

Wellness Journey: Living Your Best Life

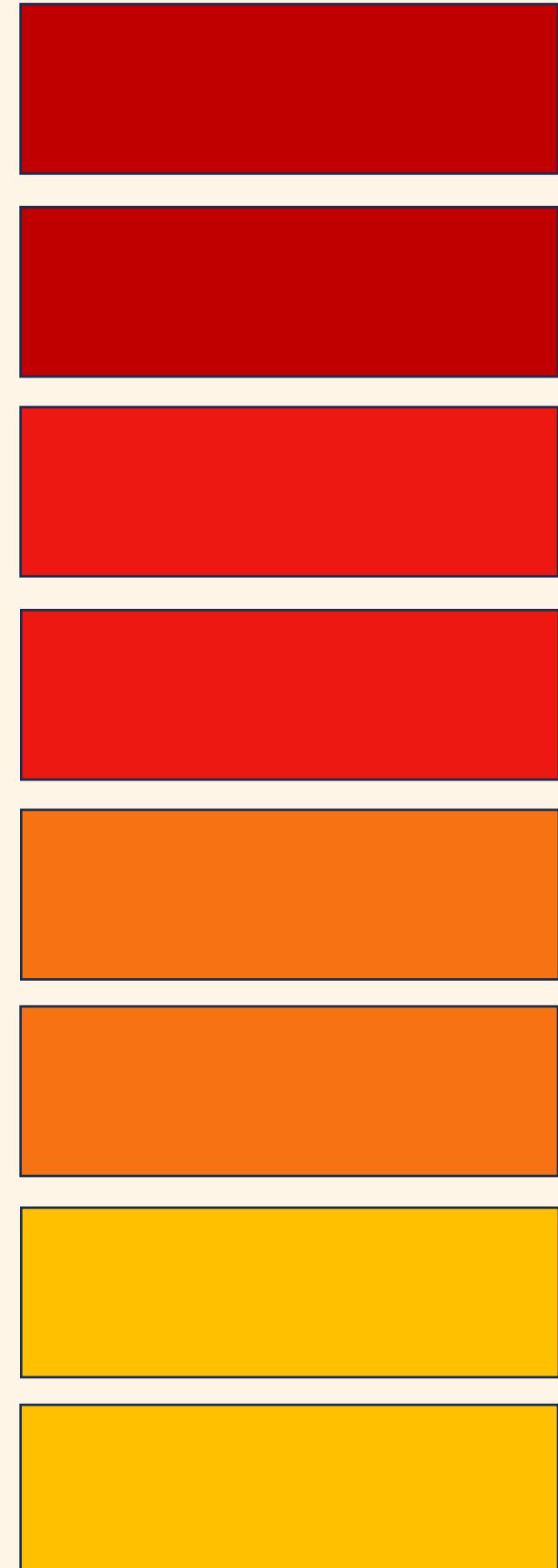
Invest in Yourself

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Wellness Journey: Living Your Best Life

We continue our exploration of traditional diets as we focus on making a lifelong commitment to invest in ourselves! Making meaningful selections for both our health and our wallet as we carefully navigate the grocery aisles.



Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes
Corporate events
Individual consulting
Virtual & In-Person

- **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



Objectives for Today – Investing in Ourselves!

1. Value food as medicine
2. Retain nutrients with optimal cooking methods
3. Preserve foods to maximize nutrients
4. Spend our food dollars wisely
5. Set SMART goals – health is the first wealth!



Chef Olive is continuing the exploration of Mediterranean with a traditional Salad Niçoise

BONUS: Attendees will be entered into a raffle for a prize!



Let's join Chef Olive on
vacation in France!
Pack your bags and let's go!

Value food as medicine

A good phrase to keep it in our mind to make food choices.

- Understanding nutritional value and the impact on our body's health
- Incorporating variety each day for balanced nutrition: fruits, veggies, grains, & proteins
- Utilizing food to help prevent and manage conditions: diabetes, heart disease, & obesity
- Recognizing the potential of certain foods in supporting the body's natural healing



Value food as medicine

Nutrient-Dense

Good quality helps ensure foods are high in essential nutrients like vitamins, minerals, and fiber.

