

EATING RIGHT

**A HEALTHY DIET FOR THE BUSY,
STRESSED, & POOR**

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OVERVIEW

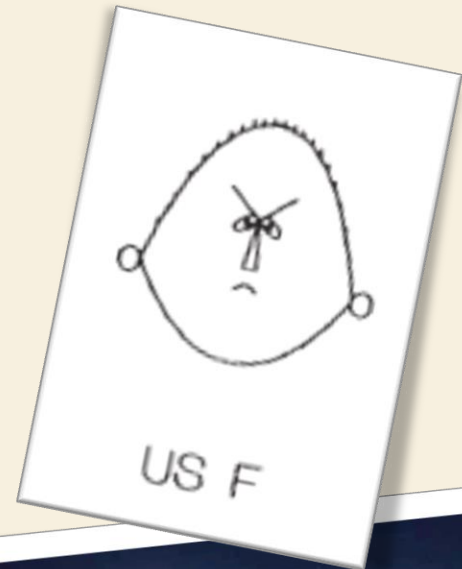
- Fad diets—what are they and why do we discourage them?
- Current trends:
 - Keto
 - Paleo
 - Vegan
- How to actually eat healthier (when busy, stressed, and poor)
- Q&A

A stylized, light-colored silhouette of a human figure is positioned on the left side of the image. A thick, vibrant green wavy line runs vertically through the center of the silhouette, suggesting a spine or a path. The background is a solid black.

FAD DIETS

FAD DIETS

- Fail to acknowledge psychological and cultural aspects of food
- Don't actually teach you anything about nutrition
- More likely to quit
 - Fad diets are unsustainable
 - Will overeat for about the same amount of time calories restricted



FAD DIETS

- Lacking nutrients, esp. exclusion diets
 - Multivitamin only provides known essential nutrients
 - Sacrificing long-term health for short-term benefit?
- Fail to see health/nutrition from a holistic perspective
 - Health is more than just weight loss!



CURRENT TRENDS

KETO

- Originally developed for treatment of seizures in children (under medical supervision)
- Low-carbohydrate, high fat diet (20 grams per day)
 - 15 grams carbohydrate = 1 slice bread, ½ c. fruit, 1 c. milk, ½ c. corn...
 - Essentially eliminates fruit, grains, some dairy, beans, some vegetables
- Doesn't discriminate fats or have endpoint
- Can still overeat calories...



KETO

- May lead to constipation, dehydration, kidney stones, osteoporosis, lower immunity, changes in cognitive function
- Missing nutrients (antioxidants, fiber, phytochemicals, vitamins/minerals) known to prevent heart disease, diabetes, cancer, osteoporosis...

PALEO

- What would our evolutionary ancestors eat?
- No “agricultural” foods (10,000 years ago): dairy, grains, legumes, processed foods, sugar, soy
- Issues with ideas:
 - Ancestors eating wild grains 30,000 years ago
 - Humans have evolved, including genes to digest grains
 - Different evolution based on location, food availability

PALEO

ACTUAL PALEOLITHIC DIET

- 25% kcal from fat
- 20-25% kcal from protein
- 40-50% kcal from carbohydrate

USA DIETARY RECOMMENDATIONS

- 20-35% kcal from fat
- 15-25% kcal from protein
- 40-60% kcal from carbohydrate

