



Balance Sheets & Balanced Diets

Presented by Sarah Stroup, MS, RD, LDN

Nice to meet you!



Sarah Stroup, MS, RD, LDN

Santé Nutrition, LLC - Owner

Allara Health - Clinical RD

 Charlotte, NC





How many of you...

Feel like you don't
have time for exercise

How many of you...

Feel dependent on
caffeine to get
through the day

How many of you...

Want to make healthy
changes, but feel
overwhelmed about
where to start

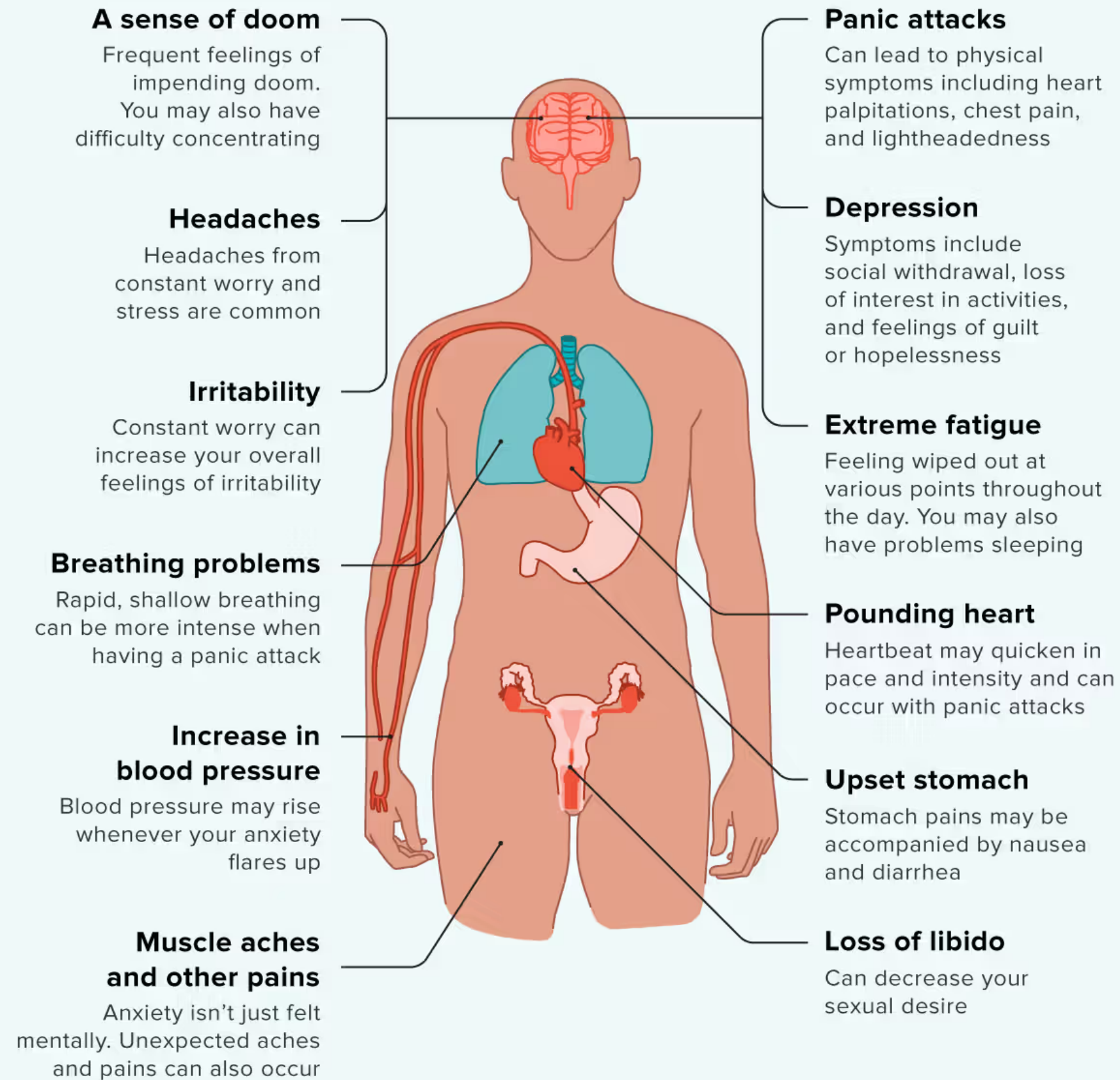






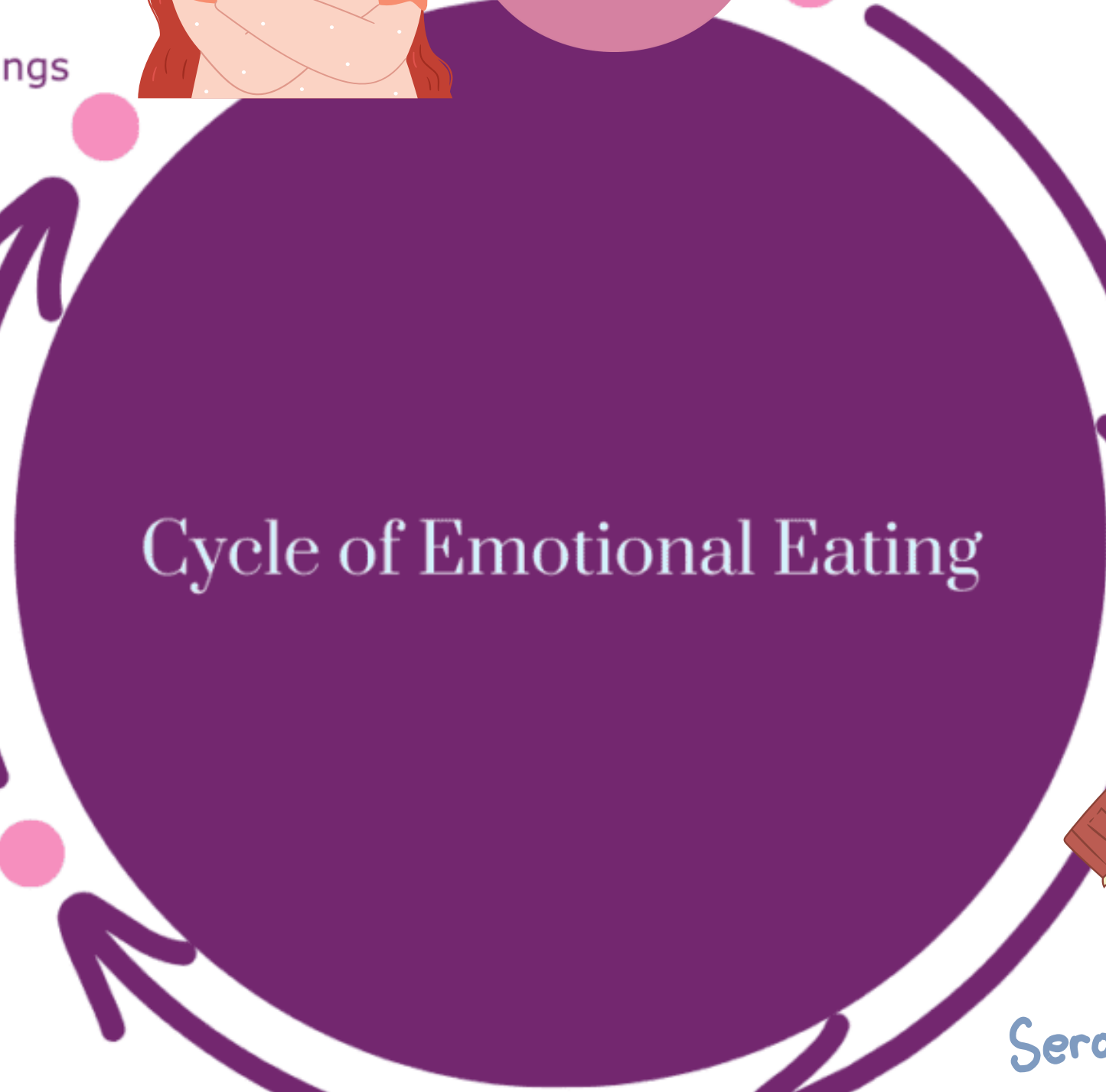
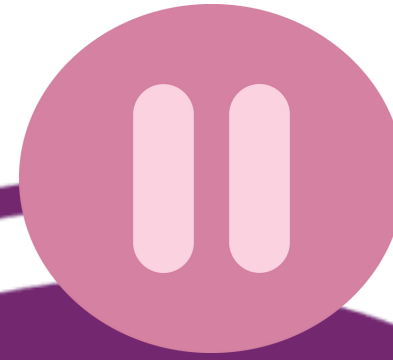
Stress & Your Body

