

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

Co-authored by Amanda Mott



PROPERTY OF

Trim Healthy You



Caterpillar
Beginner



Chrysalis
Intermediate



Butterfly
Advanced

Vibrant Health for Life

TRIM HEALTHY YOU

NUTRITION WORKBOOK

A health and nutrition curriculum from Trim Healthy Mama

CATERPILLAR

LEARNING LEVEL: Beginner
Suggested Grades 3-5

"Vibrant Health for Life"

BOOK
#1

CONTENTS

1. In the Beginning	9
2. Protein	21
3. Energizing Carbs	35
4. Satisfying Fats	55
5. Veggies	69
6. So Long Sugar!	79
7. SUPERfoods!	93
8. Hydrate Your Body!	105
9. Move Your Body!	115
10. A Healthy You, Now and Forever!	127
Recipe Index	131



foods you eat raise your body's blood sugar faster and higher than others. Sugar causes it to go up like a rocket!

Your body's blood sugar is not the same white powder you see in a bowl. In your blood, sugar is called **glucose**. Eating smart glycemic foods simply means the foods you eat will have a gentle impact on your blood sugar levels, keeping them in a safe range. Sugar on the other hand is what we call a blood sugar spiker. It, along with other foods like white flour, spikes your blood sugar up too high and fast and way out of safe range. Then later on, it falls down to a low point and you feel tired and crabby. Have you ever noticed that happen when you drink sodas or eat lots of candy? You feel energized for a while, but later you feel drained? It is SUPER important to stop the cycle of having too high and too low blood sugar in your blood stream. It makes your body over work and causes a lot of damage that you can't see.

Insulin is your storing hormone. It carries the nutrients from your food to the storing places in your body. This is a good and necessary thing, but when insulin produces too much, it can cause your body to create excess fat, which leads to many health problems. God didn't design insulin to harm you, it was designed with the very important task of transporting glucose, proteins, and fats out of your blood stream and into your cells so your body can use them.



Insulin works hard to transport excess glucose out of your bloodstream to keep your blood sugar level at a safe range!

Without insulin, the protein in your foods couldn't help your muscles repair. The fats would not have a way out of the blood stream to nourish your skin, brain, and nervous system. Glucose would stay locked in the blood stream, which would be extremely harmful to your body. You want to make sure that insulin is working FOR your body, the way God meant for it to, not AGAINST it, causing damage.

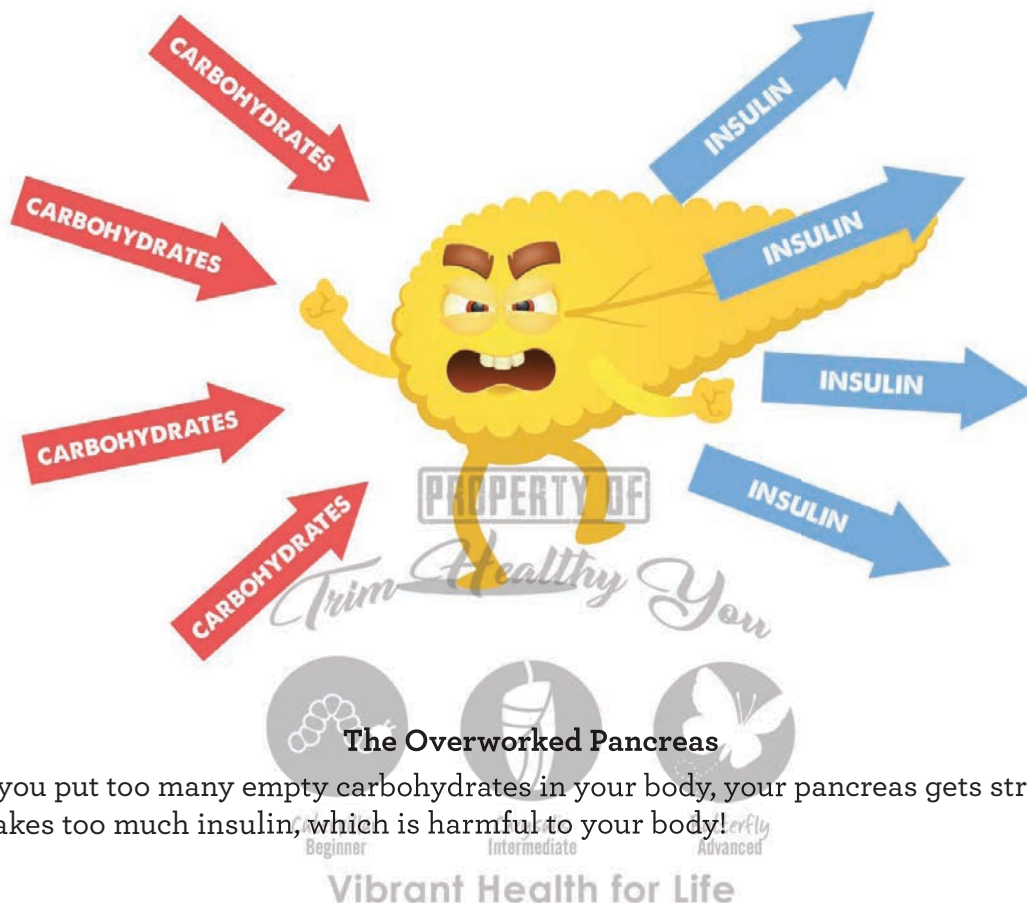
Eating too many blood sugar spiking **carbohydrates**, such as foods made from sugar or white flour, is what causes these spikes of insulin to happen. Carbohydrates are changed into glucose much more quickly than fat and protein. **Insulin's most important job is the task of clearing high blood sugar from your blood stream.** Your body needs your blood sugar to stay in a **safe zone of about 80-100**. Once your blood sugar goes above that, insulin must go to work to bring it back down again.

