



Healthy You

Healthy Eating: Food as Medicine



PeaceHealth

Get ready for some fun...

***We're glad
you're here!***

Welcome



Your moderator...

Kris Caldwell

Sr. Marketing Specialist

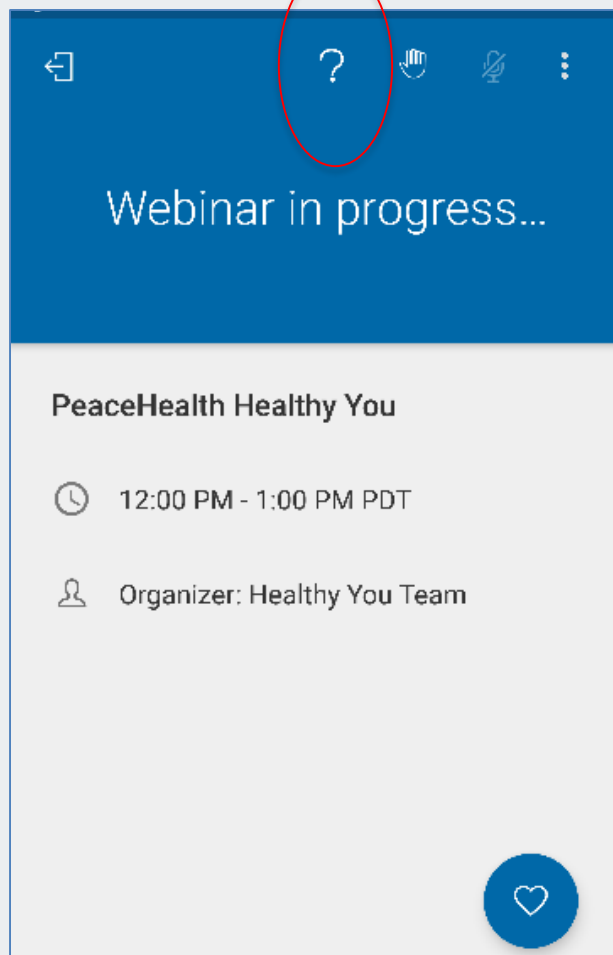
PeaceHealth

Getting to know you...

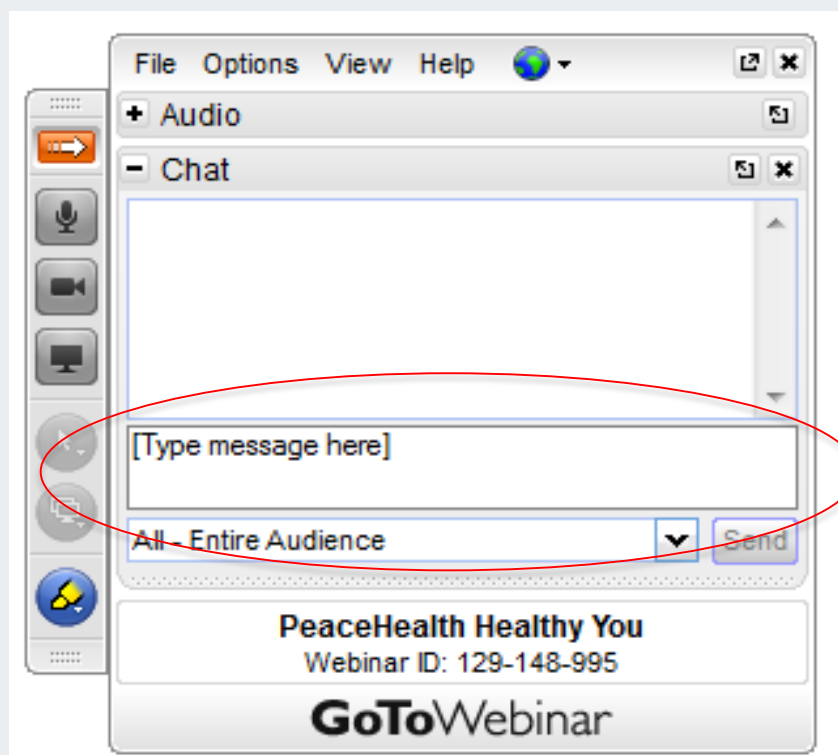
- *Recording & resources available after session at:
[Peacehealth.org/food-medicine](https://peacehealth.org/food-medicine)*
- *Polls*
- *Sound quality = everyone muted*
- *Difficulties? Click help*
- *Type comments any time*



Questions or comments?



On your smart phone
Tap "?", then type your message



On your desktop
Type where it says
{Type message here}

Winner, winner...

One lucky winner at the end of the call will receive a Fitbit.





Your speaker...

Jendy Newman, RD, CDE

- *Dietitian & Diabetes Educator*
- *20+ years providing nutrition counsel*
- *Roots in Ohio and Southeast Alaska*
- *Oregon State University graduate*
- *Loves to cook, garden and kayak*

An overview of today's session...

- How eating healthier can help you fight disease, manage weight & other health conditions
- Healthier eating styles
 - Healthy Plate and Mediterranean
 - What to avoid & best choices
- Ideas for shopping, label reading, portion control
- Creative, quick & low-cost meals
- Exercise
- Creating your action plan



WHY eat healthier?

- Longer & better life -- feel & look better
- Fight against & prevent chronic diseases
 - by reducing
 - weight
 - blood pressure
 - insulin resistance
 - inflammation
 - by helping immune function, gut health, blood sugar & normal body functions (including hormones)
- Have positive impact on health of your children & grandchildren





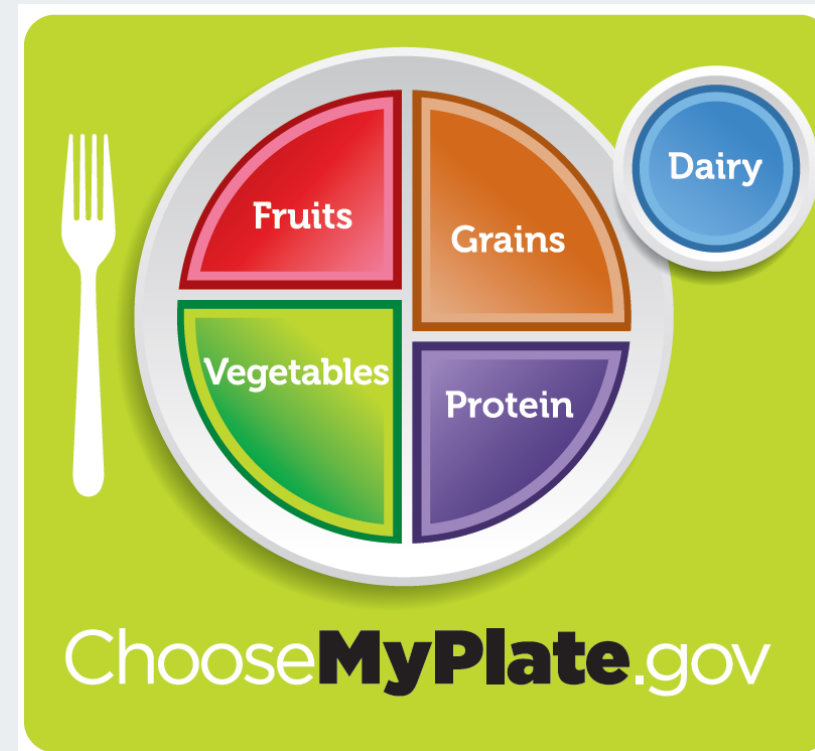
Poll: Your top reason to eat healthier?

