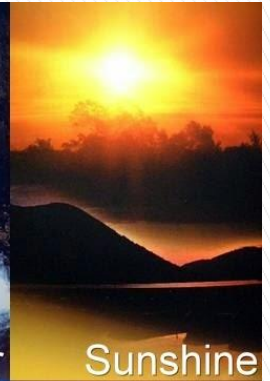


N – Stands for Nutrition



- ▶ **N – nutrition**
- ▶ E – exercise
- ▶ W – water
- ▶ S – sun
- ▶ T – temperance
- ▶ A – air
- ▶ R – rest
- ▶ T – trust in God



- ▶ Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them.

▶ (E.G White Ministry of Healing, p. 127)



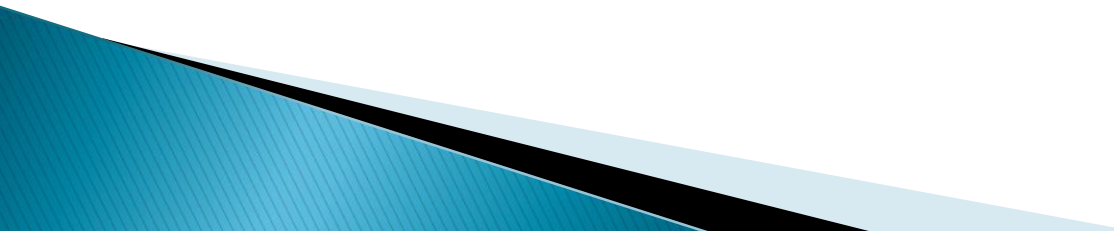
- ▶ The world is given to indulgence. “The lust of the flesh, and the lust of the eye, and the pride of life” control the masses of people. But Christ’s followers have a higher calling. “Come out from among them, and be ye separate, saith the Lord, and touch not the unclean.” In the light of God’s Word we are justified in declaring that sanctification cannot be genuine which does not work this utter renunciation of the sinful pursuits and gratification of the world”

▶ (E.G. White Great Controversy 475)

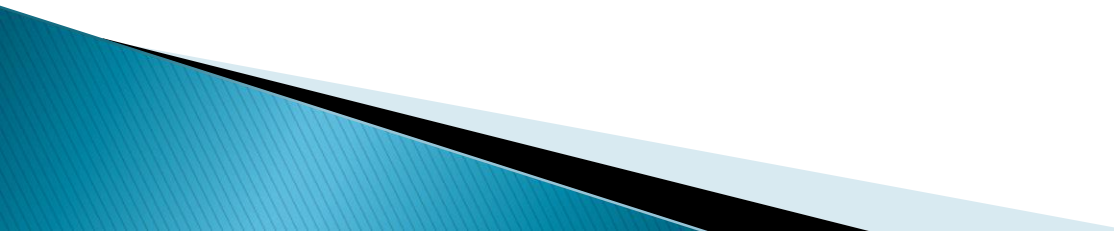
1 Cor 10:31

- ▶ Whether therefore ye eat, or drink or whatsoever ye do, do all to the glory of God. What is Christian life if not to bring Glory to God?

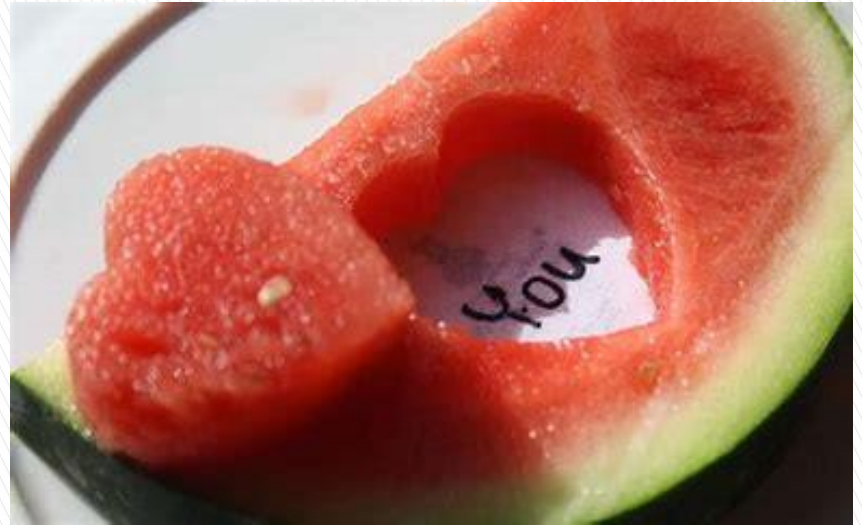
The Why of Nutrition

- ▶ Genesis 1: 26–30
 - ▶ V. 29 And God said: See I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food
- 

The Why of Nutrition

- ▶ Food and the right diet provides human body with energy, material for development and repair, and at least but not the least provides our body with all the biological material necessary for body to function properly just as God design it.
- 

How of nutrition



How of nutrition

- ▶ Nutritive factors:
 - Carbohydrate
 - Protein
 - Fat
 - Vitamins
 - Minerals



MACRONUTRIENTS
VS. MICRONUTRIENTS
WHAT'S THE DIFFERENCE
& WHY YOU SHOULD CARE



HAPPY BODY FORMULA

How of nutrition



How of nutrition



How of nutrition

- ▶ Carbohydrates: (check the facts on WHO)
 - Simple – no more than 10%
 - Complex – 45–65%
 - Fibers – 30 grams/day





