Let your food be your medicine, and your medicine be your food.  

- Hippocrates

Kimberly Evans, MS, RD
Objectives

- Proper nutrition and how to find opportunities to optimize our diet and the diets of our clients for health promotion
- Clinical Pearls of Wisdom
- Understand the benefits of Integrative Nutrition
- Review applications of this model
The Teaching Kitchen Collaborative (TKC) is being developed as an invitational, multi-year learning network of thought leaders who are using teaching kitchen facilities as catalysts of enhanced personal and public health across medical, corporate, school, and community settings.

**GOAL:** Provides medical professionals with state of the science updates relating to nutrition science, exercise and movement, mindfulness, and health coaching. While culinary instructors from the CIA demonstrated how health enhancing “take home messages” can be translated into the preparation of healthy, delicious, easy to make, affordable, sustainable recipes.
“Food as Medicine”

- targeted whole foods therapies
- targeted supplements
- mind/body modalities – mindful eating
- firmly rooted in the integrative nutrition model which considers whole person, body systems and root cause of “disease”
Integrative Nutrition

Optimal Wellness

Disease Prevention

Disease Treatment

No deficiency
Nutrition is a critical component of Integrative and Functional Medicine!

- Nutrition = a key part of prevention and a key part of therapy
- Research is exploding in areas that link food, nutrients, herbs, and nutrigenomics, to prevention and treatment of chronic conditions and disease states.
- Consumer demand for more natural approaches to optimizing health.
Why We Look at...FOOD

- Food has the ability to affect how we feel
- Food has the ability to affect much energy we have
- Food has the ability to prevent, treat, and reverse many chronic diseases
- Food fuels performance
- Food supports mental focus
- Food supports hair, skin, and nails
- Food has the ability to support Optimal Wellness
- All of this and it is fun and tastes good too!
The IHI Triple Aim

Population Health

Experience of Care

Per Capita Cost
Is there an ideal diet?
## Nutrition Facts

**Serving Size**: 50g  
**Servings Per Container**: 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
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<tr>
<td>Sugars</td>
<td>16g</td>
</tr>
<tr>
<td>Protein</td>
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</table>

**Vitamins and Minerals**

- **Vitamin A**: 20%  
- **Vitamin C**: 0%  
- **Calcium**: 10%  
- **Iron**: 20%  
- **Thiamin**: 20%  
- **Riboflavin**: 20%  
- **Niacin**: 20%  
- **Vitamin B6**: 20%  
- **Phosphorus**: 10%  
- **Zinc**: 0%

*Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.
“...WE’VE JUST UPDATED THE FOUR BASIC FOOD GROUPS...”
VEGETARIANS AND VEGANS LIVE, ON AVERAGE, SIX TO TEN YEARS LONGER THAN MEAT-EATERS.

MEAT-EATERS ARE TWICE AS LIKELY AS VEGETARIANS TO DEVELOP HEART DISEASE.

Diet Dogma

*Vegan
No Meat/Fish/Eggs
Grains
Beans/Legumes

*If it has a mother or a face, it is not consumed.

Vegan/Paleo
No Fast Food
No Junk Food
No Candy
No Dairy
No Soda
No Processed Food
Limit Sugar

Fruit
Vegetables
Nuts/Seeds
Water
Exercise

**Paleo
Meat/Fish/Eggs
No Grains
No Legumes

**Hunter/Gatherer — eat how our ancestors ate prior to 10,000 years ago.

Ken Leebow, author Feed Your Head – www.FeedYourHeadDiet.com
HEALTHY SWEETS (such as plain dark chocolate) Sparingly

RED WINE (optional)
No more than 1-2 glasses a day

TEA (white, green, oolong)
2-4 cups a day

HEALTHY HERBS & SPICES (such as garlic, ginger, turmeric, cinnamon) Unlimited amounts

OTHER SOURCES OF PROTEIN (natural cheeses, lowfat dairy, omega-3 enriched eggs, skinless poultry, lean meats) 1-2 a week

COOKED ASIAN MUSHROOMS
Unlimited amounts

WHOLE SOY FOODS (edamame, soy nuts, soymilk, tofu, tempeh) 1-2 a day

FISH & SEAFOOD (wild Alaskan salmon, Alaskan black cod, sardines) 2-6 a week

HEALTHY FATS (extra virgin olive oil, expeller-pressed canola oil, nuts - especially walnuts, avocados, seeds - including hemp seeds and freshly ground flaxseeds) 5-7 a day

WHOLE & CRACKED GRAINS
3-5 a day

PASTA (al dente)
2-3 a week

BEANS & LEGUMES
1-2 a day

SUPPLEMENTS High-quality multivitamin/multi-mineral that includes key antioxidants (vitamin C, vitamin E, mixed carotenoids, and selenium); Co-enzyme Q-10; 2-3 grams of a molecularly distilled fish oil; 1,000 IU of vitamin D3 Daily

VEGETABLES (both raw and cooked, from all parts of the color spectrum, organic when possible) 4-5 a day minimum

FRUITS (fresh in season or frozen, organic when possible) 3-4 a day
"The food you eat can be either the safest & most powerful form of medicine or the slowest form of poison."

Ann Wigmore
I TOLD YOU I WAS SICK
“Doctors of the future will give no medicine, but will interest their patients in the care of the human frame, in diet, and in the cause and prevention of diseases.”

