Healthy Eating for Every Decade

Kristin Kirkpatrick, MS, RDN

IN THE NEWS…..

THE WALL STREET JOURNAL.

http://www.wsj.com/articles/fda-takes-step-toward-new-healthy-labeling-1475001536

BUSINESS

FDA Takes Step Toward New 'Healthy' Labeling

After pushback from food companies on decades-old definition, regulators seek input on how term should be used on packaging

According to the FDA's current rules, Frosted Flakes cereal would be considered healthy because they meet all the criteria, from low fat to fortified with vitamins, while almonds and avocados aren't because they have too much fat. *PHOTO: ASSOCIATED PRESS*

The New York Times | http://nyti.ms/2ctVcRC

SundayReview | OPINION

Before You Spend $26,000 on Weight-Loss Surgery, Do This

By SARAH HALLBERG and OSAMA HAMDY SEPT. 10, 2016

Earlier this year, the Food and Drug Administration approved a new weight-loss procedure in which a thin tube, implanted in the stomach, ejects food from the body before all the calories can be absorbed.

Some have called it "medically sanctioned bulimia," and it is the latest in a desperate search for new ways to stem the rising tides of obesity and Type 2 diabetes. Roughly one-third of adult Americans are now obese; two-thirds are overweight; and diabetes afflicts some 29 million. Another 86 million Americans have a condition called pre-diabetes. None of the proposed solutions have made a dent in these epidemics.

Recently, 45 international medical and scientific societies, including the American Diabetes Association, called for bariatric surgery to become a standard option for diabetes treatment. The procedure, until now seen as a last resort, involves stapling, binding or removing part of the stomach to help people shed weight. It costs $11,500 to $26,000, which many insurance plans won't pay and

The New York Times | http://nyti.ms/2cynHOS

WELL | EAT

How the Sugar Industry Shifted Blame to Fat

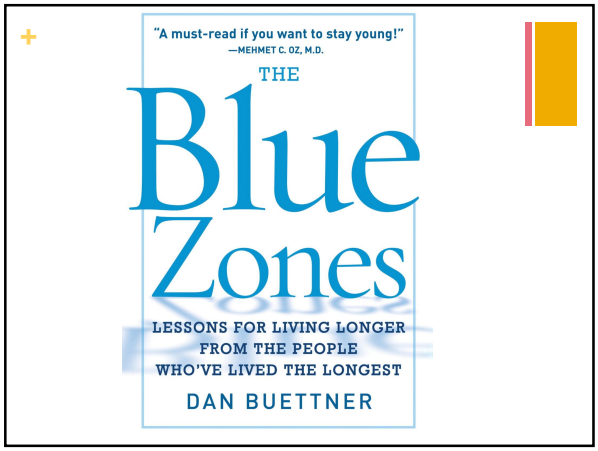
By ANAHAD O'CONNOR SEPT. 12, 2016

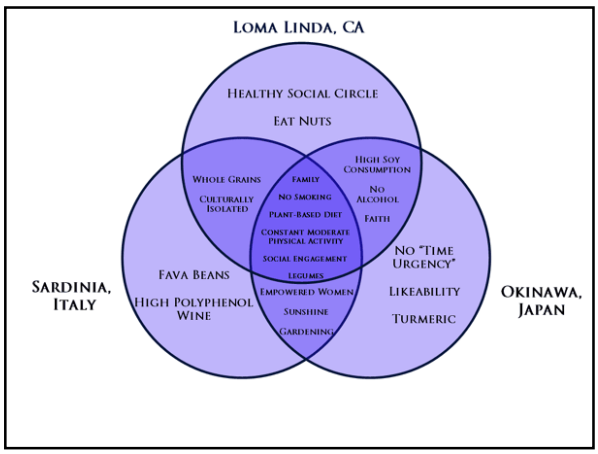
The sugar industry paid scientists in the 1960s to play down the link between sugar and heart disease and promote saturated fat as the culprit instead, newly released historical documents show.

The internal sugar industry documents, recently discovered by a researcher at the University of California, San Francisco, and published Monday in JAMA Internal Medicine, suggest that five decades of research into the role of nutrition and heart disease, including many of today's dietary recommendations, may have been largely shaped by the sugar industry.

"They were able to derail the discussion about sugar for decades," said Stanton Glantz, a professor of medicine at U.C.S.F. and an author of the JAMA Internal Medicine paper.

