

# **Harnessing the Power of Nutrition – The Longevity Lab**

Presented By:

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SO Fit Co.



# Land Acknowledgement

I respectfully acknowledge that I live, work, and learn on the unceded and occupied traditional territories of the Lheidli T'enneh First Nation.

I make this acknowledgement to remind myself and to teach others about the significance of the Lheidli people's relationship to the land, and if it weren't for this land and its dispossession from the Lheidli people, we would not be here.

Therefore, I am honored by the continued grace of the Lheidli T'enneh to work with all of us to decolonize our ways of knowing and being in this place.





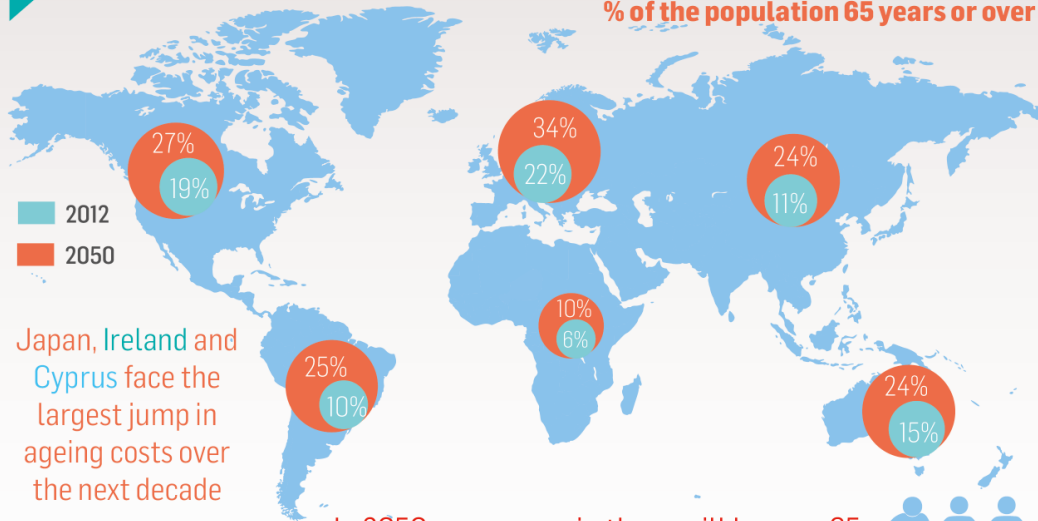
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# Today we will learn about:

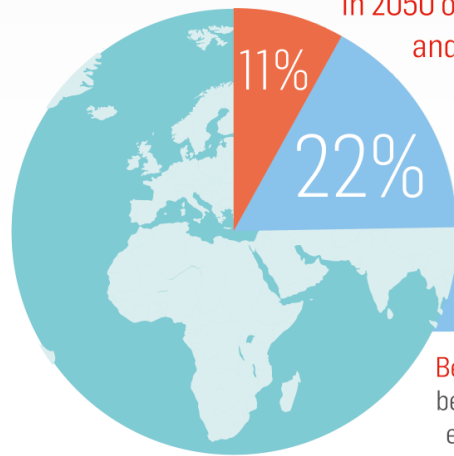
- The why, what and how in choosing a healthy eating pattern to optimize your lifestyle
- Learn about some of the latest research findings and what they may mean to you
- Explore how fitness fits with function and health in quality of life

## THE WORLD'S AGEING POPULATION

% of the population 65 years or over



Japan, Ireland and Cyprus face the largest jump in ageing costs over the next decade



In 2050 one person in three will be over 65 and one person in ten will be over 80

