

North Florida Spine and Wellness Institute

Finding Good Food in a Bad Food World

www.HealthyTallahassee.com

Goal of this lecture

- * Educate on the state of our food quality
- * What makes food good
- * What to include and what to avoid in our diets
- * Illustrate the effects of poor eating
- * Provide strategies to healthier eating

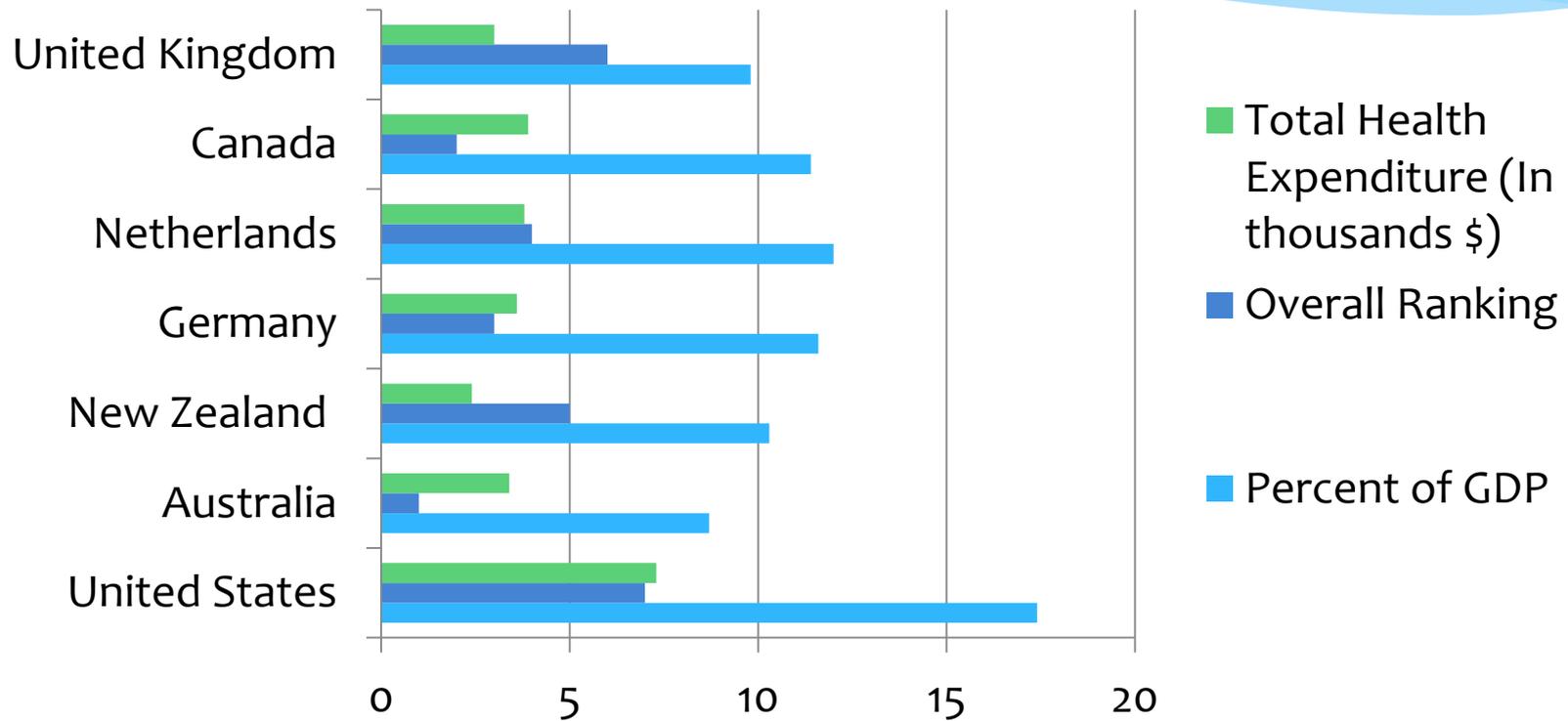
Hippocrates

“Our Food should be our medicine and our medicine should be our food”

Ralph Waldo Emerson

**“Your first wealth is your health”*

World Spending On Health Care



❖ Ranking and Expenditure: Commonwealth Fund 2010

❖ Percent of GDP: World Health Organization 2009

Why is good food important?

