



Eat Fit

FOOD AS

medicine

Ochsner[®]
**Eat[™]
Fit**

LEARNING *Objectives*

- Understand Ochsner Eat Fit + the nutritional criteria
- Define Lifestyle Medicine and role of nutrition in supporting wellness
- Emphasize patient education re. Food as Medicine; develop strategies to implement into practice
- Explore evidence-based nutritional supplementation



EAT FIT *101*

- Eat Fit is a nonprofit initiative of Ochsner Health designed to help our communities live their healthiest, strongest lives.
- Community collaborations include working with restaurants to provide nutritious options that make the healthy choice the easy choice
- Supports the common goal of a healthier and stronger community.

EVALUATING THE IMPACT OF *Eat Fit*

MANAGEMENT *Feedback*

67% Attract new customers looking for healthy options

58% To benefit from Eat Fit Social

36% To be included in Eat Fit App

69.4% Strongly agree or agree restaurants have responsibility to offer healthy food options to customers

68.6% Strongly agree or agree that there is a customer demand for healthy food



Customer PERCEPTIONS (N= 608)

93% Agreed that restaurants
have a responsibility to
offer healthy food options

78.7% Agreed that the restaurant
environment supported
making healthy food choices

47.1% Had positive attitude towards
appeal, value, and taste



LIFESTYLE MEDICINE *defined*

- Therapeutic use of evidenced-based interventions to treat and prevent lifestyle-related diseases in a clinical setting.
- Empowers individuals with knowledge and life skills to make effective changes that address the underlying cause of disease.

