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00:00:03.689 --> 00:00:12.690

Beth Hammond: Hey guys, you might know me, I'm Beth Hammond, and I am the administrator of our Facebook group.

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00:00:14.580 --> 00:00:28.200

Beth Hammond: And today, really excited. Donna and I will be joining us shortly are going to be talking about how to read labels for maximum weight loss. Pretty excited to share

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00:00:30.180 --> 00:00:35.580

Beth Hammond: All my years of learning. We've been doing this. Donna and I have been doing this together for

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00:00:36.240 --> 00:00:48.990

Beth Hammond: A long time. Um, and there's a lot of knowledge that we haven't been able to just share with everyone all at once. It's always been you know me with

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00:00:49.890 --> 00:01:00.480

Beth Hammond: Several of my clients or, you know, we've done it in a small group. But now we get to hit everyone and go over all of these subjects. Now, Donna and I

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00:01:02.370 --> 00:01:12.360

Beth Hammond: Got to talk through a lot of this this morning, but these are things that we talked about all the time. We just kind of have conversations back and forth and

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00:01:13.050 --> 00:01:31.440

Beth Hammond: We say to each other a lot, which is why you see me a lot in here is that everybody needs to know this. And if we just had everybody in a room. This is how we would all talk. So today, we're going to really go over comparing labels, being able to really

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00:01:32.520 --> 00:01:49.230

Beth Hammond: Kind of see what works best with our 2030 but then when you get to listen to your body, adding new things in. So we're going to kind of give you a formula for label comparison. So that'll be coming up soon and



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00:01:49.830 --> 00:02:09.750

Beth Hammond: It's pretty simple. So if you find something that you know is approved on the program, you just use this little comparison formula and you will be able to say, oh yeah, this will work great in my program or I'm probably not the best choice. So we're gonna have a couple props.

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00:02:11.130 --> 00:02:25.350

Beth Hammond: And we are going to just kind of get into some deeper stuff about emotional triggers for how food can trigger you to want something else. So if you have something

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00:02:27.210 --> 00:02:42.180

Beth Hammond: On the program that is approved, and then you decide, hey, I'm going to go a step further and have something because Ooh, that made me want this going to kind of get into that psychological profile of what just happened and why did eating.

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00:02:42.750 --> 00:02:46.170

Beth Hammond: I don't know that cracker make you really want to have

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00:02:47.370 --> 00:03:02.490

Beth Hammond: A let's say a knutsen that had the cheddar cheese flavor on it, which isn't in the 2030. How did that all of a sudden make you want to have like cheesy baked potato or something like that. So we've got a lot to cover and

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00:03:03.600 --> 00:03:07.200

Beth Hammond: Still waiting on Donna to show up. So maybe just don't fit in.

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00:03:08.280 --> 00:03:10.410

Beth Hammond: With some of the things so

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00:03:12.540 --> 00:03:22.050

Beth Hammond: When comparing labels with 2013 we know everything is broken down into what you can



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00:03:22.830 --> 00:03:39.480

Beth Hammond: Have like you've got your proteins, your fruits, your vegetables. You've got your four to six ounces portion size and everything is really Whole Foods, right. Like there's only a couple things in there that have other ingredients, then

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00:03:41.100 --> 00:03:48.630

Beth Hammond: What the whole food is so for instance if you take. Um, well, let's take because I told you I have props.

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00:03:50.280 --> 00:04:13.410

Beth Hammond: The ingredients on tomatoes, obviously, tomato, right. Like, that's what's in it. But when you take a can of tomatoes, you definitely have to check the ingredients to make sure that's what it is. And then comparing the label reading and I'll get real close, we can see that this has

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00:04:14.820 --> 00:04:21.300

Beth Hammond: 25 calories and again the calories are counted for you so you don't have to worry about calories in 2030

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00:04:22.650 --> 00:04:33.750

Beth Hammond: Because everything has been combined to we know what your max calories are going to be so your minimum to your max. But when you're reading the label.

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00:04:34.020 --> 00:04:53.850

Beth Hammond: You definitely want to pay attention to the serving size. So when we have 2030 we've got four to six ounces of let's say you're just having tomato four to six ounces tomato and what the serving sizes on the can would be where this has hey Donna crutch.

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00:04:55.080 --> 00:05:11.700

Beth Hammond: So half a cup would be four ounces. So you've got that little variation inside of the 2030 and then when we get them listen to your body. We know that you're serving size for vegetables is pretty unlimited. So welcome to my show, Donna.

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00:05:13.410 --> 00:05:34.050



Donna: Like always, like, only, only the time when I have said to you know it'll be fine. We just need to have a plan B. Just in case only that time would my computer not be able to find the internet, not be able to open outlet outlook not be able to get to the calendar. Oh, that

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00:05:35.310 --> 00:05:36.060

Donna: Is that time.

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00:05:36.750 --> 00:05:41.970

Donna: And I'm sitting here going, thank you God for Beth salmon because she just she has to do

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00:05:42.480 --> 00:05:43.440

Beth Hammond: So just ramble.

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00:05:43.950 --> 00:05:54.240

Donna: Oh, you know what, I know you've probably share this with everybody already. Oh, look. Now, it opens, of course. Now, I don't. But isn't that exciting.

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00:05:57.060 --> 00:05:59.700

Donna: Anyway, I will switch to a better screen here in a second.

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00:06:00.870 --> 00:06:11.460

Donna: So I'm sure you guys Beth has told you already that it's been very exciting very fun. And I don't know. I don't know about you but but I'll speak for me. Good for me.

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00:06:12.810 --> 00:06:15.840

Donna: As we talk about this stuff. I know we have these conversations, all the time.

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00:06:16.950 --> 00:06:28.140

Donna: But as we talk about this stuff. I love it when I realized that, you know, God has blessed us with an overwhelming abundance of knowledge, like if we can just sit and have these conversations that we enjoy having

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00:06:29.700 --> 00:06:40.710

Donna: That really really benefit other people. Right. That's just, it's amazing blessing. So I, and again, I'm sure best told you guys but it probably bears repeating that

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00:06:41.400 --> 00:06:48.330

Donna: She and I were talking about this class today and said, you know, this would be like, you know, two friends.

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00:06:48.810 --> 00:06:55.230

Donna: Sitting there over coffee talking about, you know, I want to be as healthy as I can be. I don't want to carry around the extra weight.

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00:06:55.560 --> 00:07:02.490

Donna: And, you know, here's what I've learned. And yeah, you know, I've helped thousands and thousands of other people do this too. And here's what I've learned.

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00:07:02.880 --> 00:07:08.760

Donna: And you guys get to be there. We're so excited that you get to be sitting around that table with us.

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00:07:09.630 --> 00:07:18.690

Donna: You know, sipping coffee together as friends and talking about how really easy. It really is easy to learn how to not

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00:07:19.140 --> 00:07:26.610

Donna: To not just read a label in depth, although we're going to teach you how to do that but read a label in such simplistic fashion.

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00:07:27.150 --> 00:07:37.800

Donna: That it really can take the weight off of you get the weight off of you and keep you in a high state of health and wellness for the rest of your life. And that's pretty great. So again, this is

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00:07:38.940 --> 00:07:53.880



Donna: Us teaching and US sharing some real life stories, but this is also Beth, and I just sitting here having a conversation. And you guys get to join in with us. So picture a great big, ginormous table in the book.

