



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

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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

Handout #1

- Brochure
- Includes:
 - 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 with out human interaction. They are not genetically modified nor processed with additives or preservatives. These foods are nutrient rich and embody whole properties which produce a synergistic effect to make a better you.

Examples of whole foods:

- Vegetables
- Fruits
- Herbs
- Nuts
- Legumes
- Whole grains
- Cacao
- Black coffee
- Noncarbonated drinks (natural juices, teas, aguas frescas)
- Oils (extra virgin olive, coconut, grapeseed, avocado, sunflower, sesame)
- Natural, antibiotic free meats/fish/poultry


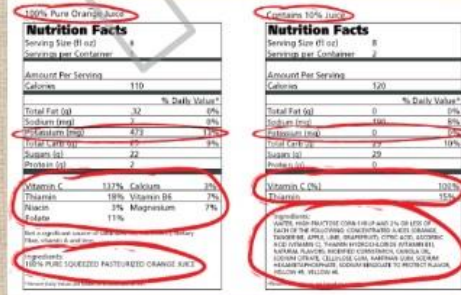

How do you tell the difference between whole foods and proccsed foods?

Processed foods are food and drinks that are man or factory made. They contain ingredients other than those grown from the earth. the best way to notice a food that has been processed compared to a whole food is right in the nutrition labels. As seen below, processed foods labels (like the label on the right), will have numerous ingredients that serve as preservatives and additives. A great rule of thumb is, "if you can't pronounce it, then its most likely not a natural ingredient" or if it has more that 10 ingredients it may not be a whole food source. Be mindful of what you eat, and enjoy fresher sensible ingredients. The image below compares two nutrition labels for "orange juice", can you note the differences now?

What are the benefits of eating whole foods?

Strengthen immune system
 Natural antioxidants (protect cells against damage)
 Loaded with vitamins and minerals
 Natural source of fiber
 Less sluggish feelings
 Increased energy
 Decreased sugar consumption
 Weight management
 Lowers bad cholestoral
 Promotes healthy aging
 Fresh, seasonal 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

Make a list

Around the edges

Keep waste down – overlap ingredients

Eat leftovers; **E**at out less

Freeze extras

Organic is best with meats, dairy and the dirty dozen

Oils, olives, omegas from fish are always a healthy option

Do read labels! **D**on't snack when emotional or not hungry

Farmer's markets are great

Utilize free time to prep and cook in bulk

Nuts and seeds support your protein needs!

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

Clean 15

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

**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

GENERAL DIETARY GUIDELINES

- Keep in mind these are *GENERAL* guidelines, every individual with diabetes and hypertension should be consulting with their Primary Care Physician
- These are guidelines that may be tweaked and/or fine-tuned to fit your personal circumstance and needs
- These guidelines will not guarantee a cure to either issue
- These guidelines are not for use in place of necessary medicine but to work in conjunction with
- Consult with your practitioner on any concerns or issues
- Diet is part of a healthy lifestyle; other components include physical exercise, mental health, healthy relationships, community involvement, sleep patterns and work/life balance

DIABETES – TYPE 2

DO EAT:

- Low-fat, high fiber; nuts and seeds
- As much vegetables as possible, less fruits
- Vegetable juices
- Legumes, whole grains, wheat bran
- Proteins, fats (mainly from polyunsaturated)
- Carbs (from non-starchy vegetables)
- Drink lots of water

AVOID or LIMIT SIGNIFICANTLY:

- Starchy vegetables, pasta
- White rice, breads, flour products
- Processed/Fried/Refined foods
 - Sugar; Sodas; Salts
- Saturated & Trans fats, hydrogenated oils



Daily exercise and movement are major factors that contribute to a healthy lifestyle!

HYPERTENSION

AVOID or LIMIT SIGNIFICANTLY:

- Coffee or caffeinated drinks
- Alcohol
- Sugar; Sodas
- Red meats
- Processed/Fried/Refined foods
- White rice, breads, flour products
- Saturated & Trans fats, hydrogenated oils



DO EAT:

- Fresh vegetables and fruits
- Raw nuts (except peanuts); Whole grains
- Olive oil; Fish
- Beans and legumes
- Spices and herbs
- Drink lots of water

If you take an anti-coagulant (blood thinner), limit your intake of foods high in Vitamin K as they can reduce the effects of this medication. These foods include but are not limited to: broccoli, cauliflower, spinach, dark/leafy greens, alfalfa, egg yolks and liver



Tools for the Practitioners

Talking points and presentation topics



Agenda – Workshop #1

Workshop Title (1 hour)	Using Food in the Creation of a Healthy Life: A Practical Approach
Icebreaker (3-5 min)	If access to 2 presenters; have one be primary speaker while other makes a hearty, healthy snack (EX. Guacamole) <ul style="list-style-type: none">- 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

Workshop Title (1 hour – could be 30-45 min)	Using Food in the Prevention of Disease: A Practical Approach
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: <ul style="list-style-type: none">- 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

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