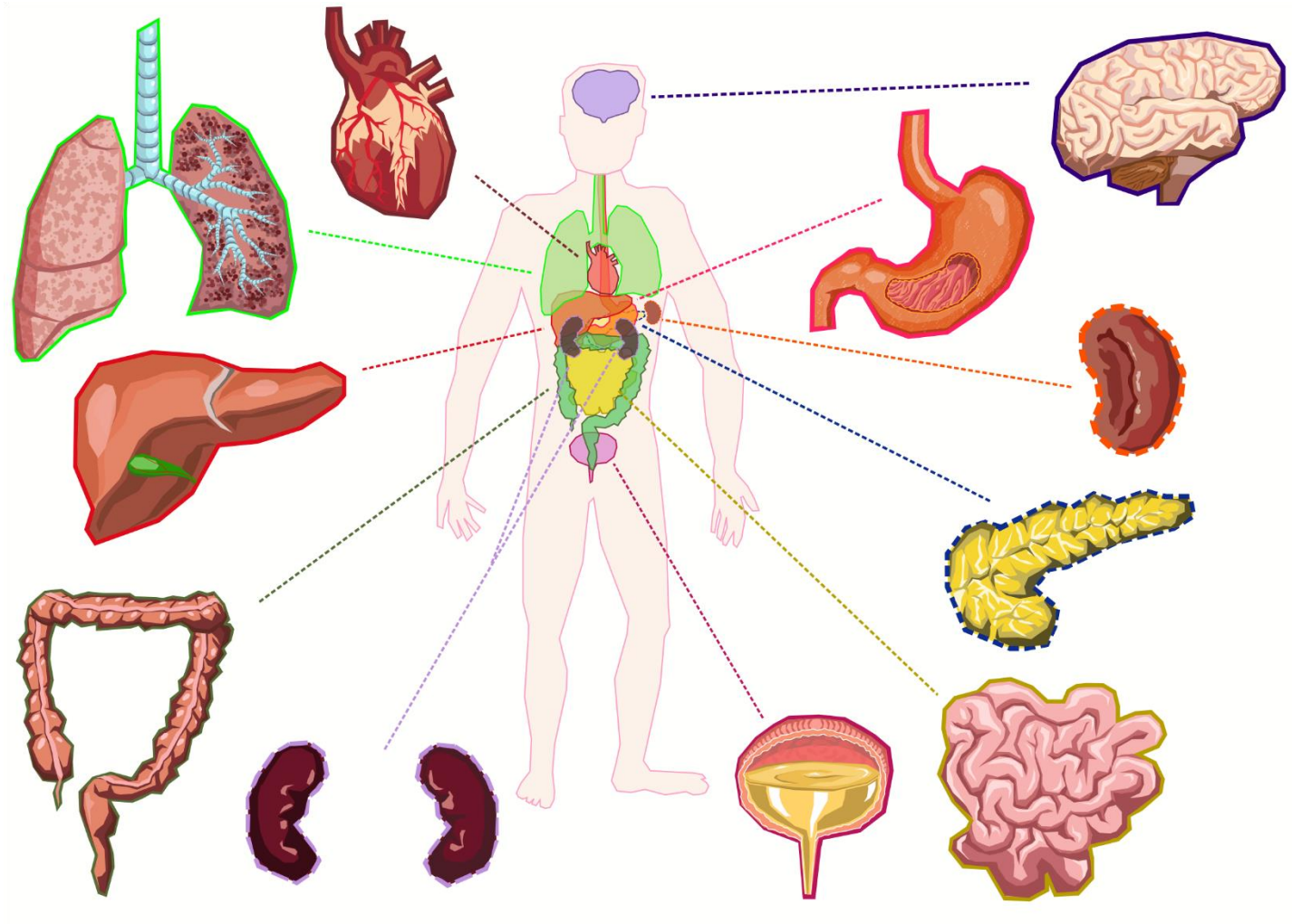


# Eating for Healthy Organs

Debbie Lucas MS, RD, CDCES

[dlucusrd@gmail.com](mailto:dlucusrd@gmail.com)



