

Clean Eating For the Busy Person On The Go



Presented to: Peel Halton Dufferin Acquired Brain
Injury Services

Presented by:
Dr. Aisling Lanigan, Naturopathic Doctor



Dr. Aisling Lanigan, BSc. ND



- BSc Hons. Human Kinetics
 - University of Ottawa
- Doctor of Naturopathic Medicine
 - Canadian College of Naturopathic Medicine
- Additional certifications in:
 - Doula care
 - Fertility
 - Sport medicine
 - I.V. therapy



Dr. Aisling Lanigan, BSc. ND



What do we call you?

- IS” = “SH”
- “AIS”=“ASH”
- “G” = silent
- “ASHLIN” = “AISLING”
- Dr. Aisling

- Bottom line: Gaelic is crazy



Aisling Lanigan, BSc. ND



- General practice in Toronto and Mississauga with a focus on women's health, fertility and sport medicine
- Most common conditions treated are digestive concerns, mood imbalances such as anxiety or depression, allergies and skin conditions such as eczema or acne
- Evidence based, holistic approach to patient care
- Passionate about integrative medicine focused in patient-centred care

Objectives



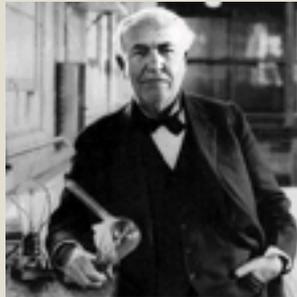
- Outline principles and modalities of Naturopathic Medicine
- Overview of 3 major macronutrients in the body
- Explain “Clean eating”
- 4 Basic tips for clean eating on the go
- Easy meal options
- Principles and restaurant recommendations to healthy eating out
- Questions

New medicine?



**The doctor of the future will give no medicines,
but will interest his patients in the care of
human frame, in diet, and in the causes and
prevention of disease**

- Thomas Edison



What is Naturopathic Medicine?



- A system of primary health care that addresses the root cause of illness and promotes health and healing using natural therapies
- Naturopathic doctors are licensed to practice:
 - Traditional Chinese Medicine (TCM) and acupuncture
 - Botanical Medicine
 - Homeopathic Medicine
 - Physical Medicine
 - Lifestyle Counselling
 - Nutrition and Natural Health Products (NHP)

What is Naturopathic Medicine?



- Four years of post-graduate Doctorate, followed by North American and provincial licensing exams
- Under Regulated Health Professionals Act of Ontario, NDs have access to certain prescription medications
- Not covered under O.H.I.P but often covered under extended health insurance



TCM & Acupuncture



- Eastern system of medicine which works to balance the energy flow, or Qi, in the body
- This is achieved through acupuncture, acupressure, diet, massage, herbs and nutritional therapy

Botanical Medicine



- Utilizes diverse plant substances for their powerful healing and nutritional values
- The flowers, roots, leaves or oils of a plant may be used in the form of teas, tinctures, ointments, essential oils or supplements
- Some botanical medicines have the potential to interact with medications and NDs are trained on the safe and effective use of botanical medication

Homeopathic Medicine



- A natural, nontoxic therapeutic system of healing that uses minute amounts of plant, mineral or animal substances to stimulate the inherent ability of the body to heal itself
- The symptoms of a disease are regarded as the body's own defensive attempt to correct its imbalance
- Designed to stimulate this internal curative process rather than suppress the symptoms



Physical Medicine

- Uses orthopedic testing, massage therapy, stretching, exercise, spinal manipulation, hydrotherapy and other techniques to restore musculoskeletal function



Lifestyle Counselling



- Mental attitudes and emotions are important elements in overall health and should be considered when treating illness and disease
- Helps identify and adjust poor health habits to sustain long term wellness

Nutrition & NHP



- A healthy diet consisting of the right balance of vitamins, minerals, enzymes, anti-oxidants, fibre and amino acids is one of the most important tools for your body to manage stress and prevent and recover from illness
- NDs recommend dietary changes to support healthy living and treat any underlying conditions through nutrient-rich foods, nutritional supplements, and IV therapy

