



the healthy  
**waldNUT**  
*Nutrition is life.*

healthy food.  
healthy habits.  
healthy life.

nutrition coaching

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*Nutrition is life.*

## welcome and thanks for visiting

I'm Nadine Wald, Nutrition Coach and Founder of the healthy waldNUT. I'm passionate about helping people feel their best so they can enjoy their lives fully. I've been where you are so I can relate: feeling stuck and confused around food choices, experiencing low energy levels, having physical symptoms like indigestion and headaches, getting misinformation from traditional medical doctors, and tiring from endless research and failed experimentations. I went on a mission to educate myself and now I want to share so you can go through this process of change with ease and clarity!

I also offer a different kind of support. It's okay if you fall off the wagon when making changes - I'm an understanding, safe place for you to share, vent, and get back on the horse! It's so easy, with a few simple changes, to really make a difference in how you feel - physically and emotionally. A lot of people don't make the connection between food and mood, focusing more on weight loss goals and appearance. I want you to look good AND feel good!

I offer one-on-one coaching that investigates your specific goals and needs. My program is different because also I include group support and workshops that allow a greater feeling of support and community. These are not mandatory but I find my clients get great joy and inspiration from relating to others on their journey. You might swap a few awesome recipes, too!

Please reach out for a *complimentary 15 min phone consultation* so we can explore your goals and make a plan together!

## my mission: *you will learn how to*

- Improve your eating habits
- Read food labels
- Shop for your body's nutritional needs
- Enjoy food and make better food choices
- Find substitutions for your food sensitivities
- Deal emotionally and physically with food intolerances, allergies and other diseases
- Create your own meal plans
- Experiment with new recipes
- Set realistic goals and be consistent with your goals
- Make changes that work best for you in your environment

## my goal: *you will be able to*

- Have a positive outlook on food
- Scratch the word DIET from your vocabulary
- Be independent and knowledgeable to make your own healthy choices
- Feel great and confident about your next steps and longterm goals
- Become the best version of YOU
- Be happy and healthy
- Be excited about your lifestyle changes
- Know I'll be here with you
- Achieve and maintain your goals





*Nutrition is life.*

"What you eat today  
dictates how you  
feel tomorrow."



nutrition is fuel

We are not able to function  
and we will run out of energy  
without **ALL** nutrients our body needs.

Would you expect a  
car to run without fuel?

**NO YOU WOULDN'T.**





# 146 reasons why sugar is ruining your health

(<http://rheumatic.org/sugar.htm> (by Nancy Appleton, Ph.D.)

- Sugar can suppress the immune system
- Sugar contributes to obesity
- Sugar is enemy #1 of the bowel movement
- Sugar can cause depression
- Sugar feeds and leads to cancer
- Sugar can increase the amount of food that you eat
- Sugar contributes to the reduction in defense against bacterial infection (infectious diseases)
- Sugar feeds Candida (overgrowth of bacteria)
- Sugar is an highly addictive substance

## the harmful effects of excess fructose

Fructose from added sugars is bad for you. **Fruit is NOT.**

Fruits aren't just watery bags of fructose, they are real foods with a low energy density and lots of fiber. The harmful effects of fructose apply to a western diet supplying excess calories and added sugars.

**It does NOT apply to the natural sugars found in fruits and vegetables.**

There is the argument that sugar is okay in moderation and that eliminating any "food group" is dangerous. Certainly, avoiding an actual macro-nutrient category completely (carbohydrate, protein or fat) would be problematic, but sugar in itself is not a food group. Though sugar in some form is naturally present in many foods, by itself, it contains:

NO  
NUTRIENTS

NO  
PROTEIN

NO  
HEALTHY FATS

NO  
ENZYMES

As we have grown as a country (in more ways than one), sugar has continued to play an increasingly prominent role in our food. It's not just sugary foods like candy and cookies either, but sugar has made its way into practically EVERYTHING we eat.

# fats are essential

for energy, cell building, oxygen transport, reducing blood clots, protecting organs & transporting vitamins

Say **YES** to Unsaturated oils & fats (polyunsaturated, monounsaturated)

Say **NO** to Saturated oils & fats  
Say **HELL NO** to Trans fats!



