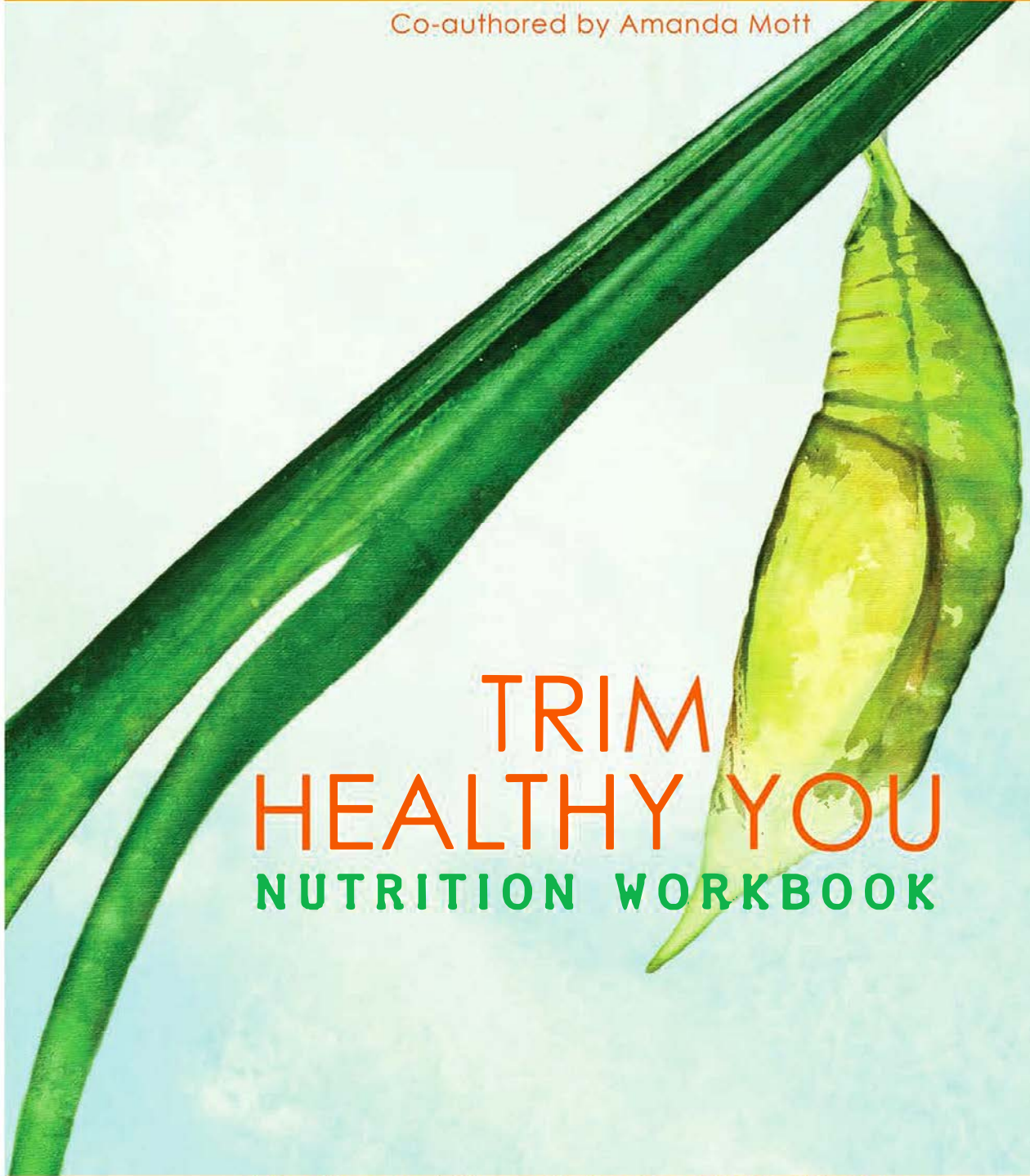


BY BEST-SELLING AUTHORS OF THE TRIM HEALTHY MAMA SERIES, SERENE ALLISON & PEARL BARRETT

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TRIM HEALTHY YOU

NUTRITION WORKBOOK

A health and nutrition curriculum from Trim Healthy Mama

CHRYSLIS

LEARNING LEVEL: Intermediate
Suggested Grades 6-8 (or higher)

"Vibrant Health for Life"