The documents show that a trade group called the Sugar Research Foundation, known today as the Sugar Association, paid three Harvard scientists the equivalent of about $50,000 in today's dollars to publish a 1967 review of research on sugar, fat and heart disease. The studies used in the review were





Goals for Any Ages

- Focus on improving overall diet quality instead of counting calories
  - Fruit and vegetables
  - Whole grains
  - Legumes
  - Healthy fats
- Good quality ingredients
- Increase strength and fitness

Birth – Late Teens

Start early – with being dirty!

Get To Know Your Childs Gut

Bacteria in the gut play an important role in health, helping digest food, stimulating the development of the immune system, regulating bowels and protecting against infection. Disruption of the gut microbiota has been linked to a range of diseases, such as inflammatory bowel disease, allergies, asthma, cancer and others.

CMAJ March 19, 2013 vol. 185 no. 5

Reduced diversity of the intestinal microbiota during infancy is associated with increased risk of allergic disease at school age

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Background: Changes in the human microbiome have been suggested as a risk factor for a number of lifestyle-related disorders, such as atopic diseases, possibly through a modifying influence on immune maturation in infancy.
Objectives: We aimed to explore the association between neonatal fecal flora and the development of atopic disorders until age 6 years, hypothesizing that the diversity of the intestinal microbiota influences disease development.
Methods: We studied the intestinal microbiota in infants in the Copenhagen Prospective Study on Asthma in Childhood, a clinical study of a birth cohort of 411 high-risk children followed for 6 years by clinical assessments at 6-month intervals, as well as at acute symptom exacerbations. Bacterial flora was analyzed at 1 and 12 months of age by using molecular techniques based on 16S rRNA PCR combined with denaturing gradient gel electrophoresis, as well as conventional culturing. The main outcome measures were the development of allergic sensitization (skin test and specific serum IgE), allergic rhinitis, peripheral blood eosinophil counts, asthma, and atopic dermatitis during the first 6 years of life.
Results: We found that bacterial diversity in the early intestinal flora 1 and 12 months after birth was inversely associated with the risk of allergic sensitization (serum specific IgE $P = .003$; skin prick test $P = .017$), peripheral blood eosinophils ($P = .034$), and allergic rhinitis ($P = .007$). There was no association with the development of asthma or atopic dermatitis.
Conclusions: Reduced bacterial diversity of the infant's intestinal flora was associated with increased risk of allergic sensitization, allergic rhinitis, and peripheral blood eosinophilia, but not asthma or atopic dermatitis, in the first 6 years of life. These results support the general hypothesis that an imbalance in the intestinal microbiome is influencing the development of lifestyle-related disorders, such as allergic disease. (J Allergy Clin Immunol 2011;128:646-52.)

Key words: *Allergic sensitization, allergic rhinitis, peripheral blood eosinophils, atopic dermatitis, asthma, denaturing gradient gel electrophoresis, infants, gastrointestinal, microbiota, fecal microflora, human microbiome*

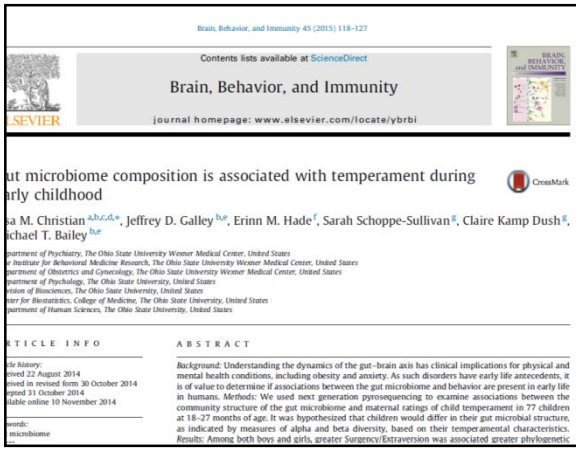
Symbiotic interactions of microorganisms are widespread in nature and support fundamentally important processes linking health and disease to the bacterial ecology. Changes in the human microbiome have been associated with a number of lifestyle-related disorders, such as inflammatory bowel disease,[1] obesity,[2-4] diabetes,[4] rheumatoid arthritis,[5] and atopic dermatitis and allergy.[6-8]

