

Healthy eating for a healthy you

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Healthy Harford

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Photos of what People Eat from Around the World

Italy: Manzo Family of Sicily



Bhutan: Namgay Family of Shingkey Village



USA: Revis Family of North Carolina



Egypt: Ahmed Family of Cairo



Mexico: Casales Family of Cuenavaca



Ecuador: The Ayme Family of Tingo



As a rule, we should focus on REAL foods i.e. food you can identify where they come from, just by looking at them vs. processed food.

Eat food, mostly plants, and not too much

Eat plants, not food made in plants.

Michael Pollen

Why is good nutrition important?

Every cell in our body, is built on the food we eat, the liquids we drink, and the air we breathe.

Physical health is linked to mental health. One is tied to the other.

Good food vs. bad food

Food is neither good or bad, but more of a continuum.

Foods we
should eat
MORE of



Foods we
should eat
LESS of

Macronutrients

Protein - builds muscle

Carbohydrates - quick energy, fiber

Fats - energy, slow burn, energy storage

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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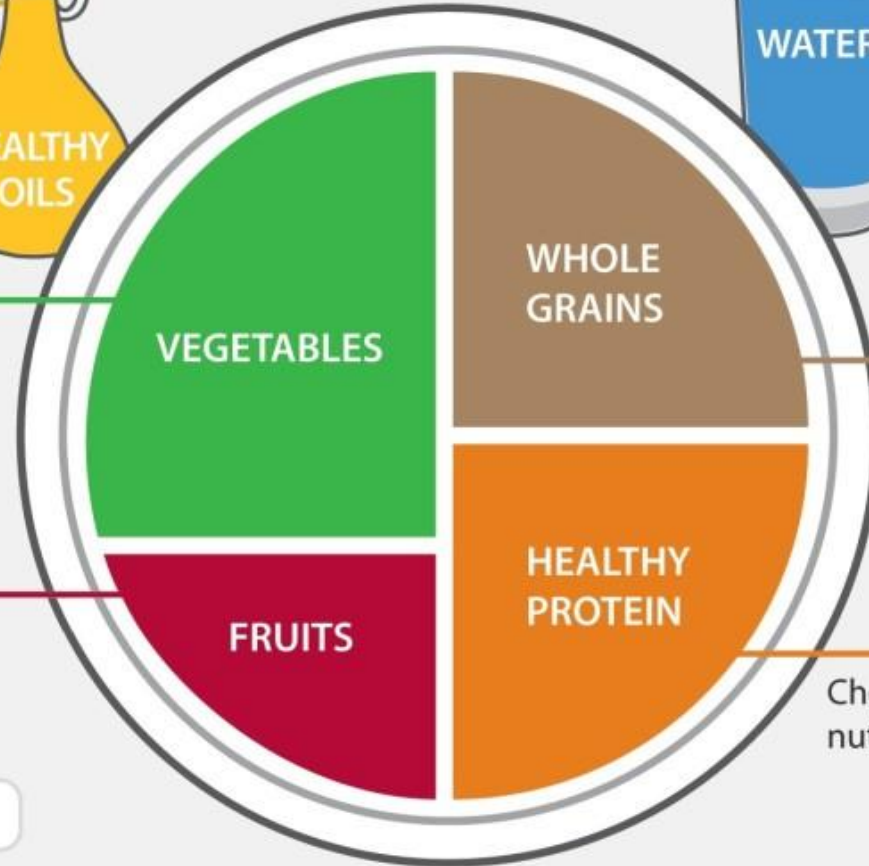
Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



Some Daily guidance

Protein: 10 to 35 grams, higher for seniors to avoid loss of muscle mass.

Carbohydrates: 45 to 65 grams, with guidance for diabetics towards the low end.

Fat: 25 to 35 grams, keep saturated fat low

Sodium (salt): no more than 2,000 mg

Sugar: no more than 24 grams for women/children or 36 grams for men

Fiber: 21 to 38 grams

What's on the Nutrition Facts Label

The **Nutrition Facts** label found on packaged foods and beverages is your **daily tool** for making informed food choices that contribute to healthy lifelong eating habits. Explore it today and discover the wealth of information it contains!

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* 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.

Servings Per Container shows the **total number of servings** in the entire food package or container.

- It is common for one package of food to contain more than one serving.
- Some containers may also have a label with two columns—one column listing the amount of calories and nutrients in one serving and the other column listing this information for the entire package.

Serving Size is based on the **amount of food that is customarily eaten at one time** and is not a recommendation of how much to eat or drink. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

- Serving size is shown as a common household measure that is appropriate to the food (such as cup, tablespoon, piece, slice, or jar), followed by the metric amount in grams (g).
- When comparing calories and nutrients in different foods, check the serving size to make an accurate comparison.

Calories refers to the **total number of calories**, or "energy," supplied from all sources (carbohydrate, fat, protein, and alcohol) in a serving of the food.

- To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses.
- 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level. Learn your number at www.myplate.gov/myplate-plan.

As a general guide:

- **100 calories** per serving of an individual packaged food is considered **moderate**
- **400 calories** or more per serving of an individual packaged food is considered **high**

Tip: The terms "fat-free" and "no added sugars" do not mean "calorie-free." These food items may have as many calories as the regular versions. Always check the Nutrition Facts label and compare the calories and nutrients in the modified version to the regular version.

