



Personalized Nutrition Decoded

Renee Belz, MS, CNC



What is your goal?

- ▶ Weight loss?
- ▶ Gain muscle?
- ▶ Overcome a health issue?
- ▶ Support healthspan & longevity?



Building Your Nutrition Plan

Starting with Whole Foods

- ▶ One ingredient
- ▶ Nothing packaged or processed
- ▶ Learn to read labels
- ▶ JERF - Just Eat Real Food (Thanks to Sean Croxton!)



Which one would you choose?

- ▶ Eggs
 - ▶ Spinach
 - ▶ Bell peppers
 - ▶ Bacon
 - ▶ Butter
- ▶ **Egg Whites, Cottage Cheese** [Cultured Nonfat Milk, Milk, Nonfat Milk, Contains 2 % Or Less Of: Whey, Salt, Maltodextrin, Citric Acid, Carrageenan, Mono- And Diglycerides, Locust Bean Gum, Guar Gum, Natural Flavors, Vitamin A Palmitate, Carbon Dioxide (To Maintain Freshness), Enzymes], **Monterey Jack Cheese** [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Potato Starch, Powdered Cellulose, Natamycin (A Natural Mold Inhibitor)], **Red Bell Pepper, Rice Starch, Unsalted Butter** [Pasteurized Cream, Natural Flavors], **Spinach, Canola Oil, Feta Cheese** [Pasteurized Milk, Salt, Cheese Culture, Enzymes, Potato Starch], **Green Onion, Salt, Hot Sauce** [Distilled Vinegar, Red Pepper, Salt], **Canola Oil, Spice, Contains Bioengineered Food Ingredients.**

Eat the Rainbow

- ▶ Variety is key!
- ▶ Provides a wide range of vitamins, minerals & antioxidants
- ▶ Essential for gut microbiome diversity
- ▶ Pick one food from each color daily





The Blue Zones

- ▶ High intake of wild plants
- ▶ Legumes, usually prepared ancestrally using methods such as soaking, sprouting or fermentation
- ▶ Caloric moderation & fasting
- ▶ Lifestyle Factors:
 - ▶ Constant moderate physical activity
 - ▶ Family relationships & social engagement
 - ▶ Strong life purpose
 - ▶ Low amounts of stress

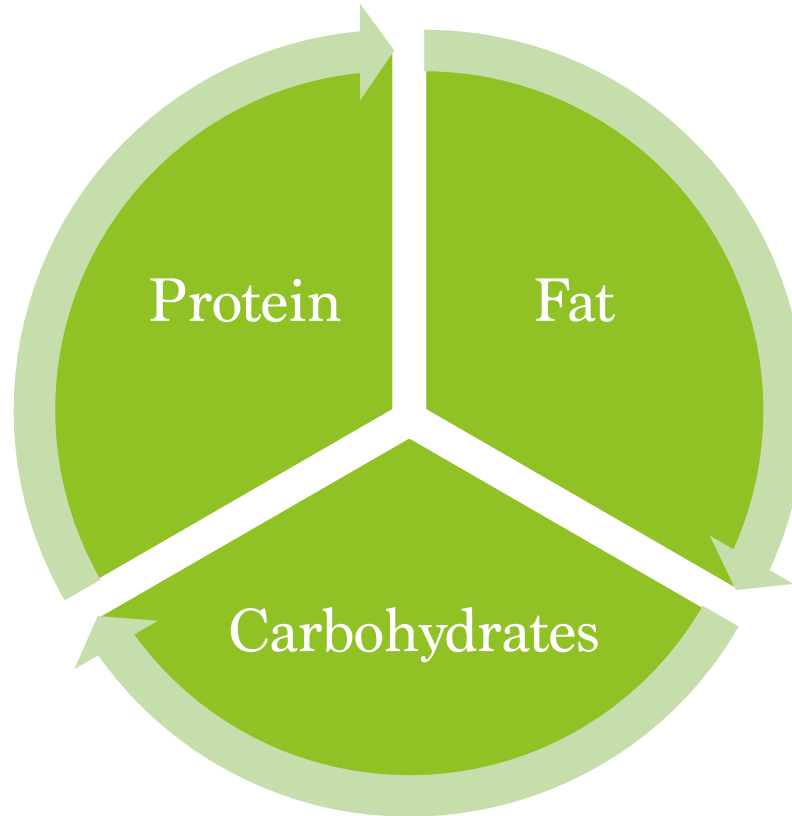
Quality vs Quantity

- ▶ Organic
- ▶ Local
- ▶ Grass-Fed & Grass-Finished
- ▶ Pasture-Raised
- ▶ Wild-Caught
- ▶ Non-GMO