~Thomas Edison
Pearls of Wisdom for Transforming Health

#1 Eat more plants
...grown close to home
...use the 4 S’s
Lessons from people who have lived the longest and healthiest lives
#2 Eat more phytochemicals
Pearls of Wisdom for Transforming Health

#3 Get an oil change
Pearls of Wisdom for Transforming Health

#4 Good carb vs bad carb
#5 Worry less about protein
Which has the most protein?

a. 100 calories of broccoli
b. 100 calories of beef
c. 100 calories of spinach
d. 100 calories of beans
Pearls of Wisdom for Transforming Health

#6 Encourage growth mindset
Pearls of Wisdom for Transforming Health

#7 Smart supplementation

- Vitamin D3 – test baseling
- MVM
- Omega 3
- Probiotic (not as general as it might sound)
- B Complex

- Folate for fertile women
- Other supplementation is condition specific
Target Nutrients from Food

- Selenium
- Iron
- Magnesium
- Potassium

SIDE NOTE TO COFFEE AND CHOCOLATE
Deficiency → Suboptimal → Optimal

Various syndromes → Chronic disease → Maximize physiologic function to ensure maximum well-being AND confer a minimum risk of disease
Pearls of Wisdom for Transforming Health

#8 Epigenetics
#9 SNP’s (single nucleotide polymorphisms)

- Apo E and other genetic markers to personalize optimal food choices
- MTHFR and COMT
- HLA-E and FTO
- VRD taq and VDR bsm
- Genomic Inflammatory markers: +/- IL-1B, +/-TNFa,
- Telomeres
Pearls of Wisdom for Transforming Health

#10 Labs

- Fasting Insulin
- VAP advanced lipid analysis Lp(a) and Pattern B
- LFT in kids
- HS CRP
- B 12/MMA
- Vitamin 25OH
#11 Culinary Arts Skills

• Learn knife skills
• FASS
• Herbs and spices are flavor companions
• Teach kitchen confidence
• The unexpected magic of the *bouquet garni*.
• How do you get your mess in place?
• Basic cooking principles and how to read a recipe are a plus.
Transforming Pearls into Action

- Dessert Flip
- Grain Salads
- Add one plant based meal per week
- Menus can repeat
- Revise food repertoire with one food swap each week
- Change the story
- Focus on health over weight
- Cook one more meal at home – from scratch
- Celebratory eating vs daily eating
- Know the local resources – cooking classes, chef’s, and dietitians are your partners in healthcare
- Practice what you preach – walk the walk if you talk the talk
“Running is bad for my knees. Not running is bad for everything else!”
“The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.”
Google Food: Google’s internal Food program
The Future

- Teaching kitchens that involve PCPs, RD’s, chefs, health coaches, exercise specialists, and others will jointly deliver the care and services and be routinely reimbursable
What does it mean?

collaborative

Integrative

little bit of “everything”
What differentiates an IFMNT-RD?

- Employs a systems assessment of a person’s biochemical individuality to develop a nutrition care plan
- Includes information from emerging sciences such as nutritional genomics and environmental toxicology.
- Recognizes Client uniqueness
- Focuses on addressing the root cause of disease and preventive care conferred through optimal nutrition
- Strives to help the client achieve optimal health, not just the absence of disease
- Integrates the function of biology, environment, and behaviors, and measures as a product of physical, mental, social, and spiritual variables
Let’s learn about functional nutrition.
Chronic Pain

- Nutrition – Foundational Eating Plan – Anti-Inflammatory
- Function – Tart Cherry Juice, Salmon, Avocado, Flaxseed
- Supplementation – Boswel, Fish Oil, Turmeric
- Adjunctive – Dry Needling, Yoga, Mindfulness Therapy, Neurac, Graston
- Testing – HS-CRP, Cortisol, ESR
GI Issues

- Nutrition – Foundational Eating Plan – Elimination/Immune Health Plan
- Function – Kombucha, Kimchi, Miso, Artichokes, Greek Yogurt
- Supplementation – Probiotics, DGL, Aloe, Marshmallow Root, L-Glutamine
- Adjunctive – MBSR, Somatic Education, Massage, Yoga
- Testing – SIBO, Food Sensitivities, HS-CRP
Obesity or Diabesity

- **Nutrition** – Foundational Eating Plan – Hi Protein and Clean Foods
- **Function** – Ceylon Cinnamon, Green Tea
- **Supplementation** – Fenugreek, Multiple Vitamin, Alpha Lipoic Acid,
- **Adjunctive** – Exercise, Yoga/Meditation
- **Testing** – Insulin Response Test, TSH, Vitamin D
Sports Specific

- Nutrition – Foundational Eating Plan – Individualized Fueling and Hydration Protocol
- Function – Crystalized Ginger
- Supplementation – Probiotics, DGL, Aloe, Marshmallow Root, L-Glutamine
- Adjunctive – MBSR, Somatic Education, Massage, Yoga
- Testing – SpectraCell Micronutrient Test, VO2 Max
Depression

- Nutrition – Foundational Eating Plan – Tryptophan Rich Complex Carbs w. Protein
- Function – Salmon, Avocado, Pumpkin Seeds, Black Berries, Saffron
- Supplementation – SAMe, 5-HTP, B12, Vitamin D, Probiotics, Fish Oil
- Adjunctive – Psychotherapy, Yoga, Neurac, Somatic Education, Exercise
- Testing – Vitamin B12, Vitamin D, TSH, Iron
Resources

Institute for Functional Medicine.
  Jeffery Bland, MD and Mark Hyman, MD
Center for Mind Body Medicine
  James Gordon, MD
Dietitians in Integrative Functional Medicine
  Kathie Madona Swift, MS, RD
Arizona Center for Integrative Medicine – University of Arizona (Integrative Medicine Fellowships)
  Dr. Andrew Weil
Food as Medicine Conference
Healthy Kitchens Healthy Lives
Thank You.
kimberly@wholehealthnutritionvt.com