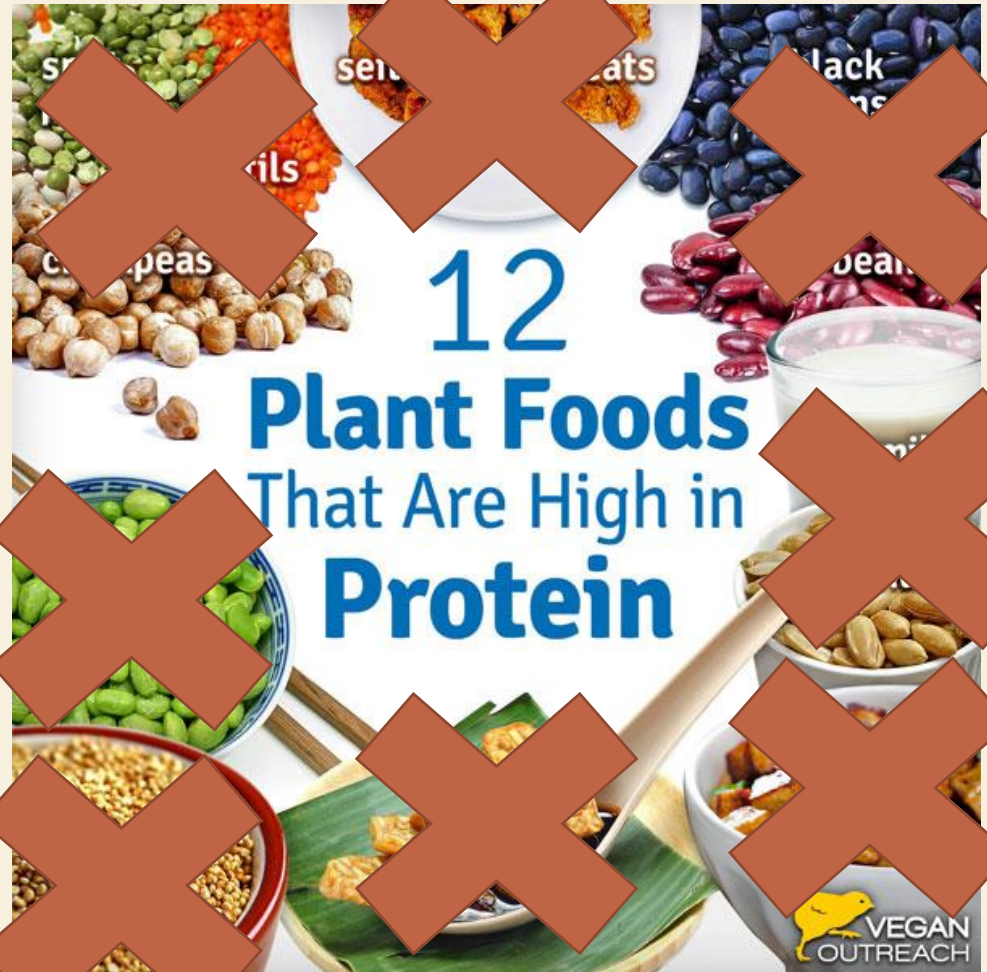
VEGAN

- No animal products: dairy, meat, eggs, honey
- Emphasis on plant-based foods is good!
 - More plant-based diets consistently linked to disease prevention
- Likely to be low in calcium, vitamin B12, zinc, iron—requires serious, knowledgeable planning, supplements, alternative foods...



“PEGAN”

- A Paleo vegan diet (!)
- No: dairy, meat, eggs, honey, grains, legumes/beans, sugar, processed foods, soy





REALISTIC TIPS

IMPORTANT!

- Bad news—life doesn't slow down after this...
 - Chronic diseases beginning already
 - Worth your time to figure out how to be healthy NOW
- What works for you is not what is going to work for someone else!
 - **Know thyself** and trust yourself
 - Take it slow—one step at a time

FOCUS ON FRUITS AND VEGGIES

- Concentrate on getting in 2 cups fruit & 2 ½ cups vegetables. **Every. Single. Day.**
- Start with a salad or broth-based soup
- Smoothies!
 - Current fav: frozen fruit mix (Wyman’s Cherry Berry Plum with Cocoa Nibs); 1 T. peanut butter; ½ c. plain Greek yogurt; skim milk to fill; dash each of turmeric, cocoa powder, flax seeds
 - “Cut” expensive frozen fruit with grapes and/or banana you froze from fresh to save \$
- Find new foods you like or new ways to prepare
 - Veggie plates at restaurants: Kitchen 324, Whiskey Cake, The Wedge, The Loaded Bowl
 - Cookbooks: Thug Kitchen (much swearing, but great recipes), Ellie Krieger (RDN), “Good and Cheap”
- Double veggies in casseroles, pasta sauces

