



OVERVIEW:

Nutrition Essentials for Everyone (NEE) is a six (6) lesson on-line self-paced video, workbook and peer-to-peer learning program for schools, employees, consumers, companies, and organizations to learn the principles and practices of cooking for health, whole food nutrition and wellness lifestyle. Health care professionals can use NEE for patient education to support diet and lifestyle changes that will enable them to manage and reverse chronic, preventable disease. It is free of dogma, product promotion or dietary bias. It helps participants recognize the value of eating fresh, whole, natural foods, that are diverse and respond to their own taste, temperament and cultural heritage. Mindful choice is the key to nutritional self-empowerment, rather than following the so-called super diet of the month, which often fails to match individual needs or long term goals. The aim of NEE is to raise participant's nutrition IQ and desire to prepare more nourishing foods at home for themselves and their family, as well as making better choices when eating out.

JUSTIFICATION:

The nutrition field has grown tremendously in the past 20 years. With the advent of the internet and mass communication, a glut of information has been provided on what various experts consider the ideal diet, from high complex carbohydrate plant-based diets to animal predominant Paleolithic or Ketogenic low complex carbohydrate diets. The food jungle is crazy, overwhelming. Commercial media and marketing greatly influence primal food choices by encouraging people to eat what makes them happy; food products, such as soda, fast foods, pizza, burgers, fries, and high sugar, salt, starch and fat laden snack foods. When busy or stressed, folks reach for what is convenient, comforting and quick. Folks used to eat on the run. Now, working from home, they order in, or buy heat and eat meals.

The bottom line is that is that many people lack the skills to prepare simple, nourishing whole foods. The cost of cheap food is paid in vulnerability to chronic mental and physical illness and infection, loss of productivity and quality of life. **Nutrition Essentials for Everyone** provides a non-dogmatic a learning environment whereby individuals, families and groups can learn the principles and practices of eating for health and happiness. This self-paced program can also

have discussion groups led by Bauman Wellness facilitators to answer questions, and share progress, resistance and challenges that come up as people commit to modifying decades of less than healthy food habits and choices.

LEARNING OBJECTIVES:

- How to Eat for Health given your life/work situation
- Nutrition Heroes and Bandits
- SOUL-A (seasonal, organic, unprocessed, local and affordable) eating on a budget
- How to set up your kitchen and pantry
- Expanding your food repertoire
- Improving your cooking skills
- Cooking for one or many
- Lifestyle commitments to achieve a state of improved health and productivity

PROGRAM STRUCTURE:

A full color 272-page Nutrition Essentials for Everyone workbook is provided to support the video lessons, online peer-to-peer learning and provide practical information, research, recipes and worksheets to track progress and challenges.

Nutrition Essentials for Everyone is integrated with our BaumanWellness.co Mighty Networks online community learning site that allows self-paced learners to engage with other NEE learners with the following –

- **Events** - monthly Zoom gatherings
- **Chat** - private online chat room with fellow learners
- **Topics** - topics discussion groups around nutrition, culinary and lifestyles

There are six (6) one (1) hour self-paced lessons, with the following topics:

- **Nutrition Heroes:** Eating for Health
- **Nutrition Bandits:** Diet-Disease Connection
- **Protein and Fats:** Best Choices for Growth and Repair
- **Carbohydrates/Antioxidants:** Herb and Spice Rejuvenators
- **Eating for Recover:** Allergy Free Eating
- **Metabolic Tune-Up:** How to gain energy and lose weight

For each lesson, there will be three (3) videos:

1. **Nutrition Essentials** – Dr. Bauman will discuss the nutrient information related to the cooking demos and provide practical information on selected topics. 25-minute video per lesson.
2. **Culinary Essentials: Recipes and Cooking for Health Lesson**- Chef Lizette will demonstrate 3 dishes that correspond with the lesson of the week. 25-minute video per lesson.
3. **Lifestyle Challenge** –Each week students make commitments on a diet, lifestyle and attitude behavior change. Students will share their commitments, challenges, insights and learning. 10-minute video for per lesson.

CURRICULUM:

Lesson 1 – Nutrition Heroes: Eating for Health™

a. Nutrition Essentials Topics – 25 min video

- Foods of the Day: Walnuts, Apples and Mint
- What is *Eating for Health™*?
- Nutrition Essentials: Macro-, Micro- and Phyto-Nutrients
- The Four Levels of Eating
- Keys to Positive Food Choices
- Key Components of a Main Meal and Snack

b. Culinary Essentials, Recipes – 25 min video

- Mint Tisane
- Spiced Yogurt Parfait with Seasonal Fruits
- Poached Eggs over Greens and Shiitake Mushrooms

Culinary Information

- Safety and Sanitation
- Choosing the Right Knife for You
- How to Poach and Egg
- Benefits of Yogurt
- Fresh Herbal Tea

c. Lifestyle Essentials -10 min video

Each week students make commitments on a diet, lifestyle and attitude behavior change. Students will share their commitments, challenges, insights and learnings.