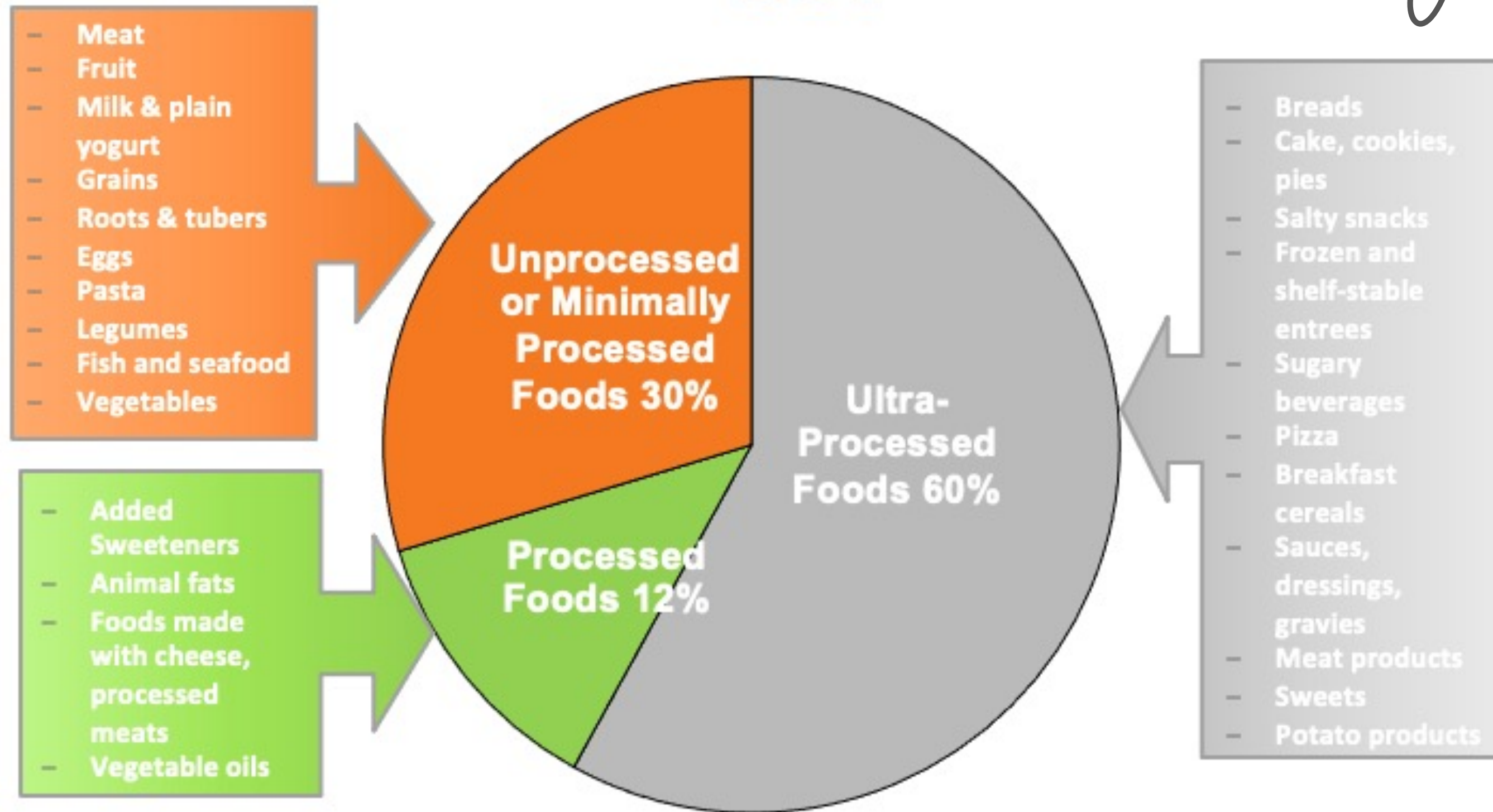


Obesity

A CHRONIC PROGRESSIVE DISEASE PROCESS



WHAT AMERICANS ARE *eating*



Lifestyle Management

STANDARDS OF MEDICAL CARE IN DIABETES | 2019

Lifestyle Management of diabetes includes diabetes self-management education and support (DSMES), medical nutrition therapy (MNT), physical activity, smoking cessation counseling, and psychosocial care.

MNT Recommendations include:

- Individualized eating patterns that keep total calorie & metabolic goals in mind.
- Emphasize nutrient-dense carb sources that are high in fiber – vegetables, fruits, legumes, whole grains – as well as dairy products.
- Protein intake is typically 15-20% of total calories; though successful management of Type 2 diabetes has been observed with a higher protein intake of 20-30%. Due in part to increased satiety.
- Emphasis on Mediterranean-style diet and intake of long-chain n-3 fatty acids such as fatty fish and nuts and seeds.
- Sodium intake < 2300 mg/day



LIFESTYLE MANAGEMENT

Impact

Randomized, controlled clinical trial conducted at 27 clinical centers around United States

3,234 participants into one of three groups: ***Lifestyle Change, Metformin, or Placebo***

- Found that people at high risk for T2 Diabetes can effectively prevent or delay the disease by losing a modest amount of weight through lifestyle changes (dietary + physical activity).
- Taking metformin was also found to prevent the disease, though to a lesser degree.



Food + MENTAL HEALTH

The Effects of Dietary Improvement on Symptoms of Depression and Anxiety: A Meta-Analysis of Randomized Controlled Trials.

- 16 high-quality research trials involving 46,000 people from US, Australia & Europe, ranging in age from 21 to 85.
- Varied widely in approach [e.g. calorie reduction, lowfat, vegan]
- All 16 resulted in similar conclusions: Dietary improvement can make people feel better.
- “Adopting a healthier diet appears to have a small but significant effect on mood... There were no differences between various types of diets trialed, which might indicate there is no ‘secret formula’ – general benefits just might occur from eating a bit healthier and cutting down on ‘junk’ foods” – study author Joseph Firth



ULTRA-PROCESSED FOOD + *mental health*

A Systematic Review and Meta-Analysis of Observational Studies

- Analyzed 17 observational studies, 15 cross-sectional studies, and 2 prospective studies to determine if there is a relationship between ultra-processed food consumption and adverse mental health
- Results: The strongest evidence found a correlation between ultra-processed food consumption as the exposure variable and symptoms of mental health disorders as the outcome.
- Conclusion: 65% of analyses found that intake of ultra-processed foods was positively and cross-sectionally associated with depression, anxiety, trauma, and stress as well as addiction-related parameters.