Variety

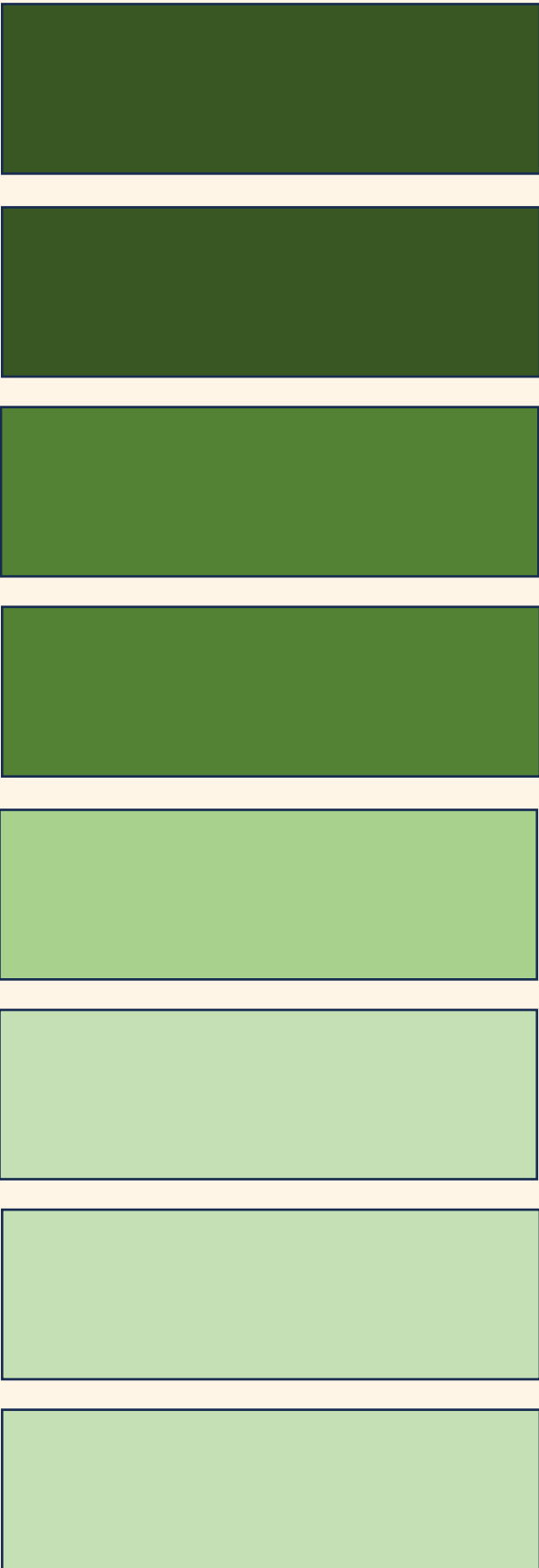
Seasonality and diversity helps ensure we are getting the full spectrum of nutrients.

Selection

Purposeful selection of foods and spices may help manage or prevent medical conditions.

Healing

Healing traditionally started in the kitchen with a healing meal and plenty of rest to follow.



Retain nutrients with optimal cooking methods

1 Retain moisture:

Soups, stews & braising are wet cooking methods that are gentle on the ingredients.

2 Preserve Nutrients:

Sauteing and roasting help seal in the moisture to retain nutrients with moderate heat levels & good quality oils.

3 Whole Foods:

Keep the skin, when possible, as nutrients are concentrated in the skin.

4 Avoid over cooking:

Excessive heat can lead to loss of water-soluble vitamins and phytochemicals & creation of damaged fats & carcinogens.

Preserve foods to maximize nutrients

Canning:

Canning fruits and vegetables at the peak of ripeness to retain their nutrient content for longer periods

Dehydrating:

Utilizing methods such as dehydration or freeze-drying to preserve foods while minimizing nutrient loss

Packaging:

Using proper packaging and storage techniques, such as vacuum sealing or airtight containers, to maintain nutrients

Limiting Exposure:

Avoiding prolonged exposure to light, heat, and oxygen, as these factors can lead to nutrient degradation

Preserve foods to maximize nutrients

Preserving may sound fancy and like a lot of work. Let's keep to our strategy of keeping things simple! A string to hang left over herbs, glass storage containers for leftovers to go to the freezer and keep jars from condiments to store your own condiments or quick pickles!



Spend our food dollars wisely

1 Avoid Impulse Buys:

Make a meal plan and a shopping list before heading to the store. And no shopping on an empty stomach!

2 Shop the perimeter:

Fill your cart and menu plan with nutrient rich, cost effective, whole foods before the processed foods.

3 Shop in season:

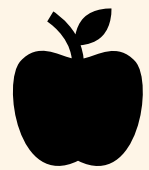
Shop in season for the best prices and quality. Consider stocking up -- freeze or preserve.

4 Reduce Waste & Save:

Bulk bins are less expensive, allow you to buy exactly the quantity you want & reduce packaging waste!



SMART Goals – Health is the First Wealth



Invest in yourself from the inside out!

- 2 goals to help you **Live Your Best Life!**
- 2 goals to establish the mindset of **Food as Medicine**

What do you want to share?

Specific
Measurable
take Action
be Realistic
Time-oriented

About us

- 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
 - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
 - Owner & Nutrition Consultant, certified
 - Consultations, Classes & Presentations
 - lisa@oceanviewnutrition.com



Link to today's presentation,
demo info and more
[https://www.kitchenonfire.com/
living-your-best-life](https://www.kitchenonfire.com/living-your-best-life)

