Food for Thought
Healthy Foods to Savor

www.healthyeatingucsd.org

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Circulation = Energy = Life

Food & exercise = synergy

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Circulation = Energy = Life

• Regular exercise helps circulation & waste removal.

• Blood delivers oxygen, nutrients.

• Blood, bowels, kidney, liver, lymph system remove toxins.

• More plant foods = less fat & more protectors:
  - less fat = less tendency of blood to thicken/clot;
  - more protectors = less cellular damage & inflammation.

• More plant foods = more fiber = regular waste removal.

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Fats & Health
In addition to energy density/weight gain

• **Fat-soluble contaminants**
  - eat lower on food chain
  - eat smaller animals, fish
  - limit farmed salmon (≤1 serv/mo)
  - buy organic
  - avoid rapid weight loss

• **Saturated &/or hydrogenated**
  - limit/avoid full-fat dairy, red meats
  - limit/avoid processed foods

• **Rancid fats**
  - limit aged cheese, aged meats, deli meats

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Choose Healthy Fats
(satiety, absorption fat-soluble vitamins)

Avocado
Nuts, seeds
Olives, olive oil
Sardines

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FIBER-RICH FOODS
(Vegetables, Fruits, Whole Grains, Beans)

- Rich sources of protective nutrients & phytochemicals.
- Lower glycemic load (lowers risk of diabetes, heart disease, cancer progression).
- Feel full with fewer calories (lowers risk obesity).
- Fiber speeds transit through GI tract (helps eliminate toxins, carcinogens, & helps maintain normal hormone levels).
- Soluble fiber helps to lower cholesterol.
- Fibrous foods increase protective gut bacteria.
5 – 9 Servings/Day

BOLD is BEST
BIG Color & BIG Flavor

Vegetables—dark green, orange, tomato, cabbage family, onions/garlic
Fruits—berries, citrus, other deep orange/red

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Getting Enough Fiber?  
(25-35 g/day)

<table>
<thead>
<tr>
<th>Food</th>
<th>Recomm Serv/Day</th>
<th>Fiber/Serv (g)</th>
<th>Total Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>4 – 5</td>
<td>2</td>
<td>8 - 10</td>
</tr>
<tr>
<td>Fruit</td>
<td>2 - 3</td>
<td>2</td>
<td>4 - 6</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>2 – 3</td>
<td>3</td>
<td>6 - 9</td>
</tr>
<tr>
<td>Beans</td>
<td>½ - 1</td>
<td>6</td>
<td>3 - 6</td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td></td>
<td>21 - 31</td>
</tr>
</tbody>
</table>

Serving = ½ cup cut-up fruit, vegetable; ½ cup cooked grains or beans; 1 slice bread.
SOLUBLE (Viscous) FIBER
Goal = 5-10 g/day
Helps to Lower Cholesterol & Supports Healthy Gut

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, cooked, ½ cup</td>
<td>3-5 g</td>
</tr>
<tr>
<td>Orange, 1 med.</td>
<td>2 g</td>
</tr>
<tr>
<td>Barley, cooked, ½ cup</td>
<td>1 g</td>
</tr>
<tr>
<td>Flaxseed, ground, 2 tbsp.</td>
<td>1.5 g</td>
</tr>
<tr>
<td>Oat bran, cooked, ½ cup</td>
<td>1.5 g</td>
</tr>
<tr>
<td>Oatmeal, cooked, ½ cup</td>
<td>1.3 g</td>
</tr>
<tr>
<td>Rye bread, 2 sl.</td>
<td>1.5 g</td>
</tr>
<tr>
<td>Cabbage, cooked, ½ cup</td>
<td>1.3 g</td>
</tr>
<tr>
<td>Carrots, cooked, ½ cup</td>
<td>1.3 g</td>
</tr>
<tr>
<td>Collard greens, cooked, ½ cup</td>
<td>1.0 g</td>
</tr>
<tr>
<td>Okra, cooked, ½ cup</td>
<td>0.9 g</td>
</tr>
<tr>
<td>Sweet potato, ½ med., cooked</td>
<td>0.8 g</td>
</tr>
</tbody>
</table>

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To Reduce INFLAMMATION
(increases risk of cancer, diabetes, heart disease)

• Avoid excess weight (fat)—especially abdominal obesity.

• Reduce fatty foods:
  - Minimize fried, savory snack foods, fast foods.
  - Go easy on salad dressings, mayonnaise.
  - Cut down on sweets (cookies, cakes, pies)

• Eat fish or seafood (not fried) 2-3 times each week … but farmed salmon no more than ½ - 1 serving/month.

• Avoid sweetened beverages & foods made with high-fructose corn syrup.

• Eat plenty of vegetables, fruits, whole grains, beans (rich in antioxidant & anti-inflammatory protectors).

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Acid-Producing Diet

• Increases risk of osteoporosis, high blood pressure, kidney stones.

• Major contributing factors:
  - Increase in animal foods (acid-producing)
  - Decrease in plant foods (rich in alkaline minerals)
  - Increase in “empty-calorie” foods (low in alkaline minerals).
Alkaline Minerals

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium*</td>
<td>Milk, yogurt, leafy greens/cabbage family (kale, collards, mustard), fish with edible bones, calcium-fortified beverages, tofu</td>
</tr>
<tr>
<td>Magnesium*</td>
<td>Dark green leafy vegetables, beans/legumes, whole grains, nuts, seeds, milk, yogurt</td>
</tr>
<tr>
<td>Potassium</td>
<td>Fruits, vegetables</td>
</tr>
</tbody>
</table>

* Vitamin D (600-800 IU) needed for absorption and utilization.

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Bottom Line

- Eat food*
- Not too much*
- Mostly plants*
- Drink pure water
- Eat slower
- Exercise
- Practice gratitude

Eat food rather than “edible food-like substances” says Michael Pollan.

More of Pollan’s useful tips in: Food Rules & In Defense of Food: An Eater’s Manifesto

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Telephone Coaching
Dietary Assessments
Classes
Clinical Trials

And our “more than a” Cookbook
Food for Thought – Healing Foods to Savor