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**THINGS YOU DIDN'T  
KNOW YOU WANTED TO  
KNOW ABOUT NUTRITION**

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This publication contains the opinions and ideas of its author. It is intended to provide helpful and informative material on the subjects addressed in the publication.

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*I dedicate this book to all of you who  
want to be empowered by food.*



## My Journey

My grandparents immigrated from Italy to Canada and they taught me to eat from the garden and from trusted sources. It would never occur to them to buy the new processed foods from the grocery store because they didn't know who made them. They were totally connected to their food and to the land. My mother's generation on the other hand wanted desperately to be Canadian. They adopted the modern foods, such as muffins for breakfast, shake n'bake chicken, orange, square cheese slices and fluffernutter Wonder bread sandwiches.

I ate the way my grandmother ate and I intuitively knew that food could change you. It really hit home when I became a food writer. It was through press releases that crossed my desk every day that I learned about food as it related to weight gain or loss, about diabetes or heart diseases, how to stay hydrated in the summer and so on. It was the first time I remembered food being something that people talked about in a medical way – other than my grandmother telling me it was good for me. I learned that food wasn't the chemicallized factory version of the edibles we shovel in our mouths today. Food was alive and it was about fueling ourselves to function, live and perform the best we can. More importantly, I used it to stay healthy and it has worked.

But my journey wasn't always easy. In 1993 I was diagnosed with Muscular Sclerosis by a specialist in the medical profession. Believing in food, I went to my naturopath who switched me to a strict diet and I was symptom free in six months. Then in 2009 I was diagnosed with Osteoporosis. Again I went to a naturopathic doctor who put me on supplements and an altered diet and within one year my bone scan showed no signs of even Osteopenia.

I will always believe in the power of food to alter health and wellbeing. I am now a practicing Holistic Nutritionist and can only hope to be as intuitive and skilled as the naturopaths that helped me along my health journey. My patients have taught me that learning to be healthy

*It's because so many people lack a good food foundation, no one ever taught them the joys of eating from a garden.*

is a much bigger challenge for them than it was for me. I think that's because so many people lack a good food foundation - no one taught them to eat from a garden. They eat from a box that was made in a factory by people they don't know and who don't know them - totally disconnected from food.

In fact, most people equate fun eating with giant helpings of red licorice whips and ice cream. On the flip side is the old opinion that healthy eating involves sad violin music playing in the background while you nibble on boring seeds and a handful of broccoli. One of the most frustrating challenges I face is to teach people that eating well can be exciting and delicious. The real recipe for success is when you believe that both are possible.

When the Standard American Diet (SAD) prevails, there are things people miss about health and nutrition that prevent them from benefitting from a healthy lifestyle.

I can't do it for you, but I can help you do it for yourself. I want you to be in charge of healing and strengthening your body through the most effective tool that you control - food. If you buy the groceries in your family, you can change your health. Your body deserves your respect and you can do that by enjoying delicious and nutritious meals. But the first step, is learning a few things about nutrition. Here are ten key points to get you started.

*Lynn Ogrzylo*







# So You Want To Be Healthier?

One of the challenges I face as a holistic nutritionist is that everyone thinks I’m putting them on a diet - I’m not. Clients will say, “I’m going away so I’ll start the new diet when I get back.”

In reality, I’m asking them to stop eating certain foods that don’t support their health and eat more of the ones that do. It’s a transition to a better life. How it works is more of a slow evolution. Even one little change can be significant. Instead, people continue with their bad habits until they can clear their schedules (like that will ever happen) and then give the ‘new diet’ their 100% attention, approaching every meal like an army drill sergeant. I get it, but it’s not the kindest or easiest way to become healthier.

Eating well is a gradual process of putting one foot in front of the other, training your palate as well as your mind. Yes, your mind. Here are a few of the most common comments I get from clients and a new way of thinking about your relationship with food.

Old Thought	New Thought
I ate too much for lunch, today is shot.	I had a big lunch, I’ll take it easy for dinner.
Weigh and measure food or count calories.	Use your eyes, brain, and stomach to gauge portion sizes.
Is this food good or bad?	Is this the right food for me right now?
It’s about self control.	It’s about self-care.
Focus on what you’re eating.	Focus on why you’re eating it.