Olive Oil



Corn Oil



Avocado



Nuts



Beef

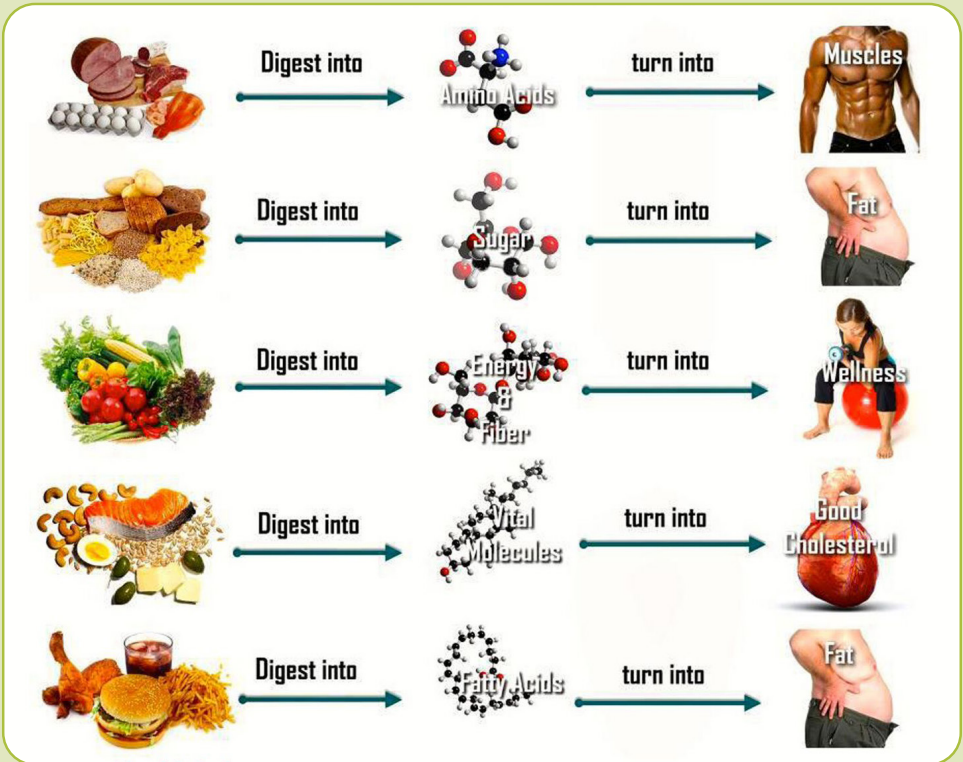


Margarine

## GOOD FATS

## BAD FATS

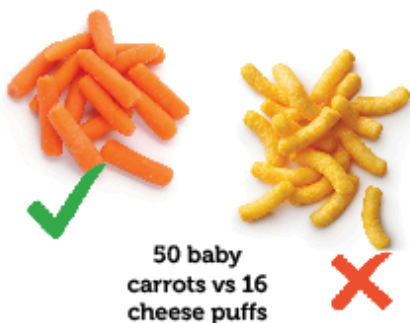
# how foods affect our bodies



# foods around 200 calories



2 ½ apples vs  
20 gummy bears



50 baby  
carrots vs 16  
cheese puffs



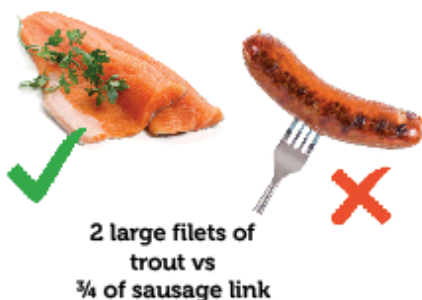
1 large head of  
broccoli vs ½  
blueberry muffin



1 avocado  
vs 2 slices of  
bacon



33 stalks of celery vs  
1 kids McDonald fries  
with ketchup



2 large filets of  
trout vs  
¼ of sausage link



3 eggs vs 1  
small handful  
of M&M's



24 mini peppers  
vs 2 tablespoons  
mayonnaise



**If your food can go bad,  
it's good for you.**



**If your food can't go bad,  
it's not good for you.**