The gastrointestinal tract provides a vast and continuous source for bacterial stimulation of the immune system from infancy. We have prospectively studied the possible association between the composition of the bacterial community of the intestine in infancy and the development of atopic disorders, including allergic sensitization, allergic rhinitis, peripheral blood eosinophilia, asthma, and atopic dermatitis, during the first 6 years of life in

From [a]Copenhagen Prospective Studies on Asthma in Childhood, Health Sciences, Uni-

Diversity Microbiome Associations

- Obesity
- Ashma
- Diabetes
- Intestinal Issues
- Multiple Sclerosis
- BEHAVIOR



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ut microbiome composition is associated with temperament during arly childhood

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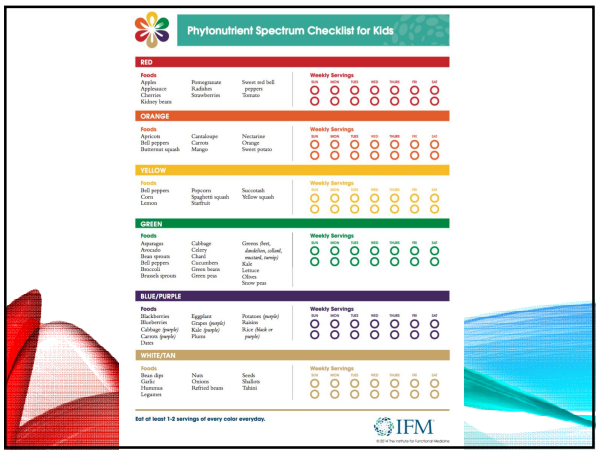
ABSTRACT

Background: Understanding the dynamics of the gut–brain axis has clinical implications for physical and mental health conditions, including obesity and anxiety. As such disorders have early life antecedents, it is of value to determine if associations between the gut microbiome and behavior are present in early life in humans. *Methods:* We used next generation pyrosequencing to examine associations between the community structure of the gut microbiome and maternal ratings of child temperament in 77 children at 18–27 months of age. It was hypothesized that children would differ in their gut microbial structure, as indicated by measures of alpha and beta diversity, based on their temperamental characteristics. *Results:* Among both boys and girls, greater Surgency/Extraversion was associated greater phylogenetic

Factors Associated With Gut Health

YOU	THEM
Genetics	Stress
What YOU eat in pregnancy	Antibiotic use
Form of delivery	Sugar
Breastfeeding	Sensitivities to gluten, cows milk, soy and eggs
	Fiber content
	Fermented food



Twenties

Vitamin D

- Enhances calcium absorption
- High doses in supplemental forms have been found to increase cholesterol and triglycerides in obese teens
- A study in UK teens showed that D deficiency was more common in teens and more critical to future bone health

Focus on:

- Establishing Healthy Habits
- Frequency of Eating
- Calcium
- Proper Hydration

1. Establishing Healthy Habits

- An age that is usually associated with a decline in diet quality
- Study found that young adults (19-28) consumed less fruit and milk but more sweetened beverages, salty snacks, and beef than children
- NHANES data of young adults (20-29) illustrates:
  - 59% of females consume <1 serving/day of fruit
  - 20% of females consume <1 serving/day of vegetables
- Critical age to adopt lasting health behaviors and form healthy eating habits

Frequency of Eating

- Time of unhealthy weight control practices from body dissatisfaction that can lead to weight gain & poor diet
  - A study reported 45% of females engaged in persistent use of unhealthful weight control behaviors (dieting, diet pills, etc.)
  - Related to poorer dietary intake and predict a greater tendency of weight gain overtime
- Snack throughout the day to boost metabolism and regulate blood sugar levels

2. Calcium

- Intake of calcium associated with:
  - Strong bones
  - Reduced risk of hypertension
  - Weight management
- Window of opportunity
  - Long bones stop growing in length by 18
  - Peak bone mass -- reached by age 30
- Good sources beyond dairy:
  - Prunes
    - study found that 3/day helps to stem bone loss
  - Green leafy vegetables
  - Legumes
  - Cereals

Osteoporosis

- Fragile bones due to calcium and vitamin D deficiency
- Women are more likely to get osteoporosis than men.
- Risk increases with age
- For people over 50 from 2005-2008:
  - 1 in 25 men have osteoporosis of neck, lumbar spine, or femur.
  - 1 in 6 women have osteoporosis of neck, lumbar spine, or femur.
- Regular exercise adds to bone density

http://www.cdc.gov/nchs/fastats/osteoporosis.htm
http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/osteoporosis_ff.asp

