

Go Further With Food

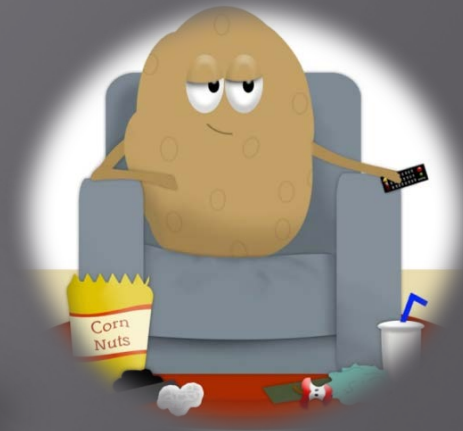
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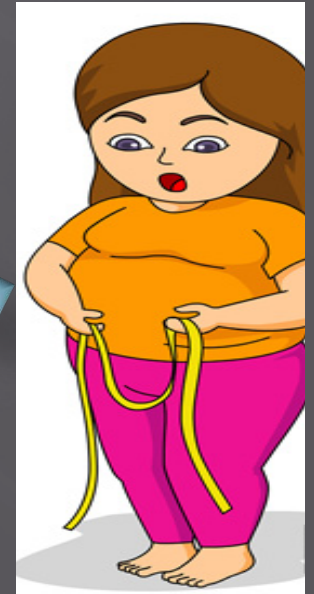
Lifestyle Contributors to Disease



3 P's = Processed,
Packaged, Prepared foods
= "Factory Foods"



Inflammation



American Meal Today

Color: white and beige

Portion: extra, extra large

Main Seasoning: salt

Preparation: fried in vegetable oil (omega 6) and topped with butter or margarine

Plant sources: mashed potatoes or fries and ketchup

Pleasure: low, short term “fix”
Fast and Filling = “gut bomb”



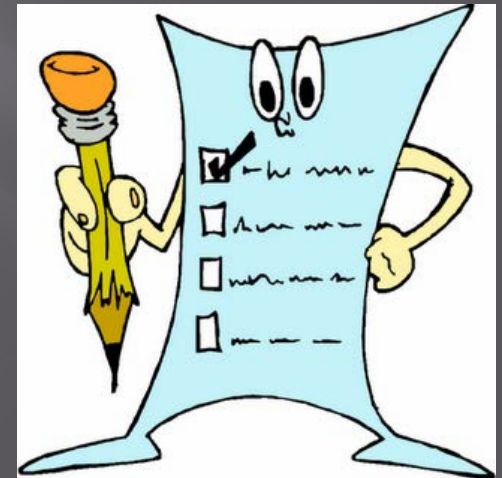
Where we really need to go is...



Where am I now?

- ▣ Do I need to make health changes now? Why?
- ▣ What is my goal?
- ▣ How ready am I to make a change? Rate yourself on scale of 1 (not ready at all) to 5 (very ready)
- ▣ Do I understand that change is a gradual process that takes time, patience and daily action?

What barriers are keeping me from living a healthier lifestyle?



What direction should I head?

- ❑ Confusing and conflicting marketing and media nutrition advice
- ❑ We really just need to go back to the basics before factory food...but how?

Head this way



Eat like a farmer

Shop like a farmer

Cook like a farmer

Grow like a farmer

Live like a farmer



Eat Like a Farmer

The New American Plate

$\frac{2}{3}$ (or more)
vegetables,
fruits,
whole grains
and beans

$\frac{1}{3}$ (or less)
animal
protein



 American Institute
for Cancer Research

Goals:

1. $\frac{1}{3}$ or less plate = **Smaller portions free range ranchers' food** (meat, pork, poultry, dairy)
2. $\frac{2}{3}$ plate or more of **farmers' food** = **variety of colorful plant foods**
3. * If you need to lose weight, use a salad plate

Eat like a farmer: Phytochemicals

- ▣ “Phyto” = plant in Greek
- ▣ Increased by stress on plant in the natural environment (sun, rain, wind, insects)
- ▣ Identified by color, taste, aroma
- ▣ Over 10,000 phytochemicals, but only about 150 have been studied in detail...the future is bright!



Phytochemical	Food sources	Potential Risk reduction
Isoflavones Flavanones	Beans, soy, chickpeas, peanuts, alfalfa Citrus fruit	Shanghai Breast Cancer Survival Study – 29% lower risk of relapse or death from breast cancer
Thiols	Broccoli, cauliflower, asparagus, Brussel sprouts, horseradish, radish, mustard, garlic, onions, leek	Can turn on cell protective genes and stimulate cell apoptosis (kill abnormal cells early before they become cancer)
Epigallocatechin-3-gallate (EGCG)	Green tea	Lower risk of relapse and death from breast, prostate, and colorectal cancer; decreased abnormal WBC in chronic leukemia
Lutein and Zeaxanthin	Corn, eggs, kale, spinach, red pepper, pumpkin, oranges	Decrease risk of skin cancer formation

ALL COLORFUL PLANT FOODS = SUPER FOODS

VARIETY IS THE KEY:

- ❑ No single “miracle food”
- ❑ Synergistic effect
- ❑ Mix and Match
- ❑ Try something new!



