

EMPOWERED NUTRITION

A Lifelong Wellness Journey



What's Your Eating Mood Today?





Who Am I?

Lexi Judkins

Kapnick Strive Wellness Manager
&
Registered Dietitian (RD)

REGISTERED DIETITIAN

- **Education and Training:** Degree in dietetics, nutrition, or related field and complete 1,200 hours supervised practice internship
- **Credentialing:** Must pass national exam and maintain credentials through continuing education.
- **Regulation and Licensure:** Licensed or certified in most states, allowing them to legally provide medical nutrition therapy (MNT) to manage and treat specific health conditions
- **Scope of Practice:** Qualified to work in clinical settings, hospitals, and other medical facilities. Can provide evidence-based medical nutrition therapy, design meal plans for complex health issues, and offer personalized nutritional guidance for various medical conditions.



NUTRITIONIST

- **Education and Training:** The term "nutritionist" is broad and can refer to a range of educational backgrounds.
- **Credentialing:** Unlike RDs, the title "nutritionist" is not legally regulated in many places. Anyone can technically call themselves a nutritionist without formal training or certification.
- **Regulation and Licensure:** In most states, the term "nutritionist" is not regulated, meaning they may not have standardized licensing requirements or oversight.
- **Scope of Practice:** Nutritionists often work in wellness, fitness, public health, and nutrition coaching settings but may not be qualified to provide medical nutrition therapy or work in clinical roles without further credentials.

What's the difference?



**What are your
biggest challenges
in maintaining a
balanced diet?**



Physical: How you choose to maintain your body for strength, vitality, and energy.



Spiritual: Your understanding of your purpose, how you make meaning of the things that happen to you, and what your mind goes to for comfort.

Emotional & Mental: Being aware of and managing your emotions, having healthy coping mechanisms, and feeling at peace with who you are.

Intellectual: A sense of continued learning and staying open to new perspectives.

Environmental: The impact your surrounding space has on you, and the impact you have on your environment.

Social: Your support systems and how you choose to connect with those around you.

Financial: The relationship you have with money and the skills you have for managing it.

Occupational: The work you choose to do and how it fulfills you.

Food Choices: *Breaking It Down*



Food Choices: *Breaking It Down*

- Preferences
- Habit
- Ethnic Heritage and Regional Cuisines
- Social Interactions
- Availability, Convenience, and Economy

- Positive and Negative Associations
- Emotions
- Values
- Body Weight and Image
- Nutrition and Health Benefits



Women's Health Stats

>70%

More than 70% of women experience some level of digestive discomfort, with diet often playing a major role.

1 IN 3

Nearly one in three women of reproductive age worldwide is anemic, often due to iron deficiency.

90%

90% of women do not meet the recommended intakes for dietary fiber

1 IN 2

1 in 2 women aged 50 and older will experience an osteoporosis-related fracture

50%

50% of women do not consume enough calcium, and nearly 40% do not get enough Vitamin D

Common Nutrition Struggles



- **Balancing Macronutrients**
- **Micronutrient Deficiencies**
- **Meeting Fiber Needs**
- **Underestimating Water Needs**
- **Hormone-Related Cravings**
- **Body Image & Eating Disorders**
- **Perimenopause and Menopause**
- **Work-Life Balance**



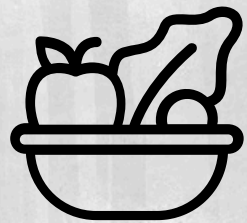
Top 10 Chronic Diseases for Women



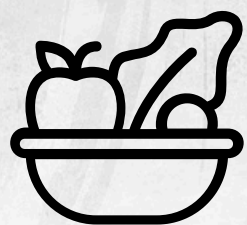
- 1. Heart Disease**
- 2. Diabetes**
- 3. Breast Cancer**
- 4. Osteoporosis**
- 5. Autoimmune Diseases**
- 6. Mental Health Disorders**
- 7. Chronic Kidney Disease (CKD)**
- 8. Alzheimer's Disease and Dementia**
- 9. Gastrointestinal Disorders**



Healthy Food

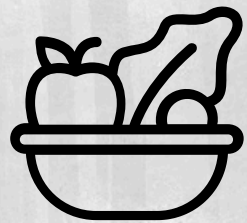


Definition



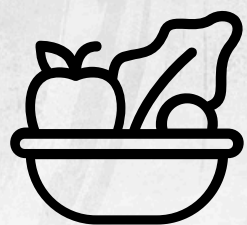
Characteristics of Healthy Food

Healthy Food



Definition

provides essential nutrients that support overall well-being, energy, and disease prevention.



Characteristics of Healthy Food

- **Nutrient-Dense:** High in vitamins, minerals, fiber, and other beneficial compounds.
- **Minimally Processed:** Whole foods with limited added sugars, unhealthy fats, and salt.
- **Supports Body Functions:** Fuels energy, immunity, and cellular health.

Which nutrient is the body's main energy source?

