

# Lifestyle Intervention Program

Whole Foods/Plant Strong  
a healthier way to eat



“Eat food. Not too much.  
Mostly plants.” —Michael Pollan

# What is a whole food, plant based diet?

- Meals centered around plant foods in their whole, unprocessed form:
  - Vegetables, fruits, beans, lentils, nuts, seeds, whole grains.
- What are the benefits?
  - Lower cholesterol, blood pressure, blood sugar
  - Healthier weight
  - Lower risk of cancer
  - Fewer medications
  - Reduced risk of Type II diabetes
  - Improved gut health

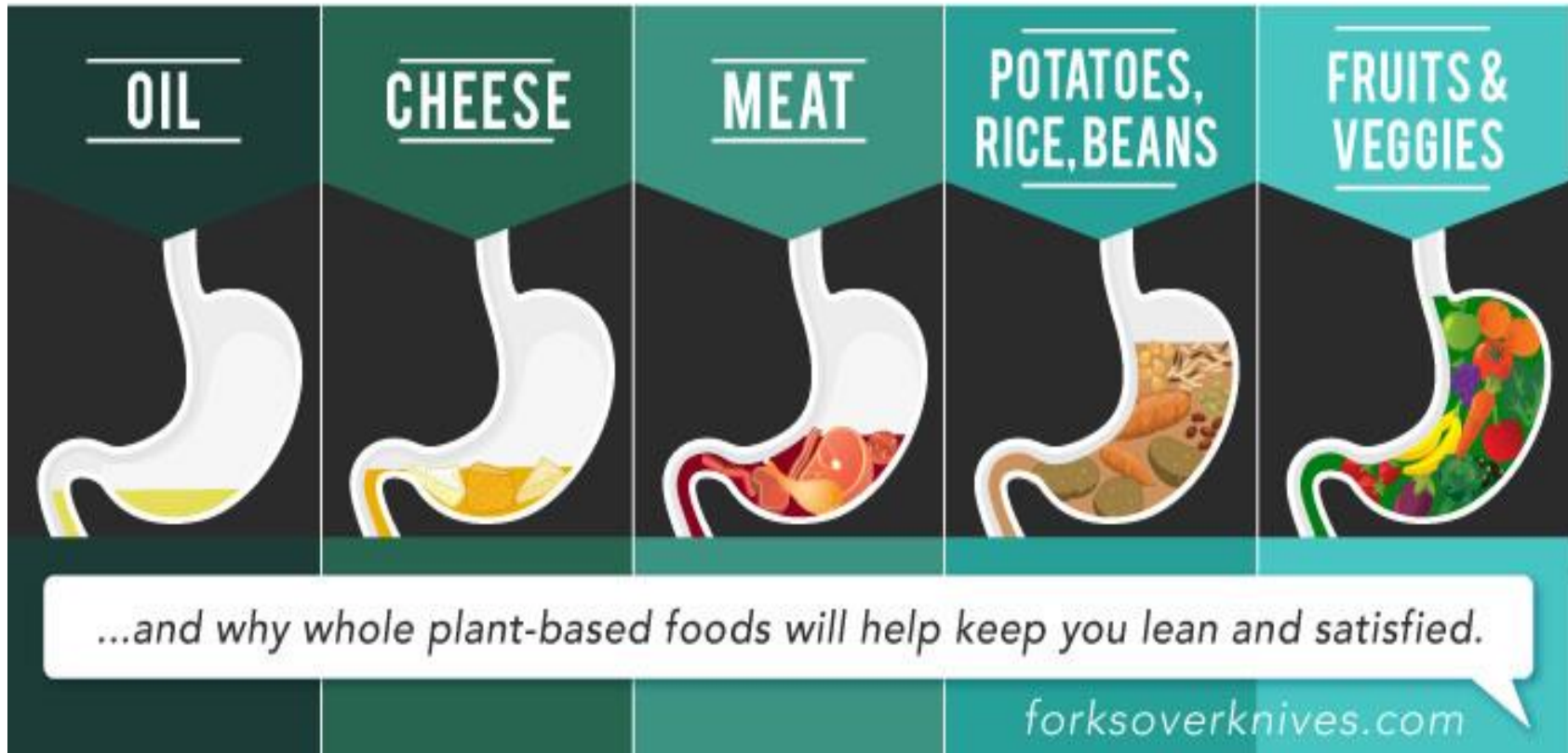
# Fruits & Vegetables: the ULTIMATE bang for your nutritional buck

- Low in calories and high in fiber – making them one of the most nutrient dense foods around.
- Keep the peels on whenever possible – lots of insoluble fiber as well as healthy nutrients.
- Eat the rainbow! The more vibrant and deep the hue, the better it will be for you.
- Enjoy non-starchy vegetables in unlimited quantities.