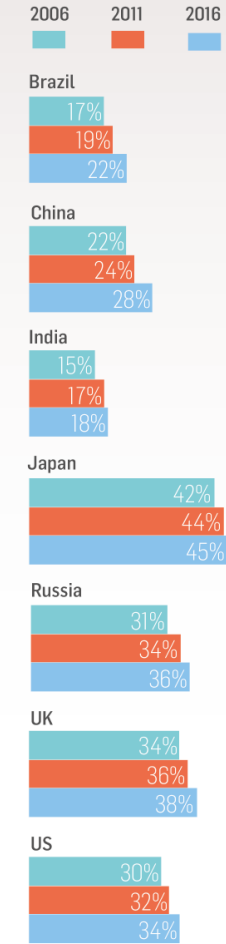


2012 - 11% of the world's 6.9bn people are over 60

2050 - 22% of the world's 9bn people will be over 60

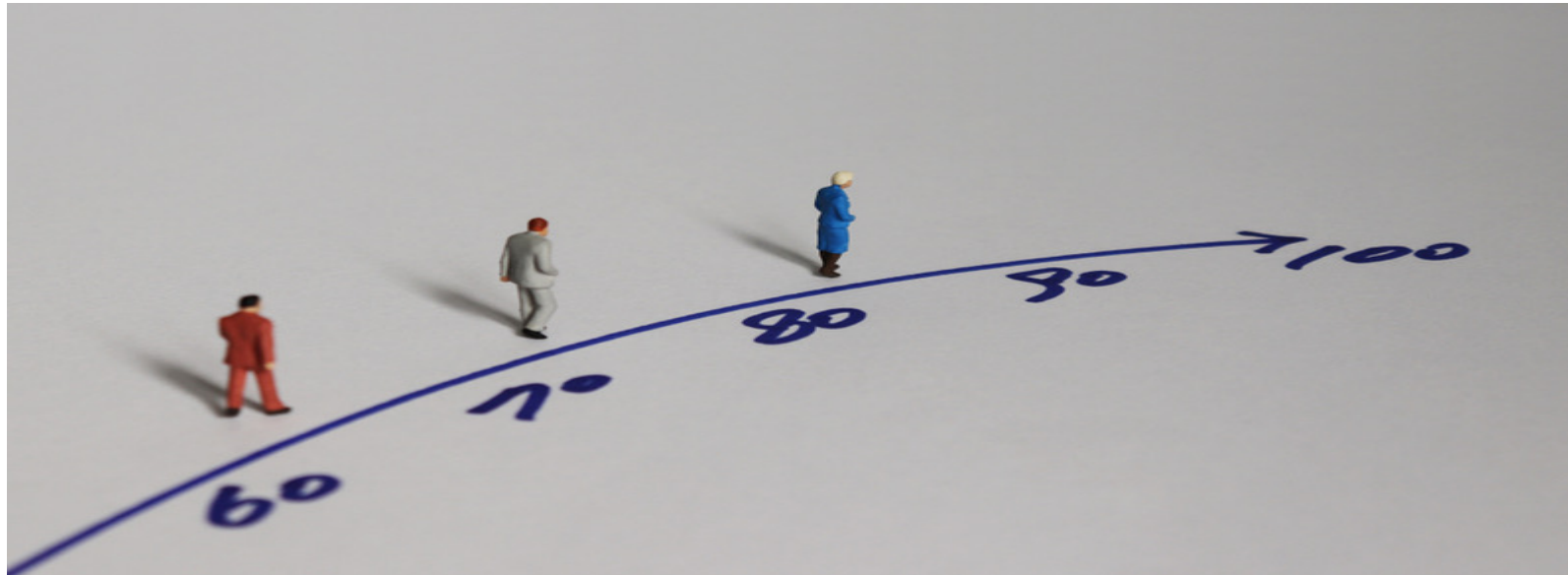
Between now and 2050 the fiscal burden of the crisis will be 10% of the ageing-related costs. The other 90% will be extra spending on pensions, health and long-term care

### % of over 50's in overall population



# Terms to Keep in Mind:

Life Span versus Life Expectancy



# WHAT DO YOU THINK?



**Put your answer in the chat:**

If you reach the age of 65 you have a life expectancy of how many more years?

- A) 7.5 years
- B) 10 years
- C) 17.8 years
- D) 20 years

# Discussion Question: What Does Healthy Eating Mean to You?





# Healthy Eating is Self Care

Nutrition plays an important role in self-care to help buffer adversity, build physical and mental resilience and improve overall health.

Wholesome foods + healthy eating patterns support physical + mental health

2015 Dietary Guidelines Advisory Committee.  
Health.gov. <https://health.gov/dietaryguidelines/2015-scientific-report/>



# Practicing Self-Care

**Self-care** means paying attention to and supporting one's *own* physical and mental health.

"What research tells us is sleep, exercise, nutrition, mindfulness and a nurturing environment can reduce stress hormones and enhance the ability of the brain to recover."