*“There are no diets in my world, no fear or guilt about food. Just good food made into delicious meals eaten with joy, deliciousness, abundance and companionship.”*  
Lynn Ogryzlo

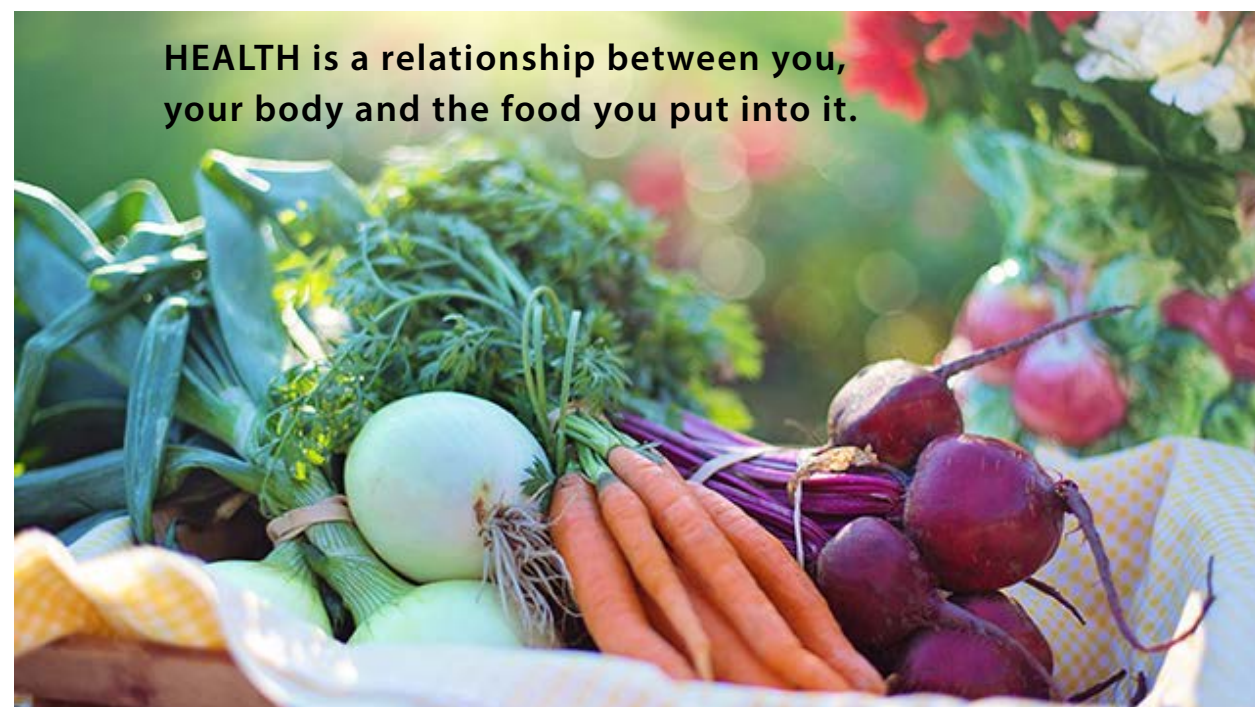
## Food For Thought

*Because we eat three times a day, every day for an estimated 78,840 meals in an average lifetime, some people think they know everything there is to know about eating well. But eating well is like living well, if we live approximately 26,260 days in our lifetime, then why isn’t everyone living well? Why isn’t everyone eating well? Why is chronic disease epidemic? Chronic diseases are lifestyle diseases, meaning they’re diet related. At some point in our lifetime we’ll need to understand that what we eat matters to our health otherwise, we will no longer have it.*

# 1

## Eat Your Vegetables

The best way to get your vitamins is to eat them through plenty of fresh vegetables. Not only are you getting vitamins, minerals, fibre, enzymes, antioxidants, and an endless variety of trace nutrients that science has just begun to uncover, but real food satiates you faster than junk food, gives your diet colour and variety and gives you what your body needs to thrive. For decades, eating vegetables has been associated with improved health and a lower risk of disease. This makes eating delicious vegetables the most important food for optimal health



# 2

## Eat More Omega-3 Fats

From optimal brain functioning to cardiac health, Omega-3 fatty acids are essential to the proper functioning of the body and yet, we don't eat enough of them. Foods richest in Omega 3's include avocados, salmon, oysters, flaxseed, walnuts and chia seeds. Eating more Omega-3 fats will keep you satiated faster (eating less) and longer. Some people on a strategic Omega 3 fat diet claim that it satiates so well, they no longer have carbohydrate cravings - something to think about!

# 3

## Eat Better Protein

One of the good things that came out of the fat-phobic food era was the distinction between good and bad fats. I am waiting for this to happen with protein. If you eat meat, good healthy protein comes from animals that are hormone and antibiotic free and are allowed to graze in pastures, eating grass and wild greens. It's like us eating our vegetables for nutrition, animals also need healthy nutrition and not GMO feed which is often the case in commercial meat production.



# 4

## Drink More Water

Think about it, humans are to a large degree – water. It's in every organ, tissue and cell in our body, it helps your body function properly and it even flushes through our vital organs, which helps them stay in tip-top shape. Water is vital to brain function, it lubricates joints, moisturizes skin and helps keep our electrolytes in balance. There is no magic number of glasses of water we should consume daily, nor is there an equation of liquid to body weight that is adequate for everyone. Just drink more water!



## 5 STOP the Refined Carbohydrates

One of the few things that the health world agrees on is that a steady diet of refined carbohydrates is good for you. Refined carbohydrates are made in a factory from refined flour, sugar, salt and unhealthy fats. Eating them may lead to rapid spikes in blood sugar and insulin. Experience has connected excessive consumption for long periods of time to obesity and diabetes. Eat complex carbohydrates which are fresh, whole vegetables, fruit, legumes and whole grains.