ULTRA-PROCESSED FOOD + heart disease

- Ultra-processed foods account for ~58% of total energy intake linking intake to increased risk for obesity, high blood pressure, metabolic syndrome, and T2DM
- Analyzed 3,003 middle aged adults using an FFQ to determine frequency of ultra-processed food consumption
- Results: During an average of 18 years of follow-up, participants with the highest intake of ultra-processed foods had higher incident rates for CVD.
- Conclusion: Each daily serving of ultra-processed foods is associated with a 7% increase in the risk of hard CVD, 9% increase in the risk of hard CHD, 5% increase in overall cardiovascular disease, and a 9% increased risk for CVD mortality.



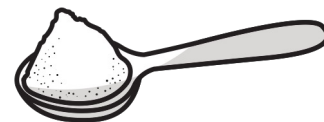
ROLE OF DIET IN *lifestyle medicine*

EAT FIT *Criteria*



whole grains

100% WHOLE GRAINS,
NO REFINED STARCHES



little to no added sugar

LESS THAN TEASPOON
ADDED SUGAR



fruits + vegetables

SUPPORTS NOURISHING
BEHAVIORS + CHOICES



lean proteins

LOW IN ANIMAL-BASED
SATURATED FATS



heart healthy fats

EMPHASIS ON
PLANT-BASED FATS



moderate sodium

EMPHASIS ON FLAVOR-
ENHANCING HERBS, SPICES



Sodium INTAKE

- Table salt
- Kosher salt, sea salt
- Inherent sodium
- Himalayan pink salt
- Salt added in processing, & more

World Health Organization (WHO) recommends less than 2 grams sodium per day (5 g/day salt)

Average American consumes 3,400 mg per day

70+% sodium consumed is from processed + restaurant foods ([CDC](#), 2020)

Average restaurant meal contains 2,100 mg per 1,000 calories ([CDC](#), 2018)



2325 mg

Eat Fit SALT SWAPS

Eat Fit Salt Swaps

- Cajun Seasoning: Paul Prudhomme Magic Seasoning (95 mg sodium) vs Tony's Creole Seasoning (325 mg)
=> Savings of more than 1,000 mg per teaspoon
- Swiss, Mozzarella, or Goat Cheese (80-140 mg sodium) VS Cheddar, Feta (~300 mg sodium)
- Tabasco (35mg sodium per teaspoon) VS Louisiana Hot Sauce (260 mg sodium)
- Tortillas – 300-600 mg sodium for whole wheat wrap VS corn tortillas (10-35 mg)



LITTLE TO NO

added sugar

EAT FIT DISHES
HAVE LESS THAN 5
GRAMS OF ADDED
SUGAR



Words That Really Just Mean 'Added Sugar'

agave juice	dri-mol	honey	mizuame
agave nectar	drisweet	honibake	molasses
agave sap	dri sweet	honi bake	nulomoline
agave syrup	dri-sweet	honi-bake	powdered sugar
beet sugar	dried raisin	honi flake	rice syrup
brown rice syrup	sweetener	honi-flake	sorghum
brown sugar	edible lactose	invert sugar	sorghum syrup
cane juice	flo malt	inverted sugar	starch sweetener
cane sugar	flo-malt	isoglucose	sucanat
cane syrup	flomalt	isomaltulose	sucrose
clintose	fructose	kona ame	sucrovert
confectioners	fructose sweetener	kona-ame	sugar beet
powdered sugar	glaze and icing	lactose	sugar invert
confectioners	sugar	liquid sweetener	sweet n neat
sugar	glaze icing sugar	malt	table sugar
corn glucose syrup	golden syrup	malt sweetener	treacle
corn sweet	gomme	malt syrup	trehalose
corn sweetener	granular sweetener	maltose	tru sweet
corn syrup	granulated sugar	maple	turbinado sugar
date sugar	hi-fructose corn	maple sugar	versatose
dextrose	syrup	maple syrup	
drimol	high fructose corn	mizu ame	
dri mol	syrup	mizu-ame	



Source: ["Sweetening of the Global Diet, Particularly Beverages: Patterns, Trends, and Policy Responses"](#) by Barry M. Popkin and Corinna Hawkes

