

Thriving With Healthy Habits: Nutrition for Busy People

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What is Lifestyle Medicine?

- Lifestyle Medicine is the use of evidence-based lifestyle therapeutic intervention—including a whole-food, plant-predominant eating pattern, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection—as a primary modality, delivered by clinicians trained and certified in this specialty, to prevent, treat, and often reverse chronic disease.

www.lifestylemedicine.org

Lifestyle Medicine Standards



NUTRITION



EXERCISE



**TOBACCO
& ALCOHOL**



**STRESS
MANAGEMENT**



SLEEP



**HEALTHY
RELATIONSHIPS**

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Nutrition and Health

- Eating for Heart Health
 - Eat less saturated fat
 - Eat more fiber
 - Cut down on sodium
- Eating for Brain Health
 - A heart healthy dietary pattern

U.S. FOOD CONSUMPTION AS A % OF CALORIES

PLANT FOOD:

Vegetables, Fruits, Legumes,
Nuts & Seeds, Whole Grains

Fiber is found only in plant foods.

NOTE: Up to half of this category may be processed, for example almonds in candy bars, apples in apple pies or spinach in frozen spinach souflé, and of course these would not be healthy choices. The focus should be on whole unprocessed vegetables, fruits, legumes, nuts and seeds and whole grains.

ANIMAL FOOD:

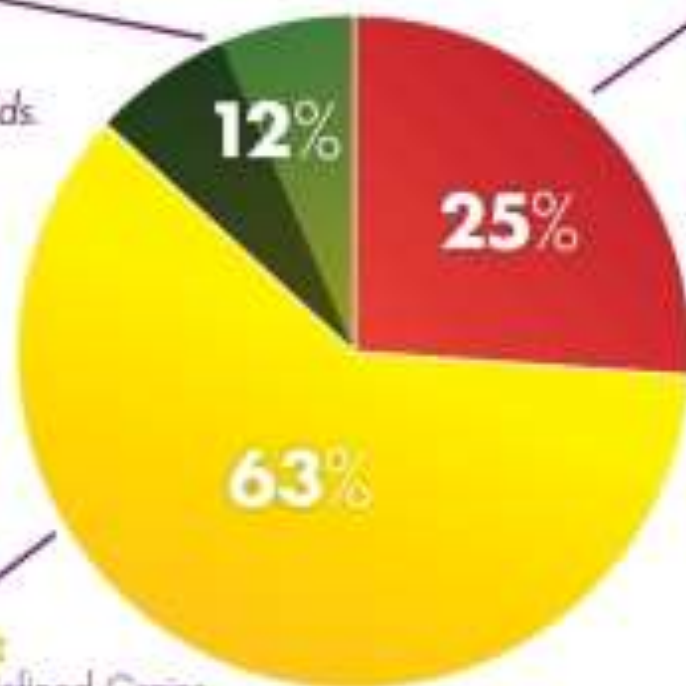
Meat, Dairy, Eggs, Fish, Seafood
Cholesterol is found only in animal foods. Animal foods are the **PRIMARY** source of saturated fat.

GUIDE TO HEALTHY EATING:

Much easier to understand than the USDA Food Pyramid, with no food industry influence.

Eat **LESS** from the animal and processed food groups and **MORE** whole foods from the plant food group.

In general, food from the animal and processed food group contribute to disease, while **WHOLE** foods from the plant group contribute to good health.



PROCESSED FOOD:

Added Fats & Oils, Sugars, Refined Grains

Saturated Fat

Saturated Fat	Unsaturated Fat
meats, butter, dairy products	vegetable oils
solid at room temperature	liquid at room temperature
increase levels of "bad" cholesterol (low-density lipoprotein)	increase levels of "good" cholesterol (high-density lipoprotein)
low-density lipoprotein clogs arteries	high-density lipoprotein, or HDL, "grabs" LDL and escorts it to the liver where LDL is broken down and eventually removed from the body

<https://hopes.stanford.edu/fatty-acids/>

Saturated Fat

- Aim to keep saturated fat LESS than 10% of total calories!
- Choose whole food sources of fat over ADDED fats

Fiber

- **Soluble fiber**

- It dissolves into a gel-like substance as it moves through the GI tract.
- Helps to lower cholesterol
- Foods: Legumes, oats, and apples.