1. Carbohydrates
2. Protein
3. Fat



Which nutrient is the body's main energy source?

1. Carbohydrates

2. Protein

3. Fat



Carbohydrates

- All carbohydrates are an essential energy source for the body, but complex carbs are often found in nutrient-dense foods.
- Sources of Carbohydrates:
 - Fruits
 - Vegetables
 - Milk
 - Nuts
 - Grains (Whole-Grains)





True or False:
**Women generally need
less protein than men**



True or False:
**Women generally need
less protein than men**

False



Proteins

- A nutrient your body needs to grow and repair cells, and to work properly.
- Sources of lean proteins:
 - White meat poultry
 - Lean pork
 - White fish & fatty fish (salmon, tuna, etc.)
 - Eggs
 - Tofu and tempeh
 - Yogurt & low-fat dairy
 - Quinoa
 - Lean red meat
 - Legumes (beans, peas, and lentils)

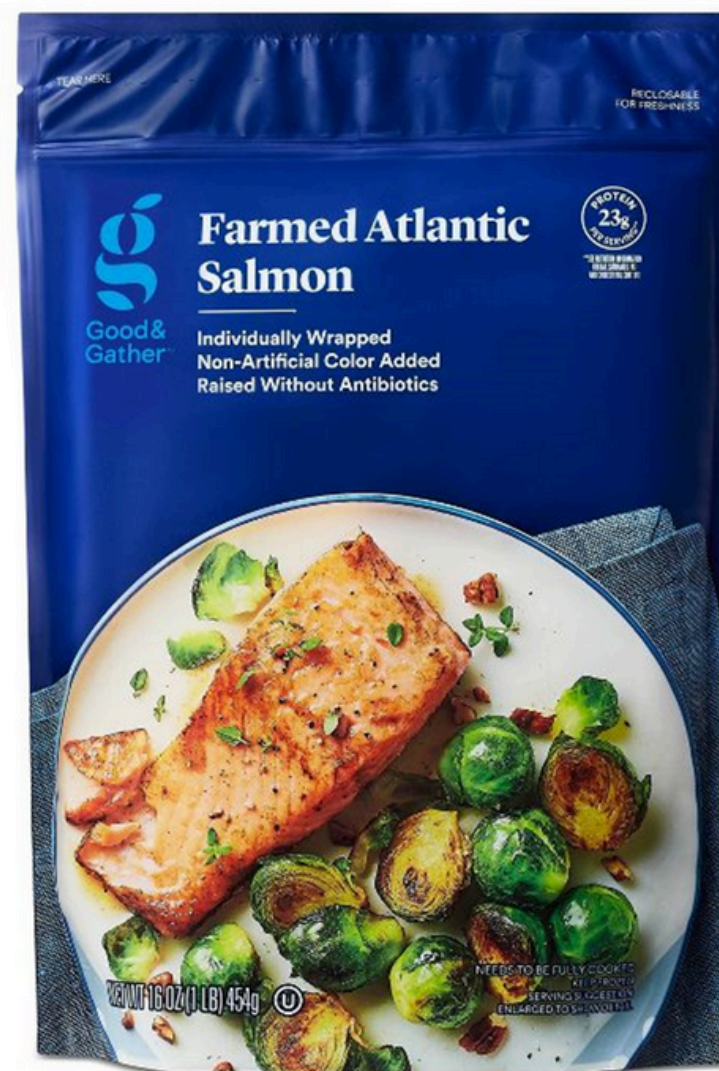




Fats

- Your body needs fat for energy, to absorb vitamins, and to protect your heart and brain health.
- Look for monounsaturated and polyunsaturated fats:
 - Olive, canola, peanut, & sesame oils
 - Avocados
 - Olives
 - Nuts & nut butters
 - Seeds (sunflower, pumpkin, sesame)
 - Flaxseed
 - Fatty fish (salmon, tuna, trout, etc.)
 - Soy products (soymilk & tofu)





Food Label 101

Original Label

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container 8			
Amount Per Serving			
Calories 230		Calories from Fat 72	
		% Daily Value*	
Total Fat 8g		12%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 160mg		7%	
Total Carbohydrate 37g		12%	
Dietary Fiber 4g		16%	
Sugars 12g			
Protein 3g			
Vitamin A		10%	
Vitamin C		8%	
Calcium		20%	
Iron		45%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts	
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Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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Food Label 101

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

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Food Label 101

Tips for Reading Food Labels

1. **Check the serving size** and compare it to your portion.
2. **Look for added sugars** and choose options lower in sugar
3. Aim for **higher % Daily Value** of nutrients you want more of (fiber, vitamins)
4. **Limit** nutrients you want to consume less of (saturated fats, sodium)
5. Don't forget to **check the ingredient list!**



Nutrition Facts		Amount/serving	%DV	Amount/serving	%DV
4 servings per package		Total Fat 0g	0%	Total Carb. 15g	5%
Serving size		Sat. Fat 0g	0%	Fiber <1g	2%
1 container (150g)		Trans Fat 0g		Total Sugars 14g	
Calories		Cholest. 5mg	2%	Incl. 9g Added Sugars	18%
per serving		Sodium 55mg	2%	Protein 11g	22%
110		Vit. D 0%	Calcium 10%	• Iron 0%	• Potas. 4%

Ingredients

Cultured nonfat milk, strawberries, cane sugar, water, fruit pectin, natural flavors, guar gum, locust bean gum, fruit and vegetable juice concentrate (for color), lemon juice concentrate

Let's Try It Out!

