George and his wife will speak with a dietitian to discuss specific interventions for positive health outcomes.....

- Discuss components of a healthy diet
- Foods to incorporate
- Foods to avoid or limit
- Ways to make changes to be successful
Components of a Typical Diet

- Carbohydrates 50 - 55% total calories
- Protein 20 - 25% total calories
- Fat < 30% total calories
  - < 10% calories from saturated fat

US Dietary Guidelines for Americans

- Recommendations incorporating
  - Food preferences
  - Cultural traditions
  - Customs
- Focus
  - Eating fewer calories
  - Making informed choices
  - Being physically active

Based on the many diverse groups that make up the US population to help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health

MyPlate Icon

- MyPlate is part of a larger communications initiative based on 2010 Dietary Guidelines for Americans to help consumers make better food choices

- Designed to remind Americans to eat healthfully

- Illustrates the five food groups using a familiar mealtime visual, a place setting
Harvard Healthy Eating Plate

• Provides further detail to ensure best possible food selections

![Harvard Healthy Eating Plate Image]

Three Main Messages

• Balance Calories
  – Enjoy your food, but eat less
  – Avoid oversized portions

• Foods to Increase
  – Make ½ plate fruits and vegetables
  – Make at least ½ grains whole grains
  – Choose skim or 1% milk

• Foods to Reduce
  – Compare sodium in foods such as frozen meals, soups, and breads --- choose the foods with lower numbers
  – Drink water instead of sugary drinks
**Begin Healthy Habits Early**

- Start by offering small portions to children
  - Use smaller bowls, plates and utensils for children to eat

- Avoid forcing children to clean their plate
  - Allow children to identify when they are full and finished eating

- Offer a variety of foods to enable preschoolers to get the nutrients they need from every food group
  - They will also be more likely to try new foods and to like more foods.
  - When preschoolers develop a taste for many types of foods, it’s easier to plan family meals

**Avoid Food Restrictions**

- Children need to learn healthy habits early, but need to enjoy treats

- Children should not be rewarded or punished with food

- When certain foods are “off limits” children tend to seek them out promoting unhealthy habits
Build a Healthy Plate

• Keep in mind:
  – Foods such as fruits, vegetables, whole grains and low fat dairy products contain essential nutrients and relatively low calorie

Make Half the Plate Fruits and Vegetables

• Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes and broccoli, in main and side dishes

• Eat fruit, vegetables or unsalted nuts as snacks - they are nature’s original fast foods
Make at least half daily grain intake WHOLE grain

- Choose 100% whole-grain cereals, breads, crackers, rice and pasta
- Check the ingredients list on food packages to find whole-grain foods
  - Look for “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,”
    “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice”
- Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Whole grains contain the entire grain kernel—the bran, germ, and endosperm
  - People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases

Vary Protein Sources

- Twice a week, make seafood the protein on the plate
- Eat beans, which are a natural source of fiber and protein
- Keep meat and poultry portions small and lean
- Trim or drain fat from meat and remove skin from poultry to cut fat and calories
How Much Protein?

- Most people ages 9 and older need ~ 5 - 7 ounces of protein per day
- 1 ounce protein =
  - 1 ounce lean meat, poultry, or seafood
  - 1 egg
  - ¼ cup cooked beans or peas
  - ½ ounce nuts or seeds
  - 1 tablespoon peanut butter
  - Some Americans tend to eat more protein than they need

Milk Consumption

- Choose low fat or skim milk
  - Same amount of calcium and other essential nutrients as whole milk
  - But fewer calories and less saturated fat
  - Try calcium-fortified soy products as an alternative to dairy foods.
• Cut back on foods high in solid fats, added sugars, and salt
  – Many people eat foods with too much solid fats, added sugars, and salt (sodium)
  – Added sugars and fats load foods with extra calories you don’t need
  – Too much sodium may increase your blood pressure.

Eat Fewer Foods That Are High In Solid Fats

• Make major sources of saturated fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs — occasional choices, not everyday foods

• Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt and cheese
Solid Fats

• Switch from solid fats to oils when preparing food

![Figure 3-3. Fatty Acid Profiles of Common Fats and Oils](http://www.cnpp.usda.gov/publications/dietaryguidelines/2010/policydoc/chapter3.pdf)

Mediterranean Diet

• Dietary patterns typical in 1960’s of some Mediterranean regions (Crete and other parts of Greece and Southern Italy)

• These dietary patterns were highlighted due to the adult life expectancy in these areas was among the highest in the world

• Rates of coronary heart disease in this same population were also the lowest in the world during that time
Types of Foods

• Plant-based sources
  – Fruits, vegetables, legumes, whole grains, fish, nuts and low-fat dairy

• Vegetable oils
  – Rich in monounsaturated fat
  – Low in saturated fat
  – Known to have positive effects on health

• Diet has proven to have positive health effects
  – Cholesterol reduction
Key Components

• Generous amounts of fruits and vegetables
  — At least one of each and every meal

• Potatoes and whole grain breads / cereals

• Dried beans
  — Canned or dried

• Nuts and seeds
  — Add to cereals
  — Eat up to an ounce of nuts / day

• Minimally processed foods
  — Fresh / frozen produce

Key Components - 2

• Dairy
  — Consume moderate amounts
  — Yogurt for dessert!

