



HENNEPIN COUNTY  
MINNESOTA

A guide to healthful eating  
Public health promotion

# General nutrition information for clinic providers to guide patients toward healthful eating

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# Diet and health

- Federal data show that since 1980, Americans have fallen far short of meeting the Dietary Guidelines for Americans
- Diet-related chronic disease rates have continued to rise and are a major public health concern
- Today, more than 1 out of 2 adults have one or more diet-related chronic diseases



# Increase in chronic diseases in the U.S.

- Heart disease is the leading cause of death
- About 45% of adults have hypertension
- Almost 11% of adults have type 1 or type 2 diabetes
- Almost 35% of adults have prediabetes; people aged 65 and older have the highest rate (48%) compared to other age groups
- Colorectal and breast cancers are among the most common types of cancer

# Chronic disease – by race/ethnicity\*

	Diabetes	Hypertension	Obesity	CVD
Race/ethnicity				
Hispanic	10.5%	13.0%	36.2%	
American Indian/Alaska Native	11.3%	27.0%	42.0%	
Asian or Asian American	(6.6%**)	16.5%	16.8%	
US-born black	10.7%	30.2%	42.6%	
Foreign-born black	9.5%	17.2%	22.5%	
White	5.9%	20.7%	24.1%	
<ul style="list-style-type: none"> <li>**Use caution with this number – low response rates</li> </ul>				

# Youth and people of color trends

- CDC data on youth with diabetes show that from 2001 to 2017, the number of youth younger than 20 living with type 2 diabetes grew by 95 percent.
- The greatest increases in type 2 diabetes were in Black or Hispanic youth.
- The highest number of youth per 1,000 living with type 2 diabetes was in Black or American Indian youth.

# History:

*Since 1950, people have been eating more fat, sugar, meat, and calories — an average of:*

- *67% more fat*
- *37% more sugar*
- *57% more meat*
- *800 more calories per person*

# Health care cost of obesity

- Obesity costs the U.S. health care system **\$147 billion a year**
- Researchers estimate that by 2030 (if obesity trends continue unchecked) obesity-related medical costs alone could rise by \$48 to \$66 billion a year





high-carb  
**Diet** keto  
intermittent-fasting low-fat Zone  
DASH  
vegan  
South Beach  
Mediterranean



# Flexitarian

The flexitarian diet is:

- A combination of the words flexible and vegetarian
- Less strict when compared to other weight loss diets (no weighing or measuring, calorie counting, etc.)
- Centered on plant-based foods, with occasional inclusion of meat



# Flexitarian

## The Flexitarian diet:

- Has no clear-cut rules or recommended numbers of calories and macronutrients
- Is considered more a lifestyle than a diet
- Simply promotes the benefits of eating more plant-based foods without restricting animal foods completely

# Basic principles of the Flexitarian diet:



*Eat mostly fruits, vegetables, legumes and whole grains*



*Focus on protein from plants instead of animals*



*Be flexible and incorporate meat and animal products from time to time*



*Eat the least processed, most natural form of foods*



*Limit added sugar and sweets*



*Consume dairy, including fat-free or low-fat, and/or plant-based alternative products*

# Health benefits of the Flexitarian diet:

1. Lowers risk of insulin resistance and type 2 diabetes

2. Decreases cancer risk

3. Decreases risk of heart disease

4. May contribute to weight loss

5. Adds to feelings of fullness

6. Saves money



# Food and mood

Is there a link?

- There have been hints that food can play a role in depression
- The research regarding dietary factors and depression is still inconclusive
- Observational studies show links between diet and depression
- Lots of research going on



# Food and mood

A 2014 study in *Brain, Behavior and Immunity* that used data from the Nurses' Health study did find an association between depression and a diet rich in:

- Sugar-sweetened soft drinks,
- Refined grains
- Red meat



# Food and mood

A 2018 meta-analysis published in the *European Journal of Nutrition* suggested that high consumption of meat could be associated with risk of developing depression.





# Food and mood

There is consistent observational evidence that a diet rich in fruits, vegetables, whole grains, and legumes may lower the risk for depression.



