

Conversations About Nutrition and Cognition

Jan. 9, 2025

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Holistic Nutrition Counseling

[www. Whidbeynutrition.com](http://www.Whidbeynutrition.com)

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[www. Cammermeyer.com](http://www.Cammermeyer.com)

Name is the Same – Ingredients Changed for Profit

INGREDIENT INSPECTOR


#1 BRANDS CHANGING INGREDIENTS

#1 Vanilla Flavored Wafer: Nilla Wafers

THEN

9 ingredients

Vanilla Wafers



Flour
Sugar
Shortening
Eggs
Milk
Salt
Leavening

Synthetic Vanilla
Coumarin Flavors


NOT IN KITCHEN™

NIK

**WHEN MAKING
HOMEMADE
VANILLA WAFER
COOKIES**

Source for brand ranking: Statista 2024
Source: Historical Nabisco Vanilla Wafers Package
IngredientInspector.org

Nilla Wafers



Banned at Whole Foods

NOW

15-16 ingredients

High Fructose Corn Syrup
Artificial Flavor
Soybean Oil
Palm Oil
Emulsifiers
Soy Lecithin

Unbleached Enriched Flour
Sugar
Canola Oil and/or **Soybean Oil**
Palm Oil
High Fructose Corn Syrup
Whey
Eggs
Salt
Leavening
(Baking Soda, Calcium Phosphate)
Monoglycerides
Diglycerides
Natural Flavor
Artificial Flavor
Soy Lecithin

Mondelez Source: Mondelez Snackworks Web site 12/24

70's – 80's

Current

#1 BRANDS CHANGING INGREDIENTS
#1 U.S. Non-Cheese Cracker: Ritz

THEN
1974



The delicious flavor of Ritz Crackers is accomplished by the skillful blending of these ingredients: enriched wheat flour, rye flour, shortening, sugar, corn sweetener, malted barley flour, salt and leavening.

NABISCO, INC.
 General Office
 East Hanover, N.J. 07936
 © 1974 Nabisco, Inc.
 Made in U.S.A.

- Enriched Wheat Flour
- Rye Flour
- Shortening
- Sugar
- Corn Sweetener
- Malted Barley Flour
- Salt
- Leavening



Banned at Whole Foods Market



NOW
2024

UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SOYBEAN AND/OR CANOLA OIL, PALM OIL, SUGAR, SALT, LEAVENING (CALCIUM PHOSPHATE, BAKING SODA), HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN, NATURAL FLAVOR.

- Unbleached Enriched Flour
- Soybean Oil** and/or Canola Oil
- Palm Oil**
- Sugar
- Salt
- Leavening
 - Calcium Phosphate
 - Baking Soda
- High Fructose Corn Syrup**
- Soy Lecithin**
- Natural Flavor**

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- Soybean Oil
- Palm Oil
- Sugar
- High Fructose Corn Syrup
- Soy Lecithin
- Natural Flavoring

Source for brand ranking: Statista 2024
 Source: Historical Ritz Crackers Package 1974

#1 BRANDS CHANGING INGREDIENTS

#1 U.S. Mint Cookie: Thin Mints

THEN



PURE CHOCOLATE COATING, FLOUR, VEGETABLE SHORTENING, SUGAR, COCOA, PEPPERMINT OIL, SALT, LEAVENING

- Pure Chocolate Coating
- Flour
- Vegetable Shortening
- Sugar
- Cocoa
- Peppermint Oil
- Salt
- Leavening



Banned at Whole Foods Market

girl scouts **NOW**

- Artificial Flavor
- Palm Kernel + Palm Oils
- Natural Flavor
- Caramel Color

- Enriched Wheat Flour
- Sugar
- Vegetable Oil Shortening
- (palm kernel and palm oils)**
- Cocoa (processed with alkali)
- Caramel Color**
- Invert Sugar**
- Salt
- Baking Soda
- Soy Lecithin
- Peppermint Oil
- Natural Flavor**
- Artificial Flavor**

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL, SHORTENING (PALM AND PALM KERNEL OILS), COCOA (PROCESSED WITH ALKALI), CARAMEL COLOR, INVERT SUGAR, SALT, LEAVENING (BAKING SODA), SOY LECITHIN, PEPPERMINT OIL, NATURAL AND ARTIFICIAL FLAVOR.
CONTAINS: WHEAT, SOY.

NOT IN KITCHEN™
NIK
WHEN MAKING
HOMEMADE
CHOCOLATE MINT
COOKIES

WHAT'S IN YOUR PEANUT BUTTER?