Quality vs Quantity

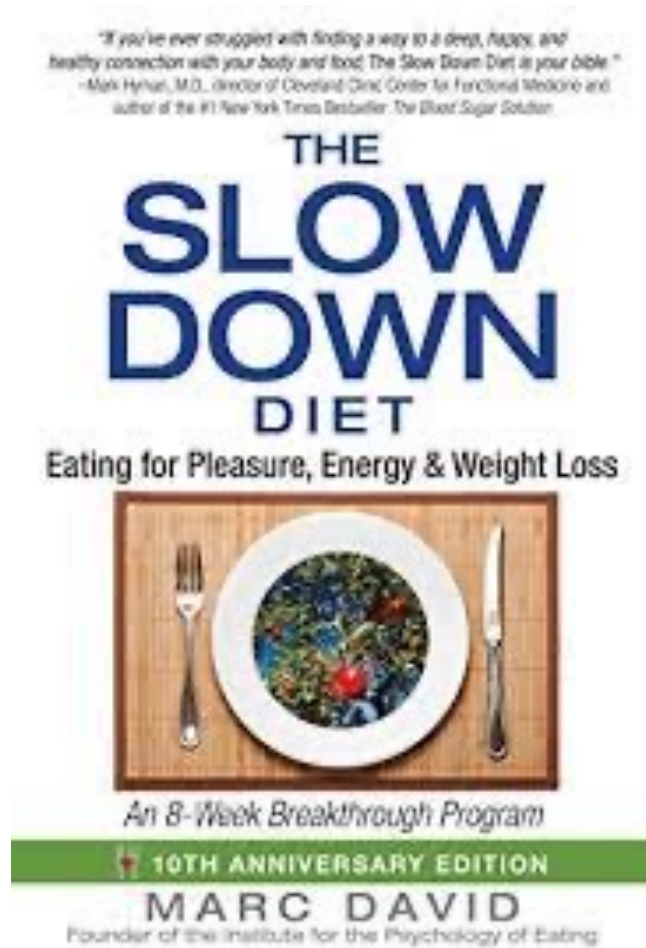
- ▶ Calories
- ▶ Macronutrients
 - ▶ Protein
 - ▶ Carbohydrates
 - ▶ Fat



Examples of Macronutrient Ratios

- ▶ Keto (70% Fat, 20% Protein, 10% Carbs)
- ▶ Mediterranean (50% Carbs, 30% Fat, 20% Protein)
- ▶ Paleo (40% Fat, 30% Protein, 30% Carbs)





How We Eat

- ▶ Eat slowly
- ▶ Chew each bite at least 25 times
- ▶ Practice mindfulness
- ▶ Turn off electronics
- ▶ Enjoy time with friends or family
- ▶ Take a few deep breaths

Support the Gut Microbiome

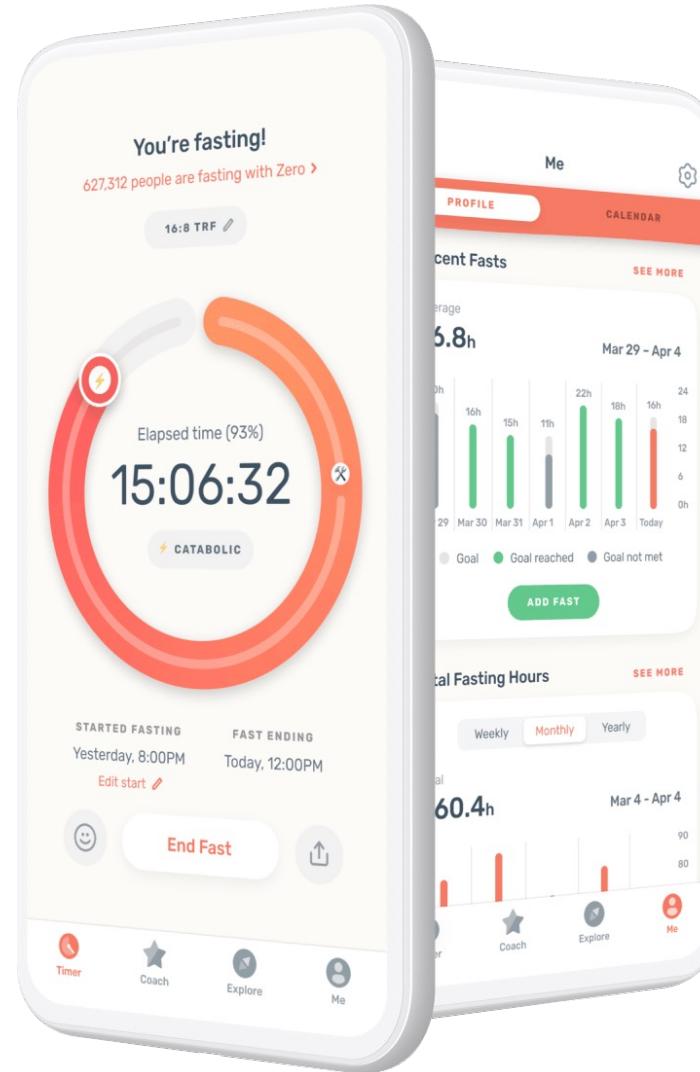
- Fasting
- Avoid your personal “kryptonite”
- Diet diversity
- Test your gut
- Spore-based probiotic



