

The Real Simple Diet

How to eat well in a fast-paced world!

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WHAT – Diet Guidelines in a Nutshell

- 6 to 11 whole grains
- 8 to 10 fruits & vegetables
- 3 calcium-rich choices
- 2 iron- & protein-rich choices
- 2 fatty fish/ week



What – Are we really eating?

- ❖ USDA/ Penn State study (J Acad Nutr Diet 2013;113:297-306)
 - Calorie, total fat, saturated fat & salt exceeded limits in all diets. Calories were up to 30% too high.
- ❖ 90% of people think they are doing well.
- ❖ NCI: 99 out of a 100
- ❖ USDA's Economic Research Ctr:
 - ½ of all Americans aged 2+ consume < 1 fruit/day
- ❖ USDA Healthy Eating Index

What – Are we really eating?

- USDA: 30 – 50 tsp/day of added sugar
- Fat intake is on the rise
- Up to 80% of women are iron deficient
- Average < 4 servings of fruits & vegetables
- <1 whole grain/day
- USDA: 300+ calories



Obesity Trends Among U.S. Adults Between 1985 and 2015

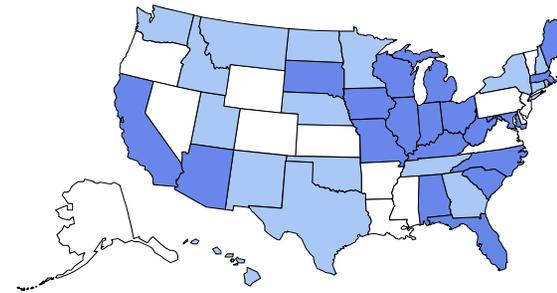
Definitions:

- Obesity: Body Mass Index (BMI) of 30 or higher.
- Body Mass Index (BMI): A measure of an adult's weight in relation to his or her height, specifically the adult's weight in kilograms divided by the square of his or her height in meters.



Obesity Trends* Among U.S. Adults BRFSS, 1988

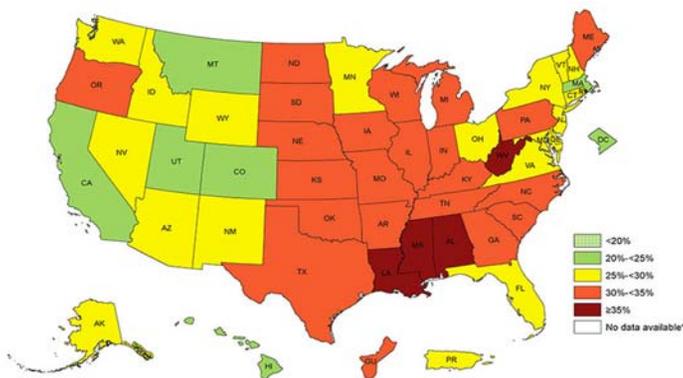
(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.



Obesity: 2015



Source: Behavioral Risk Factor Surveillance System, CDC.



Feet, Forks & Fingers

- 10 factors account for almost all disease.
 - Top 3 (80%) JAMA. 1993;270:2307-12 / JAMA. 2004;291:1235-45
- From UK to US: How many fruits, veggies, whole grains? 80% again. Arch Intern Med. 2009;169(15):1355-62 / Arch Intern Med. 2010;170:711-8 / Cancer Epidemiol Biomarkers Prev. 2011;20:1089-97
- 4 of 5 heart attacks in men prevented. J Am Coll Cardiol. 2014;64:1299
- 4 of 5 in women. BMC Med. 2014;12(1):168.
- Healthy lifestyle in the primordial prevention of cardiovascular disease among young women. J Am Coll Cardiol. 2015;65(1):43-51

Why — Poor Eating Habits Affect Our Health

- ❖ **Obesity: the canary in the coal mine of disease**

- ❖ Toll is greater than thought: Fat kids
- ❖ Feet & Forks: 80% HD, 90% DM, 60% CA

- ❖ **Minerals: Iron & Calcium**

- ❖ **Vitamins: Folic Acid & D**

- ❖ **Phytonutrients: Lutein & zeaxanthin**



Diet Choices: Iron

- Few premenopausal women meet the RDA for iron:

- ❖ > ½ of all women think they get enough iron, yet up to 80% of women are iron deficient.
- ❖ ~ 41% of women are iron deficient by the end of pregnancy.