100 TRILLION

The human microbiome is made up of more than 100 trillion bacteria, fungi, protozoa, and viruses that live on and inside the body.

10X



We have 10 times more microbial cells in our body than human cells and the majority live in our guts—especially the large intestine, or colon.

The bacteria in our microbiomes are essential to human health and aid in biological processes such as:

$E=mc^2$

Extracting energy from food

RETINOL
FOLATE
RIBOFLAVIN
BIOTIN
NIACIN

Producing essential vitamins



Regulating our immune system



Regulating our glucose levels and metabolism



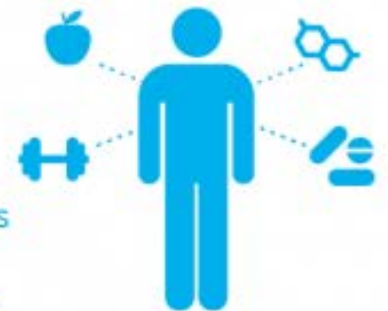
Protecting us against disease-causing microbes

SYMBIOTIC

The beneficial and symbiotic relationship between humans and our microbiomes has likely evolved and changed throughout human development.



Personal microbial communities shift throughout a person's life and are influenced by diet, exercise, medications such as antibiotics, pathogens, and other environmental factors.



The Microbiome

What food hurts it?

- Refined vegetable oils
- Milk (common allergens)
- Refined carbohydrates and processed grain products
- Corn fed mass produced meat, poultry and eggs
- Added sugars
- Trans fats/hydrogenated oils
- Alcohol

What food helps it?

Fruits & Vegetables

Ancient grains (best if sprouted) and legumes

Grass fed meat, cage free eggs, wild fish

Healthy fats (olive oil)

Nuts and seeds

Yogurt & fermented foods

Herbs, spices and green tea

Red wine, coffee and dark chocolate in moderation

Microbiome thrives on Fiber

Dietary Fibers

Soluble Fibers:
Dissolve in water

Insoluble Fibers:
Do not dissolve in
water



Most Americans
only eat about
16 grams
fiber/day

Ideal fiber range
is 25-37 grams
per day

This sample menu gives you 37 grams of fiber from tasty, familiar foods:

- **Breakfast**: One serving of whole-grain bran flake cereal (5 grams of fiber), topped with half a sliced banana (1.5 grams of fiber) and skim milk
- **Morning snack**: 24 almonds (3.3 grams of fiber) mixed with a quarter cup of raisins (2 grams of fiber)
- **Lunch**: Turkey sandwich made with 2 slices of whole wheat bread, plus lettuce, and tomato (about 5 grams of fiber total), and an orange (3.1 grams of fiber)
- **Afternoon snack**: Yogurt topped with half a cup of blueberries (2 grams of fiber)
- **Dinner**: Grilled fish served alongside a salad made with romaine lettuce and shredded carrots (2.6 grams of fiber), plus half a cup of cooked spinach (2.1 grams of fiber), and half a cup of lentils (7.5 grams of fiber)
- **After-dinner treat**: 3 cups popped popcorn (3.5 grams of fiber)

Shop like a Farmer

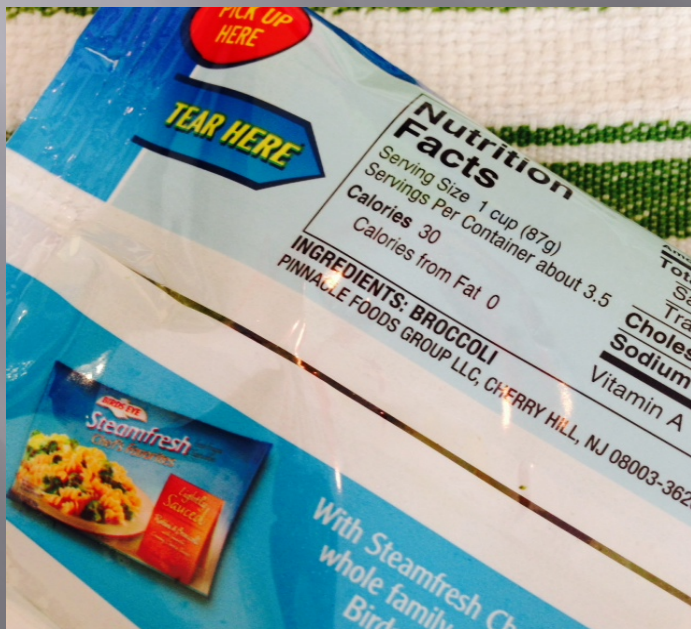
- ❑ Perimeter of the grocery store (avoid soda aisle altogether)
- ❑ 2/3 or more foods without a Mother in your cart
- ❑ Variety of bright natural colors, strong odor and flavor
- ❑ Frozen, fresh or canned with no added salt, sugar, artificial color



Not all packaged food is the same!!!

