HEALTHY CHOICES:

WHOLE FOOD PLANT-BASED DIET

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Healthy Choices

- In Alamo, I presented most of this information in a talk with several of our center participants.
- Then, I offered to coach individually those interested in making healthier choices with diet, exercise, etc. I met with several clients for about 4 sessions each.
- Then I continued with a "Healthy Choices" class for all interested. We discussed diet and I shared several plant-based recipes for them to try.

True/False?

Some cancers can be prevented with a plant-based diet.

Prevent & Reverse Disease

Research shows that a more plant-based diet may help prevent or reverse leading causes of death, including:

- heart disease
- cancer
- type 2 diabetes
- high blood pressure.

True/False?

1. Meat is necessary in one's diet to provide protein and iron.

2. Ice cream, cheese and milk are healthy options to provide calcium.

3. Refined flour and sugar are poor choices for good health.

What Is A Plant Based Diet?

- A whole food, plant-based diet is centered on whole, unrefined, or minimally refined plants.
- It's a diet based on fruits, vegetables, whole grains and legumes.
- It excludes or minimizes:
  - ✓ Meat (including chicken and fish)
  - ✓ Dairy products (cheese, milk, yogurt, ice cream)
  - ✓ Eggs
  - ✓ Highly refined foods like bleached (white) flour, refined sugar, and oil.

True/False?

A healthy immune system can be obtained by eating a plant-based diet.

Benefits of A Plant-Based Diet

- Lower cholesterol, blood pressure, blood sugar
- Reversal or prevention of heart disease or diabetes
- Healthier weight
- Lower risk of developing heart disease, diabetes & some types of cancer
- May slow the progression of some types of cancer
- Improves immune function

Plant-Based Diet

True/False?

Fruit juice and French fries are healthy plant-based options.

Fruit

Apples, Bananas, Oranges, Pears, Grapes, Strawberries, Etc.

- Rich in fiber, Vit. A, Vit. C, Resveratrol
- Whole fruit, not juice (juicing removes the fiber)
- Choose a variety of colors to get the greatest array of nutrients.

True/False?

Vegetables contain calcium and iron.

Vegetables

Spinach, beets, potatoes, onions, peppers, tomatoes, carrots, squash, cucumbers, etc.

- Rich in lycopene and beta-carotene, Vit. A, Vit. C, B vitamins, and fiber
- Many vegetables are excellent sources of calcium and iron.
- Choose a variety of colors to get the greatest array of nutrients.

True/False?

Oats are a healthier grain option than bread.

Whole Grains

Brown rice, quinoa, oats, corn, barley, etc. are the most nutritious.

Less nutritious but acceptable are whole grain breads, tortillas and pastas.

- Rich in Vit. B, protein, zinc, fiber and sterols.

True/False?

Beans contain calcium and iron.

Legumes

Beans (black beans, kidney beans, pinto beans, soybeans)

Peas (chickpeas, black eye peas)

Lentils

Peanuts

- Rich in protein, fiber, calcium, iron, B vitamins.

True/False?

Nuts are an unhealthy option due to the high fat content.

Nuts and Seeds

Walnuts, cashews, almonds, pecans, sesame seeds, flax seeds, chia seeds, sunflower seeds

- Rich in protein, calcium and healthy fat (omega 3 fatty acids)

Water

Includes unsweetened coffee and tea

Water hydrates the body, and the hydration of the body's cells is crucial to proper immune, endocrine, cardiovascular, neural, gastrointestinal, muscle and skeletal function.

Foods to Limit

- Meat, Poultry and Fish (unhealthy saturated fat and cholesterol)
- Eggs (unhealthy cholesterol)
- Dairy Products (unhealthy saturated fat and cholesterol)
- Refined Grains and Added Sugar (void of fiber)
- Processed Oils (Low in nutrients, high in calories, low in fiber)

True/False?

One cup of beans contains 5 grams of protein.

What About Protein?

- All vegetables, grains, nuts and seeds contain protein.
- Adequate protein for a 160 pound adult is 60 g of protein per day.
- Plant Sources:
  - ✓ Lentils – 18 g/cup
  - ✓ Beans/Chickpeas – 15 g/cup
  - ✓ Green Peas – 9 g/cup
  - ✓ Quinoa – 9 g/cup

Protein (continued)

- ✓ Soy milk – 7 g/cup
- ✓ Oats – 6 g/half cup
- ✓ Wild Rice – 7 g/cup
- ✓ Chia Seeds – 6 g/1.25 ounces
- ✓ Nuts/Nut Butters – 6 g/1 ounce
- ✓ Vegetables – 5 g/cup (broccoli, spinach, asparagus, artichokes, potatoes, sweet potatoes and Brussels sprouts)
- ✓ Fruits – 3 g/cup (blackberries, nectarines, bananas)

True/False?

Collard greens contain 350 mg of calcium per cup.

What about Calcium?

The recommended calcium intake for adults is between 500 and 1000 mg/day.

- ✓ Collard greens (cooked) 357 mg/cup
- ✓ Plant milk (fortified with calcium) 300 mg/cup
- ✓ Turnip greens (cooked) 249 mg/cup
- ✓ Kale (cooked) 179 mg/cup
- ✓ Soybeans (cooked) 175 mg/cup
- ✓ Almond butter 111 mg/2 Tbsp

True/False?

