

Nutrition Question of the Week

1. What is tougher for you: nutrition or fitness?
 - a. If you are struggling with nutrition or staying consistent with the other pillars of health (stress management, mindset, sleep, daily movement), consider investing in nutrition and health coaching. Our expert nutrition coaches work with you 1:1 to create a plan that's realistic for you and keep you accountable to that plan.
2. What's your favorite way to eat veggies?
 - a. If you struggle with texture, try using an air fryer or roasting veggies for a crispy flavor.
3. How do you stay active on the days that you aren't in the gym?
 - a. Staying active on the days you aren't in the gym is a vital part of overall health.
 - b. One simple strategy is to go for a 10-15 minute walk after meals (improves digestion and mood, lowers blood sugar, and increases alertness)
4. What is your favorite treat?
 - a. We all love our treats, but we can counteract all the hard work we put in during the week with one really bad day.
 - b. If you want a little something, have a treat once a week, reset, and move on.
5. If you have logged your food in the past, what was your least favorite part about it?
 - a. When working with a nutrition coach, you might take photos of your food so that your coach can provide feedback to ensure you are eating enough and it's balanced.
6. What's one healthy habit you are looking to start?
 - a. Optimal health isn't just about what you eat or going to the gym a few hours a week. Don't forget about sleep, daily movement, stress management, and mindset.
7. What's one healthy habit you are nailing right now?
 - a. If you are struggling to stay consistent, consider slowing down to speed up your progress by only focusing on one thing at a time.
 - b. When focusing on one thing at a time, you are 80% successful in maintaining that one thing. When focusing on two things, it's a less than 30% success rate and less than 5% success rate when focusing on three things.
8. Rate your nutrition A to F during the week and A to F on the weekends.
 - a. The weekend is 43% of the week. Don't counteract all of your hard work by going ham on the weekends. Consistency is the driver of results.
9. What's one food that you thought was healthy and realized it wasn't as great as you thought it was?
 - a. Food and beverage companies are allowed to make big claims on the front of a food box (Great source of (insert vitamin or macronutrient), low or reduced claim), but that doesn't mean that it's balanced or a healthy option.
10. Do you read nutrition facts labels before purchasing a new food at the grocery store? What about ingredient labels?
 - a. Take a second to look at not only the nutrition facts label but the ingredient label

when buying foods at the store.

- b.** Fun fact with ingredients label: The first ingredient listed is the most abundant in the food product. For instance, if sugar is the first thing listed, there would be more sugar than any other ingredient in that food product.
11. How much added sugar is recommended per day? How much does the average person consume per day?
 - a.** Recommended amounts: 9 teaspoons men (36 grams) and 6 teaspoons for women (24 grams)
 - b.** 4 grams sugar in one teaspoon
 - c.** Average American consumes 150 pounds per year; breaks down into over 40+ teaspoons per day.
 - d.** Overconsumption of sugar is one of the leading causes of chronic disease today (diabetes, heart disease, fatty liver, dementia and Alzheimer's, etc)
12. What is your go-to carb for lunch?
 - a.** Carbohydrates are our source of energy, cutting carbs completely out of your diet will make us tired and not able to perform well.
 - b.** Try to stick with low glycemic fruits that are high in fiber and low in sugar! Some examples of this would be: quinoa, oatmeal, berries, apple, black beans, brown rice, bulgur
13. What is your go-to protein for lunch?
 - a.** Protein is an important building block to our body. Our body uses protein to build and repair tissues. In addition, protein will fill you up faster and keep you satisfied longer.
 - b.** Protein can also be a source of fat such as red meats and pork.
 - c.** Try to stick with lean sources of protein include chicken, fish, and eggs
14. What did you eat for breakfast today?
 - a.** Breakfast is the most important meal of the day.
 - b.** A balanced breakfast consists of protein, carb, and a healthy fat.
 - c.** Try to steer clear of the processed breakfast cereals that are loaded with sugar and carbs.
 - d.** Check out the egg muffin, protein pancake and amish oatmeal recipes on the Healthy Steps Nutrition website! ☺
15. What did you eat before your workout today?
 - a.** A combination of protein and carbohydrates will give you enough energy to endure a workout. It will also replenish your body after the workout.
 - b.** Before a workout: try a low sugar greek yogurt or small smoothie
 - c.** In a rush- get a applesauce puree pouch
16. What are you eating after your workout?
 - a.** Just like pre workout, a combination of protein and carbohydrates will replenish your muscles after a workout.
 - b.** Try a ratio of 3:1 carbs to protein within 30 minutes after working out to absorb nutrients and replenish your glycogen stores
 - c.** A mix of coconut water with your favorite protein powder should do the trick.
17. What are you sipping on throughout the day?
 - a.** While juices sound healthier because it comes from a fruit, they are loaded with

