

# Dietary Guidelines

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09.05.23 (Happy 60<sup>th</sup> Birthday to my sister!)

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# How do you decide what to eat?

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Taste?

Look/smell?

Health?

Joy?

Social?

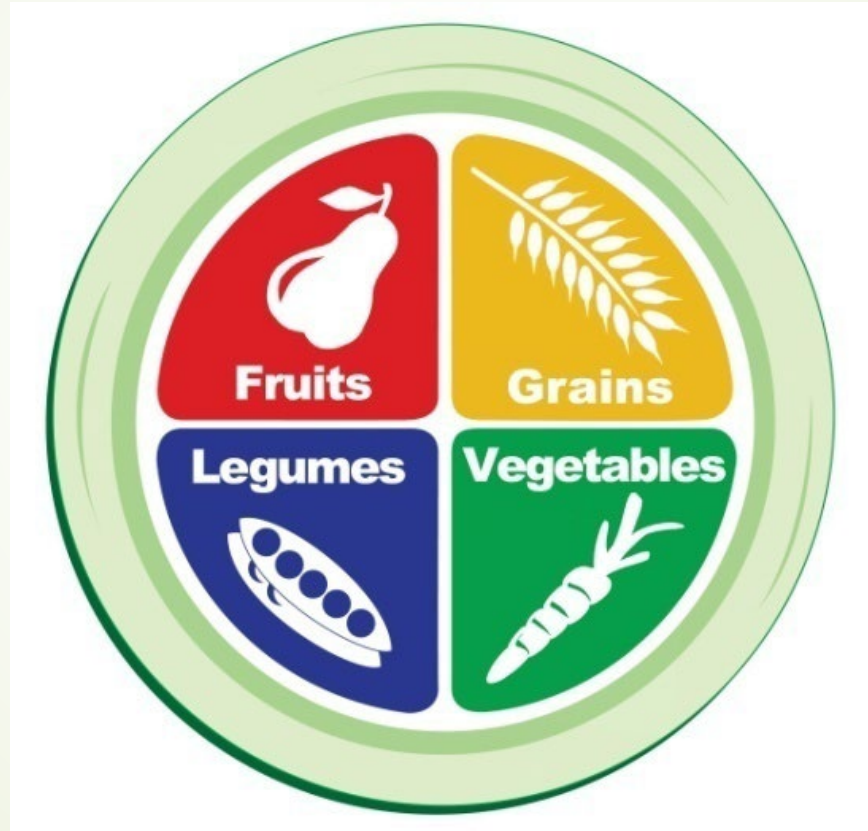


Whatever you choose, it should bring you joy and be something you can do for the rest of your healthy life!

# My Plate



# The Power Plate



# How Not to Die....

Dr. Michael Greger, MD

Nutritionfacts.org

How to prevent and reverse chronic diseases

Bottom line:

Whole foods, plant-based diet

Green light: Unprocessed plant foods

Yellow light: Processed Plant foods

Red light: Ultra processed plant foods

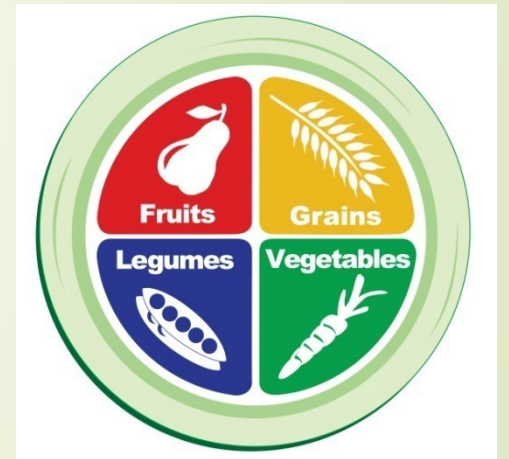
Since this book:

How Not to Die Cookbook


How Not to Diet (+ cookbook)





















How Not to Age (coming December 2023)

<https://youtu.be/ZgrQsrZneN8>



# Daily Dozen – download the app

MICHAEL GREGER, M.D.   
**DAILY DOZEN**

1. BEANS				7. FLAXSEEDS			
2. BERRIES				8. NUTS			
3. OTHER FRUITS				9. SPICES			
4. CRUCIFEROUS VEGETABLES				10. WHOLE GRAINS			
5. GREENS				11. BEVERAGES		5 SERVINGS	
6. OTHER VEGETABLES				12. EXERCISE			