Reduced-Fat Peanut Butter



Ingredients:
roasted peanuts, corn syrup, sugar, soy protein concentrate, hydrogenated vegetable oils, salt, mono & diglycerides

Popular Peanut Butter



Ingredients:
roasted peanuts, sugar, hydrogenated vegetable oils, salt.

"Natural" Peanut Butter



Ingredients:
roasted peanuts, palm oil, sugar, salt.

Truly Natural Peanut Butter



Ingredients:
roasted peanuts, salt.

BONUS: You get an arm workout too 😊



Note: Blue text on Red is very difficult to read. The colors/words vibrate.



BE HEALTHY ENOUGH

Local Food Sourcing

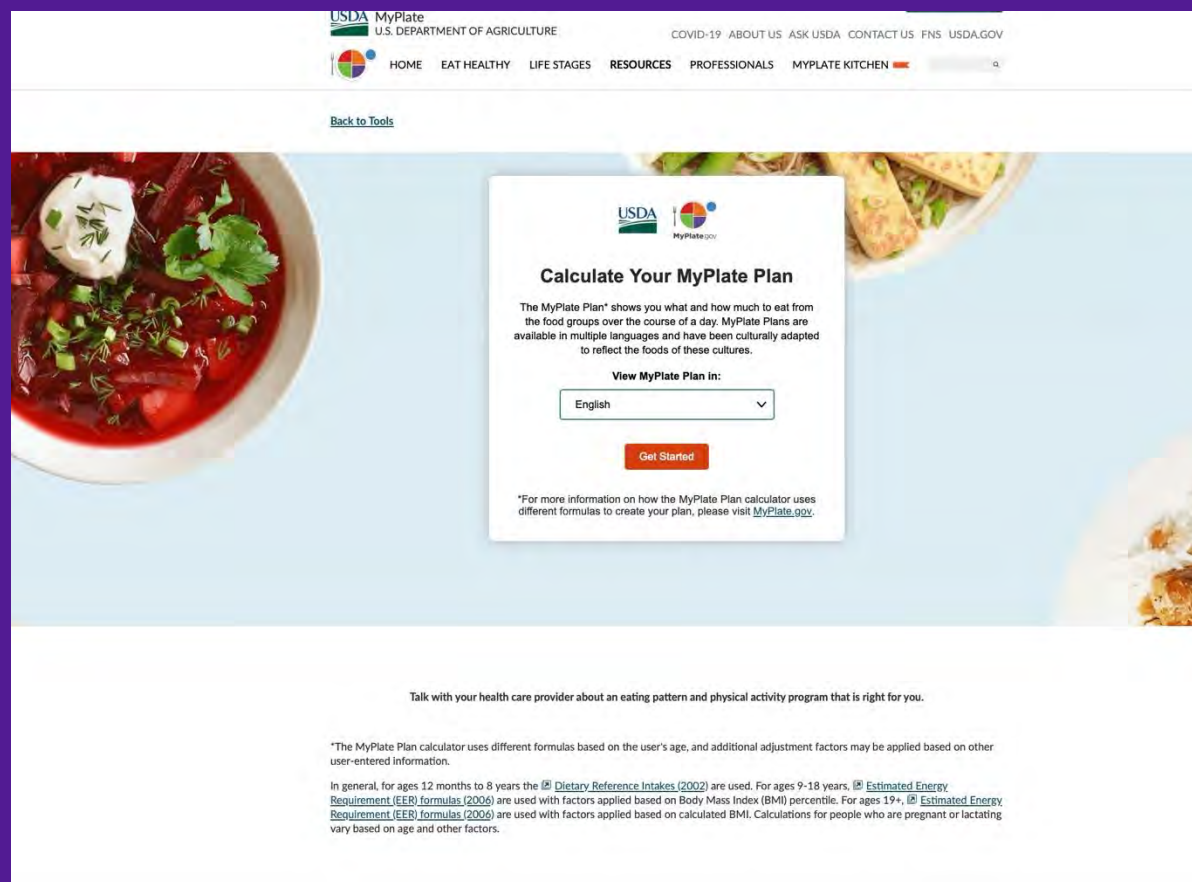
- Locally produced has higher nutritional value, less contaminants
- Grass fed animals have higher linoleic acid



