

2021 Carolyn P. Horchow  
Women's Health Symposium

**UTSouthwestern**  
Medical Center

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# Eat This and Call Me in the Morning: Food as Medicine

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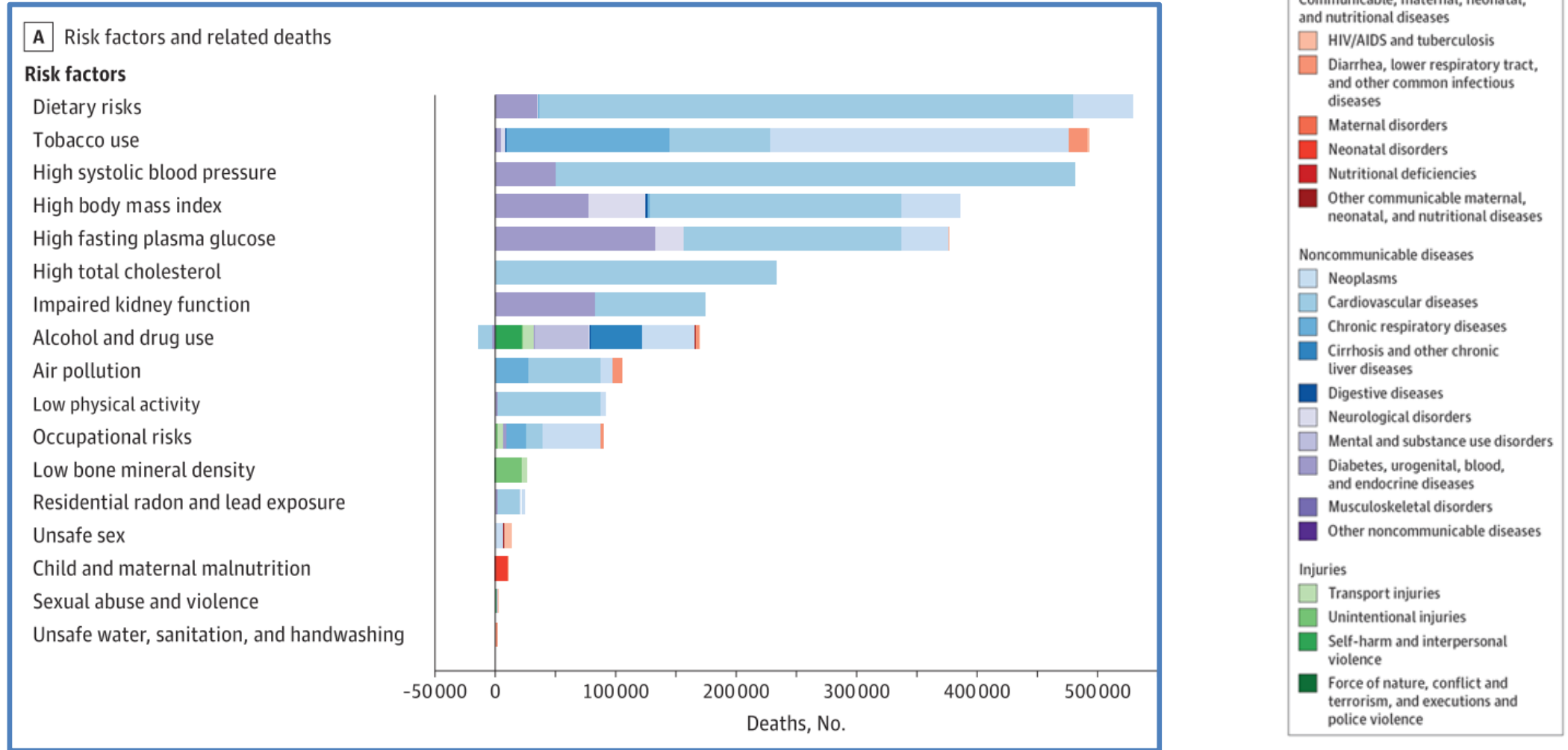
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Director of Culinary Medicine

