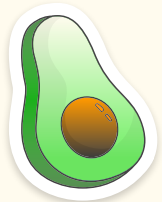


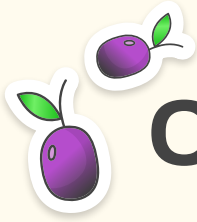


# Build a Balanced Plate for a Strong & Healthy Body

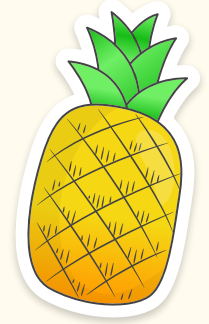
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Rachel Everett, MCN, RDN, LD





# Overview



01

## Healthy Plate

What are carbohydrates, protein & fat? How do we build a plate with them?

02

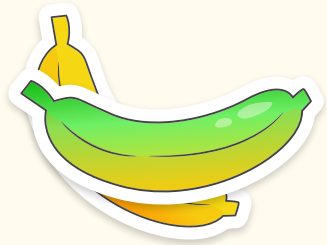
## Smoothie time!

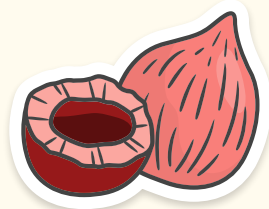
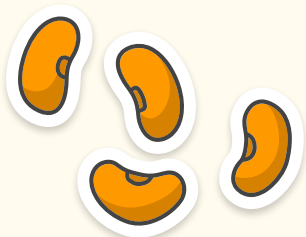
Help me build a healthy and delicious smoothie

03

## Gut Bugs

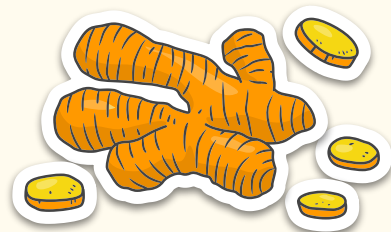
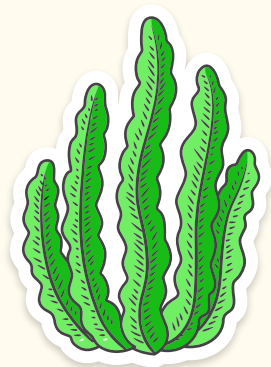
What are gut bugs? Why are they important and how to we protect them?

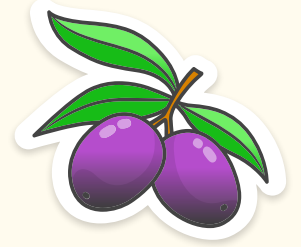
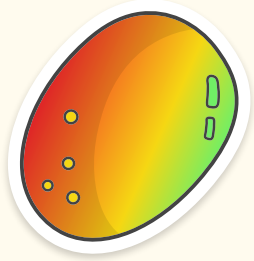




# Healthy Food

What do you think of?

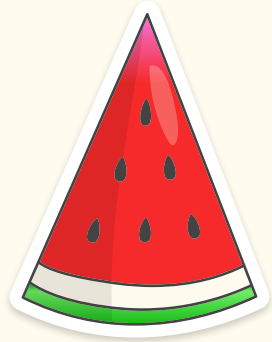




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Why is it important to  
eat healthy foods?

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# 01

## We are God's Masterpiece & Temple

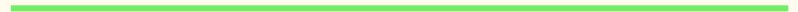
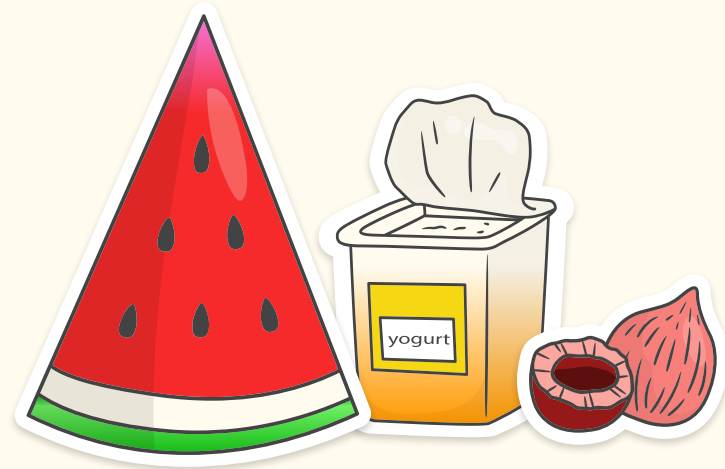
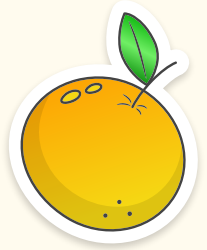
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Ephesians 2:10; 1 Corinthians 3:16