INFOGRAPHIC created by Modern Vegan Family based on healthy diet recommendations by Dr. Michael Greger's **DAILY DOZEN**, suggested daily servings and New York Times Bestselling Book, "How Not to Die". [www.nutritionfacts.org](http://www.nutritionfacts.org)



# 21 Diet Tweaks for weight loss


- Preload water
- Negative calorie preload
- Incorporate vinegar
- Undistracted meals
- 20 minute rule
- Black cumin, cumin
- Garlic Powder
- Ginger or Cayenne
- Nutritional Yeast
- Green tea & stay hydrated
- Deflour diet
- Frontload calories
- Time-restrict eating
- Exercising timing
- Weight twice daily
- Complete intentions

# G-BOMBS

- ▶ Dr. Joel Fuhrman
- ▶ The End of Dieting (and also The End of Diabetes)



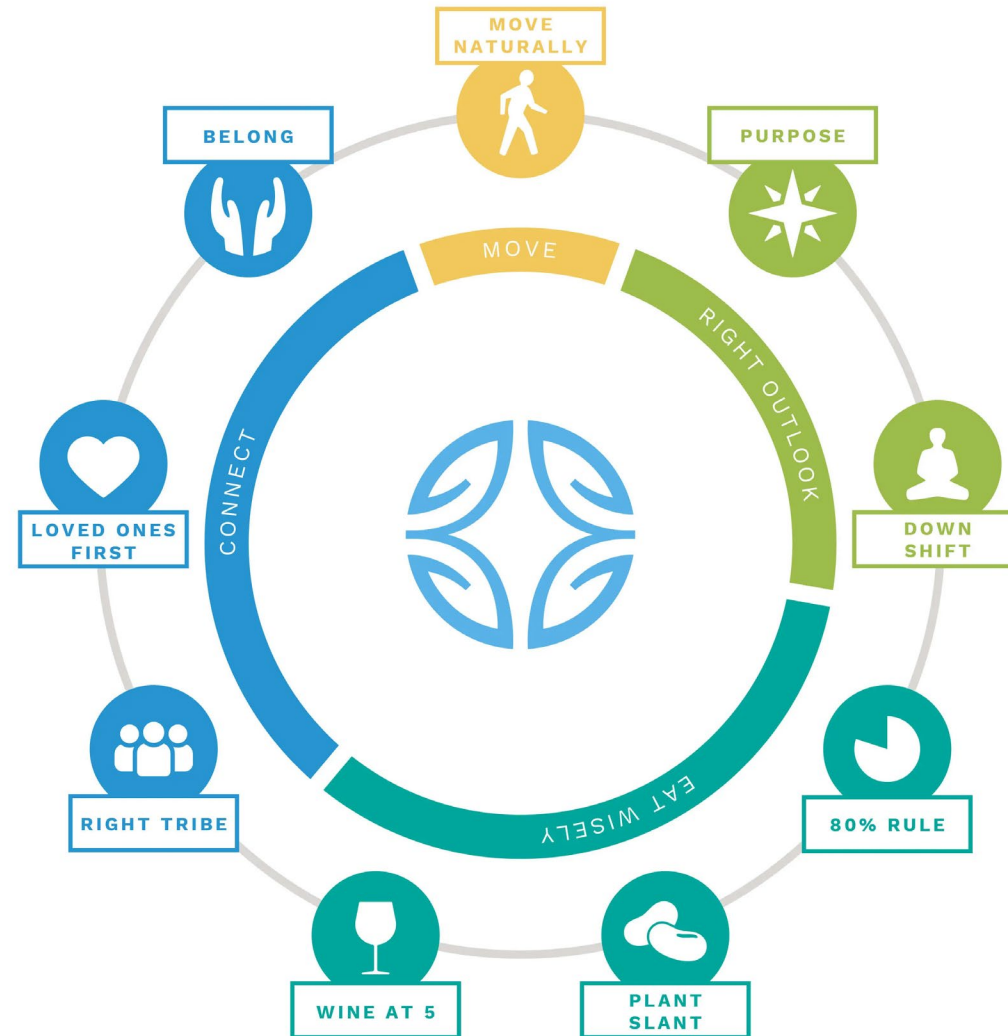




# Live to be 100 – Blue Zones

- Blue Zone = areas of the world where people live to >100
  - Loma Linda, California
  - Sardinia, Italy
  - Okinawa, Japan
  - Icaria, Greece
  - Nicoya Peninsula, Costa Rica
- They are less likely to get the common ‘aging’ diseases
- See new Netflix series