- **Insoluble fiber**

- does not dissolve, which helps push material along, increase stool bulk, and reduce the risk for hemorrhoids and diverticulosis.
- whole grains, fruits, vegetables.

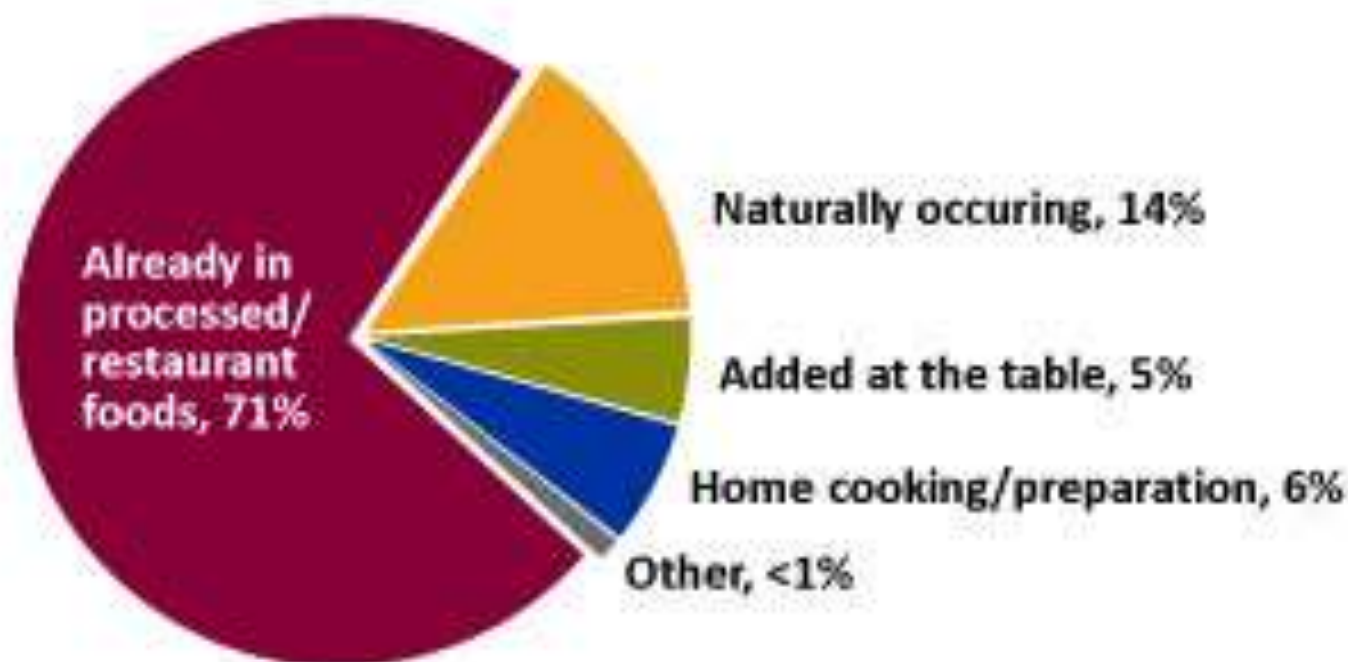
Fiber

- Interesting Facts

- Fiber has ZERO calories
- Fiber is **ONLY FOUND IN PLANT FOODS!**
- Recommended daily intake ~25-35 g/day
- Average American gets 15 grams or less
- Gradually increase fiber to prevent abdominal pain, bloating, constipation

Sodium

Most Sodium Consumed Comes from Processed and Restaurant Foods



Harnack LI, Cogswell ME, Shikany JM, et al. Sources of Sodium in US Adults from 3 Geographic Regions. *Circulation*. 2017;135:1775-1783.