EFFECTS OF ANXIETY ON THE BODY





Negative feelings arise

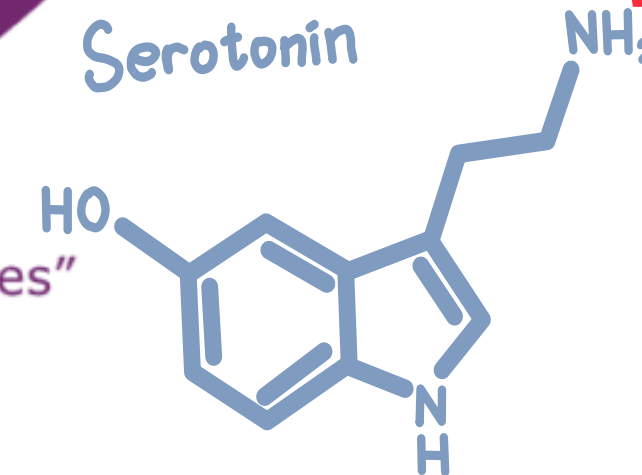


Cycle of Emotional Eating

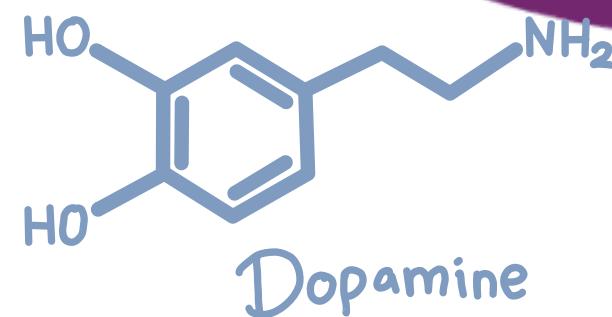
Reach for "comfort food"



Serotonin



"Feel good hormones" released



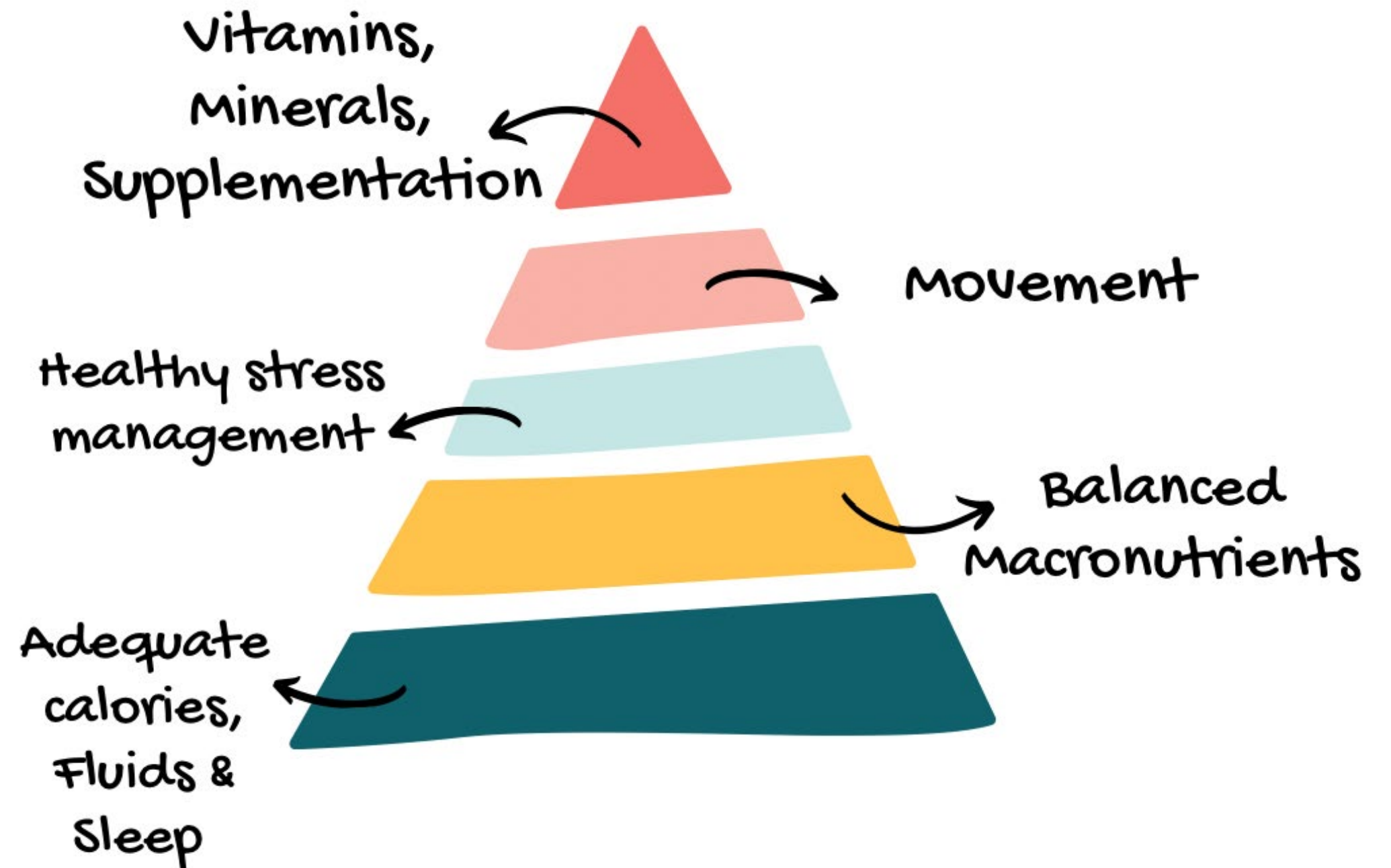
"Temporarily" feel better

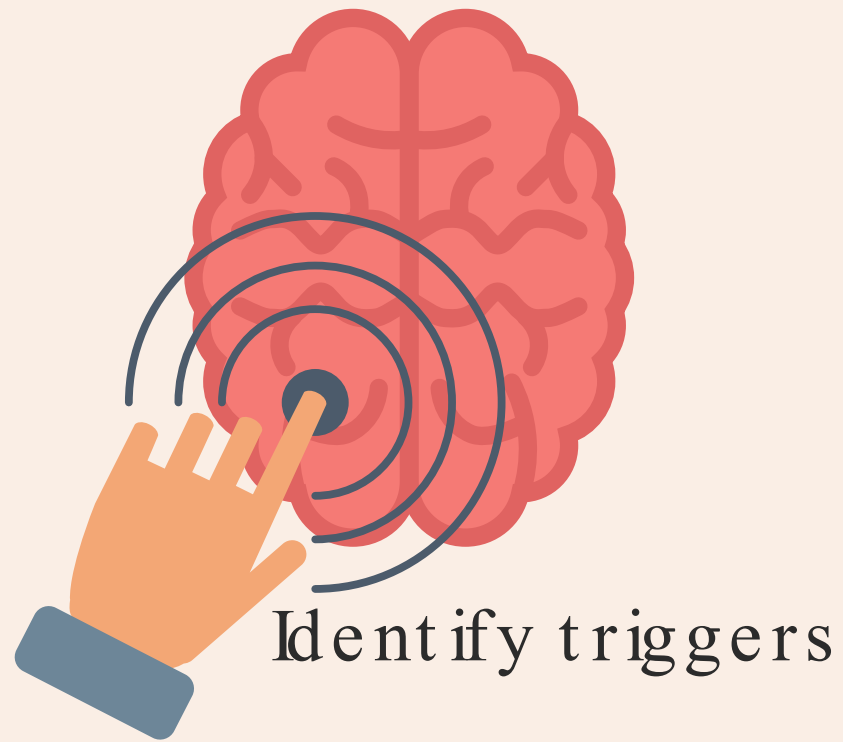
The background features abstract, organic shapes in muted blue, soft pink, and a thin gold line. The text is centered over these shapes.

Nutrition Basics

Where do I start?

Looking at this list, what feels accessible to prioritize first?