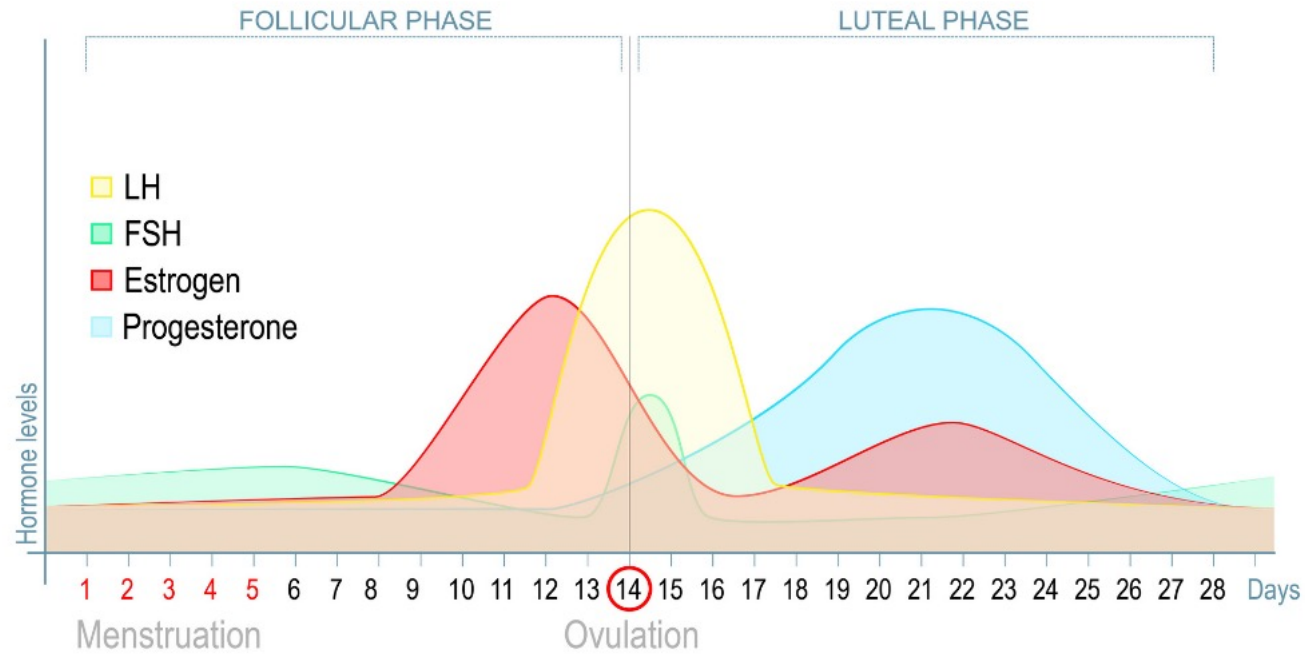
“All disease begins in the gut.” -Hippocrates

Fasting & Time-Restricted Eating (TRE)

- ▶ Minimum 12 hours overnight
- ▶ For women:
 - ▶ 12-14 hours
 - ▶ Do better with fasting day #1-10 and day #17-22 of cycle
- ▶ For men:
 - ▶ Up to 16 hours
 - ▶ Weekly or Bi-weekly 24-hour fasts



Cycle Syncing for Women



Blood Sugar Regulation

- ▶ Metabolic Health IS Health!
- ▶ Metabolic dysfunction is at the root of almost every chronic disease
- ▶ Impacted by food, stress, exercise, sleep, gut microbiome, genetics
- ▶ Testing Options: Basic Glucose Monitor, KetoMojo or a Continuous Glucose Monitor (CGM)
- ▶ Test, don't guess!