Nutrient Spotlights



Nutrient Spotlights: Iron

Fact: Nearly 1 in 3 women of reproductive age are iron deficient

Hemoglobin: found in red blood cells and carries oxygen from the lungs to tissues throughout the body and returns carbon dioxide from the tissues to the lungs.

Myoglobin: found in muscles and stores oxygen for use during muscle contraction, providing a readily available supply of oxygen during intense activity.



Nutrient Spotlight: Calcium & Vitamin D


Fact: 50% of women don't get enough calcium, which affects bone health





Nutrient Spotlight: Calcium & Vitamin D

Fact: 50% of women don't get enough calcium, which affects bone health

**What's the daily calcium
recommendation for women?**

800 mg 

1000 mg 

1200 mg 



Nutrient Spotlight: Calcium & Vitamin D

Fact: 50% of women don't get enough calcium, which affects bone health

What's the daily calcium recommendation for women?

800 mg 

<50 1000 mg 

>50 1200 mg 



Nutrient Spotlight: Magnesium

Why Magnesium is Important

Common Magnesium Deficiency Symptoms

- Fatigue
- Muscle cramps
- irritability
- insomnia

Magnesium-Rich Foods

- Leafy greens (spinach, kale)
- Nuts & seeds (almonds, pumpkin seeds)
- Whole grains (quinoa, brown rice)
- Legumes (black beans, lentils)
- Dark chocolate (70% cocoa or higher)



Fiber: The Unsung Hero

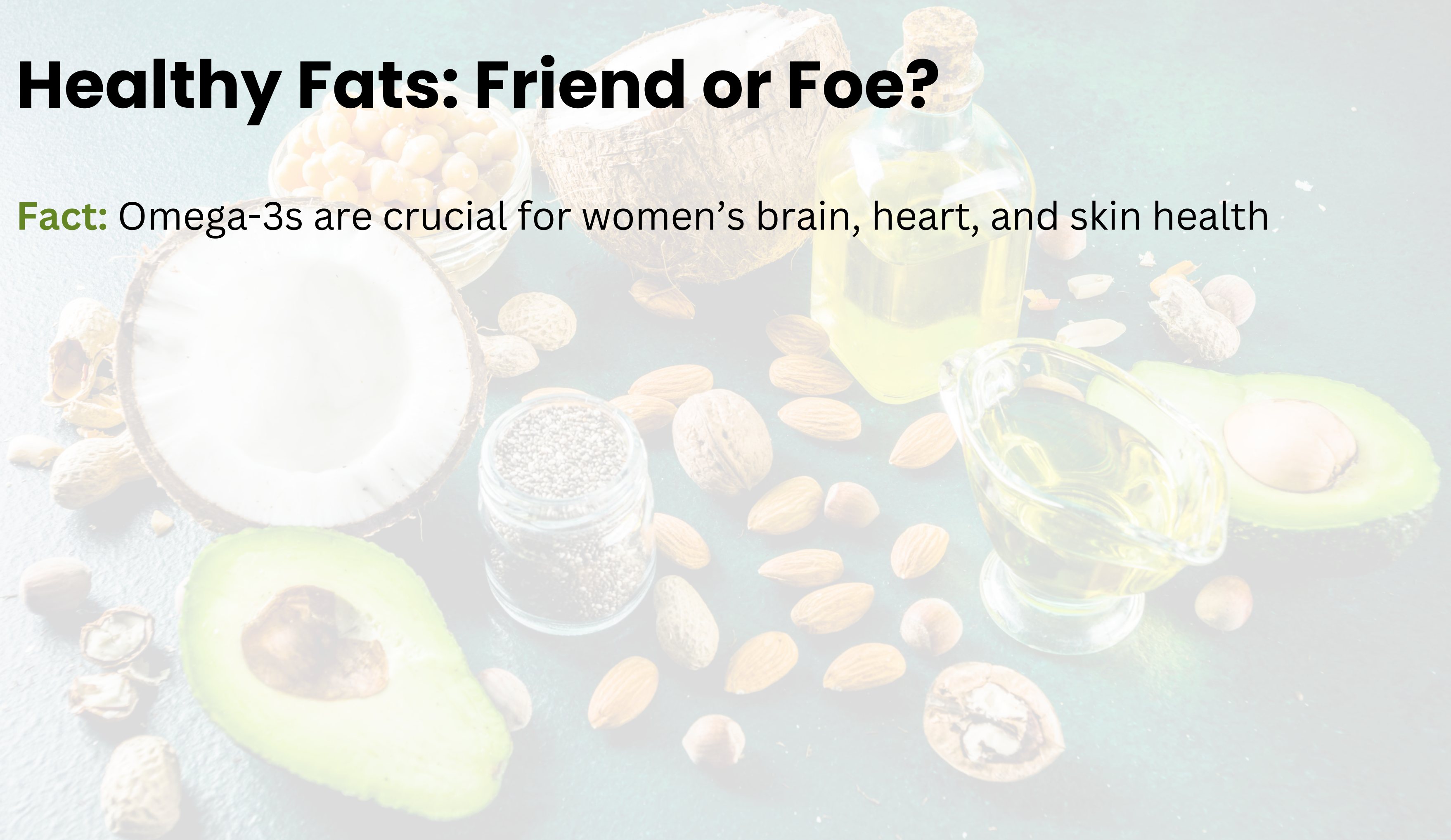
Fact: Only 12% of women get enough fiber daily