# Food and mood

Theories are:

- Gut microbiome
- Inflammation
- Tryptophan

# Food and mood

## Foods that may improve mood

- Spicy foods
- Dark chocolate
- Fermented foods
- Oats
- Fruits and vegetables-berries/greens
- Nuts and seeds
- Legumes
- Coffee



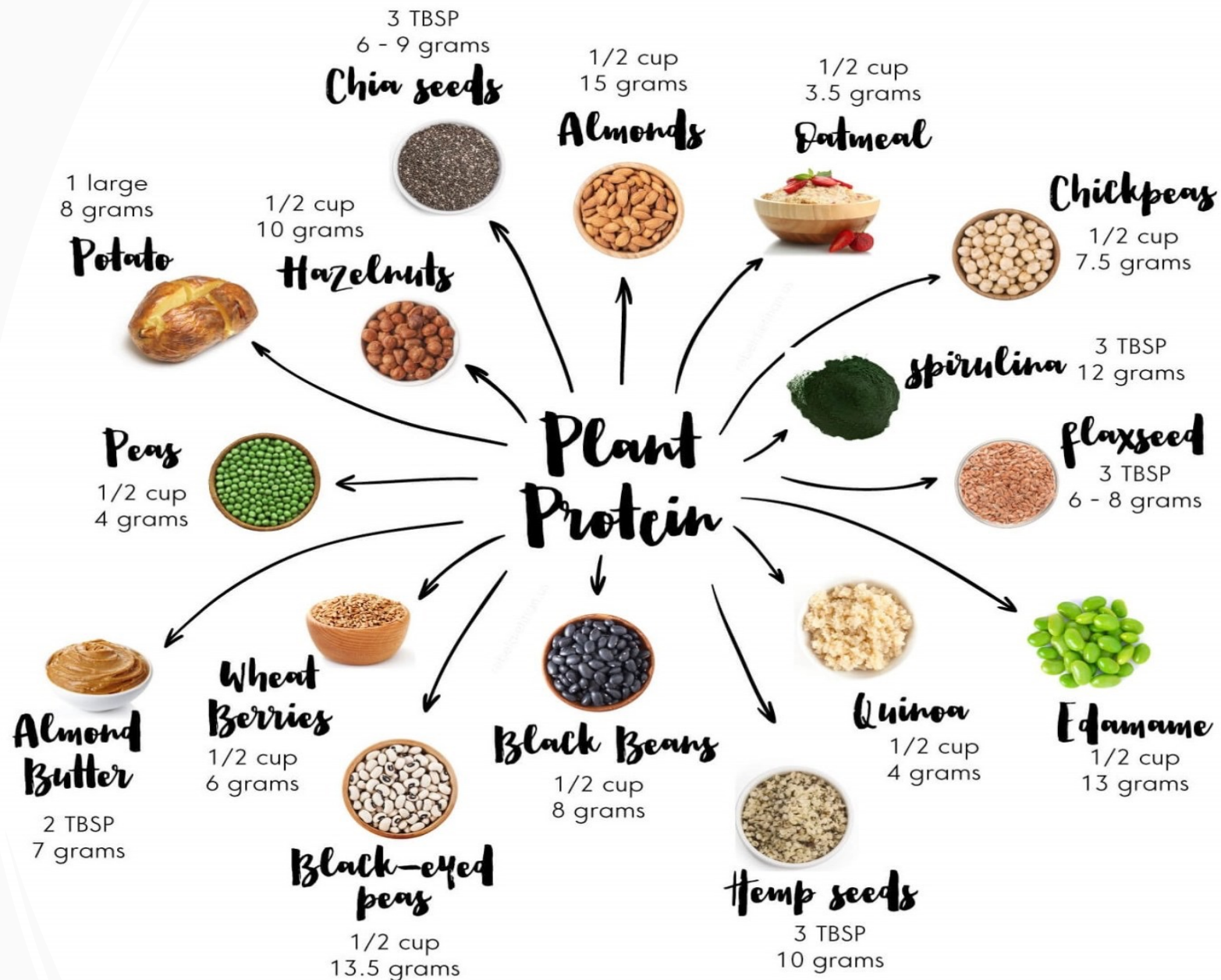


# Protein

- Institute of Medicine (National Academy of Sciences) recommends that 10-35% of calories come from protein, depending on age and activity
- Plant foods can provide adequate protein

# Protein is in many foods

- Legumes (beans, peas, lentils)
- Nuts and seeds
- Quinoa
- Corn
- Oats
- Rice
- Potatoes
- Green vegetables



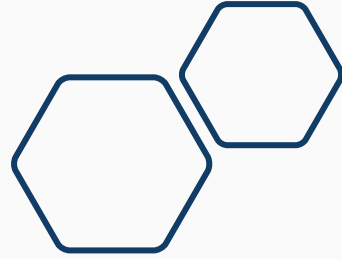
THE BEST

# Vegetarian Meat for You



Maybe a  
meat  
substitute?

