



FOUR PILLARS: Nourish

Thank you to Perri Bernard, Registered Dietitian, for taking the wheel this week.



The four pillars are: rest, center, NOURISH and move. This week, we will cover nourish.

Nourish: Food is fuel, emotional, comforting, cultural, connection - honor and balance it

New: Learn to listen to what your body and soul are truly craving

Expect level: Write your body a note of appreciation and come up with new ways to appreciate it

The definition of nourish is “to give a person, animal or plant the food and care that they need to LIVE, GROW and BE HEALTHY”. If you nourish a feeling, belief, or plan, you think about it a lot and encourage it. Nourishing your body can give you more energy, stamina, strength, and JOY.

Nourishing your body means eating the foods that give you the most natural fuel: whole, fresh, unprocessed foods that provide you with the nutrients you need to be your best YOU. Learning to choose nutrient rich foods that provide vitamins, minerals, complex carbohydrates, proteins, fats and fiber can be one of your superpowers.

Cultivating a healthy relationship with food, mind, and body is vital to a positive, sustainable eating plan. Nourish means making food choices that honor your health, infuse cultural and comforting options for your tastebuds. Make “enjoyment” a top nourish goal and remember that it is progress not perfection that counts as you begin your Nourish journey.



Author Michael Pollan sums up healthy eating in a way we can aspire to live:
“Eat Food. Not Too Much. Mostly Plants.”

Begin incorporating these nutrition goals into your Nourish journey:

- When possible, eat items that are closest to their original form
- Make peace with food: build a healthy relationship with it, dumping the diet mentality and allowing yourself to enjoy eating a variety of nutritious foods and some that soothe your soul, some that connect you to cultural roots, allow you to celebrate
- Become a Nutrition Sleuth by learning how to read labels and find reputable sources

Activity: Food is for nourishment, but also cultural/celebratory purposes:

Fully describe a nutritional meal:

10/10 healthy

1/10 healthy

What are examples of your favorite *cultural meal and/or birthday meal*?

What are examples of your *soulful/emotional comfort meals*?



Myths and Facts about Foods and Nutrition

Myth: High fat foods are always unhealthy

Fact: Your body needs some fat from food. Fat is a major source of energy and helps you absorb nutrients and is essential for muscle movement and blood clotting. Some fats are healthier than others. Good fats include polyunsaturated and monounsaturated. Bad ones include industrial made trans fats, saturated fats should be limited to under 10% of your daily calories. Consuming good fats in moderation can improve heart health and help your body absorb vitamins A, D, E, and K. Healthy fat choices include plant oils, walnuts, avocados, fish, and seeds that all provide you with healthy fats.

Myth: Carbs are bad for you

Fact: Carbohydrates are our body's main source of energy. There are complex and simple carbohydrates. Simple or refined carbs are quickly digested and can cause your blood sugar to spike and cause inflammation. These include sugars and processed grains like white rice, flours, pasta and breads. On the other hand, complex carbs contain fiber and/or protein, and are more slowly digested so give you energy for a longer time. Aim for 40-50% of your daily calories coming from carbohydrates. Choose nutrient rich complex carbohydrates such as brown rice, whole grains, oats beans and lentils, etc.

Three SMART goals for nutrition:

1. I will see food as fuel and energy, aiming for four servings of fruits and vegetables most days. I'll start with the ones I am comfortable with and work up to dark green vegetables (kale, spinach, broccoli) and fruits and vegetables rich in Vitamin C and beta carotene (carrots, citrus, berries, sweet potatoes) to maximize health benefits.
2. I will start noticing then reading and then learning about Nutrition Facts labels on the processed foods I eat. This information will help me make informed decisions about the foods I choose to eat. I will learn to pay special attention to the serving size, added sugars and number of ingredients. [Why](#)
3. I will start to track my nourishment habits to learn when I am hungry and stop eating when I am comfortably full. I will consider this goal a success when I do not let myself get over-hungry (hangry). I will honor my hunger and learn to give my body what it seeks for fuel and joy.. I will learn about the concepts of Intuitive Eating. [Why](#)

Team Meeting Discussion



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1. *What did you learn this week?*
2. *How can a meal be technically 'unhealthy' but healthy for our well-being?*
3. *How will this change the way you approach how you nourish your body?*

and remain curious about how to foster an inclusive environment, we are all humans first.

Management Tip



We are all ingredients to a meal

As a Manager, we have similar goals for each team member. When we look at each team member as an ingredient to say a pizza, we can approach this a bit differently. What is your team's special sauce?

Perhaps the Admin on the team is the crust, without them, we would not be pizza. We are the tomato sauce, others are the cheese, and other toppings that make our product stand out from the competition.

This week, as your team what pizza topping they would be, it will likely give you a fresh perspective.