Benefits:

- helps control weight
- improves glucose intolerance
- reduces risk for heart disease
- promotes regularity and reduces constipation

Healthy Fats: Friend or Foe?

Fact: Omega-3s are crucial for women's brain, heart, and skin health



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Question: Do you eat foods high in healthy fats like avocados, nuts, or fish?



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Fact: Omega-3s are crucial for women's brain, heart, and skin health

Question: Do you eat foods high in healthy fats like avocados, nuts, or fish?

Benefits:

- Brain health
- Heart health
- Skin health
- Hormonal balance

Sources: Avocados, Nuts & Seeds, Fatty Fish (salmon, mackerel), Olive Oil, Flaxseed

A dynamic splash of water in shades of blue and white, creating a sense of movement and freshness. The water droplets and ripples are captured in mid-air, with some droplets appearing as bright white highlights against the blue background.

HYDRATION: **ESSENTIAL FOR WELLNESS**

 60% of an adults body weight

A dynamic splash of water with many bubbles and droplets, creating a sense of movement and freshness. The water is a clear, light blue color.




HYDRATION: **ESSENTIAL FOR WELLNESS**

💧 60% of an adults body weight

💧 **How much water do you aim to drink daily?**

A dynamic splash of water with numerous bubbles and droplets, creating a sense of movement and freshness. The water is a clear, light blue color, and the background is a soft, pale blue gradient.

HYDRATION: **ESSENTIAL FOR WELLNESS**

-  60% of an adults body weight
-  How much water do you aim to drink daily?
-  **Do you feel you drink enough water?**

A dynamic splash of water with many bubbles and droplets, creating a sense of movement and freshness. The water is a clear, light blue color.

HYDRATION: **ESSENTIAL FOR WELLNESS**

- 💧 60% of an adults body weight
- 💧 How much water do you aim to drink daily?
- 💧 Do you feel you drink enough water?
- 💧 **Tips for Staying Hydrated:**
 - drink at least 8 cups of water a day
 - drink herbal tea
 - eat foods like fruits and vegetables



Managing Cravings



Understand Your Cravings: Emotional vs Physical



Choose Nutrient-Dense Alternatives: Satisfy cravings healthily



Mindful Eating: Slow down and enjoy your food



Hydration: Thirst vs hunger



Hormonal Cravings: Balanced diet during hormonal shifts



Key Nutritional Goals by Life Stage

Reproductive Years (Ages 19–50)

Perimenopause & Menopause (Ages 45–60)

Post-Menopause (Ages 60+)



Key Nutritional Goals by Life Stage:

Reproductive Years (Ages 19–50)



Balanced Energy



Calcium & Vitamin D



Folic Acid



Healthy Fats



Iron

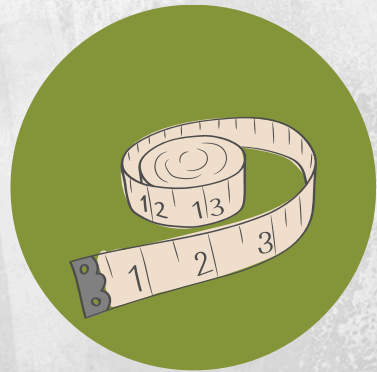


Protein



Key Nutritional Goals by Life Stage:

Perimenopause & Menopause (Ages 45–60)



Weight Management



Phytoestrogens



Bone Health



Hydration



Protein

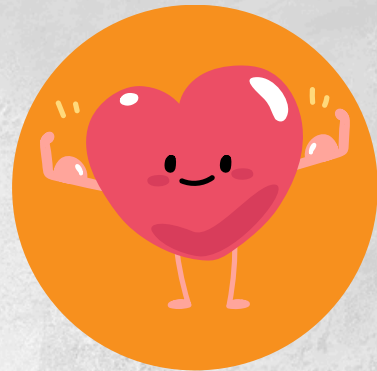


Key Nutritional Goals by Life Stage:

Post-Menopause (Ages 60+)



Bone Health



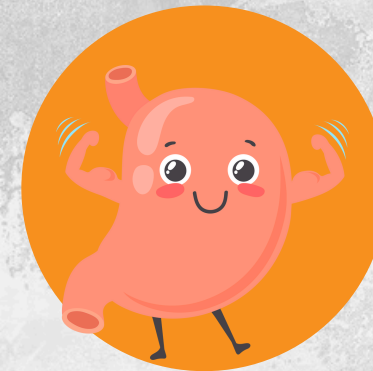
Heart Health



Omega-3 Fatty Acids



Weight Management



Digestive Health



How to Meet **YOUR** Nutrition Goals



What's one small nutrition
change you'd like to make this
month?