# Ephesians 2:10

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.



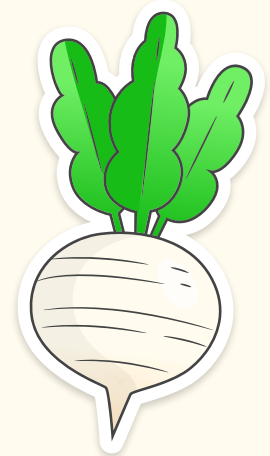
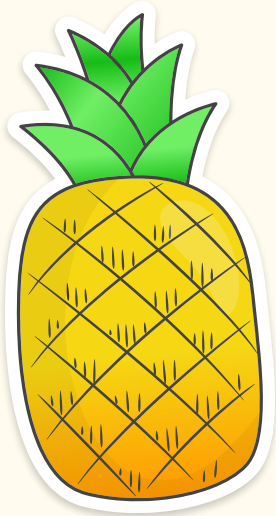


# 1 Corinthians 3:16



Do you not know that you are God's  
temple and that God's Spirit dwells  
in you?

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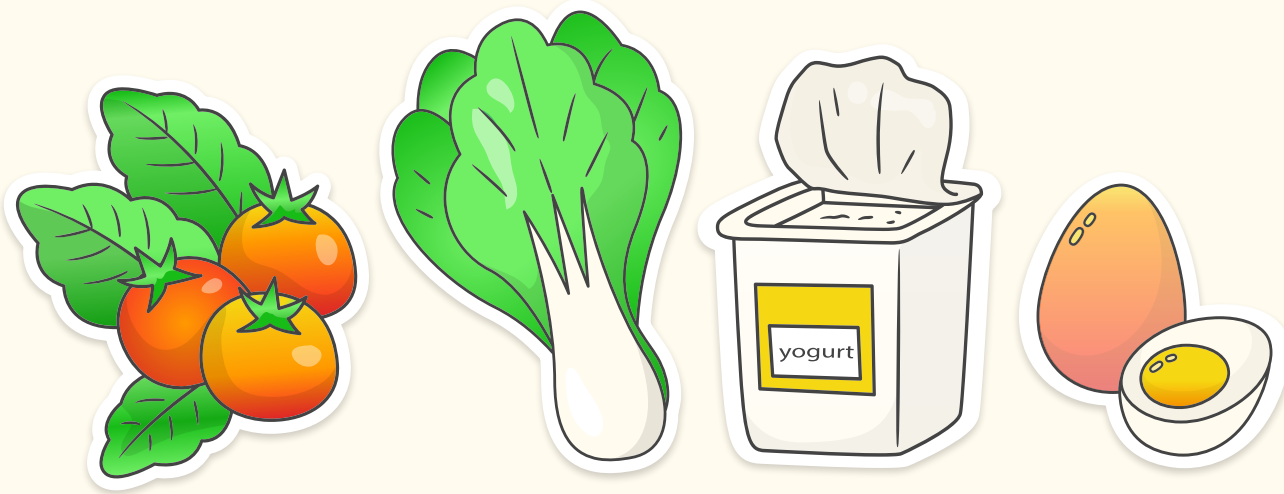


# 02

## Healthy Bodies

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We are what we eat!