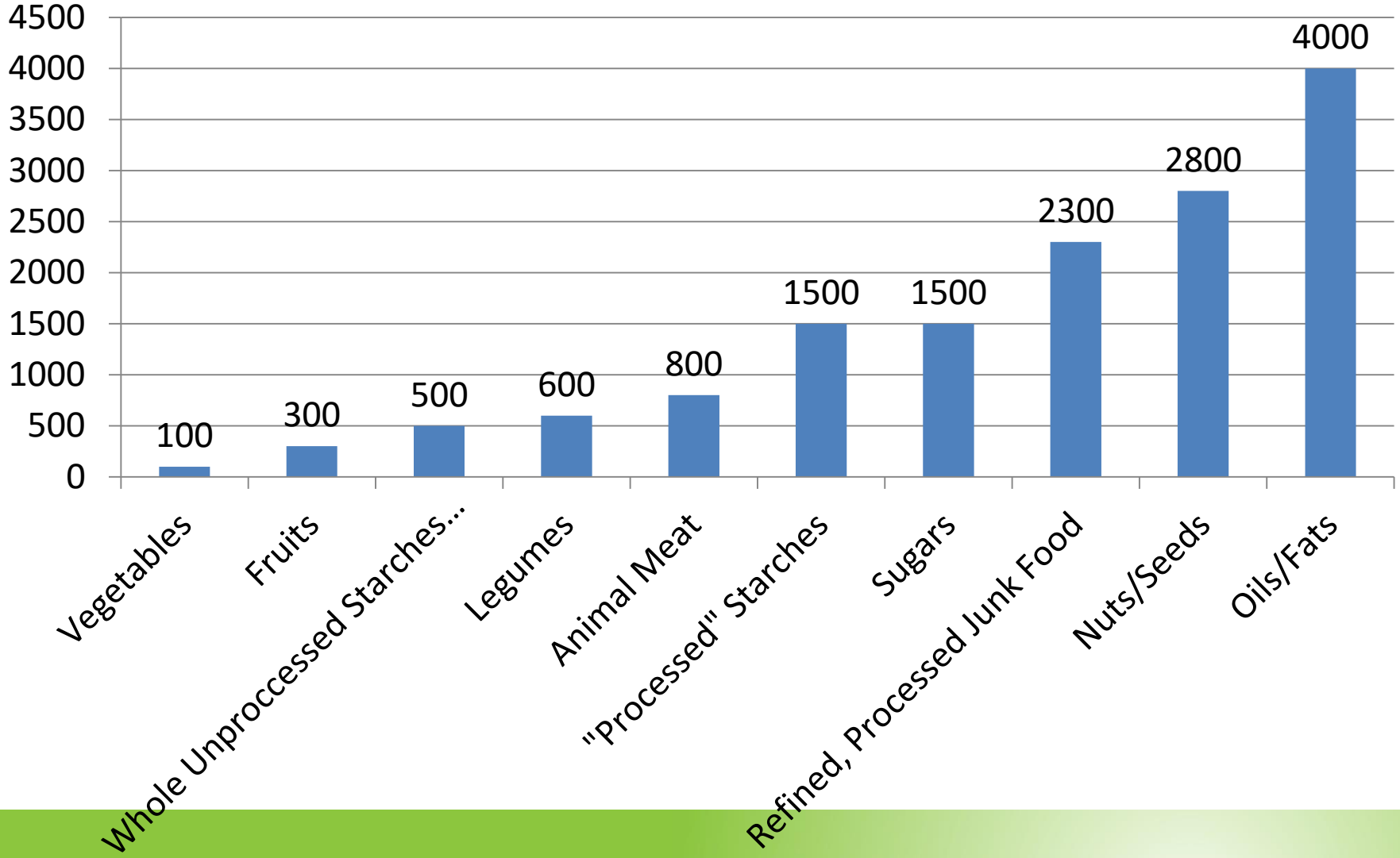


# CALORIE DENSITY

## WHAT 500 CALORIES LOOK LIKE



## Calorie per Pound of various Food Groups



# Food-like Substances

Important to replace food-like substances with real food! We know some foods and food-like substances do not provide us with the nutrients we need. These substances can actually be downright dangerous!

## Avoid unhealthy food choices

These drain your system while offering no nutritional benefit whatsoever.

Substances such as sugar, substitute sugars, and products made with white flour contribute to allergy provoking inflammation and should be avoided as much as possible.

Ensure that a large percentage of the food entering your body is the kind that strengthens the body, not destroys it.