- Lose or manage weight
- Reduce risk & manage heart disease or high blood pressure
- Reduce risk for certain cancers & chronic diseases
- Protect against diabetes
- Other (type in chat)



Healthier Eating Styles

- MyPlate.gov
- Healthy/Diabetes plate
- DASH Diet (Dietary Approach to Stop Hypertension)
- Mediterranean
- Vegetarian
- “Clean Eating”
- Anti-Inflammatory Diet



Mediterranean Diet



Look for this
in webinar
resources

UNDERSTANDING THE PYRAMID

The Mediterranean Diet Pyramid depicts the traditional foods and drinks that make up the healthy, balanced Mediterranean Diet. It contains many of the foods you will find in other dietary pyramids. The principal difference is in the frequency that some foods are eaten. Almost all foods can be part of a balanced and healthy diet – but your overall health and well-being can be greatly affected by how often you eat different foods, and the portion size you choose.



WINE AND WATER -

Wine can be consumed regularly but moderately: up to one glass per day for women, two for men. Water is essential for proper hydration, and contributes to health, well-being, and energy.

MEATS AND SWEETS

These are “sometimes” foods to eat less often. If you eat meat, choose small portions of lean cuts, such as round, shoulder, tenderloin, strip, T-bone, and flank. Enjoy sweets at a celebration or as a treat.

YOGURT, CHEESE, POULTRY, AND EGGS

form a central part of the Mediterranean Diet and are eaten in moderate portion sizes several times a week. Cheese, for example, is eaten regularly but in small amounts.

FISH AND SEAFOOD occupy their own section, since they are important sources of protein. Fish such as tuna, herring, salmon, and sardines are rich in heart-healthy omega-3 fatty acids, and shellfish including mussels, oysters, shrimp, and clams have similar benefits. Enjoy at least twice a week.

WHOLE GRAINS, FRUITS, VEGETABLES, BEANS, HERBS AND HEALTHY FATS, SUCH AS THOSE FOUND IN OLIVE OIL represent the core of the diet. Base every meal on fruits, vegetables, whole grains, legumes, and herbs and spices. Olive oil, the main source of dietary fat, is used for almost all cooking and baking, and for dressing salads and vegetables.

DAILY PHYSICAL ACTIVITY, which is important for overall good health, includes strenuous exercise such as running and aerobics, more leisurely activities such as walking and house-or-yard work, and simple changes, such as taking the stairs instead of the elevator. Add physical activity to each day.



Illustration by George Middleton

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Most evidence-based eating style: Mediterranean Diet

- Well researched
 - More than 60 years
 - Many good studies
- “Doable” sustainable eating style as shown by generations who have been eating this way



Mediterranean Eating Style Helps:

- Achieve weight loss or management goals
- Reduce risk & manage heart disease & high blood pressure
- Reduce certain cancers and chronic diseases
- Ward off Parkinson's disease & Alzheimer's
- Reduce asthma or rheumatoid arthritis
- Protect from diabetes
- Prevent depression
- Nurture healthier babies



Mediterranean Diet studies

Lyon Diet Heart Study:

- Reduced future cardiac events by 72% with 56% fewer deaths
- 61% fewer cancers over 4 years

PREDIMED Study (heart):

- Reduced
 - first Heart Attack by 30%
 - Stroke by 40%
- 51% reduction in risk of Diabetes





More studies

- Improved blood sugar control in patients with type 2 diabetes better than low-fat, American Diabetes Assoc., vegetarian or vegan diet
(Ajala, O. etal. AJCN 2013;doi:103945)
- Reducing risk of cancer, dementia and total mortality
(Sofi, F. etal. AJCN 2010:92:1189-96)

More extensive list of studies can be found in book and website, "*Good Food, Great Medicine*" by Miles Hassell, MD, noted in today's resources.

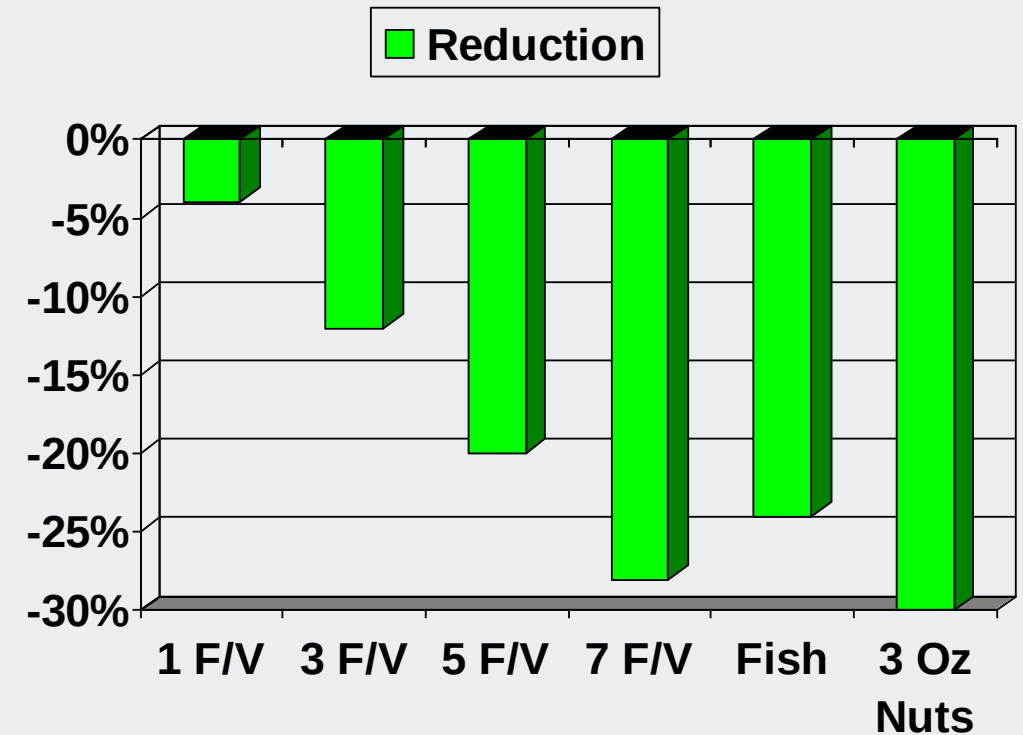
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Cardiovascular disease