additional sugars. Some of them have as much as 20 grams of added sugar per cup, which is about as much as a can of soda.

- b.** Try adding a piece of fresh fruit like lemon or a veggie like cucumber to your water for a refreshing beverage!

18. What have you had to drink so far today?
 - a.** Although many “liquids” contain water, it is important to consume mostly water throughout the day
 - b.** Beware of all the zero calorie drinks that are loaded with artificial ingredients
 - c.** Water plays an important role in weight loss and it aids in the digestion and absorption of nutrients
 - d.** Drink about 80oz of water per day

19. Do you drink coffee and what do you put in it?
 - a.** Coffee creamers that are labeled “non-dairy” use fat to mimic the “cream” aspect.
 - b.** Many coffee flavorings are added sugar, corn syrup and food coloring.
 - c.** Coffee creamers will boost the calories in your almost calorie free coffee.
 - d.** “Specialty coffees” from starbucks can contain upwards of 65-80 grams of sugar per drink! That’s 18-20 teaspoons of sugar!!!!

20. What is your favorite snack?
 - a.** Snacking will help prevent overeating at meal times later in the day.
 - b.** Try pairing all macronutrients (protein, carbs and fat for a balanced snack)
 - c.** Great examples: triple zero yogurt with 1 tsp nuts, hummus and turkey roll ups, apple with hard-boiled egg

21. What is your favorite protein bar?
 - a.** Many “healthy” bars are loaded with sugar or artificial ingredients. Just like snacks, you want to have a bar that has a good balance of protein and carb
 - b.** Try the Perfect Bar Mini – it has the right balance of protein, carb, and healthy fats.

22. What’s your favorite protein flavor?
 - a.** Whey protein is the gold standard for building lean muscle mass.
 - b.** Make sure when you are looking at your ingredients label there isn’t a bunch of artificial ingredients or additives.
 - c.** Protein + carbs are recommended within 30 minutes of your workout. Liquids or solids are recommended.
 - d.** **Insert protein that you carry at your facility!**

23. Did you bring anything with you to have after your workout today?
 - a.** After working out mix your favorite protein powder with coconut water or almond milk for the best results. Whey protein is the gold standard for building lean muscle mass!
 - b.** You have a 30-minute window to replace glycogen stores to help with recovery and replenishment!
 - c.** Bring something with you to have immediately after the workout- or try.....
 - d.** **Insert: post workout that you carry at your facility!**

24. How much water did you drink today so far?
 - a.** Water plays an important role with performance, recovery and achieving weight

loss goals.

