

NUTRITION, MOVEMENT AND HEALTHY TAMARIKI

@mmnutrition



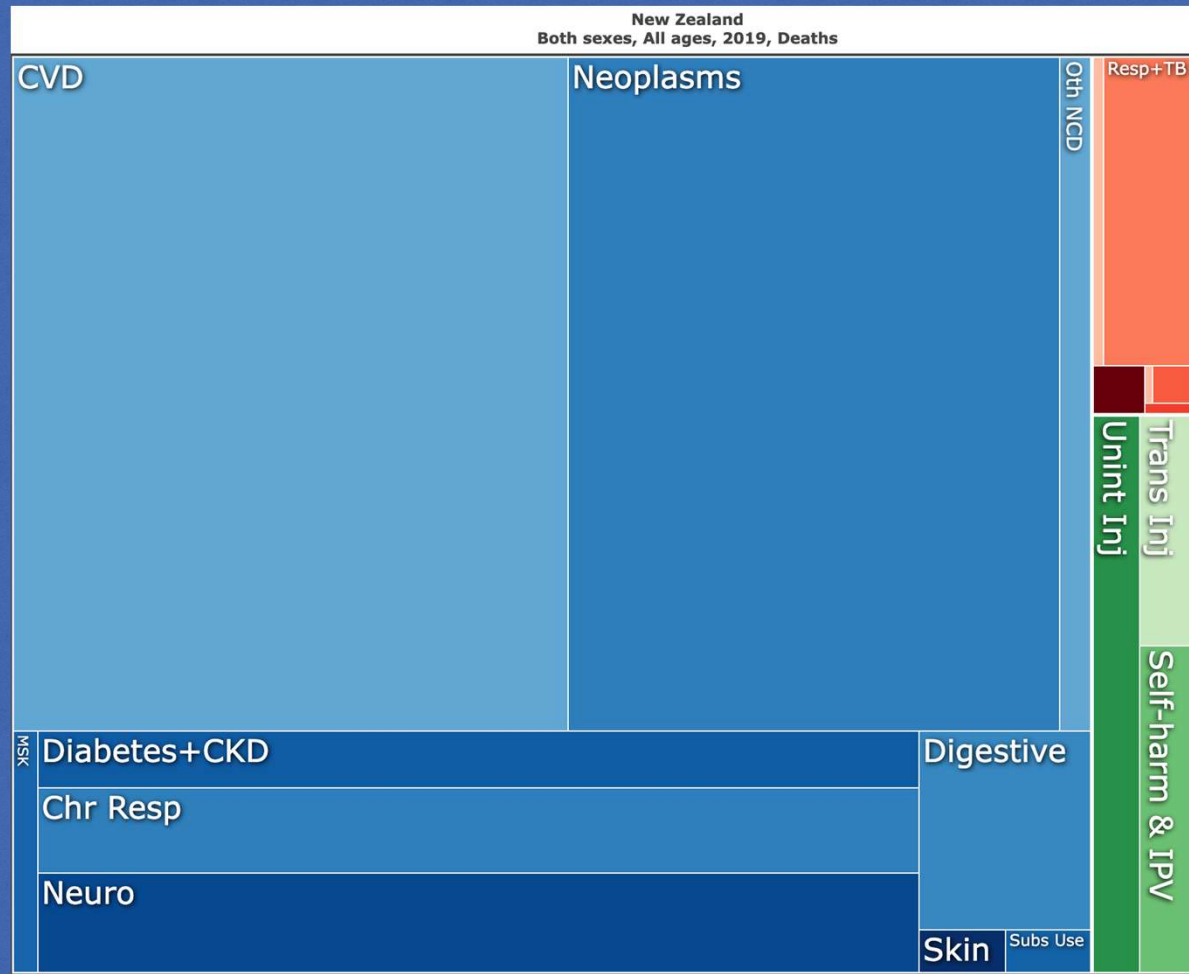
@maiacrossfit

@marco.mollo



WHY YOU?

BREAKDOWN OF DEATHS IN NZ



HOW CAN WE IMPROVE OUR HEALTH?

Healthy Eating

Activity

Good sleep habits

HEALTHY EATING

“Consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions.” - WHO

NUTRITION

What's the goal?