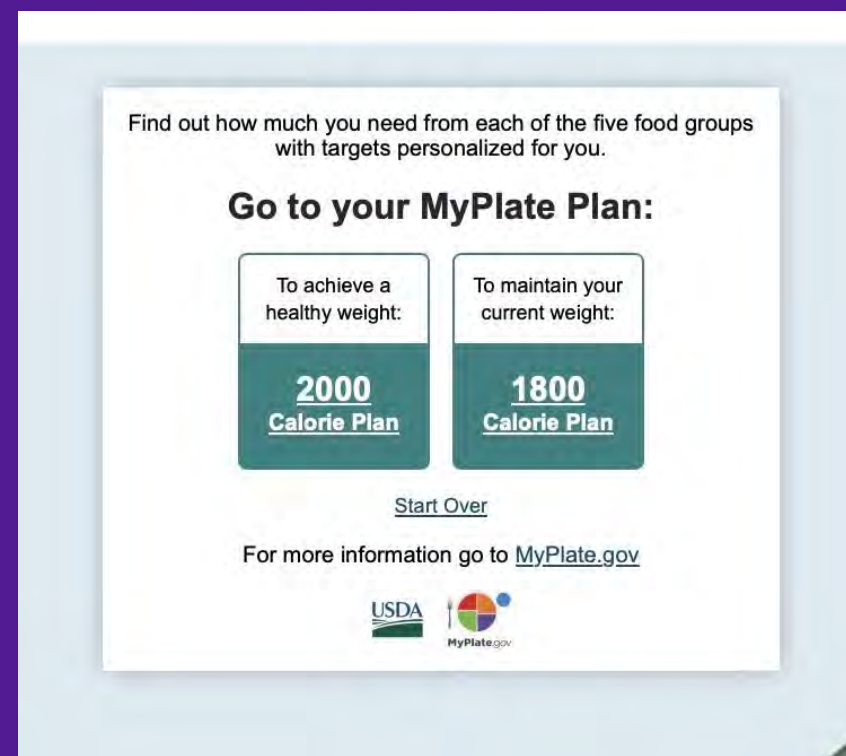
Goose Vegetable Section



MyPlate.gov



<https://www.myplate.gov/myplate-plan>



The 'MyPlate Plan' shows you what and how much to eat from the food groups over the course of a day and helps prepare weekly menus, recipes, shopping suggestions.

Five Chemicals - Bad for Brain

- Splenda
- Aspartame
- Diacetyl - Diacetyl is added to the liquid used in some flavored e-cigarettes
- Aluminum - widely distributed element found in most rocks, soils, waters, air, and foods
- MSG - flavor enhancer



Body Mass Index

Ideal BMI: between 18.5 and 24.9

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight in Pounds																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
	Healthy Weight						Overweight					Obese					

Source: US Department of Health and Human Services, National Institutes of Health, National Health, Lung, and Blood

Basal Metabolic Rate (BMR)

Calculating Your Calorie Needs

1. Calculating BMR calories

Females: Body weight (pounds) x 10 = BMR calories

Males: Body weight (pounds) x 11 = BMR calories

2. Calculating Activity Levels Calories

Activity level	% Calories	Multiply By
Inactive	30	.3
Average Active	50	.5
Very active.	75	.7

3. Calculating calories needed to digest food

(BMR calories + activity calories) 0.1 = Digestion

4. Total calories needed = Step 1 + 2 + 3

Complexities of Meal Prep

Sequencing

- What's for dinner?
- List
- Familiar
- Procuring
- Prepare
- Utensils
- Presentation
- Cleanup

The screenshot shows the website for Grethe Cammermeyer, featuring a navigation menu with buttons for Home, About, Social Justice, Engaging Aging, My Songs, Email, Blog, and Archives. Below the menu is the title "Engaging Aging Assessment Tool".

Planning for the future requires evaluation of personal resources and skills available. The Engaging Aging Assessment Tool is useful in identifying categories to consider when deciding what is relevant today and when help may be needed in the future. The tool is designed for self assessment or when assisting others.

The tool interface consists of two main sections:

- Concerns:** A table with columns for "Stable" and "Worsening". Rows include: Cognitive ability, Physical ability/itality, Fall risk/balance, Financial long term viability, Home maintenance/security, Caretaker for others, Need of caretaker, and Experiencing ageism.
- Self-Assessment:** A table with columns for "Unchanged Ability" and "Reduce". Rows include: Food security/preparation, Manage self-care personal, Sleep quality, Exercise/walking, Balance for fall prevention, Physical strength, Cognitive changes, Socially engaged/isolated, Stress management/coping, Financial security, Happiness/pleasure/hobbies, and Resilience.
- Rate Your Strengths:** A table with columns for "Good" and "Declining". Rows include: Gratitude, Resilience (adapting to change), Supportive community, Supporting communities, Experiencing joy, and Planned ahead for aging.
- Planning for Future:** A table with columns for "Yes", "In Progress", and "No". Rows include: Estates/Trusts/Beneficiaries, Asset distribution, Long term care needs, and "Retirement Mission Statement".

There is also a "Notes:" section at the bottom of the tool interface.

Opening containers