Macronutrients



Carbohydrates:

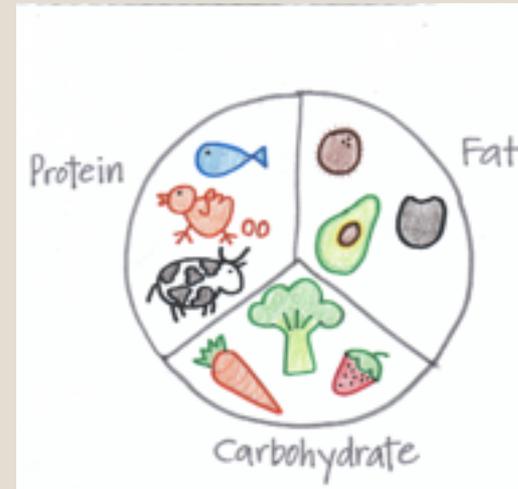
- Replace glycogen (fuel)
- Provide immediate energy
- Used up after 90 min of activity

Fats:

- Provide secondary energy
- Major energy source in endurance sports
- Essential for skin, hair and nail growth

Proteins:

- Repair muscle tissue
- Replace amino acids
- Maintains nitrogen balance



Macronutrients: Carbohydrates



- Are carbs bad for you?
 - Boost mood, promote weight loss, decrease cholesterol...
- 40-60% of your daily diet
- Here are some of the best choices for carbohydrates:
 - Whole grains (oats, brown rice, quinoa)
 - Fibre-rich fruits and vegetables (apples, sweet potatoes, cooked spinach)
 - Legumes (kidney beans, chick peas)

Macronutrients: Protein



- If carbs are fuel why do we need protein?
 - Muscle function and repair
- How much protein do I need?
 - 0.8-1.2g/1Kg body weight, 20-30g serving of protein with every meal
- What protein sources can I pair with each meal?
 - Breakfast: 2 eggs, smoothie with nuts or protein powder (whey, rice, soy etc)
 - Lunch/Dinner: Skinless, boneless chicken breast/fish, extra lean ground beef, tempeh, nuts, seeds, legumes
 -
- Is Dairy a good source of protein?
 - Good dairy choices: cottage cheese, low fat or Greek yogurt
 - Bad dairy choice: cheese, as it is high in bad fats and salt

Macronutrients: Fats



- I thought fats were bad for you?
 - Good fats = (poly)Unsaturated: avocado, olive oil, almonds
 - Bad fats = Saturated/ Trans: butter/margarine, fried foods, cheese, meats high in saturated fat (beef, pork)
- Although fats are an important part of our diets, they should still comprise less than 30% of daily food intake



What is “Clean Eating”



- Avoiding foods which promote inflammation in the body
- Some basic principles but ultimately it is different for each person
- Everyone has food sensitivities which are foods which promote inflammation in the body



Basics of Clean Eating



Remove:

- Bread
- Egg/ wheat pasta
- Cow's milk
- White Potato
- Iceberg lettuce
- Mayo
- Sugar/ artificial sweeteners

- Butter/ margarine/ refined oils
- Coffee, black tea, alcohol
- Processed cereals
- Processed food

Replace with:

- Brown rice, quinoa
- Brown Rice Pasta
- Nut/ rice milk
- Sweet Potato
- Spinach, kale mix
- Hummus or guacamole
- Stevia, brown rice syrup, honey, maple syrup
- Olive oil, flax oil
- Herbal teas, water, lemon water
- Granola/ quinoa based
- Whole (real) food!

