Go Further With Food

Nancy Steedman, RD, CD, CSO
CHI Franciscan Oncology Services
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
Goals:

1. 1/3 or less plate = Smaller portions free range ranchers’ food (meat, pork, poultry, dairy)
2. 2/3 plate or more of farmers’ food = variety of colorful plant foods
3. * If you need to lose weight, use a salad plate
“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!
<table>
<thead>
<tr>
<th>Phytochemical</th>
<th>Food sources</th>
<th>Potential Risk reduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isoflavones</td>
<td>Beans, soy, chickpeas, peanuts, alfalfa Citrus fruit</td>
<td>Shanghai Breast Cancer Survival Study – 29% lower risk of relapse or death from breast cancer</td>
</tr>
<tr>
<td>Flavanones</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thiols</td>
<td>Broccoli, cauliflower, asparagus, Brussel sprouts, horseradish, radish, mustard, garlic, onions, leek</td>
<td>Can turn on cell protective genes and stimulate cell apoptosis (kill abnormal cells early before they become cancer)</td>
</tr>
<tr>
<td>Epigallocatechin-3-gallate (EGCG)</td>
<td>Green tea</td>
<td>Lower risk of relapse and death from breast, prostate, and colorectal cancer; decreased abnormal WBC in chronic leukemia</td>
</tr>
<tr>
<td>Lutein and Zeaxanthin</td>
<td>Corn, eggs, kale, spinach, red pepper, pumpkin, oranges</td>
<td>Decrease risk of skin cancer formation</td>
</tr>
</tbody>
</table>
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:

- Extracting energy from food
- 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
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
- Serving sizes updated
- Calories: Larger type
- Updated daily values
- New: Added sugars
- Actual amounts declared
- Change in nutrients required
- New footnote

**Nutrition Facts**

- 8 servings per container
- Serving size: 2/3 cup (55g)
- Calories: 230
- 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.*
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

Eat these foods every day:
- Fruits and Vegetables
- Whole Grains including Rice, Barley, Millet, Oats, Quinoa, Bread, Cereal, Pasta
- Beans, Peas, Lentils, Soy
- Nuts, Peanuts, Seeds, Peanut/Nut Butters
- Herbs, Spices, Plant Oils
- Drink Water

Options For Vegetarians:
- Eggs and/or Dairy including Yogurt, Cheese, Cottage Cheese

Be physically active.
Cook and share meals with family and friends.

Illustration by George Miller

© 2013 Oldways Preservation and Exchange Trust
www.oldwayspt.org
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

Data complements of www.meatlessmonday.com. Infographic created by The RMOG.
Plan a Meatless Monday meal with all the colors of the rainbow
Grow Like a Farmer

Community Garden

Fruit trees

Raised beds

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
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
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.oldwaysspt.org

Total Body Diet for Dummies by Victoria Shana Retelny, RDN, LDN