# Who LOVES Food?



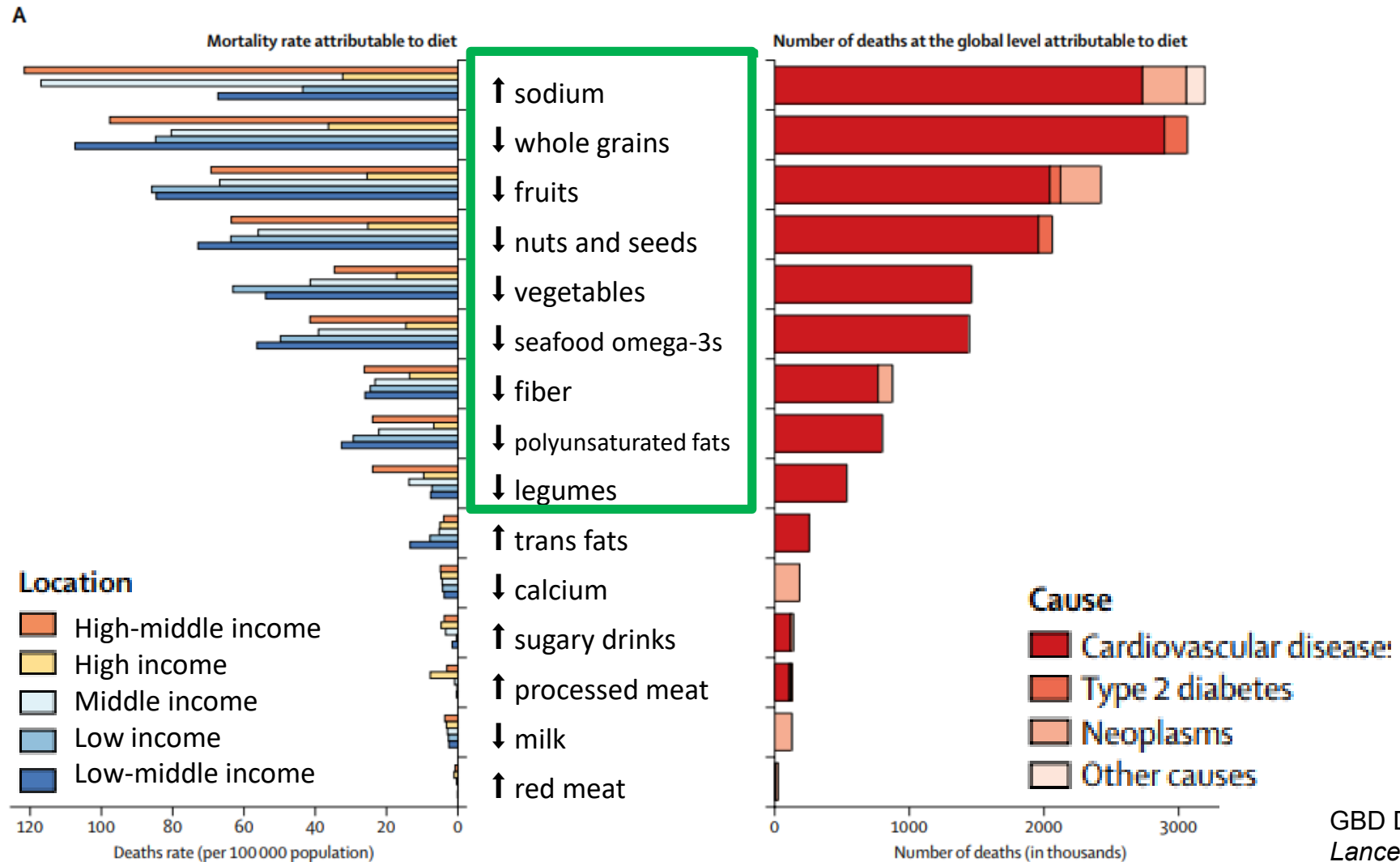
# FOOD: #1 Risk Factor for Early Death



Collaborators, U. S. Burden of Disease. *JAMA* (2018)



# FOOD: Top Risk Factor for Global Death



GBD Diet Collaborators,  
*Lancet*, 2019

# Dietary Advice Bombardment



# Answers at the Doctor's Office?





# Take Culinary Medicine Courses in Medical School

Experts say that the prevalence of heart disease is one reason to study food preparation.



By [Ilana Kowarski](#), Reporter | Feb. 12, 2018, at 9:30 a.m.



In culinary medicine courses, medical students typically get hands-on cooking experience so they can prepare healthy meals and provide food suggestions to patients. (Getty Images)

