

NUTRITION QUARTERLY

FUELED BY swiig

Series 5 – Volume 1

SEASONAL WORKOUT:

STICKING to your **NYE**
WORKOUT RESOLUTIONS

*Incorporating
Healthy
Options*

THE DANGERS OF
FAD DIETS

*Foods That
Boost ↑
✂ **Reset**
Your Gut Health*

healthier
HOT CHOCOLATE

Portion Sizes
for Holiday Meals



LETTER FROM THE FOUNDER

In the darker, drearier days of winter, it's no secret that we lose steam in our quest for health and wellness. It's only natural in these shorter days to spend more time indoors with a cozy blanket and other creature comforts. However, it's important to remember that this desire to hunker down can be damaging to our health.

Lack of physical activity causes our health to decline rapidly. Furthermore, the sun's rays aren't strong enough this time of year for our bodies to produce Vitamin D—a vitamin crucial to our health. Maintaining a balanced diet is necessary to supplement this change, so try incorporating foods like fish, eggs, dairy, spinach, and kale into your diet where possible.

Instead of fighting the slippery slope to couch potato-ism, hit the actual slopes instead! Skiing, sledding, and hiking are all rewarding activities. You'll feel stronger, more energized, and better equipped to resist unhealthy holiday food temptations. Staying active, and fueling our bodies right, makes all the difference this time of year.

Eat well!

Dan Young

Dan Young is the founder and president of Simple Again, representing Performance Food Centers and the swiig brand of nutritional products. Certified in personal training and sports nutrition, Dan is a lifelong athlete, having competed in body building and endurance events. Dan completed his first of many Ironman competitions in 2018

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The articles and content contained in Nutrition Quarterly, specifically within “Featured Articles” may not strictly conform with swiig and Performance Food Center’s nutritional outlook. We frequently read and share articles containing opposing information and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help simplify the world of nutrition for you.

Nute Guru

**Q**

Hey, Nute Guru! I was wondering, how can I set attainable goals for my eating habits this holiday season? It's so hard with all of the delicious food around!

The holiday season is a time to enjoy, and it is okay to treat yourself in moderation. The key is finding a balance that allows you to savor and enjoy the festivities without compromising your overall health. Below are some tips that allow you to enjoy some treats while staying mindful.

A

Set Realistic Goals:

Instead of setting a broad goal like "eat healthier," be specific about what you want to achieve. For example, you might decide to include more vegetables in your meals, limit your dessert intake, or choose smaller portions. Try to understand your own habits and limitations. If you usually indulge in festive treats, setting a goal to completely avoid them might be too challenging. Instead, aim for moderation and balance. When you deprive yourself of all treats, it can lead to feelings of frustration and may increase the likelihood of overeating later. Allow yourself small indulgences to satisfy cravings.

Plan Ahead:

If you're attending holiday gatherings or parties, plan your meals and snacks in advance. This can help you make healthier choices and avoid overindulging. To help plan, you can also identify your absolute favorite holiday foods. Next, you can determine how much you would like to eat of each food and try to stick to that goal. Try to prioritize adding some more nutrient-dense foods to that list than sweets and snacks.

Stay Hydrated:

When you know you will be heading to a holiday event, make sure to drink plenty of water throughout the day. Sometimes, our bodies can confuse thirst with hunger. This can trick us into eating more. Because of this, being hydrated can help you make better food choices. It can also help you feel fuller, which aids in preventing over-consumption.

Pay Attention:

Pay attention and make a mental note of how much you are eating. Eat slowly, savor each bite, and listen to your body's hunger and fullness cues. Pay attention to how certain foods have made you feel in the past. If certain things that you have eaten before have made you feel sluggish and unwell, try to avoid them this time around. Try to also avoid mindless snacking while socializing or watching TV, as you could be eating more without even realizing it.

Be Kind to Yourself:

After the gatherings, make sure to praise yourself for any goals you have achieved. If you do indulge more than planned, don't be too hard on yourself. Remember that the holiday season is a time to enjoy and celebrate. Acknowledge it, move on, and refocus on your goals. The key is to stay positive and focus on maintaining that balance in the future.

High-Calorie Foods to Enjoy in Moderation

- Christmas Cookie - 100-200 cal
- Mashed Potatoes - 200-300 cal
- Stuffing - 150-200 cal
- Sweet Potato Casserole - 350-400 cal
- Pecan Pie - 700-800 cal
- Eggnog - 300-400 cal
- Turkey Leg - 250-350 cal
- Roasted Ham - 300-400 cal

Note: All calories are an approximation and show "per serving" amount.