Clean Eating: determining food sensitivities



Two options to determine food sensitivities:

1. Hypoallergenic Diet for minimum 3 weeks or until symptoms improve/ resolve followed by slow reintroduction to determine food allergy
2. Food Sensitivity Blood Test



Hypoallergenic Diet



Eat This:

Not That:

Whole fruits and diluted juices; fruit juice concentrates for baking	Citrus: oranges, grapefruit; strawberries, bananas, dried fruit
Dairy substitutes: rice and nut milks such as almond milk, coconut milk	Dairy and eggs: milk, cheese, eggs, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers
Gluten-free grains: brown rice, millet, quinoa, amaranth, teff, buckwheat	Grains: wheat, corn, barley, spelt, kamut, rye, triticale, oats
Fresh ocean fish, wild game, lamb, duck, organic chicken and turkey	Pork, beef/veal, sausage, cold cuts, canned meats, frankfurters, shellfish
Dried beans, split peas and legumes	Soybean products (soy sauce, soybean oil in processed foods; tempeh, tofu, soymilk, soy yogurt, textured vegetable protein)
Nuts and seeds: walnuts, pumpkin, sesame and sunflower seeds, hazelnuts, pecans, almonds, cashews, nut butters such as almond or tahini	Peanuts and peanut butter, pistachio nuts
All raw, steamed, sautéed or baked vegetables, except as specifically excluded in the box to the right	Mushrooms, corn, all nightshades including: tomatoes, potatoes (sweet potatoes are allowed), eggplant, peppers (green, red, yellow), ground cayenne and paprika
Cold pressed olive and flax seed oils, safflower, sesame, sunflower, walnut, canola, pumpkin, and almond oils	Butter, margarine, shortening, processed oils, salad dressings, mayonnaise, and spreads
Drink at least 6-8+ cups of filtered water per day. Herbal teas are acceptable	Alcohol, coffee and other caffeinated beverages, soda pop
Brown rice syrup, fruit sweeteners, molasses, stevia, honey	Refined sugar, white/brown sugars, sucralose, maple syrup, corn syrup, high fructose corn syrup, evaporated cane juice, cocoa

How To Reintroduce Foods



After 3 weeks (or longer) on the Hypoallergenic Diet:

- Introduce one food (or food grouping) per day
- Ensure to consume the food 2-3 times on its introduction day
- Take 2-3 days in between reintroducing different food groupings

Food Reintroductions - Where To Start?



- Start with the food you missed most!



- A true addiction?
- A habit?
- Comfort food?
- Do I want this back in my life?

What To Watch For While Introducing Foods



- Keep a journal
 - Begin with how you felt during the hypoallergenic diet
 - Each time you reintroduce a new food, track
 - **Energy**
 - **Mood**
 - **Digestive symptoms: bloating, fullness, discomfort**
 - **Changes in bowel habits**
 - **Skin changes – rashes, irritation, itch**
 - **Sleep**
 - ...

How To Reintroduce Foods



- If you experience any symptoms note them in your journal
- Stop that food, put it back to the bottom of your list
- Wait until symptoms are gone for 48 hours before introducing a new food
- Continue the process until all foods are have been consumed



If You Experience A Reaction



- Stop that food and place it back on the bottom of your list
- Try that food again once you get to the bottom of the list
- If you experience the same reaction this food is likely creating an immune response and is a food sensitivity for you
- If you are reacting to a food grouping, try introducing the foods in the grouping one at a time with 3 days in between each food