BOOK
#2

CONTENTS

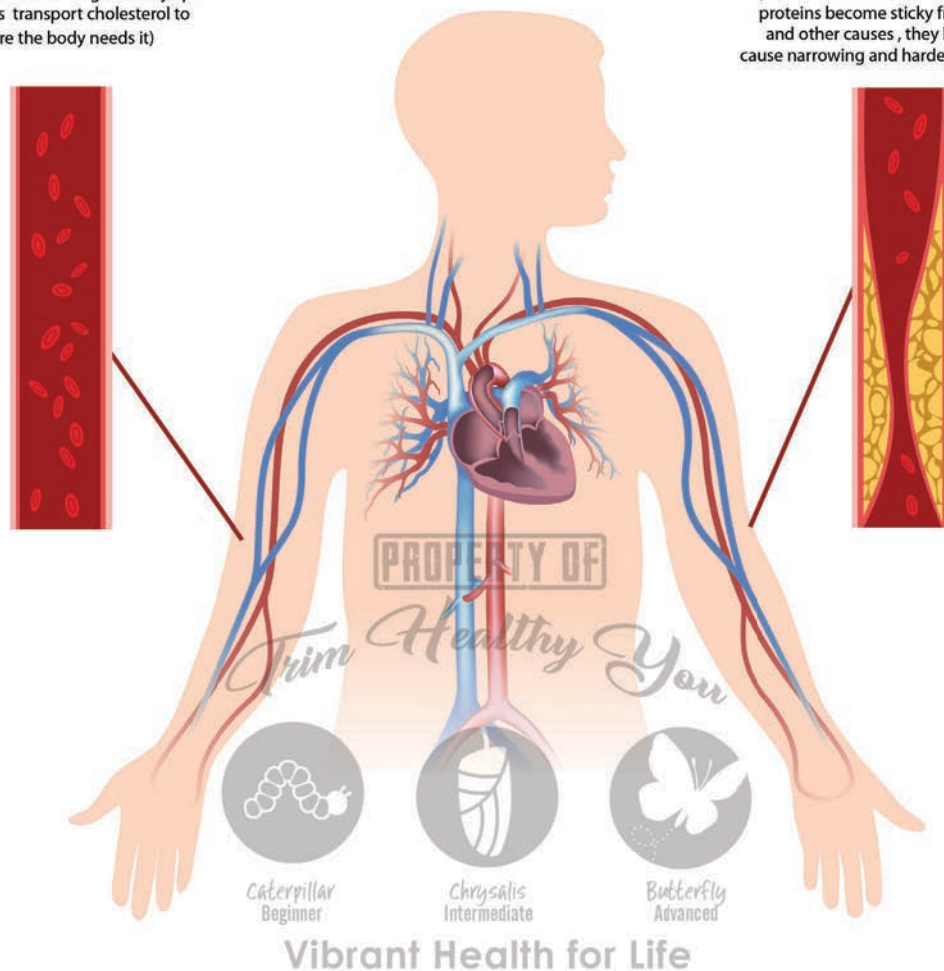
1. What is “Healthy”?	9
2. Powerful Protein	25
3. Smart Carbs	43
4. Fantastic Fats	63
5. Amazing Veggies	89
6. Sweet!	121
7. SUPERfoods!	139
8. Drink Up!	153
9. Changes	181
10. Exercise	201
11. Trim and Healthy Out and About	217
Recipe Index	231

WELL WORKING BLOOD VESSEL

(Good blood flow - high density lipo proteins transport cholesterol to where the body needs it)

CLOGGED BLOOD VESSEL

(Reduced blood flow - low density lipo proteins become sticky from trans fats and other causes, they build up and cause narrowing and hardening of arteries)



Cholesterol: HDL vs. LDL

cholesterol: a waxy, fat-like substance made by the liver that is important for many functions in the body, it travels through the blood in carrier vehicles called lipoproteins.

When learning about fat, you will often hear people talking about **cholesterol** and the abbreviations that go with it. Many often worry that eating fats can raise your cholesterol. Your body makes most of your cholesterol, but some animal fats like the yolks of eggs, red meat, cream and butter

contain cholesterol too. That means we get our cholesterol from two sources . . . from our own bodies and from some of the foods we eat.

What is cholesterol and why is it important to have a healthy balance of it?