- Symptoms

Who is at highest risk?

- Women who:

1. Consume < 2,000 calories.
2. Engage in intense physical activity.
3. Have had a baby within the past 2 years.
4. Consume little or no red meat.
5. Drink coffee or tea with meals.
6. Menstruate heavily.

What Can You Do?

1. Eat more iron-rich legumes, dark green leafies.
2. Avoid tea & coffee with meals.
3. Have vitamin C-rich berries or watermelon w/ breakfast.
4. Cook in cast-iron pots.
5. Mix meat with beans.
6. Take calcium supplements at different time of day.



Why Too Little Calcium?

- ❖ Average intakes: 600mg/day
- ❖ According to USDA, one in every two women thinks she gets enough, only 20% of them are correct.
- ❖ More than 40% of bone mass acquired during teens.
- ❖ Women average 1.6 servings of milk-based foods
- ❖ Cheese is the #1 source of saturated fat in the diet.

Calcium: Beyond Osteoporosis

- ❖ Stroke (Am J Clin N 2013;97:951-957.)
- ❖ Hypertension
 - 1,000mg lowers systolic & diastolic
- ❖ Colon Cancer
 - 20% to 75% reduction in risk
- ❖ PMS
 - Reduced anxiety, depression, irritability
- ❖ Weight Management
 - + 300mg = 1 – 3 kg loss of body fat...maybe



Beyond Calcium

- ❖ Vitamin D
 - Tufts study: Stop vitamin D supplements and bones return to pre-supplement densities
- ❖ Vitamin K in dark greens
 - Tufts study: Women who consumed 254mcg/day had lowest fracture rate
- ❖ Magnesium
 - 3 out of 4 Americans are low



Why Folic Acid?

- ✓ Birth Defects
- ✓ Cervical & Colon Cancer
- ✓ Heart Disease
- ✓ Depression
- ✓ Memory and Cognition
- ✓ Dose: 400mcg +
- ✓ Average intake: < 200mcg/day
- ✓ Foods: dark greens, avocados, OJ, legumes



The Latest on Vitamin D

- ❖ 60% to 90% of Americans are low.
 - Age, location, skin color, and sunscreen
 - It takes 10 glasses of milk/day to reach lower daily limit: 1000IU
- ❖ Low levels assoc w/ diabetes, osteoporosis, muscle weakness, gum disease, diabetes, insulin resistance, arthritis, multiple sclerosis, hypertension, depression, winter blues, and certain cancers, including colon, breast, pancreas, and prostate cancers.
- ❖ Pregnant women who maintain optimal vitamin D status have healthier, less risky pregnancies. (U of Pittsburgh, 2014)

Lutein & Zeaxanthin

- ❖ Daily consumption (as well as vitamins C, E, beta carotene, omega-3s and zinc) significantly reduce progression of age-related macular degeneration & cataracts. (Nutrients 2013)
- ❖ Low levels assoc w/ reduced cognition. (Neurobiology of Aging 2013, Nutritional Neuroscience 2008, Age and Aging 2014, J of Aging Research 2013)

Heap the Plate w/ Produce =

- ✓ Build bones resistant to osteoporosis
- ✓ Boost the immune system
- ✓ Curb weight gain
- ✓ Improve longevity
- ✓ Decrease diabetes
- ✓ Side-step stroke
- ✓ Side-step heart disease
- ✓ Reduce symptoms of non-Hodgkin's lymphoma
- ✓ Lower cancer risk
- ✓ Improve eyesight
- ✓ Improves cognition
- ✓ Extends life expectancy

Why Fruits & Vegetables?

- ❖ Best dietary sources of antioxidants
 1. Vitamin C
 2. Beta carotene
- ❖ Major contributors of fiber
 1. Lowers risk for heart disease
 2. Lowers risk for breast cancer
 3. Helps satisfy w/ fewer calories
- ❖ 100,000s of phytochemicals boost defenses against disease



Why Watermelon?

- Fat- & cholesterol-free
- Very low sodium
- Rich in potassium, vitamins A, C, & B6
- Rich in phytonutrients, incl: lycopene, arginine, & citrulline
- Helps hydrate
- It's a REAL FOOD!
- Potent antioxidant
- Aids in weight management
- Helps lower risk for most age-related diseases
- Helps w/ calorie restriction & prevention of premature aging
- Protects skin from aging

Why Dark Green Leafies?

