A Practical Approach to Using Food in the Creation of a Healthy Lifestyle and Prevention of Disease

Adylle Varon LAc & Amber Collins LAc
Objectives of QIP

• Create and provide informational handouts for practitioners to distribute during lectures/workshops

• Create agendas, talking points, and presentation slides for practitioners to utilize when creating lectures/workshops

• Compile basic information surrounding the topic of healthy eating and empower many types of practitioners to utilize the template of materials and presentation tools; to then help educate the general population on the importance of nutrition and diet in a healthy lifestyle and prevention of certain diseases
Objectives within QIP

• Explain to general public differences between whole and processed foods
• Discuss tips for shopping, food preparation & general outlook and behavior regarding diet
• Discuss psycho-emotional factors surrounding diet
• Discuss health benefits of eating a cleaner diet
• Discuss basic diets for Diabetes and Hypertension
• Present the Dirty Dozen and Clean 15 list
• Discuss other factors for a healthy lifestyle
• Provide resources for nutritional information
Brochure

- Suggestions and tips for eating healthy
- Examples of whole versus processed foods
- Benefits of eating whole foods
- What to look for when reading labels
- Information source for individuals attending meeting or workshop

What are whole foods?

Whole foods are naturally derived from the earth without human intervention. They are not genetically modified nor processed with additives or preservatives. These foods are nutrient rich and have whole properties which produce a synergistic effect to make a better you.

What are the benefits of eating whole foods?

- Stronger immune system
- Natural antioxidants (protect cells against damage)
- Loaded with vitamins and minerals
- Natural source of fiber
- Low-sodium, low-fat
- Increased energy
- Decreased sugar consumption
- Weight management
- Lowered blood cholesterol
- Promotes healthy aging
- Fresh, regional food options
- Decreased risk of:
  - Cardiovascular disease
  - Type 2 Diabetes
  - Arthritis
  - Asthma
  - Chronic Bronchitis
  - Many types of cancer
Handout #2

• Wallet Card

• Includes:
  – Clean 15 and Dirty Dozen list
  – MakeFoodFun acronym: includes tips and suggestions to help individuals shop, plan, prepare, and be mindful toward eating and a healthy diet
  – Created to print small and front/back for use while at grocery store or market

Clean 15

1) Sweet corn
2) Avocados
3) Pineapples
4) Cabbage
5) Onions
6) Sweet Peas
7) Papayas
8) Asparagus
9) Mangoes
10) Eggplant
11) Honeydew
12) Kiwi
13) Cantaloupe
14) Cauliflower
15) Grapefruit

Dirty Dozen

1) Strawberries
2) Spinach
3) Nectarines
4) Apples
5) Peaches
6) Pears
7) Cherries
8) Grapes
9) Celery
10) Tomatoes
11) Bell Peppers
12) Potatoes

*Both lists are subject to change, and may vary slightly
Handout #3

• Disease Cheat Sheet

• Includes:
  – General dietary guidelines and disclaimers
  – What to eat and not to eat for Diabetes Type 2 and Hypertension (two top diseases in US)
  – General handout for individuals to utilize in conjunction with other handouts and upon consultation with Primary Care Physician and/or other providers
Tools for the Practitioners

Talking points and presentation topics
# Agenda – Workshop #1

<table>
<thead>
<tr>
<th>Workshop Title (1 hour)</th>
<th>Using Food in the Creation of a Healthy Life: A Practical Approach</th>
</tr>
</thead>
</table>
| Icebreaker (3-5 min)    | If access to 2 presenters; have one be primary speaker while other makes a hearty, healthy snack (EX. Guacamole)  
- Put mostly healthy snacks and one non-healthy option on each table (EX. Fruit, nuts, chips)  
- Ask a question to the audience (EX. Would you rather eat the fruit or the chips right now? Why?) |
| Introduction (3-5 min)   | Introduce yourself and other if applicable, and the purpose of the meeting |
| Presentation (~40 min)   | Present information on handouts; ask audience questions, get them involved |
| Group Activity (5-7 min) | Have a pre-typed list/written on dry-erase/visible in room; ask audience to work in groups and prepare a healthy meal using all or some of ingredients; Briefly review as a group |
| Q&A; Conclusion (3-5 min)| Allow audience time for question and answer session; conclude presentation by recapping major points and any last minute comments |
## Agenda – Workshop #2

<table>
<thead>
<tr>
<th>Workshop Title (1 hour – could be 30-45 min)</th>
<th>Using Food in the Prevention of Disease: A Practical Approach</th>
</tr>
</thead>
</table>
| Icebreaker (3-5 min)                         | Icebreakers should get audience’s attention in quick and creative ways – there are many types that can be utilized and is up to the discretion of the presenting practitioner. A few suggestions include:  
- Having a visual image/weight to show the amount of sugar/salt each average person consumes per day/week/year/etc.  
- Open up meeting to a 3-5 min meditation practice – show audience that this could be approach to lowering BP  
- Have audience walk around for 5 min introducing themselves to other participants – reiterate that even 5 extra minutes of walking/day can help with both diseases |
| Introduction (3-5 min)                       | Introduce yourself and other if applicable, and the purpose of the meeting |
| Presentation (~40 min)                       | Present information on handouts; ask audience questions, get them involved |
| Group Activity (5-7 min)                     | Working in small groups, have participants come up with 2 SMART goals that each person can follow regarding changing habits and behaviors to create a healthy diet and lifestyle |
| Q&A; Conclusion (3-5 min)                    | Allow audience time for question and answer session; conclude presentation by recapping major points and any last minute comments |
Talking Points

- **PowerPoints**
  - Printable tool for practitioner to utilize during presentations
  - Presentation focal point that follows along with handouts
  - Two presentations created for two potential classes

*Using Food in the Creation of a Healthy Lifestyle*  
*A Practical Approach*
Efficacy of Workshops

Post-workshop surveys and feedback forms

Opportunity to rate presenters, topics, educational tools and provide comments, suggestions and potential future workshop topics
Resources


The American Heart Association’s Diet and Lifestyle Recommendations. AHA. Retrieved from: http://www.heart.org/HEARTORG/HealthyLiving/Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp#.Wd_YOoWcFPY