Some dairy is needed in a diet to prevent osteoporosis.

The Truth about Dairy

- Populations that consume the highest amounts of dairy actually have the highest rates of bone fractures.
- Consuming greater than 2 servings of dairy per day is linked to increased risk of prostate cancer in men.
- Dairy stimulates insulin-like growth factor-1 (IGF-1) which accelerates cancer cell growth.
- Most dairy milk contains contaminants like growth hormones and antibiotics.

Research

Physician's Committee for Responsible Medicine report:

- 2 glasses of milk per day increase the risk of prostate cancer by 60%
- 1.2 ounces of dairy protein per day increases the risk of prostate cancer by 32%
- 400 mg of a calcium supplement per day increases the risk of prostate cancer by 51%

More Research

- 2 to 3 glasses of alcohol per day increases the risk of colorectal cancer by 21%
- 1.7 ounces of processed meat per day increases the risk of colorectal cancer by 21%
- 4 ounces of red meat per day increases the risk of colorectal cancer by 28%

More Research

True/False?

Eating broccoli, cauliflower and cabbage can prevent breast cancer.

More Research

- Cruciferous vegetables (broccoli, cauliflower, cabbage, kale, etc.) daily decrease the risk of breast cancer by 18%
- Fruit (high intake) daily decreases the risk of breast cancer by 11%
- Carotenoid vegetables (carrots, sweet potatoes, kale, spinach, bell peppers, tomatoes, watermelon) decrease the risk of breast cancer by 19%
- Natural soy foods daily decrease the risk of breast cancer by 30%

True/False?

Too many tomato products can increase the risk of cancer.

More Research

Tomato products (tomato paste, tomato juice, tomato sauce) daily decrease the risk of ALL cancer by 27%

A Healthy Lifestyle (plant-based diet, healthy weight, daily exercise, stress reduction, quality sleep, social connections) can decrease the risk of ALL cancer by 30%

True/False?

Ground beef is necessary to prepare spaghetti, tacos, chili and burgers.

How to Begin A Plant-Based Diet

- Change a favorite recipe to be plant based:
  - Make burritos or tacos with beans, rice & vegetables
  - Prepare chili with beans instead of meat
  - Replace burgers with veggie/bean burgers
  - Make kebabs with vegetables such as onions, bell peppers, summer squash & mushrooms
  - Make soup without meat

Watch This!

1. The Game Changers (Netflix)
2. What the Health (Netflix)
3. Cowspiracy (Netflix)
4. Forks Over Knives (Netflix)

Read This!

- 1. The China Study (T. Colin Campbell, PhD)
- 2. Prevent and Reverse Heart Disease (Caldwell B. Esselstyn, Jr., M.D.)
- 3. How Not to Die (Michael Greger, M.D.)

Where Do I Find Plant Based Recipes:

- Check out your local library!
  - Forks Over Knives Cookbook
  - China Study Cookbook
  - The Prevent and Reverse Heart Disease Cookbook
  - How Not to Die Cookbook

- Check out the internet:
  - Minimalist Baker: https://minimalistbaker.com/
  - Forks Over Knives: www.forksoverknives.com/recipes/
  - Oh She Glows: Ohsheglows.com

What Next?

- With the information I've shared with you today, find someone in your local center who is willing to work with some of your clients.
- They will:
  - ✓ Share the facts with a presentation at the center.
  - ✓ Work individually with interested persons.
  - ✓ Work as a group to provide support, share recipes, struggles, etc.
  - ✓ Continue to educate via newsletter how to make healthy choices and share successes.

Teach a Class

- Present nutrition information to all.
- Ask for individuals who want to be "coached."
- Meet with those individuals for 30 minutes or so once a week for at least 3 weeks.
- Ask what their goals are (fitness, nutrition, decrease blood pressure, etc.)
- Help them to meet their goals through encouragement and accountability.

Sample Goals

Exercise more:

- ✓ Continue walking and write down each day you walk and how long or far you walked)

Eat healthier:

- ✓ Buy grapes, eat 10 each day for lunch
- ✓ Buy spinach, eat some for lunch each day
- ✓ Buy brown rice, cook and eat each night for dinner

Crockett Senior Center Healthy Choices Results

Betty:

- ✓ Weight loss
- ✓ Feel better

Darlene:

- ✓ Better cooking skills (bake instead of fry, use more garlic and other herbs)
- ✓ Eating more fruits and vegetables
- ✓ Has more energy and feels better
- ✓ Lost weight
- ✓ Blood pressure decreased

Lily:

- ✓ Learned to eat better, decrease bread
- ✓ Learned to make meatless meals
- ✓ Increased time on the treadmill at the center
- ✓ Feel better
- ✓ Good program

Free Gift!

Through my health coach classes, I learned of this wonderful publication, “Plant-Based Nutrition Quick Start Guide.”

Our center director, Mary Moore, agreed wholeheartedly when I asked to buy everyone a copy.

So, from the Crockett County Office On Aging, please enjoy this booklet as a gift from us.

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