If You Experience A Reaction

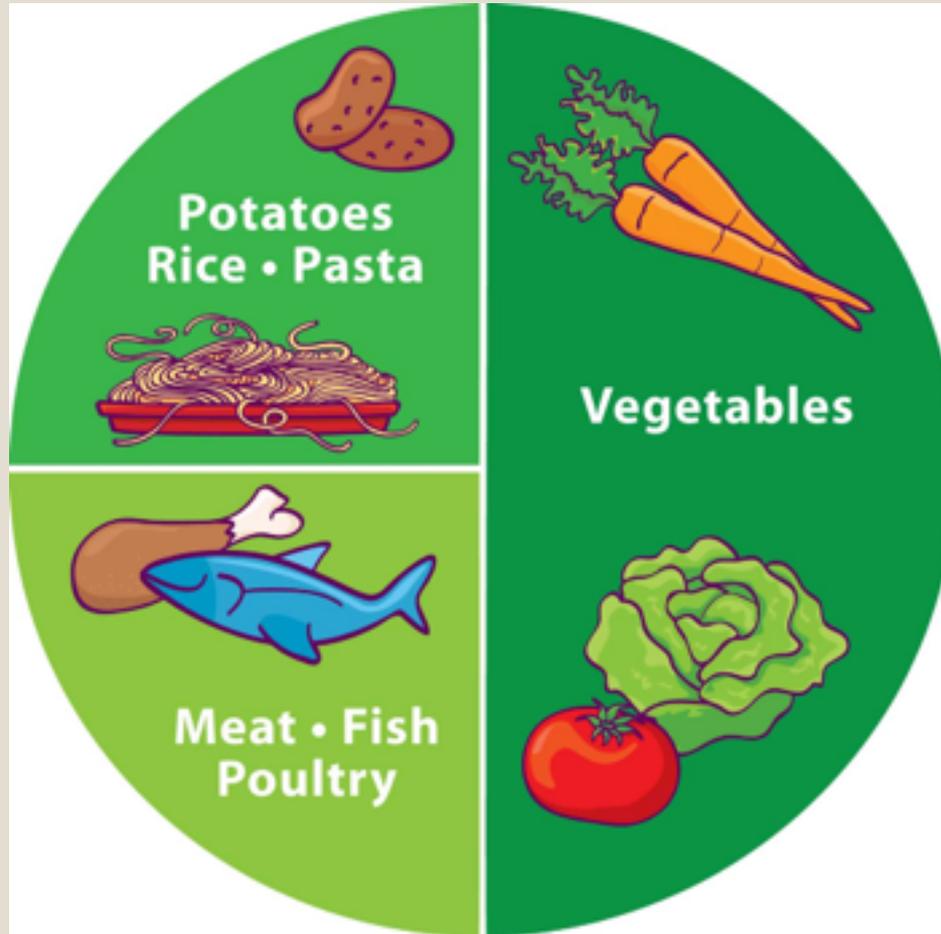


- Decide whether it's worth it to eat this food, or in what amount
- This is your “Unclean” food(s) and to “Eat Clean” you need to avoid this food

- You can:
 - Cut the food out completely
 - Have it 1/ month
 - Have it 1/ week
 - Ignore your body and eat it frequently



The “Clean” Plate

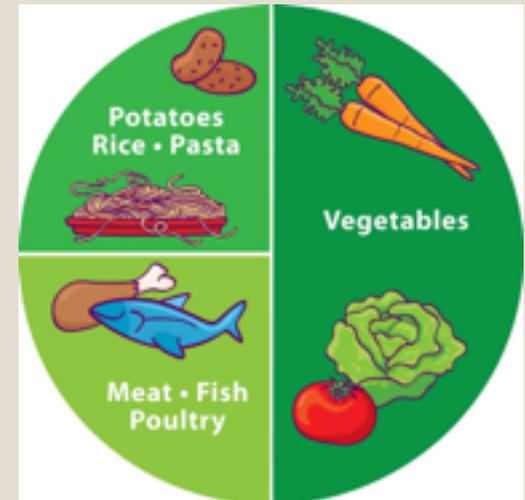


Basics of Clean Eating



#1. Vegetables:

- 6-8 servings/ day
- Lot's of different colours (antioxidants)
- Dark leafy greens with every meal
- Organic when possible (Dirty Dozen vs. Clean Fifteen)
- Avoiding GMO (canola, soy, potatoes, corn)



Basics of Clean Eating: Dirty Dozen

- Most contaminated by pesticides according to the Environmental Working Group
- Important to choose organic forms of these foods