# What Should We Eat?

## The Mediterranean Diet

***Emphasis on:***

- ***Eat with others***
- ***Colorful, fresh foods***





# What Should We Eat?

LOTS of ***vegetables and fruits***

DAILY ***nuts and seeds, whole grains, herbs/spices***

***Unsaturated fats*** – olive oil, avocado

***Legumes and fish*** twice weekly

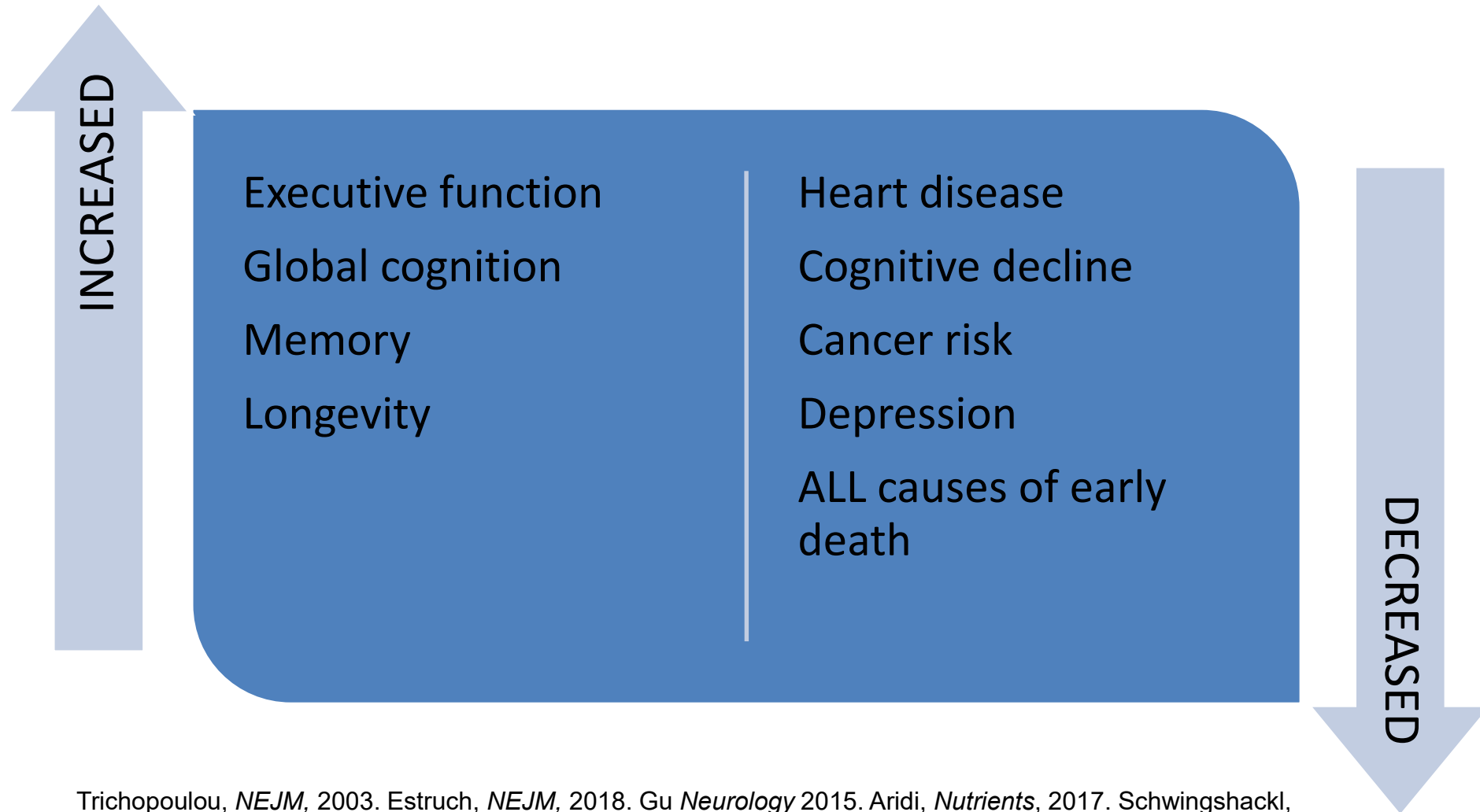
Less *poultry and dairy*

Infrequent *red meat*

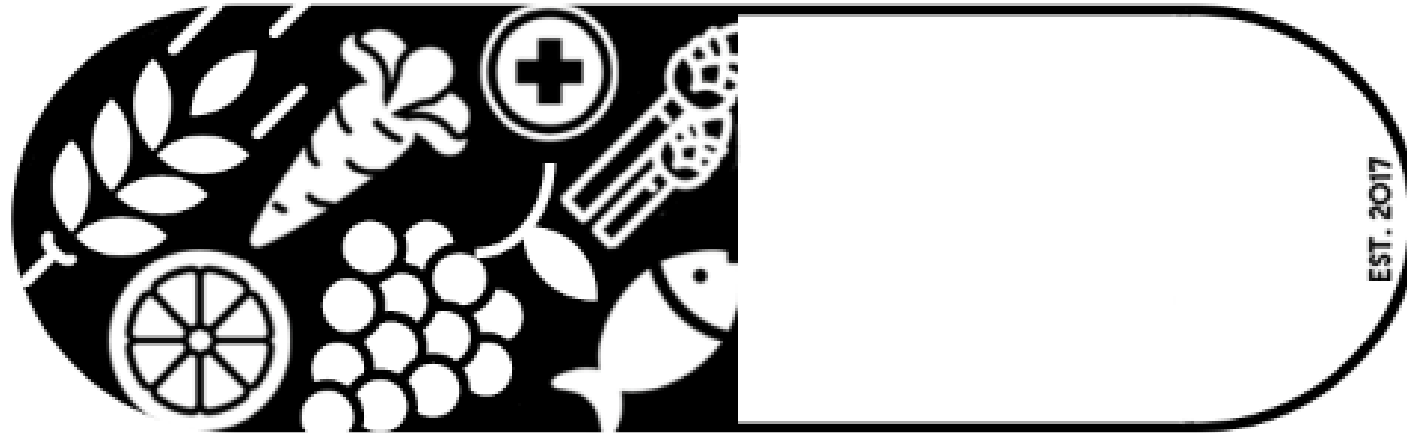


Davis, C, et al. *Nutrients*. 2015.