- * **1/3 Children in the U.S. are obese or overweight**
- * Type 2 Diabetes among adolescents has skyrocketed
- * Fast food epidemic
- * Japan's obesity rate doubled in 1980 correlating with a **200%** increase in fast food sales

Getting Back to the Basics

What did previous generations eat?

- Locally Grown
- Not Heavily Preserved
- No GMOs

Think about live vs. dead food

Fresh Food



VS

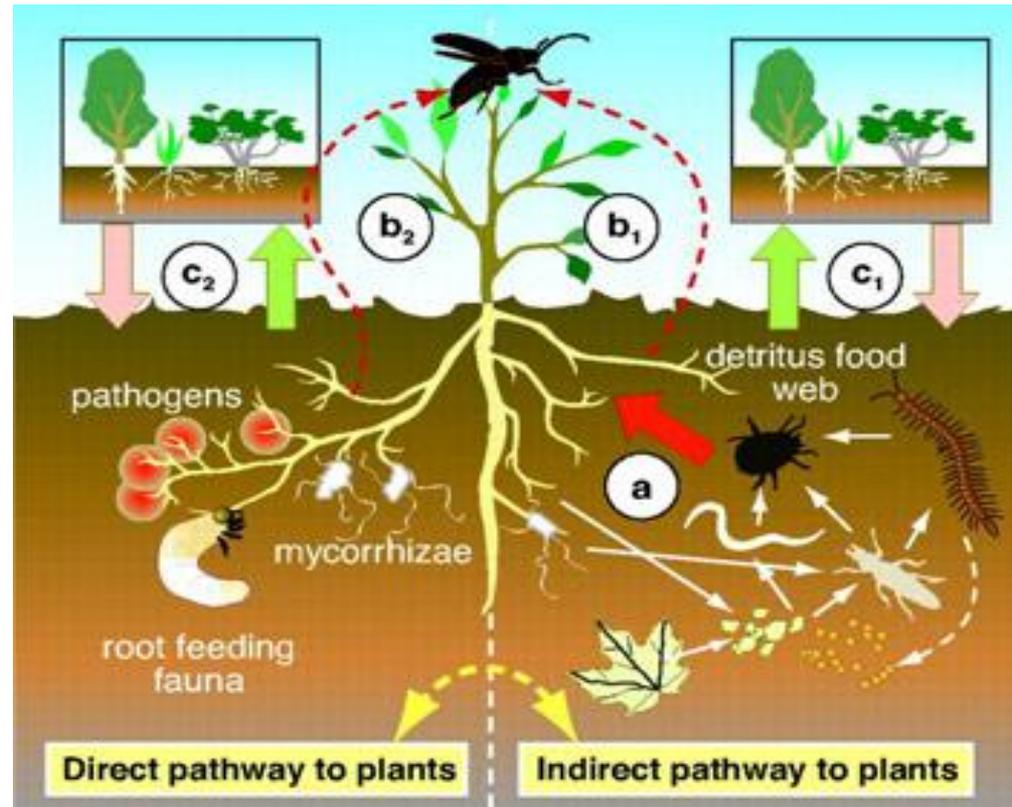
Canned Food



The food crisis starts with the soil

- * Decreasing top soil
- * Mineral deficiencies cause plants to be vulnerable to pest and disease
- * Vegetables and plants absorb nutrients from the soil, they do not produce them