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00:07:55.530 --> 00:08:00.120

Donna: And we're all sitting around together as friends. So just as an overview

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00:08:00.570 --> 00:08:09.630

Donna: Of what we want to go into today and as Beth, and I were processing through this. I said, you know, let's do this in four parts. Let's do it from super, super simple.

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00:08:10.110 --> 00:08:22.590

Donna: All the way down to if you really want to understand the depths of how to be a great label reader. So the super, super simple approach to label reading is very simply serving size.

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00:08:23.580 --> 00:08:32.190

Donna: Beth, and I have been at this game for a long time. So we have some really simple tricks that you can use that are visuals for your mind.

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00:08:33.120 --> 00:08:44.280

Donna: To compare what a good serving size a healthy serving size really is. So that's the first thing you can do with a label is subjective serving size or we're going to go talk about that a little bit more here in a minute.

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00:08:45.120 --> 00:08:52.050

Donna: The second thing you can do is to look at serving size, but also look at for other numbers.

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00:08:52.470 --> 00:09:00.330

Donna: So we're going to talk about protein, fat calories and carbs and and just looking at the numbers. That's it. Now, again, we're going to go over that in detail here in a bit.

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00:09:01.230 --> 00:09:07.740



Donna: Now if you want to go even further in depth. So obviously more complete and possibly even healthier.

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00:09:08.370 --> 00:09:15.570

Donna: Into label reading is to look at serving size. Look at those four numbers, but also have an understanding of how it affects your health. Right.

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00:09:15.900 --> 00:09:34.260

Donna: So how protein affects your health, how sodium affects your health and really looking at what those things do with regards to your weight loss, your wellness, etc. And then the last thing going all the way into really understanding how to read a label.

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00:09:35.280 --> 00:09:46.980

Donna: Is to understand that while checking serving size matters, while looking at those four numbers matters. And while looking at some of these very typical health ingredients matter.

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00:09:47.970 --> 00:09:58.410

Donna: What matters the most is for you to understand the behavioral science of what we do for you to understand that there's knowledge that you're bleeding. Right now you're doing some of that.

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00:09:59.010 --> 00:10:05.670

Donna: And then from that knowledge goes to understanding and from that place of understanding goes to a place of awareness.

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00:10:06.240 --> 00:10:14.010

Donna: And from a place of awareness goes to a place of making a choice of making decisions and that is the most powerful thing you can do with a label.

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00:10:14.370 --> 00:10:20.310

Donna: And we'll go into that a little bit here. Again, it really comes down to what are you going to do with the knowledge

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00:10:20.640 --> 00:10:27.600



Donna: What are you going to do with the information. Once you've gathered that from that label. So we're gonna be talking about serving sizes. That's the simplest

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00:10:28.110 --> 00:10:48.720

Donna: Going into the four numbers plus serving sizes going into some of the ingredients that that people would parallel to help understanding like sodium plus the four numbers for serving sizes. And then lastly, that behavioral science. So let's talk serving sizes.

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00:10:49.740 --> 00:11:05.880

Beth Hammond: Okay, so I before dawn. I got on. I did, I talked a little bit about how in 2030 there it's already kind of pre planned you're serving sizes four to six ounces. When we get into listen to your body.

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00:11:06.390 --> 00:11:22.980

Beth Hammond: And your proteins, your protein your fruits, your vegetables, it's, it gives you the guideline right but with protein. You always want to have about four ounces and serving size wise for four ounces for like

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00:11:24.000 --> 00:11:37.980

Beth Hammond: To give you a visual and like four ounces of fish is like the palm of your hand right or a deck of cards. If you have little hands like me, you get more because I have I have remarkably small hands.

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00:11:38.550 --> 00:11:39.180

Beth Hammond: I feel like

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00:11:39.930 --> 00:11:41.700

Beth Hammond: I get a bigger piece thing done. It does.

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00:11:42.840 --> 00:11:55.800

Beth Hammond: But that helps you to when you're out at a restaurant or if you're maybe at a friend's house or a family member, like you don't have them, you know, serving you up like

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00:11:56.370 --> 00:12:05.910



Beth Hammond: nine ounces of steak. Have you run into a restaurant where they've got like 12 ounce steaks, who needs that unless you're making two meals. He'll. Step three. Step meal prep.

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00:12:07.440 --> 00:12:20.940

Beth Hammond: So you've got to have an eyeball test of hey, is that really four ounces or is that six ounces or does that look like a half a cup. You know what, like the size of your fist be like a cup.

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00:12:21.450 --> 00:12:29.820

Beth Hammond: Again remarkably small hands. I get more but I'm to know how to do that with serving sizes.

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00:12:30.270 --> 00:12:41.250

Beth Hammond: One of the things that I didn't tell Donna this. But one of the things I do to test and have done in the past to test my clients was to have them eyeball. A portion

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00:12:41.940 --> 00:12:52.290

Beth Hammond: And then weigh it to see how close they are. And it's a really good exercise to know if you are over.

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00:12:52.890 --> 00:13:01.980

Beth Hammond: Serving or under serving because, you know, I find that some people don't eat enough. So it's very important to pay attention to that.

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00:13:02.850 --> 00:13:16.680

Beth Hammond: In your listen to your body, how each particular fruit is either the piece of fruit or it's a cup with vegetables, you know, if it's raw. It's going to be a cup serving

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00:13:17.700 --> 00:13:29.130

Beth Hammond: Even though they can be unlimited with cooked vegetables you know they they shrink. So now you've got the where it's condensed. So a half a cup is where you would start

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00:13:30.840 --> 00:13:45.780

Beth Hammond: So we've covered protein. We've covered vegetable recovered fruits. So Don I did you have more that you want to add about like the serving size, except for if you're using a label. Like you're actually using a product that's a serving size.

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00:13:46.800 --> 00:13:57.360

Beth Hammond: With the 2030 we've got like a bag of protein pretzels. You know, that's the serving. Um, if you're using something that actually has

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00:13:58.470 --> 00:14:06.360

Beth Hammond: A portion that you would pour out, you would follow either the 2030 guideline, let's say,

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00:14:07.680 --> 00:14:24.930

Beth Hammond: The, the, nothing cracker if if you are allergic to a gluten type product where we have nine crackers, as are serving yet the box actually says like 18 so

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00:14:25.680 --> 00:14:39.330

Beth Hammond: That's a big difference when you're talking about energy and energy out are you expanding those those extra calories. So that's important with portion size, too, because if you're

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00:14:40.380 --> 00:14:50.700

Beth Hammond: Anything too much of a good thing is still too much right so if you are. I don't know. Eating a bag of carrots.

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00:14:51.540 --> 00:14:57.450

Beth Hammond: Carrots are good for you, but you don't want to eat a bag of carrots. So you've got to think about

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00:14:58.350 --> 00:15:06.570

Beth Hammond: Am I, am I taking in too much, even though I know it's a really healthy food because that's possible. You know, protein is really good for us it

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00:15:07.080 --> 00:15:23.310

Beth Hammond: Builds lean muscle and the existence of lean muscle burns fat, but you can't make your whole meal about protein and leave off the vegetables and ignore you know wholesome grains and things like that as you get into listen to your body, you're just adding more. All right, now I'm rambling.

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00:15:24.060 --> 00:15:30.420

Donna: Okay, so listen. The first thing I would say to just just completely validate verify confirm and affirm

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00:15:30.750 --> 00:15:40.200

Donna: Bath what you just said is understanding with a with a serving sizes are with our programs, right. So, depending upon what level of the program. You're on.

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00:15:40.440 --> 00:15:51.780

Donna: Understanding what the serving sizes are and understanding that they're there for a reason that way because listen, very intelligent mind or an amine that's above average intelligence like mine.

