













Nutrition in the Firehouse







Chloë Schweinshaut RD, LDN, CLT November 8, 2019





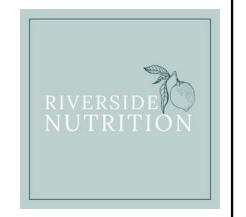






WHO AM !?

- Registered Dietitian
- Founder, Riverside Nutrition and Healthy Response
- Married to a firefighter
- Mom to four kids





HEALTHY RESPONSE

Nutrition for First Responders |











WHY ARE YOU HERE?

- What you eat is your largest environmental exposure
- Shift-work has been linked heart disease, type 2
 DM, obesity, depression
- Irregular meal routines have increased risk for developing metabolic syndrome (high BP, high BS, excess abdominal fat, high lipids)
- Some of you are healthy, some of you want to lose weight...everyone wants to prevent cancer
- In this job there's a lot you can't control, but proper nutrition is something you can







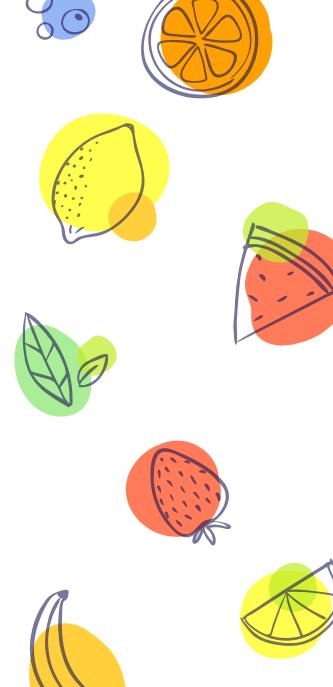






Does Being a Woman Change Things?

- Environmental pollutants and toxins are stored in adipose tissue
- During weight loss, fat breaks down and toxins are released into bloodstream
- Endocrine disrupters
- Weight loss can be harder

































What They Do

PROVIDE A SOURCE OF ENERGY FOR

THE BODY

2. **IMPORTANT FOR INTESTINAL HEALTH AND WASTE**

ELIMINATION

3. PROTECT OUR MUSCLES













BEST FOOD SOURCES (FIBER)

- × SWEET POTATOES
- *** FRUITS AND VEGETABLES**
- **X** BEANS AND LENTILS
- × WHOLE GRAINS
 - WHOLE WHEAT BREAD, PASTA
 - BROWN RICE
 - QUINOA
 - BARLEY
 - SPROUTED GRAINS
 - OATMEAL

















PROTEINS

















What They Do



BUILDS/MAINTAINS MUSCLE MASS

2.

KEEPS YOU FULLER LONGER
- PREVENTS OVEREATING

3.

IMPROVES MOOD



HELPS MAINTAIN STRONG BONES **5.**

GOOD FOR HEART HEALTH

6.

STABALIZES BLOOD SUGAR – NO SPIKES







BEST FOOD SOURCES

- × (GRASS-FED) BEEF
- (ORGANIC/PASTURED) CHICKEN& EGGS
- × BEANS
- × LENTILS
- × FISH
- × TOFU
- GREEK YOGURT OR KEFIR
- × NUTS



































What They Do

CONTRIBUTE TO A HEALTHY HEART

HAIR, SKIN AND NAILS

BOOST IMMUNITY

DECREASE INFLAMMATION

IMPROVE MOOD

STRENGTHEN BONES









BEST FOOD SOURCES

- × AVOCADOS
- **X** BUTTER AND GHEE
- × COCONUT OIL, OLIVE OIL
- FISH/SHELLFISH HIGH IN OMEGA 3s (SALMON, TUNA, SARDINES, MACKEREL, SHRIMP, LOBSTER, CLAMS, OYSTERS, SCALLOPS)
- NUTS AND SEEDS, NUTBUTTERS AND SEEDBUTTERS
- × (GRASS-FED) BEEF
- × (PASTURE-RASIED) EGGS
- DARK CHOCOLATE (>70% COCOA CONTENT)











Types of Fats

Saturated

Solid at room temperature, usually from animals

Unsaturated

Liquid at room temperature, can be from plants or animals

- 1) monounsaturated (olive, peanut, canola avocados, nuts and seeds)
 - 2) polyunsaturated
- a) omega-3s (fatty fish, flax, chia, walnuts, hemp)
- b) omega-6s (soybean, safflower, sunflower, corn oils)

TRANS FATS—BEWARE!!