Sodium

- Interesting Facts
 - Daily limit is 2,300 mg
 - That's ONE teaspoon
 - Ideal amount is 1,500 mg
 - Most Americans consume 3,400 mg

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day>

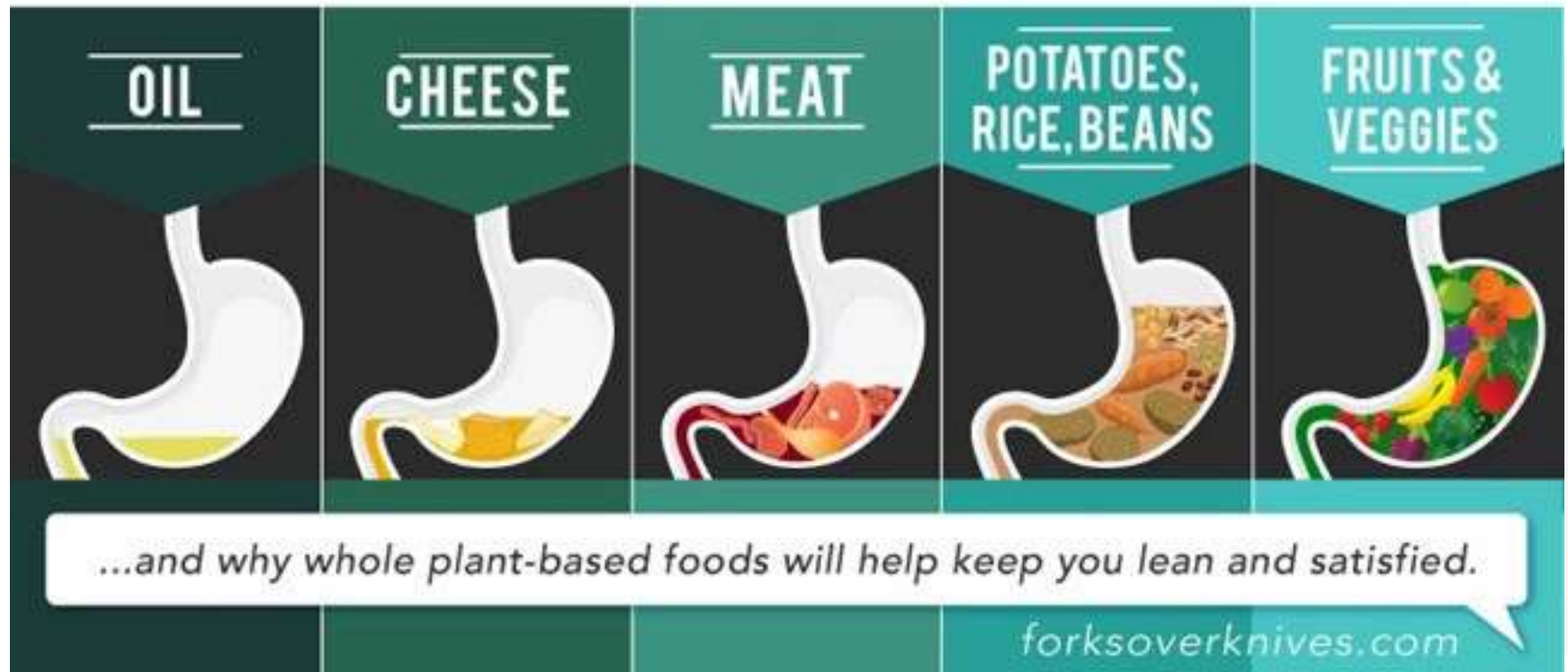
Healthy Weight

- Eating a heart healthy diet includes maintaining a healthy weight.
- This is supported by eating nutrient dense foods not calorie dense foods.

A Note About Calorie Density

CALORIE DENSITY

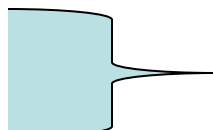
WHAT 500 CALORIES LOOK LIKE



So How Do We Do It?

- HEALTHY Plant-Based Diets!
- What do you think of when you hear plant-based diets?

Plant-Based Diets

- Vegan
- Vegetarian  Not necessarily healthy
- Whole Food Plant-based
- DASH
- Mediterranean

The FOCUS is on the plants.....not the meat!