4% reduction for each serving of fruits and vegetables

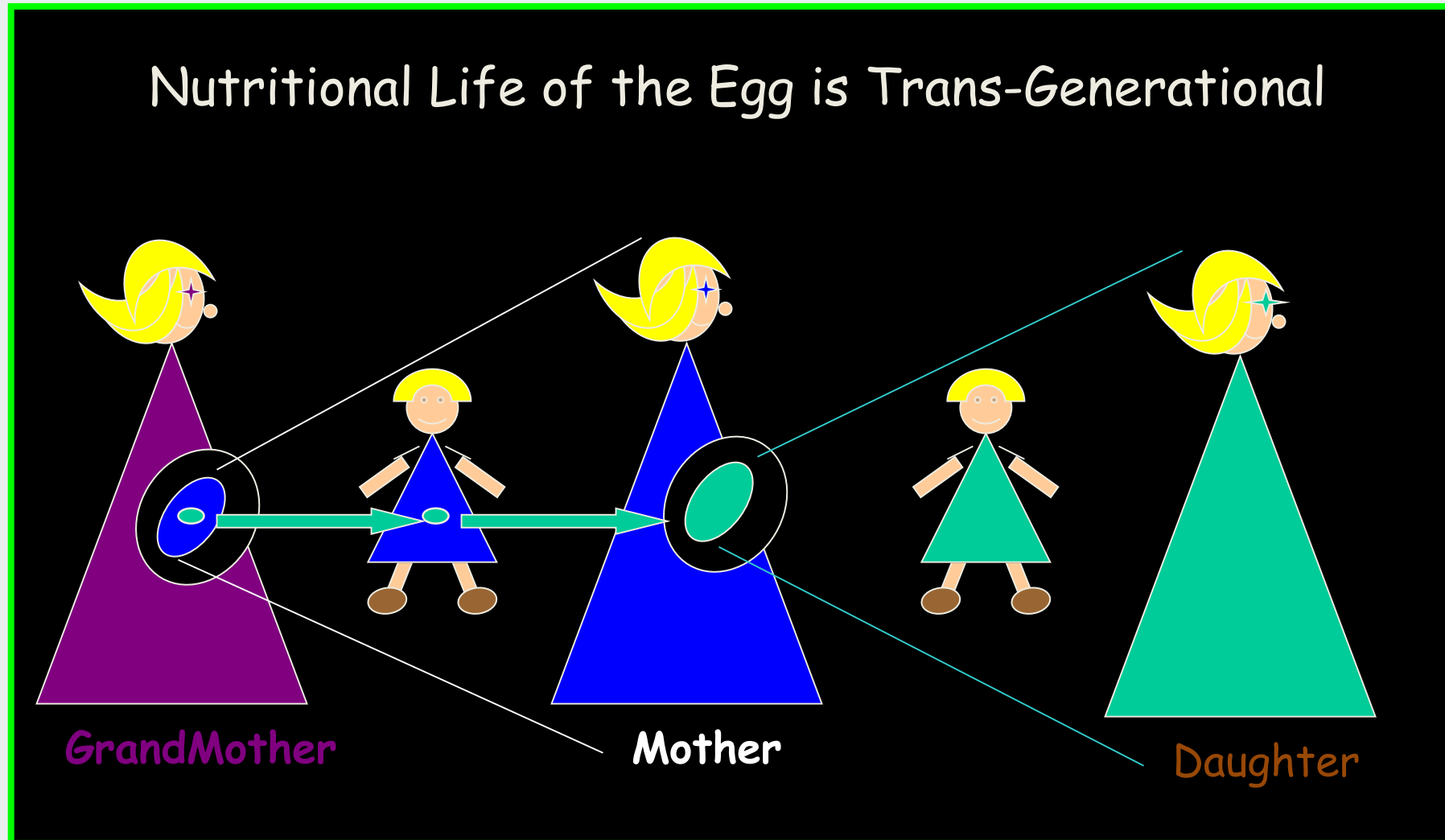
24% reduction from 3 servings a week of salmon

30% reduction from 1.5 oz of walnuts



Yzebe D, Lievre M. Fish oils in the care of coronary heart disease patients: a meta-analysis of randomized controlled trials. Fundam Clin Pharmacol. 2004;18:581-92

We Are What We Eat -
And so are our kids & grandkids !



Poll: What is your biggest barrier to making healthier food choices?

- *No time to cook/processed food is easy*
- *Don't like taste of healthy food/picky eater*
- *Healthy food costs too much*
- *Someone else cooks; I don't have a choice*
- *I love junk food*



Nutrient-rich whole foods diet

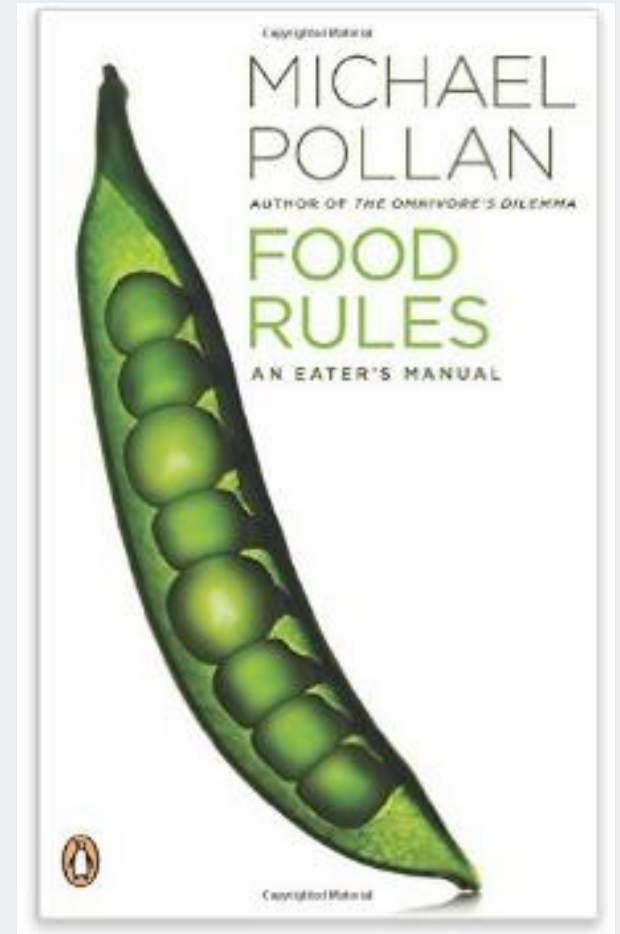
- Bodies need nutrients, not just calories, protein, fiber, fluids
- Make room for more nutrient-rich foods by reducing or avoiding processed food



Quotes from Michael Pollan's Food Rules:

"Don't eat anything your great-grandmother wouldn't recognize as food."

"Avoid food products containing ingredients that no ordinary human would keep in the pantry."