Limits

ADDED SUGAR

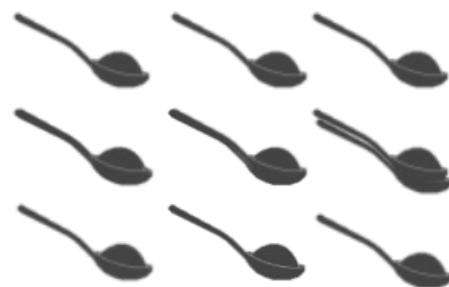
6 Tsp

ADDED SUGAR FOR
WOMEN (25 G)



9 Tsp

ADDED SUGAR FOR
MEN (36 G)



15 Tsp

ADDED SUGAR IN A
20Z COKE (60G)



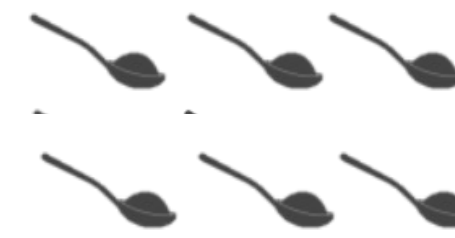
4 Tsp

ADDED SUGAR IN A
CLIF BAR (20G)



7 Tsp

ADDED SUGAR IN
CARTON OF YOGURT



SUGARY BEVERAGES + *Cardiometabolic health*

Sugar-Sweetened Beverages and Cardiometabolic Health: An Update of the Evidence

[Vasanti S. Malik](#)^{1,2,*} and [Frank B. Hu](#)^{2,3,4}

Sugary drinks are associated with an increase in inflammatory cytokines and cardiometabolic risk factors

- ↑ Blood pressure, triglycerides, LDL cholesterol, blood glucose
- ↓ HDL cholesterol

High intake of sugar-sweetened beverages ---> Increased metabolic risk, weight gain, risk of type 2 diabetes, and coronary heart disease

TIPS TO REDUCE

Sugar

- Use 25% less sugar, then 50% less – in baking & in adding sweeteners
- Add cinnamon, almond extract, and/or vanilla extract for sweetness
- Flavored sparkling waters vs. sugar-sweetened sodas

Natural Plant-Based Sweeteners

[low intensity sweeteners, 70-100% sweet as sugar]

- Swerve or Truvia
- Erythritol
- Allulose

[high intensity sweeteners; 150-250x]

- Monkfruit
- Stevia



THE 411 ON *Fats*

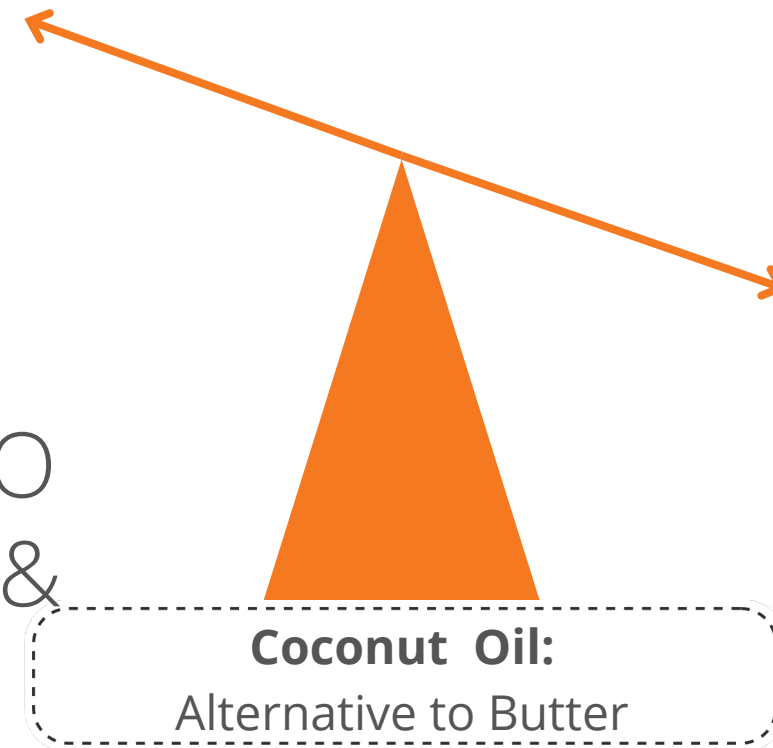
MORE OF...

