

# Balance365 Episode 215 Transcript

ANNIE BREES (INTRO)

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 1000s 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.

ANNIE

Hi everyone, we're back with another live Q&A, where we are discussing appropriate calories, protein intake, eating until satisfied, habits to offset high cholesterol, and more. Don't forget, once a week Jen and I go live in our Facebook group, Weight Loss Without Restriction, to answer your questions. We hope to see you in there next week. But before we get started, I have an announcement to make: back by popular demand is our free workshop, "Cut the Crap: How to Simplify Weight Loss and Get Out of Your Own Way." The last time we hosted this workshop was six months ago and we had over 5,000 people attend. We'll be delivering a little real talk, a little tough love, but best of all in this workshop we really help you simplify weight loss, nutrition, and exercise. We want you to feel crystal clear on how to get your habits in line with your goals so you can stop spinning in circles with all the overcomplicated crap we know that fills your head when you think about weight loss. I promise this will change your life. You can find the link to register for this workshop at [balance365life.com/free-workshop](https://balance365life.com/free-workshop). We can't wait to see you in there the first week of May. Enjoy.

ANNIE

Welcome, if this is your first time here, happy to have you. Say hi. Feel free to tell us where you're tuning in from. Maybe what the weather is like. Jen, what's the weather like for you?

JEN CAMPBELL

It's kind of gray, but like warm.

ANNIE

Same.

JEN

Yeah.

ANNIE

Well, it...Yes. It's supposed to be like 60, I know that it's not Celsius, but it's supposed to be really warm this weekend.

JEN

That's great.

ANNIE

It is great. So it can get all muddy and the kids can go out and bring it in the house and then I can yell at them for not taking their shoes off at the door.

JEN

I, honestly, that is the thing I hate about spring is the mud that my kids bring in. And like soaking wet feet. And their shoes smell. And my kids don't, they do not wear rubber boots. They are past, they're too cool, that is, they're past those ages. And so they want to wear their running shoes outside.

ANNIE

Yeah, and then their running shoes are ruined.

JEN

Yes, it is a whole thing. I'm like spring just pass fast, please. [Laughs]

ANNIE

Yes. Okay, so welcome. This is our Thursday live Q&A, we have a handful of really great questions that we will do our best to answer as thoroughly as possible. Jen, are you ready to get into it?

JEN

I am.

ANNIE

Okay. The first one is all about protein. This question asker notes that there's a lot of conflicting information. Is a post-workout protein shake truly beneficial? Is one to one and a half grams of protein per pound of target bodyweight really necessary? Or is that just some bro science? What would you say?

JEN

So I would say that, like bottom line, biggest picture item is that the amount of protein that's right for you is the protein you will eat. And there's a range of protein that is probably ideal based on the person's body size, activity level and goals. But it's also a range, and 1.5 grams of protein per pound of target bodyweight, that's on the high end, I personally would not reach that. And depending on where you are looking, if you're looking through bodybuilding message boards, or you know...You know, it really depends on where you're looking. We recommend the [examine.com](http://examine.com) protein calculator all the time. And what I think is to actually look at about one gram, but even that's high.

ANNIE

Actually, this came up in our coaching group yesterday, I just shared the link for the Examine protein calculator again. And I thought, "Well, while I'm here, let me just plug in my information." And it had me at about, I think, a range of 100 to 120 grams of protein, which is considerably less than one to one and a half yams of protein per pound of body weight. I want to, as Jen said, the right amount of protein is the amount of protein that you'll eat, right? My worry in answering questions like this is always that people hear a goal and they think it's either that or nothing.

JEN

Yeah.

ANNIE

And truly like these are guidelines, these are recommendations. And if you're nowhere near that desired range, even increasing by five grams, a meal over the course of a week could make a huge difference.

JEN

Yeah. And also understanding that you can get that in like non-meat sources as well. So looking at all the foods that do have protein. And so for example, when I have a sandwich, I have, I know that there's protein in the cheese, there's protein in the bread that I make my sandwich with. I'm not like hyper-focused on meat or hyper-focused on you know, even supplements, although I do take a protein shake usually once a day. But there's protein in a lot of different foods. And just to be mindful of that. It is tough because giving nutrition guidelines and advice in a Q&A format, you don't know who you're talking to, and you don't know if they'll take your advice to the extreme. But a sensible guideline is a serving of protein at each meal, roughly the size of your palm. That will work out to around 30 ish grams of protein if you're choosing a lean protein and understand that if you are meeting your protein needs throughout the day, you don't need to do anything special after you work out, you know, this little window. And also understanding that a lot of what we read online could be meant for high-level athletes or bodybuilders. And they don't really apply to the general population. So just to also be mindful of where you get your information from.