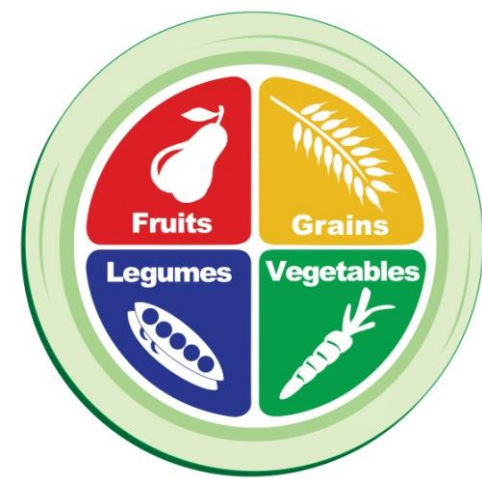
# Brain health Meal Guidelines

## Eat more often:

- ▶ Green leafy vegetables (other vegetables too)
- ▶ Berries (and other fruits)
- ▶ Nuts and seeds
- ▶ Whole grains
- ▶ Beans and lentils
- ▶ Use heart healthy fats in moderation: avocado, olives, nuts
- ▶ If you must: Fish & lean poultry (but plant foods preferred)
- ▶ Spices

## Eat less often:

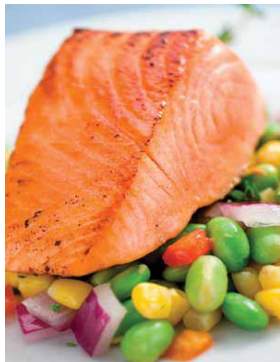
- Red meats
- Butter and stick margarine
- Cheese
- Pastries and sweets
- Fried foods
- Alcohol



# MIND Diet: Mediterranean- DASH Intervention for Neurodegenerative Delay

2015 study found a lowered risk of Alzheimer's disease:  
53% in participants who strictly followed the diet  
35% in those who followed it moderately well

Eat more often:



Eat less often:



MIND diet associated with reduced incidence of Alzheimer's disease  
Morris, Martha Clare et al.  
Alzheimer's & Dementia: The Journal of the Alzheimer's Association, Volume 11, Issue 9, 1007 - 1014  
<http://dx.doi.org/10.1016/j.jalz.2014.11.009>

# WHAT'S ON THE MIND DIET?



AT LEAST **THREE SERVINGS** OF WHOLE GRAINS EACH DAY

AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY



BERRIES AT LEAST **TWICE** A WEEK



AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY



BEANS OR LEGUMES AT LEAST EVERY OTHER DAY



POULTRY AT LEAST **TWICE** A WEEK



FISH AT LEAST **ONCE** A WEEK



*If you don't drink alcohol, purple grape juice provides many of the same benefits.*

A FIVE-OUNCE GLASS OF RED WINE EACH DAY



NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD



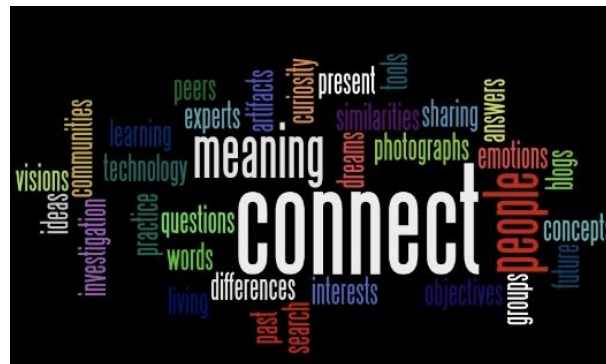
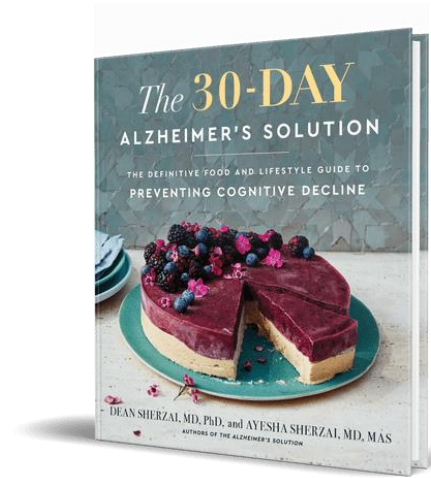
CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN **ONCE** A WEEK

PASTRIES AND SWEETS LESS THAN **FIVE TIMES** A WEEK



# NEURO

- ▶ N = Nutrition
- ▶ E = Exercise
- ▶ U = Unwind (decrease stress)
- ▶ R = Restorative sleep
- ▶ O = Optimize cognitive reserve & connections



