

Eating for Optimal Health

Evidenced Based Eating

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Objective: Less Health Problems

- ◉ Heart disease – high cholesterol
- ◉ High blood pressure
- ◉ Pre-diabetes
- ◉ Diabetes
- ◉ Obesity
- ◉ Increased quality of life

What is Recommended?

- ◉ US Dietary Guidelines Recommends:
 - Mediterranean Type Diet
 - DASH Diet
 - Dietary Approaches to Stop Hypertension
 - OmniHeart Diet
 - The Optimal Macronutrient Intake Trial for Heart Health
 - Based on DASH diet
- ◉ Recent suggestions:
 - Less Red Meat
 - Meatless Mondays
 - Vegetarianism

Mediterranean Diet

- ◉ Mediterranean diet reduces cardiovascular disease by ~ 30% (mostly strokes)
 - JAMA Feb 2013
 - BUT not very clear on what element of study diet really worked OR the portion sizes
- ◉ Confusion among people on what “Mediterranean Diet” is
- ◉ What do people in Mediterranean region really eat???

What Some Think “Mediterranean” Diet Is



What Researchers Refer To As “Mediterranean” Diet



DASH Diet

- ◉ Developed by National Institute of Health
- ◉ Lower Blood Pressure WITHOUT medication
 - ~12 point reduction
- ◉ Also shown to reduce risk of
 - Cancer
 - Stroke
 - Heart Disease/ Heart failure
 - Kidney Stones
 - Diabetes

http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

OmniHeart Diet

- NIH and Harvard Study
- Compared 3 Heart Healthy Study Diets
 - Higher Carb vs. Higher Protein vs. Higher Unsaturated Fat
 - All diets had same calorie level (2100cal/day)
 - ALL 3 diets lowered Blood Pressure & Improved Cholesterol panel
 - Higher Unsaturated Fat diet worked best to lower Blood Pressure & Triglycerides

www.health.harvard.edu/newsletters/Harvard_Heart_Letter/2010/October/information-about-the-omniheart-diets

DASH + OmniHeart Diet

What It Looks Likes – Servings/Day @ 2000-2100cal/d

Food	Serving Size	DASH diet	OmniHeart Diet
Vegetables	½ c cooked or raw, 1 c salad greens	4 – 5	6
Fruits	1 piece, ½ c Fresh, ¼ c Dried	4 – 5	5
Grains	1 slice bread, ½ c others	7 – 8 (50% whole grain)	4 (100% whole grain)
Low/Non –Fat Dairy	1 c milk/yogurt, 1.5 oz cheese	2 – 3	2
Lean Meats/Poultry	3-4 oz	Combined < 2	¾
Fish & Seafood	3-4 oz		¼
Legumes/Beans	½ c cooked	Combined 4 – 5/week	2/week
Nuts	¼ c		1
Oils (Unsaturated)	1 Tbsp	Limited	4
Deserts & Sweets	1 small cookie, 1 tsp Sugar		2

Plant – Based Diets

- ◉ Vegetarian Diets Associated with Lower Risk of Death
 - JAMA June 2013
 - Loma Linda University
 - Study of 70K + Seventh Day Adventist
 - Reduction in risk of Hypertension, Metabolic Syndrome, Diabetes and Heart Attack
 - More benefits in Men than Women

Reasons to Eat Less Meat

- Average American eat 8 oz/day – 45% more than recommended by USDA & 3 x more than global average
- Favorite meat is Beef (58%)
- 5 oz/d RED meat intake had 30% higher risk of dying (Heart disease, cancer & diabetes) than those who ate < 0.66 oz/d.
 - Health Professionals follow-up study & Nurses' Health Study
 - Harvard School of Public Health
 - NIH-AARP Diet and Health Study
- For every 3 oz of red meat or processed meat you eat/day, the risk of colon and rectal cancer increases by 20%
 - National Cancer Institute & American Cancer Society

Reasons to Eat Less Meat

◉ Environmental benefits

- Water
 - 10000 tons of water to produce a ton of grain
 - Mostly used to produce feeds for animals (60-70 % of soy and corn grown in US used for animal feeds)
- Waste
 - Methane released from large amounts of waste
 - Contamination of food chain
- Methane – burping/belching/passing gas
 - 23 times more potent greenhouse gas than carbon dioxide

Environmental Working Group – www.ewg.org <http://www.ewg.org/meateatersguide/>

“Good For You, Sustainable For the Planet”



