

Balance365 Episode 127 Transcript

ANNIE BREES

Welcome to Balance365 Life Radio, a podcast that delivers honest conversations about food, fitness, weight and wellness. I'm your host Annie Brees along with co founder Jennifer Campbell. Together we have a team of personal trainers and nutritionists who coach thousands of women daily and are on a mission to help women feel happy, healthy, and confident in their bodies on their own terms. Join us here every week as we discuss hot topics pertaining to our physical, mental and emotional well being with amazing guests. Enjoy.

JEN CAMPBELL

Hey everyone, welcome to Balance365 Life Radio. I am Jen co founder of Balance365. If you are new here, welcome. I'm here solo this morning, my co-host Annie has a much deserved morning off. And this is just gonna be a quick little podcast on the nutrition basics. Nutrition is complicated, or is it? In today's world with the abundance of diets and differing eating philosophies being marketed to you, nutrition has become both under complicated and over complicated, under complicated with advice, like, just cut out carbs, and over complicated with advice to track and analyze everything you put in your mouth. With all the noise out there, many people are really confused about how to eat. I know I was when I was deep in diet culture, I had tried so many different diets. I didn't even know what was healthy anymore.

JEN

In today's episode, I'm going to share the Balance365 nutrition philosophy. We believe nutrition should be simple, balanced and based off the most crucial nutrition science recommendations for overall health and wellness benefits. Before I start, there may be reasons for you to learn more about nutrition than what I cover in this podcast. You may have a health condition that is impacted by your nutrition choices. You may be pursuing a nutrition certification or degree, or maybe you're just really into it. That's all good. If you want to dive deep into nutrition science, do it. Absolutely. We hope you've chosen to learn from an organization that's reputable. But in our experience, your average person simply needs to understand the basics of nutrition. We see time and again, people are more likely to stick with nutrition habits that are balanced and flexible.

JEN

So in Balance365 we break nutrition down into two categories. There is nutritious eating habits. There is normal nutrition behaviors. Nutritious eating is defined as choosing

healthy, balanced and satisfying meals most of the time, not all the time. Remember where you are. [Laughs] We're all about balance here. Non-nutritious eating is choosing less healthy, less balanced, more processed foods most of the time, and these two will exist on a spectrum. And most of us will be somewhere in the middle. Our goal isn't to turn you into a perfectly nutritious eater. Our goal is just to slide the more non nutritious eaters over into the nutritious eating zone.

JEN

We break up food into four main categories in Balance365: protein, fat, carbohydrates, and vegetables and fruit. Vegetables and fruit are carbohydrates, but they get their own category because they are super special. And once you've included all four of these categories in the right amounts for you, you've got yourself a balanced diet.

JEN

So, protein, it helps to boost satiety, prevents muscle loss while in a caloric deficit, and it keeps your body energy stable, among other things. Consuming the right amount of protein can be a total game changer in the way you feel and for managing your hunger and we see this time and again in Balance365 once women get start getting the right amount of protein for them, it totally changes how they feel throughout the day. A mix of animal and plant protein is great. And just a note here we recommend most of the time choosing lower fat animal protein options. Fat is necessary for the absorption of many nutrients, helps with hormone regulation, boosts satiety and makes food taste great. [Laughs] A diet without enough fat can lead to excess hunger and cravings. You want to choose unsaturated fat more often and saturated fat less often. Carbohydrates, they can be broken into complex and simple. Different people need different amounts of carbs depending on their lifestyle, activity level and preferences. Remember that Annie is a highly active person and she eats more carbs than me, she needs more carbs than me. Complex carbs include peas, beans, whole grains, vegetables. Starchy or refined carbohydrates are the least satiating component of our diets. However, they do improve energy performance. We say choose complex carbs more often and refined carbs less often. Vegetables and fruit. Now remember these are carbohydrates but they are in their own category. Vegetables and fruit intake has been linked to many positive health outcomes including reduced risk of cancer, cardiovascular disease, stroke, diabetes. population studies have shown that Americans who eat the most fruits and vegetables have the lowest rates of obesity, they consume fewer calories, but eat 300 to 400 more grams of food per day. We say choose vegetables around two thirds of the time and fruit maybe one third of the time. I wouldn't say there's any hard or fast rules around here, but we want you to get a mixture. And we want you to look at getting a variety of different colors of fruits and vegetables.