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00:15:53.520 --> 00:15:57.120

Donna: Would say, well wait a minute, says 18 over here. But you guys are saying nine

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00:15:57.660 --> 00:16:05.610

Donna: Well, there's a reason for that. We've got things set up on a very formulaic scientific approach for how to set your body up and listen to your body.

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00:16:05.970 --> 00:16:15.000

Donna: So you need to understand the serving sizes with our program that's number one. Okay, number two, this is relative to label reading

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00:16:15.600 --> 00:16:25.530

Donna: You need to understand that if you're purchasing an item. Turn it over. Look at the serving size, keeping in mind that the serving size.

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00:16:26.070 --> 00:16:40.410

Donna: So A, you need to understand what the serving size is for our program, but be you need to understand that this doesn't mean half the box and it will even tell you that on the back of the box, it will tell you what a serving size is so I would encourage you that

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00:16:41.280 --> 00:16:52.320

Donna: When once you see what the serving size is and you purchase that item. Get that home and count out or measure out that serving size because it's very important for you to eyeball.

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00:16:52.890 --> 00:17:00.000

Donna: Now, the other thing I would tell you, relative to label reading and relative to what Beth just said about the deck of cards or the size of your palm.

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00:17:00.360 --> 00:17:18.360

Donna: Right, is that there are other eyeball measurements for serving sizes that allow you to see if you will. So think deck of cards or palm of your hand allow you to see serving sizes. So I know that

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00:17:19.890 --> 00:17:38.220

Donna: Once upon a program. We have an amazing tool that actually was a little simple bookmark. But, I mean, it was incredible visual tool. So if you are interested in in having that knowledge. I mean, we had what, what do we have Beth, we had a golf ball, we had a tennis.

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00:17:39.750 --> 00:17:54.390

Donna: Let's talk through some of that stuff. Now, a lot of this is listen to your body. I understand. But let's just talk through what was on that bookmark because it was the coolest way to see a serving size without having to measure or way or anything like that.

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00:17:56.220 --> 00:18:08.880

Beth Hammond: Okay, you're really pulling back my memory to. I know there were dice on it for cheese. So like cubes of cheese. Now holiday parties are coming up and if, if you guys are socializing.

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00:18:10.620 --> 00:18:27.270



Beth Hammond: distantly within you may find yourself at a gathering where you know you're gonna partake in some things that maybe you wouldn't. And it's good to know. You know, like a serving size of those little cheese tubes that seems to be on everybody's

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00:18:28.800 --> 00:18:37.200

Beth Hammond: Table, it's three three little chief cubes. That's a serving. How many times do we like glob a bunch of cheese and crackers.

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00:18:37.710 --> 00:18:39.420

Donna: Or 12 or whatever. Yeah.

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00:18:39.480 --> 00:18:47.610

Beth Hammond: Yeah, same thing with, um, you know, if you're putting like chips and dip or having like

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00:18:48.660 --> 00:19:02.880

Beth Hammond: All right, I want done I triggered this in my brain. You know, I'm not bottle of like a salad dressing or a dip. It's two tablespoons, right, two tablespoons. But what do they serve at a restaurant quarter cup right minimum

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00:19:03.240 --> 00:19:09.630

Beth Hammond: Or if you're at a party, what do you do you take that dip, whether it's a yogurt dip for a full on dip.

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00:19:10.500 --> 00:19:25.110

Beth Hammond: We spoon in on right we're not. We're not going oh it's two tablespoons and and that's where things start to get a little dicey right not to use the word dice for Jesus. We started but that's, you start to muddy the

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00:19:26.640 --> 00:19:32.400

Beth Hammond: Water, a little by having all of these extra things come in. So I remember the dice.

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00:19:34.350 --> 00:19:48.120



Beth Hammond: The tennis ball. Oh, it's like a piece of fruit like an apple, you want it. That's it. You do not want an apple, the size of your kid's head. They're out there. They are out there. And I've seen them. My sister sent one and I'm like this is two meals.

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00:19:49.530 --> 00:19:56.160

Beth Hammond: I made a big old fo apple pie with it right with the pretzels and cinnamon.

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00:19:57.510 --> 00:20:07.620

Beth Hammond: So now I bet you're triggered and you might want to go make some apples baked apples, but so that would be like for a piece of fruit, um,

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00:20:08.190 --> 00:20:20.580

Beth Hammond: Again, like, not that we're eating a lot of these. But maybe you're making smash radishes. So it's, you know, the, the size of your fist for like a scoop of mashed potatoes, things like that.

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00:20:22.110 --> 00:20:22.350

Beth Hammond: Check.

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00:20:22.710 --> 00:20:28.320

Donna: Up, I believe that was half a cup size of your fist. I think was half a cup would be what you would do.

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00:20:28.320 --> 00:20:29.820

Beth Hammond: For a cooked.

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00:20:30.870 --> 00:20:32.520

Beth Hammond: Vegetable so

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00:20:34.140 --> 00:20:44.100

Donna: So just going back to label reading look knowing what the serving sizes with our programs, comparing to what the serving sizes in the box for the package.

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00:20:44.760 --> 00:20:51.480

Donna: But also looking at what the serving sizes on the box of the package and comparing that to what it actually looks like when you get home.

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00:20:51.960 --> 00:21:04.470

Donna: So you can know with your mind's eye, what a serving looks like. And again, going back to a fist, or a poem or a few a few dice a

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00:21:05.220 --> 00:21:09.660

Donna: Golf Ball of Fire member is is like a quarter cup, I think, or dollop maybe

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00:21:09.870 --> 00:21:21.300

Donna: So it's just good for you to eyeball, so that when you're reading serving sizes on a label you can know with your mind's eye, if that's the appropriate serving size so that, let's jump to those four magic numbers.

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00:21:21.600 --> 00:21:29.910

Donna: I want you to talk about comparing an actual label because this may be what everybody was just they couldn't wait for in this class today.

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00:21:30.150 --> 00:21:40.020

Donna: This is actually comparing a label. So guys, we're going to talk about something that actually is on the program. Okay, anything for that matter that is on the program.

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00:21:40.890 --> 00:21:54.150

Donna: And we're going to tell you how to compare because so often. A lot of times, actually, we get questions like, Can I have this going to have that. What about this, why can I have that all intelligent questions.

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00:21:54.510 --> 00:22:07.530

Donna: But what we want to do today is teach you again. Knowledge is power right teach you how to make that decision on your own. So there are four numbers. You always look at on any label.

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00:22:07.920 --> 00:22:17.790

Donna: So if there is again a product that you can have. And obviously the example is Beth, and I were talking about it earlier today, if there's a product that is approved for listening to your body.

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00:22:18.330 --> 00:22:26.940

Donna: And that one of those many products is Walden farms salad dressing. Okay, so what you would do if you say, Well, can I have another one.

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00:22:27.540 --> 00:22:47.130

Donna: They're looking for something that is identical or more in one category identical or less in three other categories. So let's talk Wallen farms, just for the sake of finishing this example bath. And guys, the four numbers. You always want to look at protein.

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00:22:48.840 --> 00:22:57.900

Donna: Carbs calories, fat. Now we don't ask you to count any of those. But if you're comparing labels.

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00:22:58.500 --> 00:23:05.100

Donna: We want you to be aware of serving size. That's the simplest approach. But if you're going up to the next level to really start

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00:23:05.430 --> 00:23:15.000

Donna: gleaning information will look at serving size, but you also want to look at the numbers of protein, carbs calories and fat that they'll have you take it from there.