# The Neuro 9

- ▶ 1. Green leafy vegetables - 3 cups/day raw (1.5 cups cooked)
- ▶ 2. Whole grains - 3 ½ cup servings/day
- ▶ 3. Seeds - 2 Tbsp/day
- ▶ 4. Beans & legumes - 3 ½ cup servings daily
- ▶ 5. Berries - ½ cup/day
- ▶ 6. Nuts - ¼ cup/day
- ▶ 7. Cruciferous veggies (broccoli, cabbage, Brussels, cauliflower) - 1 cup/day
- ▶ 8. Tea (green, white, black or Oolong) - 1 cup/day
- ▶ 9. Herbs & Spices - at least ¼ teaspoon daily

# Kidneys -Kidney Disease

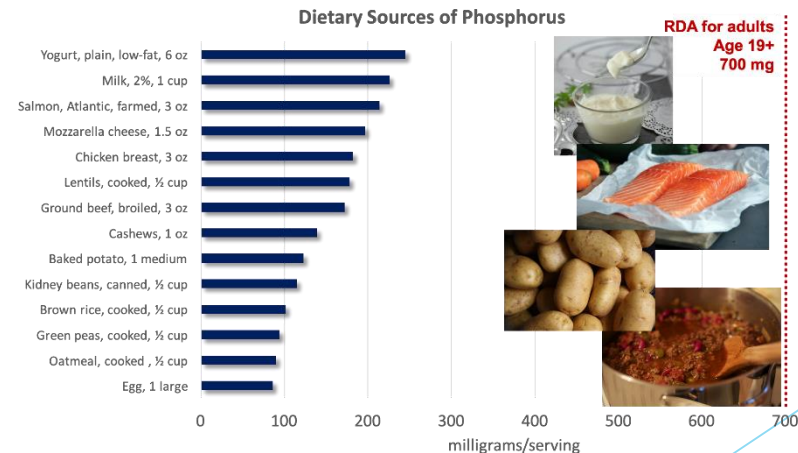
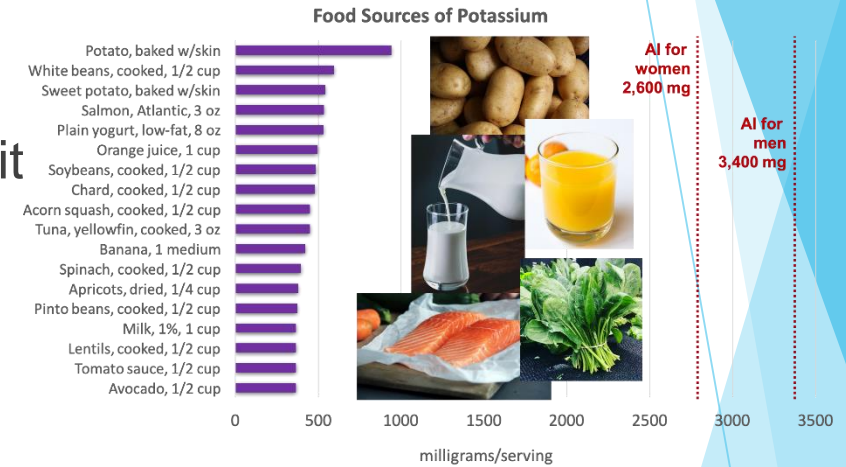
- ▶ Kidney's job: filter the blood and get rid of waste and extra water, help with blood pressure, help with bone health
- ▶ Causes of KD: Diabetes #1 cause of Kidney Disease, High Blood Pressure is #2
- ▶ What happens: Build up fluid and waste in body instead of leaving in urine – ultimately may need dialysis
- ▶ How to prevent: Control diabetes and blood pressure, maintain healthy weight
- ▶ How to manage: Depends on blood levels
  - ▶ Watch potassium, sodium and phosphorous intake
  - ▶ May need to watch protein amount





