



FRIENDS OF THE PINE PLAINS LIBRARY PRESENTS

Eating Like Our Ancestors

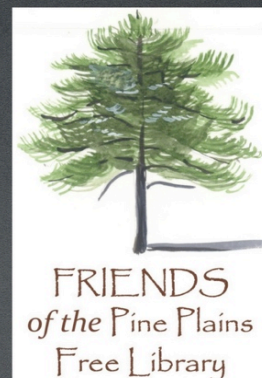
How lessons from traditional foodways can
address modern ailments and how to bring these
lessons into the kitchen

**SUNDAY SEPTEMBER 25TH AT 2PM
PINE PLAINS COMMUNITY ROOM
7775 SOUTH MAIN ST.
PINE PLAINS, NY 12567**

A free event. Refreshments provided.
wheelchair accessible and air conditioned



Jordan Schmidt is the
Nutritional Therapist and
farmer at Remedy Farm and
Nutrition in Pine Plains
NY. Combining insight
from modern research and
oldschool wisdom she uses
dietary and lifestyle
changes to guide people on
a journey to better health.
You can find her at
www.remedyfarm.com



WHAT IS NUTRITION??

- Nutrition is a science focused on the interactions between living organisms and their food
- It includes the study of the biological processes used in consuming food and our body's ability to use the nutrients contained in food
- Nutrients are the chemical substances contained in food that are necessary to sustain life:
 - ~ Provide energy (calories)
 - ~ Contribute to the body's structure
 - ~ Regulate and assist in the functioning of all body processes {Examples include enzymes and hormones}

“Macro- Nutrients”

Protein

Fat

Carbohydrate

Water

“Micro- Nutrients”

Vitamins

Minerals

And for our microbes...

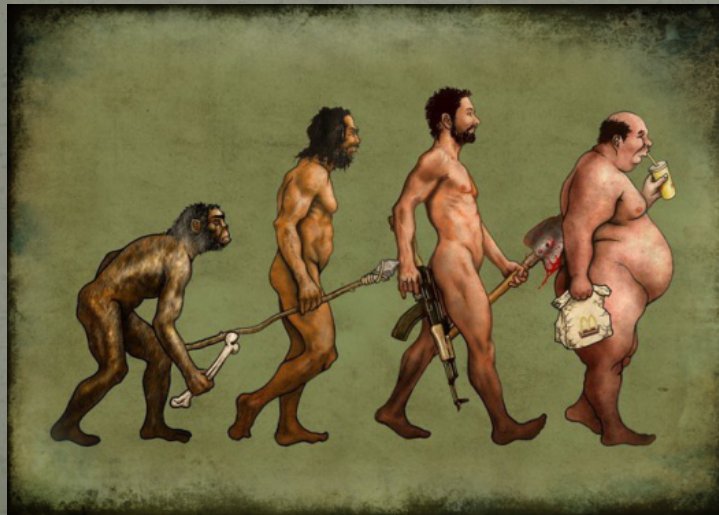
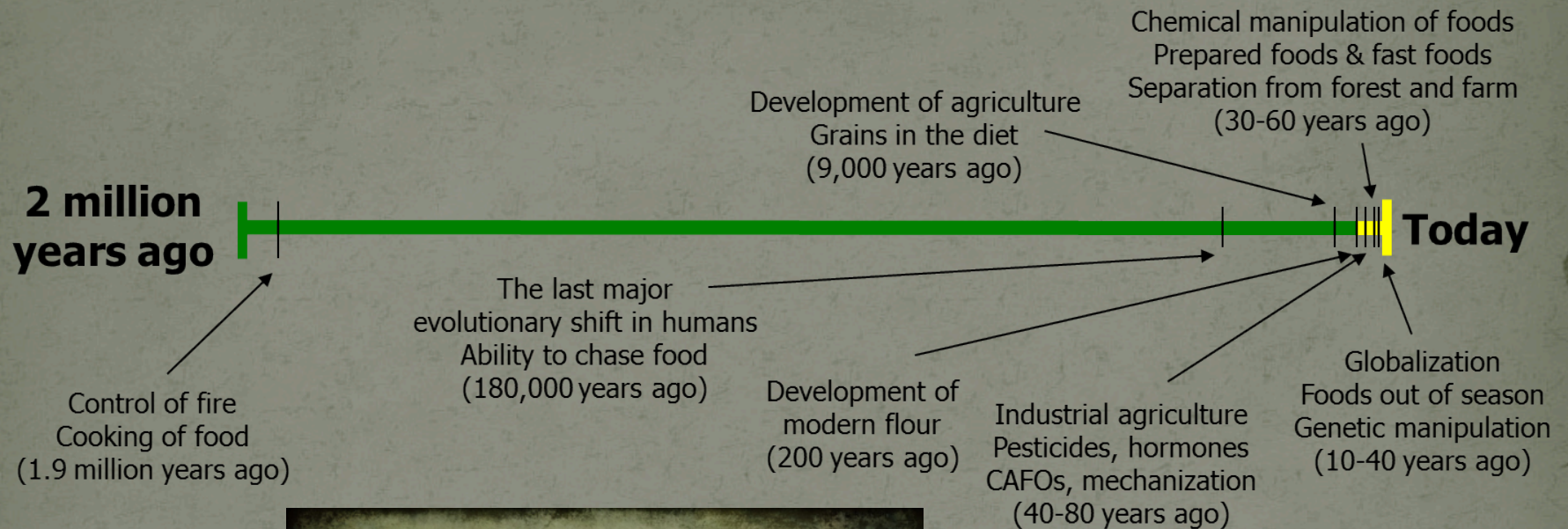
Fiber