3. Proper Hydration

- Dehydration slows metabolic rate
- For proper hydration:
  - 64 oz of water per day
  - Plus 16-20 oz for every hour of exercise
- Don't drink your calories
  - Researchers have found that regular soda consumption is associated with:
    - Dehydration
    - Osteoporosis
    - Stroke

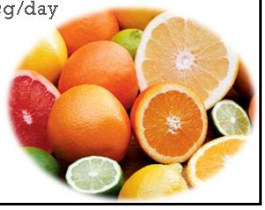
Thirties

Focus on:

- Folic acid
- Fish consumption
- Decreased Added sugars
- Dietary Fiber

1. Folic Acid

- B vitamin that aids the body in:
  - Making healthy new cells
  - Reducing risk of birth defects
  - Keeping blood healthy
- Recommended: at least 400 mcg/day
- Sources of food:
  - Leafy vegetables
  - Citrus fruits
  - Beans
  - Whole grains



2. Fish and Omega 3-FAs

- Contains DHA and EPA omega-3 fatty acids
- Fish oil is believed to:
  - Slow down cartilage degeneration & improve joint health
  - Helps prevent heart disease and reduce triglycerides
- Eat 12 oz. per week (about 2 servings) of fish rich in omega-3s
  - Mackerel
  - Tuna
  - Salmon
  - Trout

3. Added Sugars

- Study from 2011 found that, over 27s years, added sugar intake and BMI levels increases among adults
- Research from UC Davis finds that calories from added sugars are different from calories from other foods
  - Increase risk of heart disease (LDL), inflammation, cancer, and weight gain
- Common sources: soft drinks, candy, baked goods, fruit drinks
- Focus on cutting back on sugar consumption
  - Aim for under 100 calories per day (6 tsp.)

Common Foods w/ Added Sugars

Food	Calories from *added sugar/serving*
Carbonated soda, 12 oz. can	132.5
Canned peaches in heavy syrup, 1 cup	115.4
Jelly beans, 10 large	78.4
Non-fat fruit yogurt, 6 oz.	77.5
Milk chocolate, 1 bar	77.4
Cake doughnut	74.2
Sweetened condensed milk, 1 fl oz.	73.8
Fruit punch drink, 12 oz can	62.1
Angel food cake, 1 piece	60.4
Chocolate puff cereal, 1 cup	56.4
Vanilla ice cream, ½ cup	48.0
Pancake syrup, 1 tbsp.	26.5

Source: www.heart.org

4. Dietary Fiber and Weight Control

- Women who consume more whole grains consistently weighed less than those who eat more refined grains
- A 12 year study w/ 74,000 women found that:
  - Increased fiber intake associated with 1.52 kg less than women with smallest intake of fiber
  - Women who consumed the most fiber had a 49% lower risk of major weight gain
- Why?
  - Promotes satiety
  - May slow starch digestion or absorption
  - Whole grains also contain more vitamins, minerals, & EFAs

Forties

Focus on:

1. Lean sources of protein
2. Berry consumption
3. Moderate alcohol

1. Lean Sources of Protein

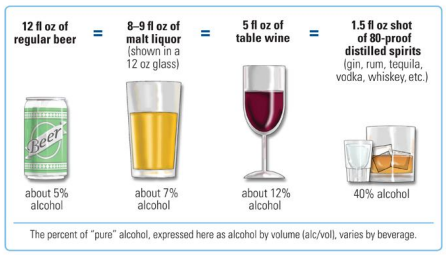
- Lean body mass decreases with age
- Major determinant of resting metabolic rate
- Adequate protein intake associated with higher levels of satiety, preservation of lean body mass, and reduced hunger
- A study conducted on 46 yr old individuals found that a higher protein diet paired with exercise improved body composition and weight loss.
- Good sources of plant based proteins:
  - Nuts and nut butter
  - Beans and legumes

2. Increase Berry Consumption

- 2012 research looked at association between lifelong BMI and cognitive function
- Overweight and obese individuals at 53 years had significantly lower memory scores
- Regular berry consumption has been associated with reduced cognitive decline (up to 2.5 years)

3. Moderate Alcohol

- A 2010 study found that individuals who drank 5 to 30 (14 grams is about one drink) grams of alcohol daily had a lower risk of becoming overweight
- 19,220 women over the age of 38 w/ normal BMI were followed for 12+ years
- Average weight gain:
  - Women who didn't drink: 3.63 kg (about 8 lbs.)
  - Moderate drinkers: 1.55 kg (about 3.5 lbs.)
- Inverse relationship between moderate alcohol consumption and weight gain