# ThedaCare Optimal Nutrition Guidelines

## ❖ Nutrition Guidelines Handout

[Video: Green / Yellow / Red](#)





# Meat and cheese?

- You are likely to see the most dramatic benefits when making a significant reduction or elimination of these items
- YOU choose where you fall on the continuum in regards to consumption of these foods.
- If you choose to eat them:
  - Meat and cheese as condiment
  - Stick to lean cuts
  - Portion size

# AVOID These Foods

## 1. Saturated Fat:

- Animal-based products
- Palm Oils



## 2. Artificial Food-like substances:

– Long lists of artificial ingredients and food dyes.

- Cookies
- Crackers
- Cakes
- Margarines
- Commercial baked items
- Pre-packaged foods



# AVOID These Foods

## 3. Added Sugars: Sugar not naturally found in the food.

- Syrups
- Sugar (in it's various forms)
- Sugar substitutes



## 4. Grain - based foods that are NOT 100% whole grain.

- Breads
- Pastas
- Cereals
- Rice



# Not Here to Count Calories



The source matters!

- Eat foods as grown, with fiber intact
- Follow appropriate portion sizes
- “Empty Calories”
- May be useful to compare calories of similar foods, but calories are not the #1 consideration in food evaluation

# Can I just take a multi-vitamin?

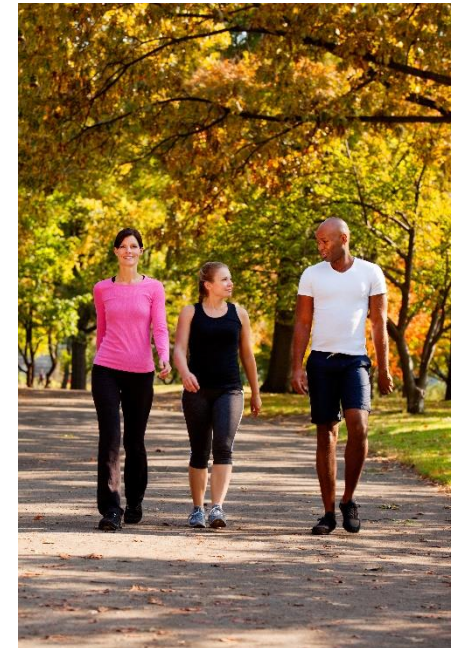
- Whole foods are complex, containing a variety of micronutrients that work together to provide benefits.
- 1 Cup of blueberries: 25% daily Vitamin C along with additional phytochemicals that may provide:
  - Cancer-fight benefits
  - Improved gut health
  - Additional protection from Type II Diabetes
  - Reduced inflammation
  - Potential delayed age related decline
  - Increased satiety (Apple Study)



1. Isolated vitamins in supplement form do not appear to provide the same benefits!
2. Supplements are not well regulated and may not contain what is indicated.

# Do You Know How Much You are Eating?

- The amount of food you eat can be as important as what you are eating. Fiber helps!
- Practice measuring your food
- Soon you will learn to “eye” appropriate portions
- Chew well and eat slowly
- Listen to your body
- 80% rule
- Walk rule





3 oz (75 g) cooked chicken  
or meat (4 oz raw):  
deck of cards



1 cup (250 ml) cooked rice,  
pasta or ice cream:  
tennis ball



1 oz (30 g) cheese:  
4 dice or 1 domino



medium piece of fruit:  
baseball



1 tsp (5 ml) butter or  
margarine: one die



1 small baked potato:  
a computer mouse



average woman's fist:  
1 cup (250 ml)



2 tbsp (30 ml) peanut butter,  
jam, salad dressing: golf ball



1 oz (30 g) of chocolate:  
a packet of dental floss

# 4 rules of normal eating

- Eat when you're hungry.
- Choose foods you believe will satisfy you.
- Eat with appetite awareness and an eye towards pleasure. Enjoy your meals!
- Stop eating when you're satisfied.



# Where to start?

Write down current meal favorites that can be modified. Add produce with fiber or eliminate unwanted animal products, added sugar, or saturated fat.

- Burritos or tacos with beans
- Beans and rice
- Rice and vegetables
- Prepare chili with different types of beans
- Replace burgers with grilled portabella mushrooms
- Make lentil, vegetable or split pea soup without adding meat
- Whole wheat pasta with marinara sauce



# Find new recipes!

- Collect recipes you find interesting
  - Thedacarelifestyle.com
  - Google search ( Meals can be altered! )
  - Cookbooks
- 2 Folders
  - Recipes you would like to try
  - Recipes you've tried and will do again



# Recap: Action steps you can take now!

- Evaluate current meals, looking for ways to alter them for higher fiber and nutrient content
- Collect new recipes
- Remove highly processed and “Elimination food” items from your cupboards
- Organize kitchen, remove clutter