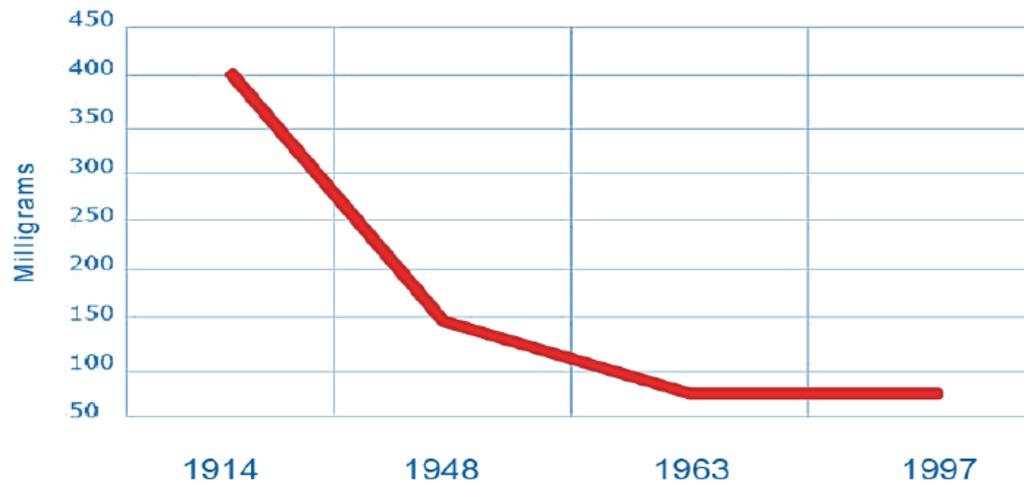
Healthy Soil and Nutrient Absorption



Declining Mineral Levels

Lower Mineral Content in US Vegetables

Average Mineral Content in Selected Vegetables, 1914 - 1997
Sums of Averages of Calcium, Magnesium, and Iron in Cabbage, Lettuce, Tomatoes and Spinach



Source: Lindlahr, 1914; Hamaker, 1982; US Department of Agriculture, 1963 & 1997

Nutrient Deficiency

- * Lack of **Cobalt** leads to decrease in B12 production
- * Lack of **Potassium** decreases heart function
- * **Zinc, selenium, sulfur and iron** are crucial for liver function and its ability to detoxify

Rethinking the Food Pyramid

High
Quality Oils

Dairy and
Carbs

Veggies and Fruit

Lean Meats and Protein

Meats and Proteins

1. Fish

- Halibut, Mackerel, Salmon, *Fresh Tuna*

2. Chicken

- Free range, organic, antibiotic and hormone free.

3. Beef and Pork

- Grass fed, antibiotic and hormone free
- Nitrate free!

Meats and Protein Cont.

Eggs

- Free range, organic, no hormones or antibiotics

Legumes

- Beans, Lentils

Dairy Sources

- Greek Yogurt, cheeses, milks
- Moderation!

Meats/Proteins to avoid

- * **Heavily preserved or processed lunch meats**
- * **Hot Dogs**
- * **Processed cheeses**

Vegetables and Fruits

- * Should be a 2:1 Vegetable to Fruit ratio
- * Variety is the spice of life!
 - * **Broccoli, Brussel Sprouts, Kale** help the liver detoxify
 - * Beets help flush and maintain the Gall Bladder
 - * **Carrot** a day keeps the doctor away!
- * Organic is preferred

Toxicity in Conventional Fruits and Vegetables

- * Sprayed with toxic pesticides
- * Chemicals adhere to DNA causing mutations
- * Chemicals get into joints and organs, and create autoimmune reactions

Canadian Toxicity Research Study

- * Discovered that 93% of pregnant women tested had pesticides in their blood
- * 80% of the umbilical blood also tested positive for pesticides
- * Demonstrates the importance of custom, individualized detoxification.

Dairy and Carbohydrates

- * Moderation is key!!
- * Organic, non-GMO if possible
- * Avoid processed and refined products

Dairy

- * **Quality and moderation!**
- * **Organic, non-processed**
- * **High protein sources: Greek Yogurt**
- * **Dairy alternatives: Goat cheese, Coconut milk, rice milk, almond milk**

Complex Carbohydrates

- * Take longer to be broken down into sugar, avoiding sharp blood sugar spikes
 - * Sweet Potatoes, Quinoa, Legumes, etc.