Choose Nutrients Wisely

TIP: 5% DV or less per serving is **low** and **20% DV** or more per serving is **high**

Nutrients To Get **More** Of

Compare and choose foods to **get 100% DV of these on most days:**

- Dietary Fiber
- Iron
- Vitamin D
- Potassium
- Calcium

Nutrients To Get **Less** Of

Compare and choose foods to **get less than 100% DV of these each day:**

- Saturated Fat
- Sodium
- Added Sugars
- *Trans* Fat (Note: *Trans* fat has no %DV, so use grams as a guide)

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Lean meats and poultry
- Beans and peas
- Whole grains
- Eggs
- Soy products
- Dairy products
- Seafood
- Unsalted nuts and seeds

Why are UPF's an issue?

- UPF make up approximately 60% of the American diet
- Theory that UPF subvert the natural bioprocesses that tell us we have had enough to eat
- Sugar and Food are the two greatest food additives in terms of driving appetite
- UPF extra calories of no nutritional value
- Nutrition related diseases changed in 1970's. Diseases of excess, yet still malnutrition
- Food additives substituted for actual food: modified food starches, gums in everything from ice cream to salad dressing - correlated with low fat directives i.e low fat and sugar free substitutions - are probably not healthier
- Brains need fat to function well.



Inflammation

Keeping overly processed foods out of your diet is an important way to help stave off chronic inflammation – the persistent activation of the immune system – and many chronic diseases linked to inflammation.

HOW INFLAMMATION AFFECTS THE BODY

“Inflammation is at the root of practically all known chronic health conditions”

BRAIN

Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer’s disease and MS.



SKIN

Chronic inflammation compromises the liver & kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles & fine lines.



CARDIOVASCULAR

Inflammation in the heart & arterial & venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.



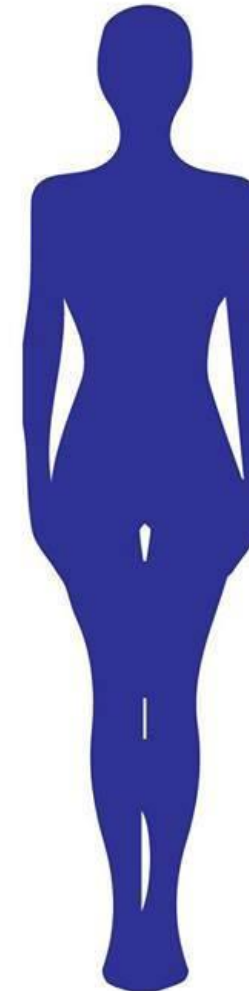
KIDNEYS

Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis & kidney failure can result.



BONES

Inflammation interferes with the body’s natural ability to repair bone mass, increasing the number of fractures & leading to conditions like osteoporosis.



LIVER

Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.



THYROID

Autoimmunity as a result of inflammation can reduce total thyroid receptor count & disrupts thyroid hormone function.



LUNGS

Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.



GI TRACT

Chronic inflammation damages our intestinal lining and can result in issues like GERD, Chron’s disease and Celiac disease.



MUSCLE

Inflammatory cytokines can cause muscle pain & weakness. Can manifest as carpal tunnel syndrome, or polymyalgia rheumatica, to name a few.



Dopamine Response

Research shows that food high in fat and sugar can stimulate a greater sense of reward, or produce a dopamine hit. Many ultra processed foods fall into this category and can lead to a “dietary pleasure trap”, causing cravings.

Dopamine may also interact with the neurotransmitter glutamate, which plays a role in habit learning, craving and relapse.

How does this affect youth?

Recent research from Imperial College London (ICL) found British children get 60 percent of their calories from ultra-processed food, and for one in five it rises to 78 percent.

Some researchers suggest adolescents are more vulnerable to the effects of 'rewarding foods'. This is because their brain's ability to assess risks, and control behavior, continues to develop until the age of about 25. Also, there is evidence dopamine is particularly abundant during adolescence, so the brain rapidly learns about rewards.

*The ICL research highlights that eating patterns established in childhood may continue into adulthood.**

What other things can affect gut health?

Lack of Sleep

Inadequate sleep can lead to increased hunger due to low energy, and poor food decisions

Hydration








Sugar Sweetened Beverages are 50% of added sugar in the American diet.
Extra calories with little to no nutritional value
Water is best, use natural additives such as citrus, frozen fruit, etc.

Food Environment

Noisy, distracted
Eating while walking, on the computer, in front of the TV, or in the car
Time restricted environment

Digestion issues

Bristol Stool Chart

	Type 1	Separate hard lumps	SEVERE CONSTIPATION
	Type 2	Lumpy and sausage like	MILD CONSTIPATION
	Type 3	A sausage shape with cracks in the surface	NORMAL
	Type 4	Like a smooth, soft sausage or snake	NORMAL
	Type 5	Soft blobs with clear-cut edges	LACKING FIBRE
	Type 6	Mushy consistency with ragged edges	MILD DIARRHEA
	Type 7	Liquid consistency with no solid pieces	SEVERE DIARRHEA

Takeaways

- Think about nourishing people, not just feeding them
- Calories are units of energy, but they don't speak to the underlying nutritional support that food provides.
- Your body can often tell you what it needs
- Sleep, hydration, environment play a big part in nutrition
- UPFs were designed for profitability not health
- Cooking isn't always necessary; nuts, fruit, vegetables, raw grains, are ready to eat foods as well.

Questions?

Contact information

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