ANNIE

Absolutely. So to recap, the overall daily intake of protein is more influential than when you're getting that protein. So if you're feeling really concerned with. "Oh, my gosh, I missed that hour window following a workout," don't worry, it's fine. You're okay. And while there might be some general recommendations, even if you aren't able to hit that consistently, an increase in protein can help mitigate muscle loss when you're in a caloric deficit, has tons of health benefits. So even just a slight increase can be beneficial.

JEN

And the impact on your hunger and satiety, right? So it is a game-changer for many of our members who increase their protein and start getting it to kind of some of these targets, these ideal targets. And so, but I like, think about this, when we use goal weight as the kind of the - [laughs]. We know one gram of protein per pound of goal weight, like if your goal weight is you

know, 180 pounds, like that's a lot of protein. That is a lot of protein. So, yeah, a better range might be 0.6 to one, and then looking at what you can hit in there. Yeah. I get about 100 grams of protein a day, and I have to have a protein shake in the day to hit that.

ANNIE

Same. Yep, my like, my minimum kind of baseline goal is 100 grams or more as well. And if I'm eating three meals a day, which I usually do, I also need some sort of additional Greek yogurt, cottage cheese, shake in there to hit 100 grams. Okay, next question. I need help with eating enough. I've been feeling depleted. And she's wondering if she's eating enough protein. She notes that she's been trying to add in protein, but the more protein she eats, the less hungry she is, and the less she eats in general. Sounds like this little catch 22.

JEN

Yeah.

ANNIE

So she doesn't want to force herself to eat, but she also wants to eat more balanced, what would you recommend?

JEN

Well, first of all, I do know, again, I'm going to come very like kind of high level first, and then we'll work our way inwards. I think that women can lack energy and, you know, feel a certain kind of way. And our heads automatically go to our nutrition. And of course, absolutely the way we eat can support us in feeling great or support us in feeling depleted as this, this person says, but there are so many different factors. So I also want to know, how's this person sleeping? Is it your nutrition? Or is it that you're sleeping five and a half hours a night? Right? So I want to look at your sleep. I think every woman needs to think about getting blood work done once a year, every six months, because things like iron deficiency are incredibly common in women. And so I want to make sure that we aren't giving people nutrition advice or guidelines that aren't really going to make a big impact because the big rock in the room is actually, you know, sleep, or like an iron deficiency or something where they truly do need to get like medical, you know, help.

ANNIE

Yes. So there might be, what I hear you saying Jen and I agree, is there might be a larger underlying cause -

JEN

For feeling depleted. Yeah.

ANNIE

Yes. And her appetite, and that's worth some investigation before just going straight to nutrition.

JEN

You know, and imagine being somebody with thyroid issues for years who kept thinking it was their nutrition and they actually needed to go see a doctor and get some blood work. I'm very prone to low iron. And so there is nothing that nutrition or caffeine are going to do for me when my iron is low, and nutrition can absolutely support getting your iron levels up, but that's a long game-like, you would be, you know, you really need to see your doctor and probably get on a supplement if your iron is low.

ANNIE

And I would also add stress management to that.

JEN

Stress management. Yes. So that's the other thing is your mental health can make you feel depleted. Like depression is very depleting.

ANNIE

Yeah, I mean, I always laughed as a kid, well not a kid, but a teenager, when people said, "Oh, I just when I get stressed, I lose my appetite." Now at 38. I'm like, "Oh, yeah." So look, consider all of those things.

JEN

Yes. So then as we come in more granular to a person's nutrition, look, I'll just say that I do find this difficult to talk about without coaching somebody and getting more details. So, I'll speak kind of generally here, but a balanced meal has protein, carbs, and fat. And within those carbs, we say there's like freggies, fruits, and vegetables, so very, like very fibrous carbohydrates. And then like, what I would call like energy carbs, that would be more your, your pastas, your bread, your rice, those types of things. And so sometimes we have to get granular on one of those components of a balanced meal, increase, decrease, etc, to find what works for us. But in general, a balanced meal will help you manage energy levels and hunger, and satiety between meals. And if you are getting, you know, enough protein and fiber in a meal, then usually typically, again, there's no rules. I don't want anyone to take this to the extreme, but it should get you, you know, probably four to six hours between meals, six would be a very long time, I think that you could get from one meal to the next. For me, it is probably around four hours, sometimes five. And so the protein shouldn't be to a degree that it's interfering with you not eating the rest of the day. And this person says that she's not consuming enough calories on the regular. So I'm curious there. What does that mean? Like, are you losing weight? Is that how you know that? Because if you are in a calorie deficit, then you'll be losing weight. And when you say on the regular, what does that mean? Is another big rock in the room that you have some chaotic eating habits going on? Where you don't actually, you're not actually consuming balanced meals on a regular basis. One day you are and the next day, it's just chaos.