There are two types of cholesterol: HDL (high-density **lipoprotein**) and LDL (low-density lipoprotein). Actually, while those are *called* cholesterol, they are not actually cholesterol itself. Cholesterol is an important molecule that your body cannot live without. Many people hear the word cholesterol and worry that it is a bad thing and that all cholesterol causes people to have heart attacks. That couldn't be further from the truth! Cholesterol is a very good molecule needed for every function in your body, especially your brain which contains 20 percent of your body's cholesterol.

lipoprotein: the vehicles that carry cholesterol around the body through blood vessels, the two main types are HDL and LDL

HDL and LDL only carry cholesterol through your blood. So, when you hear that they are cholesterol, be sure to let that person know (in a kind and respectful way) that is not quite true. HDL and LDL are simply the carriers, similar to the way we described how insulin is like a delivery truck in the first chapter. You can think of HDL and LDL as little trucks too, transporting cholesterol around your body to all the parts that need it.

Another thing you may have heard some people say is that HDL is the good cholesterol and LDL is the bad cholesterol. While there is some truth to this, it is not that simple. God made both kinds of cholesterol carriers. They have different jobs to do and both HDL and LDL are very important.

LDL transports most of the cholesterol around your body. It has the job of carrying cholesterol to your arteries which are the main veins in your body. Sometimes though, it can collect in blood vessel walls and contribute to plaque formation. This simply means it gets stuck and builds up in your blood vessels (as shown in the trans-fat graphic) so your blood can't move through properly.

Obviously, that is not what you want. If you do not have enough blood flow, the risk of heart disease, heart attacks and strokes dramatically rise. This doesn't happen with HDL so this is why LDL gets a bad rap and has to be the bad guy in the cholesterol story while HDL gets to be the good guy.

But hold on a second, no need to call LDL mean names! Scientists are now beginning to understand that LDL itself is not bad, it is the getting stuck that is bad. So, how does LDL get stuck? Medical science is finally realizing that sugar

triglycerides: fat in your blood that can be measured

and empty carbs are a big reason. They can increase something called **triglycerides** and at the same time, cause your LDL particles to get smaller. If LDL particles get too small, they can slip inside blood vessel walls and get stuck there.

Larger, more fluffy particle sizes of LDL are the safe ones you want your body to have. They flow much more safely through your veins and arteries.

Remember we told you that sugar and empty starches cause your insulin levels to surge? That's another way LDL is turned from a good guy into a bad guy. If insulin surges too high and too often, your body gets very tired of it and something can happen called insulin resistance. This means your cells no longer want to open up to insulin anymore to receive the loads of blood sugar it has for them. They are completely sick of it! Insulin then has to stay longer in your blood stream, as it has nowhere else to go. This can have a harmful effect on your LDL carrier of cholesterol. Constant high levels of insulin in your blood go hand in hand with small LDL particles and higher triglycerides. Altogether they are a terrible trio! So, you see how everything works together in your body from the food choices you make?

When you embrace the trim and healthy balance, your body will be getting good fats, some of which contain cholesterol, but here's the healthy key: ***You will not be overdoing sugar and other empty carbs that turn your cholesterol carriers into dangerous plaque formers.*** How wonderful! God certainly knew

what he was doing when He made all the healthy food groups for our health and not for our harm.

Saturated and Unsaturated Fats

Now let's talk about the good stuff! Getting enough healthy fats is important for growth and development. You need to eat them to help your brain and nervous system develop. Earlier, we discussed the many benefits of fats, well here are four more!

Besides supplying fuel for the body, fats:

- help the body absorb some vitamins (vitamins A, D, E, and K are fat soluble, meaning they can only be absorbed if there's fat in a person's diet)
- are the building blocks of hormones
- help the body's nervous system
- help people feel full, so they're less likely to overeat

There are two types of healthy fats you should be eating every day—saturated and unsaturated.

Saturated fats are yet another food group that has had to endure a lot of name calling. They have been called “bad” or “terrible”, perhaps more often than almost any other type of food. While many scientists and doctors are finally realizing saturated fats can actually contribute to an ultra-healthy diet, a lot of people still cling to the notion that they are as bad as trans fats. This couldn't be further from the truth. Saturated fats have been around as long as people have been eating. We like to think of them as historic fats. They are not made in a laboratory like trans fats, they were made by our Creator and we humans can thrive on them if they are a balanced part of our diet.

saturated fat: a type of fat found mainly in animal foods such as whole dairy products, eggs, red meat and dark white meat, the only non-animal sources include coconuts, palm oil and cocoa butter

Saturated fats are usually solid at room temperature (this is by nature, not man made as in trans fats). Sources include: red meat or other fatty meats, such as the dark meat of chicken and any chicken with skin, whole eggs and full fat dairy products, including butter and cheese. There are also smaller amounts of saturated fats in fatty fish like salmon with the skin on. Coconut, coconut oil and red palm oil are also saturated fats, even though they are not from animals.