- Best source of folate
- Rich in fiber, fat-free
- Rich in lutein & zeaxanthin
- Good source of iron
- Flavonoids lower cancer risk
- Neoxanthin and violaxanthin lower inflammation
- Excellent source of vitamin K (bones)
- Good source of antioxidants, ie vitamins C & E, beta carotene
- Peptides lower blood pressure
- 1 cup = 337% of vitamin A (skin, immunity)
- Magnesium (heart rate, BP)
- Protects brain function
- Lowers cancer risk

Why Berries?

- High antioxidants
- Protect the brain & memory
- Lower risk for UTIs
- Lower heart disease & diabetes risk
- Lower risk for cancer, erectile dysfunction, kidney stones...
- Lower Parkinson's and Alzheimer's risks
- Anti-inflammatory cpds.
- Fat & cholesterol-free
- Fiber-rich
- Alter gene expression
- Rich in B vitamins
- Stimulate nerve growth
- Enhance brain cell connections
- Anthocyanins, resveratrol, ellagic acid, carotenoids, polyphenols, etc

How to Increase Fruits & Veggies

- ❖ Two-fer it:
 - Include two fruits or vegetables at every meal
 - ✓ One at every snack
 - ✓ Smoothie w/ banana & watermelon @ breakfast
 - ✓ Salad w/ avocado for lunch
 - ✓ Sauteed spinach for dinner w/ sorbet topped w/ berries as dessert

How: Fruits & Veggies!

❖ Hide it:

- Disguise vegetables
 1. Add spinach to lasagna
 2. Puree leftover greens in soups
 3. Pack greens & slices of watermelon into sandwiches
 4. Toss berries into salads or add to sauces
 5. Add berries into muffin, pancake, waffle batters
 6. Puree watermelon, freeze in ice cube trays & add to beverages or make watermelon salsa
 7. Use avocado instead of mayo for spreads, dressings & dips, & as a replacement for butter in dessert recipes

Increase Fruits & Veggies!

❖ Cross dress it:

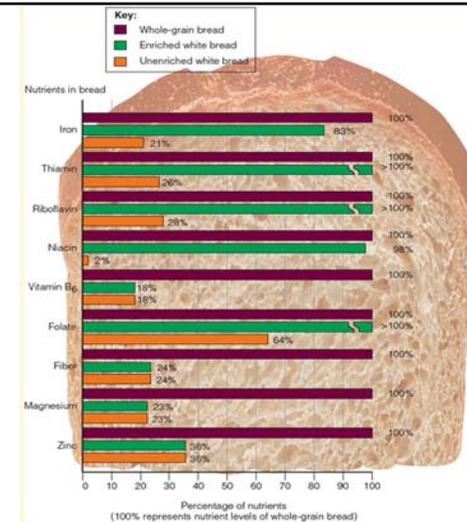
- Disguise fruit as dessert
 1. Dunk strawberries in chocolate syrup
 2. Puree watermelon w/ lime. Freeze to make sorbet.
 3. Mix berries into strawberry-kiwi yogurt
 4. Add avocado to smoothies



Why Grains?

❖ Carbs are not the problem w/ weight & disease. The problem is the type of carbs!

- Refined grains account for 47% of the extra 300 daily calories.
- Remember the top 3 diet habits!
- Gluten-free & organic
- Portions: muffins, bagels & pasta
 - 1 ounce & ½ cup



Source: Behavioral Risk Factors Surveillance System, CDC © 2006 Wadsworth - Thomson



How – Simple Changes

- ❖ Switch to a 100% whole-grain breakfast cereal
 1. Shredded wheat
 2. Whole-grain raisin bran
 3. Oatmeal
- ❖ Use instant brown rice instead of white rice...?
- ❖ Add wheat germ to batters
- ❖ Experiment with new whole grains
- ❖ Use only 100% whole grain bread

Why: Milk

- The average American today consumes only 62% of what was consumed back in the 1970s.
- We have cut back on whole milk, but our low-fat/nonfat milk intake hasn't made up the difference.
- We are guzzling record amounts of saturated fat from cheese!