Energy (kJ/Cals)

Protein

Essential Fatty
Acids

Fibre

Minerals

Vitamins

Phytochemicals

Fluid

Enjoyment

Connection



Grain Foods

Fluids

Fruit

Vegetables

Dairy/Dairy Alternatives

Nuts/Seeds

Protein Foods

(Meat, Poultry, Fish, Tofu, Legumes)



PHYTOCHEMICALS

AND THE FOOD MATRIX

WHY

Anti-inflammatory
Reduced risk of NCD
Anticarcinogenic
Antimicrobial effects
Cholesterol reducing



WHAT

CAROTENOIDS
POLYPHENOLS
SULPHIDES
SAPONINS
PHYTOSTEROLS

NUTRITION

Targets

Grain Foods 4-6 Serves/day	Fruit 2-3 Serves/day	Vegetables 4-6 Serves/day	Dairy/Dairy Alternatives 2-3 Serves/day	Protein Foods 1.5 – 2.5 Serves/day
<p>2 breakfast wheat biscuits</p> <p>½ wholegrain bread roll or 1 sandwich slice of whole grain bread</p> <p>½ cup of cooked porridge/rolled oats or ¼ cup of muesli</p> <p>½ cup of cooked pasta or brown rice</p>	<p>1 medium apple, pear, banana or orange</p> <p>1 cup of fresh or stewed fruit salad</p>	<p>½ cup of cooked vegetables</p> <p>1 cup of salad</p> <p>½ medium potato, or similar size piece of kūmara, yam, or taro</p>	<p>1 cup (250 ml) of cow's milk</p> <p>2 slices (40 g) or a 4 x 3 x 2 cm piece of cheese such as Edam</p> <p>¾ cup (200 g) low- or reduced-fat yoghurt</p> <p>1 cup (250 ml) calcium-added plant-based milk alternatives (eg, soy, rice, almond, oat milk) (with at least 100 mg of added calcium per 100 ml).</p>	<p>Small handful (30 g) of nuts or seeds</p> <p>1 cup of cooked dried beans, peas or lentils</p> <p>1 large piece of cooked fish (100 g)</p> <p>2 eggs</p> <p>½ chicken breast or 2 chicken drumsticks (80 g)</p> <p>2 slices (65g) of cooked meat (eg, roast lamb, beef or pork) or ½ cup mince or casserole (65 g)</p>

Ideally water is the first choice most of the time for fluids

Aim for at least 3-5 of these at each meal

BREAKFAST



LUNCH



NUTRITION

Tips for packing a lunchbox

Think of the main food groups and try to tick off each group

Get your kids involved in the decision making or prep

Ensure there is colour and protein

Keep food safe

Variety is important, so too is trying multiple times

Make it work for you. Use leftovers, frozen options and canned

SUGAR



Order these from lowest to highest in sugar Per 250ml

SUGAR



5.5g



11.9g



23.5g



27g



44.7g

Per 250ml

MAKING SWAPS



MAKING SWAPS



Serving/pack: 7 Serving size: 100g

Nutrient	Per Serving
Energy	670kj
Protein	1.4g
Gluten	0g
Fat, Total	15.5g
Saturated	13.9g
Trans Fat	0g
Carbohydrate	3.9g
Sugars	1.2g
Sodium	20mg
Probiotic Cultures	23billion CFU

*Billion colony farming units



Serving/pack: 1 Serving size: 100g

Nutrient	Per Serving**	Per 100g**
Energy	360kj	360kj
Protein, total	4.1g	4.1g
Gluten	not detected	not detected
Fat, total	3.4g	3.4g
Saturated	2.2g	2.2g
Carbohydrate	8.4g	8.4g
Sugars	6.2g	6.2g
Dietary Fibre	2.4g	2.4g
Sodium	37mg	37mg
Calcium	125mg	125mg
Live Cultures	1billion cfu (min)	1billion cfu (min)

ACTIVITY

Children 5+

At least 1 hour of moderate to vigorous activity every day.

Vigorous activities to strengthen muscles and bones at least 3 days a week, such as running, jumping and skipping.

Moderate activities	Vigorous activities
Children are breathing faster and their hearts are beating a bit more. They can still talk!	Children are puffing and their hearts are beating faster. They can only say a few words without taking a breath.
<ul style="list-style-type: none">• Walking the dog• Biking on the flat• Playing at the park or pool• Ballet, modern dance• Kapa haka• Skateboarding	<ul style="list-style-type: none">• Running, skipping and jumping games• Mountain biking• Uphill tramping• Fast lap swimming• Summer and winter sports• Waka ama

www.healthed.govt.nz or the Authorised Provider in your local district.
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ACTIVITY

Generalisation vs Specialisation

SLEEP

Children 5-13 need approx. 9-11 hours of sleep

Best practice:

Consistent routine

Calm environment

Quiet sleeping environment

Avoid screen time one hour before bed



MAKING CHANGES

How to eat and implement new foods

Eat Slowly

Mindful of choice of words

*new foods can take 8-15 *exposures before being accepted.