Breast cancer

- 222,000 cases in women and 2,000 in men annually
- About a fifth of that number (40,000 and 400) die each year
- Risk increases with age

Percent of U.S. Women Who Develop Breast Cancer over 10-, 20-, and 30-Year Intervals According to Their Current Age, 2010-2012

Current Age	10 Years	20 Years	30 Years
30	0.44	1.87	4.05
40	1.44	3.65	6.80
50	2.28	5.53	8.75
60	3.46	6.89	8.89
70	3.89	6.16	N/A

Source: Howlader N, Noone AM, Krapcho M, Garshell J, Miller D, Altekruse SF, Kosary CL, Yu M, Ruhl J, Tatalovich Z, Mariotto A, Lewis DR, Chen HS, Feuer EJ, Cronin KA (eds). SEER Cancer Statistics Review, 1975–2012, National Cancer Institute. Bethesda, MD, http://seer.cancer.gov/csr/1975_2012/browse_csr.php?sectionSEL=4&pageSEL=sect_04_table.17.html, based on November 2014 SEER data submission, posted to the SEER Web site, April 2015.

http://www.cdc.gov/cancer/breast/statistics/age.htm

Women's Checklist: Breast Cancer

- High fat diet has a connection with different breast cancers.
  - Not only saturated fat, but total fat has connection to cell receptor changes which increase breast cancer risk
- Soybean foods may protect menopausal women from osteoporosis
  - Osteoporosis is most common after menopause since estrogen production has decreased. Estrogen plays a large role in bone loss protection
- Breast cancer is more prevalent in obese women
  - Fat around the tumor helps the cancer spread through the bod

https://www.sciencedaily.com/releases/2014/04/140404093417.htm
https://www.sciencedaily.com/releases/2013/11/131107075057.htm
https://www.sciencedaily.com/releases/2014/02/140203100830.htm

Women's Checklist: Breast Cancer

- Omega-3 fatty acids could help postmenopausal obese women lower breast cancer risk
  - Omega-3 fatty acids are anti-inflammatory. Try to get them from foods
- Alcohol increases breast cancer risk
  - "A women's average risk of being diagnosed with breast cancer increases by 4% with each additional 10 grams/day of alcohol"
  - Study showed that relative risk decreased with
    - Healthy body weight
    - Physical activity for 30 minutes a day
    - Diet of plant based foods

https://www.sciencedaily.com/releases/2016/02/160224155025.htm
https://www.sciencedaily.com/releases/2015/12/151210153643.htm

The Soy Dilemma

Good or bad?

- Choose whole sources of soy like:
  - Tofu
  - Tempeh
  - Miso
  - Edamame

Stay away from: soy isolates, and soy junk food (which may include soy milk)

Peri and Post Menopause (45 +)

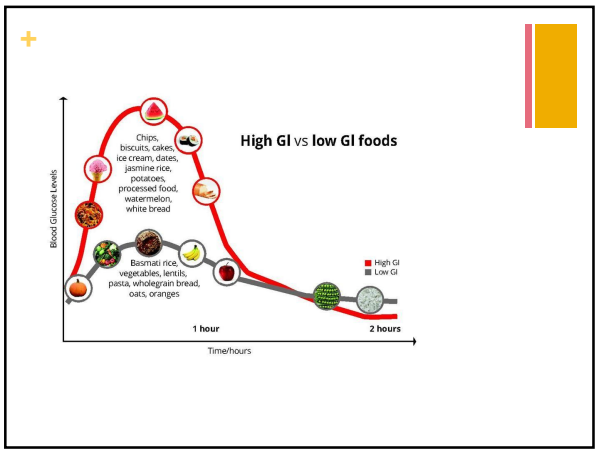
Key Factors to Avoid Belly Fat

- Focus only on digestible carbs and aim for 50 or less – I call this *Upgrading Carbs*
- SLEEP!
- Hydrate
- Weight Train

+ DC = Total Carbs - Fiber

+ DC = Total Carbs - Fiber

+ DC = Total Carbs - Fiber



These Foods are EASY to digest

These Foods are HARD to digest

Fifties

Changes After 55

- Lower metabolic rate
- Muscle changes & bone loss
- Absorption of certain nutrients
- Hormonal changes