*-Dr. Nadine Burke, Surgeon General of CA*



# What to Eat?



# Canada's Food Guide

- What are the food groupings you see?
- What about the layout of the plate?



# VEGETABLES & FRUITS

## Provides:

- Fiber
- Vitamins/Minerals
- Volume - More for less

## Examples:

- Apples
- Peaches
- Grapes
- Broccoli
- Spinach
- Carrots



## Vegetables and Fruit

# GRAINS

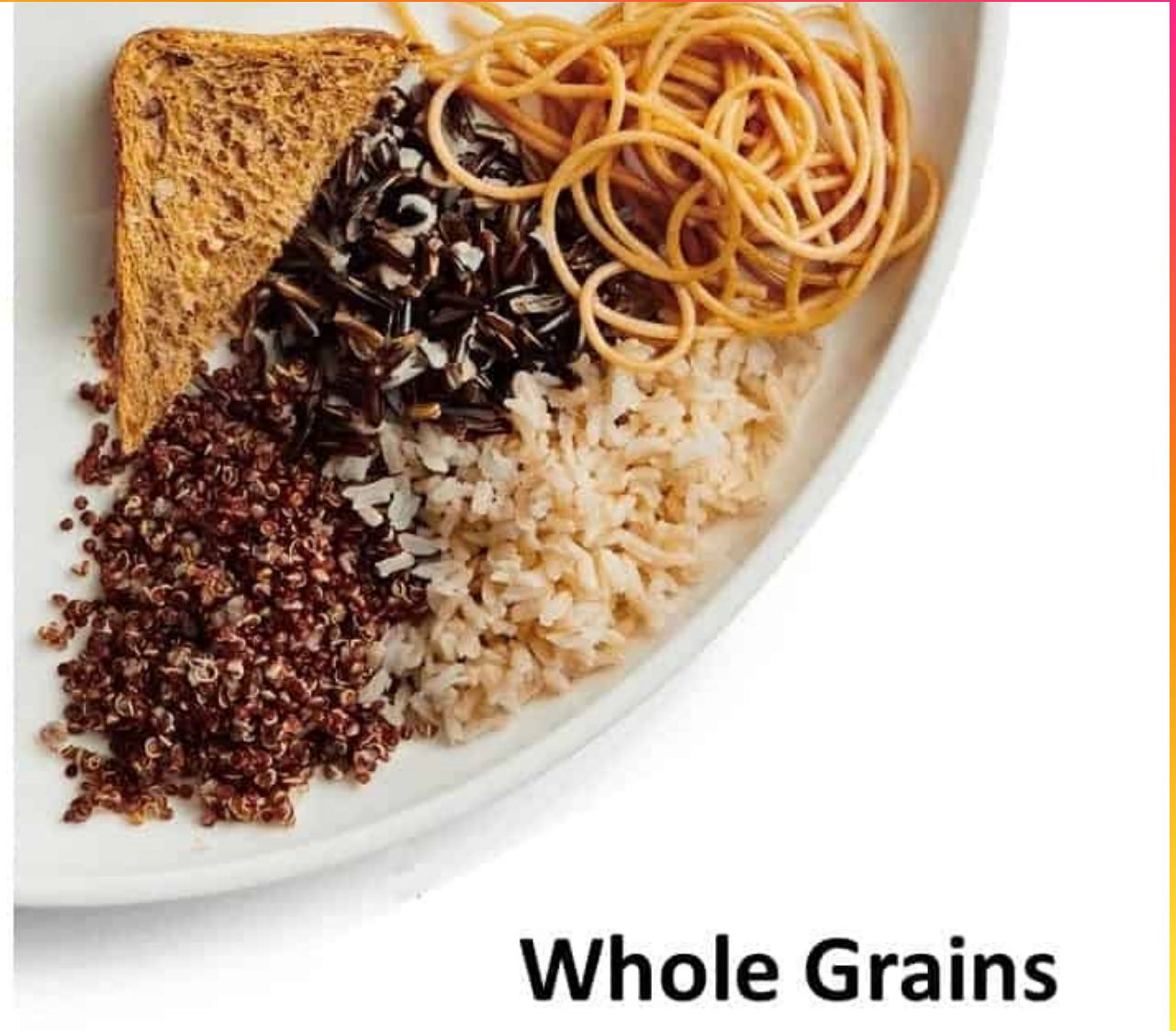
## Provides:

- Fuel for body & brain
- Fiber

## Examples:

- Oats
- Rice
- Bread
- Pasta
- Tortillas
- Quinoa
- Potatoes

Whole grains have got a bad rap and are an important part of the healthy eating equation. Try to make half of all the grains you eat whole grains.