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00:23:15.990 --> 00:23:21.000

Beth Hammond: Okay, well, this kind of a trick question because Walden farms is calorie free

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00:23:22.140 --> 00:23:29.580

Beth Hammond: So I'm gonna share my screen real quick to hopefully show you, maybe not.

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00:23:32.520 --> 00:23:33.630

Beth Hammond: Maybe not.



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00:23:36.960 --> 00:23:48.630

Beth Hammond: I had it up. Well here's the thing with Walden farm, it's zero the calories, it's a zero calorie there's zero fat. There's really no nutrition in a Walden farm so

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00:23:49.680 --> 00:23:52.860

Beth Hammond: If your protein is equal to or higher.

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00:23:54.390 --> 00:24:04.500

Beth Hammond: It would be okay if your calories, fat and carbs are equal to or lower, so well done farm on the listen to your body program.

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00:24:05.430 --> 00:24:15.660

Beth Hammond: Is a good choice for a salad dressing. Right. So if we're comparing salad dressing the salad dressing, it would be a good choice because if you compare to

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00:24:16.350 --> 00:24:28.320

Beth Hammond: A regular SALAD DRESSING. LET'S USE ONE LIKE ALL OF garden right so you can buy the Olive Garden dressing. Look, I haven't, haven't noticed it's on open, not mine.

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00:24:29.640 --> 00:24:50.370

Beth Hammond: But like I always say that it's not mine. I stole it from somebody fridge. My husband bought this. I'm not gonna lie. It's in my cupboard. Um, but this one has 60 calories. Right. No, it's at my eyes are old, um, it's got 80 calories. It has got eight grams of fat.

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00:24:51.420 --> 00:24:56.220

Beth Hammond: It's got zero grams of protein. So, this are ready.

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00:24:57.390 --> 00:25:00.360

Beth Hammond: doesn't meet the requirements.

138

00:25:00.480 --> 00:25:09.810



Donna: Now I'm gonna ask you a question I'm going to ask you a question that's going to sound sounds so elementary, you're going to go. Seriously, you're asking me that I'm asking you, because I want it to be stated out loud.

139

00:25:10.440 --> 00:25:22.530

Donna: Okay, so let's look at what number you just said was higher. Tell me on the Walden farms label what the number is, and then tell me on that all of garden dressing what the number is.

140

00:25:23.190 --> 00:25:26.640

Beth Hammond: Ok so calories on Walden farm zero

141

00:25:27.930 --> 00:25:39.420

Beth Hammond: Calories on this ad for the survey okay protein on Walden farm zero protein on this zero

142

00:25:41.250 --> 00:25:43.260

Beth Hammond: carb visa.

143

00:25:45.090 --> 00:25:48.120

Beth Hammond: This one has two grams of carbs.

144

00:25:49.410 --> 00:25:50.310

Beth Hammond: Walden zero

145

00:25:51.630 --> 00:25:55.710

Beth Hammond: And this one has eight grams of fat Walden zero

146

00:25:56.310 --> 00:26:05.520

Donna: So now I'm just going to say it one more time, guys. When you pick up a label. Okay, so if you want to know if something is okay or something is approved or whatever the word is that you use.

147



00:26:06.060 --> 00:26:19.380

Donna: Take the label of the item that is approved and compare it to the label of something else. And what we're saying to you is if the protein is the same or higher in an item we're going to give you some other examples.

148

00:26:20.640 --> 00:26:32.610

Donna: Or if the carbs calories or fat or the same or lower, then you've got an okay product protein same or higher carbs calories, fat, same or lower. Okay, Beth. Let's go through a few more.

149

00:26:33.630 --> 00:26:42.120

Beth Hammond: Oh, well, actually I didn't bring the kind of comparable chips in from

150

00:26:43.680 --> 00:26:55.620

Beth Hammond: From my kitchen. So, but if we take a look at the the nothing crackers. Um, I can tell you that, as far as calories go

151

00:26:56.160 --> 00:27:11.550

Beth Hammond: Most crackers for a serving are about 130 crackers chips like no matter what, like they change around the serving size to be able, like so, you know, 19 chips or 20 chips.

152

00:27:12.480 --> 00:27:23.340

Beth Hammond: The fat in these is two and a half grams. And that, again, it's actually what one and a quarter for the 2030 serving. Excuse me.

153

00:27:24.420 --> 00:27:26.820

Beth Hammond: Your carbohydrates for this.

154

00:27:28.110 --> 00:27:37.350

Beth Hammond: Are 24 and your protein for this is three. I really wish I would have brought a comparable chip in here.

155

00:27:41.490 --> 00:27:54.510



Beth Hammond: Because the cheddar cheese ones that are not on the 2030 plan do have the same comparable numbers, but they have a lot more ingredients so I'm

156

00:27:56.370 --> 00:28:14.640

Beth Hammond: And again I have things like we've got just regular organic I just took the label off. I don't want real chicken in here in my office weird about, you know, things going, especially when I paid like \$8 for two chicken breasts, because it's organic.

157

00:28:15.690 --> 00:28:16.200

Donna: But

158

00:28:17.760 --> 00:28:33.660

Beth Hammond: I know it's just bear with my corniness so a serving and serving size is four ounces. So that's where this chicken company simply nature. Hundred and 40 calories. Um, it has

159

00:28:34.800 --> 00:28:35.700

Beth Hammond: I'm

160

00:28:37.200 --> 00:28:50.490

Beth Hammond: Just half a gram of fat and of course no carbs. It's chicken. So I did. Grab a can of chicken out of the cupboard and

161

00:28:51.750 --> 00:29:03.600

Beth Hammond: This one has one gram of fat right and the serving size. They've really cut it because they're giving you a serving size of two ounces

162

00:29:04.380 --> 00:29:04.620

Donna: Who

163

00:29:05.040 --> 00:29:06.270

Beth Hammond: Two ounces of chicken.

164



00:29:06.540 --> 00:29:22.500

Beth Hammond: Wow. Right. And it's got 60 calories per serving. So it's actually 120 calories, but it's also got some extra ingredients and

165

00:29:23.490 --> 00:29:33.390

Beth Hammond: Not that we're telling you to look at sodium, but this has got quite a bit of sodium anything that comes in a can, is going to enroll talk about just what sodium does later.

166

00:29:35.100 --> 00:29:40.140

Beth Hammond: And this has 11 grams of protein. This guy.

167

00:29:41.610 --> 00:29:49.950

Beth Hammond: Is 26 grams of protein. So four ounces of real chicken 26 grams of protein.

168

00:29:51.180 --> 00:29:53.550

Beth Hammond: Four ounces of this would be

169

00:29:54.990 --> 00:29:57.810

Beth Hammond: 22 because they're just giving you a two.

170

00:29:57.870 --> 00:29:59.910

Beth Hammond: ounce serving. So we're twins.

171

00:30:00.150 --> 00:30:07.200

Donna: I want to point that out. You're doing the math in your head, and we want to point out something that you're you're assuming is obvious, right. And, guys.

172

00:30:07.380 --> 00:30:15.240

Donna: We're sure you're catching it. But we just want to make sure that we educate you as best as we possibly can. If a serving size is two ounces

173

00:30:16.050 --> 00:30:20.220

Donna: And are serving sizes four ounces, you're going to need to double



174

00:30:20.610 --> 00:30:31.320

Donna: The protein and calories, the carbs, the fats, right, which is what Beth is doing in her head. Now, some might say well that's that's common sense, not, not always. So that's why we started with serving size.