## 6 STOP the Sugar

When people talk about 'added sugars', the two main culprits are common table sugar and high-fructose corn syrup. These two ingredients are added in vast quantities to almost all factory-made, refined foods and the single most important reason to stop eating them. They're often referred to as 'empty calories' because they are empty of any nutrition – only calories. Eating foods void of any nutritional value is never a good way to fuel a healthy body.

*If you're reading product labels and come across the grams of sugar. Take that number and divide by four. This will give you the number of teaspoons in one serving size. You will be amazed!*



## Food For Thought

*Diets and lifestyle choices are more popular today than ever before, and we are exposed to more versions of living a healthy lifestyle than we ever have been throughout history. And yet, more people are confused about what types of diets they should eat, more people are suffering from chronic diet-related diseases than ever before. Something is wrong with this picture, don't you agree?*

## 7 There Are Many Different Ways To Eat

Just like the same car wouldn't please everyone, the same diet won't work for everyone. As humans we are the same but only to a certain degree. Most likely, we're also different. Our genetics are different, body type, physical activity, and environment; we eat different things, our digestive system functions at various stages of wellness and will trigger different hormones. Our lifestyle also influences how our dietary needs differ. This is one reason for the variety in the way people eat around the world. Finding out what works best for you is trial and error, listening to your body, and paying attention to your moods when you eat different foods.



*Good nutrition is not just for adults; children need good nutrition too. Bring them into the kitchen and teach them the joys of taking care of themselves.*



## 8 Healthy Eating Can Be Delicious

We all need to trust that eating healthy *and* loving the food you eat are *both* possible. Transitioning from a SAD diet to a healthier way of eating is a challenge for some. People either don't know what else to eat, don't know how to cook real food, or don't have a sense of how to stock a pantry, shop for food or plan meals. It's a lot to learn, but on the other hand, people do it all the time. It's never too late to learn how delicious *you* can make your food taste.

## 9 Eat Local

Some of the world's best cures are grown on our farms, available at farmers markets, ready to go to work in your body if you know what to reach for and how to prepare it. The right food can even replace the daily pill and all the annoying side effects that go along with it. Most of a plant's nutrition and flavour are developed in the final few weeks leading up to full ripeness. So when food grown locally stays on the tree, vine and plant longer than imported produce it becomes more nutritious and flavourful.



## 10 Who You Eat With Is Important

You should not only love the foods you eat but also love the people you are eating with. That way, meals become memories. Make meal times opportunities to bond with friends, build relationships, learn about life and create traditions. If healing with meals feels like a chore or makes you sad or doesn't send jolts of joy onto your tongue and down into your belly, then something's not right and you need to fix it so that food can fix you.



# About Lynn Ogryzlo

## Holistic Nutritionist + Cookbook Author

Second generation Canadian born Italian, Lynn was born to obsessively care about where her food comes from. International, award-winning author and veteran newspaper columnist, Lynn started out as a food writer, tv-host of her own culinary show, Niagara Express (CHCH-TV), local food brand ambassador, local food activist and champion of farmers. She published three local food cookbooks to connect people to the healthiest source of food. All are medal winners, Canadian best sellers and medal winners (Best Local Food Cookbook in Canada, Best Local Food Cookbook in the World by Gourmand World Cookbook Awards). In addition, Lynn has published many eBooks on food and health that are available on her website.



For Lynn, food has always been much more than just food; it's a way to nourish the body, a way to grow a healthy family, to connect with the people who grow the freshest, safest, healthiest and tastiest food, a way to care about the quality of food we eat, to build community and express conviviality.

Now a holistic nutritionist, Lynn's expertise lies in helping people learn the fundamentals about eating well, time saving advice in the kitchen, how to cook vegetables and make them taste delicious and how to stock a nutritious pantry so temptation is never close. She combines these skills with an understanding of how the body works and how to optimize health with food. Food really is the best medicine and it's also the most delicious.

Other eBooks include  
The Ontario Pantry  
10 Things You Didn't Know You Wanted To Know About Local Food  
10 Things You Didn't Know You Wanted To Know About Nutrition  
STRESS, and How To Manage It

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## Nutritional Courses

FOOD101 The Basics: a four-week, in-class course teaching the basics of eating and living well.

FOOD101 Keto Diet: a four-week, in-class course eating the Keto way.

NUTRITIONAL COACHING: one-on-one nutritional coaching for a deeper, personal look into your health and well being.

For more information on the FOOD101 courses and Nutritional Coaching, go to [www.FOOD101.ca](http://www.FOOD101.ca)



# Food For Thought

*A word about exercise. While I believe in exercise for an infinite number of great reasons, you can't exercise your way to health with an unhealthy diet. Think of it this way. Exercise is king, a good diet is queen, put them together and you've got a kingdom.*