Metabolic Flexibility



- ▶ Your body's ability to switch between fat & carbohydrates for fuel
- ▶ Feast & Famine cycling
- ▶ Fat-adaption is key!



Measuring Metabolic Flexibility

- ▶ IgE (Immunoglobulin E)
 - ▶ Immediate reaction
 - ▶ Stimulates histamine release - hives, shortness of breath, anaphylaxis
 - ▶ Common allergens: milk, egg, soy, wheat, peanut, tree nuts, shellfish
- ▶ IgG
 - ▶ Delayed reaction - up to 72 hours
 - ▶ Symptoms: headaches, joint aches, brain fog, GI symptoms

Elimination Diet

- ▶ Remove all potentially problematic foods
- ▶ Focus on healing the gut
- ▶ Slowly reintroduce foods one at a time
- ▶ Be your own food detective!



Genetic Testing

- ▶ CYP2R1 - Vitamin D
- ▶ FADS2 - Omega 3s
- ▶ APOE - Lipids
- ▶ MTHFR - Methylation
- ▶ FTO - Obesity & Diabetes
- ▶ GCKR - Glucose & Triglycerides
- ▶ PEMT - Phosphatidylcholine
- ▶ DAO - Histamine
- ▶ CYP1A2 - Caffeine
- ▶ IRS1 - Diabetes

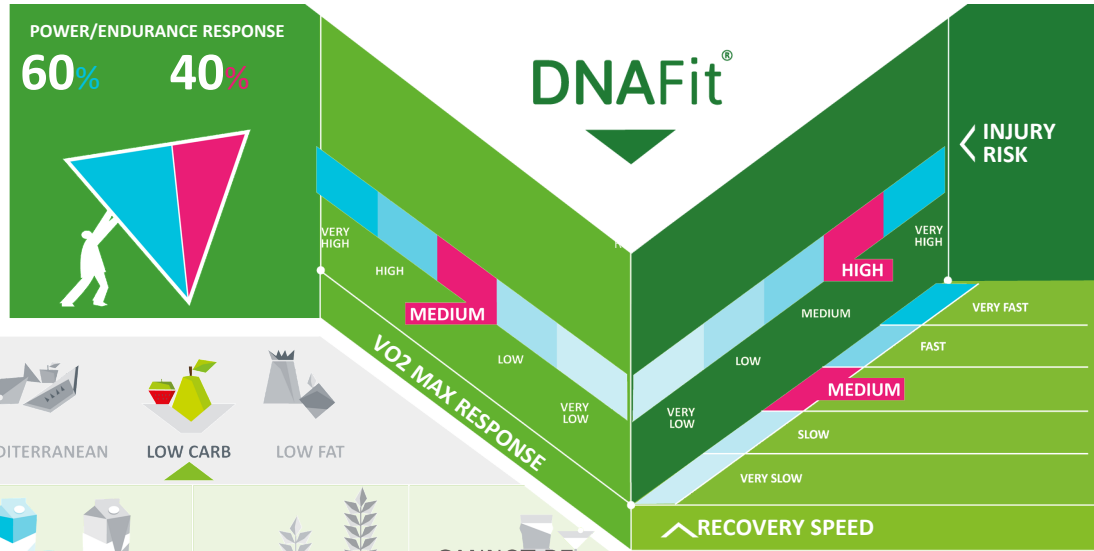
▶ Testing Options:

- ▶ 23 & Me or AncestryDNA
- ▶ Self Decode
- ▶ Found My Fitness
- ▶ InsideTracker
- ▶ StrateGene
- ▶ DNAFit



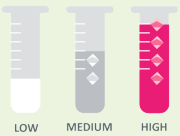


THEY IMPACT EVERY ASPECT OF OUR HEALTH AND WELLBEING. UNDERSTANDING YOUR DNA WILL HELP YOU MAKE THE RIGHT CHOICES TO LIVE A HEALTHIER LIFE.



