



Food as medicine

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Today's presenters



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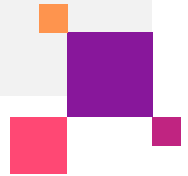


Agenda

- Defining food as medicine
- Tips for:
 - shopping
 - eating
 - living

**“Let food be thy medicine
and medicine be thy food.”**

-Hippocrates



Food as medicine philosophy

A philosophy where food and nutrition aids individuals through interventions that support health and wellness.



Food as preventive medicine to **encourage health and well-being**



Food as medicine to **improve nutrition security**



Food as medicine in **disease management and treatment**



Food as medicine to **promote food safety**

<https://www.eatrightfoundation.org/foundation/resources/food-as-medicine/food-as-medicine-opportunity-in-food-retail-form>

Today's goals



Prevent nutritional deficiencies



Improve gut health to boost immunity



Keep your heart and brain healthy



Prevent long-term inflammation



Prevent, slow down or reverse diseases impacted by food

Balanced eating with MyPlate

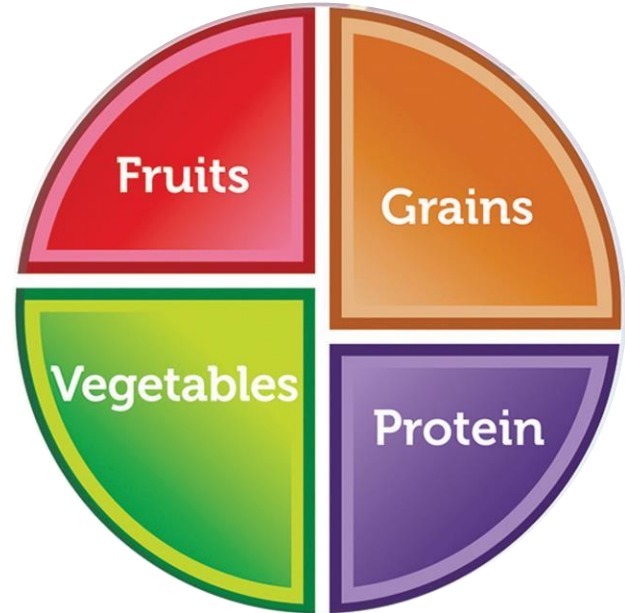
Macro nutrient distribution

- Protein for healing
- Carbohydrates for energy
- Fats for nutrient absorption

Better portion control

- Weight management
- Glucose control

Hits all our goals



Balanced eating with MyPlate strategies



Eat a rainbow of produce

- Color = antioxidants

Switch up grains and starches

- Opt for whole grains

Power up the protein

- Feel full faster

Plate variety means variety in your vitamins/nutrients

Choose food first





Produce you'll want to pick

- USDA: eat the rainbow and focus on orange, red and dark green foods
- MIND diet: berries and dark leafy greens
- Fresh, frozen or canned





Grains & starches you have to get

- Whole grains: wheat, oats, pasta, barley, farro, polenta and couscous
- Starches: beans, legumes, rice and potatoes



Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols). Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B₁ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

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GLUTEN FREE



Protein for powerful healing

- Lean meats and seafood
- Eggs and low-fat dairy
- Plant-based soy, pean, nut and seed proteins
- The DRI is 0.36 grams of protein per pound (0.8 grams per kg) of body weight

Proactively seek probiotics



Microbiome

- Gut-brain axis

Probiotics help with

- Immunity for prevention
- Producing vitamins
- Serotonin for mood
- Millions of types of bacteria
 - Every gut is different

Choose food first



Miso soup

Probiotic shopping list



- **Dairy aisle**
 - Yogurt (regular or plant based)
 - Kefir (drinkable or yogurt style)
 - Cottage cheese
 - Single serve cheese
- **Produce section**
 - Sauerkraut
 - Kimchi
 - Tempeh (fermented soybeans)
- **Center store**
 - Snacks and drinks

What to look for



Fill up on fiber



- **Soluble fiber**
 - Lowers glucose levels
 - Lowers blood cholesterol
 - Reduces inflammation
 - Is a prebiotic for probiotics
 - Promotes fullness
- **Insoluble fiber**
 - Keeps the system moving along
- **Aim for 20 to 30 grams of fiber daily**



Fresh, frozen and canned



Fiber-filled grains and proteins

- Choose beans and legumes, whole grains, nuts and seeds
- Opt for dried or canned beans
- Look for premade grains when you want to try something new
- Read the Nutrition Facts panel
 - Goal: 5gm per serving or 20% DV
- Nuts and seed are high in fiber and calories

Nutrition Facts	
About 8 servings per container	
Serving size 1/2 cup (57g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total fat 8g	10%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 35g	13%
Dietary Fiber 7g	23%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 6g	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food constitutes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Slow down on sodium