Gluten Allergy Alternatives

- * Use Rice Pastas
- * Udi's bread products available at Publix



Simple Carbohydrates

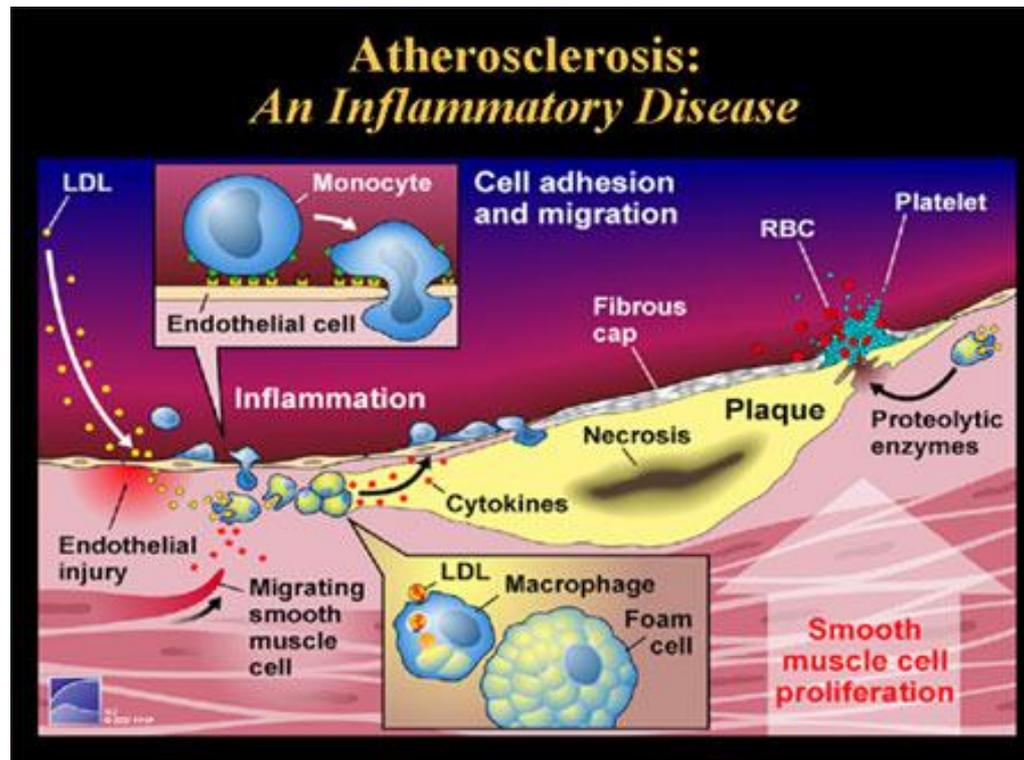
- * Rapidly break down into sugar causing spikes in blood sugar
- * Leads to Insulin resistance and diabetes
- * Increases inflammation
- * **Addictive!!**



Sugar, Inflammation, and Heart Disease

- * Cholesterol is a small part of the problem
- * **50%** of heart attack victims have **normal** cholesterol
- * Inflammation causes damage to the blood vessel walls that allow cholesterol plaques to form
- * Spikes in blood sugar from too much sugar intake creates an inflammatory response in the blood vessels, allowing plaques to form

Inflammatory Atherosclerosis



Sugar Alternatives

- * **Honey**
- * **Coconut Sugar**
- * **Agave...sometimes**
- * **Succinate**
- * **Stevia...sometimes**

Oils

- * **High Quality Oils**

- * Olive Oil: First Cold Pressed, dark colored bottles
- * Coconut Oil
- * Grape Seed Oil
- * Organic Butter



Oils Cont.

- * **Low Quality Oils**

- * Margarines
- * Canola Oil
- * Cottonseed Oil
- * Processed butter



Drinks

- * Avoid soft drinks, both regular and diet
 - * Study showed obesity probability increased **47.2%** for people who drank more than 2 cans/day of regular soda
 - * Obesity probability increased **57.2%** for people who drank 2 or more cans of diet soda
 - * WebMD

Drinks Cont.

- * **Fruit Drinks** should also be avoided due to high sugar content
 - * High sugar content creates inflammatory response
 - * Takes a lot of fruit to make a glass of juice
- * Avoid artificial sweeteners like **Aspartame** and **Splenda**.
 - * Linked to cancers and other side effects like migraines, heart palpitations and neurological problems

What can you drink?!

- * **Water is optimal**
 - * Preferably filtered water
 - * At least 8, 8oz glasses per day
 - * Coffee and Teas in moderation
 - * Watch the Sugar and Creams!!
- * Ok to add lemon, lime or honey for some flavor
 - * Moderate amounts of Carbonated water to get the fizz fix!