JEN

Now we actually do have more details inside the Balance365 program. But I'm just keeping it super simple here. These are the amounts we recommend most of the time and again, not all the time. And you also can play with these amounts and figure out what's going to work for you because in the end, the changes you make, we want them to be sustainable, right. So if you were looking at a plate, about half your plate could be fruits and vegetables. One quarter of your plate, carbs, one quarter of your plate protein. And for fat, we say a blob. A blob of fat What we actually mean is about one to two thumbs of fat, which might be a couple of tablespoons of salad dressing on your salad, or whatever you're choosing. And for women, those amounts shake out to one to two fists of fruits and vegetables. One palm of protein, one cupped hand of carbs and one to two thumbs of fat if you want to use your hand for measuring. And again, don't get too focused on meal to meal for satiety purposes. It is really good to have a good dose of veggies and protein at each meal that'll carry you through to your next meal without getting too snacky or having too many cravings. But don't get too caught up in being perfect. By the end of the day or the end of the week, you want to be able to look at your diet from a bird's eye view and not get too caught up in the details.

JEN

But remember, this isn't the only part of nutrition is it? Because if it was, you would listen to this, you would go implement it, and life would be good. But people still struggle. And that's because there's another part of nutrition we address in Balance365 and that's your eating behaviors. So again, like with nutritious eating, food behaviors exist on a spectrum, and on one side, we have regulated eating patterns. And on the other side, we have dysregulated eating patterns. And regulated eating would be defined as somebody who bases their food intake on their appetite cues. They honor their feelings of satisfaction, and they have rational thinking about food and weight behaviors. On the other end of this spectrum we have dysregulated eaters, and they are people who have a lot of urges about food, which means they are often looking for food when they're not hungry, so they might be mindlessly eating, emotionally eating, compulsively eating. They often eat well past feelings of fullness or feeling satisfied. They are chronic dieters, and they often deny their hunger or deprive themselves of food pleasure. And dysregulated eaters often fail to maintain comfortable weight because of these erratic and chaotic food behaviors. And what we see really often is dysregulated eaters thinking they need to solve their nutrition issues by becoming more strict with their food, which ultimately just drives them to become more dysregulated. And if your issue is actually that you are a dysregulated eater, there is no diet that is going to help you with that. It's actually dieting that drives those behaviors. So where nutritious eating means changing what you are eating, and that usually just means making adjustments to what you're already doing. So that could be adding more fruits and vegetables, reducing the

fat in the protein that you eat, etc, things like that. Regulated eating is all about the how that you eat. And the way we can work on becoming more regulated eaters is to get more sleep, to learn to deal with your emotions so you aren't using food to cope with discomfort of life. And often dealing with your whole belief system. Identify, find where your urges to eat pop up and why they're popping up, and what the thoughts are you're having that are driving you to turn to food for comfort. When you're working on becoming a more nutritious eater, it's important to start learning what a balanced meal is, and start making swaps. And cooking [laughs] instead of eating out. All the basic nutrition guidelines that you typically hear, and you know what Annie and I find, again, after five years that the people we work with, they know what nutritious eating is, they actually struggle more with dysregulated eating behaviors.

JEN

One thing I'll share with you is that some of the women who joined coaching decide to track their macros for a couple days. Just to collect data about their habits. And I know a lot of women listening along here would rather eat nails than track their macros. But in coaching, we call it a higher level nutrition strategy, unnecessary for the majority of people we work with, but it can be super helpful for people who are stuck. And it's not something we recommend doing long term. We simply say do it for a couple of days and see what you find. And because we've been doing this for so long, we can tell you that 95% of women who choose to track their macros for a couple days learn the same thing. And they are that they are eating too little protein. They are eating too much fat. They are excessively overeating and drinking evenings and weekends. They are under estimating the amount of calories in the sweets and treats that they're having. And breakfast and lunch are actually fine. It's 2 to 4pm onwards when the food spiral starts. So there, you don't have to track your macros, I just saved you some time. [Laughs]

JEN

And if any of these behaviors sound like you, then great news, because now you know where to start putting your energy and remember that you don't have to be perfect, but if nothing changes, then nothing changes. Alright, I think that's it. So now you know, the two ways that we address nutrition in Balance365 will help you become a more nutritious eater, but will also help you become a more regulated eater. And we would love to work with you. So if you're interested, get in coaching. Alright, thanks, everyone. Have a great day. Bye-bye.

ANNIE BREES

Hey everyone, if your mind has been blown while listening to this podcast, just wait until you work with us. Let us help you level up your health and wellness habits and your life

inside Balance365 coaching. Head over to balance365.co to enroll in next month's coaching round. See you on the inside.