Eat Fit

FOOD AS

medicine
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 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
Attract new customers looking for healthy options: 67%

To benefit from Eat Fit Social: 58%

To be included in Eat Fit App: 36%

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

Strongly agree or agree that there is a customer demand for healthy food: 68.6%
<table>
<thead>
<tr>
<th>Percentage</th>
<th>Customer Perceptions</th>
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<tbody>
<tr>
<td>93%</td>
<td>Agreed that restaurants have a responsibility to offer healthy food options</td>
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<tr>
<td>78.7%</td>
<td>Agreed that the restaurant environment supported making healthy food choices</td>
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<tr>
<td>47.1%</td>
<td>Had positive attitude towards appeal, value, and taste</td>
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*Journal of Nutrition Education and Behavior, 2022-07-01, Volume 54, Issue 7*
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.

Clinical Problems Caused By Obesity. Updated: 11 January 2018
WHAT AMERICANS ARE eating

- Meat
- Fruit
- Milk & plain yogurt
- Grains
- Roots & tubers
- Eggs
- Pasta
- Legumes
- Fish and seafood
- Vegetables

- Ultra-Processed Foods 60%
- Processed Foods 12%
- Unprocessed or Minimally Processed Foods 30%

- Breads
- Cake, cookies, pies
- Salty snacks
- Frozen and shelf-stable entrees
- Sugary beverages
- Pizza
- Breakfast cereals
- Sauces, dressings, gravies
- Meat products
- Sweets
- Potato products

Juul Filippa, et al. ASN, 2021
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.

Diabetes Prevention Program, NIH, 2019
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

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 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

Full Nutrition Criteria on handout + available at [www.OchsnerEatFit.com](http://www.OchsnerEatFit.com)
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)

Sodium INTAKE

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

2325 mg
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)
EAT FIT DISHES HAVE LESS THAN 5 GRAMS OF ADDITIONAL 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 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

**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**
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Nutritional Supplements

ASSESSING BENEFITS VS RISK
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

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
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
Questions?