1. B12 in a Bottle

- Helps support healthy nerves and blood cells
- Needed to make DNA
- Stomach acid
- Sources
  - Fish
  - Meat
  - Supplements

2. ***Really*** Cut Back on Salt

- Age increases risk of hypertension
  - Less elastic blood vessels
- High BP increases risk for stroke, heart attack, heart failure, kidney disease, and early death
- 72% comes from processed foods
  - Ex: chips, frozen dinners, canned soup
- Aim for 1500 mg or less (1/2 teaspoon)
- Substitute spices for salt when cooking at home
  - Research indicates that 2 Tbsp. of spices may slow digestion of fat and reduce spikes in triglyceride levels

3. Check Multi-Vitamin for Iron

- Menopause decreases need for iron
- The body's need for iron decreases to about 8 mg/day
- Postmenopausal women should not take a multivitamin with iron
- Iron toxicity can occur when the body is not excreting iron
- Can cause liver or heart damage

4. Add Sources of Calcium and Vitamin D

- Evidence shows that post-menopausal women have an increased risk of osteoporosis due to lack of estrogen
- Bone loss increases greatly after 50 or after menopause
- Body breaks down more bone than it will build
- Increase intake of rich sources of calcium and Vitamin D
  - Spinach
  - Broccoli
  - Kale
  - Low-fat milk
  - Low-fat yogurt

5. Go Mediterranean

- After menopause, women have an increased risk of heart disease
  - Less elastic blood vessels
  - Total peripheral resistance increases
- Common themes in centenarians
  - Consumption of the Mediterranean diet
- Consuming whole grains, produce, wine, & EVOO was associated with longer survival
- Mediterranean diet associated with lower risk of cancer and heart disease

6. Omega 3's and Collard Greens

Macular degeneration is the leading cause of blindness in man and women over the age of 60.

- **Wild trout**: this fatty fish is king when it comes to omega 3 fatty acids. Omega 3's were found to be essential to retina health according to a recent study. Participants consuming food sources high in omega 2 fatty acids experienced a 37% reduction in age related macular degeneration
- **Collard greens:** contain carotenoids lutein and zeaxanthin – two compounds with big eye benefits when it comes to protection. A 2009 study found that lutein and zeaxanthin helped to protect against UVA light hitting the eye.

Risks specific to men

- ED
  - Long list of risk factors including but not limited to: heart disease, high cholesterol, obesity, diabetes, and stress.
- Prostate Cancer
  - 1 in 7 men will receive a diagnosis on prostate cancer
  - Over half of diagnoses are in men over 65.

http://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/basics/definition/CON-20033414?p=1
https://www.nlm.nih.gov/medlineplus/erectiledysfunction.html
http://www.cancer.org/cancer/prostatecancer/detailedguide/prostate-cancer-key-statistics

Men's Checklist: ED and Prostate

- Blueberries, citrus fruits, & red wine have link to reduced ED
  - Study also shows that walking for five hours a week reduced ED by the same amount
- Selenium intake may reduce prostate cancer
  - Brazil nuts are a good source of selenium
  - Tuna and other fish such as halibut have selenium as well.

https://www.sciencedaily.com/releases/2014/01/140131160945.htm
http://www.ncbi.nlm.nih.gov/pubmed/24181447

Men's Checklist: Prostate Cancer

- Plant-based foods might cause decrease in prostate cancer
  - Important: effect of the foods was only observed when a variety was consumed; not just one
- Increased saturated fat intake sees more aggressive prostate cancer as side effect
  - Saturated fat can be found in foods like cheese or fatty beef
- Flavonoid intake reduces risk of prostate cancers
  - Oranges, grapefruits, grapes, strawberries, onions, tea, certain cooked greens

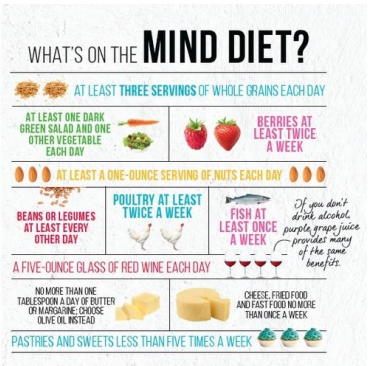
https://www.sciencedaily.com/releases/2012/10/121010161133.htm
https://www.sciencedaily.com/releases/2014/04/140416091941.htm
https://www.sciencedaily.com/releases/2012/10/121017123912.htm

Prostate Cancer

Best Foods to choose!