- b. Try to drink at least 80 ounces of water per day!
 - c. Don't like the taste of water? Try infusing with fresh fruit or mint!
25. How much sleep do you get on a typical night?
- a. Sleeping a "full" 8 hours gives your body time to recover and reset your hormones
 - b. Ghrelin- the hormone that makes you hungry is increased when you don't get an adequate amount of sleep
 - c. Leptin- the hormone that makes you satisfied is decreased when you don't get adequate amount of sleep
 - d. Cortisol- your stress hormone is increased when you don't get adequate amount of sleep
 - e. To summarize, you are hungrier, more stressed and less satisfied with what you are eating when you don't get adequate sleep!
26. What is your go-to local restaurant for lunch or dinner?
- a. Average restaurant meal contains over 1200 calories.
 - b. American, Chinese and Italian meals averaged 1495 calories!
 - c. When eating out try to stick with the plate method (1/2 plate veggies, 1/4 lean meat and 1/4 whole grain/starch)
 - d. **Draw attention to any restaurant partners!**
27. What are you eating when dining out?
- a. restaurant portions are twice as big as what you should be eating and there is added butter and cream to enhance flavors – which will most likely cause you to eat way more than you should, if not the whole thing.
 - b. ask for a side salad with oil and vinegar to start
 - c. have a side of vegetables instead of bread, pasta, or fries
28. How often are you dining out?
- a. a. It is important to stick to your meal plans and eating out often will not help you achieve your goals
 - b. f you are meal prepping as discussed, dining out will also cause you to waste some of the food you already prepped.
 - c. a. If dining out is a necessity due to work meetings or a festivity, try having vegetables as your side and do not overeat
29. What is your favorite smoothie ingredients?
- a. Although fruit is good, too much of a good thing can cause us to have excessive amounts of sugar!
 - b. When making a smoothie- try got stick with one serving of fruit
 - c. Low glycemic fruits ideal (strawberries, blueberries, peach)
30. Do you take any supplements?
- a. Fruits and vegetables have the best bioavailability for vitamins and minerals.
 - b. If you are taking a supplement- try to purchase a liquid or powder over a pill that contains binders and fillers
 - c. Supplements aren't regulated, many might not contain exactly what the label says
31. Have you ever made your own juice? If so, what did you put in it?

- a. Juicing can be a great way to sneak in veggies
 - b. Beware it takes about 6 apples to make one cup of juice, would you ever eat 8 apples in one sitting?
 - c. If you are making juice, try to do 75% veggies and just one serving of fruit
32. Do you consistently meal prep? If so, what do you prep?
- a. Try using a muffin tin or crockpot to help you portion
 - b. Meal prepping will help you set yourself up for the week
 - c. Try taking 2 hours on Sunday to prep some staples
 - d. Go to recipes: pulled chicken, meatloaf muffins, egg muffins
33. Do you crave sweet or salty?
- a. Salt and sugar are addictive foods
 - b. Sugar 8x more addicting than cocaine
 - c. The more you have the more you crave!
 - d. If you crave sugar- try using cinnamon, it hits the same taste buds as sugar without the addiction! ☺
34. How many times a day are you eating?
- a. It is recommended to eat 5-6 times per day depending on how long your day is. Try to do 3 meals + 2-3 snacks
 - b. Every 3 hours is ideal to help stabilize your blood sugar and prevent you from overeating later in the day
 - c. For main meals use the plate method and combine $\frac{1}{2}$ of your plate with veggies, $\frac{1}{3}$ of protein, and $\frac{1}{3}$ of starch
 - d. Balance your snacks with a combination of protein and carbs
35. What is your favorite nut?
- a. Nuts are packed with healthy fats and fiber
 - b. Although they are packed with healthy fats, they are still fats and high in calories, so beware of portion sizes
 - c. Nuts to focus on: almonds, walnuts, pecans (high in omega 3s)
 - d. Try replacing saturated fats such as those found in meats and high fat dairy products with plant based fats from nuts
36. How often do you eat fish?
- a. Fish is a great source of Omega 3 Fatty Acids which helps fight inflammation and important for optimal brain function
 - b. Wild caught over farm raised will be higher in overall nutritional value and omega 3s
 - c. To your pregnant athletes - eat fish low in mercury and consult with your doctor regarding how often he/she recommends you to eat fish
37. What's your go-to breakfast meal?
- a. Many convenient breakfast options are high in carbohydrates, sugar and not very balanced.
 - b. Try to prepare some good breakfast options on sunday to help you start your day off on the right foot
 - c. Go to breakfast options: egg muffins, protein pancakes, amish oatmeal
38. What's your go-to lunch meal?
- a. Try to balance out your plate with a source of protein, carbs and healthy fat