# Characteristics of Blue Zoners



## ✓ FOUR ALWAYS



**100% Whole grains:** Farro, quinoa, brown rice, bulgur (cracked wheat), oatmeal, whole cornmeal



**Nuts:** A handful a day



**Beans:** A cup of beans per day



**Fruit & vegetables:** 5-10 servings per day

## ✗ FOUR TO AVOID



**Sugar-sweetened beverages:** Empty calories



**Salty snacks:** Too much salt and preservatives



**Packaged sweets:** Cookies, candies, and processed sweets banned from pantry



**Processed meats:** Linked to cancer and heart disease



BLUE ZONES™

## FOOD GUIDELINES

MONTHLY

**Retreat from meat:** Blue zones centenarians eat about 2 oz or less about 5x per month



**Reduce dairy**



WEEKLY

**Slash sugar:** Consume only 28 grams (7 teaspoons) of added sugar daily



**Eliminate eggs:**  
No more than 3 per week



**Go easy on fish:**  
Fewer than 3 oz, up to 3 times weekly



**Snack on nuts:**  
About 1-2 handful a day



DAILY

**Drink mostly water:** About 7 glasses / day; coffee, tea, and wine in moderation



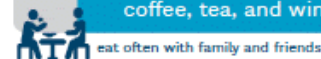
**Daily dose of beans:** Half-cup to one cup / day



**Go wholly whole:** Single-ingredient, raw, cooked, ground, or fermented, and not highly processed



**95-100% plant-based**



eat often with family and friends



# Current Okinawa

- Adopting more Western diet – no longer a blue zone
- Increased intake in meat, poultry, dairy, eggs, processed foods
- Saturated fat and sodium intake have tripled
- Incidence of lung, colon and breast cancer have doubled



# Which is best?

- All messages are the same:
  - With the right diet style (using whole real food, plant-based) you can reverse/improve/lower risk of:
    - High blood pressure
    - Heart disease
    - Diabetes
    - Obesity
    - PLUS Live to be 100!

# Beans

- Reduce risk of heart disease
  - People who eat beans four or more times per week have a 22% lower risk of coronary heart disease.
- High soluble fiber
  - Lower LDL, triglycerides
- Associated with lower blood pressure
- Improves blood sugar control
  - Low glycemic index



# Berries

- Reduce heart disease risk: study of 100,000 found that those who ate the most berries were less likely to die from CVD
- Prevent cancer: inhibit cancer cell growth
  - Shown to cause polyps progression in colon and reverse esophageal cancer (strawberries)
- Improve memory
- Slow brain decline (anti-aging)
- Help with sleep – melatonin in cherries and goji berries
- Treat Gout by reducing inflammation – Cherries
- Vision – zeaxanthin in gojis (can purchase in Asian markets as lyceum berries)
- Reduce hormones that help fat to be stored



# Cruciferous veggies

- Prevent DNA damage and cancer spread
- Improve immunity
- Prevent lymphoma
- Improve liver enzymes
- Reduce prostate cancer progression
- Contains sulforaphane
  - Arugula, bok choy, broccoli, Brussels sprouts
  - Cabbage, cauliflower collard greens
  - Horseradish, Kale
  - Mustard greens, turnip greens
  - Radishes
  - Watercress






# Greens

- Rich in antioxidants – beta carotene, lutein, anthocyanins
- Excellent source of folate, iron, Vitamins A & C, Vitamin K
- Associated with strongest protection against chronic diseases
- 20% reduction for heart attacks and strokes for every add'l serving/day
- Reduced risk of cancer
- May help with weight loss by increasing feeling of fullness and curbing desire for junk foods
- Low in calorie density, high in nutrient density
- Mix with healthy fat to increase nutrient absorption
  - Nuts & seeds, avocado, olives





# Nuts & seeds

- 1 handful of nuts, 5+ days/week may increase life span by 2 years
- Fewer cancer deaths in those who eat nuts (suppress cancer growth)
- High in antioxidants
- Reduce cardiovascular disease
- Can cut stroke risk by half
- Walnuts contain Omega 3 fatty acids
- PREDIMED study found that nuts were not just associated with better health, but were the cause of it
- 3 + servings walnuts/week cut risk of dying from cancer in half
- Nurses Health Study – replacing carbs with same calories from nuts lowered CVD risk by 30% and if replaced saturated fat with nuts lowered by 45%