SEASONAL WORKOUT:

STICKING *to your* NYE WORKOUT RESOLUTIONS

As the New Year begins,

Many of us make resolutions, often focused on health and fitness. While embarking on a journey to a healthier lifestyle is wonderful, maintaining the commitment can be a bigger challenge than a heavy set of weights. To break the cycle of fast fading resolutions, you can adopt strategies and mental shifts to empower and achieve your fitness goals for the New Year and the following years to come.

Set yourself up for workout success by starting simple! Instead of overly ambitious plans and tight schedules, begin with little efforts (even if they are just a few minutes at a time). The more victories you have with small things, like taking a walk, stretching, or riding your bike, the more likely you are to expand upon them and feel encouraged to keep going! You don't have to start training like an Olympian right on January 1st, but as time goes on, you'll find yourself wanting to go on longer walks, turn that stretching into yoga or taking your bike on more intense trails.

Now that you have some successes under your belt, you can create a workout routine based on what you enjoy and your goals. When finding the right workout, wellness and/or fitness routines for you, it's important to find something that you like. There are very few people who can successfully create a habit out of something they hate! Try as many different things as possible so you can commit to something you will look forward to. You can

try an array of classes such as: yoga, CrossFit, cycling, strength training, boxing, dance or otherwise. You can also try personal training sessions with an in-person trainer, digital sessions with classes on demand or via virtual meeting rooms and apps. You can also simply go to your gym and give all machines a try to see what feels good.

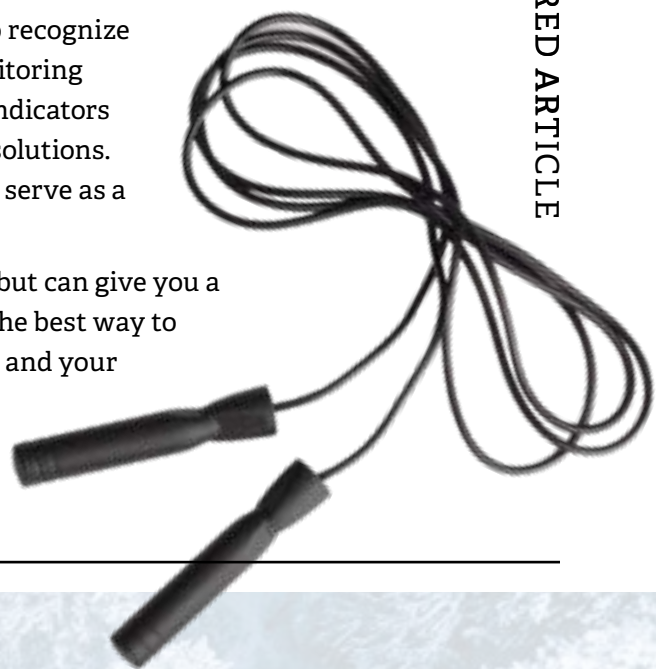
Once you find an activity or workout you enjoy, the next step is finding the ideal location. Some prefer home workouts, while others thrive in a gym or class setting. The convenience of bodyweight exercises in the living room might suit some, while others find the gym or outside classes to be their preferred form of motivation. Customizing the experience to a specific place can help solidify your commitment, so it's

ALL ABOUT FINDING *WHAT*
WORKS BEST FOR YOU,
WHEREVER THAT
MAY BE.

Monitoring your goals is a crucial aspect of staying committed to your New Year's resolution. While tracking weight is a common method, it's essential to recognize that the benefits of a workout routine extend beyond weight loss. Monitoring your mood, energy levels, and stress reduction are equally important indicators of progress. Improved sleep quality can also signify success in your resolutions. Additionally, maintaining a photo album of your physical progress can serve as a powerful motivator, capturing the journey towards your fitness goals.

New Year's workout resolutions not only cultivate a healthier lifestyle but can give you a great deal of personal growth and well-being. Investing in yourself is the best way to lead a long and happy life. Working out is a great way to tell your body and your brain that you love it, and that kind of love will motivate you to

KEEP YOUR WORKOUT ROUTINES SET *once and for all.*



Winter POST-WORKOUT RECOVERY

After sticking to your New Year's Resolution, you cannot forget the most important part! After a workout, you only have 30 minutes to recover! Here are a few ways you can effectively recover after an intense workout:



STRETCH:

Stretching while cooling down after an intense workout may help prevent major injuries and muscle soreness. Make sure to stretch for at least 5–10 minutes after your workout to cool your body down and get the best results.