FOCUS ON FRUITS AND VEGGIES

- Have some back-up, no-thought-required recipes
 - Roasted veggies: Chop, olive oil & salt (minced garlic for bonus points), bake ~400° until toasty—works with carrots, asparagus, brussels sprouts, radishes (really!), onions, sweet potatoes
 - Charred green beans or shishito peppers: Olive oil, salt, sliced lemon (with peel) on top—broil for 4-5 minutes until slightly charred
 - Quick-cooked greens (kale, Swiss chard, spinach): Sauté with olive oil and garlic, add lemon juice & red pepper flakes
 - Clean-out-the-fridge salad or frittata
 - Put veggies on bruschetta or pasta (pref. whole grain), top with olive oil
 - Dried fruit, plain Greek yogurt, cinnamon and squirt of honey (could also do a little plain cocoa powder)

FOCUS ON FRUITS AND VEGGIES

- Plan ahead!
 - Know what you have at home
 - Want a fruit with lunch? There are only 7 lunches per week = don't buy 12 bananas, a bag of oranges, and 13 apples
 - Prep ingredients ahead—if need chopped onions today and tomorrow, chop all today and store
 - Shop the ad before you go, esp. frozen fruits/veg
 - Make a shopping list by section of the grocery store
 - Shop the perimeter where the fresh stuff is
 - Don't shop hungry!
- Make a Sunday/Wednesday grocery list

Weekly Meal Plan

WEEK OF 1/13/19

MONDAY

☼ Smoothie

☼ Summer rolls + tempur noodles

☾ Baked sweet potato + black bean chili + onion, creamy peanut slaw (TK 11)

TUESDAY

☼ Smoothie

☼ Sweet potato + black bean chili, slaw

☾ Summer rolls + tempur noodles

WEDNESDAY

☼ Smoothie

☼ Summer rolls + tempur noodles

☾ White bean + apple sandwich TKP 163
Pickled beet salad TH 169

THURSDAY

☼ Smoothie

☼ White bean sandwich + pickled beet salad

☾ ~~French onion soup + black bean chili~~
Sweet potato + chili, slaw

FRIDAY

☼ Smoothie

☼ White bean sandwiches + pickled beets

☾ Caroline's chowder (TH 65)
+ Cornbread + 11 183

SATURDAY

☼ Smoothie

☼ Leftovers

☾ Leftovers

SUNDAY

☼ —

☼ Mom + Dad's

☾ Ginger-mushroom summer rolls TK 56
Tempur Kete noodles TK 169

MISCELLANEOUS

Shopping List

Sunday

☒ 3 1/2-4# chicken

☒ 1/2 c. curly bread ^{GF} _{single?}

☒ 3 red onion

☒ Parsley

☒ Lemons

☒ Asparagus x 2

☒ Beets (# small)

☒ Peppers

☒ Avocado

☒ Baby lettuce

☒ Green onion

☒ GF crackers

☒ 3/4 c. heavy cream

☒ GF spaghetti (compar.)

☒ Salt

☒ Soy sauce

☒ Pineapple

☒ Flax seed

☐ _____

☐ _____

Saturday

☐ 2# ricotta (#c)

☐ 5 oz Parmesan

☐ 1 c basil

☐ 24 no boil lasagna noodles

☐ 2# / 1/2 c shredded mozzarella

☐ 2 onion

☐ 12 cloves garlic

☐ 2-28 oz cans crushed tomatoes

☐ 2-28 oz cans diced tomatoes

☐ 1 1/2# mild Italian sausage

☐ 1 1/2# mushrooms

☐ Sliced greens

☐ _____

☐ _____

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☐ _____

REASONABLE STRATEGIES

- Keep supply of pantry/freezer supplies for emergency meals
 - Example: Pumpkin Chili (from Thug Kitchen)
 - Canned pumpkin
 - Canned tomatoes
 - Onion, garlic (or garlic powder)
 - Canned beans
 - Vegetable broth
 - Spices, maple syrup
 - Pair with whole-grain toast (freezer!) or crackers, glass of milk, fruit

REASONABLE STRATEGIES

- Plan on leftovers
 - Freeze casseroles, soups/stews for emergencies
 - Prepped grains
- Split meals with roommates/classmates



DON'T FORGET...

- Food Network ≠ cooking
- Instagram ≠ cooking
- Small, reasonable steps are still taking you toward a goal!





QUESTIONS?