AMERICAN COLLEGE OF Lifestyle Medicine



My tips for plant-based eating

- Make $\frac{3}{4}$ of your plate whole plant foods
 - Fruits, veggies, whole grains
- Remaining $\frac{1}{4}$ of plate is protein
 - Choose plant proteins often
 - If choosing animal protein: **ONLY ONE ANIMAL AT A TIME**



Nutrition Tips for Busy People

- **MUST** have a plan!
 - Set aside 30-60minutes to meal plan for the week
 - Add it to your calendar
 - Keep it simple!
 - Make a list
- Set aside time to shop (use curbside delivery services if available).
- Batch cook staple ingredients for use during the week.
 - Examples: grains and beans

Nutrition Tips for Busy People

- Meal planning examples:
 - Pick 2 options for breakfast
 - Examples: overnight oats, smoothies, nutty toast
 - Keep a few grab and go items on hand for hectic mornings
 - Hand fruit (apples, clementines, bananas) and yogurt
 - Pick 2-3 options for lunch
 - Examples: Wraps, Buddha Bowls, or leftovers
 - Theme nights for dinner help with planning.
 - Examples: Meatless Monday, Taco Tuesday, Weekend Wednesday (breakfast), Take out Thursday, Pizza Night, etc

Nutrition Tips for Busy People

- Building a Better Smoothie

- 4 parts:

- Veggie

- Fruit

- Creamy Ingredient

- Liquid

- Optional Add-ins

- Example: Spinach (you can't taste it), almond milk, yogurt, berries, flax seeds

Nutrition Tips for Busy People

- Lunch (or dinner) in under 5 minutes with 5 ingredients! (without the drive through)
 - Ingredient 1: 90 second brown rice
 - Ingredient 2: Can of black beans (drained and rinsed)
 - Ingredient 3: Washed salad greens
 - Ingredient 4: Salsa
 - Ingredient 5: Sliced avocado (or guacamole)
- Add ½ cup rice, ½ cup beans, 2 cups of greens to a bowl and top with salsa and avocado

Nutrition Tips for Busy People

- Frozen meals

- Not suitable on their own!

- Include 1-2 servings of fresh or frozen vegetables when you eat prepackaged frozen meals
- Add a side of fruit for dessert

- Tips for choosing:

- Total fat <30% of calories
- Saturated fat <5% of calories
- Trans fat <0.5 g serving (look for partially hydrogenated or hydrogenated oils in the ingredients....this is trans fat)
- Cholesterol <120mg
- Sodium <600 mg per serving
- Aim for 400-500 calories per meal

Nutrition Tips for Busy People

- Eating Out

- Remember balancing the plate (don't overload the car seats)
 - Example: Chick-fil-a Sandwich, Fries, Lemonade
 - 930 calories, 37 grams fat, 116 carbs, 33 protein
 - How could be balance that plate?

Nutrition Tips for Busy People

- Eating Out

- Chick-fil-a redo #1

- Example: Chicken sandwich, superfood side salad, fruit cup
 - 640 calories, 27 grams fat, 71 grams carbs, 33 grams protein

- Chick-fil-a redo #2

- Example: Grilled nuggets (8), waffle fries, fruit cup
 - 530 calories, 20.5 grams fat, 59 grams carbs, 27 grams protein

- Chick-fil-a redo #3

- Example: Grilled nuggets (8), superfood side salad, fruit cup
 - 310 calories, 10.5 grams fat, 32 grams carbs, 26 grams protein

Nutrition Tips for Busy People

- Eating Out

- Beware calorie bombs disguised as healthy choices

- Example: Newk's Caesar Salad

- 1,040 calories, 76.5 grams fat, 35 grams carbs, 50 grams protein

- Newk's redo: ½ Simply salad with raspberry vinaigrette, ½ chicken pesto sandwich

- 580 calories, 26 grams fat, 54 grams carbs, 33 grams protein

Take Home Message

- My Nutrition Philosophy in 7 words
 - “Eat Real Food. Mostly Plants. Move On.”

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- Radio: Mondays at 11am, MPB Think Radio (91.3 FM), 1-877-MPB-RING or fit@mpbonline.org

Questions



References

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