Monounsaturated

- ↓ LDL cholesterol and insulin resistance
- Olive oil, avocado, non-GMO canola oil, nut butter, nuts & seeds

Omega-3's

- Linked to ↓ inflammation and depression
- fatty fish, walnuts, flaxseed



LESS OF...

Animal Saturated Fats

- ↑ LDL, insulin resistance
- Animal fats and tropical oils

Trans Fats

- ↓ HDL and ↑ LDL cholesterol
- Man-made hydrogenated" oils
- Processed foods – fried, baked, packaged goods

Omega-6's

- Linked to ↑ risk CV ds, inflammatory, autoimmune disease
- Vegetable oils (e.g. soybean, corn, safflower oil)

Processed Meats → CLASS 1 CARCINOGEN

- Processed meats are classified as a Class 1 Carcinogen => sufficient evidence of carcinogenicity in humans.
- Tobacco smoking and asbestos are also both classed as Class 1 Carcinogens
- Processed meat refers to meat that has been transformed through salting, curing, fermentation, smoking, or other processes to enhance flavor or improve preservation.
- eg: hot dogs, ham, sausage, chicken + turkey sausage, corned beef, and beef jerky.

EAT FIT

Criteria Recap



whole grains

100% WHOLE GRAINS,
NO REFINED STARCHES



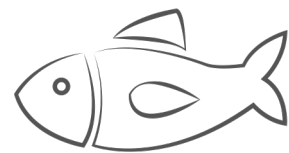
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Nutritional
Supplements

ASSESSING
BENEFITS VS RISK

Dietary SUPPLEMENTS

Dietary supplements include vitamins, minerals, amino acids, herbs, botanicals and more

- Available in many forms, including tablets, capsules, powders, energy bars, and liquids.
- Burden of proof and safety is largely on manufacturer.

Top reasons people use supplements include energy, sleep, manage medical condition; also to compensate for poor diet

Questions to ask:

- Is it safe?
- Is it effective?
- Interactions with drugs, supplements, lab tests?



SUPPLEMENT *Databases*

Natural Medicines Database (starts at \$177/yr)

Examine.com (\$40/yr or \$799 one-time for unlimited access)

Databases provide:

- Background + Common uses
- Safety [safe, likely safe, possibly safe, possibly unsafe]
- Effectiveness
- Dosing + Administration
- Mechanisms of Action
- Standardization and Formulation
- Adverse Effects
- Toxicology
- Interactions with: Drugs, Herbs/Supplements, Foods, Lab tests
- References, links to publications



NUTRITION

Resources + More

REFERRING TO A *Registered Dietitian*

- **Know + work with your Social Work team** to identify community resources.
- **Develop a Network** within your region + discipline to learn about potential free clinics or clinics with grant funding that provide nutrition counseling to specific populations (e.g. HIV/AIDs, ALS, cancer).
- **Within Ochsner Health:** Refer via EPIC for self-pay or insurance/Medicare coverage; Support groups (e.g. Diabetes, Bariatric Support Groups)
- **Other resources within New Orleans:**
 - Crescent Care offers sliding scale for MNT to patients with a PCP at Crescent Care.
 - Daughter's of Charity Clinics: Nutritional counseling on sliding scale
 - St Thomas Clinic on Magazine: Nutritional counseling on sliding scale
 - WIC clinics provide one-on-one nutrition education + free nutrition classes for target audience.