Trans fats (artificial) are unsaturated fats, whose chemical structure has been altered so that they remain solid at room temp ("Hydrogenatation")

× Puts you at an Increase risk for: heart disease, type 2 diabetes, and inflammation

















BEVERAGES

















Beverages



SELTZER?????

Why Water?

- × Prevent cancer
- Improve your mood
- Exercise better
- Lose weight
- × Have less joint pain
- Flush out waste and bacteria
- × Prevent headaches
- Feed your body and metabolism





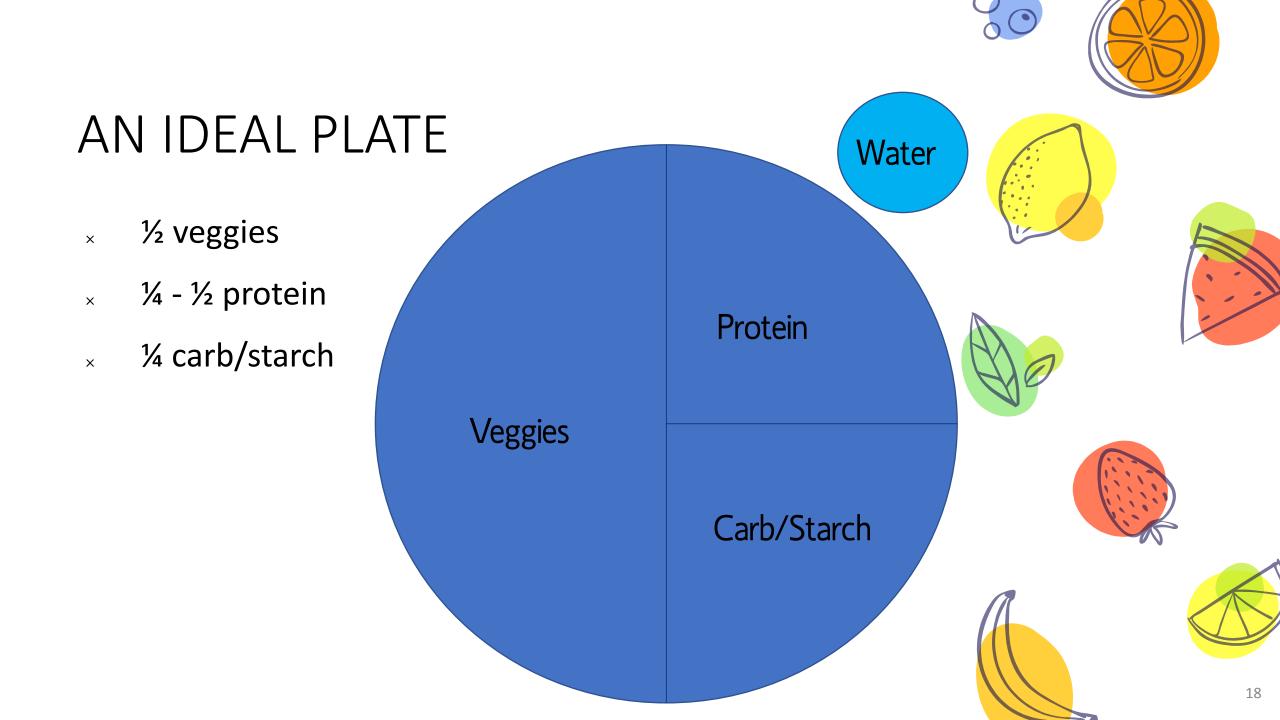








^{*}If you have kidney/liver issues, talk with your doctor first*





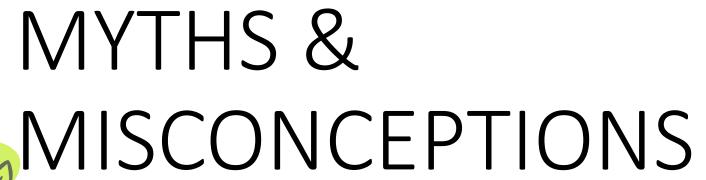


























FRUIT

- Not all sugar is created equal
- Fiber, vitamins, minerals, antioxidants
- Put it in context of your day/activity level/what else you are eating
- Fruit is a better choice than a lot of foods!