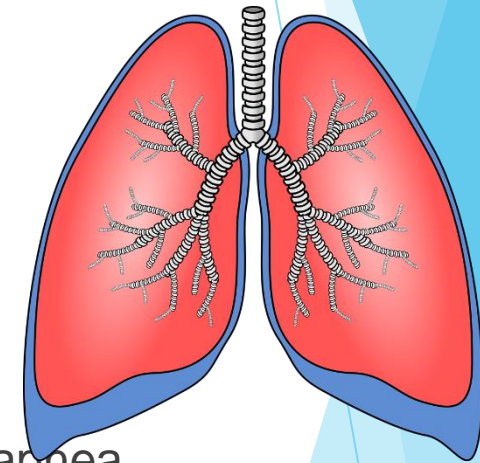
# General diet for healthy kidneys

- ▶ <https://www.niddk.nih.gov> = National Institute of Diabetes and digestive and kidney disease or Davita.org
- ▶ Limit sodium
- ▶ If potassium or phosphorous levels are high – limit
- ▶ Moderate protein intake
- ▶ Healthy fats
- ▶ Choose more plant proteins
- ▶ May need fluid restriction



# Lungs

- ▶ Lungs' job: breathing, exhaling CO<sub>2</sub>
- ▶ Causes of lung disease: smoking/vaping, pollution, exposure to toxins, asthma
- ▶ How to prevent & manage:
  - ▶ Don't smoke or get second-hand smoke
  - ▶ Get flu and pneumonia vaccines
  - ▶ Avoid indoor and outdoor pollution
  - ▶ Exercise
  - ▶ Achieve a health weight - obesity is risk factor for asthma and sleep apnea
- ▶ Eating for healthy lungs:
  - ▶ Follow lifestyle that prevents cancer, obesity and is anti-inflammatory
  - ▶ High in fruits, veggies, whole grains, beans, low in meat and dairy



# Liver

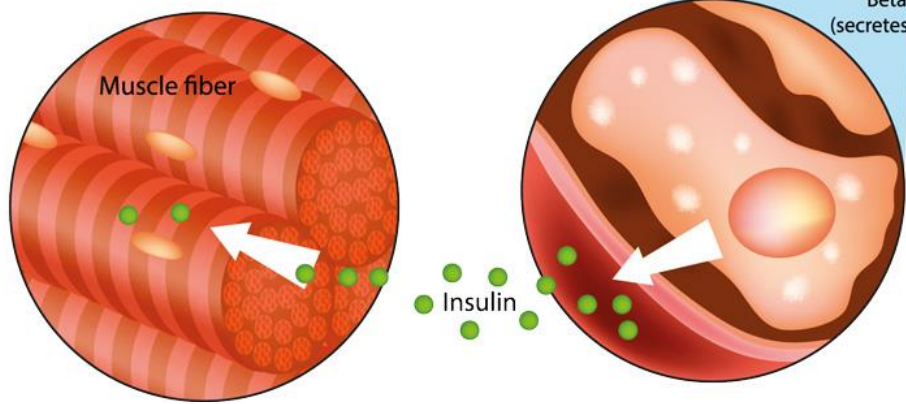
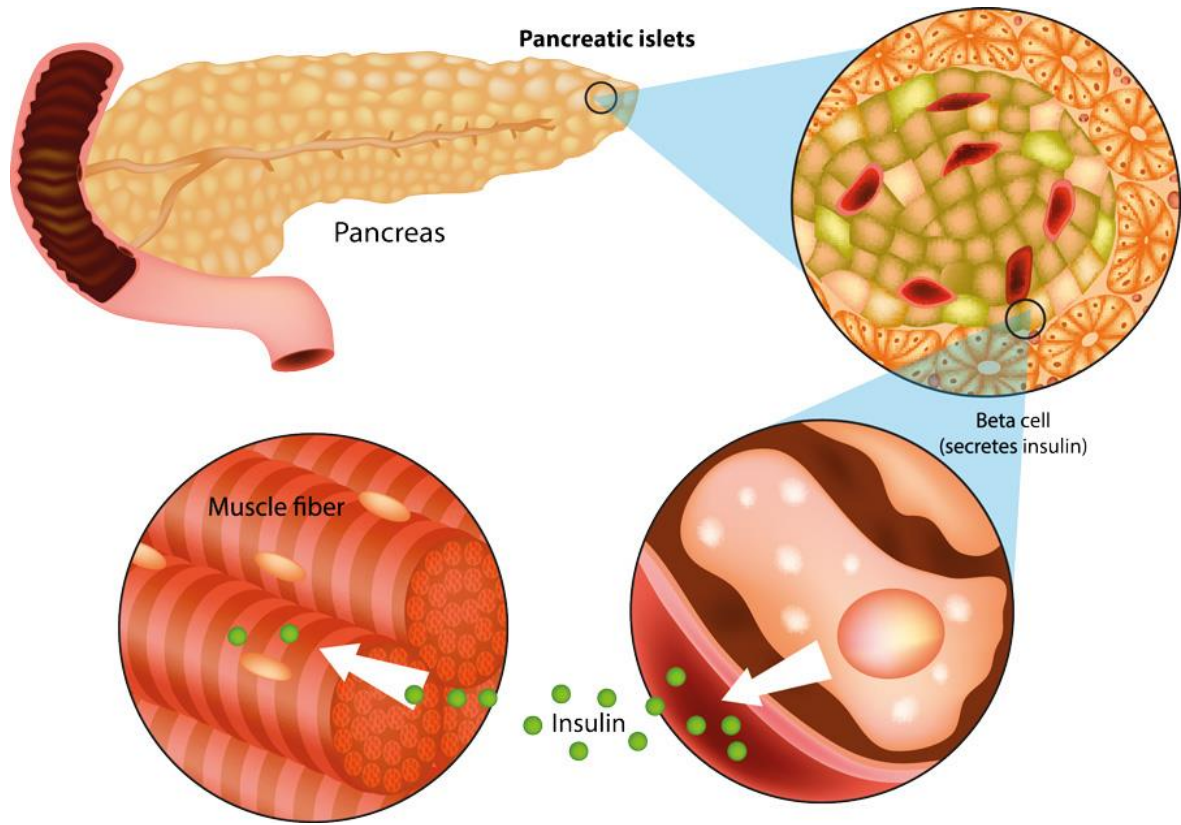
- ▶ Liver's job: Filter toxins. Manages clotting, stores bile and digestive enzymes, stores sugar and converts to glycogen, makes blood proteins
- ▶ Liver diseases: Alcoholic liver disease, non-alcoholic fatty liver disease (NAFLD), non-alcoholic steatohepatitis (NASH), hepatitis (inflammation of liver), cancer
- ▶ What happens:
  - ▶ NAFLD – fat cells build up in the liver and can become NASH
  - ▶ NASH – fat cells build up and liver swells and becomes damaged – common in obesity, diabetes, high triglycerides and cholesterol
  - ▶ Can lead to liver scarring = cirrhosis → cancer → liver failure
- ▶ How to prevent:
  - ▶ Maintain healthy weight
  - ▶ Healthy diet (fruits, veggies, whole grains, healthy fat, less meat and dairy)
  - ▶ Exercise
  - ▶ Limit alcohol
  - ▶ Get hepatitis vaccines