**Whole Grains**

# PROTEIN

**Keeps you FULL!**

**Helps build and repair body tissues**

**Keeps immune system strong**

- **Examples:**
- Meat, poultry, seafood
- Eggs, beans, peas
- Nuts, seeds, processed soy products
- Milk & dairy

“Getting enough protein is critical when it comes to supporting your overall health and wellness. Make sure to include protein at each of your meals and snacks”

## Protein Foods





# Hydration Myths...

The forgotten nutrient and topic in nutrition...

- How many cups a day?
- Drink when you are thirsty?
- Drink 2 cups water for every cup of coffee or tea?
- Enhanced waters are better - alkaline, vitamin?
- More, more, more...is better?

# Water, Water Everywhere....







## Check ins...

- Are you thirsty?
- Weak, dizzy, lightheaded?
- Headaches?
- Dry mouth
- Nausea? Burning sensation in stomach
- How often do you pee?

# Hydration Never Takes a Vacation



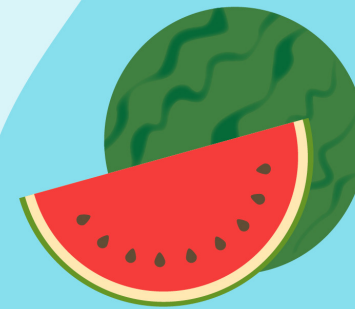
# EAT YOUR WATER!

1. Infused H2O
2. Cut up Veggies/Fruit
3. Grilled Pineapple, Peaches, Veggies
4. Fresh Berries to Salad
5. Add Veggies to Eggs
6. Add Greens to Your Smoothie
7. Sliced Cucumber and Greens to Wraps and Sandwiches

## Hydrating Foods

Hydration doesn't have to just come from a glass of water.

Pick foods high in water to help stay hydrated all day long.



Watermelon

93%  
water



Salad greens  
Berries  
Tomatoes

Radishes  
Cauliflower  
Zucchini  
Peppers

90%  
water



Acorn squash  
Butternut squash

85%  
water

Source: Stacey Kendrick

my southern health  
POWERED BY VANDERBILT

LOOKING FOR HEALTHY RECIPES? Visit [mysouthernhealth.com/tag/recipes](https://www.mysouthernhealth.com/tag/recipes) for some delicious ideas.

# Snack Attack

## When to Snack?:

- Are you really hungry? Check and make sure it's not dehydration
- Eat every 3-4 hours for higher metabolism and stabilizing blood sugar

## Why snack?:

- Stabilizes hunger
- Provides consistent energy

## What to snack on?:

- Good snacks consist of a combination of protein, carbohydrates (grains or produce) and/or healthy fats (PB, crackers and banana)
- Smaller portion size (Ziploc, plates or bowls)



Healthy, mindful, satisfying snacking is the key to quelling hunger and boosting energy between meals.