How – Milk

Choose 2 of the Following Simple Changes to Boost Calcium:

1. Cook cereal in nonfat milk or calcium-fortified soymilk
2. Pack your purse or briefcase with a carton of nonfat milk
3. Make a morning smoothie using 1 cup nonfat milk, kefir, or yogurt w/ watermelon, spinach, banana, mango, berries, etc.
4. Switch from soda pop to nonfat milk!!!!!!!



Why? from meat to beans

- ❖ People who include 4 servings or more of beans in their weekly diet lower heart disease risk by 20% or more.
 1. Saponins
 2. Phytoestrogens
 3. Phytosterols
 4. Fiber
 5. B vitamins, trace minerals, protein

The 3 Nutrients for Weight Loss

♥ Protein

♥ Water

♥ Fiber



HOW: 2 Simple Changes

- ✓ Add drained, canned beans to canned soups, stews and/or salads
- ✓ Use fortified soymilk on cereal and in recipes for dessert or baked goods
- ✓ Add beans to burritos & wraps
- ✓ Make bean/lentil/split pea soups
- ✓ Snack on hummus and whole wheat pita bread
- ✓ Replace meat with beans at least three times a week
- ✓ Use fat-free refried beans
- ✓ Make spicy black beans to go over rice (brown rice!)
- ✓ Make chili w/o the meat

Why: Fatty Fish

- ❖ Brain is 60% fat.
- ❖ Omega-3s are fluid.
- ❖ 95% of omegas are DHA.
- ❖ Low DHA = depression, memory loss, Alzheimer's
- ❖ 3 omega-3s: DHA, EPA & ALA
- ❖ How much do you need?

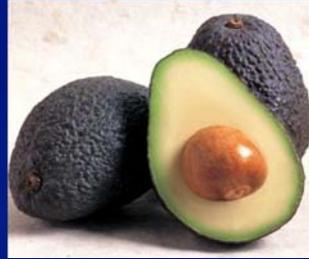


Instead of This....



6 Simple Rules for Eating Well

1. Bring food with you
2. Toss the junk, then restock the kitchen
3. Make it simple
4. Focus on colorful plants
5. Limit processed foods
 - Read labels!
6. Eat breakfast



Make these changes & I promise you will lose weight & feel better!

1-2-3 Steps To Build A Better Breakfast

Protein/Milk (1 serving) ✓	High-Fiber Grains (1-3 servings) ✓	Fruit (1-2 servings) ✓
<ul style="list-style-type: none"> • 8 ounces fat-free or lowfat milk • 1 cup low-fat yogurt • 1 cup low-fat cottage cheese • 1-1/2 ounces low-fat cheese • 1-3 ounces of meat • (turkey, chicken, beef) • 2 Tbsp. peanut butter • 3-4 ounces tofu • 1/4 to 1/2 cup egg substitute. • 1 whole egg, or 2 egg whites 	<ul style="list-style-type: none"> • 1 cup ready-to-eat whole grain cereal • 1/2 cup cooked whole grain hot cereal (oatmeal, multi-grain, wheat germ) • 1 slice whole wheat bread, 1/2 whole wheat bagel or English muffin • 1 small whole wheat flour tortilla • 1 small low-fat whole wheat scone • 1 small low-fat muffin (preferably whole wheat, bran, carrot, or fruit-filled) 	<ul style="list-style-type: none"> • 1 small piece of whole fruit, such as a plum, pear, apple, banana, orange, tangerine, grapefruit, kiwi, cantaloupe/melon (1/2) • 1/2 cup fruit canned in its own juice • 2 Tbsp. or more of dried fruit • 1/2 cup sliced bananas, berries or melon
     	   	

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Simple Supplements

- 1) Moderate-dose multiple vitamin & mineral
 - ✓ Vitamin D (1000IUs)
- 2) Calcium-magnesium (2:1 ratio)
- 3) Omega-3 DHA (220mg +)
- 4) Other:
 - ✓ Lutein & zeaxanthin
 - ✓ NR



Feet!

Feet. Move Every Day!

❖ Endurance activity:

- At least 5 days a week
- Start small & aim for 1 hour/day

❖ Strength train:

- 2+ X/week

❖ Warm up & cool down for flexibility

❖ Make it your play time



1. What health and diet advice would the 90-year-old you give to you today?

2. Take care of yourself. You only get one body in this lifetime. What a shame to waste it!