Identify triggers



Mindful Eating



Eating Regular Meals



Manage Stress

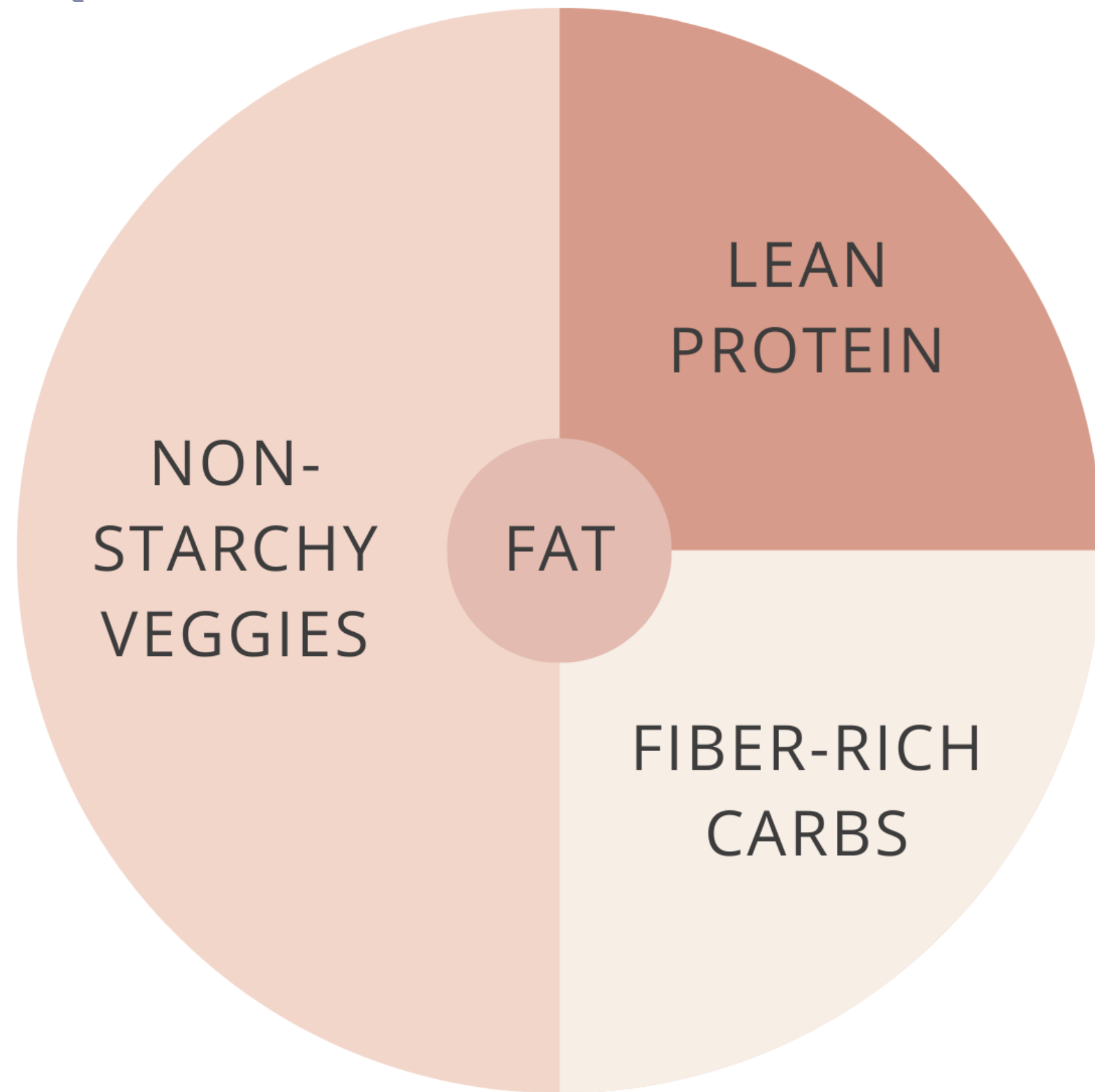


Therapy / Healthcare Providers



Practical Nutrition

Setting yourself up for success



The Plate Method

How to add balance to meals and snacks

Eat a variety of healthy foods each day

**Have plenty of
vegetables and fruits**

Eat protein foods

**Make water
your drink
of choice**



**Choose
whole grain
foods**

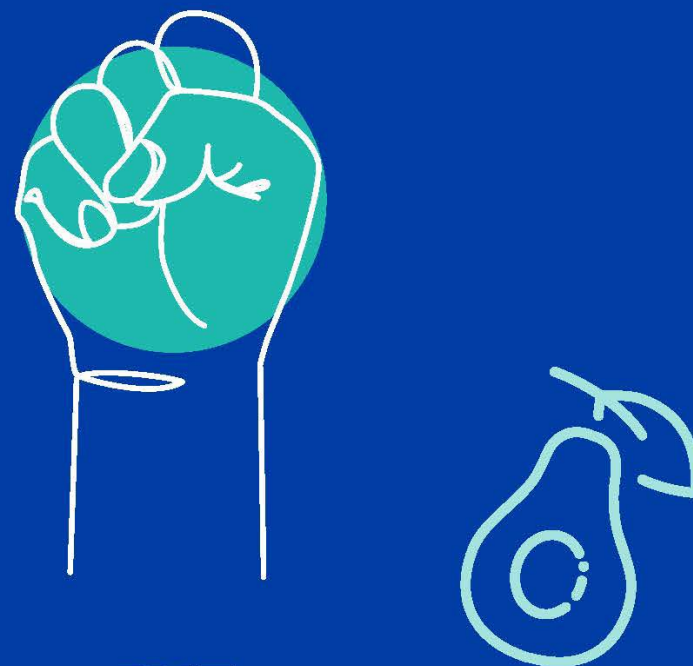
The Plate Method

How to add balance to meals and snacks



– TWO HANDFULS –

Salad serve. Raw veggies and leafy greens.



– FIST –

Ideal for fruit, cooked veggies, wholegrains, rice, pasta.



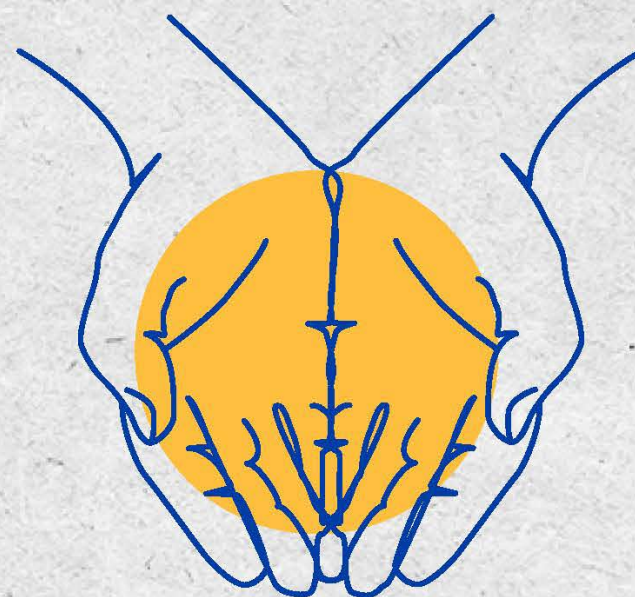
– PALM –

A serve of tofu and tempeh, as well as meat alternatives.



– CUPPED HAND –

A snack of nuts or trail mix
A portion for soft cheese.



– TWO CUPPED HANDS –

Perfect for chickpeas, beans and other legumes.



– THUMB –

For extra virgin olive oil.

– FINGERTIP –

For other fats - a tsp olive oil, canola oil, margarines or spreads.







Eating for Energy



Hunger ensues

Blood sugar drops, may notice stomach growling, irritable, tired

Eating a snack/meal

Blood sugar starts to rise as carbs are broken down

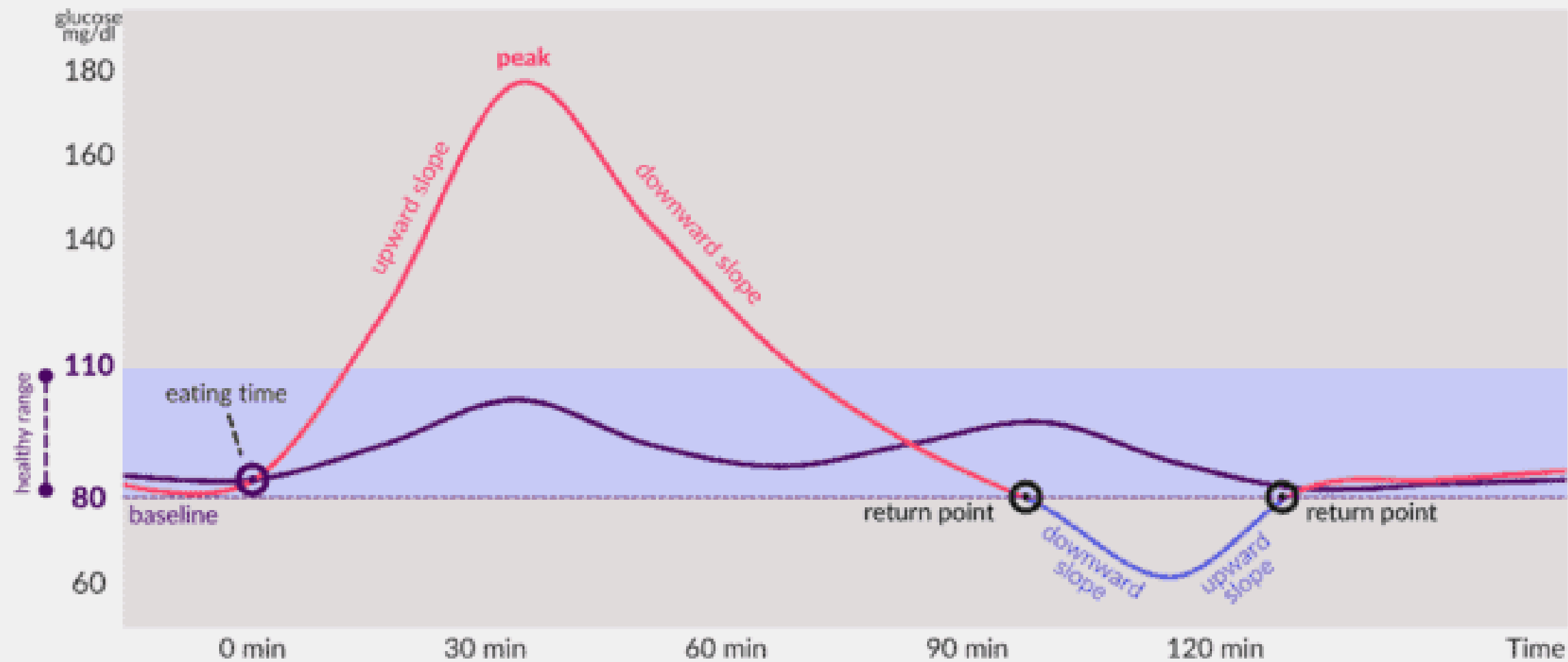
Energy peaks

Blood sugar peaks 1 -2 hours after eating - when you feel most energized!

