

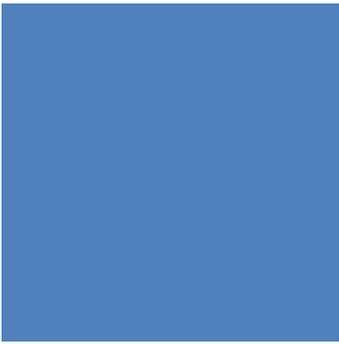
+

# Holistic Family Nutrition

Jill Troderman, NC



# Cooking, Nutrition & Wellness Classes



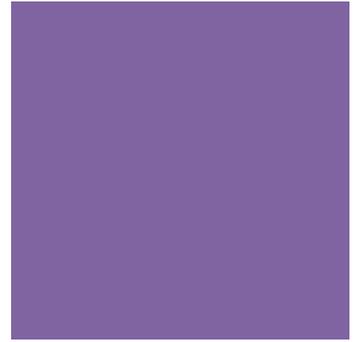
## Growing Healthy Families For A Lifetime of Wellness

### Mission

Educating, empowering, and inspiring women, children and families to find and explore their own unique path to greater physical, emotional and spiritual wellbeing by enjoying nutrient dense, organic, in season, local, nutrition vampire free whole foods and herbs while utilizing The Food Tree Guide To Holistic Nutrition.



# Holistic Family Nutrition Class Catalogue



## **Nutrition, Health & Wellness Classes**

The Food Tree Guide to Holistic Nutrition Introductory Class  
Nutrition Vampires  
Curb Your Cravings  
From Stress to Serenity Now!  
Your Daily Detox Class  
Six-Week Path To Optimal Weight and Wellness  
Top 10 Cancer Prevention Foods  
Plant Propagation

## **Nutrition Talk and Cooking Demo's – Combo Classes**

All About Proteins  
Focus on Fruits and Vegetables  
Wholesome Whole Grains  
Fats: Good Fats, Bad Fats. It's time to get clear about FAT!

## **Cooking Classes**

Bold and Beautiful Breakfasts  
Loving Your Lunches  
Sensational Snacks  
Smoothies  
Delish Dinners  
Super Foods  
Fermentation Nation Class  
Making Plant Based Milks  
Soups On  
For Meatless Monday to The Complete Vegetarian

**True health is about more than what we look like on the outside; true health is measured by how well we feel on the inside.**

## **Nutrition, Health & Wellness Classes**

### **The Food Tree Guide to Holistic Nutrition Introductory Class**

Create a Diet as Unique as You!

In this class we explore The Food Tree and The Five Food Groups: A Guide to Holistic Nutrition, a proven nutrition model that encourages healthy, empowered, and inspired eating habits the whole family will thrive on! We will look at the connection between making healthy food choices based on the Five Food Group recommendations (Proteins, Whole Grains, Healthy Fats, Fruits and Vegetables), engaging in regular physical activity, feeling emotionally/spiritually well and the connection to preventing diseases such as diabetes, cardiovascular disease and overweight/obesity.

### **Nutrition Vampires**

In this class we will discuss The Nine Nutrition Vampires and explore the potential health repercussions that eating highly processed and packaged foods may have on your quality of life and wellbeing. Health conditions like ADD/ADHD, autism spectrum disorder, allergies, autoimmune diseases, cardiovascular, endocrine, and digestive issues can all be negatively impacted. You will learn how eating Nutrition Vampire ingredients like artificial colors, flavors, preservatives, aspartame, and hydrogenated oil can harm your health and what you can do to create a Nutrition Vampire free diet for yourself and your family.

### **Curb Your Cravings**

We all have cravings and we all try our hardest to resist them but sometimes they get the better of us. Understand why we get maddening cravings for certain foods, drinks and other unloving habits and how you can rebalance your whole system to get those pesky behaviors under control. Whether you have a weakness for diet coke, ice cream, cheese, chocolate, candy, alcohol, pot, salty chips or pretzels, this could be a sign of some kind of mind, body, or spiritual imbalance. We will explore regulating blood sugar, improving the quality of your sleep, managing stress and enjoying nourishing foods to get back in control. The great news for all of us is that healthy food, good nutrition, exercise, right thinking and positive spiritual connection can get you quickly into balance so you can feel your best and offer your best self to the world.

### **From Stress to Serenity Now!**

Isn't it time to leave stress behind so you can truly enjoy living in the present? Mental, physical or emotional overwhelm are forms stress that may have negative impacts on your wellbeing. Come explore the wonders of stress and ways to prevent, cope, and heal from it using holistic nutrition, supplements, medicinal herbs and other helpful strategies. We will sample herbal tea, learn rebalancing yoga poses, and practice stress relieving breathing techniques.



## **Your Daily Detox Class**

Whether we choose to or not, we are often exposed to toxic substances in our everyday environments. Overtime, these burdens create wear and tear, cellular break down and slow down your bodies natural built in detoxification mechanisms.