Phenols

Probiotics



ANCESTRAL NUTRITION?



EVOLUTIONARY MISMATCH



We live in extraordinary times



Yet ...

- *Excess weight now accounts for one in three deaths among middle aged people in the US each year.*
- *A billion people around the world suffer from diabetes and obesity.*
- *600 thousand people die of heart attacks in the US each year.*
- *One-third of Americans suffer from high blood pressure, which contributes to almost 800 thousand strokes every year.*
- *50 million people in the US—one in six Americans—suffer from autoimmune diseases like Hashimoto's, rheumatoid arthritis, multiple sclerosis, and Crohn's disease.*
- *Depression is now the leading cause of disability, affecting more than 120 million people worldwide.*

{www.chriskresser.com}

Our species evolved roughly two million years ago and for 99.5 percent of that time, humans were free of the modern diseases that today kill millions of people each year and make countless others miserable.

{www.chriskresser.com}

*No obesity.
No diabetes.
No heart disease.
No allergies,
asthma, or
autoimmune disease*

What is common is not necessarily normal



Evolutionary/Biological Mismatch

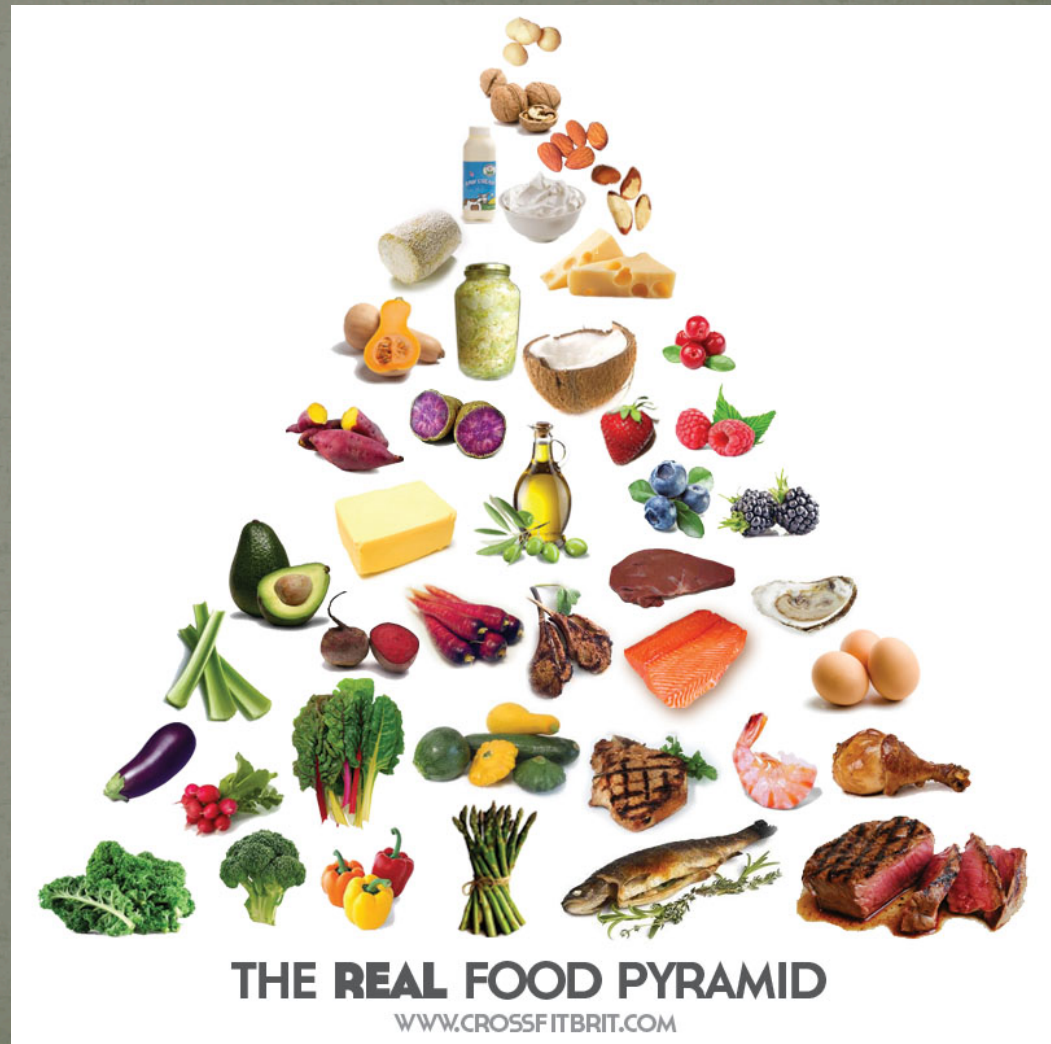
All organisms are adapted to survive and thrive in a particular environment. And when that environment changes faster than the organism can adapt, mismatch occurs. This is a fundamental principle of evolutionary biology, and it applies to humans as much as it applies to any other organism in nature.

