

Healthy Kitchens, Healthy Lives

Culinary Nutrition Goals



CULINARY NUTRITION GOAL	RATIONALE	SPECIFIC ACTIONS THAT SUPPORT THE GOAL
<p>1. Choose healthier carbohydrates in place of highly-processed, sugar-sweetened carbohydrate foods or highly refined grain products.</p>	<ul style="list-style-type: none"> Reducing the glycemic load of the diet may reduce risk of developing type 2 diabetes, result in improved glycemic control in people with diabetes, and reduce inflammation throughout the body. 	<ul style="list-style-type: none"> Choose fruits, vegetables, beans and other legumes (e.g., peas, lentils, chickpeas), and whole grain products.
<p>2. Choose healthier proteins in place of processed meats with higher saturated fat and sodium content.</p>	<ul style="list-style-type: none"> Reducing saturated fat and sodium intake may reduce the risk of developing type 2 diabetes and may reduce risk of coronary heart disease in patients with diabetes. 	<ul style="list-style-type: none"> Choose lean meats, fish, seafood, poultry, beans and other legumes (e.g., peas, lentils, chickpeas), and nuts.
<p>3. Choose healthier unsaturated fats (including marine sources of omega-3s), reduce saturated intake, avoid trans fats.</p>	<ul style="list-style-type: none"> Reducing saturated fat and trans fat intake may reduce the risk of coronary heart disease, and increasing polyunsaturated fat intake may decrease risk of coronary heart disease. 	<ul style="list-style-type: none"> Choose vegetable oils like canola oil, extra virgin olive oil, avocados, nuts, and seeds. Eat fatty fish like salmon, tuna, mackerel, or herring twice a week.
<p>4. Choose better beverages in place of sugar-sweetened beverages.</p>	<ul style="list-style-type: none"> Choosing non-caloric beverages such as water, coffee, or tea may have a significant impact on caloric intake, risk of developing type 2 diabetes, and diabetes management. 	<ul style="list-style-type: none"> Choose water, coffee, or tea for the majority of your beverages. Beer and wine can be consumed in moderation, but be sure to count carbohydrates for beer and calories for both.
<p>5. Develop weekly menus.</p>	<ul style="list-style-type: none"> Developing weekly menus may result in improved eating habits. 	<ul style="list-style-type: none"> Spend 20-30 minutes one day a week planning meals for the following week.

Washington State Diabetes Educators 2010 Annual Conference

Handout for Breakout Session #1B, May 21, 2010

Creating Healthy Kitchens, Healthy Lives: Motivating Our Patients and Ourselves

Presenter: Amy Myrdal Miller, MS, RD

<p>6. Use the "Plate Method" to plan meals.</p>	<ul style="list-style-type: none"> • The "Plate Method" helps people visualize the components of a healthful meal. 	<ul style="list-style-type: none"> • Put together meals that are one-quarter protein, one-quarter healthy carbohydrate, and one-half non-starchy vegetables.
<p>7. Be mindful of portion size.</p>	<ul style="list-style-type: none"> • Weight loss and weight management can be challenging to people who choose healthful foods but in amounts that exceed their caloric needs. 	<ul style="list-style-type: none"> • Occasionally weigh or measure foods and beverages to remind yourself what a reasonable portion size looks like. • Use smaller plates, bowls, and glasses.
<p>8. Look for opportunities to reduce sodium intake.</p>	<ul style="list-style-type: none"> • Dietary sodium intake is closely correlated with blood pressure. Reducing sodium intake may result in a decrease in blood pressure. 	<ul style="list-style-type: none"> • Use herbs and spices to season foods. • Read product labels to find products with the least sodium. • Drain and rinse canned vegetables • Use cooking techniques like caramelizing and roasting to develop flavors in foods like vegetables.
<p>9. Slow down, and be more mindful when shopping, cooking, and eating.</p>	<ul style="list-style-type: none"> • Being more mindful can influence the brain, the autonomic nervous system, stress hormones, the immune system, and health behaviors, including eating, possibly resulting in better food choices and better responses to hunger and satiety cues. 	<ul style="list-style-type: none"> • Take time to savor the beauty, aromas, and flavors of healthful foods. • Take time to enjoy the process of shopping for and preparing healthful foods. • Take time to read food labels and Nutrition Facts panels when shopping. • Request nutrition information when dining away from home in restaurants.
<p>10. When possible, choose the more sustainable option.</p>	<ul style="list-style-type: none"> • Making more sustainable food choices may have positive effects on human health and environmental outcomes. 	<ul style="list-style-type: none"> • Choose local, seasonal produce, when possible. • Choose wild seafood from Alaska, when possible. • Use a refillable water bottle versus buying and disposing plastic water bottles.