- **Salt is salt**
- **Health impacts**
 - High blood pressure
 - Inflammation
 - Gut bacteria
- **How much is enough?**
 - 2300mg Dietary Guidelines
 - 1500mg American Heart Association
- **Low sodium food solutions**



Himalayan salt

Choose low-sodium foods

- **Foods high in sodium**
 - At home: processed snacks, meals and treats
 - On the go: almost everything
- **Read the Nutrition Facts panel**
 - %DV: 5% is low, 20% is high
- **Salt substitutes**
- **Monosodium glutamate (MSG) or Ajinomoto**



Nutrition Facts			
Serving Size 3 oz. (85g)			
Serving Per Container 2			
Amount Per Serving			
Calories 200	Calories from Fat 120		
% Daily Value*			
Total Fat 15g	20 %		
Saturated Fat 5g	28 %		
Trans Fat 3g			
Cholesterol 30mg	10 %		
Sodium 650mg	28 %		
Total Carbohydrate 30g	10 %		
Dietary Fiber 0g	0 %		
Sugars 5g			
Protein 5g			
Vitamin A 5%	Vitamin C 2%		
Calcium 15%	Iron 5%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Spice, acid and heat



Spice

- Enhances flavor, aroma and color
- Antioxidants rich, anti-inflammatory, affect glucose, cholesterol, cognition and mood
- Try cloves, rosemary, sage, oregano and cinnamon, plus ginger and turmeric

Acid

- Brightens and bring out flavors
- Try lemon juice or vinegar



Heat

- Intensifies and enhances flavor
- Try fresh/dry pepper and sauces



Find healthier fats



- **Saturated: less desirable**
 - Increases LDL cholesterol
 - Limit to 5-6% of intake
- **Unsaturated: highly desirable**
 - Boosts HDL cholesterol
 - Lowers LDL/triglycerides
 - Supports brain health
 - Provides essential fatty acids
- **Identify the swap opportunities**



Whole flax seeds

Know your fats

- **Total fat = ALL THE FATS**
 - Saturated/trans goal <5% DV
- **Heart healthy cooking oils**
 - Canola, corn, olive, peanut, safflower, soybean and sunflower
 - Avocado, grapeseed and sesame
- **Food sources of healthy fats**
 - Fish, shellfish, nuts and seeds
 - Avocados and olives



Nutrition Facts			
Serving Size 3 oz. (85g)			
Serving Per Container 2			
Amount Per Serving			
Calories	200	Calories from Fat 120	
% Daily Value*			
Total Fat	15g		20 %
Saturated Fat	5g		28 %
Trans Fat	3g		
Cholesterol	30mg		10 %
Sodium	650mg		28 %
Total Carbohydrate	30g		10 %
Dietary Fiber	0g		0 %
Sugars	5g		
Protein	5g		
Vitamin A	5%	•	Vitamin C 2%
Calcium	15%	•	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Seek less added sugars



- **Are there healthier sugars?**
 - Carbs = sugar
- **Health connection**
 - Glucose control
 - Triglycerides
 - Inflammation
 - Weight gain
- **Identify the swap opportunities**



Honey or High Fructose Corn Syrup (HFCS)?

Finding added sugars

- Total sugars = ALL THE SUGARS
- Added sugars are those that do not occur naturally and are added during processing
 - Goal is to limit to 50mg/day
- Biggest sources of added sugars
 - Sugar-sweetened beverages
 - Baked goods
 - Desserts
 - Sweets

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
<hr/>	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Artificial sweeteners

- **Non-nutritive = no carbs/energy**
 - Does not impact blood sugar
- **Sugar alcohol = semi-nutritive**
 - Lower in sugar
 - Acts like dietary fiber
 - Found in sweet treats “-ol”
- **Are artificial sweeteners safe?**
 - Moderation
 - May help with weight loss and glucose control



Aspartame (Equal)



Saccharin (Sweet’N Low)



Sucralose (Splenda)



Stevia (Truvia)



Monkfruit extract

Food as medicine: a shortcut?



- **Nutrigenomics** – the study of how food influences gene expressions and contributes to either health and longevity or to disease and earlier death
- Still in research phase
- No credible services or programs at this time
- Consult licensed nutrition professionals for personalized help



Food as medicine for wellness, prevention and maintenance

1. Balance eating with MyPlate
2. Eat a variety of foods
3. Proactively seek probiotics
4. Fill up on fiber
5. Slow down on sodium
6. Find healthier fats
7. Seek less added sugar





Giantfood.com/nutrition
healthyliving@giantfood.com



“Positive health requires a knowledge of man’s primary constitution and of the powers of various foods, both those natural to them and those resulting from human skill.” - Hippocrates





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Q&A



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Thank you!

At GEHA, we exist to empower our members to be healthy and well. For all of us here at GEHA, that is our singular focus. At times like this, when your path toward health and well-being is potentially at risk, that's when it's most important that we do what it takes to be your trusted partner.

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