SUPPLEMENTS

Fact: over 60% of women take supplements, but not all are necessary

When to Supplement: Only if dietary intake is insufficient

Common Supplements: Iron, B12 (if plant-based), Vitamin D



Always consult your healthcare provider before starting new supplements

RESOURCES

Websites

- Office on Women's Health (womenshealth.gov)
- Mayo Clinic (mayoclinic.org)
- Eatright (eatright.org)

Books

- "Women, Food, and Hormones" by Sara Gottfried, MD
- "The XX Brain" by Lisa Mosconi, PhD
- "In the FLO" by Alisa Vitti

Podcasts

- The Model Health Show: Hosted by Shawn Stevenson
- Balanced Bites: A podcast by nutrition experts Diane Sanfilippo and Liz Wolfe
- The Women's Health Podcast: Hosted by women's health professionals

Online Courses

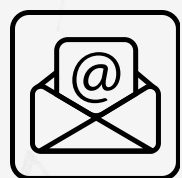
- Coursera - Stanford's "Introduction to Food and Health"
- edX - Wageningen University's "Nutrition and Health: Micronutrients and Malnutrition"

Mobile Apps

- MyFitnessPal
- Clue
- Headspace



THANK YOU!!!



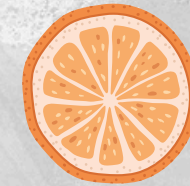
Questions? Email Lexi Judkins at
lexi.judkins@kapnick.com

The image features a central text 'QUESTIONS?' in a large, bold, black sans-serif font. Surrounding the text is a collection of colorful, stylized food illustrations. At the bottom center is a pink bowl. Above it, various items are scattered: two carrots, two avocados (one whole, one sliced), a red chili pepper, a shrimp, a mushroom, a tomato slice, a cucumber slice, a leafy green, a dark leaf, and a small green herb. The background is a light gray with a subtle, textured pattern. The overall composition is balanced and visually appealing, suggesting a theme of healthy eating or nutrition.

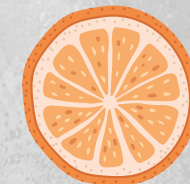
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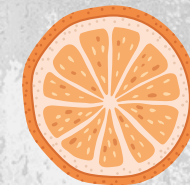
Nutrition Claims



Nutrient Claims



Health Claims



Structure-Function Claims

Stress Sleep & Emotional Eating



- **Stress and Nutrition:** Chronic stress depletes nutrients like magnesium, B vitamins, and vitamin C. Foods to support: dark chocolate, leafy greens, nuts.
- **Sleep and Recovery:** Lack of sleep affects hunger hormones. Include magnesium-rich foods (e.g., almonds, spinach) and tryptophan-rich foods (e.g., turkey, oats).
- **Emotional Eating:** Comfort foods can provide temporary relief, but balance is key. Include whole foods: lean protein, whole grains, healthy fats.
- **Mindful Eating:** Practice mindfulness to reduce emotional eating—eat slowly and focus on hunger cues.
- **Herbal Teas & Adaptogens:** Herbal teas and adaptogens like ashwagandha can help manage stress and support emotional well-being.



Preventing Fatigue & Boosting Energy



- **Eat Balanced Meals:** Include a combination of complex carbs, lean proteins, and healthy fats.
- **Focus on Iron-Rich Foods:** Iron deficiency can lead to fatigue, so ensure you get enough iron from foods like spinach, red meat, and legumes.
- **Stay Hydrated:** Dehydration can drain energy, so drink plenty of water throughout the day.
- **Vitamin B12 and Folate:** Essential for energy production. Find these nutrients in eggs, dairy, leafy greens, and fortified cereals.
- **Omega-3 Fatty Acids:** Support brain function and energy levels. Sources include fish, flaxseeds, and walnuts.
- **Limit Caffeine & Sugar:** They cause spikes and crashes in energy. Opt for steady, sustained energy from nutrient-dense foods.