# Flaxseeds



- High blood pressure
  - Study found improved BP compared to placebo (similar or better to effects of hypertension meds)
- Breast cancer
  - Reduced risk among postmenopausal women
  - Among Breast cancer survivors – improved longevity
  - Created less aggressive cancers in those with cancer
- Prostate cancer
  - Slow progression
- Weight loss



# Onions

- In the Allium family of veggies:
  - Onions, garlic, leeks, chives, shallots and scallions
- Contain compounds that slower tumor growth and kill cancer cells
- Associated with lower risk of oral, esophageal, colorectal, laryngeal, breast, ovarian and prostate cancers (study found this in those who ate the most onions and garlic)
- To get the most effect, eat raw and chew well OR chop finely before cooking (this helps to form the cancer protective sulfur compounds)

# Mushrooms



- Anti-cancer effects:
  - Bind to abnormal cells and cancer cells and then they are labelled for destruction by immune system
  - Especially effective in stomach, colorectal, breast and prostate cancers
- Anti-obesity effects:
  - Help to limit fat cell storage
- Anti-diabetes effects:
  - Lower blood sugar
  - Block enzymes that break down carbs into sugars, so they help to maintain lower sugar levels when eating carbs
- Help maintain healthy gut

# Get your GBOMBS/Daily Dozen/4 Always every day

## ➤ Breakfast ideas:

- Smoothie with berries, kale, flax (my new favorite: 1 banana, 1 cup blueberries, 1 cup greens, 1 T flax, dash of Turmeric, 1/3 block tofu)
- Tofu scramble with mushrooms, onions, spinach, sprinkled with seeds and berries on the side
- Oats made with soy milk, berries, flaxseeds, pumpkin seeds



# Get your GBOMBS/Daily Dozen/4 Always every day

## ➤ Lunch/Dinner ideas:

- Chili with beans, greens, onions, mushrooms, spices
- Veggie stir fry with tofu over quinoa or brown rice
- Tacos with corn tortillas, lentil/mushroom 'meat', lots of veggies
- Power bowl: Rice/grain + beans + corn + greens in a bowl
- Bean burrito: whole wheat tortilla + beans + peppers/onions/mushrooms + greens
- Whole wheat pasta with onions, mushrooms and greens



# Build a better salad

- **Greens = Kale/Chard/Spinach: Isothiocyanates**
- **Garbanzo beans**
- **Onions - flavonoids**
- **Mushrooms – anti-cancer**
- **Blueberries - flavonoids**
- **Pumpkin seeds**
- **Tomatoes & carrots: Beta carotene**
- **Cucumbers**
- **Broccoli slaw – cruciferous**
- **Scoop of quinoa**
- **Basil**
- **Lemon juice – Vit C**
- **7 checks from Greger's Daily dozen**
- **All the G-BOMBS and 4 Always**





# How to get started or continue your healthy lifestyle?

- Change one meal at a time
  - One week focus on breakfast
  - The next – try lunch
  - The next – try dinner

OR

- Change all at once
  - Get the animal foods out of the house
  - Get processed foods out of the house
  - What do you eat now that is already meatless or could easily be?
  - Turn your favorite dishes into meatless dishes



# Our dish today: Barley Tabbouli with Tahini Drizzle

- 3/4 cup hulled barley, soaked overnight in water and then drained
- 2 ripe Roma tomatoes, chopped
- 1 English cucumber, peeled, seeded, and chopped
- 1 1/2 cups cooked or 1 (15-ounce) BPA-free can or Tetra Pak salt-free chickpeas, drained and rinsed
- 2 bunches parsley, finely minced
- 1/2 cup chopped fresh mint
- 2 scallions, minced
- 1/4 cup fresh lemon juice
- 1 teaspoon white miso paste
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- Super-Charged Spice Blend, to taste
- 1 garlic clove, crushed
- 3 tablespoons tahini
- 1 tablespoon fresh lemon juice
- 1 teaspoon white miso paste
- Pinch of ground cumin
- 6 cups mesclun greens



# What is your why?

- What changes do you want to make to achieve your why?
- “Don’t make any changes to your diet that don’t support your long-term health, and don’t make any changes to your diet that you don’t believe you can maintain for the rest of your life.” Joel Fuhrman