Back down to normal

Insulin is released to lower blood sugar, getting back to baseline levels

Post-meal blood glucose response explained



Health effects

Short term

- ↓ energy
- ↓ focus
- ↓ hunger
- ↓ mood

Long term

- ↑ oxidative stress
- ↑ glycation
- ↑ inflammation
- ↑ weight gain

Short term

- ↑ cravings
- ↑ energy intake

- Fluctuating glucose curve
- Upward curve
- Downward curve
- Stable glucose curve (stays within healthy range)



Caffeine

Dos & Don'ts

Caffeine

Aim for <400 mg daily



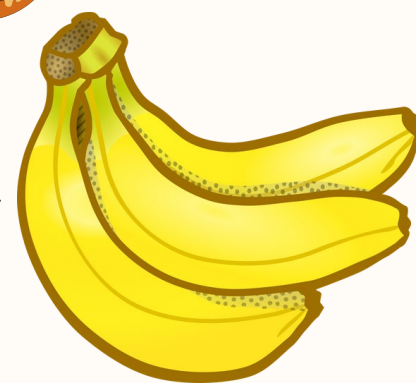
Choose natural sources
of caffeine



Do



Eat a snack or meal
before your jolt



Switch to decaf 6 hours
before bed



Drink caffeine on an
empty stomach



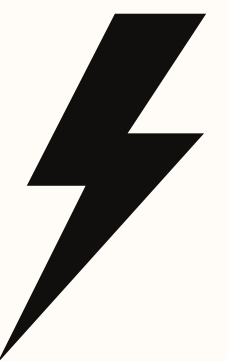
Sip on caffeine
constantly throughout
the day



Don't



Rely solely on caffeine
for energy





Alc o h o l

Striking a balance



Light Beer

14 oz
4.2% ABV



Regular Beer / Seltzer

12 oz
5.0% ABV



Craft Beer

10 oz
6.0% ABV



Aperitif

5.5 oz
11% ABV



White Wine

5 oz
12.0% ABV



Red Wine

4 oz
15.0% ABV



Liquor (80 Proof)

1.5 oz
40.0% ABV

*ABV = Alcohol by volume

Drinks to Choose



Tequila or Vodka
Soda with Lime



Red Wine



Light Beer



Margarita w/
Fresh Lime Juice



Vodka Martini

Drinks to Limit



Piña Colada or
Blended Cocktails



Craft Beer



Espresso
Martini



Hard Cider



Travel



Travel Snacks - Protein

- Wonderful [Pistachios](#) – multiple flavors, shelled
- [Chomps](#) Beef Sticks
- [Archer](#) Beef Sticks
- Protein Bars – [Barebells](#), Macrobars, IQ Bars
- Trail mix packs – [Omega](#) Mix from Costco, Pumpkin Seed Blend from Trader Joe's
- [Justin's](#) Nut Butter Packs
- Dried [Edamame](#) Snacks



Travel Snacks - Fiber

- Trail mix packs – [Omega](#) Mix from Costco, Pumpkin Seed Blend from Trader Joe's
- Dried [Edamame](#) Snacks
- Marinated Artichokes on the go – Trader Joe's
- [Gutzy](#) Packs
- Mama Chia Packs
- Fresh fruit – apple, pears, oranges