# WHY Should We Eat That Way?



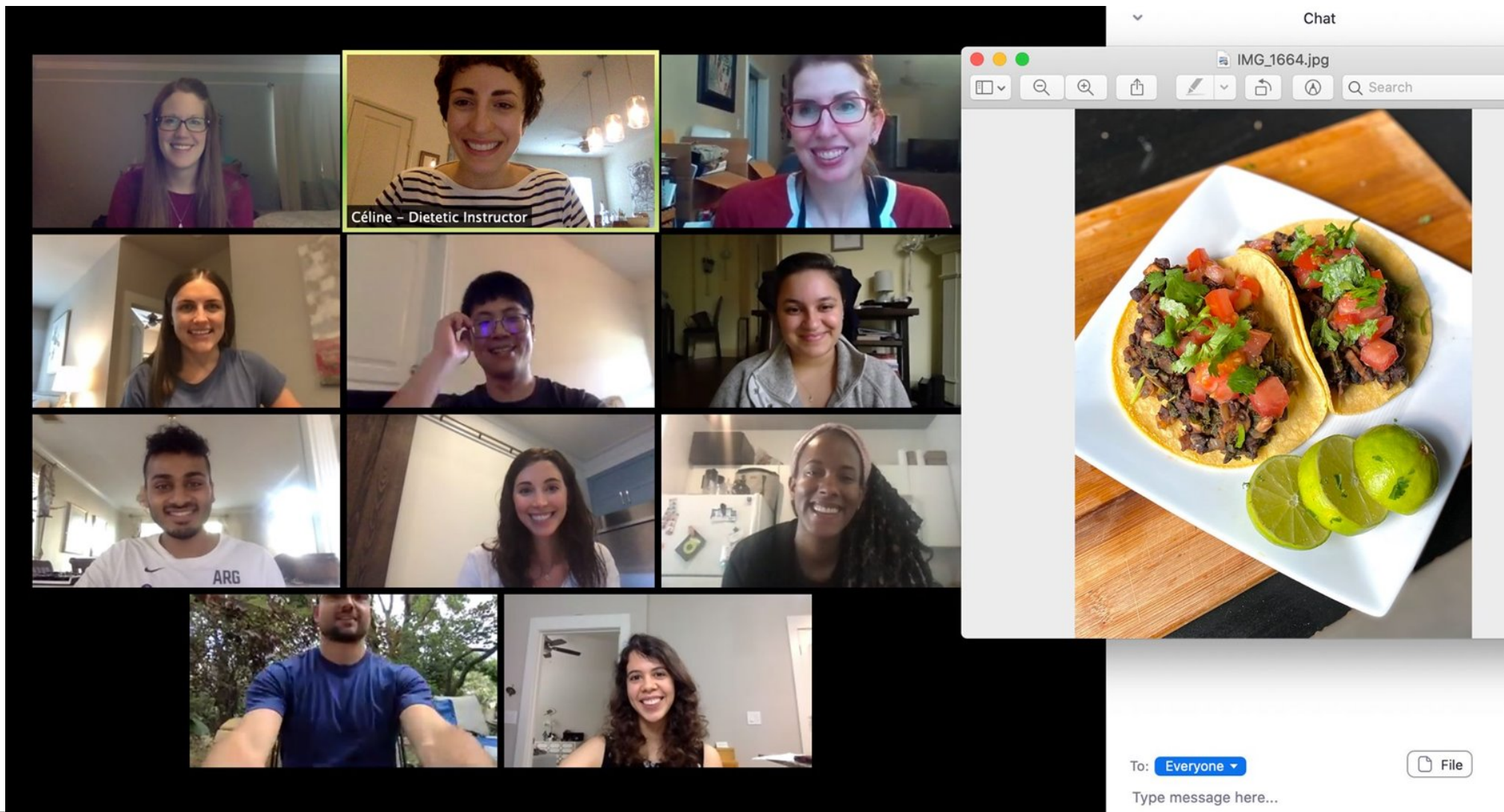
Trichopoulou, *NEJM*, 2003. Estruch, *NEJM*, 2018. Gu *Neurology* 2015. Aridi, *Nutrients*, 2017. Schwingshackl, *Int J Cancer*, 2014. Psaltopoulou, *Annals Neurology*, 2013. Akbaraly, *Br J Psychiatry*, 2009.



# CULINARY MEDICINE



# Culinary Medicine: Pandemic Zoom Style



# Tip #1: Eat Nuts Daily

- Promote **satiety**
- Aids **weight loss**
- Source of **minerals**
  
- ***Any kind*** has benefit
- **Portion: 1/4 - 1/3 cup daily**

Eating nuts 7 or more times per week is associated with *reducing death rates by 20%!*

Bao Y, et al. *NEJM*. 2013.

# Tip #1: Eat Nuts Daily



Add nuts to something you already love – sprinkle on yogurt, etc.



Incorporate nuts & nut-based foods along with other snacks



Get creative!  
Make your own granola or find a low sugar option



# Tip #2: Meat = Condiment

*MEAT isn't the enemy, but most of us DO eat too much.*

Research supports reducing it through a Mediterranean diet.

- Eating LESS red meat:
  - Reduces cholesterol
  - Reduces diabetes
  - Reduces heart disease
  - Reduces stroke
  - Reduces mortality

Pan A, et al. *Arch Intern Med.* 2012. Pan A, et al. *AJCN.* 2011. Song M, et al. *JAMA Int Med.* 2016.

# Tip #2: Meat = Condiment



“Meatless Mondays”

Try replacing meat with other protein sources



Meat

≠

“Prime Time”