Washington State Diabetes Educators 2010 Annual Conference

Handout for Breakout Session #1B, May 21, 2010

Creating Healthy Kitchens, Healthy Lives: Motivating Our Patients and Ourselves

Presenter: Amy Myrdal Miller, MS, RD

RESOURCES

Glycemic Index Foundation

www.glycemicindex.com

International Tree Nut Foundation Nutrition Research & Education Foundation

www.nuthealth.org

Northarvest Bean Growers Association Bean Institute Website

www.beaninstitute.com

USA Dry Peas, Lentils, and Chickpeas

www.pea-lentil.com

Whole Grains Council

www.wholegrainscouncil.org

Monterey Bay Aquarium Seafood Watch Program

www.montereybayaquarium.org/cr/seafoodwatch.aspx

American Dietetic Association "Hot Topic" Papers

www.eatright.org/About/Content.aspx?id=10614

Harvard School of Public Health, Department of Nutrition Nutrition Source Website

www.hsph.harvard.edu/nutritionsource/

The Culinary Institute of America Worlds of Healthy Flavors Website

www.ciaprochef.com/wohf/

Healthy Kitchens, Healthy Lives Conference Website

www.healthykitchens.org

Handout for Breakout Session #1B, May 21, 2010

Creating Healthy Kitchens, Healthy Lives: Motivating Our Patients and Ourselves

Presenter: Amy Myrdal Miller, MS, RD

REFERENCES

Salmeron J, Manson JE, Stampfer MJ, Colditz GA, Wing AL, Willett WC. **Dietary fiber, glycemic load, and risk of non-insulin-dependent diabetes mellitus in women.** *JAMA* 277(6): 472-7, 1997.

Levitan EB, Cook NR, Stampfer MJ, Ridker PM, Rexrode KM, Buring JE, Mason JE, Liu S. **Dietary glycemic index, dietary glycemic load, blood lipids, and C-reactive protein.** *Metabolism* 57(3):437-43, 2008.

Salmerón J, Ascherio A, Rimm EB, Colditz GA, Spiegelman D, Jenkins DJ, Stampfer MJ, Wing AL, Willett WC. **Dietary fiber, glycemic load, and risk of NIDDM in men.** *Diabetes Care* 20(4):545-50, 1997.

Salmerón J, Manson JE, Stampfer MJ, Colditz GA, Wing AL, Willett WC. **Dietary fiber, glycemic load, and risk of NIDDM in women.** *JAMA* 277(6):472-7, 1997.

Shikeny JM, Tinker LF, Neuhaus ML, Ma Y, Patterson RE, Phillips LS, Liu S, Redden DT. **Association of glycemic load with cardiovascular disease risk factors: The Women's Health Initiative Observational Study.** *Nutrition* January 4, 2010 (Epub ahead of print)

Halton TL, Liu S, Manson JE, Hu FB. **Low-carbohydrate-diet score and risk of type 2 diabetes in women.** *Am J Clin Nutr* 87(2):339-46, 2008.

Ludwig DS, Majzoub JA, Al-Zahrani A, Dalla GE, Blanco I, Roberts SB. **High glycemic index foods, overeating, and obesity.** *Pediatrics* 103(3):E26, 1999.

Pereira MA, Swai J, Goldfine AB, Rifai N, Ludwig DS. **Effects of a low-glycemic load diet on resting energy expenditure and heart disease risk factors during weight loss.** *JAMA* 292(20):2482-90, 2004.