Foundation of Healthy Eating

- Eat regular meals (3 plus 1-2 snacks)
- Prepare your own meals often
- Eat with others, whenever possible
- Balance your plate by including 3-4 food groups (healthy protein, good fat & intact fiber at each meal)



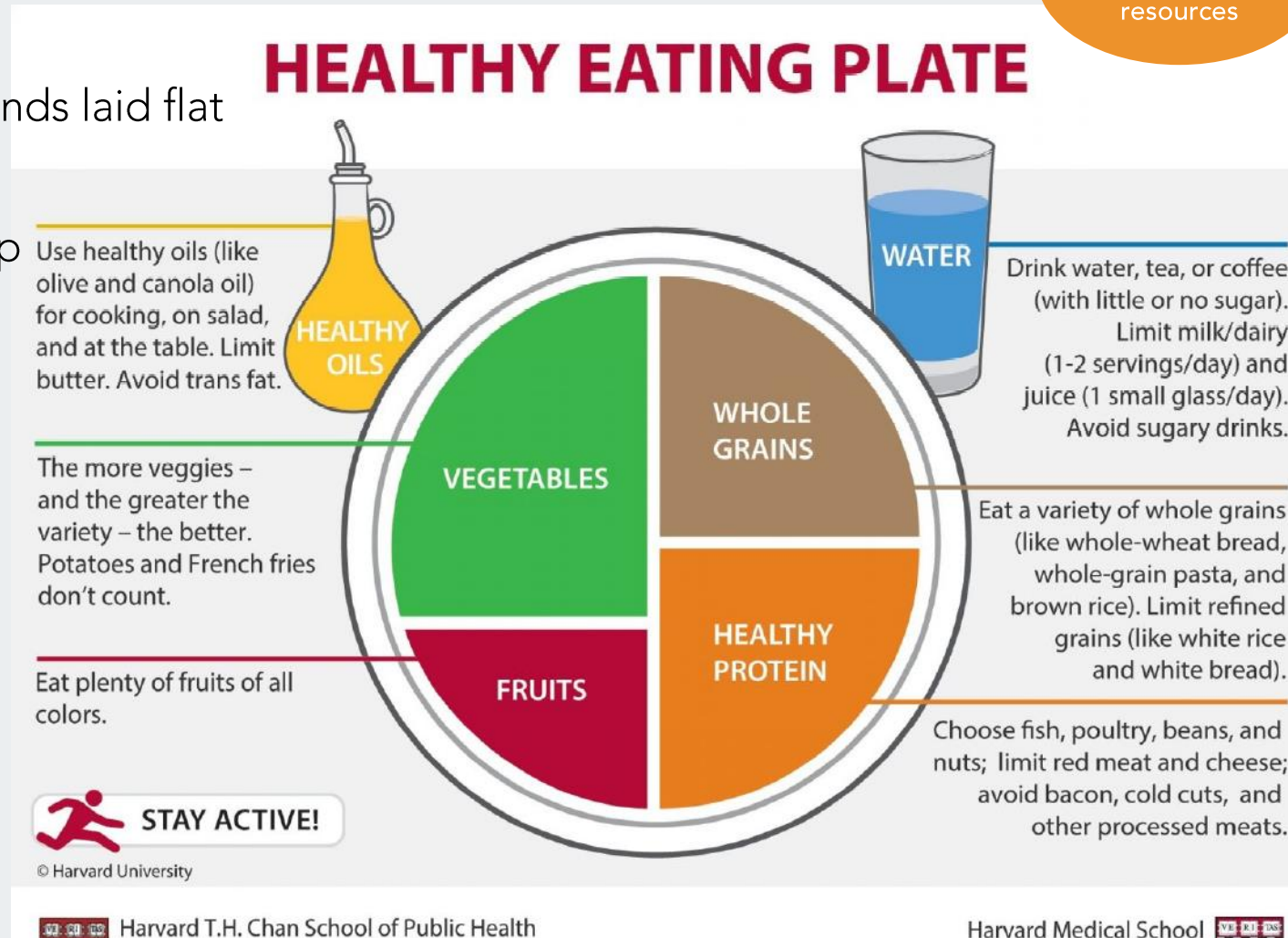
“Handy” Portion Control

9 inch plate or smaller
No bigger than 2 open hands laid flat

Oils: 1 thumb or thumb tip

Veggies: 1-2 fists

Fruits: ½ to 1 fist fruit or
save for a snack



Look for this
in webinar
resources

Beverage: 1 fist
water or healthy
beverage choice

Whole grains or
starchy veggie:
½ to 1 fist

Healthy Protein:
Up to 1 palm

Eat vegetables & whole fruits

- Power foods to fight disease
- Variety through day/week
- Let me show you some convincing evidence

See *"Action Planning"* resource for links with this webinar
See *"Good Food, Great Medicine"*



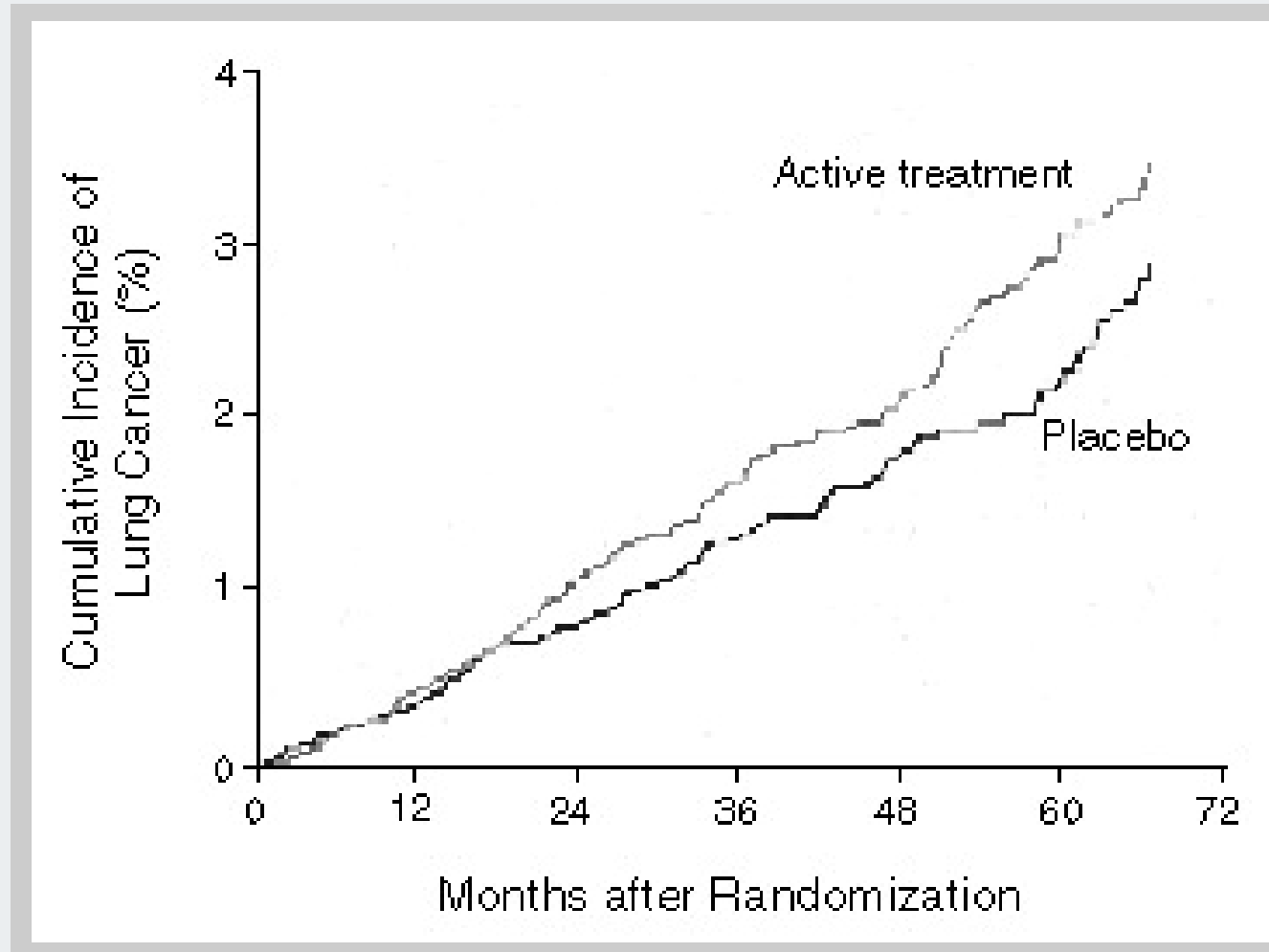
"Come on,
can't I just take a vitamin instead?"