Give meat ¼ or LESS of your plate



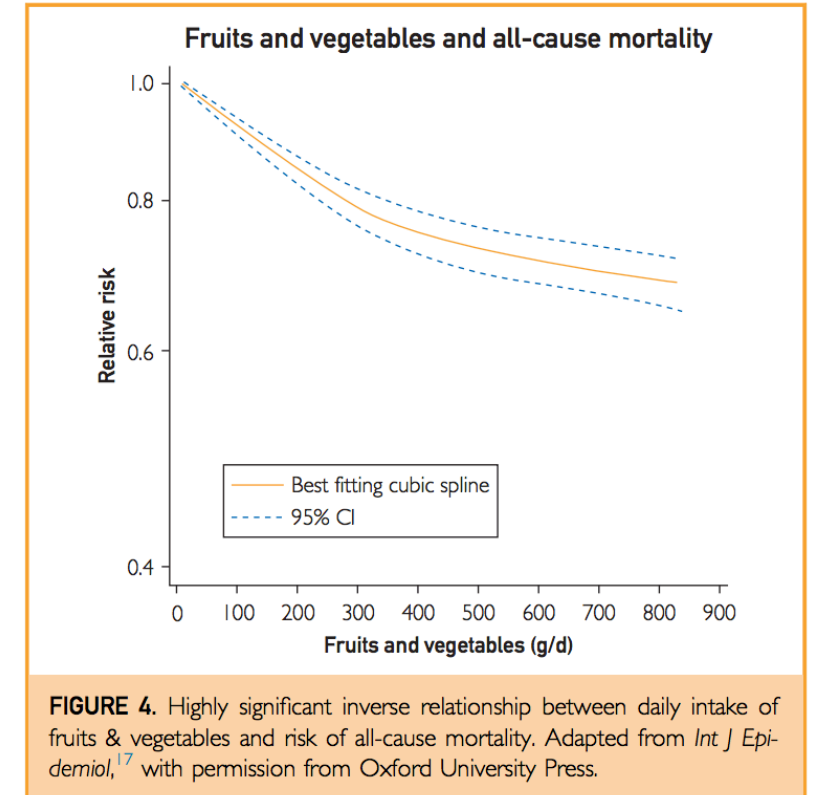
Taco Night!

Use meat to flavor food in combination with lots of other ingredients

# Tip #3: Eat the Rainbow



- Fruits and vegetables decrease rates of death
- Each color has different phytonutrients



Aune, et al. *Int J of Epid*. 2017.

O'Keefe, et al. *Mayo Clinic Proc*. 2018.



# Tip #3: Eat the Rainbow



Make it easier - keep fresh, cut fruit ready to eat in fridge



Blend away – use bowls or smoothies to get several servings



Try new things – roast veggies for flavor and novelty

# Tip #3: Eat the Rainbow



At restaurants, look for entrees with lots of veggies listed on the menu



Consider appetizers that are plant forward, highlighting veggies and legumes

# Tip #4: Choose Fish

- Wonderful source of protein & Omega 3 Fats
- Mediterranean Diet: 2 servings/week

Eating seafood ***1-2 times per week*** helps to reduce risk for heart disease and cardiovascular death, and this is especially true when seafood is *replacing other, less healthy foods*

Rimm EB, et al. *Circulation*. 2018.



# Tip #4: Choose Fish



Choose fish  
(replaces meat)



Hide the fish  
(fish taco!)



Enjoy seafood in  
soup, curry, etc.

# Tip #5: Mindfulness, NOT Guilt



EVERYTHING IN  
MODERATION,  
INCLUDING  
MODERATION

*-Oscar Wilde*











# Tip #5: Mindfulness, NOT Guilt

- Avoid calling food “good” or “bad” – it’s just food
- Save yourself for your TRUE LOVES ❤️
- Remember – the younger generations are watching