GOOD

COMPLEX CARBS

**HIGH IN FIBER
METABOLISM BOOSTER
FEEL FULLER, LONGER**

FOOD EXAMPLES

**WHOLE GRAIN BREAD
BROWN RICE
QUINOA
BEANS
NUTS / SEEDS
OATMEAL
FRUITS
SWEET POTATO
VEGETABLES**

BAD

SIMPLE CARBS

**LOW IN FIBER/NUTRIENTS
EMPTY CALS TURN TO FAT
FEEL TIRED**

FOOD EXAMPLES

**WHITE BREAD
SUGAR, BROWN/WHITE
FRUIT JUICES
WHITE RICE
MUFFINS
CANDY
COOKIES
PRETZELS/CHIPS
SUGARY CEREALS**

How of nutrition

- ▶ Protein 10–30 %
 - Animal protein
 - Plant protein



6g protein per large egg

22g protein per 100g grilled salmon

28g protein per 100g lean chicken

7g protein per 25g cheese

8g protein per 50g cooked lentils

Plant Protein

- 3 TBSP 6 - 9 grams **Chia seeds**
- 1/2 cup 15 grams **Almonds**
- 1/2 cup 3.5 grams **Oatmeal**
- 1/2 cup 7.5 grams **Chickpeas**
- 3 TBSP 12 grams **spirulina**
- 3 TBSP 6 - 8 grams **flaxseed**
- 1/2 cup 13 grams **Edamame**
- 3 TBSP 10 grams **Hemp seeds**
- 1/2 cup 8 grams **Black Beans**
- 1/2 cup 4 grams **Quinoa**
- 1/2 cup 13.5 grams **Black-eyed peas**
- 1/2 cup 6 grams **Wheat Berries**
- 2 TBSP 7 grams **Almond Butter**
- 1/2 cup 4 grams **Peas**
- 1/2 cup 10 grams **Hazelnuts**
- 1 large 8 grams **Potato**



How of nutrition

- ▶ Fat 10–15%
 - Saturated
 - Unsaturated
 - Monosaturated
 - Polyunsaturated



GOOD FATS

VS.

BAD FATS



How of nutrition



Fat Soluble Vitamins
Vitamin A (Retinol)
Vitamin K
Vitamin E
Vitamin D

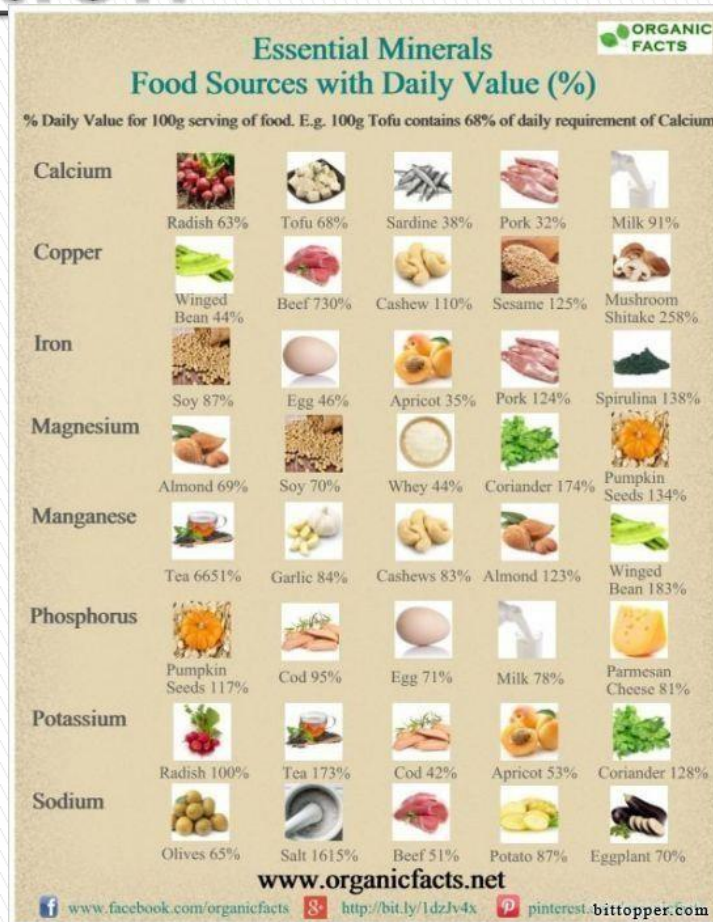
Water Soluble Vitamins	
Vitamin:	Name:
B1	Thiamine
B2	Riboflavin
B3	Niacin
B5	Pantothenic Acid
B6	Pyridoxine
B7	Biotin
B9	Folate
B12	Cobalamin
C	Ascorbic Acid

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Vitamins

How of nutrition

► Minerals



When of nutrition

- ▶ Eat breakfast every day
- ▶ Skip dinner is possible
- ▶ Eat meals at same time every day



What of nutrition

- ▶ Genesis 1:29
- ▶ “And God said: See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food”

- ▶ Gen 1:29
- ▶ “I have given you...”
- ▶ Gen 3: 18 ... and you shall eat the herb of the field”
- ▶ Leviticus 11 “you may eat...”
- ▶ Lev 3:17 “shall not eat...”
- ▶ Lev7: 23–27 “shall not eat...”



1 Corinthians 6:19, 20

- ▶ “Or do you not know that your body is the temple of the Holy Spirit who is in you, who you have from God, and you are not your own? For you have bought with a price; therefore glorify God in your body and in your spirit which are God’s”.

- ▶ All must act for themselves, according to the dictates of their own conscience. As regards our responsibility and influence we are amendable to God as deriving our life from Him. This we do not obtain from humanity, but from God only. We are His by creation and by redemption. Our very bodies are not our own, to treat as we please, to cripple by habits that lead to decay, making it impossible to render to God perfect service. Our lives and our faculties belong to Him. He is caring for us every moment; He keeps the living machinery in action; if we were left to run it for one moment, we should die. We are absolutely dependent on God.

▶ (E.G. White, Special Testimonies, p. 59)