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Making a Nutritional Match

- ~ Whole, Real, Food
- ~ Nutrient Density
- ~ Quality vs Quantity



EAT REAL FOOD

Avoid:

Flour
Sugar
Industrial Seed Oils
Food Additives and Stabilizers



Embrace:

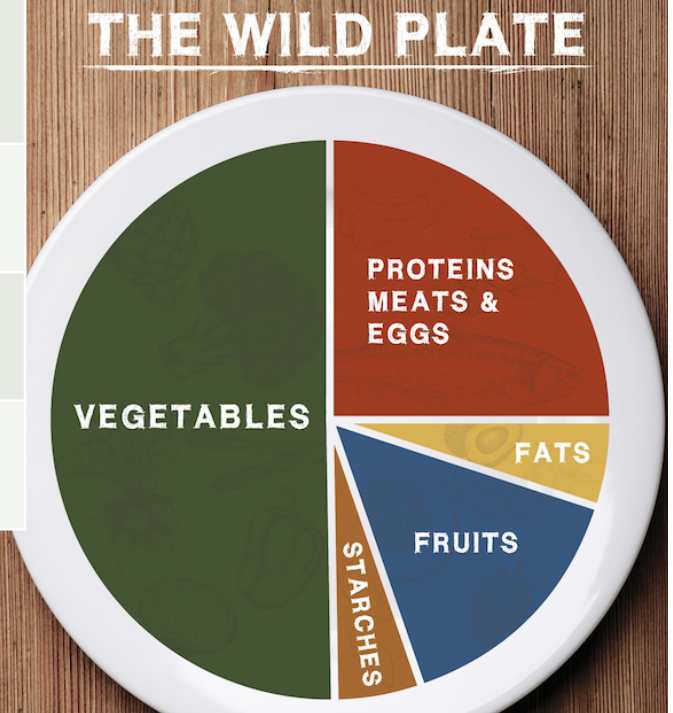
Fruits
Vegetables
Meat
Fish
Eggs
Nuts and Seeds
Herbs and Spices
Healthy Fats and Oils



Nutrient Density + Nutrient Bioavailability

High	Medium	Low
Meat, Poultry	Whole Grains*	Refined Grains
Fish, Shellfish	Legumes*	Sugar
Eggs	Plant fats and oils**	Industrial Seed Oils
Fruits	Animal fats and oils**	Processed Foods and Snacks
Vegetables	Dairy	Sugar Sweetened Drinks
Nuts and Seeds*		Artificial Ingredients
Herbs and Spices		Alcohol
		Natural Sweeteners

- * May contain nutrient inhibitors
- ** Assist with absorption of other nutrients