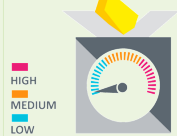
DNAFit® DIET

OPTIMAL DIET TYPE



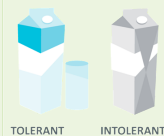
CARBOHYDRATE SENSITIVITY

Refined carbs are rapidly digested and absorbed, which may result in large swings in blood glucose levels and can also affect our energy levels and weight control. Some genetic variants are associated with an increased response to refined carbohydrates, which can have a negative effect both on glycaemia and weight management.



SATURATED FAT SENSITIVITY

Long-term overconsumption of saturated fats is associated with many health problems, and limits are advised. However, the way saturated fats are handled varies according to genetic variation – some of us are more efficient at getting fats from food, so in these cases a lower intake is advisable.



LACTOSE INTOLERANCE

Lactose is a sugar present in milk and most dairy products, and it is digested by an enzyme called Lactase. In many people the presence of this enzyme decreases significantly with age – determined by the lactase gene variant. This results in a reduced ability to digest lactose itself, which can cause symptoms of bloating, pain and discomfort for those affected.



COELIAC PREDISPOSITION

Coeliac disease is common digestive condition that occurs when a person has an adverse reaction to gluten, a protein found in grains such as wheat, barley and rye. Coeliac disease can develop only in approximately 30% of the population who carry certain genetic variants.



ALCOHOL SENSITIVITY

Moderate alcohol consumption is associated with some health benefits, e.g. improved lipid profile. But, it is well known that over consumption has both short and long term negative consequences. The benefits to HDL cholesterol levels seem to be influenced by genetic variation in metabolizing alcohol enzymes and some benefit more than others – though of course always in moderation!



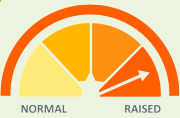
CAFFEINE SENSITIVITY

Caffeine is the most common stimulant we ingest on a regular basis. Primarily we get our caffeine from coffee, but also from energy drinks, tea and even certain medicines. While a moderate amount of caffeine is usually harmless, in some people excessive caffeine intake can cause anxiety, insomnia headaches and stomach irritation. Individuals can be classed as slow or fast caffeine metabolisers, determined by personal genetic variation.



SALT SENSITIVITY

Salt is made up of Sodium and Chloride. For health reasons we are mostly concerned with sodium intake as it can cause high blood pressure in those who are genetically susceptible. Commercial food foods that we buy from supermarkets often include large amounts of hidden sodium, before we even add salt to our cook ourselves. Some individuals appear to be more susceptible than others to hypertension associated with sodium intake.



ANTI-OXIDANT NEED

Anti-oxidants are molecules found in fresh foods like vegetables and fruit; they play a role in the removal of free radicals, which can be harmful to our health. The Anti-Oxidant vitamins are Vitamins A, C and E.



OMEGA-3 NEED

Omega-3 fatty acids are a type of unsaturated fat, often referred to as 'essential fatty acids' thanks to their role in making our bodies function normally. Oily fish, such as mackerel, salmon and sardines are a great source of dietary Omega-3's.



VITAMIN B NEED

Our nervous system, digestion and red blood cells depend on vitamin B to maintain normal function. Certain B Vitamins work in conjunction with folic acid to support our heart health - one gene in particular is well known for its roles in the utilization of folic acid and vitamins B6 and B12.



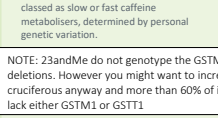
VITAMIN D NEED

Vitamin D helps us maintain normal blood levels of calcium and strengthens our bone structure. Although it is found in certain foods, our skin can also create Vitamin D when we are exposed sunlight. Lack of enough vitamin D, over the long term, is associated with increased risk of osteoporosis and other health problems.



CRUCIFEROUS VEGETABLE NEED

Cruciferous vegetables are named for their cross-shaped flowers; they include cabbage, brussel sprouts, broccoli, cauliflower and kale. Their well-known health benefits are related to substances called glucosinolates, which help maintain cellular and cardiovascular health and promote removal of toxins.



DETOXIFICATION ABILITY

Cooking certain meats at high temperatures creates the formation of chemicals that are not naturally present in uncooked meat. Variations in detoxification genes can influence our removal of these chemicals.

NOTE: 23andMe do not genotype the GSTM1 and GSTT1 deletions. However you might want to increase cruciferous anyway and more than 60% of individuals will lack either GSTM1 or GSTT1



Building Your Nutrition Plan

THANK YOU!

Renee Belz, MS, CNC

Renee@BenGreenfiedCoaching.com

IG: @ReneeBelz