

Weekly Wellness

WEEK ONE

JUNE 2016

OCHD — HEALTH
PROMOTIONS

MONTHLY
OVERVIEW

Week 1:

- How to choose a healthy eating plan that's right for you

Week 2:

- The Mediterranean Diet

Week 3:

- The DASH Diet

Week 4:

- Vegetarian/ Flexitarian Diets

Choosing a good eating plan

- So far this year we've discussed many topics: we've reviewed a general way to eat healthy and we've discussed the issues with fad diets.
- This month we'll discuss how to choose a more specific eating plan that's right for you and review a few plans that have been proven to be effective for overall health and are sustainable (you'll see some trends throughout these diets)
- If you noticed, we use the word "diet" sparingly; this is because when someone says "diet" it is viewed as something negative and temporary to lose weight. However, a diet is really just what you eat on a daily basis.
- With that being said, the term "diet" is used widely in the marketing world and each "diet" makes a variety of promises that can seem very convincing.
 - No diet works for everyone. So how can you sift through the claims and choose an eating plan that's effective and sustainable in the long term for you? It's all explained below!



What to look for...

There are numerous things you should consider when looking for an eating plan that works for you; use these tips to help refine your search:

Personal Preference Considerations

- ✓ Have you tried a diet like this in the past? If so, were you successful?
- ✓ What have you liked about past diets?
- ✓ What haven't you liked about past diets?
- ✓ Do you like to be held accountable when you make changes, or go it alone?
- ✓ Does this plan require you to purchase expensive meals or supplements? Is that okay?
- ✓ Do you have any health problems that will interfere with the foods recommended for this diet?
- ✓ Can you see yourself eating the types of foods recommended on this diet in the long term?
- ✓ Can you afford the cost of the foods recommended by this diet?

Other Considerations

- ✓ Does the diet eliminate entire food groups? A healthy diet encourages the consumption of all food groups
- ✓ Does the diet prohibit the foods you love? A sustainable plan allows occasional indulgence
- ✓ Does the diet call for a large consumption of one food, such as grapefruit or cabbage soup? A healthy diet recommends a balance of various foods throughout the day
- ✓ Does the diet call for a drastic cut in calories? It is not recommended you eat less than 1200 calories per day
- ✓ Does this diet promote physical activity as well? Exercise is an important aspect of a healthy lifestyle
- ✓ Does the diet provide guidance to adapt to various situations? A good diet will help you make real life choices and help change your eating for life

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Helping you be
healthy, one week at
a time



The Mediterranean Diet

- ◆ This week's focus is the Mediterranean Diet, and the name is pretty self-explanatory. This diet is based off of the typical way of eating like the people who live by the Mediterranean Sea
- ◆ Researchers noticed that the people living in this area had a lower instance of heart disease and cancer than Americans
- ◆ Studies were conducted, and after analyzing the effect of the Mediterranean Diet on 1.5 million healthy adults, it was found that the study's participants had a lower instance of death from heart disease and cancer
- ◆ This diet isn't just good for your heart; however, The US News and World Report ranked the Mediterranean Diet #4 in the category of Best Diets Overall for 2016



The Basics

The Mediterranean Diet encourages you to...

◆ Eat mainly plant based foods: fruits, vegetables, grains, legumes, and nuts	◆ Limit red meat consumption to a few times per month, maximum
◆ Use healthy fats, such as nuts and olive oil, instead of butter	◆ Eat fish at least twice weekly
◆ Season foods with herbs and spices instead of salt	◆ Choose lower fat dairy options
◆ Frequently choose other low-fat cuts of meat like poultry	◆ Avoid fried and processed foods

If you choose this diet...

- + You will be decreasing your risk for heart disease and cancer, and weight loss is also possible, if that is your goal .
- + You will not be short on your daily fruit and vegetable intake!
- + You will be increasing your intake of heart healthy unsaturated fats and limiting your consumption of bad saturated fats.
- + You will increase your intake of triglyceride lowering, inflammation preventing Omega 3 Fatty Acids (EPA/DHA).
- + You will be able to splurge every now and then.
- + You will be consuming a healthy, balanced diet.
- + You will be encouraged to exercise.
- You may be spending more money at the grocery store if you don't shop wisely (it is possible to eat this way on a budget!).
- You will have to spend some time in the kitchen preparing meals.