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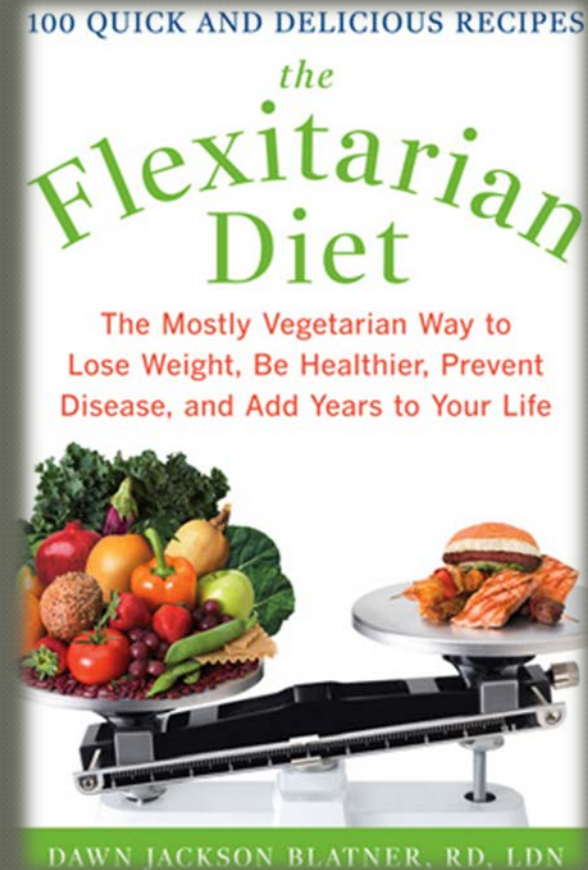
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Types of Vegetarians

- ◉ Semi – Vegetarian Or “Flexitarian”
- ◉ Pesco-Vegetarian or “Pescatarian”
- ◉ Lacto – Ovo Vegetarian
- ◉ Vegans

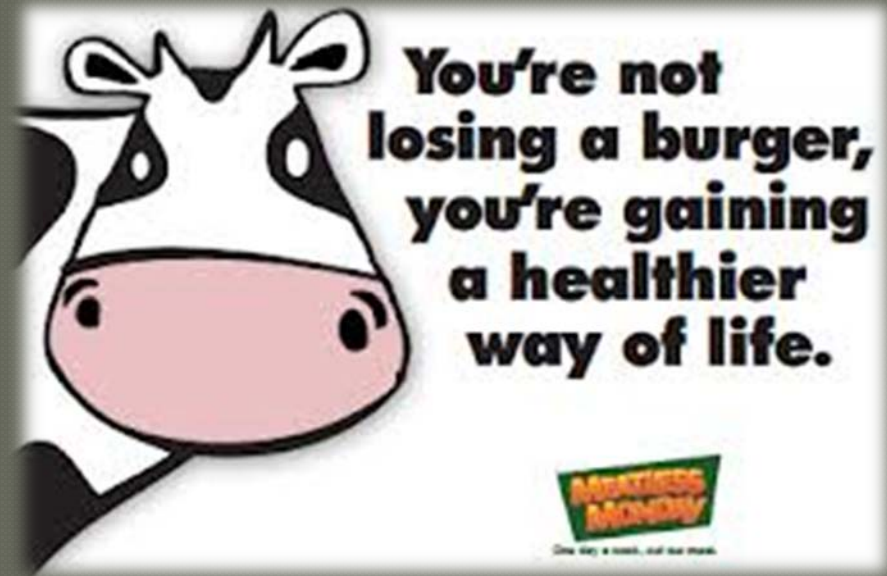
Semi-Vegetarian

- Those that consciously reduce their meat intake for health reason but still occasionally enjoy animal protein.
- The Flexitarian Diet – Dawn Jackson Blatner, RD



Meatless Mondays

- John Hopkins' Bloomberg School of Public Health
- <http://www.meatlessmonday.com/>
 - Recipes – lots of them
 - Articles



Pesco-Vegetarian

- ◉ No Animal Flesh, Except for Fish and Seafood
- ◉ Rich in Omega 3 Fatty Acids



Lacto – Ovo Vegetarian

- ◉ No Animal Flesh, but Allows for Dairy and Eggs
- ◉ Rich in Calcium and Vit. E.
- ◉ Most Dairy fortified with Vit. D and A.



Vegan

- ◉ NO Animal Foods
- ◉ Need to Consider Intake of These Nutrients:
 - Protein – Compliment
 - Calcium
 - Iron – with Vit C
 - Vit B12
 - Vit D



Challenges for Plant-Based Eating Style...

- ◉ Will I get enough protein and calcium?
- ◉ Will I have to spend more time cooking?
- ◉ I don't know how to cook beans, whole grains, and tofu etc
- ◉ I don't know much about Tofu, Tempeh, and Seitan etc.
- ◉ What is suppose to be my MAIN dish?



Help is Out There!

- ◉ Meatless Monday website – lots of recipes
 - <http://www.meatlessmonday.com/>
- ◉ The Vegetarian Resource Group
 - www.vrg.org
- ◉ The Flexitarian Diet
 - <http://dawnjacksonblatner.com/recipes/>
- ◉ Vegetarian Times
 - <http://www.vegetariantimes.com/recipe/>
- ◉ Cooking Light Recipes
 - <http://www.cookinglight.com/food/recipe-finder/>

QUESTIONS?