- Short list of ingredients
- Ingredients are recognizable

- * Long list of ingredients
- * Added sugar, salt, oil, artificial colors and flavors



NEW FOOD LABEL

Serving:
Larger
bolder type

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.

Serving sizes
updated

Calories:
Larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

New:
Added sugars

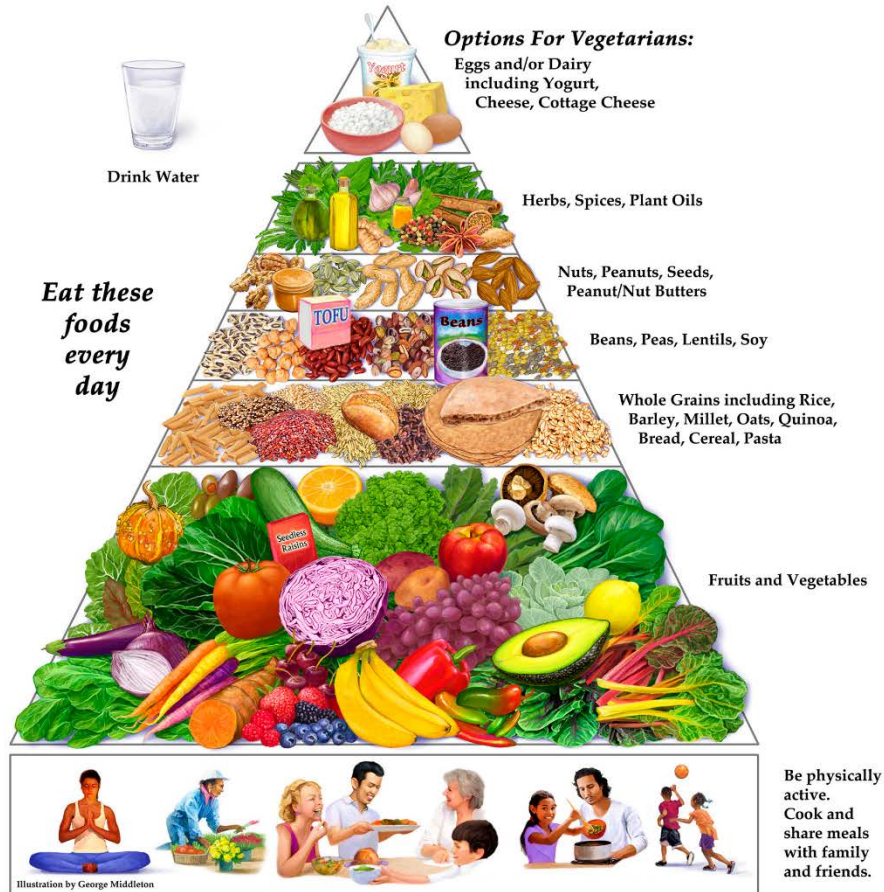
Change
in nutrients
required

Cook like a Farmer

- ▣ Use seasonal or local produce
- ▣ Use family recipes that feature healthy foods
- ▣ Eat like your healthy ancestors



Vegetarian & Vegan Diet Pyramid



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Meatless Monday

Key Benefits of Meatless Monday



FOR YOUR HEALTH

- REDUCE HEART DISEASE
- LIMIT CANCER RISK
- FIGHT DIABETES
- CURB OBESITY
- LIVE LONGER
- IMPROVE YOUR DIET



FOR YOUR WALLET

- CUT WEEKLY BUDGET
- CURB HEALTHCARE SPENDING



FOR OUR PLANET

- REDUCE CARBON FOOTPRINT
- REDUCE FUEL DEPENDENCE



Plan a Meatless Monday meal with all the colors of the rainbow



Grow Like a Farmer



Community Garden



Raised beds



Fruit trees



Herb garden

Live Like a Farmer

Be a Steward of Nature

- ▣ Buy local
- ▣ Limit food waste
- ▣ Cut down on packaging
- ▣ Compost



Stay Connected

- ▣ Work together
- ▣ Get outdoors
- ▣ Be thankful
- ▣ Share family meals



Exceptions to Living like a Farmer

- ❑ Limit sun exposure: Apply sunscreen and wear protective clothing
- ❑ Limit exposure to dust and pollution (fumes, smoke, fertilizers and pesticides)
- ❑ Avoid BPA in plastics or heating in plastic containers
- ❑ Avoid tobacco, tobacco smoke and smokeless tobacco
- ❑ Test your home for asbestos and radon



On the Horizon

▣ Nutrigenomics → Personalized nutrition?



Take Home Message

1. Eat from the farm, not the factory
2. Make small changes that fit your lifestyle best, and that you can sustain
3. Get Northwest Healthy = Wellness State of Mind

Resources

- ▣ Cookus Interruptus: How to cook fresh local organic foods despite life's interruptions
www.cookusinterruptus.com
- ▣ American Institute of Cancer Research
www.AICR.com
- ▣ Oldways Health Through Heritage
www.oldwayspt.org
- ▣ Total Body Diet for Dummies by Victoria Shana Retelny, RDN, LDN