Health issues ranging from minor to severe, like aches, pains, dermatitis, allergies, digestive problems, mood issues, sleep disturbances, hormone imbalance, weight gain and even cancer, can be lessened by you supporting your bodies natural detoxification systems.

Learn about the specific foods, herbs and lifestyle behaviors that can make your life so much cleaner, healthier and more fulfilling.

## **Top 10 Cancer Prevention Foods**

Learn about the top ten most important and well-researched anti-cancer and anti-oxidant foods and herbs that you need to be eating, including brassicas, turmeric and fermented foods. These powerful free-radical quenching foods help boost your nutritional intake, enhance your overall health, and bolster your cancer fighting capacity.

## **Plant Propagation**

Knowing how to propagate plants is an empowering and practical skill that will provide you, your family, and community with food, medicine and gifts for a lifetime. Learn the basic techniques of plant propagation in this fun, informative, and hands on class. You will learn how to do plant division, plant separation, and how to take stem, leaf and root cuttings with perennials, vegetables, and herbs. We will also discuss the best rooting mediums, different types of containers to use, and the conditions needed for propagation success.



Some weight loss centers only focus on food restrictions, calorie counting, or “quick” weight loss.

**The Path to Optimal Weight and Wellness** focuses on creating total wellness for the whole person by incorporating the mind, the body and the spirit.

**The Path to Optimal Weight and Wellness** will help you identify and design your own goals to meet your individual health needs.

## **Six-Week Path To Optimal Weight and Wellness**

A six-week workshop designed for women will take you on an exciting journey to rediscover and awaken your inner drive to be well and feel well.

Considering that one third of all Americans are overweight or obese (National Institutes of Health) many of us could use a little support in achieving or maintaining a healthy weight. This program is designed to empower the whole woman on her path to feeling great about her body and her weight through proper nutrition, exercise and spiritual and emotional wellbeing.

### **Program Features**

- A holistic approach to healthy weight management
- A supportive and compassionate environment to work in
- Exposure to all types of fitness, both traditional and trendy
- Practical scientific information on vital role food plays in human physiology
- Recipes for health and wellness
- Spiritual support- prayers and meditations to help awaken your spirit
- Thought provoking assignments and handouts

### **Program Goals**

- Understand both the simplicity and complexity of human physiology and the role diet, nutrition, and exercise has on your bodies
- Regain balance in your life by embracing your emotional and spiritual sides
- Learn how to incorporate “Your Path” into everyday life.
- Look great and feel better

### **Program Objectives**

- Learn about the three macronutrients; carbohydrates, fats and proteins and the functions they do
- Understand how unhealthy blood sugar metabolism can lead to disease
- Identify myths and attitudes we have about food that often sabotage our health
- Learn three different ways you can increase your activity levels by engaging in aerobic exercise (cardiovascular), restorative activity (yoga) and strength training (weight lifting)
- Develop and incorporate realistic strategies for maintaining life-long healthy weight
- Receive valuable meditations, affirmations and prayers to sooth your soul

# **Nutrition Talks and Cooking Demo's – Combo Classes**



## **All About Proteins**

Get the basic low down on why we need to include proteins in our diets, how to include them in our diets using a variety of sources like beans, grains, nuts, seeds, animal and dairy. We will talk about how much protein a person might need to eat everyday. Plus, you will learn to make a couple of classic vegetarian protein dishes that will please any type of eater.

Examples include...Veggie burger, Tofu Nut Balls, Refried beans

## **Focus on Fruits and Vegetables**

Fruits and vegetables provide you with delicious tastes, beautiful smells, vibrant colors and interesting textures, but they also provide you with vital anti-oxidants that are best known for their free radical quenching abilities. Come learn about the wide variety of fruits and vegetables available, the reason they are so good for you, and the best ways to store, prepare and cook them. Plus we will try out a handful of recipes that will be perfect to incorporate into your home repertoire.

Examples include...Kale with pecans and garlic, Baked radicchio, Butternut squash soup, Fruit smoothies

## **Wholesome Whole Grains**

Venture beyond white rice or macaroni cheese for a change and check out the amazing quinoa and millet! We will discuss the wide variety of grains we have access to in our local shops and on line and then dive in to the kitchen to make a few delicious and easy to make whole grain based dishes. These whole grain dishes are sure to please and will definitely nourish.

Examples include...Millet burgers, quinoa hot cereal, garden risotto

## **Fats: Good Fats, Bad Fats. It's time to get clear about FAT!**

We will introduce The Fatty Acid Spectrum and the reasons we need a variety of healthy fats in our diets for optimal health and wellness. We will talk about the best kinds of fats and oils to use in different types of cooking and we will demonstrate making a few recipes that will be easy to enjoy at home.