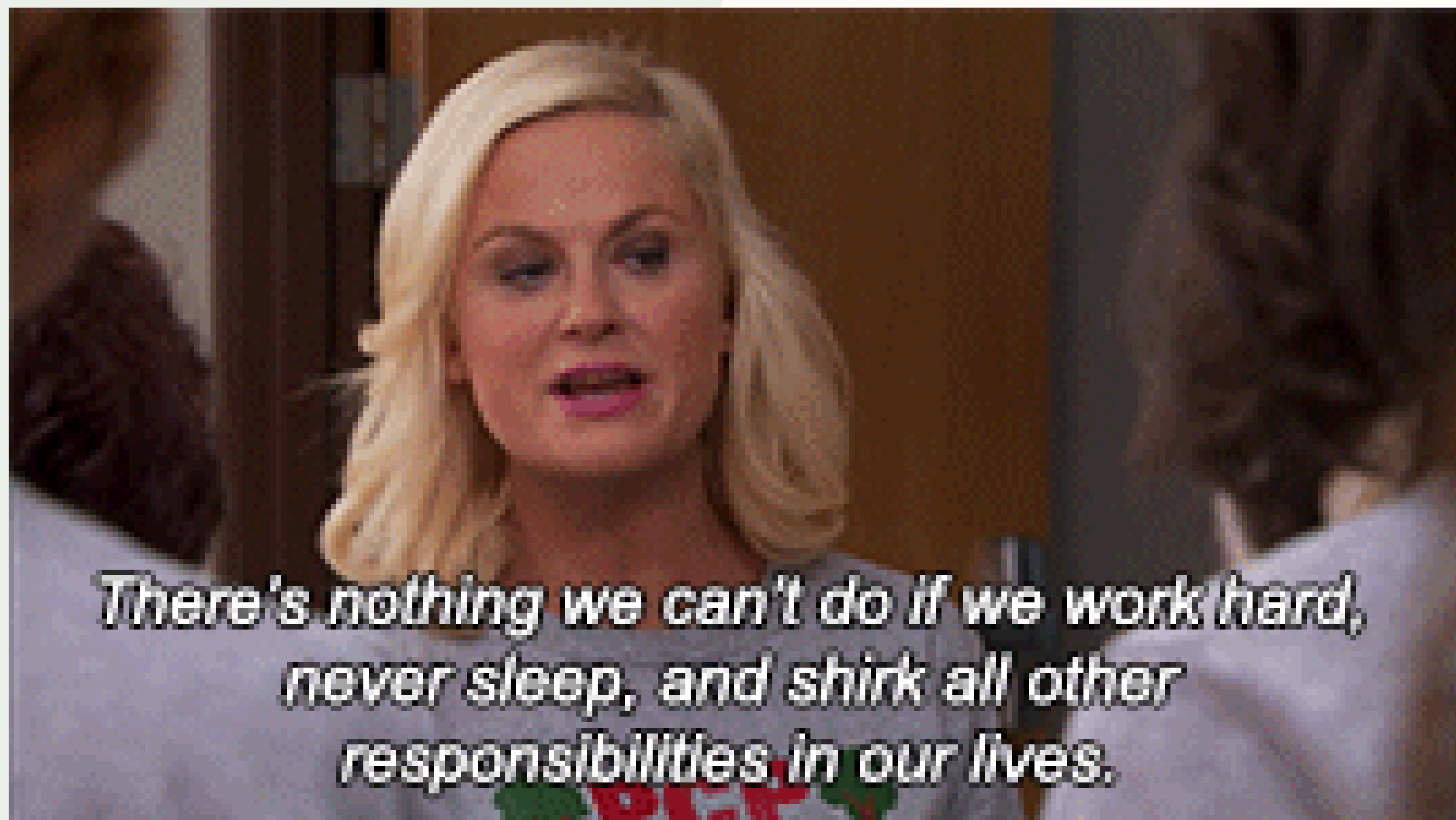




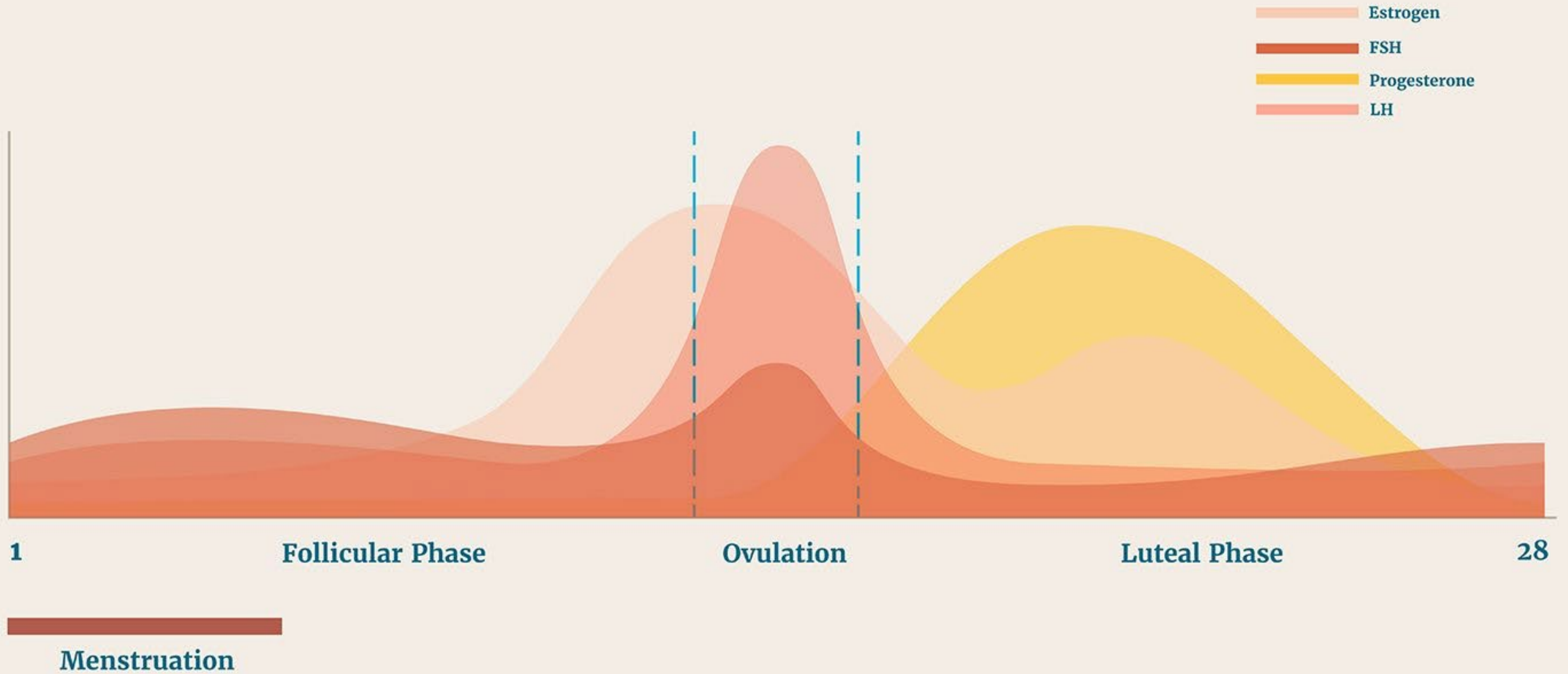
Sitting Time

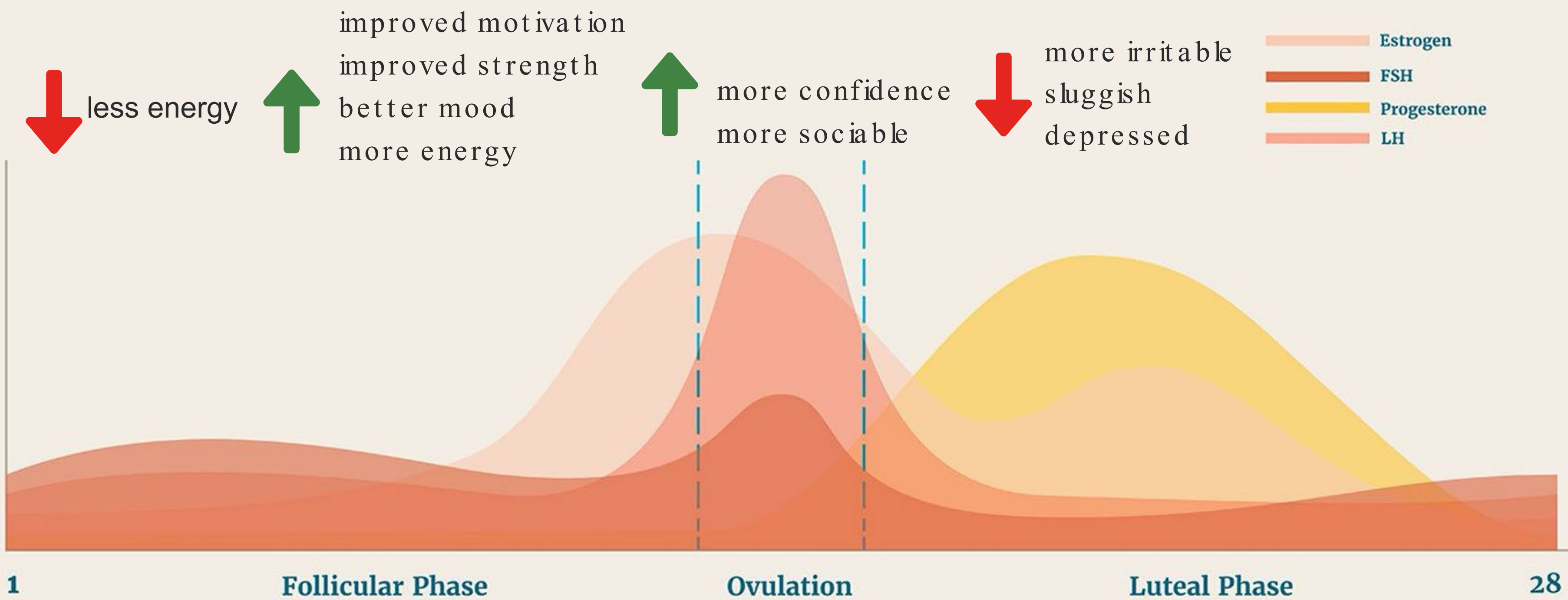
Long periods can increase risk for heart disease, even if you exercise regularly





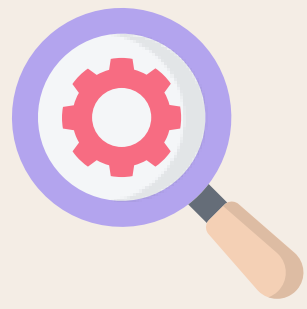
There's nothing we can't do if we work hard,
never sleep, and shirk all other
responsibilities in our lives.





Menstruation





analytical tasks
solo projects



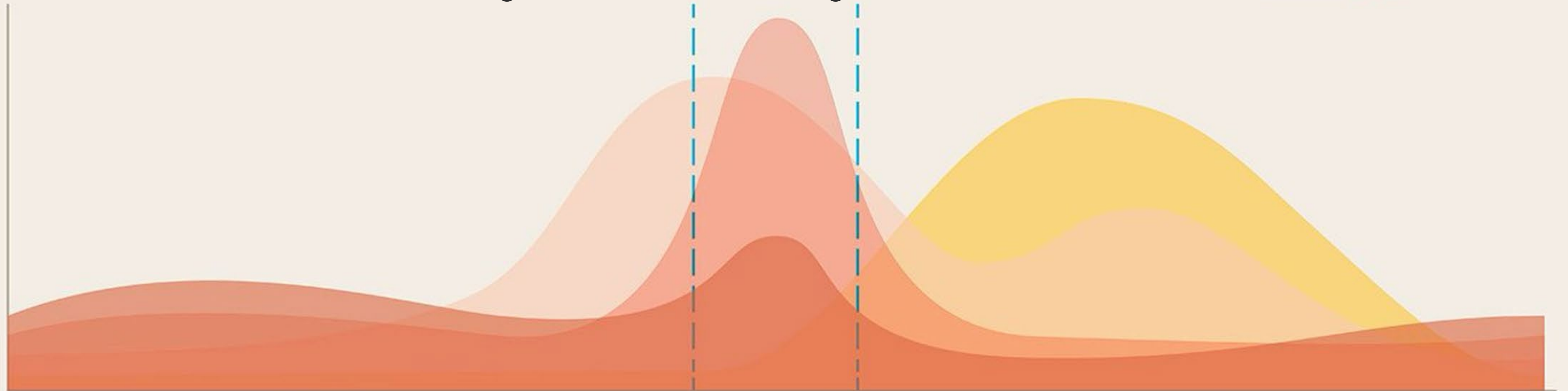
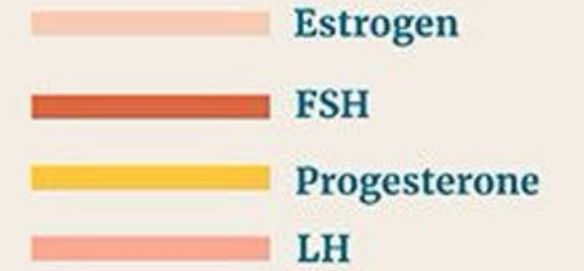
creative work
learning



group work
networking



routine or
mundane tasks



1

Follicular Phase

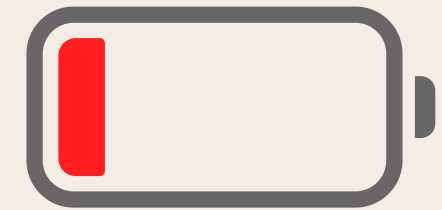
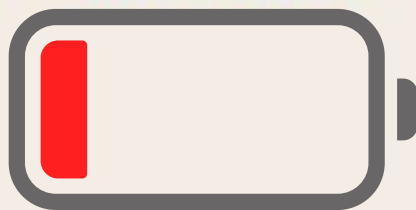
Ovulation