- b.** Try using the 3 compartment containers to help keep you on track with the right portions
 - c.** Salads might not always be the best option if they are loaded with added fat from cheese, croutons and dressings
 - d.** Load up on non-starchy veggies (broccoli, carrots, green beans, asparagus, cauliflower etc)

- 39. What's your favorite vegetable?
 - a.** Different colored veggies give you different vitamins and minerals
 - b.** Preparation methods can change the taste- you might like a vegetable prepared one way but not the other
 - c.** For instance- cauliflower makes a great substitute for mashed potatoes or rice

- 40. What's your favorite summer fruit?
 - a.** Berries are a great choice because they are loaded with vitamins, minerals and fiber as well as low in sugar!
 - b.** Melons- especially watermelon is high in sugar so beware of the portion sizes when consuming watermelon

- 41. Are you measuring your food?
 - a.** Alongside a food tracker, knowing how to measure your food is key to staying on track.
 - b.** . You should have measuring cups, spoons, and a scale in your kitchen to achieve proper portion sizes.

- 42. How long before going to bed do you have your last meal?
 - a.** Eat your last large meal no later than 2-3 hours before heading to bed.
 - b.** If you are up later than that, try an easily digested snack.
 - c.** Going to bed overly full will not only prevent you from having a good night sleep, but it will also cause you to wake up less hungry which will likely cause you to skip breakfast.

- 43. What is your favorite summer drink?
 - a.** Summer is here and BBQ invitations will be happening more often. Beware of the sugary alcoholic drinks. A Pina Colada contains 31 grams of sugar.
 - b.** Beers are now labeled "light" beer as they contain "less" carbs, but after 2 beers, you just consumed at least 200g of carbs.
 - c.** Try flavored sparkling water or adding a piece of lemon to your glass of water.

- 44. How often do you cook?
 - a.** We emphasize the importance of meal prepping, but what happens when you are not cooking your own meals?
 - b.** It is important to cook your own meals and stay consistent with it – that way you know exactly what's in your dishes and can prevent the added butter, oil, and sugar that will enhance flavor, but will boost calories

- 45. Can you eat too much fruit?
 - a.** The USDA recommends about 2 cups of fruit each day. Fruit is a carbohydrate and should be about 40% of your daily calories. So even though fruit is good for our bodies, you can always eat too much of a good thing!
 - b.** Benefits:
 - i.** Eating fruit provides the body with many important vitamins and minerals

such as vitamin C which is a great antioxidant!

- ii. Eating fruit is a great source of fiber which helps us to manage our blood glucose levels and keep our digestive tracts healthy and efficient.

46. How much caffeine is too much?

- a. The recommended amount of caffeine that is safe for adults is no more than 400mg each day. Did you know a regular cup of coffee contains about 95mg?
- b. Be mindful of your beverage choices and reach for things without caffeine or added sugar.
- c. Choose water first (60-80oz/day)

47. What is 'clean eating'?

- a. Most of us described clean eating as having fruits, veggies, proteins, and whole grains. While "clean eating" is very popular and something we should aim for, we should also put emphasis on a more balanced, sustainable approach to reaching our goals (call to action)

48. Name a fermented food (talk about probiotic/gut health)

- a. Options: Kefir, sauerkraut, tempeh, natto, cheese, kombucha, miso, kimchi, probiotic yogurts.
- b. Fermentation helps to increase the shelf life of food and has many great health benefits associated with improved digestion, immunity, weight loss, and more.

49. Are artificial sweeteners better than sugar?

- a. This is actually decided based on weight. 15mg/kg of body weight. So a person who weighs 150# can safely consume 1020mg per day.
- b. Some people may experience side effects including: headache, mood swings, increased appetite, possible changes in microbiome.
- c. Aim to incorporate naturally sweet foods as a treat such as fresh fruit!