Examples include...Salad dressings, cooking oils blends, nut butter nuggets, avocado and cocoa pudding

## **Cooking Classes**

### **Bold and Beautiful Breakfasts**

In this class we will talk about how to improve upon the first meal of the day, breakfast! And for fun we will explore what folks eat around the world. We will discuss ways to incorporate more nourishing, satisfying and delicious options that are quick and easy to make on any rushed morning. Examples include...Hot cereal, Tofu scramble, Whole grain pancakes

### **Loving Your Lunches**

It can become tedious to always have think about and plan what you are going to bring for lunch or pack for the kids. So whether you bring your lunch or go out to eat, eating lunch is an important meal to include in your day. In fact, people may want to eat the most at this meal so get out from behind your desk and have a nice and nourishing meal, just don't be late back to work!

Examples include...Rainbow Rolls, The lunch trifecta - Soups, Salads, & Sandwiches, Grain based dishes and noodle dishes

### **Sensational Snacks**

Snacking! We encourage it! It can and should be a healthy part of your daily nutrient gathering. Between-meal snacking is a great way to add fruits and quality nutrients into your day. Healthy snacks can balance blood sugar and give you a healthy boost so that you can avoid a mid morning or mid afternoon slump that, gulp, may lead to a really bad snack attack of something you might regret later. Who needs that guilt anyways? Planning ahead is the key. Making a few things ahead of time once or twice a week is a great strategy.

Be prepared by having homemade or store bought items ready to go. That way you can bring them to work or pack them in your kid's lunch anytime you need. We will have a go at making dips, test easy ways to prepare nuts and seed mixes, and take a look at making toasted nori sheets.

### **Smoothies**

Some things will never go out of style and that includes the smoothie. This is a drink that can be made in an infinite amount of ways and that can please any type of taste bud. They can be as simple or as deluxe as you desire.

Think about what you want out of your smoothie and then go from there. For instance, is it a breakfast drink, a kids snack, or an after exercise beverage? Smoothies need a liquid base like juice or milk and usually include fruit, something frozen like frozen fruit or ice, and may include boosters like protein powder, yogurt, or blue green algae! Let's explore the power of the blender and have fun with smoothies!



## **Delish Dinners**

Sharing recipes is what building community and passing down family traditions is all about. In this class we will look at classic recipes and ways to bring them up to a healthier version for the 21<sup>st</sup> century. The possibilities on what we can make are endless so to keep it simple we will make dishes that use in-season ingredients, are nutrient dense, taste delicious, are easy to make and plant based.

Examples include...Vegetable and Tofu Curry, Veggie Burgers, Enchiladas, Lasagna

## **Super Foods**

We all know eating whole foods and lots of fruits and vegetables are great for us but what if you could add simple and affordable ingredients to your diet that would really punch up your health, aid in digestion, nutrient intake or boost overall health? You'd want to do it, right? So what are these super, Super Foods? They are foods like raw sprouts, broths, seaweed, apple cider vinegar and fermented foods. We will take a look at how to make and use them in your diet and meals and try a few samples.

## **Fermentation Nation Class**

We will dive into a bubbly discussion about the incredible health benefits of eating a diet rich in fermented food and drinks. We will also explore popular fermented foods eaten around the world like sauerkraut, kimchi, tempeh, and kefir and talk about how to make and or prepare them at home.

Demo Miso soup and Tempeh

## **Making Plant Based Milks**

Plant based milks, like almond, coconut, rice and soy are great nutritious and delicious alternatives to dairy milks and are surprisingly fun, simple and affordable to make at home. They are great to use over cereal, in baking, and in cooking. They store for a few days in the fridge or can be frozen for months for later use. We will demonstrate how to make almond and brown rice milk.

## **For Meatless Monday to The Complete Vegetarian**

Whether your style is meat free one day a week or seven days a week this class is for you! We will explore a wide variety of vegan and vegetarian foods that are high in protein, like nuts, seeds, beans, legumes, and grains, that you can easily incorporate into in your daily diet. We will discuss and learn how to make different delicious vegetarian and vegan breakfasts, lunches and dinners inspired from a multitude of cuisines that you can enjoy and make easily and affordably at home.



## **Soups Class**

There is a reason in every season to have soup. And homemade soup is the best. Once you get the basics down there are endless possibilities. Let's crank up the fire, chop up some veggies, toss in some beans, herbs and spices and see what we come up with.

Basic Vegetable stock/broth

Carrot Ginger soup

Minestrone Soup

Lentil Soup

Cream of Broccoli Soup

Miso Soup

White Bean and Escarole

Potato Leek Soup

Borscht

Butternut Squash Soup



**Contact Jill Troderman, NC**

**Holistic Family Nutrition**

**The Food Tree Guide To Holistic  
Nutrition**

**[www.santacruzholisticnutrition.com](http://www.santacruzholisticnutrition.com)**

**[Jill@jilltroderman.com](mailto:Jill@jilltroderman.com)**

**831-316-5086**



**HOLISTIC**  
Family Nutrition