

# WELLNESS JOURNEY: LET'S MAKE POSITIVE CHANGE

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## WELLNESS JOURNEY: LET'S MAKE POSITIVE CHANGE

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We have a lot on our minds, from world conflicts, opinions and restrictions due to the pandemic, loss of loved ones, changes in our work environment, and the list goes on.

We can't ignore the emotional drain we are each experiencing, in varying degrees, as we think about our goals today.

Today we will set goals for positive change and learn from Chef Olive how to make a healthy on-the-go breakfast we can make in advance!

# WELLNESS JOURNEY: LET'S MAKE POSITIVE CHANGE

BE PROACTIVE AND MAKE CHANGES FOR THE BETTER

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Are you making proactive decisions to be well? Let's learn together!

We have a plan for 2022!

What areas can you make small change to make impactful positive change?

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## WHO ARE KITCHEN ON FIRE & OCEAN VIEW NUTRITION?

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### Good health, Good food and Good fun!

From public cooking classes to corporate events to individual consulting and everything in between (Currently both Virtual and In-Person)

Bringing people together through  
Cooking, Nutrition and Community Outreach

BUY seasonal, local, organic and GMO free when possible

COOK using healthy cooking techniques

EAT a variety of whole foods including herbs and spices

SHARE and enjoy meals with friends and family

AWARENESS of allergies and sensitivities

We're all good 😊

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## OBJECTIVES FOR TODAY – KICKING OFF 2022

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- Time to act, and learn from our experiences
- Food trends are not in our favor, avoid the 'norm'
- Myths around food, nutrition, and a 'healthy' diet
- Define your goals for long-term improvement
- Steps to create your return-to-office routine

Today kicks off a year of talks, demos, cooking classes and individual consultations for a better you!

Throughout the year, we will cover health and food education around overall wellness, disease prevention, and ultimately how to make positive lifelong changes utilizing fun, bite-sized, interactive sessions.

Let's chat 1:1

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## APPROACHING ANOTHER TIME OF CHANGE

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Abruptly thrown into a pandemic... without a script or guide

- Tossed around a bit with changes back and forth
- Flash forward to today... time to head back into the office

### **Ask yourself:**

- How am I different than I was two years ago?
- Do I want to do things differently with the fresh start?
- My habits will change again, how can I be proactive?

Before we go further, are there any concerns or questions you want us to address?

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## MAKE THE COMMITMENT ...

- We can personally impact our health for the better
- Not acting for improvement is a decision as well
- Positive change takes commitment, especially with conflicting information

Let's make this  
happen!

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## FOOD TRENDS ARE NOT IN OUR FAVOR

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Fad diets are swinging us all over the map, what will be next?

- Sugar intake is still on the rise
- Consumption of seed oil is up substantially
- Calorie consumption is up over 20% in the past 50 years

How is this true when at least half the packaged  
food promotes HEALTH benefits?

And what are doctors seeing, in general?

- Glucose is up (they even changed the metric of the American common range)
- Diabetes, obesity, BMI, depression, cancer, heart disease.... all on the rise!
- When conditions become chronic, doctors have no choice but to prescribe medication

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## PACKAGED GOODS DISGUISED AS HEALTHY FOODS

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Vitamin waters  
Store-bought Salad Dressings  
Sweet Yogurts or fat free yogurts  
GF foods, often enhanced with sugars  
Ice Creams  
Cheap soy sauce  
Processed cheese  
Soup mix, laced with sodium and other preservatives  
Ketchup with corn syrup  
Diet sodas  
Common roasted peanuts, or nuts (veg oils & sodium)  
Fruit juices (In the morning)  
Low fat processed foods  
Some nutrition bars  
Farmed fish (unless from a sustainable farm)  
Common multi vitamins  
Common canned soups  
Bran muffins  
Soy veggie burgers  
Multi-grain breads  
Common sushi  
Pre-made smoothies  
Rice milk  
Common nut butters

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## LABELS ARE PRIMARILY ON PACKAGED FOODS

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We are a nation that relies heavily on packaged foods

- A marketer's goal is to convince us it's healthy, so we will buy it
- Be aware of what is truly good for you
- No need to interpret labels if we buy fresh produce or meat at the butcher

Packaged foods are typically less nutrient dense

- Either due to preservatives
- Processing of the foods themselves, therefore stripped of nutrients
- Often not organic nor fresh

There are some good items out there! Weigh your need for convenience

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## WHEN DID THINGS START TO CHANGE IN THE U.S.?

