



Food Fundamentals Webinar Notes

Processed foods vs. whole foods

- <http://www.nytimes.com/2013/02/24/magazine/the-extraordinary-science-of-junk-food.html>
- <https://www.theguardian.com/commentisfree/2017/aug/29/food-addiction-processed-drugs-addictive>
- <https://www.healthline.com/nutrition/18-most-addictive-foods#section5>

Mindset shifts

Giving up the dream - Living in the middle - Change self before others - Blood sugar yo-yo

Food Label Three-Step Process

1. Read labels
2. Compare brands
3. Choose the least amount of sugar & artificial ingredients

Become Google savvy:

"5 ingredient healthy slow cooker meals"
"15 minute healthy dinners"
"What do I do with zucchinis"
"Healthy chicken slow cooker recipes"
"Meatless protein sources"

Your Notes:

Apps:

Yummly
MealBoard
Mealime
Spoonacular
Eat This Much
AnyList
Cozi
LaLa Lunchbox

Websites:

CookSmarts
100 Days of Real Food
Straight Up Food
EatRight.org
The Whole 30
Nom Nom Paleo
Youtube cooking channels
Pinterest

Final Thoughts:

- Small changes add up
- Spend time researching and planning
- Be willing to experiment and fail