175

00:30:31.620 --> 00:30:44.610

Donna: So you're looking at serving size on the label you then next to go deeper. Want to look at protein calories carbs and fat and make sure you're comparing to the appropriate serving size that did you say you were going to do tomatoes or something like that, too.

176

00:30:44.640 --> 00:30:46.710

Beth Hammond: I had tomatoes. So I have the

177

00:30:48.540 --> 00:30:53.610

Beth Hammond: Bag of tomatoes. So real tomatoes. Right. And then I do have

178

00:30:55.650 --> 00:31:15.390

Beth Hammond: A kind of tomatoes. Now these tomatoes, I want to say alright so my bag of tomatoes actually doesn't have a breakdown of calories and things the ingredient is just tomatoes and didn't have it didn't have to have a nutrition label.

179

00:31:15.600 --> 00:31:23.580

Beth Hammond: Right, right, tomatoes, um, but when they come in and can their process right they go through a process there.

180

00:31:24.270 --> 00:31:33.270

Beth Hammond: Have some preservatives added to them and things like that. So your calories for the Canada tomatoes for a serving size of half a cup.

181

00:31:33.990 --> 00:31:43.590

Beth Hammond: Or 25 calories and that these tomatoes have 180 milligrams of sodium. Again, not something that we're like saying



182

00:31:44.100 --> 00:31:56.610

Beth Hammond: You know, you can have this much the carbs are five and the protein is zero. So it's going to be comparable to a real tomato, except for you're missing out on.

183

00:31:56.940 --> 00:32:07.530

Beth Hammond: Fiber from the skin of the tomato and things like that. So the nutrition level between a fresh tomato and a can, tomato, plus you have the extra

184

00:32:07.890 --> 00:32:25.020

Beth Hammond: Ingredients as far as preservatives and things like that. So that's going to alter things in your body so fresh over can now you can have canned tomatoes in the 2030 and of course you know you can have that in and listen to your body lifestyle.

185

00:32:26.490 --> 00:32:39.960

Beth Hammond: But you do want to pay attention to what your body does with this versus this because you may have things happen as far as

186

00:32:40.380 --> 00:32:58.740

Beth Hammond: having too much of something like when I have tomatoes, just as a listen to your body thing too much tomato and my body causes a lot of a city and my face might break out or it may trigger when I get to too much like like wow, we just had

187

00:32:59.940 --> 00:33:19.080

Beth Hammond: Something that had tomatoes in it. Like for two days in a row. My acid, Miss like the acidity in my body changes, and I can tell that. So that's something to kind of pay attention to when you are eating fresh even fresh or can like tomato season my neighbor was making a salsa all the time.

188

00:33:20.250 --> 00:33:23.580

Beth Hammond: You just have to pay attention to what

189

00:33:24.300 --> 00:33:24.570

Donna: How



190

00:33:25.080 --> 00:33:26.040

Beth Hammond: And what it's doing.

191

00:33:26.190 --> 00:33:34.950

Donna: I want to interject something that you and I were talking about earlier today also guys the best product. The best label.

192

00:33:36.630 --> 00:33:38.190

Donna: Is a product that really has no label.

193

00:33:39.420 --> 00:33:39.720

Donna: Make

194

00:33:39.990 --> 00:33:48.900

Donna: It like a tomato, a real TOMATO. RIGHT. IT IS. It goes back to the best way to label read is just simply to stay on the perimeter of the grocery store.

195

00:33:49.260 --> 00:33:56.940

Donna: That's the best way to label read because you go to the produce section you go through the meat section right so stay on the perimeter.

196

00:33:57.360 --> 00:34:03.390

Donna: But again, serving size for wealth. The most simple is stay on the perimeter of the store. You're not really having to worry about labels at all.

197

00:34:03.660 --> 00:34:07.680

Donna: It's just the healthiest way to make your choices. Second know you're serving sizes.

198

00:34:08.070 --> 00:34:15.780

Donna: Okay, one step deeper know you're serving sizes know these four numbers and you literally can compare to any product you have any question about ever

199



00:34:16.530 --> 00:34:26.640

Donna: By knowing these four numbers going to look at these four numbers. But now let's go deeper. Let's go into the health of things and Beth is already mentioned it a couple of times, people always have questions about sodium

200

00:34:27.060 --> 00:34:34.200

Donna: Okay, and we want to talk a little bit too about protein and how protein helps build muscle and muscle burns fat so

201

00:34:34.470 --> 00:34:46.920

Donna: Let's just get into the health. And let's also Beth talk about low, we were talking about earlier with, you know, if you have a list of four ingredients versus a list of 14 ingredients that also should get your attention.

202

00:34:47.370 --> 00:34:59.970

Donna: So moving from serving size moving from looking at those four numbers going now into a deeper Health Study of a label. Let's talk about that. What can be looked at when looking at any label.

203

00:35:01.500 --> 00:35:12.600

Beth Hammond: Just like Donna said that it's really important to try to pick a product that has the least amount of ingredients. So your goal is like

204

00:35:12.900 --> 00:35:23.970

Beth Hammond: one ingredient is absolutely going to be the best, but you can combine those single ingredients to make something really delicious. Right. So if you are

205

00:35:25.470 --> 00:35:31.590

Beth Hammond: Comparing and almond milk right like that's one of the first things you can have almond milk.

206

00:35:32.220 --> 00:35:45.270

Beth Hammond: When you look at an almond milk. Are you looking at it and seeing it that it has a few extra ingredients that are most of fires or that are



207

00:35:45.870 --> 00:35:59.220

Beth Hammond: Beginners, there's something called and I might not be saying this right but i i wrote an article about I just never heard of pronounced Caribbean, which is a thickener. But that can have a

208

00:35:59.910 --> 00:36:10.530

Beth Hammond: An impact on hormone fluctuation. So I had somebody who had their hot flash come back because of whatever brand almond milk. They chose

209

00:36:11.040 --> 00:36:30.510

Beth Hammond: Had some other stuff in it. And it wasn't just like, you know, a three ingredient almond milk. So always try to pick an organic, you heard me say that before. Same thing with yogurt, you can have yogurt. That's just cultured milk or you can have yogurt that's got a bunch of things in it.

210

00:36:31.590 --> 00:36:32.130

Beth Hammond: And

211

00:36:33.300 --> 00:36:35.010

Beth Hammond: That all of those things. Our

212

00:36:36.420 --> 00:36:39.510

Beth Hammond: Body has to be our body has to process right

213

00:36:42.600 --> 00:36:45.300

Beth Hammond: I'm trying to think of some other

214

00:36:46.560 --> 00:36:56.250

Beth Hammond: Foods that when you look at on soup. For instance, you can have a can of soup that has very limited ingredients.

215

00:36:56.550 --> 00:37:07.800



Beth Hammond: Or it's got like not to diss Campbell, because they have some more organic brands. Now, but are they ingredients. This long are they ingredients this long.

216

00:37:08.430 --> 00:37:23.550

Beth Hammond: My rule is, I tried to eat things that have five or less ingredients to when you're talking about a list of ingredients. There is a lot of times that people go to convenience foods that are like frozen.

217

00:37:25.350 --> 00:37:40.320

Beth Hammond: frozen chicken. For instance, like, it looks like it's a great idea. Right. It's already prepared. It's even got the little grill marks on it and you just, you know, heated up in the oven or microwave or air fryer and

218

00:37:40.920 --> 00:37:54.150

Beth Hammond: You are like, yeah, this is chicken. This is great, but there's a lot of preservatives and things injected in that chicken right where the the raw organic chicken that I was showing

219

00:37:54.780 --> 00:38:12.120

Beth Hammond: The label for nothing injected in it. Right. Like there's, there's, it's just doesn't have a lot of extra stuff. So when you're comparing labels getting into where if you can't pronounce the ingredient.

