

# JENNA KNOWS FOOD



*Presents her food philosophies*

Starting with the origins of the word, *DIET*:

***/ dee-ah-ta /***

**A Greek word  
meaning  
"way of life"**



Some  
wise  
words:

“

The doctor of the  
future will no longer  
treat the human  
frame with drugs,  
but rather will cure  
and prevent disease  
with nutrition.

— THOMAS EDISON

PureWow

Found this in stuff my mom  
saved for me :)

Planting Your Spring Garden

For The Garden of Your Daily Living

Plant Three Rows of peas

1. Peace of Mind
2. Peace of Heart
3. Peace of Soul

Plant Four Rows of Squash

1. Squash Gossip
2. Squash Indifference
3. Squash Grumbling
4. Squash Selfishness

Plant Four Rows of Lettuce

1. Lettuce Be Faithful
2. Lettuce Be Kind
3. Lettuce Be Patient
4. Lettuce Really Love One Another

No Garden is Complete Without Turnips

1. Turnip For Meetings
2. Turnip For Service
3. Turnip To Help One Another

To Conclude Our Garden We Must Have Thyme

1. Thyme For Each Other
2. Thyme For Family
3. Thyme For Friends

Water Freely With Patience And Cultivate With Love.  
There Is Much Fruit In Your Garden Because You Reap  
What You Sow. Pass It On!!!



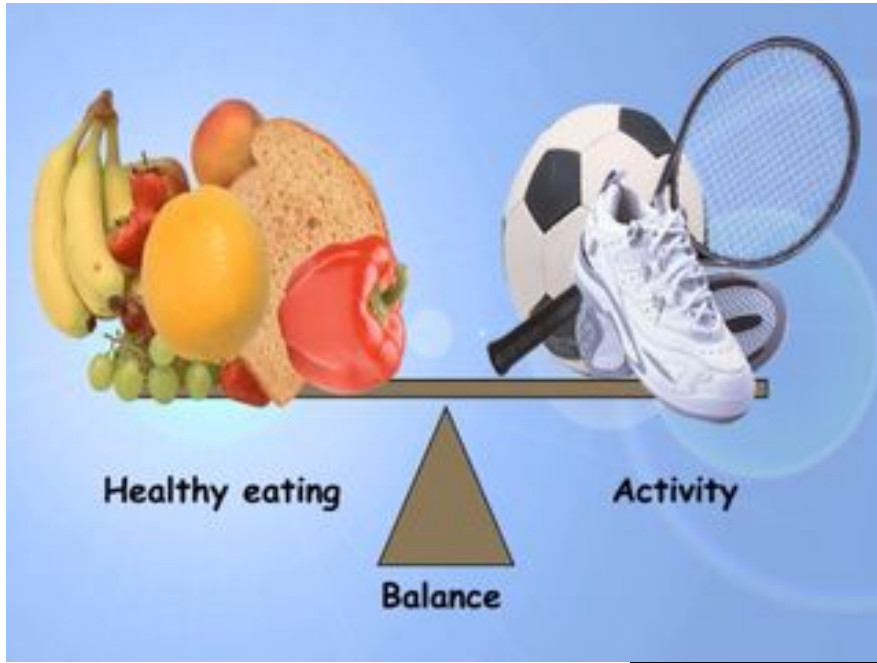




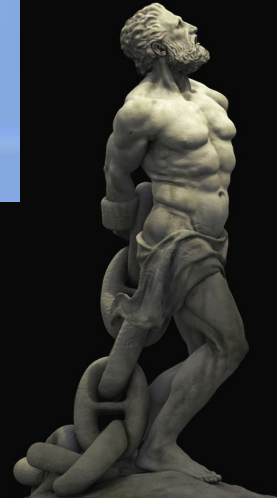
Had to make  
sure I  
*fueled* my body  
appropriately  
with  
foods & water  
to hike this  
Colorado 14er!