• Fat source
  — Olive oil

• Fish and shellfish
  — Minimum of 6 ounces 2x per week

• Red Meat
  — LOW consumption ~ 1 meal / week
  — Poultry ~ 2 meals / week

• Eggs
  — 4 whole eggs / week
  — Use egg substitutes or egg whites
Wine Consumption

• Low-to-moderate wine intake (usually with meals)
  — Men Up to two 3.5 oz glasses of wine
  — Women One 3.5 oz glass of wine

NOTE: If currently not drinking alcohol, the American Heart Association cautions people NOT to start drinking alcohol

No Matter What
Everyone Has Their Own Daily Calorie Limit

• Exceeding calorie needs = weight gain

• Physical activity decreases the calorie overage

• THINK BEFORE YOU EAT!!!
  — Is it worth the calories?
  — Am I really hungry for this?
  — Do I really NEED second helpings?
Write Down What is Consumed

• Research has shown that those who document what they eat on a daily basis have better success with weight loss and maintenance

• Significantly increases the awareness of foods and amounts that are consumed

• Allows person to evaluate if they feel hungry or if there is an emotion driving them to eat

Get Physical!

• Walk a minimum of 10,000 steps daily

• Where a pedometer for accountability and awareness

• Pick activities that are enjoyable
  – Begin with 10 minutes at a time to start
10,000 Steps

- About 5 miles
- Track progress
- Start slow and add ~500 steps per day
- Walking 10,000 fast steps per day burns ~500 calories
- In just 7 days = 1 pound of weight!!

How Much Activity is Healthy?

- Children and Adolescents
  - > 60 minutes per day
- Adults
  - > 2.5 hours of activity requiring moderate effort per week
Nutrition Resources

- Harvard School of Public Health – Department of Nutrition
  - www.hsph.harvard.edu/nutritionsource

- Centers for Disease Control and Prevention – Resources for Professionals
  - www.cdc.gov/nutrition/professionals/index.html
  - www.cdc.gov/physicalactivity/professionals/index.html
  - www.cdc.gov/nutrition/professionals/researchtopractice/index.html

- United States Department of Agriculture (USDA) – Food and Nutrition Information Center
  - fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1

Nutrition and Wellness

Alternative Concepts Of Wellness: When Should The Buyer Beware?

Donald F. Kirby, MD
Center for Human Nutrition
Cleveland Clinic
Follow up Office Visit

• George and his wife return to your Office
• He has lost 15 lbs and is feeling better
• His wife has him on a weight loss diet and getting him to exercise regularly
• George complains that his wife has him taking the following supplements:
  – St. John’s Wort
  – Ginko biloba
  – Ginseng
  – Multivitamin
• He wants to know are these OK because they are natural and can be bought without a prescription
• How do you respond?

What is Complementary and Alternative Medicine (CAM)?
**Categories**

1. Alternative medical systems
   - Homeopathic
   - Naturopathic
   - Traditional Chinese medicine
   - Ayureda

2. Mind - body interventions
   - Meditation
   - Prayer
   - Mental healing
   - Art, music or dance therapies

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**Categories - 2**

3. Biologically based therapies
   - Herbs
   - Foods
   - Vitamins

4. Manipulative and body-based methods
   - Chiropractic or Osteopathic manipulation
   - Massage
Categories - 3

5. Energy therapies
   – Biofield therapies
   – Gi Gong
   – Reki
   – Therapeutic touch
   – Biomagnetic-based therapies
   – Electromagnetic fields

"Look at this. Acupuncture, aromatherapy, herbal tea. We could be dealing with a homeopathic killer."
Facts

• ~29% of adult Americans use CAM in some form

• After prayer and spiritual healing, herbal medicine is the second most common CAM Therapy

• In the US, ~10% of Adults use a form of herbal product

• > $5 Billion / year

Regulation

• Herbal Remedies are currently considered as dietary supplements by enactment of the Dietary Supplement and Health Education Act (DSHEA) of 1994

• Herbals = UNREGULATED

• Producers of herbal products
  – DO NOT have to show
    – Product’s Contents
    – Side Effects
    – Proof of Safety and Efficacy
  – CAN
    – Claim “supposed benefits”
**Regulation - 2**

- Without regulation
  - No standardization of products
  - Inconsistencies of botanical products
  - Inconsistencies of purity
  - Product contamination
    - Steroids
    - Phosphodiesterase enzyme inhibitors
    - Sulfonylureas
    - Benzodiazepines
    - Phenylbutazones
    - 10% of 500 Chinese patent medicines were found to have undisclosed drugs
  - Adverse herb-drug interactions mostly go unknown

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**Alert for Toxicity**

- Australian equivalent of FDA reports 49 cases of liver toxicity with black cohosh

- Black Cohosh used mostly for hot flashes and menopausal symptoms

- Plant goes by many names including …
  - Bugwort - Bugbane - Black snakeroot
  - Rattleroot - Rattletop - Rattleweed
  - Macrotys

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Worst Pills Best Pills August 2006
Some Products are Different!

- Herbals in Germany are regulated so that the quantity and quality of an herbal product can be compared from batch to batch.

Herbal Remedies, Why Should I Care?

- Between 9.5% and 12.1% of US adults use herbal products.
- Gross sales surpassing 5 Billion dollars annually.
- The FDA estimates that around 29,000 herbal supplements and vitamins are currently available.
Popular Herbal Products

- Ginkgo Biloba
- St. John’s Wort
- Echinacea
- Kava
- Ginseng
- Ephedra
- Bitter Orange