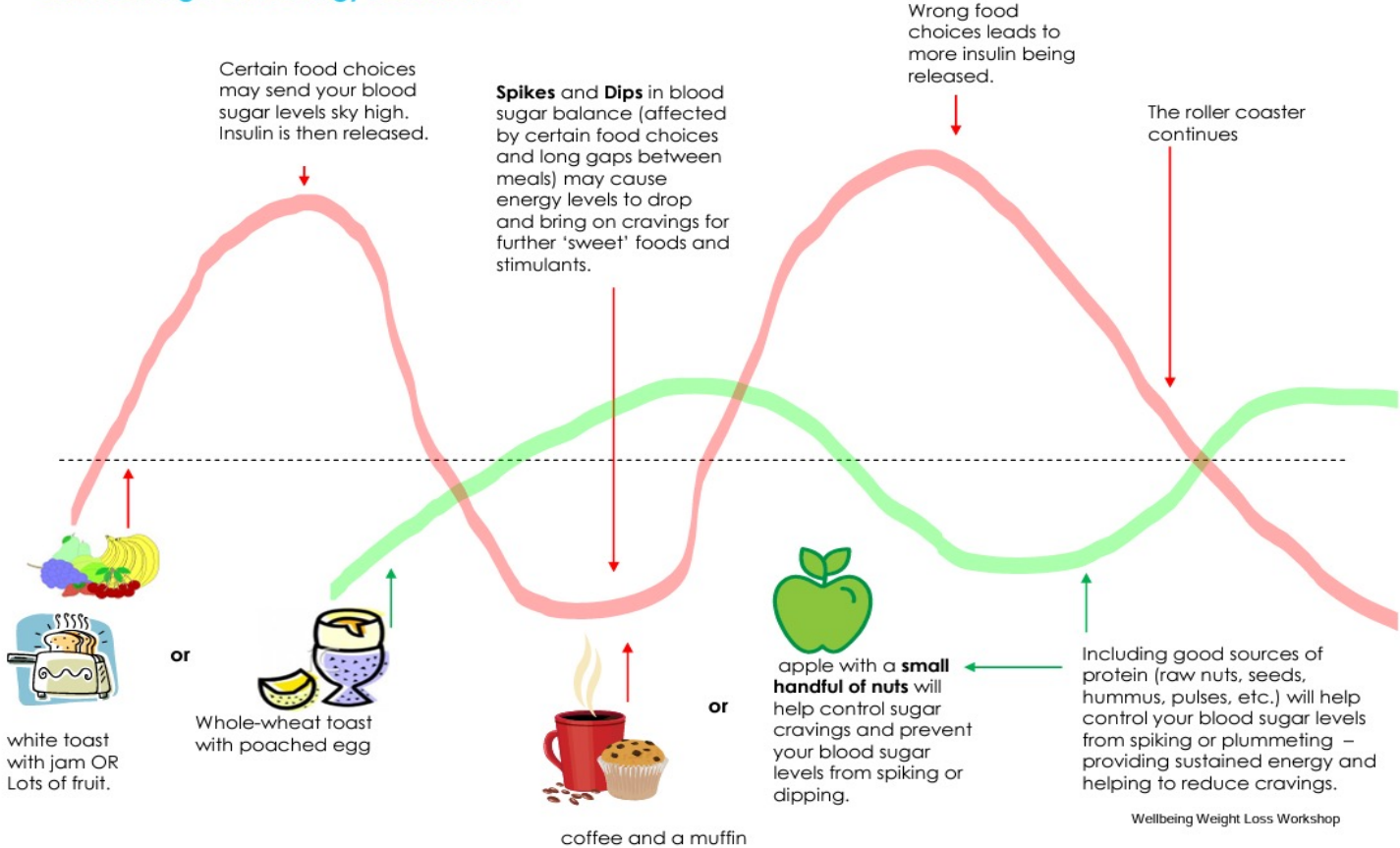
The type of foods you snack on can maintain mood, mental clarity and metabolism.

# **Snack and Meal Timing is Important...Don't Get "Hangry"**



# How What We Eat or Don't Eat Can Effect Blood Sugar Levels.

The roller coaster effect that certain foods (or missing meals) may have on blood sugar and energy levels.....



# Benefits of Physical Activity

- Improved energy
- Less stress and better sleep
- Weight loss and maintenance
- Increased strength
- Reduced risk of diseases
- Lower blood pressure
- Keep bones healthy
- Improved concentration and productivity



# Goal: Be active for 30 minutes a day!

Short on time? Not into classes or programs?  
Try activity snax!

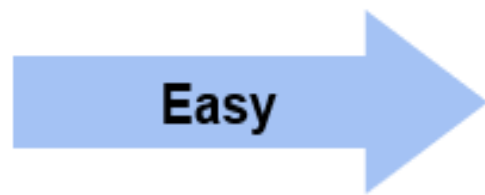
- Three 10-minute sessions daily
- Take the stairs
- Walking meeting
- Ride your bike instead of driving
- Stretch break

Slowly work your way up 60-90 minutes of exercise 3-4 times a week for greater benefits.