Levitan EB, Cook NR, Stampfer MJ, Ridker PM, Rexrode KM, Buring JE, Manson JE, Liu S. **Dietary glycemic index, dietary glycemic load, blood lipids, and C-reactive protein.** *Metabolism* 57(3):437-43, 2008.

Hu FB, Stampfer MJ, Manson JE, Rimm E, Colditz GA, Rosener BA, Hennekens CH, Willett WC. **Dietary fat intake and the risk of coronary heart disease in women.** *N Engl J Med* 337(21):1491-9, 1997.

Salmerón J, Hu FB, Manson JE, Stampfer MJ, Colditz GA, Rimm EB, Willett WC. **Dietary fat intake and risk of type 2 diabetes in women.** *Am J Clin Nutr* 73(6):1019-26, 2001.

Mozaffarian D, Rimm EB. **Fish intake, contaminants, and human health: evaluating the risks and benefits.** *JAMA* 296(15):1885-99, 2006.

Washington State Diabetes Educators 2010 Annual Conference

Handout for Breakout Session #1B, May 21, 2010

Creating Healthy Kitchens, Healthy Lives: Motivating Our Patients and Ourselves

Presenter: Amy Myrdal Miller, MS, RD

Perona JS, Covas MI, Fito M, Cabello-Moruno R, Aros F, Corella D, Ros E, Garcia M, Estruch R, Martinez-Gonzalez MA, Ruiz-Gutierrez V. **Reduction in systemic and VLDL triacylglycerol concentration after a 3-month Mediterranean-style diet in high-cardiovascular-risk subjects.** *J Nut Biochem* (Epub ahead of print), Dec 3, 2009.

Razquin C, Martinez JA, Martinez-Gonzalez MA, Mitjavila MT, Estruch R, Marti A. **A 3-year follow-up of a Mediterranean diet rich in virgin olive oil is associated with high plasma antioxidant capacity and reduced body weight gain.** *Eur J Clin Nutr* 63(12):1387-93, 2009.

Salas-Salvado J, Fernandez-Ballart J, Ros E, Martinez-Gonzalez MA, Fito M, Estruch R, Corella D, Fiol M, Gomez-Gracia E, Aros F, Flores G, Lapetra J, Lamuela-Raventos R, Ruiz-Gutierrez V, Bullo M, Basora J, Covas MI: PREDIMED Study Investigators. **Effect of a Mediterranean diet supplemented with nuts on metabolic syndrome status: one-year results of the PREDIMED randomized trial.** *Arch Intern Med* 168(22):2449-58, 2008.

Fung TT, Schulze M, Manson JE, Willett WC, Hu FB. **Dietary patterns, meat intake, and the risk of type 2 diabetes in women.** *Arch Intern Med* 164(20):2235-40, 2004.

van Dam RM, Willett WC, Rimm EB, Stampfer MJ, Hu FB. **Dietary fat and meat intake in relation to risk of type 2 diabetes in men.** *Diabetes Care* 25(3):417-24, 2002.

Schulze MB, Manson JE, Ludwig DS, Colditz GA, Stampfer MJ, Willett WC, Hu FB. **Sugar-sweetened beverages, weight gain, and incidence of type 2 diabetes in young and middle-aged women.** *JAMA* 292(8):927-34, 2004.

Chen L, Appel LJ, Loria C, Lin PH, Champagne CM, Elmer PJ, Ard JD, Mitchell D, Batch BC, Svetkey LP, Caballero B. **Reduction in consumption of sugar-sweetened beverages is associated with weight loss: the PREMIER trial.** *Am J Clin Nutr* 89(5):1299-306, 2009.

Mukamal KJ, Chen CM, Rao SR, Breslow, RA. **Alcohol consumption and cardiovascular mortality among U.S. adults, 1987 to 2002.** *J Am Coll Cardiol* 55(13):1328-35, 2010.

Albertson AM and Holschuh NM. **Sodium consumption and food sources in the United States: Results from NHANES 2003-04.** *The FASEB Journal* 22:875.3, 2008.

Akhtar AZ, Greger M, Ferdowsian H, Frank E. **Health professionals' role in animal agriculture, climate change, and human health.** *Am J Prev Med* 36(2):182-7, 2009.