Quality vs Quantity



To Remember

Eat whole foods: Try to avoid the bags and boxes, read ingredients to reduce flours, sweeteners, industrial seed oils, additives and stabilizers

Focus on Nutrient Density and Bioavailability:

Meats, fish, eggs, vegetables, fruits, nuts and seeds, healthy fats

Properly prepare beans, grains, nuts and seeds

Quality Matters

Eat seasonal, local ,organic, grassfed and wild caught whenever possible

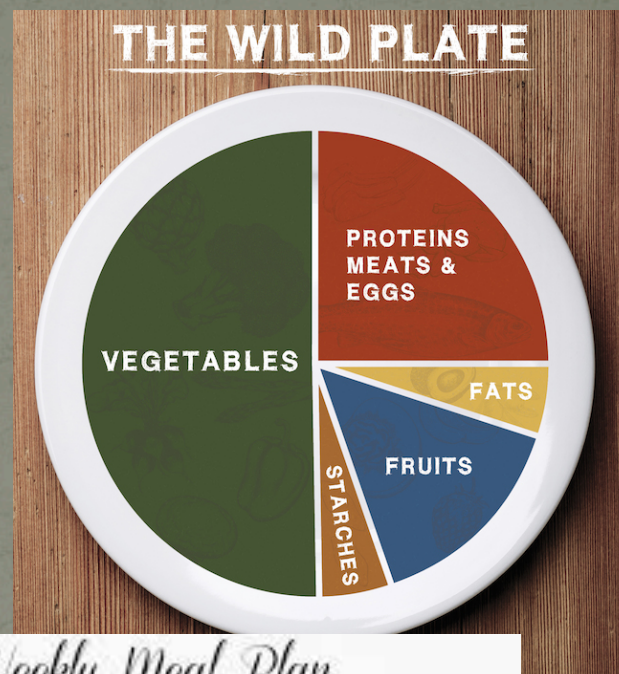
Tips for building ancestral nutrition into our lives

Cooking is a healthcare skill

Simple meals:

1. Veggies or a Salad
2. A Meat, Poultry, Fish or Egg
3. Potato, Sweet Potato, Plantain, Properly prepared whole grain or bean
4. Coconut oil, olive oil, butter {ghee} or grassfed animal fat
5. Lots of herbs and spices {sea salt included!}

Meal Plan and Batch Cook



Weekly Meal Plan

	Breakfast	Lunch	Dinner
Sunday	Blueberry Scrambled Eggs	Chile-Garlic Shrimp + asparagus + apple	Crock-Pot Carnitas + green beans
Monday	Chicken sausage + 2 eggs + veggies	Crock-Pot Carnitas + green beans + apple	Paleo Jalapeno Chicken Burgers w/ Guacamole + sweet potato + asparagus
Tuesday	Chicken sausage + sweet potato + veggies	Paleo Jalapeno Chicken Burgers w/ Guacamole + asparagus + apple	Baked Chile-Lime Salmon + green beans + roasted cauliflower
Wednesday	Blueberry Scrambled Eggs	Crock-Pot Carnitas + green beans + roasted cauliflower + apple	
Thursday	Chicken sausage + 2 eggs + veggies	Crock-Pot Carnitas + green beans + roasted cauliflower + apple	Balsamic Mustard Steak + asparagus + sweet potato
Friday	Chicken sausage + sweet potato + veggies	Balsamic Mustard Steak + asparagus + apple	Grilled Swordfish w/ Peach-Avocado Salsa + green beans
Saturday	Blueberry Scrambled Eggs	Grilled Swordfish w/ Peach-Avocado Salsa + green beans + apple	Steak + sweet potato + kale salad

Whole30

Stock Snacks and Pantry Items

Jerky

Nut and seed butters

Canned Salmon

Dry Roasted Nuts and Seeds

Fruits and Veggies



Join a CSA, Buy an animal/meat share, visit farmstands,
Join online buying clubs, food co-ops...even Kosco!

Grow a garden {herbs are easy}

Shop, cook and eat with family and friends!



Your Health is Your Biggest Asset



Embrace Your Biology!



RESOURCES

Chris Kresser {www.chriskresser.com}
Terry Wahls {<http://terrywahls.com/>}
Sarah Ballentyne {www.thepaleomom.com}
Jeff Leach {Rewild e-book}
www.thewhole30.com
<http://www.remedyfarm.com/strong-start/>