"NO MAN HAS THE RIGHT TO BE AN AMATEUR IN THE MATTER OF PHYSICAL TRAINING. IT IS A SHAME FOR A MAN TO GROW OLD WITHOUT SEEING THE BEAUTY AND STRENGTH OF WHICH HIS BODY IS CAPABLE."

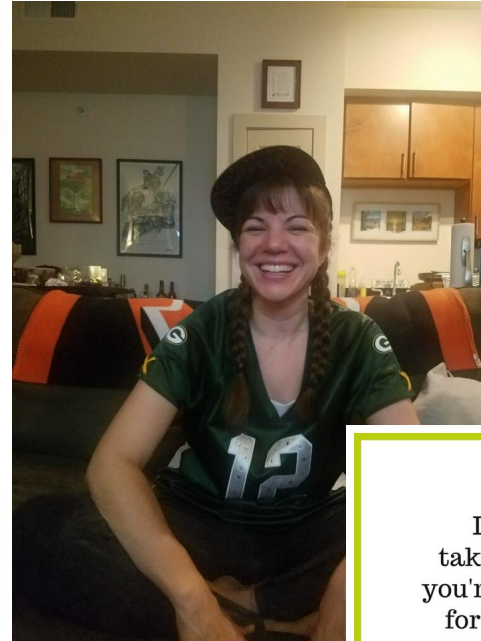


-SOCRATES  
469-399 BC



“  
Proper nutrition is  
the difference  
between feeling  
exhausted and  
getting the most out  
of a workout.

— SUMMER SANDERS



**LOVING REMINDER:**

If you don't take time to take care of your health now, you're gonna have to make time for feeling sick & tired later.

The DO IT Program



[notsalmon.com/DO-IT](https://notsalmon.com/DO-IT)



Not only is food used for **fuel** to balance out the body's activities, it is also *Fun* and playful!

Trying to be happy by accumulating possessions is like trying to satisfy hunger by taping sandwiches all over my body.