Physical Cravings

Craving:	Possible Cause:	Solution:
Chocolate (or Sugary Foods)	Magnesium Deficiency	Incorporate magnesium-rich foods such as leafy greens (spinach, kale), nuts (almonds, cashews), seeds (pumpkin, chia), and whole grains
Salt or Salty Foods	Sodium Deficiency or Adrenal Fatigue	Opt for natural sources of salt like sea salt, or foods that naturally contain sodium, such as olives, pickles, and celery.
Red Meat or Steak	Iron Deficiency (Anemia)	Include iron-rich foods like lean red meat, poultry, seafood, legumes, spinach, and fortified cereals. Pairing iron-rich foods with vitamin C can enhance absorption.
Dairy or Ice Cream	Calcium Deficiency	Consider calcium-rich foods such as dairy products (milk, yogurt, cheese), leafy greens (kale, bok choy), fortified plant-based milks (almond, soy), and tofu.
Carbohydrates (Bread, Pasta, Sweets)	Low Blood Sugar or Chromium Deficiency	Choose complex carbohydrates like whole grains, sweet potatoes, quinoa, and legumes. Include chromium-rich foods such as broccoli, grapes, and lean meats.
Ice or Dirt	Iron Deficiency or Pica	Addressing the root cause (iron deficiency) with iron-rich foods or supplements can alleviate these cravings.
Fatty Foods (Cheese, Avocados, Nuts)	Essential Fatty Acid Deficiency (Omega-3 or Omega-6)	Include healthy fats in your diet, such as those found in avocados, olive oil, nuts (walnuts, almonds), seeds (flax, chia), and fatty fish (salmon, mackerel).
Water or Ice	Dehydration or Mineral Imbalance	Increase your daily water intake and consider drinking electrolyte-rich drinks like coconut water. Hydrating fruits and vegetables, such as cucumbers and watermelon, can also help.
Fruits (Citrus or Bananas)	Vitamin C or Potassium Deficiency	Include a variety of fruits like oranges, strawberries, bananas, and kiwi, as well as vegetables such as bell peppers, tomatoes, and leafy greens.
Spicy Foods	Stress or Low Endorphin Levels	Eating a balanced diet, including spicy foods in moderation, can offer both flavor and stress-relief benefits, but ensure you're also managing stress through other means, like exercise or relaxation techniques.



Bone Health & Osteoporosis

- **What is Osteoporosis?**

- **Risk Factors for Women:**

- Age: Risk increases after age 50.
- Hormonal changes: Estrogen decline after menopause accelerates bone loss.
- Family history of osteoporosis.
- Low calcium and vitamin D intake.
- Sedentary lifestyle and lack of weight-bearing exercises.

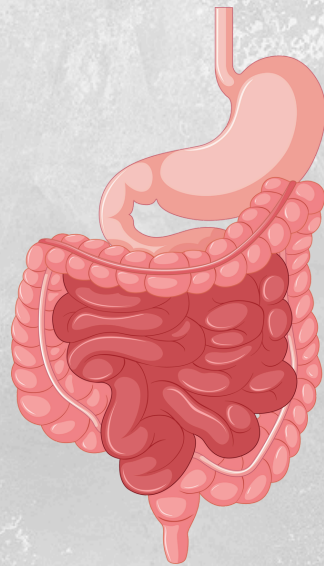
- **Bone Health Essentials:**

- Calcium: Essential for bone strength.
- Vitamin D: Helps the body absorb calcium.
- Exercise: Weight-bearing activities (walking, strength training) promote bone density.



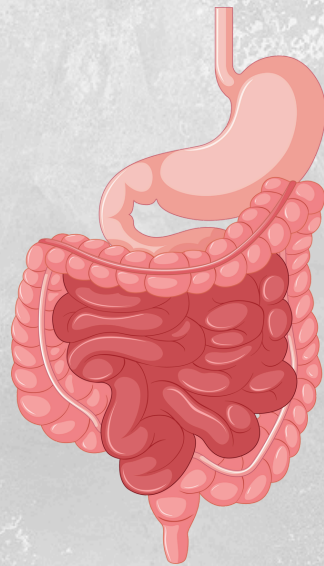
Women & Alcohol

Alcohol is absorbed into the bloodstream through the stomach and small intestine.