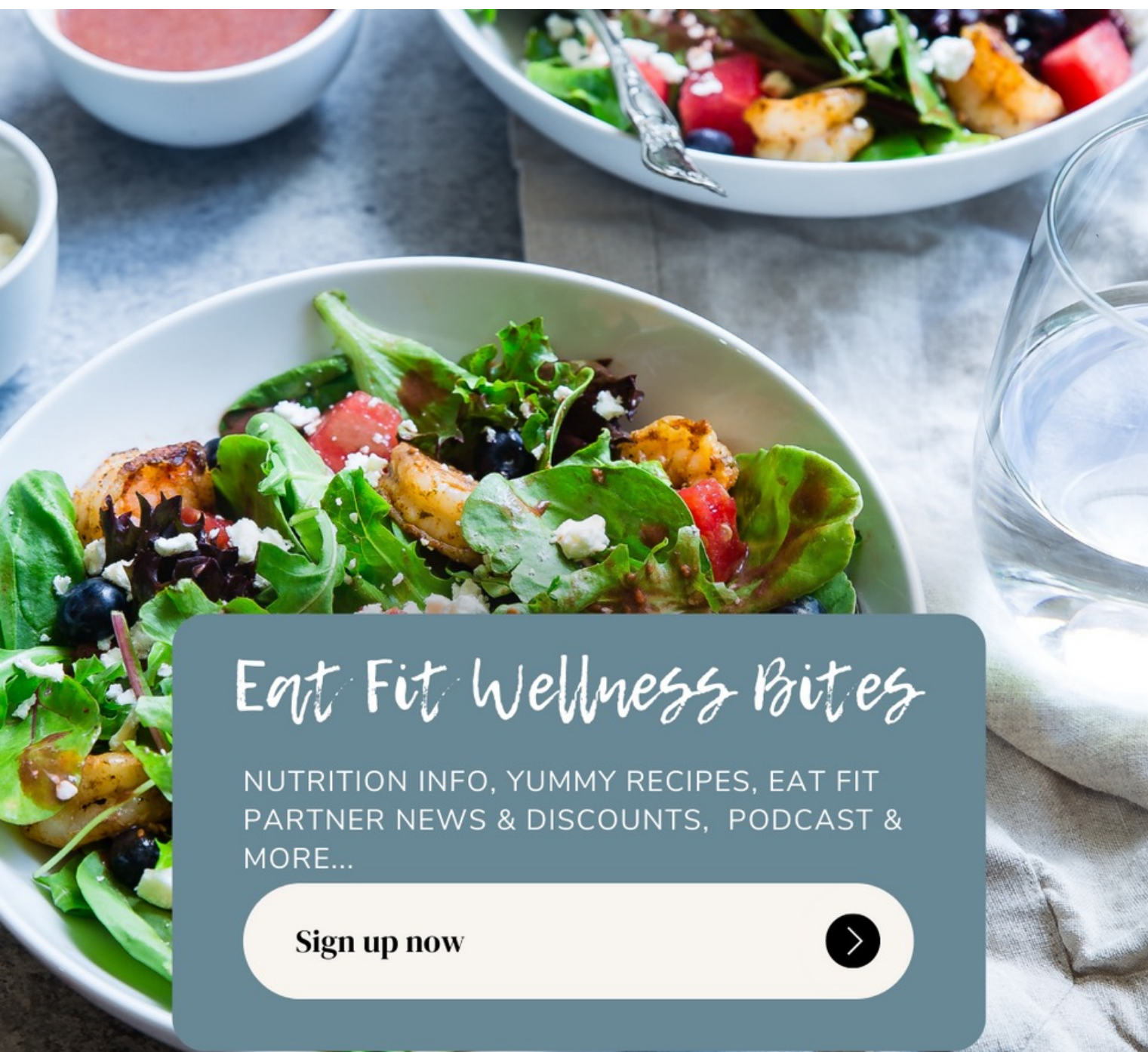




EAT FIT *App*

- Nutrition facts for Eat Fit dishes
- Recipes
- Cooking videos
- Brand-specific shopping guides
- Exclusive offers + discounts

ADDITIONAL *Resources*



Ochsner Eat Fit YouTube

- Eat Fit DIY recipe videos

Weekly Eat Fit Wellness Bites

- E-Newsletter with nutrition education

Ochsner Eat Fit RDs | nutrition@Ochsner.org

Ochsner 'To Your Health' Blog

Alcohol Free For 40 Challenge

SUBSCRIBE NOW

Link in bio 

Questions?

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