

# The Big 3: Protein, Fiber & Hydration

Optimizing Your Nutrition for Energy, Satiety, and Digestion

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Which of the “Big 3” do you find the most challenging?





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Which of the "Big 3" do you struggle with the most?

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Protein

Fiber



Instructions

Responses



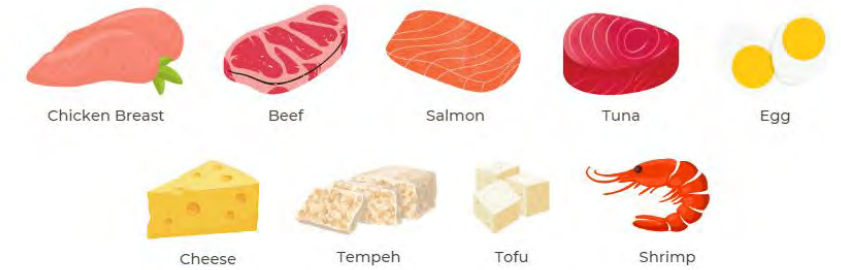
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Clear responses

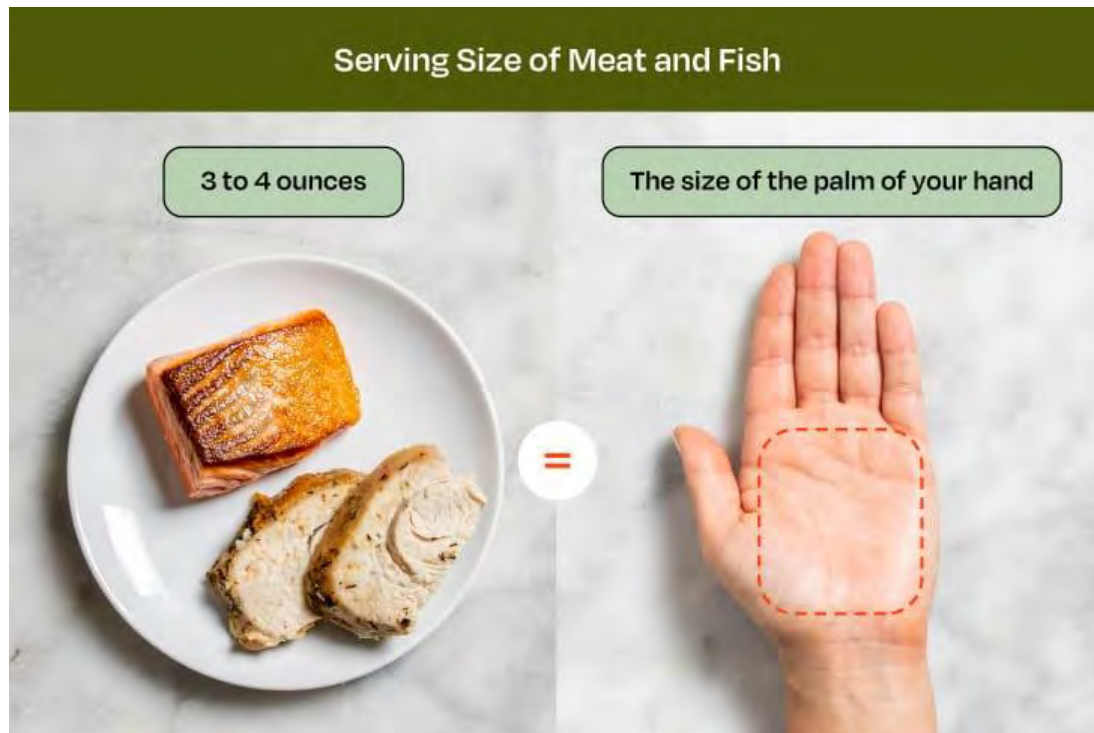
# Protein: The Powerhouse!