ANNIE

I was thinking the same thing, Jen, you said it's hard to not coach in this conversation. Because I do feel like I need some more context and information to thoroughly answer this question. I had this same thought when she says, I need help with eating enough. What makes you think

you're not eating enough? Is your weight rapidly decreasing? Or is it this sensation of feeling depleted? Like how do you know you're not eating enough? Maybe you're eating enough. And as you said, it is connected maybe to one of those other issues. Or maybe your eating is just fine. Or balanced enough, most of the time, and you are having some chaotic eating periods, weekends, or evenings.

JEN

Yeah. And it can feel you know, it can feel terrible when your habits are dramatically different from one day to the next. Because you're not really eating in a way that can support you feeling good, like, habitually enough to get the real benefits of it before you swing back into chaos. And then you feel terrible again. So you know, I've been there where I have like a carb-filled day, I go from a cinnamon bun to a bowl of spaghetti to - and I don't feel good. And so I see this person focusing on protein like as either a solution or a problem, where I'm going to say, can you zoom out like a level and maybe it's not the protein, maybe it is more like chaotic eating habits. And nobody needs to have some perfectly balanced meal to get the benefits of balanced meals. Try balanced enough, right? Like balanced ish. The other Sunday morning, I had a cinnamon bun for breakfast with coffee. And I just had a minute where I was like, "You're not going to feel good if you eat the cinnamon bun and coffee for breakfast, you're not going to feel good. You're going to be feeling pretty blah in probably an hour and you're going to be hungry in two hours." So I added two boiled eggs to the side. So I got my carbs. I got my protein and I got my fat. And so just little shifts like that even, right? Little shifts. It doesn't have to be perfect. You can eat your cinnamon buns. [Laughs]

ANNIE

Yeah.

JEN

And sometimes I might just have a cinnamon bun and move on with my day and deal with not feeling that great and deal with being hungry again in an hour. That happens too. But you know, when I'm focusing on, "Hey, how do I want to feel later?" I'll usually add something to the side to make that more satiating.

ANNIE

Yeah. And I also want to note here that, she notes in her question that her protein intake can swing wildly, and maybe balanced ish and some more consistency with protein, or just balance in general could be helpful.

JEN

Yeah, and the other thing too, this is sort of another zoom out and think about this. Okay? I think people do know how to feed themselves, they get lost in the weeds, and they feel like they don't zoom out. You know, I can literally see these woman's children in her profile photo. So I can this person, I'm going to assume has children, you know, how to feed your children, you know, how to offer them balanced choices throughout the day. So if we were just to zoom out, get out of the

weeds of, you know, micromanaging little parts of your nutrition and go, "Am I offering myself the same opportunities to eat nutritiously throughout the day as I have my kids?"

ANNIE

Yeah, if you weren't you, what would you eat? [Laughs]

JEN

Yes. [Laughs]

ANNIE

You probably know a really good answer. Now, what gets in the way, is, as we've talked about many times, isn't necessarily always a lack of knowledge. It's our thoughts and beliefs.

JEN

Absolutely. Yeah.

ANNIE

Okay, you know what, I'm going to skip down a few questions, because I think that question is a good segue into another question we have about listening to internal satiety cues. This member notes, she's learning that her meals don't often last as long as she wants them to, which I know you just were talking about how much time in between meals you can get when they're balanced. She says she eats what she thinks is a satiating breakfast, and two hours later, she's noticing that she could eat lunch, "I eat lunch, and two hours later, I'm totally ready for a snack." She goes on to say that she can't shake the feeling that it should be enough. But then she gets super hungry over an hour before her next meal. "And I think, 'Gosh, maybe it's not.' So does this mean I need to eat more or more often?"