Role Models

Serve alongside a safe food

Pressure free environment

*exposures:

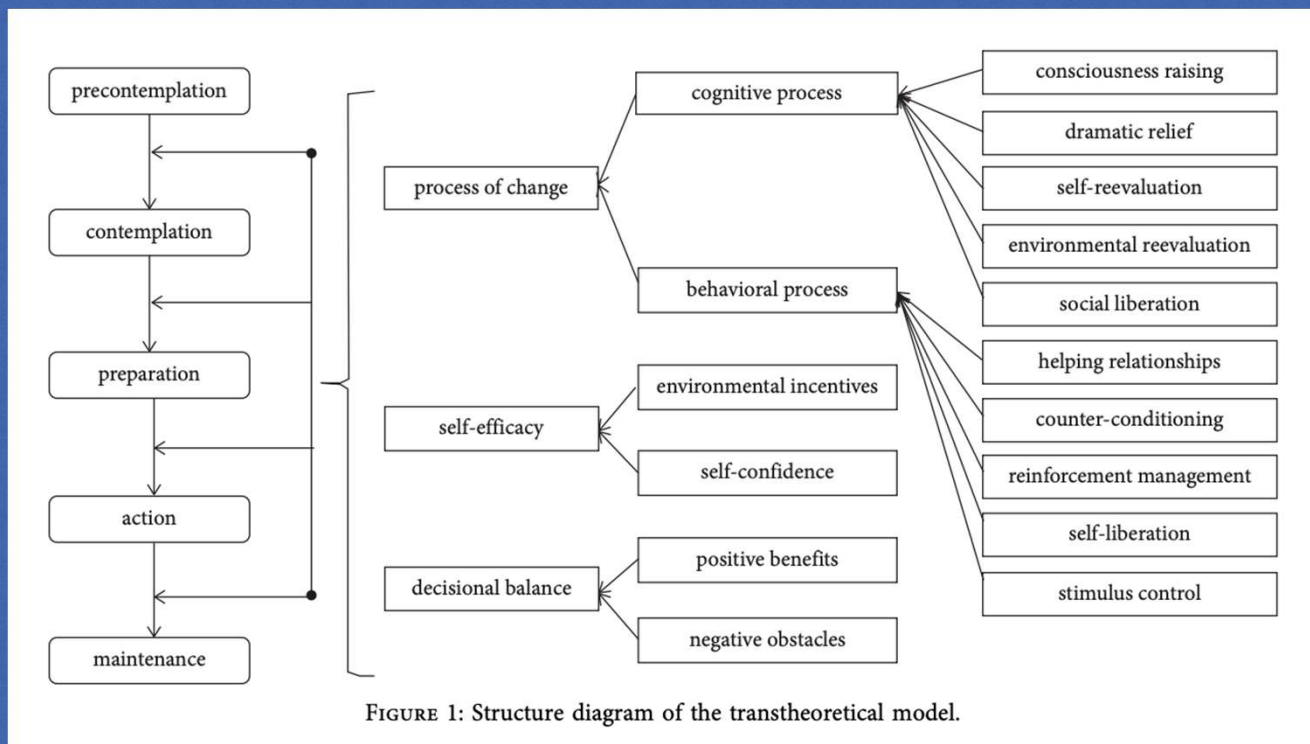
Adding to shopping cart

Helping prepare food

Presented with the food

MAKING CHANGES

Transtheoretical Model (Stages of Change)



MAKING CHANGES

Transtheoretical Model (Stages of Change)

Pre-contemplation	Contemplation	Planning	Action	Maintenance
Ask questions and listen Encourage self-reflection Explaining risks	Help provide education and weighing up of pros and cons Offer a different view Consider or mention potential positive outcomes	Encourage and support them to find the best suitable option for them	Encourage ++	Encourage and consider the possibility of relapse and how to overcome this.

MAKING CHANGES

Ellyn Satter – Division of Responsibility

Parents	Child
What	Whether
Where	How Much
When	

Over time the child takes more responsibility

WHY MAKE CHANGES?

Concentration and Learning

Sleep

Athletic performance

Mood and mental health

Risk of CVD, T2DM and other
NCDs

Social and relationships

WHY YOU?

QUESTIONS?

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WHAT NEXT?

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