SUGAR WISE:

How Fruits Stack Up

With a sugar-conscious mind, here's a closer look at how each fruit stacks up in terms of the sweet stuff.



blackberries
1 cup, whole



strawberries
1 cup, sliced



apples
1 cup, quartered
or chopped



pineapple 1 cup, chunks



oranges
1 cup, sections



banana 1 cup, sliced



grapes
1 cup, whole





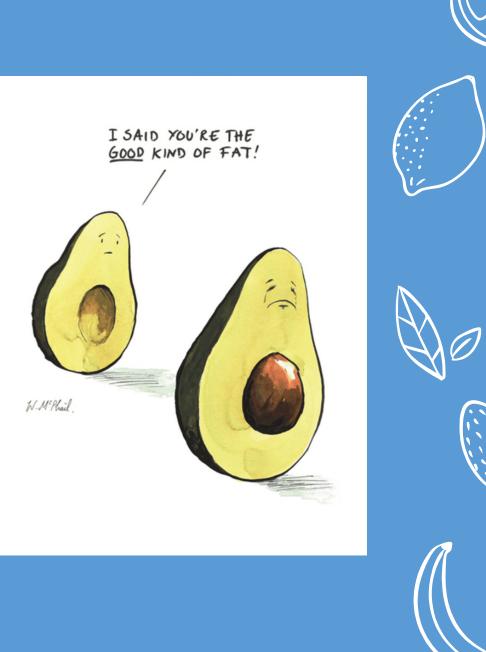


- Protein found in wheat, responsible for elasticity
- can be inflammatory for some
- Gluten-free options aren't healthier unless you are sensitive to gluten or have an allergy (Celiac's Disease)



FAT

- FAT DOESN'T MAKE YOU FAT
- Body fat is not the same as dietary fat (one is adipose tissue, one is a micronutrient)
- × Satiating (keeps you full)
- Boosts metabolism (vs. high carb/low fat diets)
 - O These diets raise insulin, slow metabolism resulting in stored adipose tissue

















GETTING RID OF TOXINS









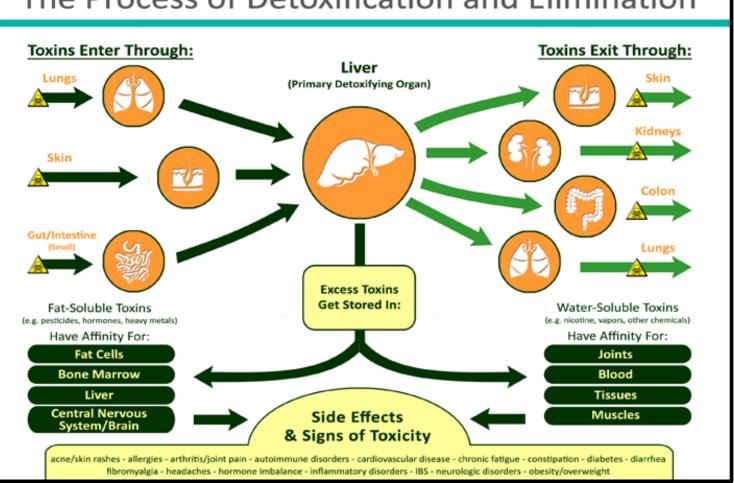








The Process of Detoxification and Elimination







Separate hard lumps, like nuts You're lacking fibre and fluids. Drink more water and chomp on some fruits and veggles.



Sausage-shaped but lumpy Not as serious as separate hard lumps, but you need to load up on fluids and fibre.



Sausage-shaped but with cracks on surface This is normal, but the cracks mean you could still up your intake of water.



Sausage-shaped, smooth and soft Optimal poop! You're doing fine!



Soft blobs with clear-cut edges Not too bad. Pretty normal if you're pooping multiple times a day.



Fluffy pieces with ragged edges, a mushy stool You're on the edge of normal. This type of poop is on its way to becoming diarrhoea.



Watery, no solid pieces, all liquid You're having diarrhoeal This is probably caused by some sort of infection and diarrhoea is your body's way of cleaning it out. Make sure you drink lots of liquids to replace the liquids lost otherwise you might find yourself dehydrated!



Soft and sticks to the side of the toilet bowl

Presence of too much oil, which could mean that your body isn't absorbing the fats properly. Diseases like chronic pancreatitis prevent your body from properly absorbing fat.





Brown: You're fine. Poop is naturally brown due to the bile produced in your liver.