ROGER CORLESS

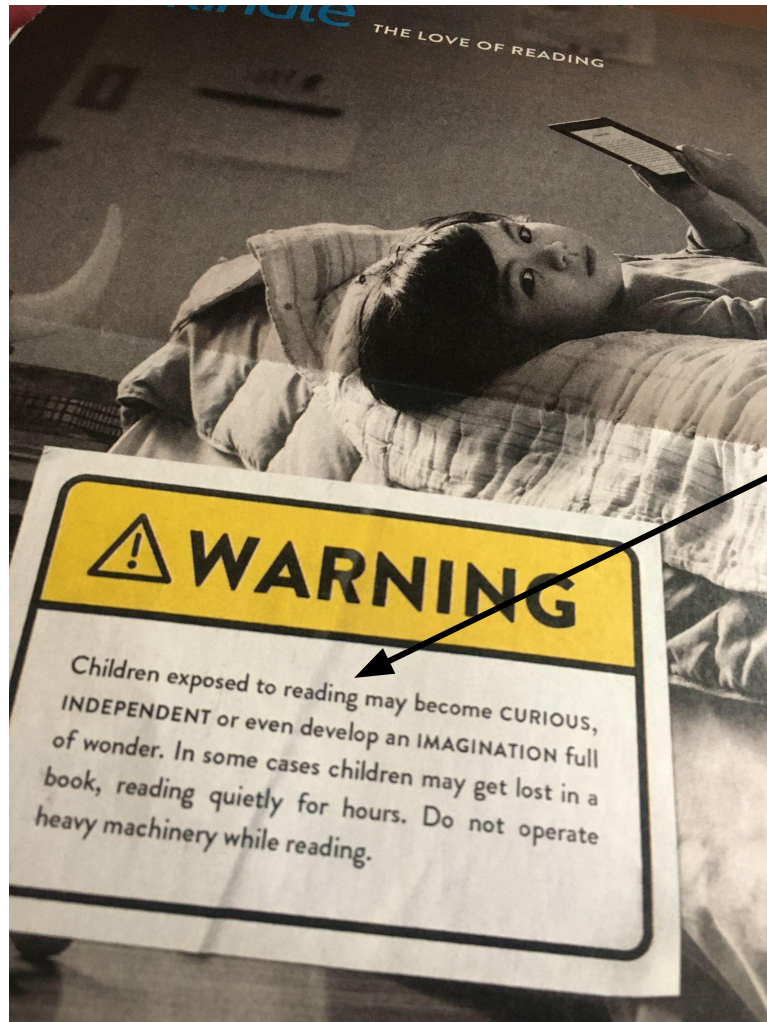




*[Milk & Dark Chocolate] turtles at play!*







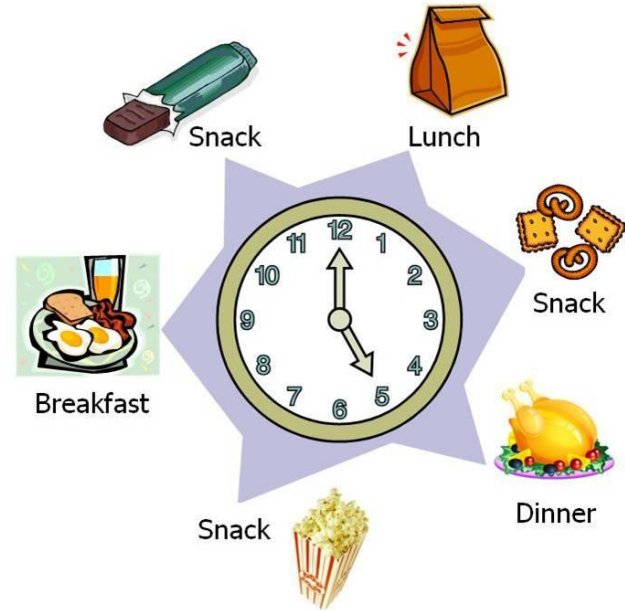
Same goes for exposure to different foods (probably still best not to operate machinery while eating ;)



## How to #eatwithout

- 1 Read the ingredient list
- 2 If you can't pronounce it, don't eat it
- 3 Embrace fruits & vegetables (real food)
- 4 Reject ADDED sugars & chemicals (fake food)
- 5 Support companies that share your values

SANS



*A sustainable diet  
does NOT have to  
be challenging...*

... but it **CAN** be,  
which is why I'm  
here to help!

# BANANA BREAKDOWN

Green keeps you  
FULL FOR LONGER,  
but steer clear  
if constipated!



The greener the  
banana, the lower  
the **GLYCEMIC INDEX**,  
making it great for  
diabetics

Yellow bananas are  
EASY TO DIGEST and  
help you go Number 2



Great sources of  
**POTASSIUM**, they  
also contain  
GUT-HEALTHY  
fiber properties

Brown = Sweet!  
Perfect for **BAKING**  
or **SMOOTHIES**



Bananas in this  
stage have the  
greatest amount  
of **ANTIOXIDANTS**



There is no  
*'one size fits all'*  
answer when it  
comes to our  
bodies.

*Allow me*  
*to nourish you*  
and your loved  
ones with my  
playful,  
sustainable  
approach to  
creating a diet  
(aka way of life)  
that fuels YOU to  
perform at  
your best!





*WHEN NOT ENJOYING ONE OF MY FAVORITE FOODS\**

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**JENNA  
KNOWS  
FOOD**



**\*HOMEMADE SPAGHETTI & MEATBALLS**

- FRESH PRODUCE GROWN IN MY FAMILY'S GARDENS
- LOCALLY RAISED BEEF FROM NEARBY COLORADO FARM

- MINIMUM 4 HOURS COOK TIME ON THE RED SAUCE, LIKE EVERY ITALIAN GRANDMOTHER HAS TAUGHT ME!