220

00:38:15.150 --> 00:38:23.940

Donna: The best thing I LOOK, NUMBER ONE LABEL reading for really getting into a high state of health and the easiest weight loss less ingredients is more

221

00:38:24.510 --> 00:38:32.790

Donna: So next time you go to the grocery store. Have fun with this. Right, go to the grocery store and compare labels of things you're interested in less ingredients is more

222

00:38:33.180 --> 00:38:43.770

Donna: Right. If you cannot pronounce something put it down because if you can't pronounce it. It's pure flat out unadulterated nothing but chemical that's where it is. So if you can't pronounce it, put it down.



223

00:38:45.450 --> 00:38:48.630

Donna: That's let's talk specifically about sodium and protein.

224

00:38:49.590 --> 00:39:10.170

Beth Hammond: Okay so sodium. I want to jump into and say, You see in a lot of our recipes you hear me talk about it and our masterclasses sea salt is still salt but it's, it doesn't contain the iodine, but so in general.

225

00:39:11.250 --> 00:39:27.960

Beth Hammond: Is a inflammatory right so the more sodium that you have in your system, the more swelling that you will experience in your body, which can lead to lots of aches and pains.

226

00:39:28.740 --> 00:39:40.710

Beth Hammond: Edema, so you're holding on to liquid, you're not losing your weight because, you know, let's talk about like when you go to a restaurant, even though you're ordering very healthy.

227

00:39:41.250 --> 00:39:52.950

Beth Hammond: You see it on the Facebook group all the time, right, like, well, we you know we ate out I had the grilled chicken from blank. You know, I had the grilled chicken salad but my weight is up.

228

00:39:54.120 --> 00:40:08.370

Beth Hammond: There's a lot of hidden sodium in restaurant foods. I actually saw something on the Food Network where they were like, you know the secrets behind chefs and then the chef was like, look, we put a ton of salt and

229

00:40:09.360 --> 00:40:11.850

Donna: The secret behind the chef's is so

230

00:40:12.270 --> 00:40:18.540

Beth Hammond: Yes, so that that gives you the flavor. And so if you're trying to get away from having something really



231

00:40:18.840 --> 00:40:31.740

Beth Hammond: decadent and glossy. And what do they do they they'll throw a ton of salt in something so that hidden sodium is hurting you. I mean, even I heard this once.

232

00:40:32.250 --> 00:40:48.390

Beth Hammond: We might have taught it years ago I think John Crutch taught us this like the, the amount of sodium not promoting you eat this product, but the amount of sodium and an egg McMuffin keeps you inflamed for like our

233

00:40:48.540 --> 00:41:06.450

Beth Hammond: Hours after you consume that product and you think, just a muffin some egg and whatever else is on it. Well, fake. There's a Canadian bacon. So yeah, lots of sodium. So when you're adding things into your plan, you want to think about, hey,

234

00:41:08.430 --> 00:41:17.520

Beth Hammond: This is really like a salty food, maybe, um, I could make a choice that doesn't have quite as much salt.

235

00:41:17.970 --> 00:41:21.450

Donna: So let's talk specific specific sodium count.

236

00:41:22.290 --> 00:41:22.920

Um,

237

00:41:25.590 --> 00:41:26.250

Beth Hammond: Alright. Hi.

238

00:41:28.050 --> 00:41:31.380

Donna: We were talking about it earlier today. We had a conversation about 1500

239

00:41:32.220 --> 00:41:41.100



Beth Hammond: Oh 1500 milligrams. We've all we've learned in our program that 1500 milligrams is cap for sodium. So I want to tell you

240

00:41:42.720 --> 00:41:52.500

Beth Hammond: If you pay attention to not descend on my love Panera Bread, but you can get about 1100 grams of sodium in a sandwich at Panera Bread.

241

00:41:52.860 --> 00:42:01.560

Beth Hammond: The salads are full of sodium, though, too. So you've got to pay attention to all the ingredients that go into things because

242

00:42:01.920 --> 00:42:15.180

Beth Hammond: That 1500 is a is a good guideline to try to bear or below because when you start engine that up and we're talking like that sodium is iodized sodium right like it's

243

00:42:15.480 --> 00:42:26.700

Beth Hammond: The Cecil, we tend to use less sea salt because it has a little saltier flavor, but it's also more natural. It's not processed the the shaker that you're getting in the

244

00:42:27.270 --> 00:42:39.540

Beth Hammond: Restaurant or the Morton canister type of thing. That's the salt that you'll probably use a little more of because it just doesn't have as an intensive softly.

245

00:42:39.630 --> 00:42:51.510

Donna: So do you know roughly, let's just talk the Naira. Do you know roughly with the the salads. For example, when you say, gosh, they're really sodium. Hi. What, what do you mean by sodium. Hi.

246

00:42:52.020 --> 00:42:54.600

Beth Hammond: Well, the meat, even though they're like

247

00:42:55.920 --> 00:43:04.860

Beth Hammond: You know, no antibiotics and their chicken or chicken still has a lot of salt. Their cheese has a lot of salt, the dressings have a lot of salt.



248

00:43:05.040 --> 00:43:08.100

Donna: What do you know like a lot of salt. Like, how do you know that

249

00:43:08.970 --> 00:43:22.380

Beth Hammond: Well, if you, if you look at their nutrition. So they're back to nutrition labels right Paris very open all restaurants are very open about their ingredients and their sensitivities and their nutrition, so

250

00:43:23.580 --> 00:43:27.540

Beth Hammond: I know that when we get into restaurant label reading that's coming

251

00:43:28.710 --> 00:43:44.010

Beth Hammond: There the restaurant guide that's coming in one of our future master classes where it's going to be broken down for you will probably see that. But when you look at the nutrition level. And you see that

252

00:43:45.810 --> 00:43:58.080

Beth Hammond: The kicking coo coo or grain bowl has and I'm guessing at this one. I don't have this committed to memory, but that there's like 900 milligrams of sodium

253

00:43:58.500 --> 00:44:10.170

Beth Hammond: It's a green ball. But how do they give that flavor. I mean, even with my cooking. I will use chicken broth or chicken stock. When I make key in LA.

254

00:44:10.950 --> 00:44:15.030

Beth Hammond: So it isn't made with just water. So what am I doing I'm adding sodium to it.

255

00:44:15.570 --> 00:44:30.090

Beth Hammond: You just have to watch that level, because if you start to wake up achy or you start to see like all your fingers or swelling or you've got some a demon your legs or your feet are you push on your leg and it's not

256



00:44:30.840 --> 00:44:43.080

Beth Hammond: Like spring. And back then you know you're holding water. I have a, I have a client who she's like oh yeah my weights up and I didn't take my water pill, she's on it for a heart issue. So it's, um,

257

00:44:44.010 --> 00:44:51.540

Beth Hammond: There it is, like, who I ate this I didn't take my water pill and now my weights up. So you've got to pay attention to that sodium

258

00:44:51.870 --> 00:44:52.440

Beth Hammond: So just

259

00:44:52.860 --> 00:45:02.550

Donna: Guys to the 1500 if you see a salad label nutrition label that says 900 you know there's only 600 more to get to the

260

00:45:03.540 --> 00:45:17.700

Donna: So again, this is seeming so obvious, but understand that the cleaner, we eat. Now this is not a straight up only clean eating program. It's not a raw program. It's not a keto program. It's none of that.