Health Risk for Both Men & Women

Protecting the MIND



Rheumatoid arthritis

- Disease which causes the immune system to attack your own joints
  - Various risk factors involved:
    - Sex: RA is 2-3x more common in women than men
    - Age: RA is most common in people above 60
      - Smokers are more likely to develop RA.
      - Inflammation in the joints can be affected by what you eat!

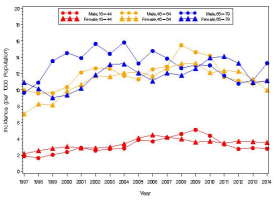
http://www.cdc.gov/arthritis/basics/rheumatoid.htm

stroke

- Lessened or cut off blood flow to brain
- One American dies from a stroke every 4 minutes
- #5 cause of death in the United States
- Stroke risk increases with age: 66% of people admitted to the hospital for stroke were above the age of 65 in 2009

Type 2 diabetes

- **Dangerously high blood sugar levels**
- **In 2012, 27.9 million Americans had type 2 diabetes.**
- **11.8 million Americans of that 27.9 million were seniors. That's 1 in every 4 senior.**
- **#7 cause of death in the US.**
- **Risk increases with age**
- **May have complications**



Diabetes Checklist

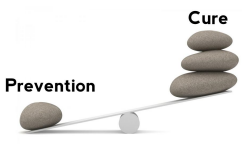
- Weight
- Low GI Foods (apples, pears, cherries, berries)
- Beans
- Protein – especially in the morning
- Sleep
- Exercise – especially in bursts and after meals

heart disease

#1 leading cause of death for both men and women

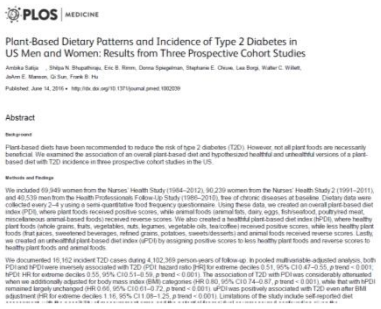
- 50% of men and 64% of women had no previous symptoms before their death
- 307,000 men and 292,000 women in 2009 died to heart disease.
- 1 in 4 of all deaths.

Modifiable risk factors of HD



- High blood pressure
- High blood cholesterol
- Diabetes & prediabetes
- Smoking
- Being overweight/obese
- Being physically inactive
- Unhealthy diet
- Stress level

Less Meat, More Plants



PLOS | MEDICINE

Plant-Based Dietary Patterns and Incidence of Type 2 Diabetes in US Men and Women: Results from Three Prospective Cohort Studies

Abstract

Where to start To Prevent Disease

- Cut salt out and go herbal
- Avoiding excess sugar
- Try to eat less processed foods
- Try to grocery shop at farmer's markets
- Replace butter with healthy alternatives like canola or olive oil
- Try to cut down on alcohol
- Ease into the diet, start with a few days a week
- Antioxidants and flavonoids
- Eating rainbow colors
- Sleep!

Diet plans to try

- **Mediterranean diet**
- Paleo diet
- Low fat Vegan
- Vegetarian alternatives
  - Lacto
  - Ovo
  - Lacto-ovo
  - Pescatarian
  - Pollotarian
  - Vegan

Supplements

- Vitamins & Minerals
- Common ones are vitamin B/B complex, vitamin D, calcium
- Fish oil
- Probiotics
- Sleeping aids
- Miscellaneous

http://www.nhlbi.nih.gov/health/educational/hearttruth/lower-risk/risk-factors.htm

Exercise

- Yoga
- Tai-Chi
- Just 30 minutes of walking a day, or 10,000 steps daily has incredible health benefits:
  - Reduced blood sugar
  - Reduced high blood pressure
  - Reduced stroke risk (20-40%)
  - Reduced heart disease risk (30%)
  - Reduced cancer risk
  - Fit body
  - Helps develop good habits
- Exercise regiment (treat it like medicine!)

http://www.prevention.com/fitness/benefits-walking-every-day

Connect with me!

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Coming January: ***Skinny Liver: A Proven Program to Prevent and Reverse the New Silent Epidemic—Fatty Liver Disease.***

Da Capo Lifelong Books