50. How much protein should you eat in a day? (any macro and point to hand portion guide)

- a. You should aim to have about 30% of your daily intake as protein. A great way to measure is by using the plate method (1/2 plate non starchy veggies, 1/4 lean protein, 1/4 starchy carbs) or buy consuming 1-2 palms of protein depending on your gender and goals.

51. How much caffeine do you think you drink each day?

- a. About 95mg/cup of regular coffee
- b. Starbucks pike roast has 360mg
- c. Diet coke has 46mg
- d. Energy drinks 300mg
- e. Recommendation is less than 400mg/day

52. Which of these drinks has the most calories? 12oz beer, 12oz soda, 5oz red wine

- a. Beer comes in first at 153 calories. Twelve ounces of cola comes in second at 136 calories, and five ounces of red wine typically has 123 calories.

53. Name 2 foods that are a good source of fiber

- a. Whole wheat, barley, chickpeas, edamame, lentils, fruits, veggies, chia seeds...

- b. Benefits: Keeps us regular, helps manage blood glucose, lowers cholesterol, keeps us fuller for longer.
 - c. Men should aim to have 30-38 grams of fiber**
 - d. Women should aim to have 21-25grams of fiber**
 - e. Specific recommendations vary based on age
54. What is the recommended amount of vegetables you should have each day? How often do you hit that amount?
- a. 2.5 cups of vegetables each day
 - b. Variety is important! Color equals function, so eat the rainbow!
 - c. Benefits: provides us with great fiber, vitamins, and minerals, provides volume to meals, and keeps us fuller for longer!
55. How do you practice self care?
- a. Practicing self care each day is a great way to manage stress and find progress towards our health and wellness goals. The best part about self care is it doesn't need to look a certain way or take a certain amount of time.
 - b. Here are some great self care activities: Going for a walk, meditating, journaling, reading, stretching, practicing positive affirmations, working out, talking with a friend/family members, etc.
 - c. Self care can be a 1 hour massage or maybe its just taking a few minutes to be mindful of your breathing.
56. What time do you have your last cup of coffee?
- a. The half life of caffeine is 10 hours! So, if you have your last cup of coffee around 2pm it may still be affecting the quality of your sleep until midnight! If you enjoy the ritual of drinking coffee, switch to decaf in the afternoon. If you drink it because you need energy, schedule a time to talk with our nutrition coach to dial into why you may be feeling tired and build an actionable plan to help fuel for your best!
57. How do you prepare for bed?
- a. Sleep hygiene is defined as "behaviors that one can do to help promote good sleep using behavioral interventions"
 - b. Sleep plays a HUGE role in our overall health and wellness
 - c. Not happy with your sleep? Here are 4 tips:
 - i. Set a consistent sleep/wake cycle- even on the weekends!
 - ii. Practice a digital detox each night
 - iii. Create a clean and calming environment for sleep and only use that environment for sleep if possible
 - iv. Refrain from large meal and/or meals/snacks higher in sugar before bed
58. What does meal prep look like for you? Bulk prep for the week? Prep a few days? Prep as you go?
- a. Contrary to popular belief and what instagram influencers will show you, meal prep doesn't have to look one certain way. Some of us don't mind eating the same thing every day which makes bulk prep a fruitful endeavor. Others need more variety which means maybe only prepping a few meals at a time or cooking an ingredient like crockpot chicken that can be transformed into many different meals throughout the week may be a better fit.
 - b. Working with your nutrition coach to build an individualized plan is a great step to finding your perfect prep plan.

59. What meal is your LEAST consistent and why?

- a. If you struggle with “X” meal, this next week, let’s intentionally plan for it. Be sure to check out the recipes on our page for great meals the whole family will love
- b. Focus on getting lean protein, starchy carbs, and non starchy veggies.
- c. Suggest your favorite recipe:)

60. Does your weekend nutrition look different from your week day nutrition? Tell us about it!

- a. Friday through Sunday is 43% of your week! So if you aren’t staying mindful over the weekends you are inhibiting progress. We want to push balance which means, YES have your favorite beverages, meals, and snacks but incorporate them mindfully throughout the week for a more sustainable plan!