☐ Yes

☒ No



Just giving isolated nutrient made it worse!



30 mg beta carotene /day and
25,000 IU of retinyl palmitate/day

N Engl J Med. 1996 May 2;334(18):1150-5

Carrots – not just beta carotene

- Carotenoids
 - Beta carotene
 - Alpha carotene
 - Gamma carotene
- Lutein
- Lycopene
- Zeaxanthin
- Xanthophyll
- Falcarinol

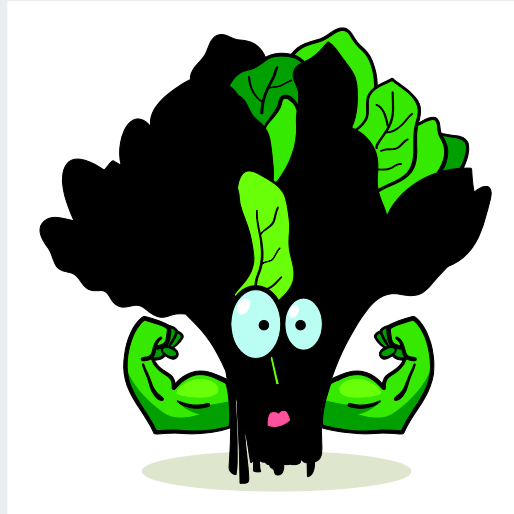
As little as 1 per day could cut the risk of lung cancer by 50%



Whole plant food contains:

Fiber

- Makes you full
- Lowers glycemic index
- Binds to toxins and cholesterol
- Feeds good bacteria



Phytonutrients

- Antioxidants
- Increase detoxification
- Hormone activity
- And lots more that we are still figuring out

Whole plant foods fight oxidation--the smoke damage from the fires of metabolism

Oxidation:

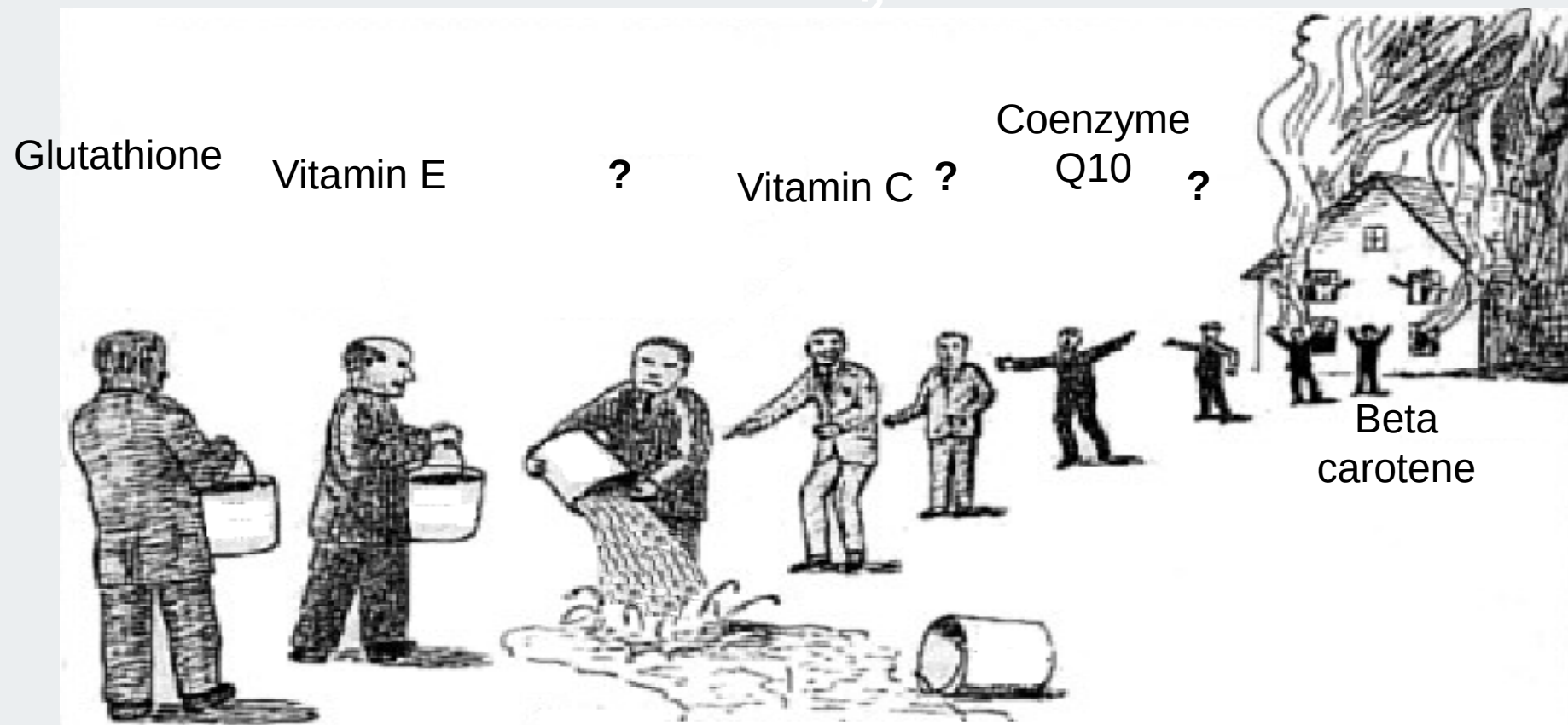
- Damages DNA
 - cancer
- Damages fats and membranes
 - heart disease, dementia
- Damages structural components
 - arthritis, etc.