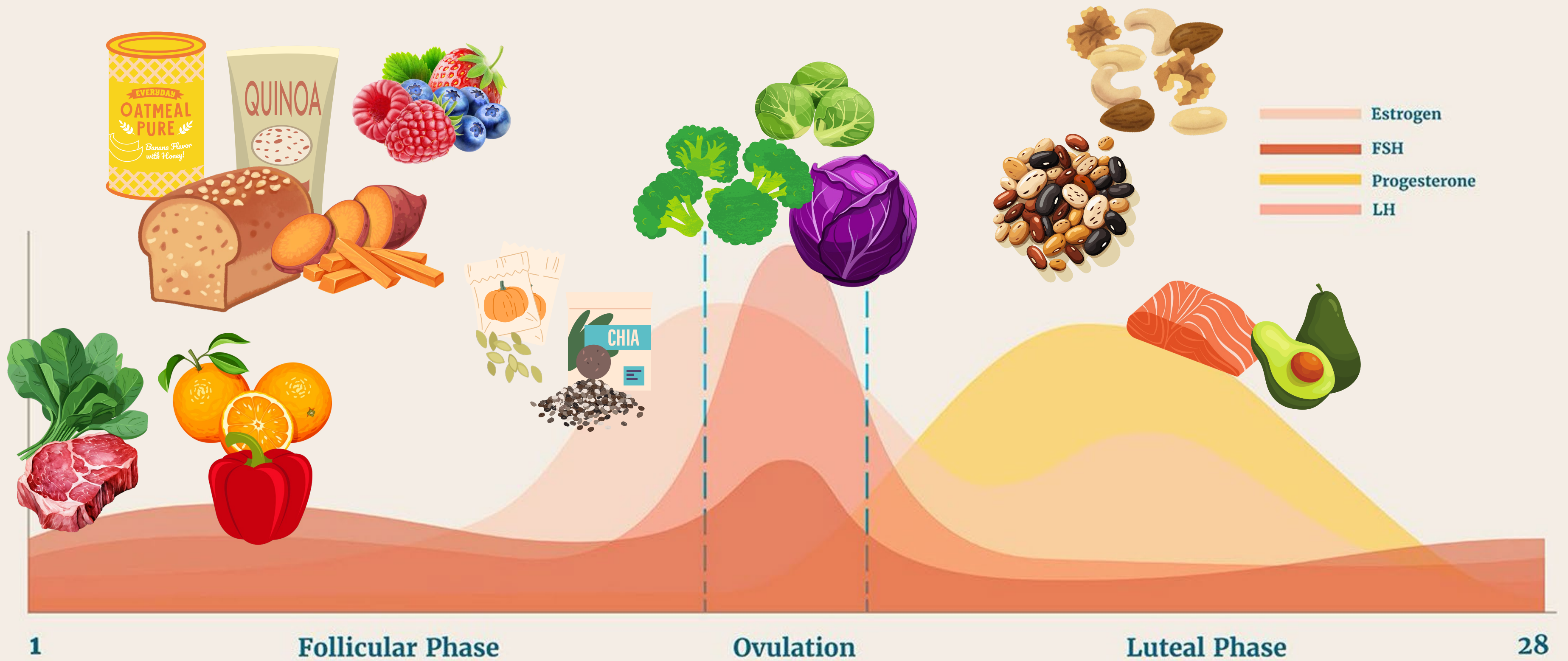
Luteal Phase

28



Menstruation





1

Follicular Phase

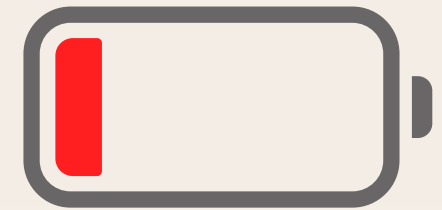
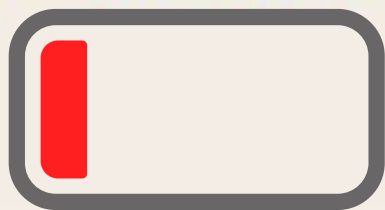
Ovulation

Luteal Phase

28



Menstruation



THE SAFE, QUICK WEIGHT-LOSS DIET EVERYONE'S TALKING ABOUT!

LOSE UP TO 10 POUNDS IN 7 DAYS

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Revised and updated with an all-new maintenance plan to help you keep off the pounds once you shed them!

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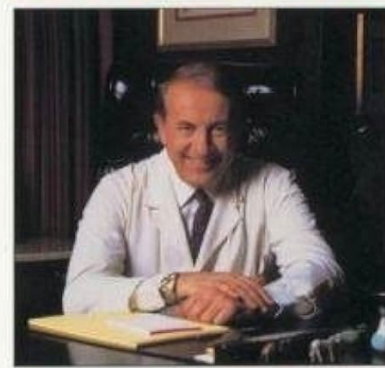
A DOCTOR'S PLAN FOR FAST AND LASTING WEIGHT LOSS

FULLY UPDATED NEW EDITION

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DR. ATKINS' DIET REVOLUTION



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RECIPES AND MEAL PLANS BY
FRAN GARE AND HELEN MONICA

KETO DIET




WITH 70+ RECIPES

Your 30-Day Plan to Lose Weight, Balance Hormones, Boost Brain Health and Reverse Disease

DR JOSH AXE
AUTHOR OF THE INTERNATIONAL BESTSELLER *EAT DIRTY*

THE CARNIVORE DIET

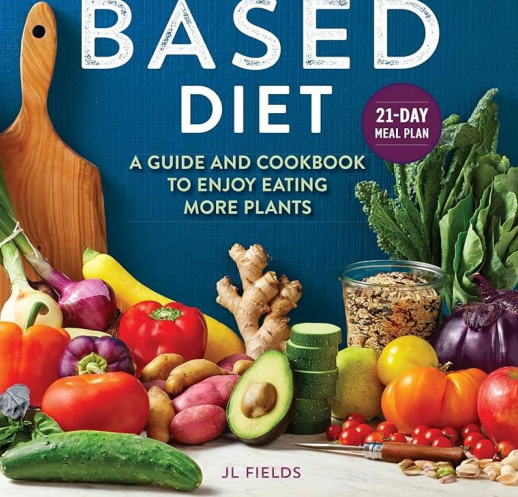


SHAWN BAKER, MD

THE COMPLETE PLANT-BASED DIET

A GUIDE AND COOKBOOK TO ENJOY EATING MORE PLANTS

21-DAY MEAL PLAN



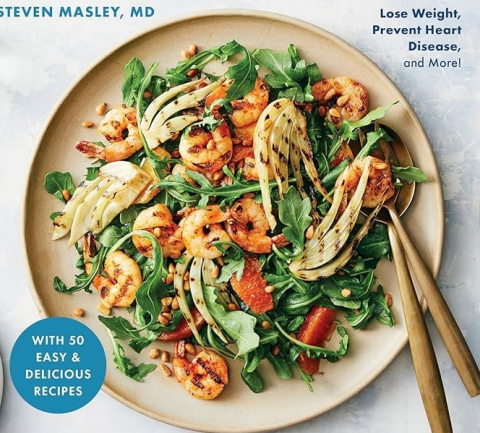
JL FIELDS

The Mediterranean Method

Your Complete Plan to Harness the Power of the Healthiest Diet on the Planet

STEVEN MASLEY, MD

Lose Weight, Prevent Heart Disease, and More!



WITH 50 EASY & DELICIOUS RECIPES

"Smart science and mouthwatering recipes... a healthy weight-loss protocol that you can actually stick to." - J.J. VIRGIN



Special **K** CHALLENGE™

TAKE THE **K** CHALLENGE™

DROP A JEAN SIZE IN 2 WEEKS

Design your free, personalized plan at specialk.com

er
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WHAT WILL YOU **gain** WHEN YOU LOSE?™



Consult your physician before starting any diet or exercise program. Average waist circumference reduction when replacing meals with four cereal meals in 2 weeks. Weight loss may vary.

NEW YORK TIMES BESTSELLER

The 4-Week Guide to Cutting Cravings, Getting Your Energy Back, and Feeling Amazing




With 100 super-easy recipes

The Glucose Goddess® METHOD

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The Paleo Diet

Over 100,000 copies sold!