Here's a spotlight on a few of these saturated fats you're made to love:

Butter

Butter is rich in antioxidants and has high amounts of selenium, which protects your body from damage. It is rich in iodine, which is important for organ health (especially your thyroid) and disease prevention. It has Vitamin A and is an excellent form of Vitamin D, which helps you have strong bones and lowers the risk of other diseases. It also helps your heart and eyes. Plus, it's just plain delicious. It actually helps you get the nutrients out of food, so the next time you have a pile of veggies, drizzle some butter over them and enjoy the flavor of health! If you have a dairy allergy, you may be able to use ghee instead, which is a clarified form of butter. Clarified butter has had all the milk solids removed, so those who are sensitive to dairy are often able to eat it without an adverse reaction.



Coconut

Coconuts are one of the healthiest foods on the planet! This superfood is full of saturated fats that help keep your cholesterol carriers (we talked about earlier) acting as good guys in your body. Due to this, coconuts have shown to lower risk of heart disease in various studies.

The fat inside a coconut powerfully helps your thyroid work properly, like butter does, but even more so. Your thyroid is a small gland in your body located in your neck with a big job to do. It regulates your **metabolism**, which means it helps your body burn the fuels in the foods you eat. When your body is able to burn fuels properly, you'll have a just right amount of body fat.

metabolism: the way our bodies convert food and water into energy to either use for fuel or to be stored as fat

FUN FACT

Besides coconut water, milk, flakes and oil to eat—the outside of a coconut is so useful in some parts of the world. Coir (the fiber of the husk) can be used for making ropes, mats, brushes, sacks, caulking for boats, and as stuffing for mattresses and the coconut leaves can be used for brooms, woven to make baskets or mats, or dried and used as thatch for roofing.

Part of being healthy is having a healthy amount of body fat to cover you. You don't want too little, as you need body fat to keep you warm, help all your hormones function properly and to help your brain think properly. You also don't want too much, as carrying too much fat can be bad for your cholesterol carriers, organs like your liver and heart, and it can limit your ability to move your body as well, for as long or as easily. A well working thyroid helps you be at the healthiest weight and size for your own magnificently, unique body!

Place your finger on your chin and run it down your throat. Feel that first hard spot? That's the beginning of your thyroid. Check out what it looks like on the inside.



Coconut meat (the white stuff inside a coconut) is packed full of vitamins and minerals that are great for your body. Coconuts have anti-microbial and anti-bacterial benefits, so they can help you keep from getting sick. Coconut oil gets burned off as energy and helps cleanse and detox your body. It's the perfect oil to cook with when you're not using butter (and if you don't love the flavor of coconut in your cooking, you can use the flavorless kind). Coconut

flour can be used for baking, along with coconut sugar. Coconut milk can be used in smoothies and coconut water is very refreshing and gives you a boost after exercising or being out in the heat. There are countless ways to enjoy this trimming, healthy fat!

Try these [Amazing One Bowl Cookies \(Recipe 14\)](#) for an easy to make, no bake, chocolatey coconut treat!



Caterpillar



Chrysalis



Butterfly



TRIM HEALTHY YOU

NUTRITION WORKBOOK

Trim Healthy You is a health and nutrition curriculum created by Trim Healthy Mama to teach children and teens the skills to help them become the healthiest they can be now and for the rest of their lives. Providing scientific information, Biblical references and practical how to's in a fun and approachable way, students will be empowered with knowledge to help make their own choices when it comes to better nutrition. Each level includes exclusive recipes and age appropriate exercise ideas, along with hands on activities to appeal to every type of learner. Our Trim Healthy You mission is for each child to have vibrant health for life!

The Trim Healthy Mama Story

The THM story started with two sisters who wrote a book about food freedom for women and called it Trim Healthy Mama. It was a self-published book with no expectations, no advertising budget, and no celebrity endorsements. It became a movement as word caught on and friends shared their success "ON PLAN" with others. Trim Healthy Mama became a best-seller, inspired a viral community, and developed a food line. Now, millions have reclaimed their health and have become Trim Healthy Mamas for life!

With Love from the Trim Healthy Mama Headquarters

Suzanne & Pearl

A health and nutrition curriculum from Trim Healthy Mama



"Vibrant Health for Life"



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