1. Apples
 2. Celery
 3. Cherry tomatoes
 4. Cucumbers
 5. Grapes
 6. Nectarines
 7. Peaches
 8. Potatoes
 9. Snap Peas
 10. Spinach
 11. Strawberries
 12. Bell Peppers
- + Hot peppers
+ Collard Greens
+ Kale

Basics of Clean Eating: Clean 15

- Least contaminated by pesticides according to the Environmental Working Group
- Less essential to choose organic when it comes to these foods



1. Asparagus
2. Avocado
3. Cabbage
4. Cantaloupe
5. Cauliflower
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangoes
10. Onions
11. Papayas
12. Pineapples
13. Sweet Corn
14. Sweet peas
15. Sweet potatoes

EWG'S 2015

Shopper's Guide to Pesticides in Produce™

CUT ALONG LINE

EWG'S 2015 Dirty DOZEN™ Shopper's Guide to Pesticides in Produce™		EWG'S 2015 Clean FIFTEEN™ Shopper's Guide to Pesticides in Produce™	
APPLES	PACHES	ASPARAGUS	MARZOES
LETTUCE	POTATOES	BROCCOLI	ORZONS
CHERRY TOMATOES	SPINACH	CABBAGE	PAPAYAS
CUCUMBERS	STEWED	CARROT	PINEAPPLE
GRAPES	STRAWBERRIES	CAULIFLOWER	SWEET CORN
NECTARINES	SWEET BELL PEPPERS	COUPLANT	SWEET PEAS (frozen)
HOT PEPPERS & KALE/COLLARD GREENS		CRANBERRY	SWEET POTATOES



Basics of Clean Eating



#1. Vegetables

- Wash all veggies as soon as you get home from the grocery store
- Prep is key:
 - Chop enough veggies for 5 days on Sunday/ Monday
 - Have easy healthy dips ready to go:
 - Hummus: great protein, fat and fibre!
 - Guacamole: healthy fat and protein
- Divide up greens in individual grab and go servings
 - Easy salad: grab greens container, add protein and fat

Basics of Clean Eating



#2. Beverages to promote health

- Green tea:
 - 1-3 cups/ day
 - Antioxidant, cancer preventative
 - It has caffeine!
- Water:
 - $\frac{1}{2}$ body weight (kg) in oz
 - $\frac{1}{4}$ lemon squeezed into a glass of room temperature first thing in the morning
 - No drinking with meals: dilutes enzymes
 - 20 min rule



Basics of Clean Eating



- Each individual has different hydration needs based on gender, body type, body composition and fitness level
- On the go: Get a metal or glass water bottle and have it with you all the time
 - Elastic bands to remind you to drink
 - Travel mug
- Determine hydration by checking pee
 - Light straw colour = hydrated
 - Dark yellow colour = dehydrated

Basics of Clean Eating



#3. Protein:

- **Make sure to have a protein source with each meal**
 - Breakfast: 2 eggs OR smoothie with protein powder (whey, rice, soy etc).
 - Lunch/Dinner: Skinless, boneless chicken breast/fish, extra lean ground beef, tofu, nuts, seeds, legumes.
- **Protein with breakfast helps to kick start metabolism for the day**
 - 20-30g of protein/ meal
 - Serving size is about the size of your palm
 - Doesn't have to be meat

Complete Protein Sources

Animal-Based



Beef



Pork



Poultry



Wild Game



Fish



Milk



Eggs

Plant-Based



Quinoa



Buckwheat



Hemp Seed



Chia Seed



Soy

SWANSON
Health Products
swansonvitamins.com



Basics of Clean Eating



Vegetarian Protein Sources:

1	+	2	+	3
<u>whole grains</u>		<u>Legumes</u>		<u>Nuts/Seeds</u> <u>their oils and butter</u>
Brown/Red rice		Peanuts		Almonds
Amarath		Carob		Sunflower
Millet		Lentils		Flax seeds/meal
Whole wheat		Beans-allsorts		pumpkin seed
Teff		Chickpeas		Sesame seeds
Kamut, etc		Split peas, etc		Pine nuts, etc

Combine any member of 1 + 2 or 2 + 3 = complete protein.