LOSE WEIGHT AND GET HEALTHY BY EATING THE FOODS YOU WERE DESIGNED TO EAT

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author of *The Paleo Diet Cookbook*

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THE DASH DIET

Weight Loss Solution

Ranked #1 Best Diet Overall by U.S. News & World Report

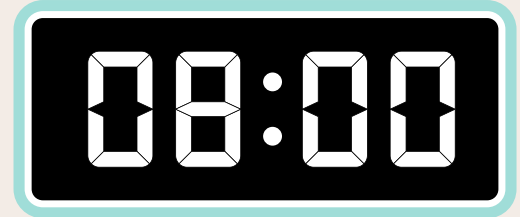
2 WEEKS TO DROP POUNDS, BOOST METABOLISM, AND GET HEALTHY

Marla Heller, MS, RD

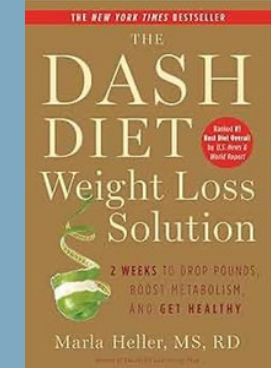
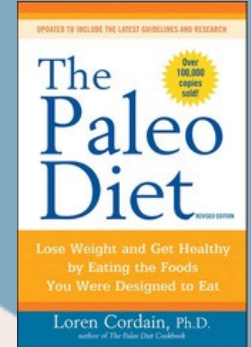
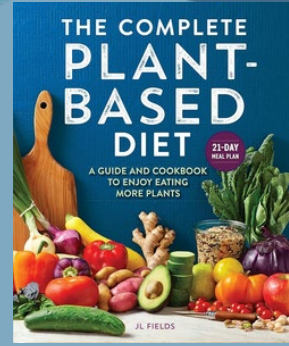
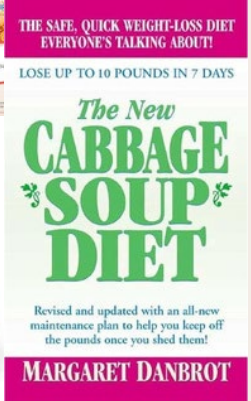
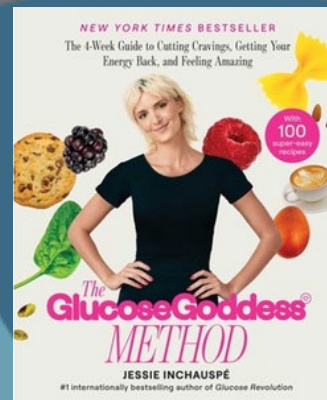
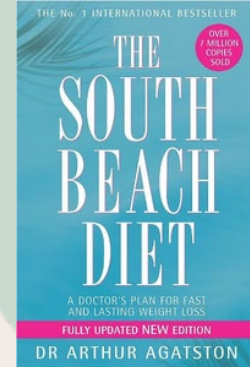
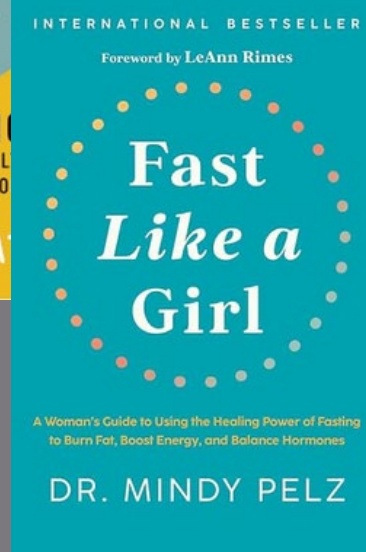
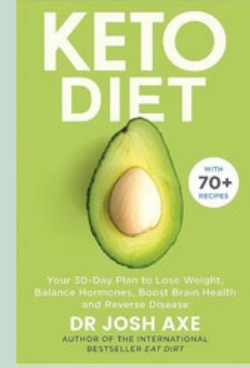
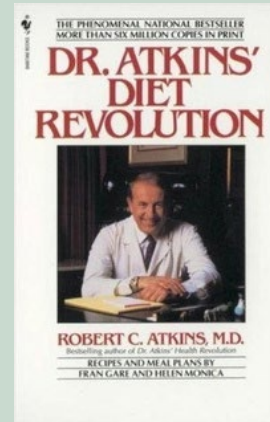




Food Groups



Timing

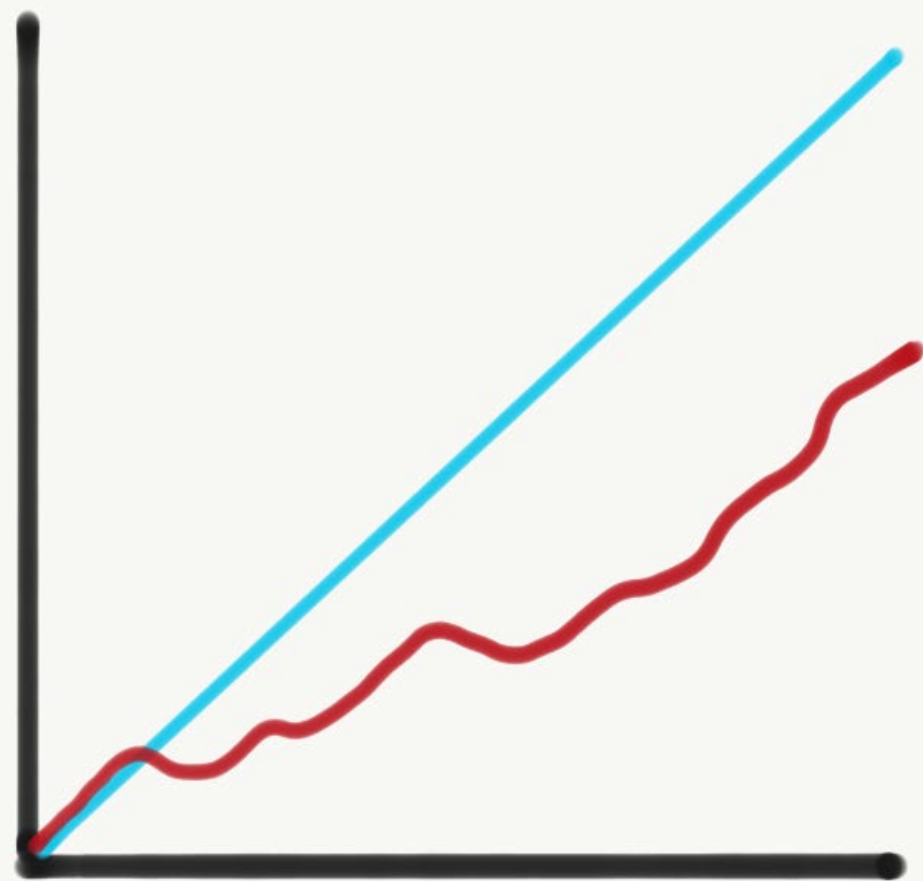


Overall Food Choices



H a b i t s

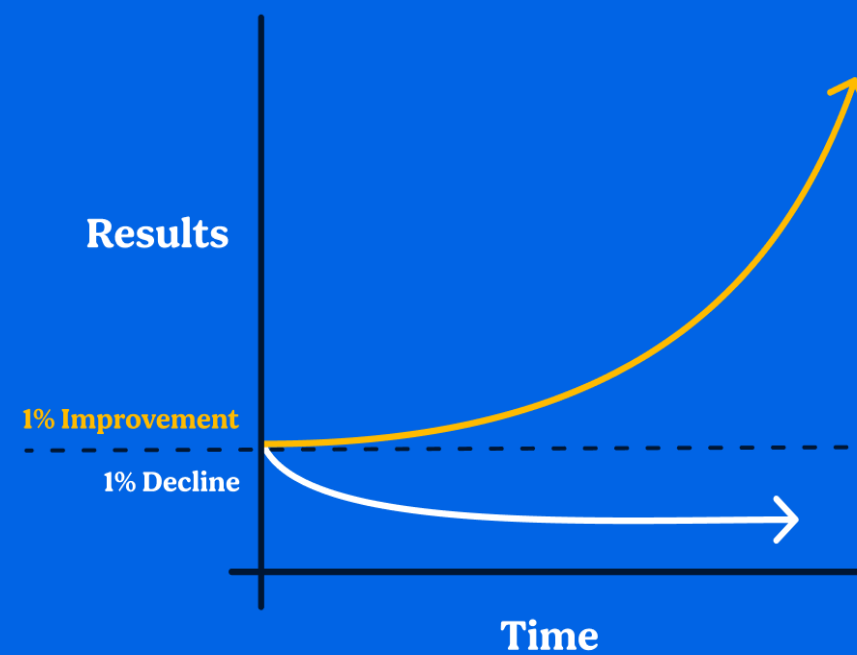
Mastering your daily
rout i n e



NO ERROR

SMALL ERROR

1% Better Every Day



1% better every day for one year.
 $1.01^{365} = 37.78$

“If you can get just 1 percent better each day, you’ll end up with results that are nearly 37 times better after one year.”

James Clear
Atomic Habits

@read.and.blog

Thank you!