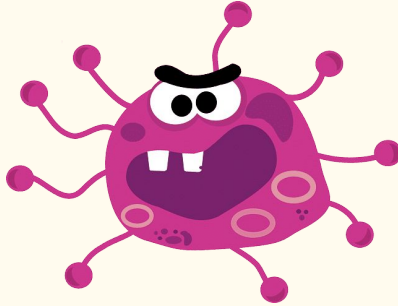




# Healthy Food = Healthy Bodies



**Energy & Build  
Muscles**

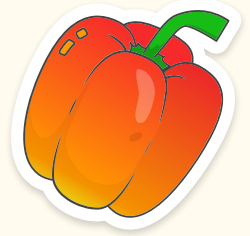
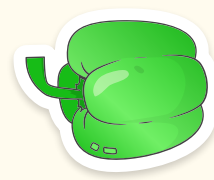
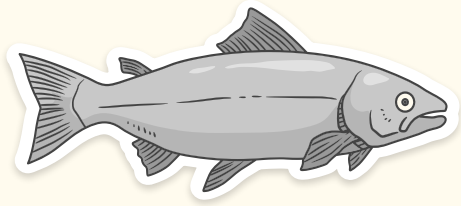


**Fight Sickness**



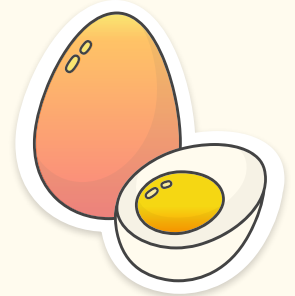
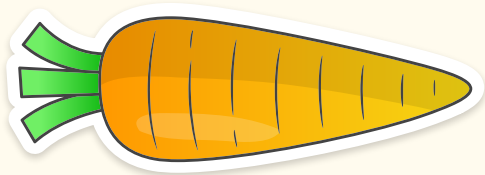
**Smart Brains**

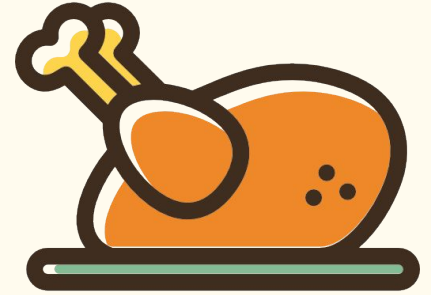
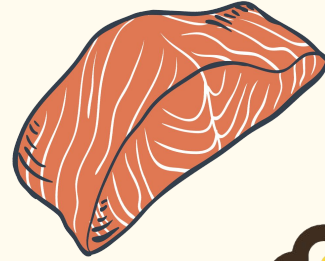
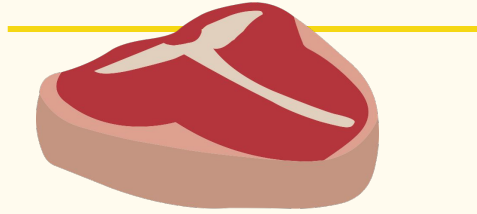
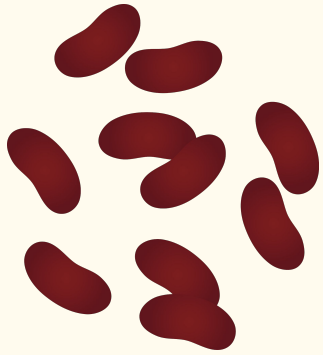
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# Macronutrients

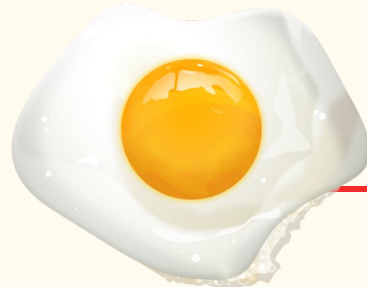
Carbohydrates, Protein & Fat





# Protein

Builds muscles and heals wounds





# Carbohydrates

Gives our body energy. Our brains and bodies prefer carbohydrates to give us energy to think and run!





# Empty Carbohydrates

Refined and Processed. Doesn't give the body lasting energy and they have little to no nutrition.

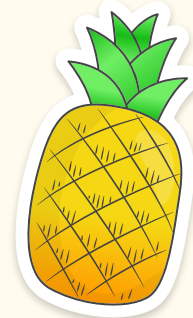




# Healthy Fat

Helps us absorb vitamins, important for brain development, and helps us to feel satisfied!