JEN

So I think that typically, when people are eating balanced meals and struggling with hunger between meals, there are two reasons, and one is their protein is just lower than they thought. So I would have a look at that. How much protein are you actually eating in the meal? And the other one can just be that the meal is too low calorie. So this is general recommendations that we make all the time, like, two big rocks for nutrition, focus on creating balanced meals, eat when you're hungry, and stop when you're satisfied. Right? Sounds simple, right? But some people will find...So if you're eating a high volume, lower-calorie meal, so you have tons of, you know, fruits and vegetables, say like tons of fibrous vegetables in there that are low calorie, and you've got some lean protein. Maybe not that much carbs and fat, like you're actually eating a really low-calorie meal. So you may walk away from that meal feeling full, even, like very satiated and full. But it's very low-calorie and you're going to be hungry again in a couple hours. I remember coaching a woman a couple years ago, who was like three months postpartum. So still very busy, very sleep-deprived, nursing. And she kind of had the same issue. And when I said, "Well, let's get a little more granular, like, what are you eating at these meals?" Well, she's eating very nutritious, low-calorie meals that are filling her up. But they're not sustaining because they're just low-energy meals. So I would look at those two things. And also, I would

encourage this person to explore their belief system a little bit here around, is it wrong to eat when you're hungry? Like my operating system is, it is never wrong to eat when I'm hungry. And so what is her operating system? That's more of a psychological solution here just around managing that hunger and questioning it. Like if you're hungry, you're hungry. If you have to go to the bathroom, you have to go to the bathroom. If you're cold, you're cold, like these are your body sending you signals. And like, we can choose to respond to them appropriately. And if we choose not to respond to them, then they often just get more intense, right?

ANNIE

Yeah. A few other considerations I would throw in there first, while this, she doesn't mention what her desired outcome is, if it's just some healthy habits, if it's weight loss, if it's weight maintenance, but she does know that her weight is fairly stable. So that would be a great indicator that she's eating at a maintenance level.

JEN

Right. Yeah.

ANNIE

She's eating enough to maintain her weight, right? What I would like to dig into more if she were in coaching is, she says, "I'm noticing I could eat lunch. I'm totally ready for a snack." There's a difference between I could eat and I'm hungry.

JEN

Yeah, that's a really good point. And I feel like I could eat every day at two o'clock, but I am not hungry. [Laughs]

ANNIE

I could eat all day long, pretty much. [Laughs] I see a lot of our members actually working through this. I don't know if it's just the synchronicity of the group or whatnot. But a lot of our members are getting more granular into specifically that their satiety and their hunger, they're getting into the difference of I have room for more food, and I'm satisfied.

JEN

Yeah.

ANNIE

As I've shared many times before, I was so accustomed to eating until there was absolutely no more, like I was physically ill, put me on a couch and leave me alone for a few hours sort of state when I would finish a meal. Walking it back to "I'm satisfied," my brain was like, "But I could. There's still more room."

JEN

Yeah.

ANNIE

"To fit food in here."

JEN

Yeah, "This is not what we do." [Laughs]

ANNIE

No, I am...And I identified that as hunger.

JEN

Yeah.

ANNIE

That was not hunger, that was just sitting with feeling satisfied.

JEN

Yes. And sitting with the discomfort of doing something different.

ANNIE

Yeah, like right now, I absolutely could eat if someone brought to me a yummy latte or a cinnamon roll. I'd be like, Yeah. I could definitely eat that. Am I hungry? No." There's a difference. Right? And so really getting a little bit more curious about the difference between, I could eat or, I'm ready for a snack or, a snack sounds good. Versus I'm hungry. Could be, could be really helpful.

JEN

Yeah, I used to be a grazer. And so when I was starting to shift my habits into more eating when I'm hungry and stopping when I'm satisfied, I would have similar feelings were I'm like, my brain's like, "Time to eat. It's that time again." Or you know, we walk through the kitchen. "Hey, we stop here. And we get handfuls of cashews. Don't you remember?" [Laughs] If my brain had its own personality.

ANNIE

I was just gonna say, "Is that what your brain sounds like?" [Laughs]

JEN

Yeah, "Doo doo doo." Anyway. [Laughs] So, I can totally connect with what you are saying here, Annie, because I remember just that sitting with that discomfort of going...My brain telling me it's time to eat, my stomach is telling me and it's not time to eat. And I'm, there's some tension here. There's a tension between my stomach and my habit brain, is what was going on. And learning to sit with the discomfort of that, that, "Oh, okay, this is just a habit I have. And that's why my brain is telling me to eat right now. I'm not hungry, and I'm going to delay it." So yeah, I think that was an amazing point to make.

ANNIE

Yeah, I mean, yes, of course, it was. [Laughs]

JEN

Thank you. Hair flip.