Sarah Stroup, MS, RD, LDN

Santé Nutrition, LLC - Owner

Allara Health - Clinical RD

EMAIL

sarah@santenutritionco.com

SOCIALS

[@sarahstroup_rd](https://www.instagram.com/sarahstroup_rd)

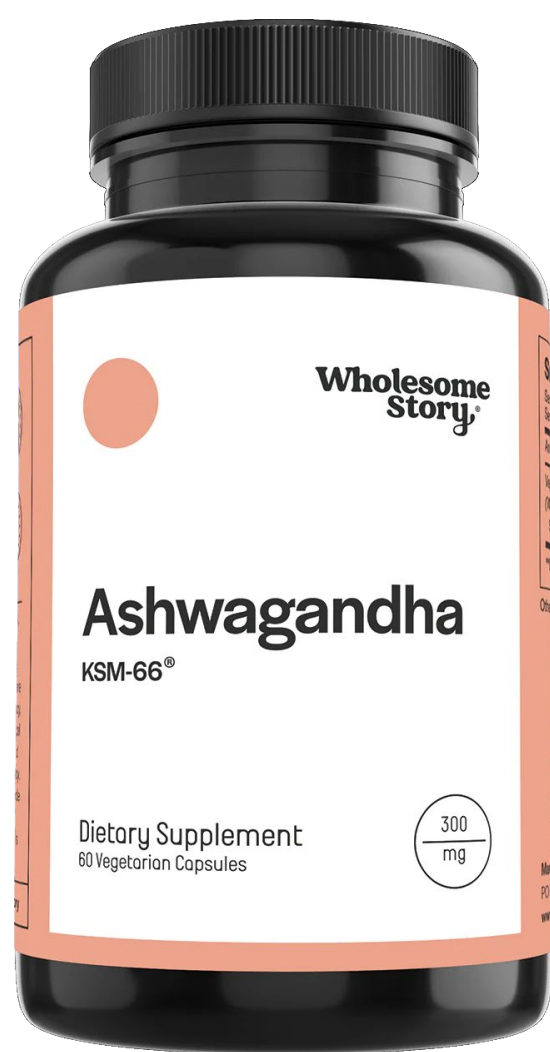
Allara



santé nutrition, llc
CHEERS TO A HEALTHIER YOU

Resources Appendix

Tools + Links for you!



simple SNACK COMBOS



CRACKERS

EGG

CUTIE



POPCORN

CHEESE

CARROTS



ENGLISH MUFFIN

PB

BERRIES



CHEERIOS

ALMONDS

RAISINS



PRETZELS

CHEESE

APPLE



TOAST

AVOCADO

SALSA



GRANOLA BAR

NUTS

GRAPES



RICE CAKE

COTTAGE CHEESE

PEACHES



GRANOLA

YOGURT

BERRIES



CRACKERS

HUMMUS

BROCCOLI



TORTILLA CHIPS

CHEESE

SALSA



WRAP

TURKEY

VEGGIES



WAFFLE

ALMOND BUTTER




BANANA




CUCUMBER

YOGURT DIP




SNAP PEAS

Taylor Grasso | Dietitian   






@simplyhealthyrd




775 Following | 404.2K Followers | 6.4M Likes


 Message  


dietitian teaching balanced nutrition ✨
get support 📌💙

<https://stan.store/simplyhealthyrd>




 Instagram |  Supporting: NEDA |  Subscription

Kylie Sakaida MS, RD she/her/hers   




@nutritionbykylie 




253 Following | 2.7M Followers | 46.9M Likes


 Message  

Registered Dietitian
Pre-order my cookbook below!
kyliesakaida@select.co
LA

beacons.page/nutritionbykylie


 Instagram

Deanna | Dietitian & Biz... she/her/hers   




@dietitian.deanna



588 Following | 84.4K Followers | 6M Likes


Follow 

Social media biz coach
Pregnancy #2 + dietitian
Support@dietitiandeanna.com

<https://tap.bio/@dietitiandeanna>




 Instagram

Monica  



@saltandsagenutrition


500 Following | 755.5K Followers | 7.9M Likes




 Message  

dietitian who is just kidding
NYC


Collabs: mgmt@odysseyentgroup.com


<https://linktr.ee/saltandsagenutrition>


 Instagram


  


Pinned


Balanced mac & cheese  110.6K

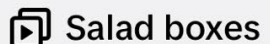


Nutrient density > calories  4.1M

Pesche (shorter)  89.1K


Zacks grocery haul 


Jersey Mikes haul 


Why over eating happens 


  


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My cookbook  149.4K



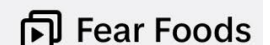


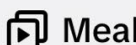
How I wrap my breakfast sandwiches  626.9K

Meal prep breakfast sandwiches  2.4M


Rice cooker meal: Pepper lunch 


Korean cucumbers 


Just watched 


     


Pinned

BEING PREGNANT  Muted


ing ready w body dysmorphia  5.1M


when you got a degree in dietetics from the best universities in the nation but everyone wants to take advice from the naturally thin influencer claiming everything is toxins  704.4K


this week as a dietitian you can't be bothered spending more than 20 minutes in the kitchen  193.7K


Best Soft Baked Chocolate Chip Cookies  2.6M

18.2K

pov 22 yo dietetic intern Deanna who was burnt out & in debt would have never believed 10+ years later she'd have her own booth at the largest nutrition conference in the world 

High Protein Spinach Artichoke Pizza 

Apps Table Recap!!!! 

Down The Hatch 1ST ANNUAL KICK OFF DIP OFF! 

First Annual Dip

bdccarpenter

1,743 posts 471K followers 389 following

Ben Carpenter

bdccarpenter

Fitness Trainer

Preorder my book 'Fat Loss Habits' here

geni.us/fatlosshabits

Followed by **samstroup**, **adhd.nutritionist** and 20 others

Following Message Email

Abbey Sharp
 she/her/hers

@abbeyskitchen

340 Following 851.5K Followers 36.2M Likes

Message

Wellness culture BS busting dietitian, YouTuber & mom - Serving Science & Sass

Hoo.be/abbeyskitchen

adhd.nutritionist

845 posts 211K followers 1,776 following

Rebecca King • Dietitian she/her

adhd.nutritionist

Nutritionist

- ADHDer helping adult ADHDers
- Stop binge eating
- Find food freedom
- Apply for group coaching

linktr.ee/adhd.nutritionist

Followed by **uncoverednutrition**, **amber.nicole.young** and 52 others

Following Message Email

mollypelletier.rd

1,618 posts 31.7K followers 2,621 following

Molly Pelletier, MS, RD - Acid Reflux/GERD/LPR

mollypelletier.rd

Health & wellness website

The Acid Reflux Dietitian™ Helping you find freedom from GERD/LPR/IBS/SIBO | Founder of FLORA | TikTok:180k+

Work 1:1 or join the Reflux Masterclass

linktr.ee/mollypelletier

Followed by **dr.saminamitha.nd**, **drheatherfinley** and 2 others

Following Message Email

THE BIGGEST NEWS OF MY CAREER

THE SECRET I KEPT FROM MY WIFE UNTIL OUR WEDDING DAY

SPOON THEORY

NATURES OZEMPIC

FITNESS SHOULD NOT CONTROL YOUR LIFE

Dad Bod?

Em Nutritionist WIEIAD

NUTRITION TRUTHS **ALMOND MOM** **W**

Pinned **SUPPLEMENTS & INTUITIVE EATING** **YOU'RE BEING SCAMMED** **LIZ SEIBERT'S GUT FRIENDLY BREAKFAST?**

99.4K **513.3K** **2.1M**

Dietitian reacts **What does a nutritionist eat in a day?** **Being OBESE is a PRIVILEGE???** **Obesity is a privilege?**

LEMME supplements

LEMME Supplements

250.6K **61.2K** **38.1K**

Following Message Email

Podcasts **Updates** **Group Coac...** **ADHD Stuff** **Quick sna** **Client Wins 4** **Training** **For RD's** **RR Group** **RR Master**

Thinking about how many ADHDers binge eat at night as a way to unmask but blame it on willpower


High Protein Foods for ADHDers AND HOW TO INCORPORATE THEM

ADHD Binge/Restrict Cycle

The FLORA Method

My GERD/Reflux Journey

jenneatsgood



1,137 posts 1.5M followers 650 following

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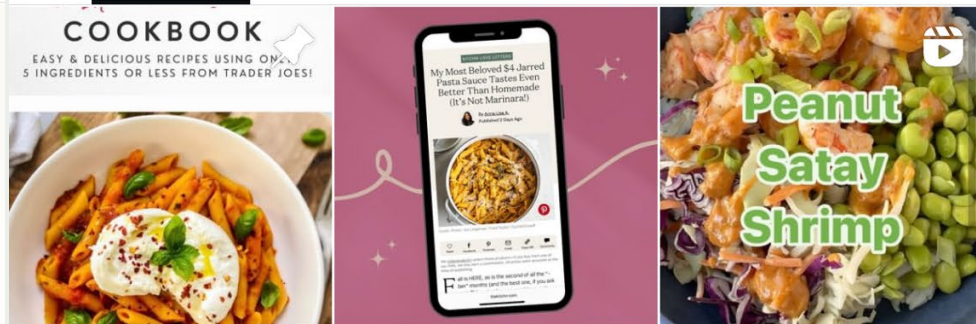
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