# Boost Your Heart Rate



Can talk normally  
(e.g., slow walking)



Heart pumping faster, a little  
hard to talk (e.g., fast walking)



Heart pumping very fast and  
difficult to talk (e.g., running)

# Resistance Training and Functional Fitness

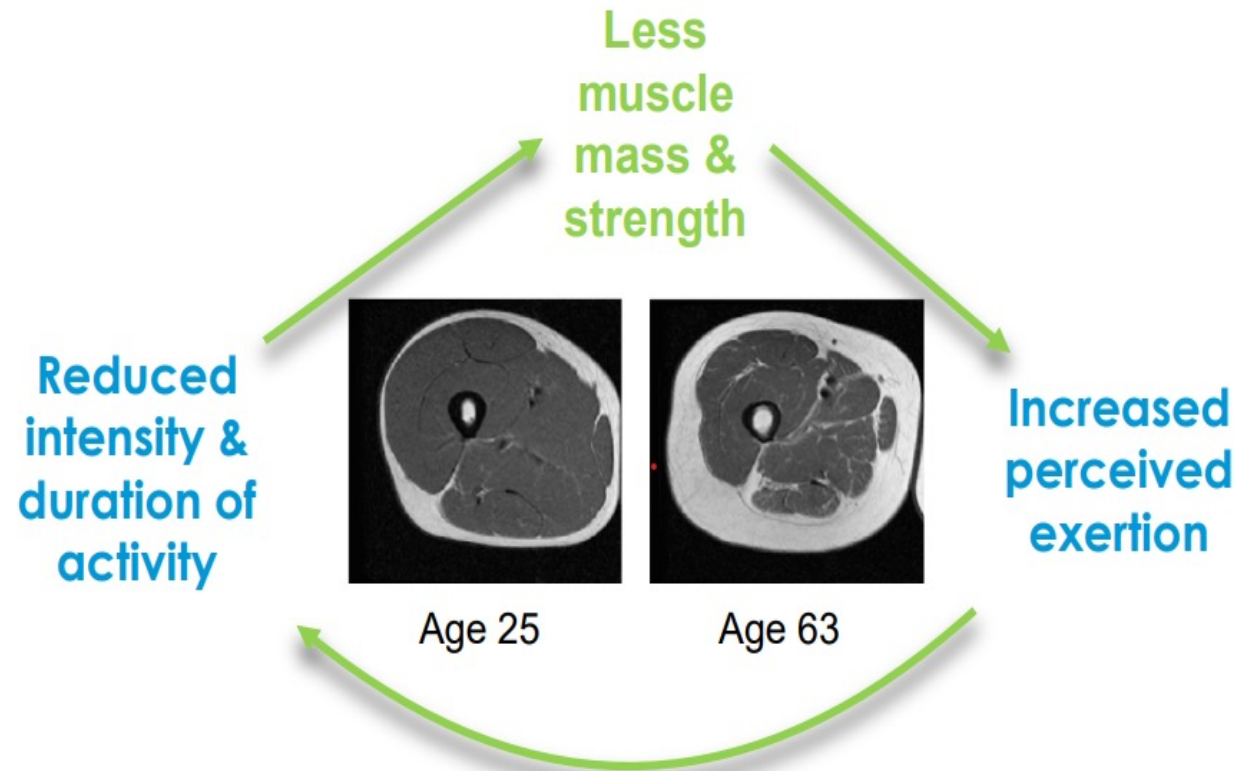


- Includes strength training like lifting weights, push ups, yoga to build and keep muscles strong.
- Building muscles improves strength, balance and bone health

# Best Tip Ever to Avoid Early Death!



# Sarcopenia [“Vanishing Flesh”]





# Dominoes of Aging

Can turn into a downward spiral:

Aging

- Loss of Muscle
- Loss of Strength

Aging

- Reduced Function
- Risk of Falls

Aging

- Possible Fractures
- Metabolic Disease

**It is never ever too late to eat well,  
move well and be well....**



# Small Steps Lead to Big Changes over Time!

Step 1 - "Change is never easy"

Step 2 - "Consistency is key"

Step 3 - Write it down.

Commit to yourself or tell someone else.

Keep yourself accountable.





# Takeaways:

- Be hopeful - genetics don't define destiny
- Be intense - energy needs are lower but nutrients are same or higher
- Be well - get good sleeps, deal with stress and get social (in 3D not on an app!!!)





**The self is not something ready made but something in continuous formation through choice of action. – J Dewey**

# QUESTIONS?





**Thank you**

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