Let's compare ourselves to France – as an example (since Chef Olive is from France ☺)

- The French shop daily, buy fresh foods, and cook at home
- Shopping in France is more focused on quality than quantity
- Children in France eat more vegetables & protein, and less sugar & snacks
- Obesity, diabetes and cancer rates are lower in France
- Eating together as a family every day is a key aspect of French culture

The way France eats is not unlike what we used to do here

- Many Americans transitioned away from tradition in the 60's and 70's
- We went headfirst into two working families, quick processed foods in a box, can or plastic freezer bag, low fat diets and fake foods (both sugar and fat)

**We need to find a middle ground**

## BREAKING YOUR FAST, AT THE TIME THAT IS BEST FOR YOU

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- Breakfast, the first meal that breaks your fast
- No matter what time you eat it... everyone has a meal that breaks their overnight fast.
- What do we need from this meal and why?

Chef Olive's  
Frittata is a  
great  
example!



Protein: Long-lasting energy to support our body



Healthy Fats: Feed our brain to help us feel ready to work



Carbohydrates & Phytonutrients: Quick energy to kick start to our day

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## MYTHS AROUND FOOD, NUTRITION, AND A 'HEALTHY' DIET

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What should we think about these foods? What do each group have in common?

- Breads and Cereal, Margarine and Polyunsaturated Oils, Sugar substitutes?
- Dairy, Eggs, Meats, Fish?

What about beverages:

- Water, Diet Sodas, Caffeine, Alcohol, Cows Milk, Kombucha, Sports drinks, Nut or Grain Milks, Fat Free Half & Half

Should we worry about when, where, and how much we eat?

- Is there a right and wrong time to eat?
- What determines this?

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## MYTHS ABOUT HEALTHY EATING

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### These are good, right?

- Juice
- Roasted Nuts
- Raw is better
- Hydration/Diet drinks
- Counting calories
- Cheerios, good for the heart

### Then should we avoid these?

- Red meat
- Whole fat dairy
- Eggs
- Real Sugar
- Carbs (and/or Fat)
- Red Wine

How will you switch up your breakfast?

NOTE: *This slide needs some context. If you are reading this on your own contact me for some answers! 😊*

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## NOW'S THE TIME — LET'S MAKE POSITIVE CHANGE

We hope we have cleared up questions about health & nutrition and sparked curiosity to engage in future sessions about controlling lifestyle risk factors as we go through the year.

Let's establish some goals!

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## DEFINE YOUR COMMITMENT TO LONG-TERM IMPROVEMENT

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Are you willing to prioritize your long-term health goals?

- If not now, when?

Are you listening to your body (and your health outcomes)

- What is driving your eating choices? Does it benefit you?
- How is your sleep, energy, mood, or health stats?
- Have a followed up with you doctor and scheduled your annual screenings?

Are you providing your body with the  
food and care it deserves?

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## WHAT STEPS WILL YOU TAKE TODAY?

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Start thinking about your goals today!

- 2 goals for reducing lifestyle risk factors
- 2 goals for adapting to daily schedules, i.e., return-to-office

Create  
SMART  
goals!

We are going to continue to provide support and education:

- Nutrition and Lifestyle Discussions + Demos for Disease Prevention
  - Potential topics: Inflammation, Intermittent Fasting, Macronutrients, Aging
- Return of the Summer Cooking Series!
  - Including quick and healthy meal prep and recipes with nutrition tips as well!
- Individual Nutrition Consultations
  - A limited number of sessions available to address your nutrition questions

What is your first goal?

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## WRAP UP / QUESTIONS?

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- Kitchen on Fire Cooking School

- For the Home Chef in Berkeley & Oakland since 2005
- Owned by Chef Olivier Said (founder) & Lisa Miller
- Hands-on Cooking Classes, Events: In-Person and Virtual
- Nutrition Education, Corporate Wellness, Individual Consulting, Wellness Probiotics, Tonics & Teas - @drinkRebout

Link to today's presentation, demo info and more  
<http://www.kitchenonfire.com/lifestyle-for-disease-prevention>