Rich in calcium, magnesium, b vitamins, essential fatty acids and fibre.

Low in sugar, saturated fats.

Basics of Clean Eating



- On the go protein prep:
 - Cook a variety of protein sources on Sunday/Monday
 - Chicken breast, fish, hard boiled eggs, quinoa, tempeh
 - These can be easily tossed in a salad for lunch or paired with a side for dinner
- Grab and go protein – essential to have no cook protein options also:
 - Nuts (anything but peanuts), trail mix, protein powder



Basics of Clean Eating



#4. Importance of Fibre

- Binds toxins (cholesterol), regulates bowel movements, keeps colon healthy
- Women under 50 need 25g/day
- Men under 50 need 38g/day
- Does this mean eat a loaf of bread/ day?...NO

Basics of Clean Eating: Fibre Sources

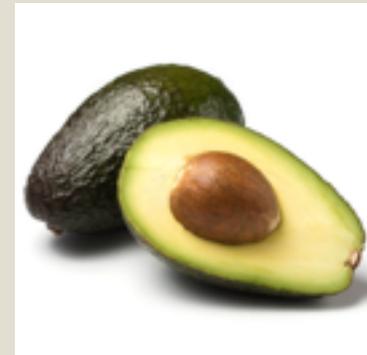


- Beans/ lentils:
 - black, lima, kidney, chickpea 3-6g/ 0.75cup
- Quinoa:
 - 5g/ 1/2 cup
- Whole rolled oats
 - 4g/ 1/2 cup
- Avocado:
 - 2g/0.5 avocado
- Brown rice:
 - 2g/0.5 cup
- Sweet potato:
 - 2g/0.5 sweet potato
- Fruits and Vegetables with skin (apples):
 - 1g/apple

Basics of Clean Eating



- On the go fibre options:
 - Crock Pot! Veggie Chilli: throw a mix of lentils and beans into the crock pot with spices and water. Freeze in individual portions
 - Quinoa salad: Cook a big pot of quinoa, let cool, add diced veggies, cilantro, goats/sheep feta/ avocado, diced hard boiled eggs
 - Have an avocado with you at all times – slice on crackers, dip for veggies
 - Piece of fruit with skin (apple, pear)



Easy Meal Options: Breakfast



- **Breakfast Smoothies: best friend of the busy person**
 - Prep ingredients early in the week in daily portions
 - Have portable smoothie containers (Magic Bullet, Vitamix, Ninja – all come with them)
 - Get creative, here are your smoothie essentials:
 - Serving on greens
 - Serving of protein
 - Serving of fat (avocado, coconut oil, yogurt etc.)
 - Serving of fruit (taste)
 - You can add most supplements (i.e. fish oil etc.) directly in your smoothie!



Smoothies!



Immune Boosting:

- 1 cup kefir, or plain organic yogurt (probiotics)*
- 1 orange, peeled
- 1 cup frozen mango/ guava/papaya chunks
- Small handful spinach
- 1 scoop vanilla protein powder

*Optional

Detox:

- 1/4 cup frozen blueberries
- 1/2 cup chopped up kale
- 1/2 cup almond milk or natural juice
- 1 scoop Vega protein or 2 tbsp almond butter
- 1 cup kefir, or plain organic yogurt*

*Optional

Easy Meal Options: Breakfast



- **Quinoa Breakfast cereal:**

- Make a large portion of quinoa early in the week and enjoy in salad, as a side at dinner and as your new hot breakfast cereal!
- Reheat quinoa, add cinnamon, walnuts, blueberries, milk (cow, almond etc.)
- Complete protein, high fibre and delicious!
- Can also try quinoa flakes

