Disclaimers

- Ever-changing recommendations
- Information overload
- No miracles
- Time vs Health
Human Performance

- From businessdictionary.com

  “HP is accomplishment of a task in accordance with agreed unpin standards of accuracy, completeness, and efficiency”

- From human physiology

  Optimising energy, quality of energy

- The old and new paradigms: **Time vs Energy**
Topics for today

- Sugar, Glycaemic Index
- Superfoods and Supermeals
- Water
- Alcohol
- Portion size
- Snacks
- Eating out – what to choose
- The Great Myths of food and dieting
Sugar rush

- Calories vs Nutrients
- Food and mood
- Glycaemic index (GI)
- Fast food. Hidden sugar
Why do we crave high-fat, high-sugar foods?

Can we do anything about it?
Superfoods, supermeals?
Will they transform us into superheroes and supermodels?
Superfoods

- Nuts and seeds
- Beans and grains
- Dried fruits
- Cherries and berries
- Green leaves
- Herbs
Superfoods

- Seaweed
- Fish
- Eggs
Supermeal

Breakfast
Water and Alcohol

When to drink?
What to drink?
Hangover
Portion distortion
Portion sizes have been growing. So have we. The average restaurant meal today is more than four times larger than in the 1950s. And adults are, on average, 26 pounds heavier. If we want to eat healthy, there are things we can do for ourselves and our community: Order the smaller meals on the menu, split a meal with a friend, or eat half and take the rest home. We can also ask the managers at our favorite restaurants to offer smaller meals.

For more information, visit MakingHealthEasier.org/TimeToScaleBack
Snacks

Keep on a distance
Packages
What to choose?
Bring your own
Watch out for sugar
Snacks

- Berries
- Mixed fresh fruit
- Veggies (cucumber, broccoli, carrots)
- **Instant oats**
- Dried bananas, apples
- Yoghurt
- Rice cakes and crackers
- Nuts, soy nuts
Eating out – what to choose

- Choose plain rice over flavoured/fried rice
- Avoid dishes with coconut cream or coconut milk.
- Reduce gravy intake
- Order soup-based dishes
- Corn tortilla chips instead of regular potato chips (lower in calories, fat and salt, higher fibres and GI)
- Salsa dips instead of sour cream: less fat and calories. They also contain tomatoes and onions (antioxidants, such as lycopene and inulin)
Almonds and pistachios instead of peanuts and cashews: almost same calories, however, lower saturated fat and higher amounts of heart-friendly monounsaturated fat

When ordering pizza, choose the thin-crust variety with a tomato base
Myths about food

Myth 1: Diet soda helps to loose weight
Myth 2: Snacking causes weight gain
Myth 3: Water during the meals is bad for digestion
Myth 4: It’s healthy!
Myth 5: Carbs and weight
Myth 6: Negative calorie foods
Myth 7: Crash diets
Myth 8: Potatoes vs rice
Myth 9: Some like it hot
Myth 10: Fruit should be eaten on an empty stomach
GRANOLA BARS

**Prep time, total: 15 mins**

Healthy, no bake granola bars with just 5 ingredients and a sweet, crunchy texture. Peanut butter and honey complement each other perfectly in this ideal portable breakfast or snack.

**Ingredients (10 bars)**

- 1 cup packed dates, pitted *
- 1/4 cup honey or sub maple syrup
- 1/4 cup creamy salted natural peanut butter or almond butter
- 1 cup roasted unsalted almonds, loosely chopped
- 1 1/2 cups rolled oats (gluten free for GF eaters)
- optional additions: dried fruit, nuts, banana chips, vanilla, etc.

**Instructions**

1. Process dates in a food processor until small bits remain (about 1 minute). It should form a “dough” like consistency.
2. Optional step: Toast your oats in a 350 degree oven for 15-ish minutes or until slightly golden brown. Otherwise, leave them raw.
3. Place oats, almonds and dates in a bowl – set aside.
4. Warm honey and peanut butter in a small saucepan over low heat or in microwave. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
5. Once thoroughly mixed, transfer to an 8x8 dish or other small pan lined with plastic wrap or parchment paper so they lift out easily.
6. Press down until uniformly flattened. Cover with parchment or plastic wrap, and let set in fridge or freezer for 15-20 minutes to harden.
7. Remove bars from pan and chop into 10 even bars. Store in an airtight container or in a freezer.

**Notes**

*If your dates don’t feel sticky and moist, soak them in water for 10 minutes then drain before processing. This will ultimately help hold the bars together better.

**Nutrition Information** for 1 bar

- Calories: 217
- Carbohydrates: 31 g
- Sugar: 19 g
- Fiber: 4 g
- Protein: 6 g
- Fat: 8 g
- Saturated fat: 1 g

*Recipe by Minimalist Baker at https://minimalistbaker.com/healthy-5-ingredient-granola-bars/*