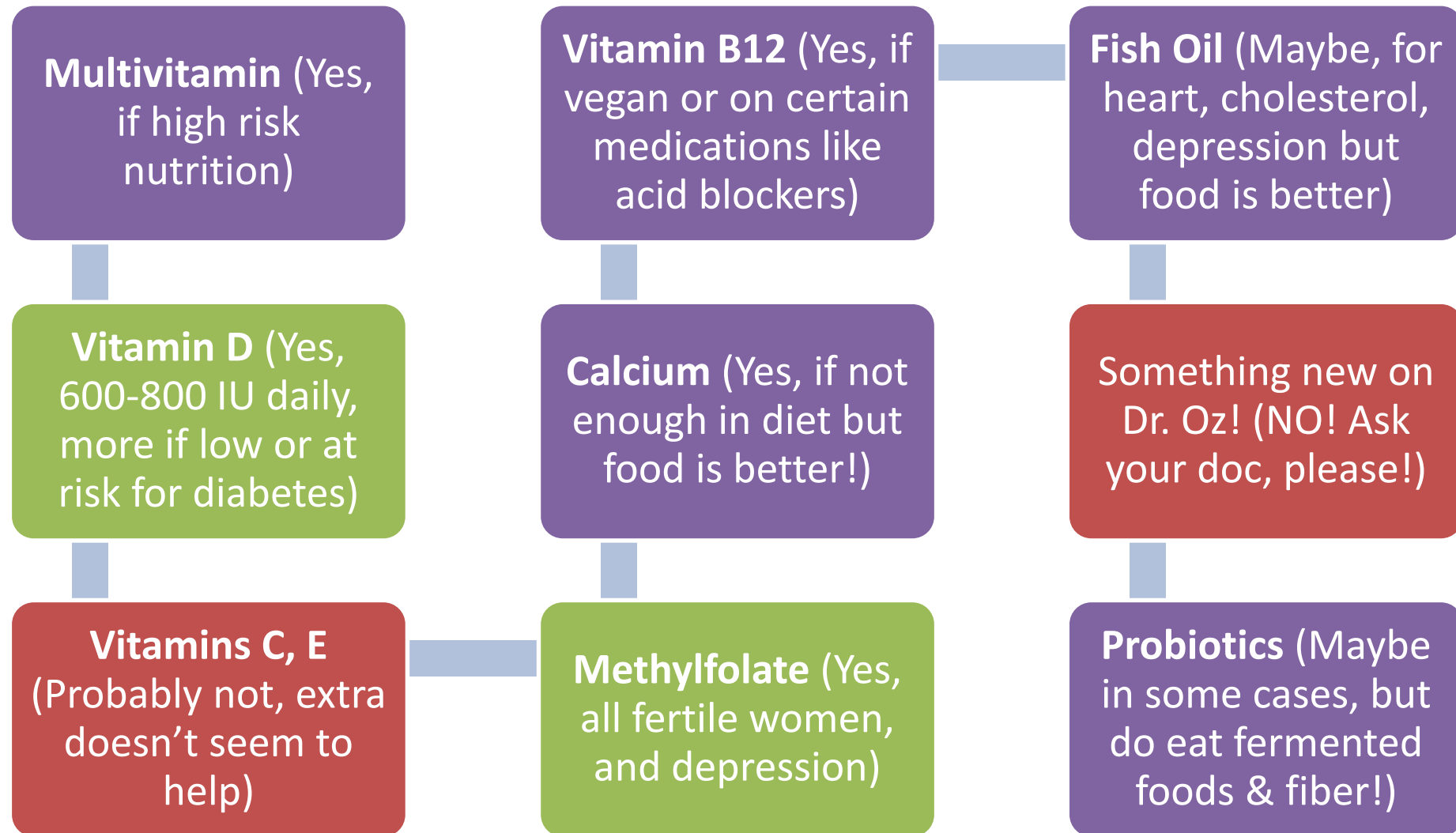


# Immunity Promotion = Habit, Not Magic

COVID-19: IMMUNE SYSTEM BOOSTERS			
	Zinc		Vitamin C
Lean meats, seafood, milk, whole grains, beans, seeds, and nuts • <b>Important for wound healing</b>		Broccoli, cantaloupe, kale, oranges, strawberries, tomatoes, guava, and lychee • <b>Protect cells from oxidative stress, a product of infection or chronic inflammation</b>	
	Iron		Vitamin E
Lentils, spinach, tofu, and white beans • <b>Aids in non-specific immunity, the body's first line of defense</b>		Nuts, seeds, wheat germ, green leafy vegetables, avocado, and shrimp • <b>Helps protect cells from oxidative stress</b>	
	Vitamin A		Vitamin B6
Sweet potatoes, carrots, red bell pepper, spinach, black-eye peas, and mango • <b>Helps regulate our immune response</b>		Green vegetables, chickpeas, cold-water fish such as tuna or salmon • <b>Supports more efficient reactions between different parts of our immune system</b>	