- **Green Juice: to supplement when veggies are lacking**

- Some work to make but easy to pick up on your commute
- Condensed serving of vegetables
- Remember you aren't getting all the benefits of eating veggies (no fibre)

Easy Meal Options Lunch



- 2 easiest DIY lunches:
 1. Left overs from dinner

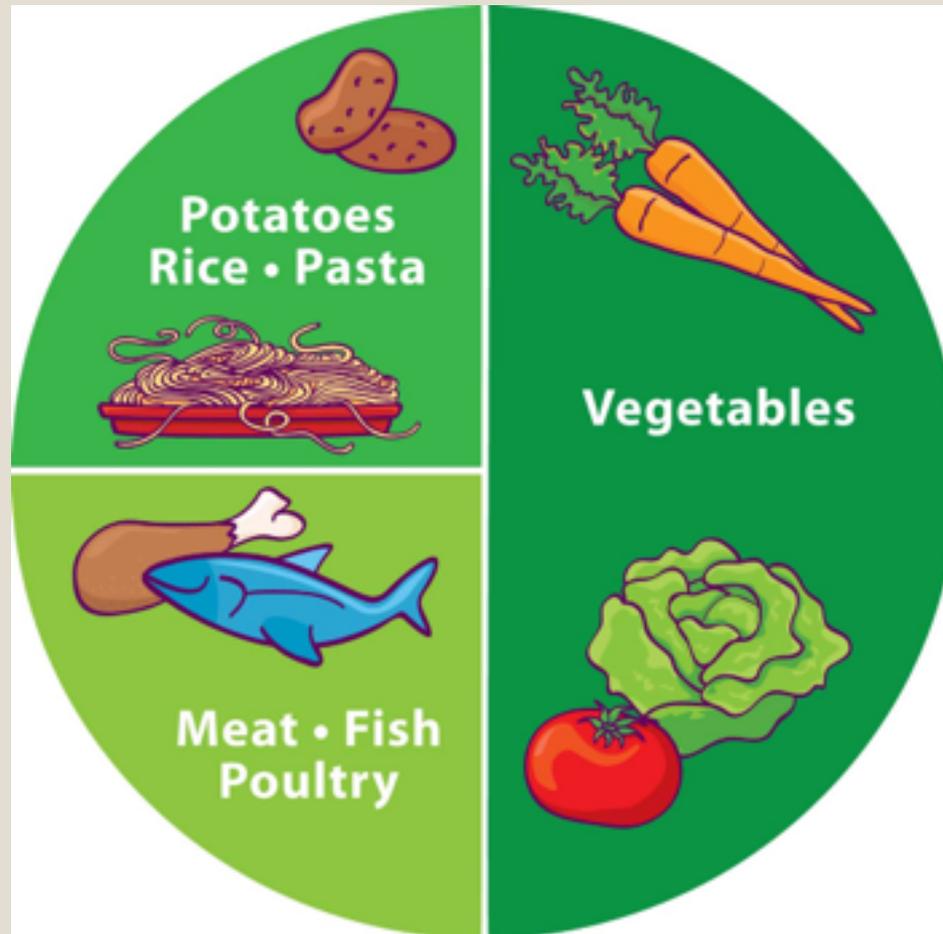
 2. Salads: Prepare early in the week!
 - Green salad or Quinoa salad
 - Base of greens
 - Protein: Chicken, turkey, eggs, chickpeas
 - Fat: Nuts, avocado, sheep/ goat cheese
 - Carbohydrate: greens, seeds

One of my favourite salads



- 2 cups kale, washed and chopped finely
- 2 cups baby spinach
- 1/2 an avocado, skin removed, diced
- 2 tbsp pumpkin seeds
- 1 tbsp sauerkraut (optional for probiotics)
- 1 tsp hemp or olive oil
- lemon juice, to taste
- 1 cup leftover sliced chicken, or 1 cup edamame beans