Eat mostly:



- Fruits
- Vegetables
- Legumes
- Whole grains

# Fruits

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- Fresh or frozen
- Buy in season
- Buy in bulk





# Vegetables

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- Buy in season and in bulk
- Debitter with condiments and cooking
- “Vegify” dishes
- Fresh, frozen, canned
- Patience and persistence



# Legumes

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- Beans
- Peas
- Lentils



# Whole grains

- Barley
- Corn
- Millet
- Oats
- Quinoa
- Brown rice
- Whole wheat



# Gluten

- Wheat
- Barley
- Rye



# Organic produce

- 9 out of 10 people don't eat enough produce
- It's better to focus on eating more fruit and veggies, and then decide whether you want to buy organic
- Clean produce with running water, then wipe or pat with a paper towel

# Unsaturated versus saturated fats





Healthy fat

# Plant-based foods and fat

- Nuts and nut butters
- Seeds
- Avocados
- Olives
- Chocolate
- Legumes
- Corn
- Rice
- Quinoa
- Oatmeal
- Potatoes





Spice it up!

- Use herbs, spices, seasoning, and condiments

# Salt

The Dietary Guidelines for Americans recommends <2,000mg a day of sodium (about 1 teaspoon of table salt)



# Salt substitutes

Salt alternatives are getting better. Examples:

- Benson's Table Tasty
- DAK Everything but the Salt Seasoning
- Kirkland Signature Organic No-Salt 21 Spice Blend Seasoning
- Mrs. Dash Seasoning Blends

# CALORIE DENSITY

## WHAT 500 CALORIES LOOK LIKE

OIL



CHEESE



MEAT



POTATOES,  
RICE, BEANS



FRUITS &  
VEGGIES



*...and why whole plant-based foods will help keep you lean and satisfied.*

[forksoverknives.com](http://forksoverknives.com)

# HEALTHY EATING TIPS



Portion sizes



Plate visual

## A portion controlled plate includes:

**1/2** Vegetables  
& salad

**1/4** Good  
quality protein

**1/4** Complex  
carbohydrates

- Plus a small serving of healthy fats -









500 calories

# WHAT 500 CALORIES REALLY LOOKS LIKE IN DIFFERENT FOODS

<http://www.lifehack.org/articles/lifestyle/what-500-calories-really-looks-like-different-foods.html>



Plain Bagel w/ Plain Cream Cheese



Dunkin Donuts Medium Frozen Mint Chocolate Chip Coffee Coolatta with Skim Milk



McDonalds Big Mac



Cheddar Cheese (4.5 oz)





3,540  
calories!



You could eat around five of these quinoa, chickpea, and veggie bowls to equal the previous slide

# Common obstacles

You're starving, so you cave in and look for something convenient

You don't have time to plan meals or shop for a lot of groceries

It's too difficult to learn new recipes and new cooking techniques

It's too hard to learn how to eat all unprocessed, healthy foods

You are forced to eat out at work, often multiple times a day

You don't plan ahead to keep healthy foods in the house

Eating healthy costs too much money

Cooking for yourself seems like too much trouble

# 9 steps to motivate healthy eating

- Find reasons for changing
- Read about it
- Focus on positivity
- Track progress
- Take tiny steps
- Confront barriers and problem solve
- Make it enjoyable
- Do it together
- Rewards are key



## Easy three bean salad

(<https://bellyfull.net/three-bean-salad/>)

258 calories per serving





## Easy vegetable chili

<https://www.youtube.com/watch?v=As71e5Tev1o>

250 calories per  
serving



# Your environment is key

Stock your personal environment with an appealing selection of healthy foods for easy access

Your  
environment  
is key

Place healthy  
foods in easily  
accessible spots in  
the kitchen



# Financial issues



Food  
budgeting

[USDA ERS - Fruit and  
Vegetable Affordability](#)



Include food  
resource and  
food support  
information





# Immunity

- Plants produce phytochemicals
- Phytochemicals are part of the plant's immune system
- Eating plant phytochemicals is thought to stimulate and enhance the immune system in humans



Whole foods  
versus  
supplements



# Benefits of physical activity on depression, anxiety, addictions

- ↑ Tryptophan
- ↑ Serotonin
- ↑ Dopamine
- ↑ Endorphins
- ↑ Brain-derived neurotrophic factor (BDNF)
- ↑ Neurogenesis





# Flexitarian

Major sudden changes in diet may or may not work

Start where they are today

Start by adding to their diet rather than taking away

# Health coaching techniques

First: open-ended question

The Four Questions

Ask-tell-ask

Teach back

# Readiness to change

Pre-contemplative

Contemplative

Ready for action (preparation)

Action

Maintenance

Relapse

Questions?



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