

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.

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

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

*Avocado
Nuts, seeds
Olives, olive oil
Sardines*

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

Getting Enough Fiber?

(25-35 g/day)

Food	Recomm Serv/Day	Fiber/Serv (g)	Total Fiber (g)
Vegetables	4 – 5	2	8 - 10
Fruit	2 - 3	2	4 - 6
Whole Grains	2 – 3	3	6 - 9
Beans	½ - 1	6	3 - 6
TOTAL			21 - 31

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

Beans, cooked, ½ cup	3-5 g
Orange, 1 med.	2 g
Barley, cooked, ½ cup	1 g
Flaxseed, ground, 2 tbsp.	1.5 g
Oat bran, cooked, ½ cup	1.5 g
Oatmeal, cooked, ½ cup	1.3 g
Rye bread, 2 sl.	1.5 g
Cabbage, cooked, ½ cup	1.3 g
Carrots, cooked, ½ cup	1.3 g
Collard greens, cooked ½ cup	1.0 g
Okra, cooked, ½ cup	0.9 g
Sweet potato, ½ med., cooked	0.8 g



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).

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

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

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

Bottom Line



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*

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

UCSD Healthy Eating & Living Program

www.healthyeatingucsd.org

Telephone Coaching

Dietary Assessments

Classes

Clinical Trials

And our “more than a” Cookbook

Food for Thought – Healing Foods to Savor