Easy Meal Options: Dinner



Easy Meal Options: Dinner



- For the crazy busy person the easiest option is
 - Making huge portions and freezing individual meals:
 - I.e. Vegetarian or Turkey Chili
- You can also mix and match your pre-made items from that week
 - Protein source + green salad + starch (brown rice/ sweet potato)
- Always make extra if you are “real” cooking for lunch or dinner tomorrow

Easy Meal Options: Snacks



- Chop up a variety of veggies early in the week for
- Grab and go munching
 - Whole grain crackers (Brown Rice Thins, Mary's) with a healthy dip
 - Trail mix/ nuts
 - Fruit
- But... what if I want a not so healthy snack? A treat?

Easy Meal Options: Snack



- You can still be healthy while satisfying a sweet savoury tooth!
- Bliss Balls:
 - Tahini butter, almond butter, hazelnut butter, maple syrup, unsweetened coconut, raw cacao, nuts, seeds, dried fruit
- For full recipe:
- <http://aislingnd.com/bliss-balls-recipe/>

Principles for clean eating out



- Look for foods which are:
 - Steamed, baked, broiled, grilled, stir-fried or roasted
- Remember the healthy plate +
 - Moderation:
 - Split things
 - Danger words:
 - Complimentary
 - Creamy
 - Crispy/ Crunchy



Principles to clean eating out



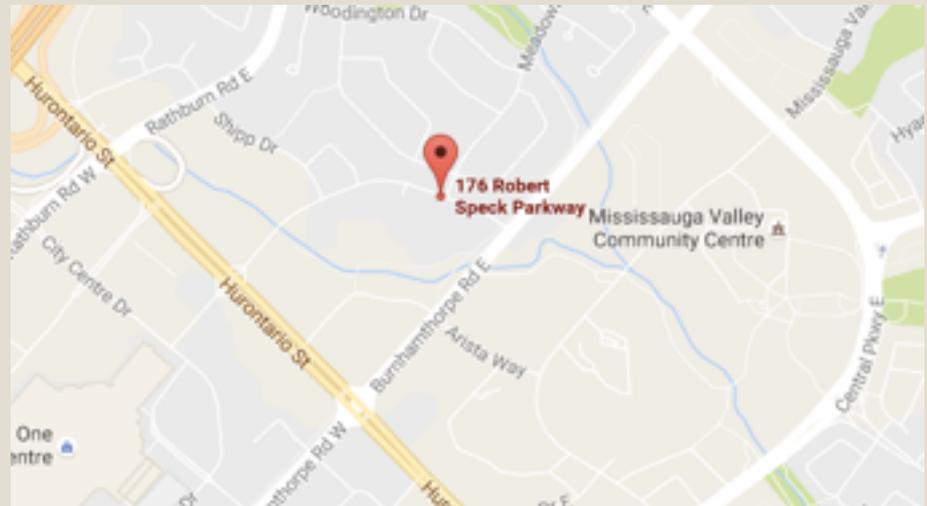
- Better take out options:
 - Sushi: choose sashimi or brown rice, no tempura
 - Salads: ask for dressing on the side, make sure you have 3 main macronutrients in salad
- Other tips:
 - Instead of sandwiches ask for sandwich ingredients on a bed of dark leafy greens or collard green wrap/ lettuce wrap
 - Avoid drinking alcohol with meals (digestion and perception is effected)
 - Avoid drinking alcohol during the week (7 cal/ g alcohol vs. 4cal/g of carbs/ protein)

Take out around 176 Robert Speck Parkway



Making your own meals always trumps take out but when in a pinch here are some good options* around you:

- Whole Foods salad bar
- Aroma salads
- Booster Juice (green)
- Richtree salad
- Su & Shi
- Szechuan Express



*Not and exhaustive list, no association with any of these companies

Thoughts From the Past For the Future



“Let food be thy medicine and medicine be thy food”

- Hippocrates

Questions?



Thank you



Dr. Aisling Lanigan, BSc. N.D.



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