TRY ONE OF OUR SHAKES:

Consuming protein after a workout can help rebuild your muscles. This makes our shakes a great option! Packed with balanced protein, our shakes are a great option to

HELP
REBUILD
THOSE
MUSCLES!



HYDRATE:

Sweating during your workout results in the loss of water. This can lead to dehydration. To avoid getting dehydrated, it is suggested to drink 8 ounces of water after a workout. This way you can avoid all the side effects of dehydration such as muscle cramping and fatigue.



GET PLENTY OF REST:

After a workout at the gym or at home it is important to get plenty of rest. Getting at least 7–9hrs of sleep can help support lean muscle while giving your body proper time to recover.

Incorporating **Healthy Options**



Each Holiday season, we pause, reflect, and gather to celebrate all that is good in life. While it may be the most wonderful time of the year, it also tends to be a major upheaval to our daily routines. While you may have developed healthy habits throughout the year, they generally go out the window during the Holidays. Having a plan to make it through this time can help you avoid a downward spiral and come out on the other side with your good habits still intact.

Make sure your wellness plan includes options that fit into your busy schedule and are flexible to traveling, vacationing, and being on-the-go. Plan that you will skip the gym; inevitably, it will happen despite your best efforts. Expect to be faced with unhealthy options at mall food courts and rest stops; quick meals can be tempting, but are usually over-processed, nutritionally imbalanced, and loaded with sugar, unhealthy fats, and simple carbohydrates that will only drag you down.

Be extra careful this time of year to ensure you're getting enough basic nutrients. Vitamin D intake should be increased as the sun's rays are no longer powerful enough for our bodies to synthesize it. Leafy greens such as kale and spinach contain Vitamin D, as well

as antioxidants to combat stress that affects both our overall mood and cellular function. Luckily, these veggies make great side dish options. Fish, dairy, and eggs can also provide Vitamin D as well as quality protein.



Eating high-quality protein is one of the best things you can do for your overall health, especially in times of stress. Amino acids play an important role in how our nervous system functions, thereby directly affecting our mood. According to the National Institutes of Health, the recommended minimum protein intake for a healthy adult is .8g of protein per kg of body weight per day. So, if you are a minimally active 160lb adult, you should consume 58g of protein per day. As physical activity increases, so does the recommended protein intake—anywhere from 1–1.6g per day, depending on activity level.

Most of us likely aren't getting enough protein, let alone making sure that the right number (10–35%) of the calories we consume comes from quality protein. What's more, increased alcohol consumption—another pitfall of the Holidays—affects how our bodies process and use protein. Alcohol consumption also robs us of essential nutrients. By incorporating a high-quality protein powder, we can counteract these effects while also curbing hunger and supporting lean muscle.



Whether you're vacationing, gathering, or hibernating, Single Serve Protein Powders are a healthy option that will fit into your Holiday schedule. Each packet contains 20g of high-quality, complete protein, plus digestive enzymes to support gut health. They contain no added sugar or artificial sweeteners and are a versatile on-the-go snack or meal replacement. One packet can mix easily with water, oatmeal, or baked goods, and is easy to take with you wherever you go. It is now available in 6 flavors to help you through the Holidays and beyond.



Shop now at [swiig.com](https://www.swiig.com)

FEATURED JUICE BAR

LA MAISON
HEALTH & FITNESS

Q: WHAT MADE YOU DECIDE TO OPEN A SMOOTHIE BAR?

Our General Manager had Performance Food Centers at his previous club, so he was familiar with how to bring PFC to our club. He wanted to add post workout recovery options for our members to pick from. The idea being we can offer our members a healthier alternative than the Wawa across the street from us. Additionally, he wanted to bring in some additional revenue to our bottom line.

Q: WHAT HAVE YOU LEARNED FROM YOUR SMOOTHIE BAR CUSTOMERS?

It creates a little hub of activity in our club! Our staff is able to connect and engage with our members more thoroughly especially when a shake is ordered. The shake bar has added not only monetary value but also social value. Our members will chat around our shake bar, and we have shake cards that engages our members!

Q: WHAT HAS BEEN THE BEST PART ABOUT OPENING YOUR SMOOTHIE BAR?