Lesson 2 – The Diet – Disease Connection: Nutrition Bandits to Avoid

a. Nutrition Essentials Topics – 25 min video

- Foods of the Day: Almonds, Ginger, Figs
- The Problem with Pesticide Exposure
- The Problem with Eating Altered Fats
- The Problem with Eating Artificial Sweeteners, Sugar and Refined Carbohydrates
- Topic 5: The Problem with Eating Factory Farmed Animal and Dairy Products
- Topic 6: The Bauman *Health Hazard Model of Disease™*

b. Culinary Essentials, Recipes – 25 min video

- Mint Apple Julip Soda
- Better Burger (Lamb Burgers with Minty Lemon Sauce from Flavors of Health)
- Root Vegetable Oven "Fries"

Culinary Information

- Whole vs. refined food nutrition
- How to convert poor quality food dishes to healthy ones
- Sample Transitional to Optimal Menu Plans
- The Truth About Taters
- Roasting Vegetables to Maximize Flavor

c. Lifestyle Essentials -10 min video

Each week students make commitments on a diet, lifestyle and attitude behavior change. Students will share their commitments, challenges, insights and learnings.

Lesson 3 – Protein and Fats: Best Choices for Growth

a. Nutrition Lesson Topics – 25 min video

- Foods of the Day: Wild Caught Salmon, Goat’s Milk, Avocado
- Macronutrients Defined
- Lean Protein: Function, Variety and Foods
- Clean Fats: Function, Variety and Foods
- How to Read Ingredient Labels
- Cholesterol: Function and Foods to Manage

b. Culinary Essentials Recipes – 25 min video

- Backyard Herbal Tea
- Vegetable Stir Fry with Ginger Almond Cilantro Sauce served with Coconut
- 3. Scented Brown Rice Salmon en papillote with Miso Glaze

Culinary Information

- Heat’s unhealthy effect on fats and proteins
- Stir Fry Guidelines
- Cooking in Parchment

c. Lifestyle Essentials -10 min video

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Lesson 4 – Carbohydrates/Antioxidants: Herb, and Spice Rejuvenators

a. Nutrition Lesson Topics – 25 min video

- Foods of the Day: Blueberries, Cayenne Pepper, Winter Squash
- Antioxidants: Function, Food, Herb and Spice Choices
- Vitamins: Functions, Examples and Food Sources
- Minerals: Functions, Examples and Food Sources
- Phytonutrients: Functions, Examples and Food Sources
- Bioflavonoids: Vital Health Protector Function and Food Sources

b. Culinary Essentials, Recipes – 25 min video

- Lunch Time Juice
- Tuscan Kale and Butternut Squash Salad
- Roasted Beets with Cumin Orange Glaze and Mint

Culinary Information

- Juicing
- Salad Prep and Secrets
- Cleaning, Drying, Handling and Storage of Greens
- Homemade Salad Dressing

c. Lifestyle Essentials -10 min video

Each week students make commitments on a diet, lifestyle and attitude behavior change. Students will share their commitments, challenges, insights and learnings.

Lesson 5 –Eating for Recovery: Gluten-and Dairy-Free Recipes and Meal Plans

a. Nutrition Lesson Topics – 25 min video

- Food of the Day: Beets, Spinach, Sesame Seeds
- Defining Allergy, Intolerance and Sensitivity
- Total Load Concept and Application
- Allergy Antecedents and Triggers
- How to Prepare for an Elimination Diet
- Provocative Food Challenge Insights and Dietary Adjustments

b. Culinary Essentials, Recipes – 25 min video

- Nettle Thyme Tea
- Green Beans with Ginger
- Millet Paella

Culinary Information

- Super 7 allergens and healthy alternatives
- How to eat gluten and dairy free and love it
- Improving digestion; a key to overcoming food sensitivities

c. Lifestyle Essentials -10 min video

Each week students make commitments on a diet, lifestyle and attitude behavior change. Students will share their commitments, challenges, insights and learnings.

Lesson 6 –Metabolic Tune Up

a. Nutrition Lesson Topics – 25 min video

- Food of the Day: Nutritional Yeast, Buckwheat, Sea Vegetables
- Bauman Model of Weight Management
- Keys to Improved Metabolism
- A Blood Sugar Stabilizing Meal Plan
- How Stress Contributes to Weight Loss Resistant
- Lifestyle Changes to Reduce Cravings and Fire Up Metabolism

b. Culinary Essentials, Recipes – 25 min video

- Sparkling Hibiscus Cordial
- Avocado Caesar Salad
- Sea Palm Fettuccine with Cilantro Pesto

Culinary Information

- Booster foods
- Sea Vegetables
- Food Portions and Proportions

c. Lifestyle Essentials -10 min video

Each week students make commitments on a diet, lifestyle and attitude behavior change. Students will share their commitments, challenges, insights and learnings.