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The DASH Diet

- ◆ This week's featured diet is the DASH diet. DASH stands for: Dietary Approaches to Stop Hypertension
- ◆ The DASH diet was originally developed by the National Heart, Lung, and Blood Institute to be a lifelong approach to help treat and prevent Hypertension, but it can be used by anyone who wants to eat a healthy diet
- ◆ Just as with the Mediterranean Diet, there is a wealth of research proving its effectiveness and it is ranked #1 in the category of Best Diets Overall for 2016 by the US News and World Report
- ◆ In fact, the DASH Diet has held this ranking for 6 straight years!



The Basics

The DASH Diet encourages you to:

- ◇ Consume a wide variety of fruits and vegetables
- ◇ Switch to whole grain foods
- ◇ Choose healthy fats such as nuts and oils, but don't have too many
- ◇ Limit foods high in saturated fat by choosing lean meats such as poultry and fish and choose low-fat dairy
- ◇ Limit consumption of sugary beverages and sweets
- ◇ Limit consumption of foods with added sodium

It also offers recommended servings:

Food Group	Daily Servings
Grains	6-8
Meat, poultry, & fish	6 or less
Vegetables	4-5
Fruit	4-5
Low-fat/fat-free dairy	2-3
Fats & oils	2-3
Sodium	2,300 mg
Weekly Servings	
Nuts, seeds, beans & peas	4-5
Sweets	5 or less

Servings are based on a 2,000 calorie diet.
See week 3 of the January Newsletter for serving size explanations

If you choose this diet...

- + You will lower your sodium intake, and lower your blood pressure, if that's an issue
- + You'll be eating a healthy, balanced diet daily
- + You will get plenty of fruits, vegetables and whole grains daily
- + You will have specific guidance for how many servings of each food group you need
- + You can choose whether you want to maintain, gain or lose weight by adjusting your daily servings
- + You can splurge every now and then
- + You will be encouraged to exercise
- You may be spending more money at the grocery store if you don't shop wisely (it is possible to eat this way on a budget)
- You will have to spend some time in the kitchen preparing meals



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Vegetarian/Flexitarian Diets

- ◆ This week we'll be focusing on 2 similar diets: the Vegetarian and Flexitarian Diets; what's the difference? The vegetarian diet doesn't allow any meat, whereas the Flexitarian diet allows meat in moderation
- ◆ There is a great amount of evidence that Vegetarian diets have health benefits. In fact the 2015-2020 Dietary Guidelines recommend we reduce the amount of meat that we eat



- ◆ The Flexitarian Diet was ranked #8 for Best Diets Overall and the Vegetarian Diet was ranked #13 in the same category by the U. S. News and World Report
- ◆ Why are these diets rated lower than the others? Because they are a bit harder to adhere to, but are still healthy choices

The Basics

Vegetarian

- ◆ Eliminates meat from diet completely
- ◆ There are various versions to choose from:
 - Strict vegetarian
 - Lacto-vegetarian (eats dairy)
 - Ovo-vegetarian (eats eggs)
 - Pescatarian (eats seafood)
- ◆ Each version of vegetarianism above can be combined with another based on personal preference

vs.

Flexitarian

- ◆ Allows you to consume some meat, but not much
- ◆ Slowly increase your meatless days to adjust to the dietary change
 - Start with one meatless day per week
 - Then go to two days and increase periodically from there
- ◆ Advanced flexitarians go meatless 3-4 days per week and experts go meatless 5+ days per week

Both of these diets promote a high intake of fruits, vegetables, and whole grains. They encourage you to choose non-animal protein sources, such as nuts and seeds, beans and peas, and soy protein, such as edamame and tofu.

If you choose this diet...

- + You will decrease your intake of meat, per the Dietary Guidelines
- + You will increase your intake of healthy plant proteins
- + You will get plenty of fruits, vegetables, and whole grains daily
- + You can decide how strict you want to be (vegetarian vs flexitarian)
- + You will lower your sodium intake, if you are choosing the right meatless foods
- + You can still splurge at times, but are encouraged to focus on healthy, minimally processed foods
- + You will be encouraged to exercise
 - You may be spending more money at the grocery store if you don't shop wisely (it is possible to eat this way on a budget!)
 - You will have to spend some time in the kitchen preparing meals
 - You may miss eating meat