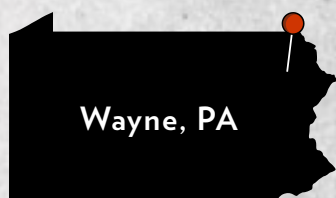
They love having the option to order a shake to go after their workout! For some of our members who have extremely busy schedules the meal replacement shakes are the perfect on-the-go meal.

Q: WHAT ADVICE WOULD YOU GIVE TO OTHER GYM OWNERS LOOKING TO OPEN A SMOOTHIE BAR?

Our biggest advice is to be intentional with all aspects of the juice bar operations. It'll lead to greater success! We added the juice bar to our front desk to help with operational costs, but this also helped to make a spot in our club where members can chat and be engaged with our front desk staff.

Q: WHAT SMOOTHIE/SHAKE IS YOUR GO-TO RECOMMENDATION?

Our members love the I Love Veggies, Strawberry Lean, the Caffeinator, and Java Jolt shakes! Those are our top sellers.



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Health & Fitness
on Instagram!



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FEATURED INGREDIENTS

CACAO

Add some sweetness to the holiday season with **swiig** nutritious and delicious ground cacao. This tasty treat is rich in minerals such as magnesium and iron. It is also packed with antioxidants.

At **swiig** we have taken the raw cacao beans and crushed them into a fine powder while being able to maintain the nutritional benefits and amazing flavor!

Strawberry Cacao

Unsweetened Almond Milk, Strawberries, Cacao, Organic Chocolate & Vanilla with Strawberry Whey Protein

SPINACH

Spinach, the gift that keeps on giving! This leafy green offers so much more than just a great taste for your salad. This powerful green is packed with calcium, iron, potassium, magnesium & fiber!

swiig organic freeze-dried chopped kale has no artificial ingredients, is gluten free, and vegan.

The Resolution

Pineapple, Coconut, Banana, Spinach, Lemon & 'Get Lean' with Vanilla Whey Protein

MINT

Nothing says holiday cheer more than mint! Since this crowd favorite for the holiday season is normally used in sugar packed treats, people are led to believe that it is unhealthy. Luckily that isn't the case.

Mint is a great source of Vitamin A, a fat-soluble vitamin that is a vital part in eye health. While there are many uses for this powerful flavor ours is in a shake!

Peppermint Mocha

Unsweetened Almond Milk, Organic Coffee, Organic Chocolate, Yogurt & Mint with Vanilla Whey Protein



Portion Sizes for Holiday Meals

The holiday season is finally here! It's time for parties and fun gatherings with family and friends.

Celebrating with our favorite people around a table should be a positive experience. However, many of us stress out about overeating and packing on the pounds. If this sounds like you, keep reading! Eating healthy, purposeful food can be delicious and satisfying. It can also help keep you in your current pant size throughout the entire season. Follow these tips to stay on track and still enjoy all the parties and gatherings this holiday season!

1. Do not show up to your gathering on an empty stomach.

We tend to stuff our faces with whatever is in front of us when we arrive already hungry. Try and begin your day with good food choices and eat a decent meal 60-90 minutes before your time of arrival.

2. Bring a dish that fits into your healthy eating program.

If you aren't sure what

to bring, Google "healthy holiday recipes". You will have a bunch of ideas to choose from that are full of flavor and lower in calories and fat.

3. Load up half of your plate with all of the colorful fruits and veggies that are being served.

Then add your turkey (or other protein) and carbohydrates to the second half of the plate. Keep your protein portion about the size of your fist and your carbohydrates about half a cup. Portion control will make the difference between feeling good after your meal and feeling like a stuffed turkey.

4. Eat slowly and be mindful of how much you're eating.

Put your fork down in between bites and try and chew your food thoroughly before packing in the next bite. It takes twenty minutes for your brain to register that your stomach is full.

5. Avoid going back for seconds at all costs.

It may taste great, but that second helping is only going to make you

feel sluggish by the end of the day.

6. If you plan to splurge with dessert, cut back on the buttered rolls offered at dinner.

Keep those empty calories to a minimum.

7. Limit alcohol consumption.

Having wine with your meal is somewhat of a staple at holiday dinners, but there are plenty of calories in those goblets! Staying hydrated is another important tip all year long but it's especially important during the holidays. Sometimes we mistake thirst for hunger and eat when we are thirsty. Enjoying water earlier in the day will keep you hydrated and help avoid eating portions that are too large.

