & HERBS**
Pepper
Cinnamon
Cardamom
Cloves
Nutmeg
Turmeric
Coriander (ground)
Paprika – Regular
Paprika – Hot
Sumac
Basil
Parsley
Mint)
Thyme
Chives
Oregano
Rosemary
Herb Teas

**FRUITS**
Blackberries
Raspberries
Blueberries
Pomegranate
Apple
Oranges
Grapefruit
Kiwi
Banana

**FERMENTS (Live)**
Yogurt - natural
Kefir
Sauerkraut
Kimchi
Kombucha
Miso

**FERMENTS (not live)**
Coffee
Tea
Dark Chocolate 70%
Aged Cheddar
Blue
Gouda
Reggiano
Pecorino

**FISH, POULTRY, MEAT**
Fish – Salmon
Fish – Cod
Fish – Tuna
Chicken Breast
Chicken Thigh
Pork Loin
Lamb
Shrimp
Scallops
Fish – Sardines
Fish – Mackerel
Fish – Anchovies
Beef