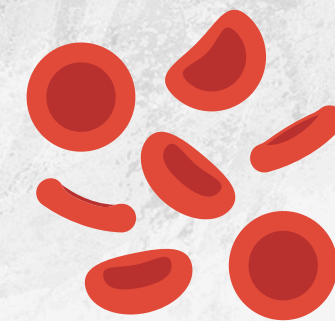


Women & Alcohol

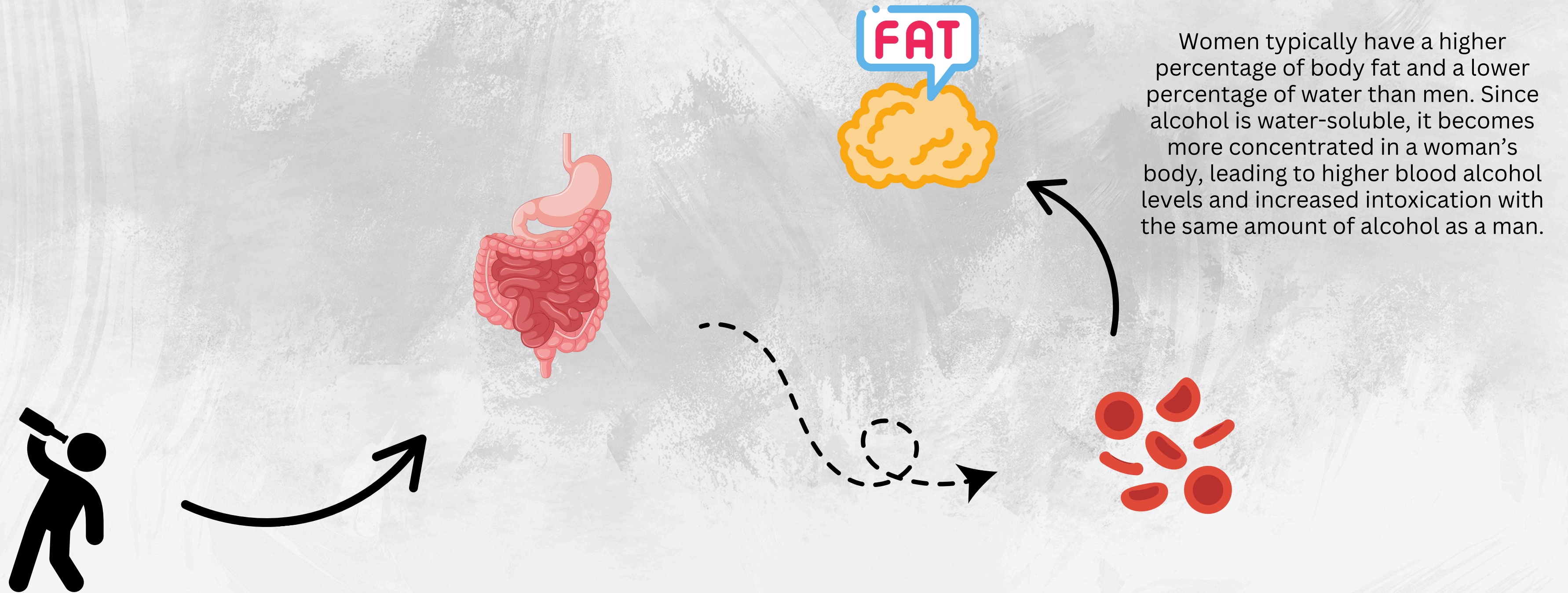


Women generally have lower levels of an enzyme called alcohol dehydrogenase (ADH), which breaks down alcohol in the stomach.

This means more alcohol enters the bloodstream before it's metabolized, leading to higher blood alcohol concentrations