# Pancreas -

- ▶ Pancreas' job: Makes digestive enzymes, makes hormones (including insulin in beta cells, glucagon in alpha cells) to control use and storage of sugar
- ▶ Pancreas problems: pancreatitis, pancreatic insufficiency, diabetes (as result of beta cell damage), cancer
- ▶ What happens:
  - ▶ Inflammation, extreme pain – sometimes due to high triglycerides
  - ▶ Chronic pancreatitis – eventually damages kidneys
  - ▶ Diabetes if cells damaged (the rest of the pancreas is fine)
- ▶ How to prevent:
  - ▶ Don't smoke
  - ▶ Limit red and processed meats
  - ▶ Control diabetes
- ▶ How to manage:
  - ▶ Control diabetes, anti-cancer diet





@laotracaradelainsulina

# Life's Essential 8 lifestyle factors

Achieving Life's Essential 8 lowers risk of heart disease, but Alzheimer's, too.  
2019 Report by Global Council on Brain Health



# Eating for healthy organs - bottom line

- ▶ Healthy eating in general to lower risk of obesity, diabetes, cancer and heart disease:
  - ▶ Lots of fruits and veggies – especially greens, berries, cruciferous veggies
  - ▶ Intact whole grains
  - ▶ Nuts & seeds
  - ▶ Plant or lean protein
  - ▶ Herbs & spices
  - ▶ Limit saturated fats
  - ▶ Avoid sweetened beverages
  - ▶ Alcohol, only in moderation if at all



# Make your own veggie burgers

- ▶ Beans + whole grains + veggies
- ▶ For example:
  - ▶ Black/kidney beans + oatmeal + brown rice (cooked) + BBQ sauce
  - ▶ Sweet potato + garbanzo bean + oats + quinoa
  - ▶ Form into patties, refrigerate then bake/cook/grill



# Thank You