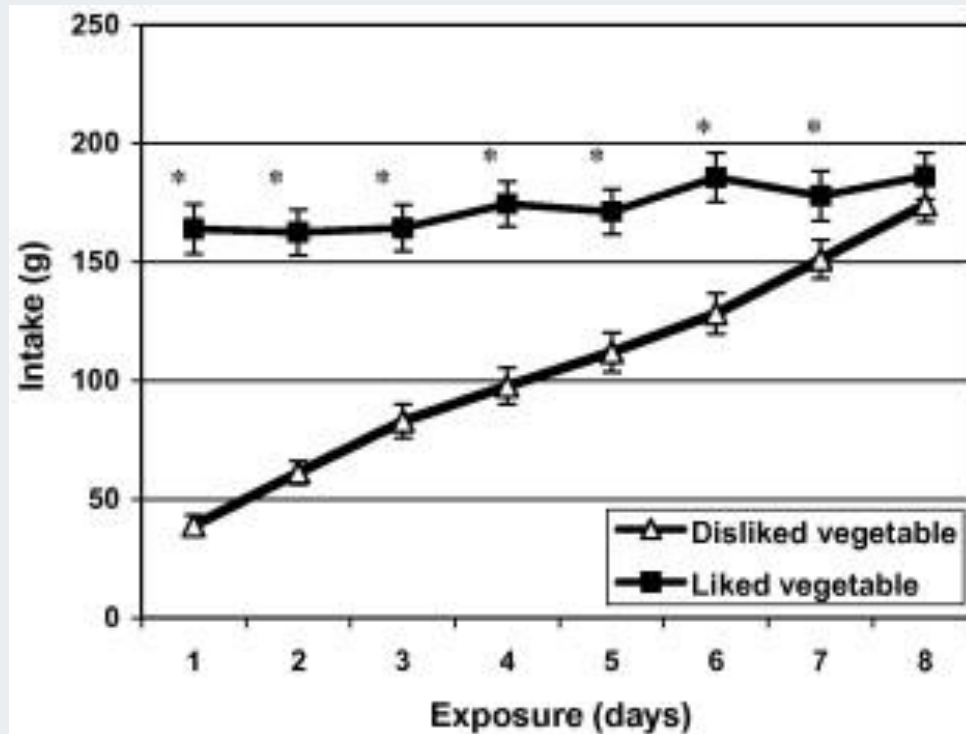
Free Radical

Antioxidants – work in groups

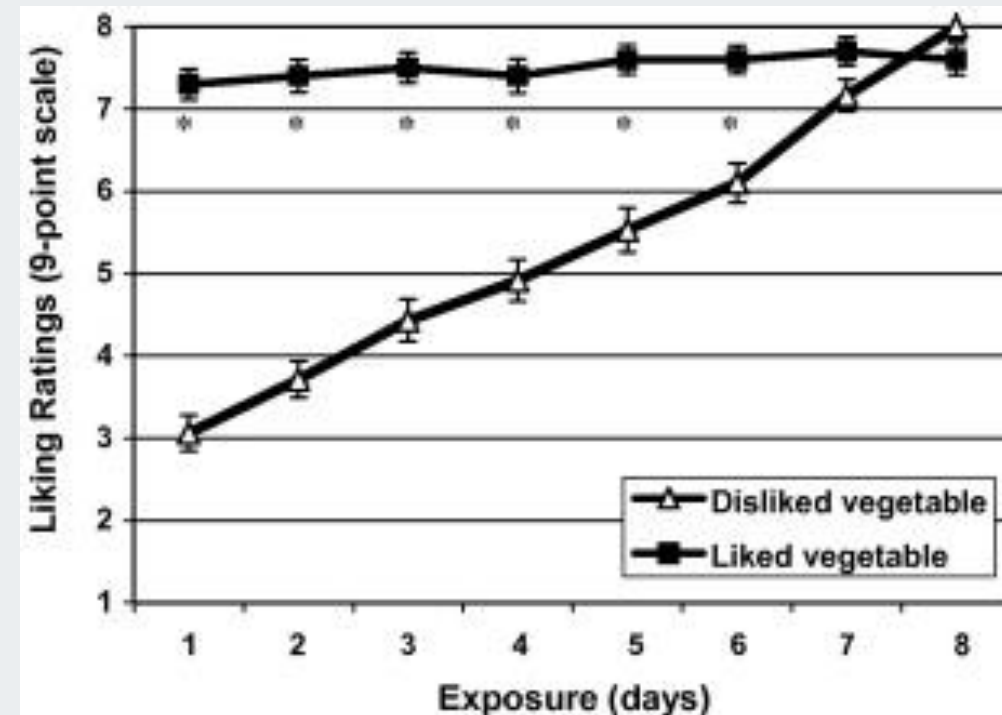
- Protect cells from oxidation by accepting free radicals



Don't like veggies??

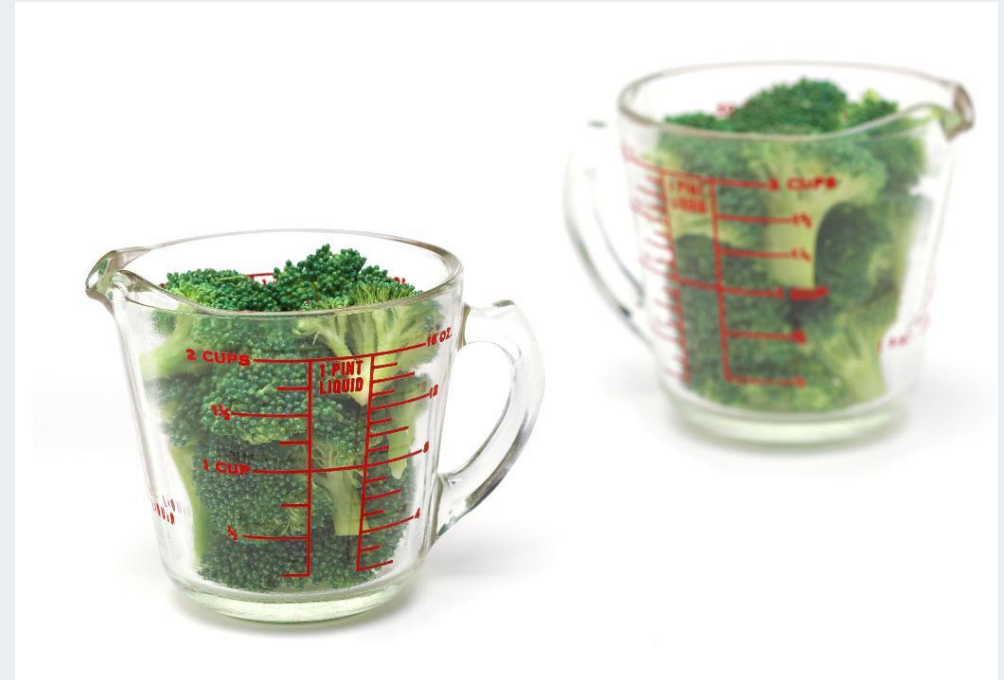


Familiarity
Breeds
~~Contempt~~
Preference



How much do I need?