261

00:45:18.090 --> 00:45:21.360

Donna: But just understanding that shopping. The perimeter.

262

00:45:21.900 --> 00:45:37.950

Donna: Ordering really clean food when you go out cooking really clean food when you cook. That's the best quote unquote labeled to read. Right. So, being aware. I know that I'm repeating myself, the best label is no label, no need for label the best labels, no need for a label.

263

00:45:39.030 --> 00:45:52.500

Donna: Second thing for you to be aware of is serving size understanding what our program says for serving size compared to what the box of the package says, but also looking at what the box or the package says getting at home and laying it out. So your mind's eye can see it.

264



00:45:53.850 --> 00:45:58.710

Donna: Then next understanding how to compare those numbers. So if there's something that the program says is approved.

265

00:45:59.190 --> 00:46:08.100

Donna: And you want to know if this thing is approved as well. Don't bother asking you are brilliant and you now have this knowledge so simply compare protein calories carbs fat.

266

00:46:09.000 --> 00:46:18.360

Donna: Then again, if you want to go deeper. Now start looking at sodium and Beth, let's just talk a little bit about protein, real quickly, and then we'll go to the behavioral science.

267

00:46:18.690 --> 00:46:22.200

Beth Hammond: So someone who's activity level is pretty just kind of

268

00:46:23.970 --> 00:46:29.460

Beth Hammond: Sedentary let's say you're not doing a lot more than your normal day you know you

269

00:46:29.970 --> 00:46:41.940

Beth Hammond: Work at home where you work in an office. You're not going out for extra walks and things like that. So the guideline for a female is about 45 grams of protein per day.

270

00:46:42.510 --> 00:47:04.500

Beth Hammond: And if we look at AGAIN WHAT YOU'RE GETTING IN THE CHICKEN. You've got 26 grams for four ounces. So that couple of portions of protein that you're having with your lunch, dinner, maybe look like you have eggs for breakfast, something like that against sedentary would be

271

00:47:05.850 --> 00:47:16.860

Beth Hammond: That. So if you've been more active. Now you can add it in another you know 25 grams of protein. So there you have your three portions of

272

00:47:17.340 --> 00:47:25.110



Beth Hammond: Protein. So someone that's very active, obviously you need to fuel the muscles. So having they

273

00:47:25.650 --> 00:47:33.900

Beth Hammond: protein shake in their adding the yogurt in there, having the extra protein that protein is kind of build the lean muscle.

274

00:47:34.320 --> 00:47:56.520

Beth Hammond: And that lean muscle, you heard me say it earlier, it's going to help burn the fat when you're exercising, you need that protein you need the protein to help to build and and fuel your body, you don't need a you know a ton of simple carbs. It's the protein that's the building block so

275

00:47:57.630 --> 00:48:10.140

Beth Hammond: Protein is super important. But having that balance and Don and I were talking earlier about this and she mentioned it in past classes, the more colorful your plate.

276

00:48:11.370 --> 00:48:20.310

Beth Hammond: The healthier, you're going to be so having that four ounces of protein and lean protein and then

277

00:48:21.450 --> 00:48:32.820

Beth Hammond: Having a really beautiful array of, you know, maybe some asparagus, maybe some brussels sprouts are coming into season right they're always in a folly Christmas kind of

278

00:48:33.270 --> 00:48:35.160

Beth Hammond: Place for when you're listening to your body.

279

00:48:36.150 --> 00:48:50.820

Beth Hammond: beautiful rainbow carrots, like we eat with our eyes right something I'd love for you guys to do is post pictures of what you're cooking show us those beautiful plates. A lot of you guys do it but man that you know I

280

00:48:51.210 --> 00:49:03.090



Beth Hammond: Asked for recipes, all the time, but you guys have amazing stuff. I love to see those pretty plates out there and show us what you're doing with those vegetables and not, you know, small piece of protein.

281

00:49:03.810 --> 00:49:12.270

Beth Hammond: A piece of salmon and some really beautiful vegetables and maybe a little bit of Keene law when you've added in.

282

00:49:13.980 --> 00:49:16.770

Beth Hammond: A green. That's a great meal right

283

00:49:17.310 --> 00:49:24.570

Donna: I look so guys I'm Beth was our key expert for three step meal prep and she can't help herself.

284

00:49:24.990 --> 00:49:25.320

I can't

285

00:49:27.120 --> 00:49:32.730

Donna: Because I like labels labels come back the labels come back. She's like, I can't help myself. I have to teach on how to

286

00:49:32.730 --> 00:49:32.880

Make

287

00:49:34.680 --> 00:49:43.080

Donna: No, it's good, it's good, it's good. I love that you're saying all of this. The only thing I would add regarding protein and labels, guys, is to back up what Beth said

288

00:49:43.590 --> 00:49:59.130

Donna: After any workout even walking, put some protein in your body because protein builds muscle and lean muscle burns fat literally just the existence of muscle in your body will burn.

289



00:49:59.670 --> 00:50:03.420

Donna: Fat. That is why somebody who has more muscle mass anymore.

290

00:50:03.840 --> 00:50:19.230

Donna: Because their body burns more, they may not look the same size because they're smaller because muscle takes up less space than that, but they also can consume more food, more calories more carbs more everything right. So after any kind of movement.

291

00:50:19.770 --> 00:50:26.610

Donna: Put some protein in your body because protein that's what we want to teach you about the label or the protein on the label.

292

00:50:27.000 --> 00:50:40.320

Donna: Is that protein will add to the increase in muscle in your body and the increase in muscle in your body burns fat, just by existing so the last thing we want to talk about on the label is actually the label itself.

293

00:50:41.010 --> 00:50:51.990

Donna: So there are there are really four things that we've taught you today. The first thing is the best label is something that doesn't need a label. So that's your training tip number one.

294

00:50:53.160 --> 00:50:55.110

Donna: The second thing we taught you, is serving size.

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00:50:55.620 --> 00:51:03.870

Donna: So, and that's knowing serving size with our program compared to what the serving sizes and what you're looking at, but also knowing serving size of what that label says

296

00:51:04.080 --> 00:51:08.700

Donna: Compared to what it actually looks like on your counter on your plate. So your mind's eye can see it.

297

00:51:09.510 --> 00:51:18.930



Donna: We talked. Thirdly, about the the protein and the calories, the carbs, the fat so that you compare product, product with the labels.

298

00:51:19.320 --> 00:51:30.510

Donna: And then we've talked about going deeper into a label, whether it's a grocery store or in a restaurant with regards specifically to sodium taught you a lot about that today. But then, just looking at protein.

299

00:51:31.080 --> 00:51:34.710

Donna: Donna, how much is too much. There isn't any such thing.

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00:51:35.610 --> 00:51:46.590

Donna: As too much protein. The only time you would have too much protein is if you go beyond like say 60 grams and you're eating nothing else. And that just doesn't happen in today's world.

301

00:51:47.100 --> 00:51:57.930

Donna: Nobody is consuming 60 to 100 grams of protein actually 60 isn't even bad you reach the point where they tell you 90 100 120 is too much if that's all you're eating, which again doesn't happen in today's world.

302

00:51:58.380 --> 00:52:07.440

Donna: So, you know, that's all you were consuming probably be a bit much, but with our program and what you guys are watching for labels, the more protein, the better.