Identifying Organic and GMO foods

BE A STICKLER
PRODUCE CODES DEMYSTIFIED

4 DIGIT CODE STARTING WITH 3 OR 4	5 DIGIT CODE STARTING WITH 9	5 DIGIT CODE STARTING WITH 8
↓	↓	↓
CONVENTIONALLY GROWN	ORGANIC	GENETICALLY MODIFIED
		

PACT #imPACTfact @wearPACT SOURCE: WWW.PLUCODES.COM

Dirty Dozen and Clean 15

The infographic is divided into two vertical panels. The left panel features a red apple at the top, with a green banner that reads "Dirty Dozen™ buy these organic." Below the apple is the text "EWG's 2011 Shopper's Guide to Pesticides in Produce™" and a shopping cart icon. A list of 12 items is provided, with some marked with 'I' for imported or 'D' for domestic. A small orange box contains the legend: 'I Imported' and 'D Domestic'. The right panel features a yellow onion at the top, with a green banner that reads "Clean 15™ Lowest in Pesticides." Below the onion is the text "Scan to see more! Get a QR app from www.i-nigma.mobi" and a QR code. A list of 15 items is provided, with some marked with 'D' for domestic. Both panels include the website "foodnews.org" in the top right corner.

foodnews.org

Dirty Dozen™
buy these organic.

EWG's 2011 Shopper's Guide
to Pesticides in Produce™

WORST

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines **I**
7. Grapes **I**
8. Sweet bell peppers
9. Potatoes
10. Blueberries **D**
11. Lettuce
12. Kale/collard greens

I Imported
D Domestic

foodnews.org

Clean 15™
Lowest in Pesticides.

Scan to see more!
Get a QR app from www.i-nigma.mobi

BEST

1. Onions
2. Corn
3. Pineapples
4. Avocado
5. Asparagus
6. Sweet peas
7. Mangoes
8. Eggplant
9. Cantaloupe **D**
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet potatoes
14. Grapefruit
15. Mushrooms

Read labels !

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 cup (249g)	Total Fat 12g	18%	Sodium 940mg	39%
Servings About 2	Sat. Fat 6g	30%	Total Carb. 24g	8%
Calories 250	Polyunsat. Fat 1.5g		Dietary Fiber 1g	4%
Fat Cal. 110	Monounsat. Fat 2.5g		Sugars 1g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Cholest. 60mg	20%	Protein 10g	20%
	Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 8%			

WHEAT FLOUR, EGG WHITE SOLIDS, NIACIN, IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2) AND FOLIC ACID (VITAMIN B9), CREAM (DERIVED FROM MILK), CHICKEN, CONTAINS LESS THAN 2% OF CHEESES (GRANULAR, PARMESAN AND ROMANO PASTE (PASTEURIZED COW'S MILK, CULTURES, SALT, ENZYMES), WATER, SALT, LACTIC ACID (CITRIC ACID AND DISODIUM PHOSPHATE), BUTTER (PASTEURIZED SWEETENED CREAM (DERIVED FROM MILK) AND SALT), MODIFIED CORN STARCH, SALT, WHOLE EGG SOLIDS, SUGAR, DATEM, RICE STARCH, GARLIC, SPICE (CANTHAN GUM, CHEESE FLAVOR (PARTIALLY HYDROGENATED SOYBEAN OIL, FLAVORINGS AND SMOKE FLAVORING), MUSTARD FLOUR, ISOLATE (WHEY PROTEIN AND CARBON DIOXIDE).

General Eating Strategies

- * **Eat Breakfast!**

- * Should be a protein based meal
- * Eating carbs after fasting all night promotes fat storage
- * Eggs, Yogurts, Protein drinks

- * **Cook at home!**

- * Sauté with olive oil and butter instead of frying
- * Plan ahead!
- * NO Microwaving!!

Eating Strategies Cont.

- * **Get creative**
 - * Look for healthy replacements
 - * Grape seed oil instead of mayo
 - * Make your own salad dressings
 - * Protein and veggie snacks instead of carbs
- * **Constantly rotate different vegetables to ensure a wide variety of nutrients**
 - * Eat Seasonally

Supplementation

- * **Whole food vitamins**
 - * Contain Co-factors and enzymes
 - * Organic, nutrient rich soils
 - * Better absorption and utilization



What We Do

- * Heart Rate Variability Test
 - * Revelar Score
 - * Doppler Pulse Analysis
 - * Full Body Neuromuscular Nutrition Based Exam
 - * Bloodwork (if needed)
 - * Custom Designed Clinical Nutrition Program Review of Findings
-
- * Full workup is done for \$60 (normally \$120) for attending this lecture or attending a free workshop in our office. See our website www.healthytallahassee.com or call us for more information 850-877-6790

Questions?