8. Get active!

Instead of watching football all day in front of the television, try getting outside and playing catch, or take a stroll around the neighborhood and walk off some of those calories.

9. Play a game around the table after dinner.

Not only is this one fun, it will give

your brain time to realize that you are full!

10. Get enough sleep

Aim for 7-8 hours the night before and the night after your gathering. We tend to eat more when we are sleep deprived – especially the high fat, high sugar foods we normally avoid.

It's the holidays, have a good time. If you want a piece of pie, eat it. Just don't overdo it. We have waited all year for the season to arrive and it's OK to indulge a little! Have a plan for staying on track and be sure to stick to it.

Remember, this season is about celebrating and connecting with the people you care about. When you focus more on enjoying the company, it's easier to focus less on the food!

Written By:

Dottie Beck, NPT

THE DANGERS OF FAD DIETS

While Fad Diets may sound like a quick and easy way to get your body back on track after the holidays, they really are not as great as they appear. Fad Diets can be quite dangerous for your body and overall health.

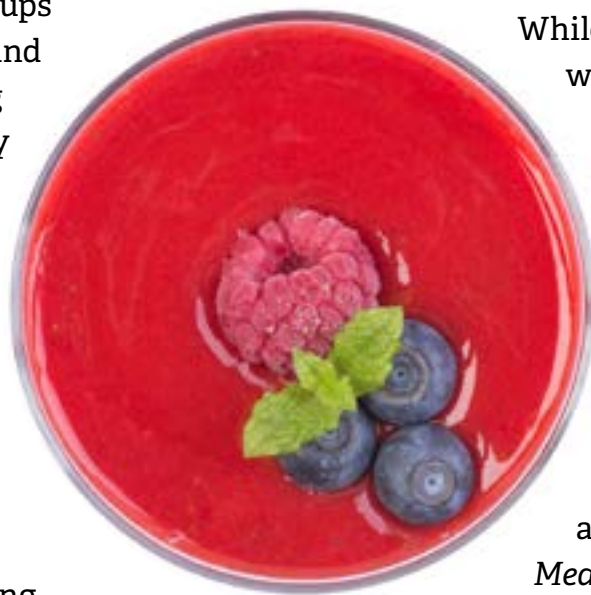
For example, Fad Diets usually claim the following:

- Promoting a Quick Fix
- Promising Dramatic Results
- Restricting or Eliminating Particular Foods or Food Groups
- Promote Detoxing, Fasting or Cleansing
- Promoting Liquid Meal Replacements
- Saying You Can Lose Weight Without Exercise

These claims promote an unhealthy pattern. Most often you will start a diet which restricts the foods you can have, you will feel deprived or tempted which will lead to having food cravings, you will give in, feel guilty, and then start the cycle over again. This pattern can lead to “yo-yo dieting.” Yo-yo dieting is caused by following this cycle; as a result, you add and then lose weight, and then add and lose weight. This pattern can increase your risk of coronary heart disease, among many other health issues. Keeping this pattern in mind, Fad Diets may be advertised as a quick fix, but are unattainable. By cutting foods or food groups from your diet, you are creating an unhealthy cycle which can hurt your overall health and self-esteem. Not only will you start a dangerous cycle and



relationship with food, but by cutting certain foods or food groups from your diet you will find that you are also hurting your body. By cutting key food from your daily diet, you will find that these diets can lead to many dangerous conditions such as dehydration, weakness, fatigue, nausea, headaches, constipation, muscle loss, electrolyte imbalances and consuming minimal vitamins and minerals. It can also lead to mental health issues such as body dissatisfaction, low self-esteem, eating



disorders and anxiety over food choices.

While Fad Diets may seem appealing, with their promises of quick weight loss or providing dramatic results, that is usually not the case. Fad Diets do more harm than good. If you are looking for more sustainable and healthy ways to reach your goals, talk to your doctor or nutritionist. Check out our articles *Portion Sizes for Holiday Meals* (pgs. 12-13) and *Sticking to Your NYE Workout Resolution* (pgs. 6-7) to start working towards your goals in a healthier, more attainable manner.

Foods That **Boost** ↑ ↻ **Reset** Your Gut Health



A healthy gut is essential to maintaining your overall physical and mental health. Balancing the bacteria within the gut microbiome has enormous benefits including keeping chronic diseases at bay like heart disease and cancer, as well as reducing inflammation and even fighting off depression. Everyone's digestive system is unique, but there are many common foods that can boost and reset gut health overall.



