

Nutrition

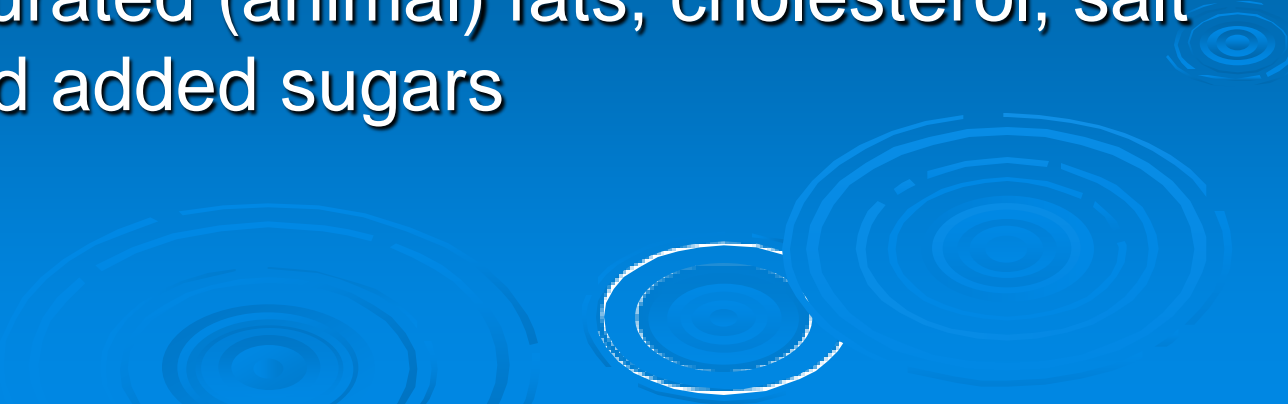
Eating Well for Taste & Health

20th Annual FA Family Meeting
Saturday, June 25th 2011

Carol Ceresa, MHSL, RD



2010 Dietary Guidelines

- Emphasizes fruits, vegetables, whole grains and fat-free or reduced fat milk and dairy products
 - Includes lean meats, poultry, fish, beans, eggs and nuts
 - Is low in saturated (animal) fats, cholesterol, salt (sodium) and added sugars
- 

2 Key Concepts

- Importance of calorie balance
- Focus on eating nutrient-dense foods and beverages
 - Clues – choose foods that provide vitamins, minerals & other beneficial properties

Sodium

- Reduce intake to <2300 mg/day
- Further reduce intake to 1500 mg/day

Actions:

Read food labels, eat fresh, eat at home
use herbs and spices, no table salt

A decorative graphic consisting of several sets of concentric circles in a lighter blue shade, scattered across the bottom right portion of the slide.

FATS

- Less animal fat
- Cholesterol, < 300 mg per day
- No (hydrogenated) trans fat

Actions:

Choose mono saturated (canola, olive, nut) oils; mixed nuts, avocado, seeds

SoFAS

➤ Reduce solid fats & added sugar

Avg. American has >35% of cal as SoFAS; goal: 5-15%

Fats

Pizza, cheese, hotdogs, sausage, bacon, ribs, fried foods

Sugars

soda, energy/sports drinks, fruit drinks, sweet tea, desserts, candy, ready to eat cereals, pastry

GRAINS

Limit refined grains (esp. those w/fat/sugar)

Actions:

Replace refined grains with whole grains

HOW ?



What's the Good News?

➤ **Eat more:**

Vegetables (choose whole vegetables)

Fruits (choose whole fruits vs. fruit juice)

Reduced fat milk

Fish (in place of meat/poultry)

Oils vs. solid fats when possible

Nutrient Focus

Increase these 4

Potassium bananas, oranges, dried beans, root veg

Dietary Fiber whole grains, fruits, vegetables

Calcium reduced fat milk and dairy

Vitamin D fortified milk and supplements

Building Healthy Habits

- Calorie intake vs. energy output for a healthy weight
- Consume foods from all food groups
- Reduce intake of solid fats and replace with oil (poly and mono)
- Reduce intake of added sugars and refined grains
- Reduce intake of sodium
- Increase intake of milk and milk products (choosing fat-free or low fat)
- Increase seafood by replacing meat or poultry
- **Choose foods that are cancer protective**

What Color Is Your Diet?

Recommendations

- Dr. David Heber, MD, PhD – UCLA Human Nutrition Promotes consumption of protective antioxidants
Each color category represents different nutrients and antioxidants.

Try one serving/day (1 cup raw, ½ cup cooked), from each color

Goal: 2 cups for fruit/day and 2 ½ cups of vegetables

Foods of Special Interest

Strawberries (all berries & cherries)

- Ohio state researcher, Tong Chen, is studying the potential for strawberries to prevent esophageal cancer
- Freeze dried strawberries (60 gm, dissolved in water/day for 6 months) showed 29 out of 36 study participants had a decrease in grade of a precancerous lesion or a lowering in the growth of the lesion

Question: How would you use berries or cherries in recipes, or for meals or snacks?

Foods for Cancer Prevention

Mushrooms

Dr. Shiuan Chen, PhD, director of Tumor Cell Biology at the City of Hope, looked at the extracts of 7 vegetables and found that mushrooms contained the highest levels of linoleic acid, a compound shown to have anticancer properties. Mice fed mushrooms showed a 58% reduction in breast tumor growth

Mushrooms are a hidden treasure of nutrition – they are the leading source of selenium in the fruit/vegetable groups & a good source of vitamin D

Selenium forms an antioxidant that helps protect cells from damage
(BRAZIL nuts are a great source of selenium!)

Curcumin: the Indian solid gold

- **Tumeric**, derived from the plant *Curcuma longa*, is a gold colored spice. Curcumin gives the yellow color to tumeric

Curcumin has been shown to exhibit antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, and anticancer activities. Curcumin exhibits activities similar to recently discovered tumor necrosis factor blockers,

- Aggarwal, BB, Department of experimental Therapeutics, M.D. Anderson Cancer Center, aggarwal@mdanderson.org

Rao CV University of Oklahoma Cancer Institute also studying tumeric for anti-inflammatory properties studies show that curcumin regulates LOX and COX-2

Walnuts – Aces for Antioxidants

- Walnuts top all other nuts for quantity and quality of healthful, polyphenol-type antioxidants

Joe Vinson, PhD (American Chemical Society, 2011)

So, What's Your Plan?