<https://utswmed.org/medblog/easy-immune-boosting-food-covid19/>

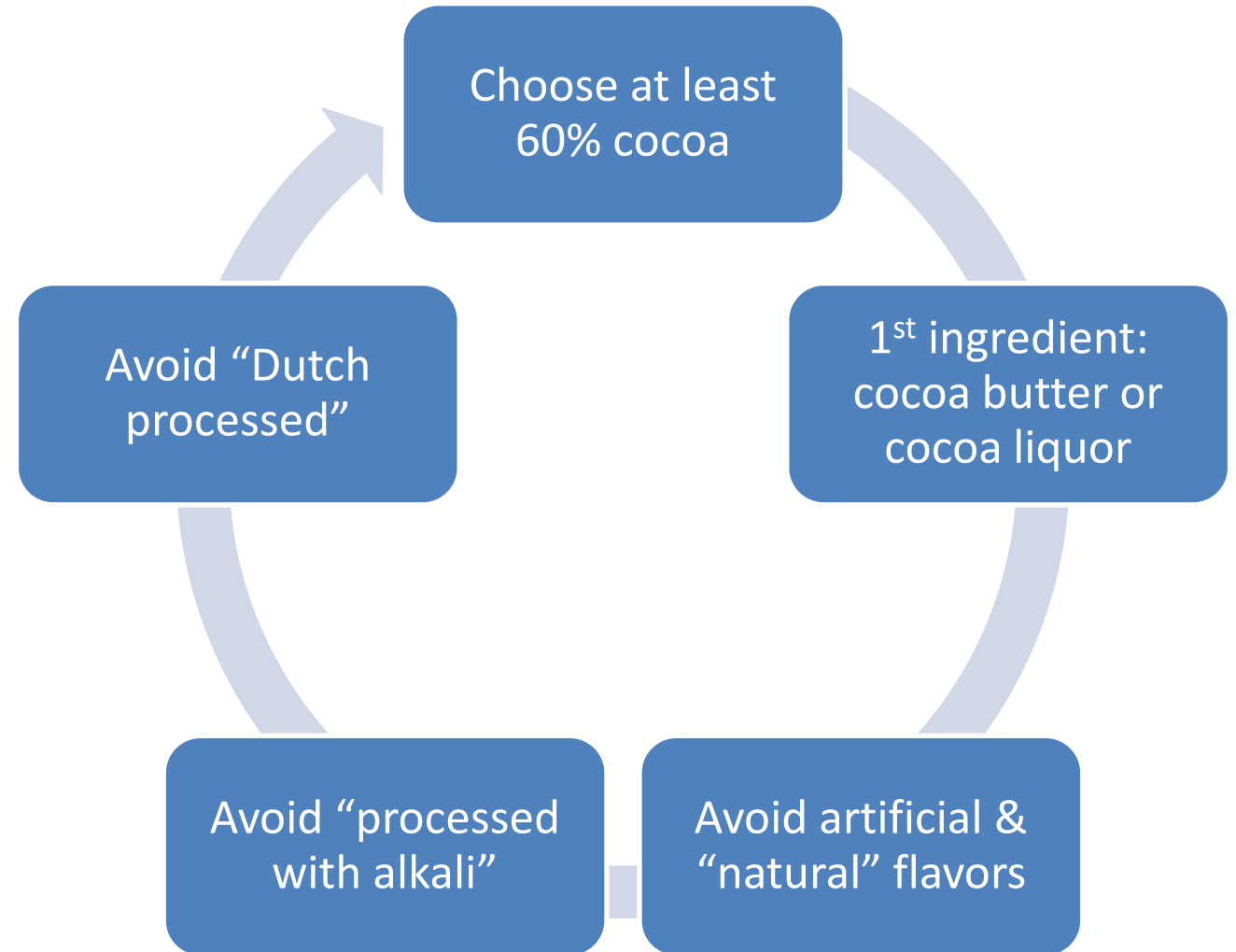
# A Note on Supplements



# A Note on Chocolate

- Cocoa beans: fat, carb, protein, and **polyphenols (flavanols)**
- **Cocoa** health benefits
  - Blood pressure, cholesterol, blood sugar, cognition
  - Anti-oxidant
  - Anti-inflammatory
- **Not all chocolate** is created equal!

Zieba K, et al. *J Am Coll Nutr.* 2019.  
Mastroiacovo, *Am J Clin Nutr.* 2015.  
Desideri, *Hypertension.* 2012.