Black: It could mean that you're bleeding internally due to ulcer or cancer. Some vitamins containing iron or bismuth subsalicylate could cause black poop too. Pay attention if it's sticky, and see a doc if you're worried.



Green: Food may be moving through your large intestine too quickly. Or you could have eaten lots of green leafy yeggies, or green food colouring.



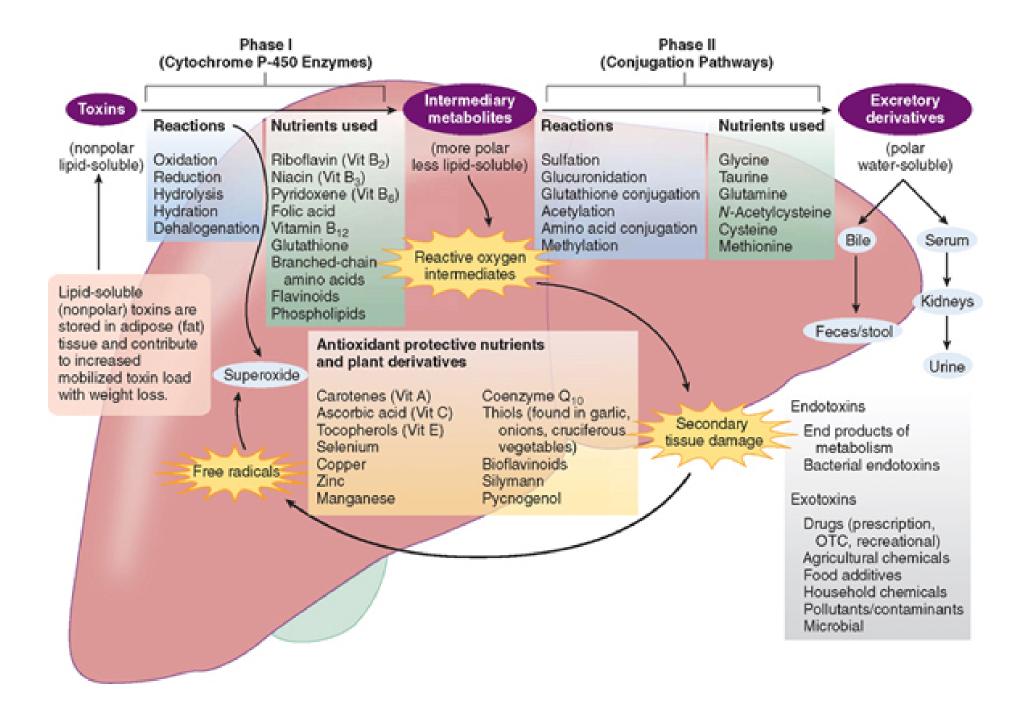
Light-coloured, white, or clay-coloured: If it's not what you're normally seeing, it could mean a bile duct obstruction. Some meds could cause this too. See a doc.



Yellow: Greasy, foul-smelling yellow poop indicates excess fat, which could be due to a malabsorption disorder like celiac disease.



Blood-stained or Red: Blood in your poop could be a symptom of cancer. Always see a doc right away if you find blood in your stool.







Ways to Remove Toxins After Exposure

- Water
- Sweat (exercise, sauna, etc.)
- Focus on sleep
- Reduce alcohol
- × Decrease salt
- Foods like eggs, broccoli, garlic increase production of glutathione ← a big antioxidant produced by your body that aids in detoxification
- x Supplement?











On-going Detoxification Support

- 1) Avoidance of environmental toxicants
- 2) Mobilization or elimination of toxins via loss of excessive fat and water, exercise, etc.
- 3) Optimal GI health
- 4) Excellent nutrition and hydration
- 5) Stress less
- 6) Get good sleep



















HEALTHY LIFESTYLE TIPS

















Top Cancer-Fighting Foods to Include

- Cabbage Family Foods: broccoli, cauliflower, brussel sprouts, cabbage
- Garlic, onions
- Soy (whole food form): edamame, tofu
- Flaxseed, fatty fish and other omega 3s
- Spices, herbs, turmeric
- Green tea
- Berries
- **Tomatoes**
- Citrus fruits













Best Advice for Overall Health

- × 5+ cups veggies/day
- Move your body daily
- Stop eating 3 hrs before bedtime
- Stress less
- Sleep more

















Genetics loads the gun. Diet pulls the trigger.

















Thank you! Questions?

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