- What is Protein?
  - Essential macronutrient
  - Built from amino acids
- Why It matters?
  - Builds and repairs muscle
  - Supports metabolism
  - Promotes satiety
- How much?
  - RDA: 0.8 grams of protein/kilogram body weight
- Protein Sources
  - Animal vs plant-based



# Protein: The Powerhouse

- Optimize intake
  - Think protein first!
  - Prioritize lean cuts



Protein Source	Portion Size	Grams of Protein
Egg	2	14 grams
Chicken breast, skinless	3 oz	21 grams
Low-fat mozzarella string cheese	1	7 grams
93% lean ground turkey	4 oz	28 grams

# Protein: The Powerhouse

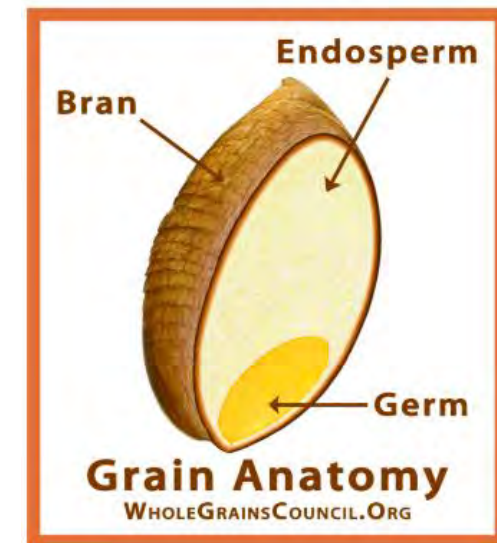
- Variety is key
- Think about color!
- Utilize supplements



Protein Source	Portion Size	Grams of Protein
Tofu	6 oz	18 grams
Black beans	1 cup	14 grams
Roasted edamame + mixed nuts	1/3 cup + 1/4 cup	21 grams
Red lentil-based pasta	2 oz	14 grams

# Fiber: The Gut & Satiety Hero

- What is Fiber?
  - Soluble vs Insoluble
- Why It matters?
  - Aids digestion
  - Blood sugar control
  - Boosts Satiety
  - Heart Health
- How much?
  - RDA Women: 25 grams
  - RDA Men: 38 grams
- Fiber Sources
  - Variety is key!



# Fiber: The Gut & Satiety Hero

- Optimize intake
  - More color, the better!
  - Focus on fiber sprinkles
  - Utilize supplements



Low Fiber	High Fiber
White Rice	Cauliflower rice
Granola	Chia seeds
Croutons	Roasted garbanzo beans
Potato Chips	Air popped popcorn

# Hydration: The underrated MVP

- Why It matters?
  - Regulates body temperature
  - Aids digestion
  - Supports cognition
  - Joint and muscle health
- How much?
  - 8-10 cups daily
- Hydration sources



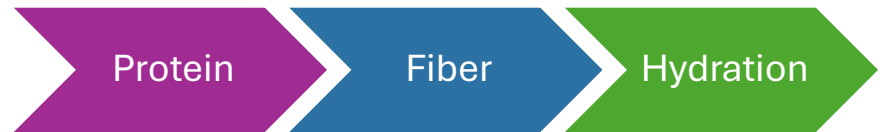
# Hydration: The Underrated MVP

- Optimize intake
  - Make it fun
  - Use fun gadgets
  - New drinking game?





# Mediterranean Quinoa Salad



- Beans
- Quinoa
- Feta Cheese

- Beans
- Quinoa
- Avocado
- Tomatoes
- Red Onion

- Cucumber
- Lemon Juice

Which of the  
“Big 3” do you  
feel more  
confident about?

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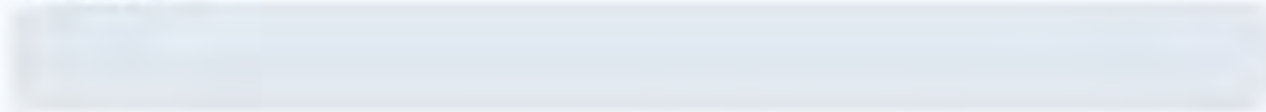




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Which of the "Big 3" do you feel more confident about incorporating?

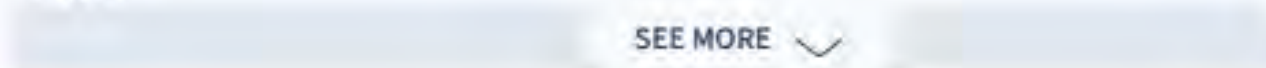
Protein



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Fiber



SEE MORE

0%





# Thank you!

Next *Nourish to Flourish* webinar on April 16<sup>th</sup>