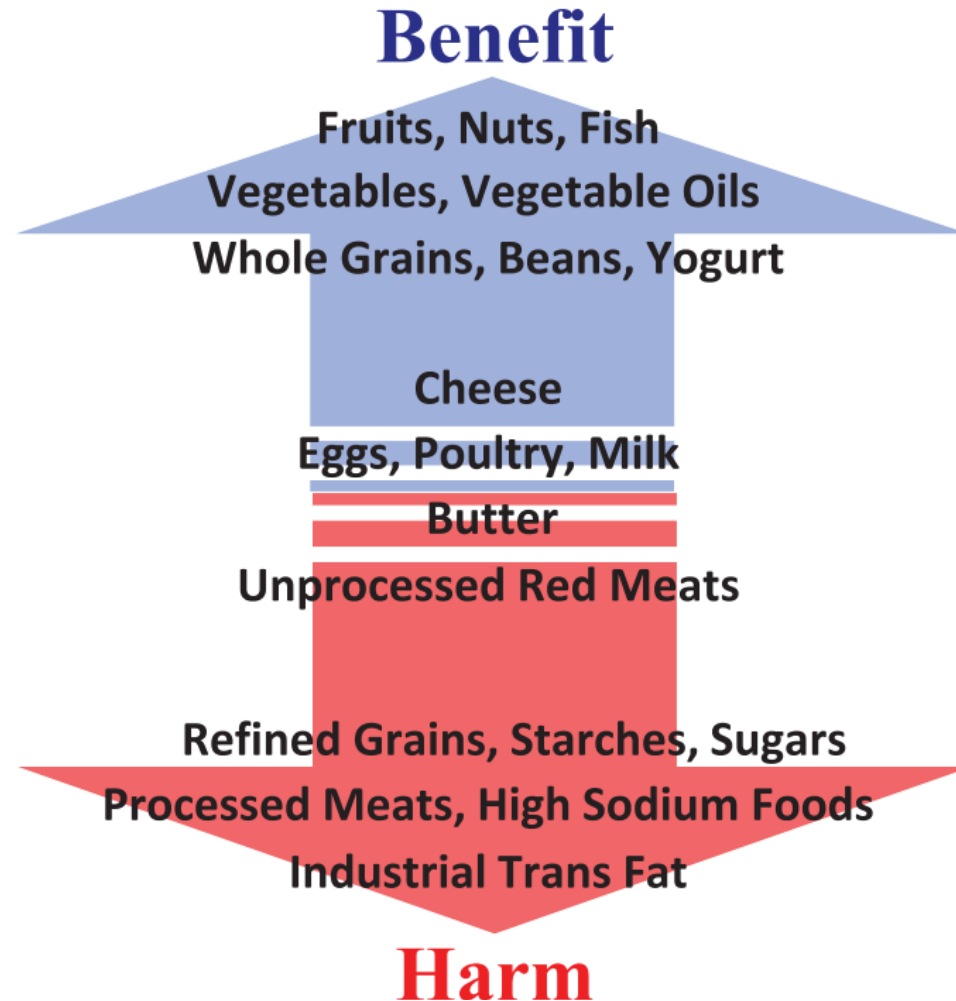




# Data-Driven Eating

## EAT MORE:

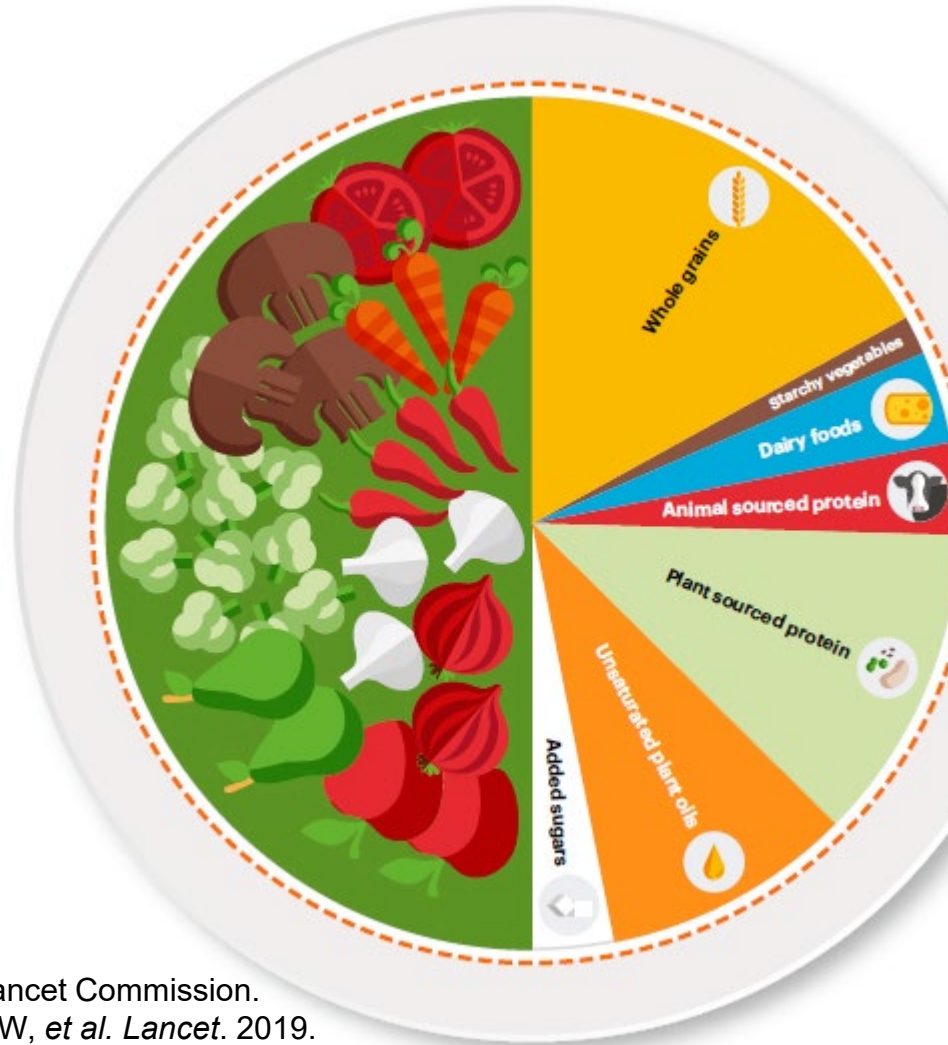
- Fruits & Veggies
- Nuts & Seeds
- Legumes
- Whole grains
- Fish
- Fermented dairy
- Unsaturated oils



## EAT LESS:

- Refined grains, starches
- Processed meats
- Sodium
- Sugar
- Trans-fat

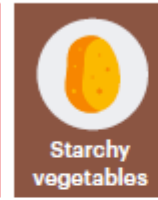
# ENJOY Your Nourishing Plate



## Limited intake

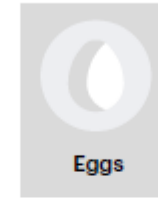


Red meat

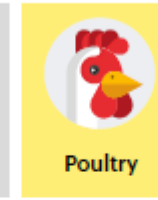


Starchy vegetables

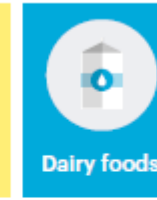
## Optional foods



Eggs

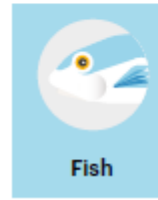


Poultry

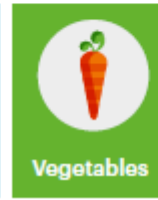


Dairy foods

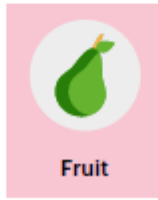
## Emphasized foods



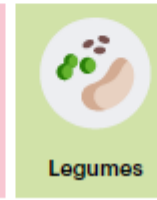
Fish



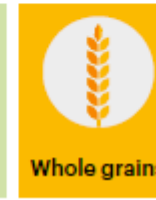
Vegetables



Fruit



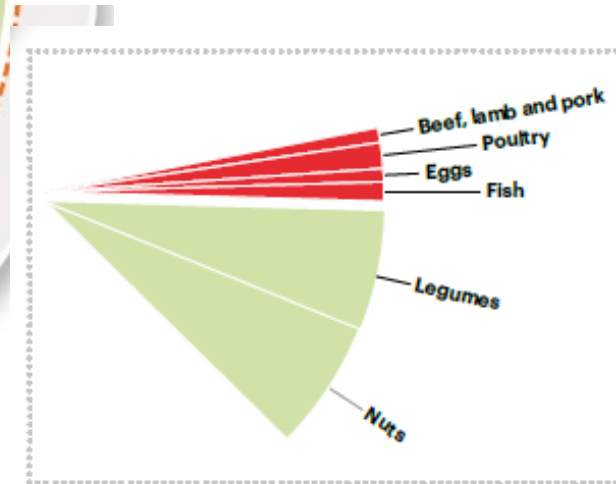
Legumes



Whole grains



Nuts



EAT-Lancet Commission.  
Willett W, *et al. Lancet.* 2019.



# “Eat FOOD. Not too much. Mostly plants.”