- 5-9 Fruit and veggie portions per day
- Or by cups per day:
 - Adults: 3 ½-6 ½ cups
 - 2-3 yrs: 2-3 cups
 - 4-13 yrs: 2 ½-5 ½ cups
 - 14-18 yrs: 4-6 ½ cups
- Have some at every meal/snack
- Try for half a plate at lunch & dinner
- Ideally more vegetables than fruit
- Whole fruit is better than fruit juice



Eat beans and other legumes

- Daily or at least 3 x per week
- All kinds: home cooked, canned (drain & rinse) or frozen (baby limas, soy/edamame)
- Add to salads, soups
- Use as spread or healthy dip

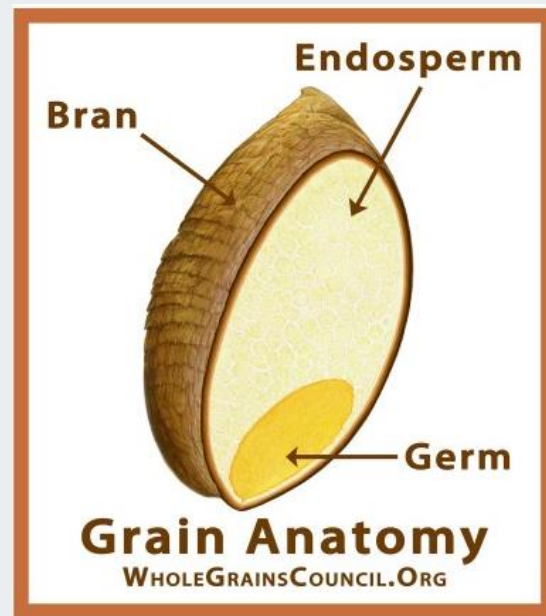




Eat minimally processed whole grains

- Filling & fiber/nutrient-rich when in natural form
- Cooking whole grains

Look for this
in webinar
resources



COOKING WHOLE GRAINS

To 1 cup of this grain...	Add this much water or broth:	Bring to a boil, then simmer for:	Amount after cooking
Amaranth	2 cups	20-25 minutes	3 1/2 cups
Barley, hulled	3 cups	45-60 minutes	3 1/2 cups
Buckwheat	2 cups	20 minutes	4 cups
Bulgur	2 cups	10-12 minutes	3 cups
Cornmeal (polenta)	4 cups	25-30 minutes	2 1/2 cups
Couscous, whole wheat	2 cups	10 min. (heat off)	3 cups
Kamut® grain	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Millet, hulled	2 1/2 cups	25-35 minutes	4 cups
Oats, steel cut	4 cups	20 minutes	4 cups
Pasta, whole wheat	6 cups	8-12 minutes (varies by size)	Varies
Quinoa	2 cups	12-15 minutes	3+ cups
Rice, brown	2 1/2 cups	25-45 minutes (varies by variety)	3-4 cups
Rye berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Sorghum	4 cups	25-40 minutes	3 cups
Spelt berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wheat berries	4 cups	Soak overnight, then cook 45-60 minutes	3 cups
Wild rice	3 cups	45-55 minutes	3 1/2 cups

What to limit or avoid

- **Sugar, real & artificial:**
 - refined sugar is pro-inflammatory
 - fake sugars may mess with stomach, brain & hormonal responses
 - keep desire for sweets high
 - the less you have, the less you crave
- **Sweet drinks:** sodas, sports drinks, sweet coffees, sweet alcoholic beverages, energy drinks, even real fruit juice
- **Highly-refined grains,** even if labeled whole grain -- white flour, white rice, ready-to-eat breakfast cereals



Eat fish, unprocessed meat, poultry & real eggs

- Eat fish 3-4x per week:
 - fresh, canned or frozen
 - Esp. fish rich in omega-3 like salmon, tuna & sardines
- Choose unprocessed beef, lamb, pork, poultry & wild game in small helpings
- Eggs: whole eggs (free range, if possible)
 - Avoid egg substitutes (altered “fake” food)



Eat dairy, preferably cultured

- Important sources of protein, calcium, magnesium, probiotics, cancer-protective vitamin K & other nutrients
- Plain yogurt & unsweetened kefir (2% & whole okay)
- Aged cheeses (sharp cheddar, parmesan, feta)
- Butter in small amount, best from grass-fed animals
- Avoid sweetened dairy products
- If lactose intolerant: Lactaid milk or organic soy best choices (or calcium & vitamin D supplement)



Eat good fats

- Not too low fat, some at each meal/snack
- Need for healthy skin, hair, brains & to feel full; plus, it makes food taste better
- Best: Extra-virgin olive oil (cold press), fish, raw nuts/seeds, olives, avocado
- Second best: regular & light olive oils
- Third best: occasional virgin coconut oil, other liquid oils



What to limit or avoid

- Highly processed fats & oils:
 - All hydrogenated fats, highly refined nutrient-depleted oils (safflower, corn, peanut, soy, canola)
- Highly processed meats:
 - deli meat, bacon, ham, salami, cured sausages/hot dogs, rotisserie chicken
 - contain unhealthy preservatives, excess salt &/or sugar
- Fake or highly altered foods:
 - Use ingredients not found in nature
 - Ex. non-dairy creamer, fake whipped cream, TVP, artificial sweeteners
- Fad Diets



Shopping

- Buy real food, typically less packaging
- Variety of whole foods
 - Mostly around perimeter of the store
 - Rainbow of colors in your cart
- Minimally processed food
 - Old fashioned oats vs Cheerios
- Pantry Basics - shopping list handout

Look for this
in webinar
resources

Pantry Basics (shopping list)

If you have the basic ingredients on hand it's much easier to put together real meals spontaneously and with little effort. When we're tired and wanting to do anything but cook or even *think* about cooking, the right inventory can make the difference between preparing a delicious and satisfying meal or succumbing to the temptation to eat out or order in. With this selection of mix-and-match whole foods (and the absence of junk food) it's also easier to stay on the wagon where food choices are concerned. Most of the recipes in this book can be prepared from these items without any need to shop; I would consider this a sort of master shopping list.

Fresh fruits and vegetables

Store in a cool, dry place:

- apples/pears
- oranges/grapefruit
- bananas
- lemons/limes
- tomatoes (in season)
- onions (sweet)
- garlic
- butternut squash
- sweet potatoes (orange fleshed)
- russet, red, or Yukon gold potatoes

Store in the refrigerator:

- carrots, celery, fennel (page 232)
- broccoli, cauliflower
- mushrooms, sweet bell peppers
- green/red cabbage and napa cabbage
- greens – kale, chard, spinach, etc.

Refrigerated food

- butter (keep a back-up supply in freezer)
- milk (2% or whole)
- plain yogurt (page 32)
- sharp/extra-sharp cheddar cheese, feta cheese, Parmesan cheese (page 116)
- eggs
- mayonnaise (page 141)
- vinaigrette (page 139)
- tahini (sesame seed paste, page 149)

- *Fishman's* whole grain mustard (our favorite) -or- Dijon mustard
- horseradish
- extra-firm tofu
- raw nuts – almonds (whole, sliced, and ground), walnuts, pecans, peanuts (with or without skin)
- raw seeds – sunflower, sesame, pumpkin
- whole flaxseeds
- dry active baking yeast
- chicken thighs (page 220) or whole chicken (page 221)
- fresh sausage (page 49) and 15% ground beef (page 234) (keep back-up in freezer)

Frozen food

- baby lima beans
- green soy beans (in and out of the pod)
- chopped spinach
- petite peas
- petite yellow corn
- baby green beans
- blueberries and strawberries

Grains and beans

Store in a cool, dry place:

- steel-cut oats, Scottish oats, old-fashioned rolled oats, whole oat groats
- barley (whole, not pealed)
- brown rice (basmati)
- quinoa
- millet
- bulgur
- oat bran, wheat bran
- toasted buckwheat (kasha)
- stone-ground whole grain cornmeal, polenta (page 217)
- unbleached white bread flour
- stone-ground whole wheat bread flour
- stone-ground whole wheat pastry flour
- dark rye flour (not light rye)
- whole grain pasta (spirals and macaroni)
- brown and red lentils
- dry beans – pinto, black, cannellini, small white, garbanzo (chickpeas)

Excerpted from *Good Food, Great Medicine* (3rd edition), by Miles Hassell, MD and Mea Hassell
goodfoodgreatmedicine.com

Buy organic, local and/or grass-fed, if you can, for some items:

- Milk
- Butter
- Eggs
- Meat
- Poultry
- Tofu/soy



Look for this
in webinar
resources

Cost of eating healthy

- It doesn't have to cost more
 - Know how to use a knife
 - Get comfortable with simple preparation & cooking
- Processed food is expensive
 - Regular size (8oz) bag Lays chips \$2.99
 - 1 med head organic cauliflower (4 c.) \$2.19
- Several resources in handouts



Remember the cost of Not eating healthy is your health!