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00:52:07.950 --> 00:52:20.250

Donna: The more protein, the better. But behavioral science is a thing we want to bring this homework, and that is that the most important thing about label reading is actually what you're doing with the information once you look at the label.

304

00:52:21.240 --> 00:52:34.800

Donna: So having this knowledge this education is first. So if we just went over what we've gone over today that's first having the knowledge in your mind the understanding

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00:52:36.180 --> 00:52:43.950

Donna: Secondly, it's being aware when I put a certain thing in my body. Beth gave a great example about sodium

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00:52:45.210 --> 00:52:57.990

Donna: We also just mentioned ever so briefly about the plane. Nothing's compared to the cheddar not thence, there is a behavioral science reason that we have not brought in.

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00:52:58.470 --> 00:53:06.990

Donna: The cheddar. Nothing's yet. Now some people would say, well wait, I thought it was because of the dairy. Well, yeah, okay. It is listen. Your body doesn't bring in Gary

308

00:53:07.290 --> 00:53:14.790

Donna: Until or I'm sorry, we don't bring in dairy until you're entering in to listen to your body. So that could be the reason that cheeses there, right, Donna. Sure.

309

00:53:15.090 --> 00:53:24.270

Donna: Yes. And it's also behavioral science because we need to give a choice. You need to give yourself a choice so that you're more setup to make the healthy choice.

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00:53:24.690 --> 00:53:31.770

Donna: you're training your mind to make the healthy choice. So when you are when you have this knowledge when you have this education in your mind.

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00:53:32.250 --> 00:53:39.060

Donna: You then need to be aware of what certain choices do to your body.

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00:53:39.450 --> 00:53:51.420

Donna: Being aware if I had excess sodium didn't make a difference if I did choose the cheddar cheese not then, even though they weren't really an option. What did my body. Say to me when I made that choice.

313

00:53:52.020 --> 00:54:00.630



Donna: That talked about earlier, is she knows she has now noticed that she's got a sensitivity to eating a lot of tomatoes because her body becomes very acidic.

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00:54:01.110 --> 00:54:12.330

Donna: So really what we would what we would hope you would learn is the awareness of anything you put in your body. And it really is that simple. Now you're not as likely to have

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00:54:12.900 --> 00:54:18.540

Donna: Symptoms, if you will, or reactions, if you will, health, the health questionnaire things

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00:54:18.840 --> 00:54:26.400

Donna: You're not as likely to have them if you shop the perimeter of the store. The best label is something that doesn't need a label, you're less likely to have them that you could

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00:54:26.940 --> 00:54:30.090

Donna: So really paying attention when you put something in your body.

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00:54:30.750 --> 00:54:43.320

Donna: If you have a symptom later thinking about what you ate now understand that the formula for listening. Your body is three days. So if you've noticed a symptom. And you go, Oh, I bet it was because of X, don't assume that

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00:54:43.890 --> 00:54:47.970

Donna: Habit again literally have it again for three days.

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00:54:48.630 --> 00:55:00.030

Donna: And you'll be able to figure out what if there was a symptom there. So number one for label reading is having the knowledge of what we talked about today but number two is the awareness of what these things are doing inside of your own body.

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00:55:00.540 --> 00:55:02.970

Donna: So it's the awareness of paying attention to your body.

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00:55:03.840 --> 00:55:09.960

Donna: Well, why do you want to keep your body without symptoms because listen, it will be impossible for you to ever gain weight. If you keep your body without symptoms.

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00:55:10.320 --> 00:55:16.860

Donna: It's one of the amazing ways God put our bodies together when you keep your body in a place of homeostasis for you.

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00:55:17.340 --> 00:55:24.360

Donna: Because, believe it or not, it can be different for you and somebody else if you keep your body in a place of homeostasis for you. It'll be impossible to gain weight.

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00:55:25.080 --> 00:55:30.750

Donna: If you have some symptoms, your body will put some weight on. Oh, I don't know about that. Donna know really

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00:55:31.140 --> 00:55:40.020

Donna: If you have any symptoms that can throw your body off kilter, and it's very easy to gain weight and it can be next room. Dip next to impossible to lose away.

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00:55:40.710 --> 00:55:48.570

Donna: So it's the knowledge is the education. It's the awareness and the last thing about behavioral sciences is the choice. So I've got the knowledge

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00:55:49.110 --> 00:55:53.670

Donna: I'm paying attention to my body. But at the end of the day, what will I choose what will I decide

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00:55:54.540 --> 00:56:00.570

Donna: Will I decide. Yeah, okay. I have some symptoms when it comes to children up things. I don't care. I'm gonna eat them anyway.

330

00:56:01.230 --> 00:56:09.270



Donna: I have some symptoms when it comes to the acidity. My body is experiencing now i'm not going to have it. I don't want to feel like that.

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00:56:09.840 --> 00:56:19.290

Donna: And, you know, we've said this forever with our with our company and with our program you are an adult. I am an adult. We can do anything we want. We really can make our own choice.

332

00:56:20.310 --> 00:56:34.020

Donna: What we would hope and pray for you and for ourselves, for that matter, is that you would make the happy, healthy choice really have the knowledge when it comes to a label and that's everything we talked about today.

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00:56:35.040 --> 00:56:43.770

Donna: Have the awareness of what things do inside of your own body and then make the choice for happy and healthy.

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00:56:44.640 --> 00:56:56.940

Donna: Mean I know we've given you a lot of information today gone through the best label something it doesn't need to label gone to serving size gone to the four numbers to look at gone through more ingredients is not more. It is not good.

335

00:56:57.300 --> 00:57:06.930

Donna: More is not good. Less is more. We've got to, if you can't pronounce it don't consume it. We've gone through sodium training and protein training and now we've gone through behavioral science strain.

336

00:57:07.620 --> 00:57:19.350

Donna: It isn't complicated guys, it really is all very simple. We just want to empower you and educate you to make the decisions that are the best for you to be happy and healthy that the anything you want to sum up

337

00:57:20.520 --> 00:57:31.980



Beth Hammond: I think you did a great job of course I love what you do sky ramble it all off, and gave us that great. I hope you guys took notes because it was a great outline. She's rambled down

338

00:57:32.610 --> 00:57:44.580

Beth Hammond: Everything that we went over today. And it really is about listening to what your body's telling you, and then hearing the warning. I typically say that every time, but

339

00:57:45.210 --> 00:57:59.850

Beth Hammond: We blow ourselves off a lot. And that's what gets us into trouble because we kind of want something and we're willing to go. I don't care where you got to care because that's what's going to keep you healthy and happy.

340

00:58:00.840 --> 00:58:06.180

Donna: So we know that you came into this program because you wanted structure, people tell us they love that.

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00:58:06.660 --> 00:58:11.760

Donna: They want the simplicity of the, you know, I tell people okay look 2030 could mean a lot of things.

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00:58:11.940 --> 00:58:22.110

Donna: Could be 20 symptoms and 30 days could be 20 pounds in 30 days because the 20 foods in 30 days because that's kind of all there is. It's very structured right and you tell us all the time. You love that and we're glad to provide that

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00:58:22.770 --> 00:58:31.890

Donna: We just want to teach you how to go out into life and be happy, healthy and fully alive. So really learn to look at those labels and if you just start with the simple

344

00:58:32.610 --> 00:58:50.310

Donna: At the best label something that doesn't need a label or maybe you go one level deeper to serving size that's okay because starting somewhere meeting yourself where you are is the key to success. And we'll see you guys on next week's masterclass. Thank you. That thing I adore you. Bye.

