



# MAKE YOUR MOVE



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# POWERFUL PAIRS

**THE MCCAHILL GROUP**  
REGISTERED DIETITIAN

SARAH VANEERDEN, RDN

The  
McCahill  
GROUP

**LEVERAGING POWERFUL PAIRS**

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**INTENTIONAL NUTRITION  
CAN AMPLIFY OVERALL  
WELLBEING.**





**NUTRIENTS &  
SYNERGY**

**GENERAL VS. SPECIFIC**

**BUILDING BALANCED  
PLATES**

**BALANCED BLOOD SUGAR**

**KITCHEN APPLICATION**

# TOGETHER. NOT SEPARATE.

PROVEN PAIRINGS CAN IMPROVE NURTIENT ABSORPTION AND BALANCE.



**Macronutrients**



**Vitamins &  
Minerals**



**Phytochemicals**

**MAKE PAIRING WORK FOR YOU**

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**AMPLIFY GENERAL NUTRITION**

**ADDRESS A SPECIFIC ISSUE**



# BALANCED PLATES WITH PAIRS

MAKE YOUR MEALS WORK FOR YOU AND ENERGIZE YOUR BODY AND BRAIN.



**Carbohydrates**



**Proteins**



**Fat**

# CARBS

FRUITS

WHOLE GRAINS

STARCHY VEGETABLES

BEANS

LEGUMES



## **Main Energy Source**

The body and brain run most efficiently on carbohydrates.



## **Quality and Dose are Key**

There is a wide range of difference when it comes to carbs choices. Choose whole foods and start with about 25% of the meal.



## **No Carb Alone Mantra**

Pair carbs with "blood sugar buffers" like fiber, healthy fat and protein.



# PROTEINS

CHICKEN

TURKEY

SEAFOOD

EGGS

ORGANIC SOY

LENTILS

LEAN BEEF



## All Protein Diets Can Be Harmful

Too much protein can cause inflammation, GI issues, bad breath and stress the kidneys.



## Space Protein Throughout the Day

Try not to backload your protein. Pair it with foods for breakfast, lunch and dinner.



## Find the Sweet Spot

Percentage-wise, protein is the lowest contributor of calories. The minimum for women is about 45 grams while for men, it's 55 grams.

# FAT

NUTS

SEEDS

AVOCADO

HEALTHY OILS

FATTY FISH



## Fat Plays a Role

Meals paired with fat leave you feeling more satiated.

## Fat Helps Vitamin Absorption

Vitamins A, D, E and K need fat to be absorbed. This is one reason full fat dairy has been in the research spotlight.

## Don't Go Overboard

The popular Keto Diet is very high fat, but lacks fiber and isn't evidence-based. Aim for 1-3 T healthy fat at each meal.

# **STRATEGIC PAIRING TO BALANCE BLOOD SUGAR**

## **BALANCED BLOOD SUGAR HELPS:**

**Functioning endocrine system**

**Manage hunger cues**

**Efficient fat metabolism**

**Hormone production & balance**

**Even out cravings**

**Keep energy even throughout the day**



# Fiber, healthy fat and quality protein all help with blood sugar balance and can keep you feeling full and fueled.

- Pair fruit with a plant-based protein that brings health fat to the table, like peanut or almond butter.
- Add diced avocado to a cold, grainy salad.
- Enjoy roasted redskin potatoes with a protein like baked chicken and a dose of high-fiber vegetables.
- Toss beans and cooked shrimp in a fresh salad together.



## GETTING THE MOST OF YOUR PLANT FOODS

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**RESEARCH SHOWS THAT  
PHYTOCHEMICALS EATEN  
TOGETHER HAVE GREATER IMPACT  
THAN EACH SEPARATELY.**





# **SPECIFIC FOOD PAIRS**

## ANEMIA AND LOW IRON



### IRON + VITAMIN C

Vitamin C increases non-heme iron absorption. Try a salad with spinach and red bell peppers, cream of wheat with strawberries, or a cold white bean salad with mandarin orange segments.

## LOW BONE DENSITY



### Calcium + Vitamin D

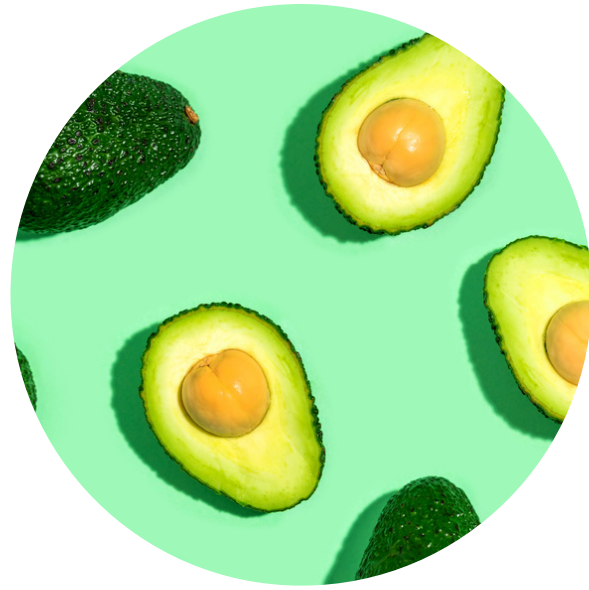
Two minerals that are equally important for bone health. Calcium helps build and repair bone, while vitamin D facilitates Calcium absorption. Find calcium in quality dairy products, broccoli, tofu and chia seed. Find vitamin D in fortified foods, egg yolks and fatty fish.

## INFLAMMATION & ARTHRITIS



### Turmeric + Black Pepper

Turmeric is an antioxidant shown to reduce pain and arthritis. Research shows that it works even better when paired with black pepper. The pepper helps to make the antioxidants in turmeric more bioavailable, or helps your body absorb it and use more of the inflammation-fighting compounds.



### **FAT + VITAMINS A, D, E, K**

Vitamins A, D, E, and K are fat-soluble vitamins that require fat to be absorbed in the body. Increase your absorption of these critical vitamins by pairing foods rich in these vitamins with healthy fats. Leafy greens are high in vitamins A and K, and vitamin A is found in orange and yellow veggies. Nuts are high in vitamin E, as are avocados. Pair these foods with healthy oils, or salmon, to get the most out of the nutrient-dense options.



### **Tomatoes + Olive Oil**

Pairing tomatoes with olive oil is not only delicious, but studies show it's one of the best ways to enjoy them both. Tomatoes are rich in lycopene, an antioxidant that can reduce risk of chronic diseases like cancer and heart disease. Olive oil has been shown to increase the absorption of lycopene from tomatoes.



### **Green Tea + Lemon**

Green tea is a known healthy choice, for it's high antioxidant levels, impact on cancer risk and healthy-aging benefits. Did you know adding lemon can amplify these well-known benefits? Adding a squeeze of lemon or a cut lemon slice adds vitamin C, which increases the bioavailability of the teas compounds found in your cup.



# BEANS + GRAINS

THIS COMBO HAS A RICH HISTORY IN ANCIENT CULINARY PRACTICES, AND THOUGH EACH IS NUTRITIONALLY SOUND, PAIRED TOGETHER COULD OFFER GREATER BENEFITS.



**Complimentary  
Proteins**



**Double Dose of  
Fiber**



**Dilute Energy  
Density**

**PAIR FOODS INTENTIONALLY**

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**START SMALL AND SHIFT  
YOUR MEALS AND SNACKS  
INCLUDE POWERFUL PAIRS  
FOR BETTER HEALTH.**





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