Insulin is like a truck that carries the sugar out of your blood stream and delivers it elsewhere. It cleans up and delivers after every meal you eat. Insulin has to do this because too high blood sugar for too long can cause our bodies to shut down. Therefore, if you eat too many blood sugar spiking carbohydrates, your pancreas (an organ in your body), will have no choice but to overreact and send out large amounts of insulin to take care of the big mess of extra sugar in your blood.

For the first time in history, children your age are being diagnosed with something called Type 2 Diabetes. This means their blood sugar is always higher than that safe zone we talked about. Type 2 Diabetes used to be a disease that only adults had, but now there is so much sugar and white flour in common foods that children are getting it too!

So does this mean that carbohydrates are bad for you? Remember, God made our bodies to need them for a reason and carbohydrates are necessary for well-rounded health. What you want to do is to **eat the right ones in the right amounts**. Later, you will learn all about carbohydrates and how to eat them in

a healthy way, so that your blood sugar levels stay in the safe zone and insulin doesn't have to overwork, causing your body harm.



Focus for your week: Try to eat less foods that come in packages. Whenever you find yourself reaching for a snack, seek out real food that God provided such as cheese, nuts, berries, fruit, veggies, eggs and meat. Come back here to write how it went or tell a friend/family member about it.

Materials:

- items for the butter activity:
 - 8 oz of heavy whipping cream, room temperature
 - a mason jar, pint sized
 - 2 marbles (optional)
 - a medium bowl
 - a small cup
 - ice cold water
 - salt to taste
- items for the avocado activity:
 - an avocado
 - a glass of water
 - 4 toothpicks
- ingredients for any recipes 15-17 you want to try

4

Satisfying Fats

*They're Healing
and Filling!*

PROPERTY OF

Trim Healthy You



Caterpillar
Beginner



Chrysalis
Intermediate



Butterfly
Advanced

Vibrant Health for Life WORDS TO KNOW

fats: one of the three main macronutrients our bodies use for energy, it helps us absorb vitamins and build hormones

fat soluble: vitamins that need fat to be used properly by the body

hormones: special messengers inside the body that give it instructions like “go to sleep,” or “time to eat” or “time to start growing into an adult man or woman”

nervous system: pathways in our bodies that look like lots of wires winding from our head to our feet that allow us to feel and react to things

antioxidants: substances in food that fight diseases

(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. So the next time you have a pile of veggies or a piece of sprouted or sourdough toast—slather on some butter—it’s good for you!

Write below, “Butter is GOOD for me!”



PROPERTY OF

Trim Healthy Yummy

Make your own butter on page 66, and come back here to write about your experience:



Caterpillar
Beginner



Chrysalis
Intermediate



Butterfly
Advanced

Vibrant Health for Life

Nuts and Seeds

Nuts are mostly made of fat and protein with just a few carbs, so they are a great, quick fat source for your body. They are highly nutritious and loaded with **antioxidants**. Since nuts have a lot of fat fuel, all you need is a couple of handfuls for



Activity Page

Make Your Own Butter

Materials:

- 8 oz of heavy whipping cream, room temperature
- a mason jar, pint sized
- 2 marbles (optional)
- a medium bowl
- a small cup
- ice cold water
- salt to taste



Procedure

1. Fill the mason jar about half full of heavy whipping cream, leaving plenty of room for the cream to slosh up and down as you shake it. Room temperature cream becomes butter more quickly than cold cream so leave it out for about 40 minutes before beginning this activity.
2. Put two (clean) marbles into the jar. The marbles are not required, but help agitate the cream and speed up the process.
3. Now SHAKE the jar. And shake and shake and shake.
4. You'll notice the marbles won't clink so much anymore—open the jar and see what you've made so far . . . take a taste!
5. Now keep shaking!! Once you see milk start to separate from the solid, you've made buttermilk. Almost there!
6. Keep shaking a little more. Then open the jar and pour out the buttermilk carefully.
7. Place the butter in the bowl and remove the marbles.
8. Pour about a cup of ice cold water in the bowl with the butter and gently massage and squeeze with your hands to remove the buttermilk.
9. When the water becomes cloudy, dump the water and repeat until the water remains clear. (*The cold water helps to keep the butter from melting while kneading. It should take about 4 or 5 rinses.*)
10. Once the butter is rinsed, add salt to taste and slather on some whole grain sprouted bread!



“I wanted a cake for my birthday and it was good. It looked yummy and was yummy. It was a strawberry cake.”
 (The Strawberry Trimstastic Cake which has the non-starchie, zucchini!)

—Lily, Age 8,
 (from Trim Healthy Table)



Caterpillar



Chrysalis



Butterfly

Vibrant Health for Life

FOR MORE INFORMATION & RECIPES, VISIT US ONLINE AT WWW.TRIMHEALTHYMAMA.COM



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

Serene & Pearl

A health and nutrition curriculum from Trim Healthy Mama



"Vibrant Health for Life"



DISTRIBUTED BY:
TRIM HEALTHY MAMA™
9584 HWY 46
BON AQUA, TN 37025