# Bastyr **Healthy** Plate



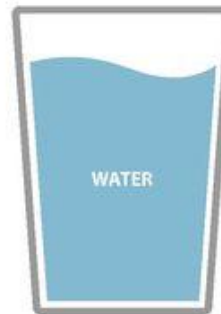
## FRUITS

Consume a variety of fruits each day with meals, snacks or as a healthy dessert choice.



## WHOLE GRAINS & STARCHES

Include high-fiber whole grains such as brown rice, quinoa, oats, whole grain breads and pastas or starchy vegetables like sweet potatoes and squash. Limit refined grains: white rice, white breads and pastas.



## VEGETABLES

Fill your plate with a variety of raw and cooked vegetables. Include at least one green vegetable and one other color of vegetable with every meal.

## DIGESTIVES

Fermented foods such as sauerkraut, yogurt, miso, tempeh, kimchi, apple cider vinegar, kombucha, kefir and lacto fermented vegetables can aid in immune function, digestion and support the normal flora of the digestive tract.

## HEALTHY FAT

Includes fats from whole foods such as avocado, nuts, seeds and fatty fish. Use cold pressed oils such as olive and sesame for dressings and marinades and olive oil, coconut oil and butter for cooking and baking.

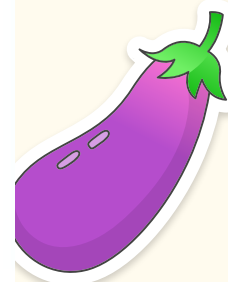
## PROTEINS

Include a variety of healthy plant proteins such as legumes, nuts and seeds, and animal proteins like fish, poultry, eggs and dairy. Select organic, free-range or grass-fed animal proteins when possible.

**BASTYR CENTER**  
FOR NATURAL HEALTH

*the teaching clinic  
of Bastyr University*

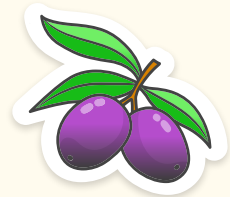
[www.BastyrCenter.org](http://www.BastyrCenter.org)





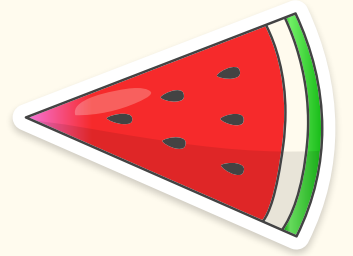
**Eat the Rainbow!**





Let's make a  
**colorful**  
smoothie!

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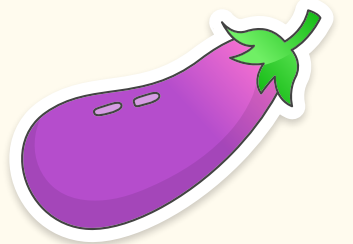