Oats and oatmeal are great for your digestive system. Oats contain prebiotic and soluble fiber that aids in stabilizing blood sugar which can greatly impact the overall gut health. Bananas contain a similar soluble fiber to oats and aid in digestion and bowel movements. Both oats & bananas can reduce bloating and keep you feeling fuller for a longer period.



Raspberries are another fantastic food source to better your overall gut health and nourish positive changes in the microbiome. They are low in sugar, have a high-water content and are packed with Vitamin C and antioxidants that can promote a good gut reset. Raspberries have well over one third of your daily dose of fiber in a serving which helps facilitate the digestive process.





Lentils, beans, and legumes alike are nutritional powerhouses to boost overall gut health. They are essential components of a balanced diet, and the dual combination of fiber and protein promotes fullness and lets gut bacteria thrive. They are rich in folate, iron, and B vitamins, contributing to overall well-being. As a bonus, beans arrive to the colon intact allowing these legumes to serve as a source of nourishment for the microbiome.

Yogurt is another great choice for the gut microbiome thanks to its live and active cultures, more commonly known as probiotics. Eating yogurt as a part of a regular diet will enhance overall gastrointestinal well-being. It's worth noting that even vegan yogurts for those dairy-free or with sensitivities are beneficial for a healthy gut. The plant-based alternative yogurts often are fortified with probiotics and can have similar advantages.



Garlic can be an amazing addition to any flavor profile and foster good gut health at the same time. It has powerful anti-inflammatory properties which can promote optimal digestion and balance the microbiome. It simultaneously contains prebiotic fibers that feed on good gut bacteria and works as an antibiotic that kills off bad bacteria. Garlic is extremely versatile and can be added to meals as an ingredient and/or garnish.

Incorporating any of these foods will help revive a gut that needs

A little bit of extra care or boost a gastrointestinal system in any current state. These gut friendly foods can be commonly found in fridges and kitchens without too much searching or trouble. It is essential to prioritize a healthy digestive system and gut microbiome as the gut is important to the immune system and cognitive functions. Bolster your diet with gut healthy foods and the benefits will quickly follow.

healthier HOT CHOCOLATE

When hot chocolate comes to mind, one of the initial associations is often its high sugar content. Today, we will be breaking this stereotype by offering a guilt-free version to show that not all treats have to be detrimental to your diet. In this recipe, we will swap out traditional cocoa powder for cacao powder.

Cacao stands out for being different from cocoa because it is nutrient-dense and serves as a foundational ingredient from which all chocolate is derived. So, without further ado, grab your mugs and prepare your taste buds for this memorable treat!



Not only is this recipe quick and easy, but it is great for all ages. This recipe can be a go-to for a cozy night in with family. A comforting cup of hot chocolate can be a shared joy by everyone, regardless of age or culinary expertise.

Time: 10 min • Servings: 2

90 cals • 3g Fat • 10g Carbs
5g Sugar • 7g Protein

Ingredients:

- 2 cups of Almond or Oat Milk
- 2 tbsp **swiig Ground Cacao Powder**
- 2 tsp Maple Syrup
- ¼ tsp Vanilla Extract
- A pinch of salt

Directions:

1. Warm milk in a small to medium sauce-pan over low heat to preferred temperature.
2. Remove from heat and mix in cacao powder until fully dissolved.
3. Stir in vanilla extract, salt, and maple syrup.
4. Once all ingredients have dissolved, pour into mugs to serve & enjoy.



More Recipes at
swiig.com



A top-down view of a wooden table with a cup of hot chocolate, a grey knit scarf, pinecones, and a wrapped gift.

In This Issue

Step into the winter wonderland of wellness! In this issue of Nutrition Quarterly, uncover tantalizing recipes that warm the soul while also nourishing the body, explore brilliant ideas for indoor and outdoor exercise, and discover how to stay happy and healthy during the snowy season!

Remember, prioritizing our health is crucial for these colder months! With shorter days and chillier air, staying ahead is key to safeguarding our mental and physical well-being. Although we are limited to sun exposure, it is equally as important to partake in physical activity, eat a balanced and nutritional diet, and surround ourselves with loved ones. Sit back by the fire with a warm hot cocoa and fuzzy socks and immerse yourself in the Winter 2023 edition of Nutrition Quarterly Magazine.