Label reading

- Healthiest foods often don't have labels
- Foods with fewer ingredients
- Ingredients a 3rd grader can pronounce & your grandmother would recognize



Understanding packaged food labels

- No trans fat
(hydrogenated on ingredient list)
- Sodium – try for <2300 mg per day
 - may need to limit to 1500 mg for hypertension
- More intact fiber – try for 25 gm per day
- Moderate saturated fat – try for <15 gm per day
- Avoid added sugars:
Best if add small amounts yourself

Look for more
in webinar
resources





Summer 2018 version

Limit added sugars

Sugar

Brown sugar

Corn sweetener

Corn syrup

Dextrose

Fructose

Fruit juice concentrate

High fructose corn syrup

Cane juice extract

Glucose: honey, lactose, maltose,
molasses

Maple syrup



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Quick “Pick & Mix” Healthy Meals

From foods on hand or you keep stocked

Create a stir fry, soup, casserole, bowl, sandwich or quesadilla
(often in less time than going for take out)

- Pick a healthy protein *(up to palm size)*
- Pick a healthy carb *(1/4 plate or up to fist size)*
- Add veggies
(1/2 plate fresh, roasted steamed or grilled)
- Select a seasoning or sauce
- Add a fruit &/or milk *(or include as a snack)*



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in webinar
resources

Good Food on a Tight Budget Recipes

MAKE-IT-A-MEAL SALAD

serves 2

Leafy greens

mixed greens
romaine lettuce
spinach
a mix of what you have
on hand



Select veggies

broccoli
carrots
red cabbage
snow peas



Tasty toppings

sliced almonds and
tangerine slices

avocado and cooked red
beans

leftover chicken, sliced
fresh cranberries and
toasted sunflower seeds

diced pear and walnuts

cooked garbanzo beans
and homemade whole
wheat croutons— cut up
and toast stale bread

Preparation:

1. Rinse, drain and chop 4 cups of leafy greens. Put in a bowl.
2. Rinse and chop ½ cup of each of the vegetables and add to the bowl.
3. Add ½ cup salad dressing (recipe below).
4. Finish with ½ cup of the optional tasty toppings.

Tip If you have leftover vegetables, chop and store in airtight container for later. For a kid-friendly salad, add chopped pear, tangerine or avocado.

Look for this
in webinar
resources

Exercise

- How much:
 - 150 minutes/week moderate aerobic activity
(or 75 min/week intense aerobic activity)
 - Plus muscle-strengthening activity
2 days/week
- Types
 - Whatever you can or will do, even in 10-minute bouts
- Watch Dr. Bigley's webinar on exercise:
 - www.peacehealth.org/lp/exercise-program-webinar



What to limit or avoid

- Sitting longer than 90 minutes at a time
- Going more than one day without physical activity



Resource list & handouts

- Download
 - from webinar
 - OR peacehealth.org/food-medicine
 - Action plan handouts & resources
 - Mediterranean Diet Guide (*Oldways*)
 - Pantry Shop Guide
 - Quick “Pick and Mix” Meals
 - Good Food on a Tight Budget (*includes recipes*)



Webinar
Resources

Poll: How many servings of veggies & fruits per day do you (honestly) eat on average?

Serving = $\frac{1}{2}$ cup finely chopped or 1 cup raw/whole or leafy (about fist size)

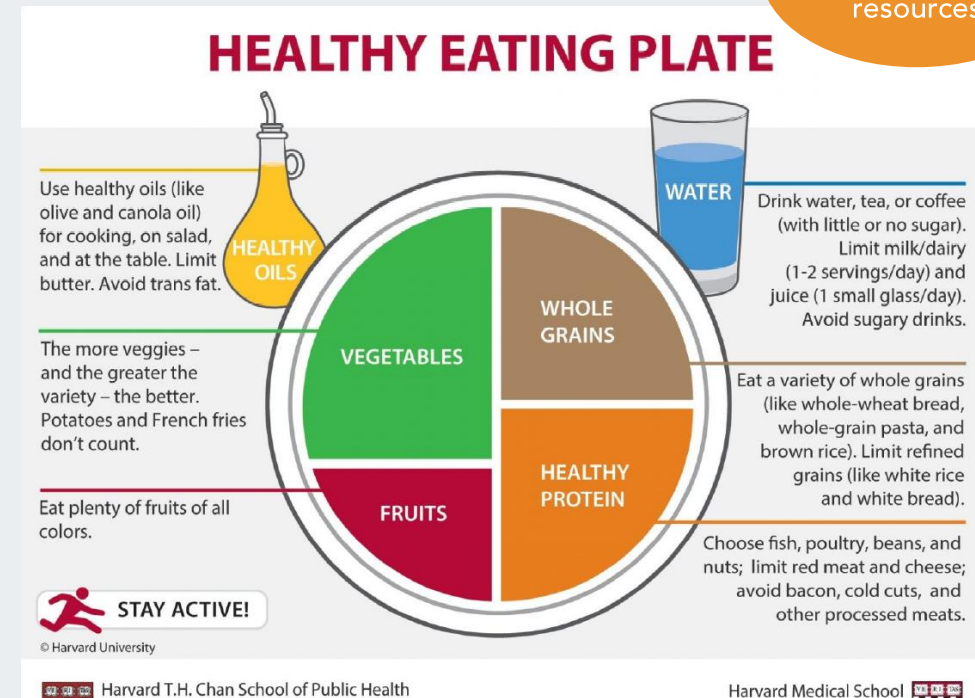
- 7 or more
- 5-6
- 2-4
- 1
- None



Take Action to shift to whole foods

- Decide what works best for you
 - Go slow...
 - Go big....
- Ask for help to stay on track
- You need:
 - simple plan
 - way to track progress
 - re-assess regularly

Look for this
in webinar
resources



Q&A



Questions after the webinar?
JNewman@peacehealth.org

Congratulations to...

- *Winner of Fitbit is...*



Thank you...

- *Recording of today's session available soon*
- *Resources can be found at peacehealth.org/food-medicine*
- *Please take the survey....*





PeaceHealth is here to help

peacehealth.org/healthy-you

Healthy u