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# 03

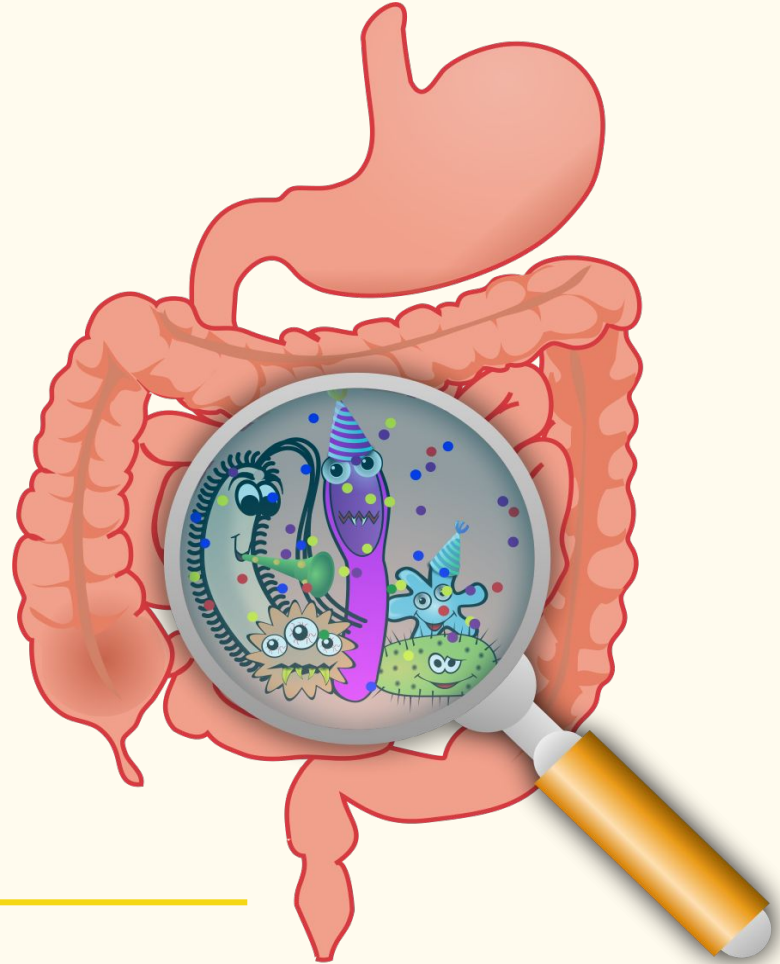
## Gut Bugs

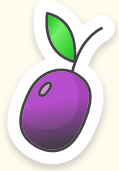
Let's explore our gut  
microbiome



# What is the gut microbiome?

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# The gut microbiome



**10x**

The number of microbial cells in the human gut than in the whole body

**100 trillion microbes**

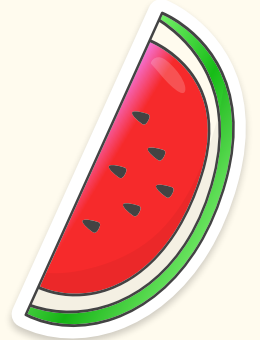
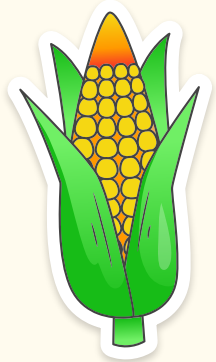
Made up of bacteria, fungus, yeast and other microscopic organisms

**5,000 species**

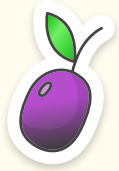
Most common species include Bacteroidetes, firmicutes, actinobacteria, and proteobacteria

**5 pounds**

All those microorganisms combined weigh up to 5 pounds!







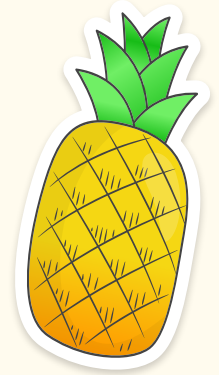
# Role of the Microbiome

## Good mood

Produces the body's feel good hormone - serotonin

## Vitamin K

Important for blood clotting

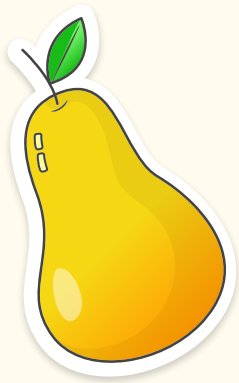


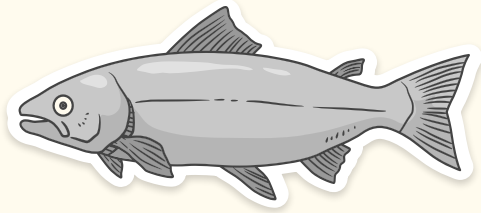
## Immune System

Fights sickness and disease

## Healthy Digestion

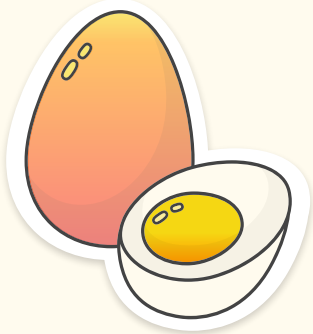
Helps break down fiber and influences appetite





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Eating a **balanced plate** and a **variety** of plants will create the environment for a healthy microbiome to thrive



What is **one** thing  
you plan to do to  
take care of your  
microbiome?