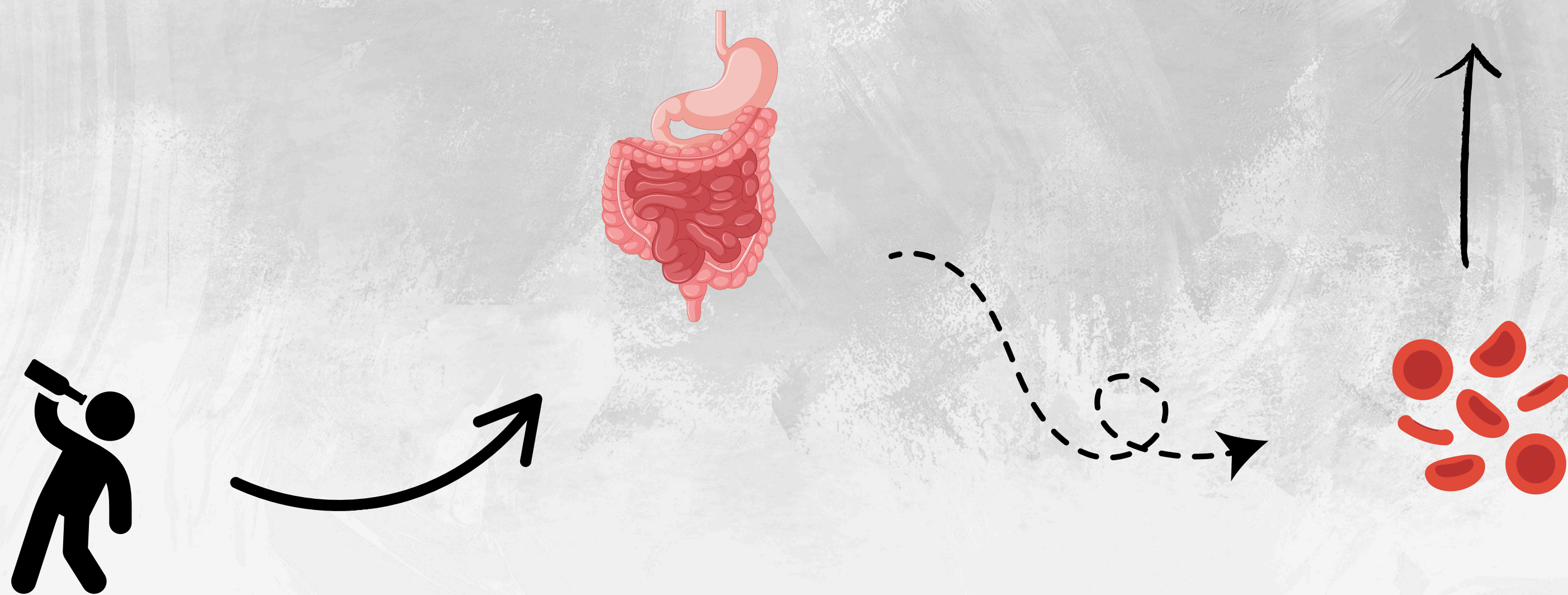


Women & Alcohol





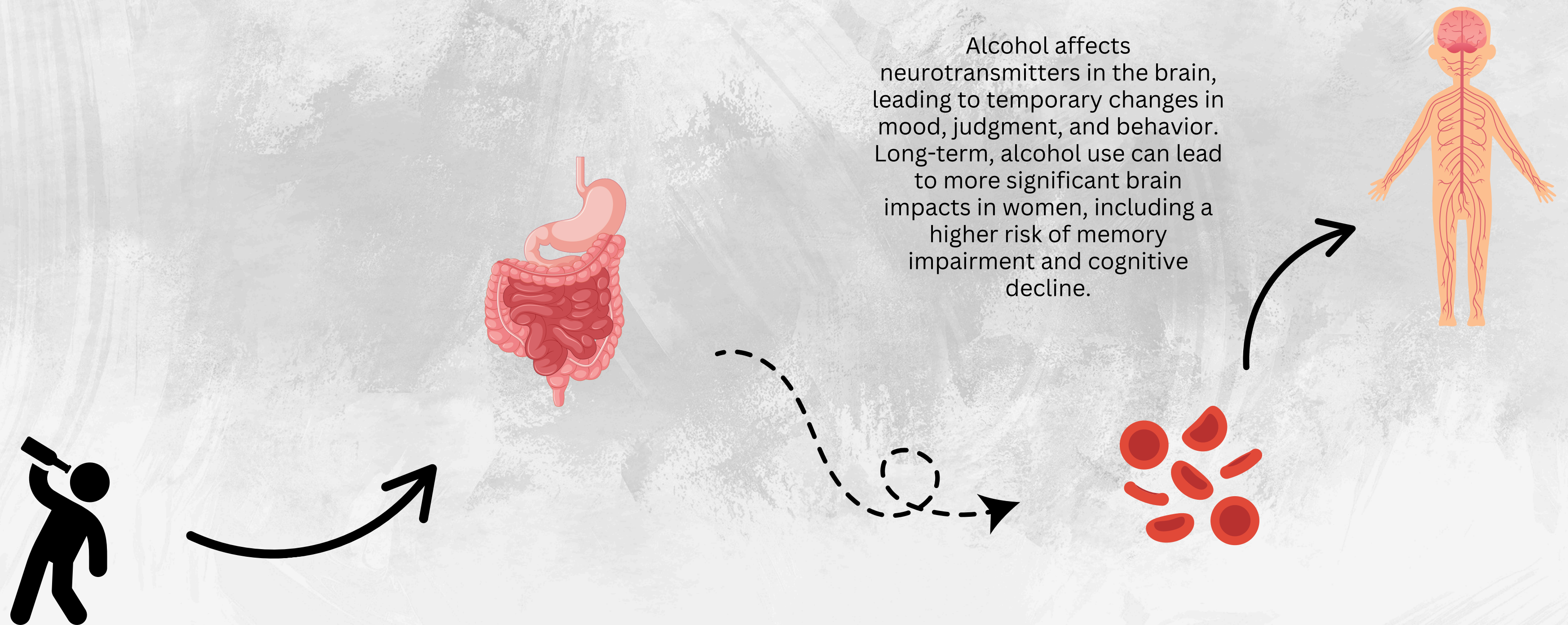
Women & Alcohol



Hormonal fluctuations throughout the menstrual cycle can affect alcohol tolerance, making women more sensitive to alcohol during certain phases. Estrogen can slow the rate at which alcohol is processed, leading to prolonged effects.



Women & Alcohol





Women & Alcohol

Long-Term Health Risks:

- Women are more susceptible to alcohol-related liver disease.
- Due to quicker progression from occasional drinking to dependence, women are at higher risk of alcohol-related harm even with moderate consumption.

Overall, the physiological differences mean women often experience stronger and longer-lasting effects from alcohol, which can increase both immediate and long-term health risks.



Moderation is key, regardless of the type of alcohol. Each drink type has unique impacts on the body:

- Wine offering slight potential benefits in moderation
- Beer posing more risk of bloating and weight gain
- Liquor requiring careful pacing due to its high potency