ANNIE

Go on, go on. Okay, rolling right into, these link so well, altogether. Another question. We released recently a podcast about smaller framed women and weight loss goals. Some considerations to make. It was a, it was a great episode, we can link that in the show notes for people. But. this woman asked that, her goal is to maintain, and she doesn't really weigh herself. She feels good about where she's at. And the size she is. But she's looking at the calories of her food intake. And she's feeling like that seems like a lot for a smaller framed person. What she says. So I think she's a little bit confused about, is that too much for me, or is that enough? What does she need to do? What are your thoughts?

JEN

Yeah. So we talked about this before we started recording, and I like what you have to say about it, is that it's like, the bigger question is, is there a problem here? And so this happens, okay? No shame on the person who asked, we are so used to questioning our nutrition choices, that sometimes we create problems when there are no problems. And so I hear somebody who is, her goal is to maintain her weight, she feels like she's at a very comfortable body weight. She sounds like she enjoys her habits. And she's happy with the results. And so I would say like, what's the problem? Right? And like, do you even need to look at your caloric intake? Because it sounds like you're eating the right amount of food for your body.

ANNIE

I think if anything from this small glimpse into her life, what I would tease out as the only potential problem is that she maybe has some thoughts or judgment, feelings, about what her overall calorie intake is.

JEN

Yeah. And what people need to understand, this might be sort of a higher-level piece of knowledge people need here, is that if you are maintaining your weight, you are eating the exact right amount of food for you, the exact right amount of calories for you. Obviously, that could be different from one day to the next. But overall, over the course of a week, you meet your caloric needs almost perfectly, right? Without counting it. So it's like just a, just a shout out to our bodies here.

ANNIE

Which includes some days you under eating because you overeat. So when we zoom out it like all comes out in the wash.

JEN

You know, that's normal eating. And that's what a lot of people are, that's where they're trying to get to. And so hooray, like, pat yourself on the back, you're there. If you are gaining weight, then you are in a caloric surplus. If you are losing weight, you're in a caloric deficit. And you know that, you know, Balance365 isn't all about calorie or macro counting. But the calories or macros, they exist, whether we look at them or not. And so that's a way to gauge if you are eating more, or eating less, or eating the exact right amount of calories for your body.

ANNIE

I had this conversation with a coaching member this week. She's a former calorie and macro counter trying to navigate learning internal cues, hunger, and satiety. She's feeling very disconnected to her hunger and satiety and also doesn't have a whole lot of trust in her ability to honor those, so we came up with a game plan for her and that is going to include periodically checking in with calories to affirm that she's on the right track, right? Just, I said, it's like bowling with guardrails.

JEN

Yeah.

ANNIE

Right? That helps ease some of the overwhelm for her, which is great. But I warned her, I said, there probably will come a time, when you're going to look at the calories, you're gonna look at what your body is telling you, and they aren't going to be in alignment. And in that moment, you might be inclined to follow the advice, quote, unquote, of the calorie count over your own body. So what that could look like is, "Whoa, that's a lot of calories. I need to eat less." But your body is feeling like, "I'm good. I feel very, I feel satisfied. Not over full, I'm not hungry." Or, "I have more to eat. My calorie allotment quote, unquote, is more. And I didn't eat that. So maybe I should just eat more, because I can, even though you're not hungry."

JEN

Yeah, yeah.

ANNIE

And that's where it kind of gets tricky is like, what's the barometer? What's our like lighthouse?

JEN

Yeah, and this reminds me of what we have touched on, is that super high-level nutrition strategies that you know, athletes or bodybuilders use, that the general population is trying to use, and it doesn't work, it doesn't work in real life. And so I was an obsessive macro counter for a while, quite a while. And I had a lot of those situations happen, where, and actually, I was very disconnected from my body from so many years of dieting. So I can empathize with that feeling of like, I can't just go from macro counting to nothing. I can't, it feels like I -

ANNIE

It was like a free fall.

JEN

- just jumped out of a plane, and I'm free-falling to Earth. But I was also part of, you know, different Facebook groups with macro counters. And there's like a collective hysteria about hitting your macros in a day and like, what can I do to get four grams of protein but I don't need any more fat? And you know, like, it was just, it's like, "Oh!" Like, does the general population have to worry about this? No, they do not. If you're a bodybuilder or a high-level athlete, then maybe, then that is a consideration for you, like hitting your protein goals, and you know, carb goals, for sure, high-level athletes. And so, but the general population really doesn't need to worry about these types of things. And so I really love that point. I think that building trust will include starting to, you know, back away from what your macro targets are telling you, and tiptoeing towards what your body is saying,

ANNIE

Yeah, and it sounds like, based off of this question, she has every reason to trust herself. She's maintaining her weight. She feels good. Her calorie tracking reflects her own experience in her body. So, you know -

JEN

So great.

ANNIE

Might be able to let that go.

JEN

Yeah. And to even just practice, like, if, macro counting is tough for you. Like, take a few days off, see how that feels. Then go back to it. Then take a few more days off. See how that goes.

ANNIE

Yeah, yeah, you can just dip your toe.

JEN

Dip your toe.

ANNIE

Okay, last question. nutrition advice to lower cholesterol. It runs in the family. So I'm looking for suggestions.

JEN

You know, to lower your cholesterol, if your cholesterol is high, because it may run in your family, and you may not have high cholesterol. It is honestly just healthy eating patterns. So you might want to look at lowering your saturated fat level, which typically comes you know, from meat and dairy, like high-fat dairy, high-fat meats, you may want to look at getting more fruits and vegetables, healthy fats, whole grains, you know, like probably all the sensible advice that

you read out there. You may want to increase your exercise, also very helpful. You may want to look at stress management, and sleep habits as well. So lots of the basic, you know, lifestyle change advice we would give to anyone will be great for somebody trying to lower their cholesterol. But the other thing I wanted to say here is, if you have been diagnosed with high cholesterol, too, first of all, no shame in that medicine game, right? That's what it's there for. Let's use it. And you can use that in conjunction with lifestyle changes. Because the reality is, some people, if it runs in your family, the tough thing is some people are not going to be able to control some of these different health markers with lifestyle changes alone. So an example is, my husband has been on blood pressure medication since he was early 30s. And his dad was on it at the same time and his dad has been on it his whole life, my husband will likely be on it his whole life. He has a, you know, he's a healthy eater. He exercises, he's a healthy body weight. And without medication, he would have high blood pressure. And that can be a sticky point for some people. I think they'd like to believe they could manage it with lifestyle, but sometimes we have to, we have additional considerations, genetics, etc, that have to be dealt with. And second is that if your doctor has diagnosed you with high cholesterol, it might be helpful to get a referral to a registered dietician from your doctor and go over things with a registered dietitian.

ANNIE

Fun fact, I had high cholesterol in college.

JEN

Really?

ANNIE

Yes.

JEN

What do you think that was about? It's interesting because you were an athlete, everything.

ANNIE

Yes, I remember walking into the doctor for my physical, came back to review lab work and stuff sometime later. And she had no idea who I was, at the time I was a college athlete, and she recommended getting 30 minutes of exercise a day and I thought, "Okay -"

JEN

[Laughs]

ANNIE

- "I am well beyond that." She did make some dietary recommendations and I really just, on a very personal note, I'm not suggesting anyone does this, but I just kind of zoomed out and I thought "Okay, what's my biggest source of high cholesterol that I am consuming right now?" And it was honestly like high-fat cheeses.

JEN  
Yeah.

ANNIE  
So I just, without like overhauling everything and panicking, I just simply opted for lower fat or just left cheese off if I, if it wasn't bothersome.

JEN  
And your cholesterol went down.

ANNIE  
Yeah, yeah, it was fine.

JEN  
Yeah, see?

ANNIE  
It's not, it's certainly not that simple and easy for everyone but yeah.

JEN  
So yeah, and we're working with somebody in our, one of our members right now was diagnosed with high cholesterol several months ago. And so she did see a dietitian and is working with us on the recommendation of lowering her saturated fat, which is a pretty common recommendation for those with high cholesterol, if your saturated fat is high, and taking, you know a habit behavior change approach to lowering lowering her saturated fat, and you know, she's full of curiosity about it. So she has a real growth mindset. And it's been a really almost fun experience for her to do this. And she feels very empowered. And also just, a note on like mindset towards lifestyle change, like you know, not "This is the worst," but you can do it, and you're taking care of yourself and that's so wonderful and beautiful, and have a look, like have a look at your overall nutrition. And what is it that you could change?

ANNIE  
And even maybe just changing a few things could have a big impact.

JEN  
Yeah, for sure.

ANNIE  
Yeah. Okay, that was it. That was a large group today. That was fun. I enjoyed it. Thank you everyone. We will see you next week.

JEN  
Thanks everyone.

ANNIE (OUTRO)

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 on over to [balance365.co](https://balance365.co) to join coaching.