Let Food Be Thy Medicine-

Exploring the health benefits of foods & phytonutrients

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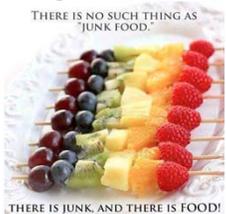Healthy Columbus Nutrition Seminar
July 25, 2013

"Let food be thy medicine and medicine be thy food"

Hippocrates
(460-377 BC)

Outline

- History & background on healing foods

- How foods heal

- Why foods heal

- Best food choices

- Foods for specific conditions

THERE IS NO SUCH THING AS "JUNK FOOD."

THERE IS JUNK, AND THERE IS FOOD!

History

- Food used for thousands of years as medicine
  - Bible references ~4,000 years ago note foods and herbs used for medicinal purposes

- Stems across many cultures
  - (i.e. Chinese yin-yang foods, Indian principles of Ayruveda, Greek medicine)

How can foods heal?

- Prevent or fight chronic disease
  - Cancer, heart disease, diabetes

- Cure acute medical conditions
  - UTI, high cholesterol, colds, indigestion

- Improve mental states
 - Depression, anxiety, stress

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Fact or Fiction?

- Modern science has proven many traditional healing foods actually do contribute to health and can have medicinal properties

- Some traditional healing foods more fiction than fact (i.e. pigs ears to cure cancer)
  - Some foods with some healing properties have falsely elevated claims (i.e. honey and cinnamon)

Which are the best?

- So many claims!!

- No true "superfoods"
  - Many are good but not better over others
  - Variety is key!!
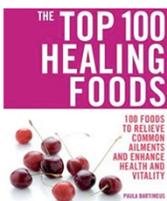
Why do foods heal?

Health benefiting food components

- Macronutrients
  - Protein, fats, carbohydrates

- Vitamins, minerals

- Other nutrients
  - Fiber, pre/pro-biotics

- Phytochemicals

Macronutrients

☐ **Protein-** building blocks of life (make up muscles, hormones, genes, immune cells, brain chemicals, etc)

Macronutrients

☐ **Fats** – energy reserve, cushions organs, transports fat-soluble nutrients, provides structure to cell membranes
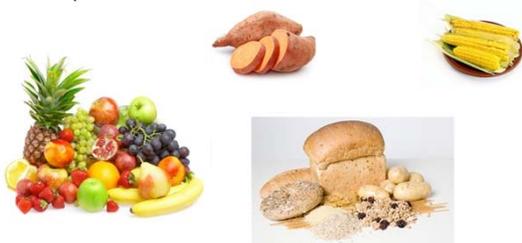
   ▪ **Monounsaturated fats (olive oil, nuts, avocados)** = protect against high blood pressure, cholesterol, heart disease

   ▪ **Omega-3 fatty acids (fatty fish, shellfish, walnuts)** = improve cardiovascular health, decrease inflammation, relieve depression

Macronutrients

☐ **Carbohydrates** – most efficient fuel source for the body & necessary for certain organs to function (i.e. brain)

Vitamins & Minerals

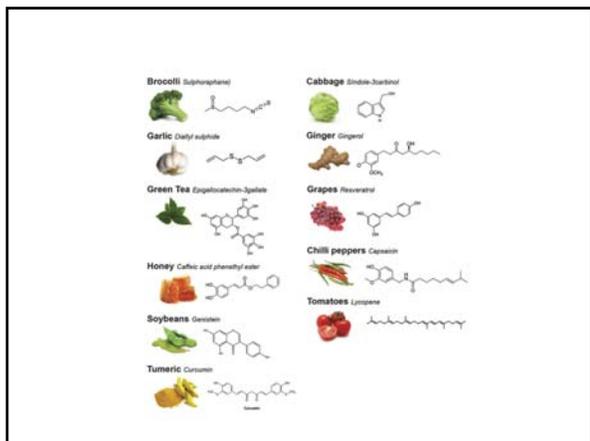| Vitamin/Mineral	May be helpful for	Where to find it
Calcium	Osteoporosis, anxiety & stress, blood pressure, PMS	Broccoli, dairy products, almonds, tofu, canned fish w/ bones
Folate	Anemia, depression, heart disease, infertility, insomnia, osteoporosis, pregnancy, rheumatoid arthritis	Asparagus, avocados, beans, beets, broccoli, cabbage, citrus fruits, cooked greens, corn, lentils, peas, rice, spinach
Iron	Anemia, immune deficiency, memory loss, pregnancy	Apricots, fatty fish, figs, lentils, meat, peas, poultry, shellfish, beans
Magnesium	Anxiety & stress, fatigue, constipation, diabetes, blood pressure, kidney stones, migraine, PMS	Avocados, grains, nuts, rice, seeds, shellfish, spinach, winter squash
Selenium	Allergies, macular degeneration, prostate problems	Meats, mushrooms, nuts, poultry, rice, seeds, shellfish, whole grains
Vitamin B6	Acne, anemia, anxiety & stress, depression, heart disease, insomnia, memory loss, PMS, pregnancy	Asparagus, bananas, fatty fish, figs, mushrooms, peas, potatoes, rice
Vitamin B12	Anemia, depression, heart disease, infertility	Dairy products, fish, meat, poultry
Vitamin C	Allergies & asthma, cataracts, CFS, colds & flu, eczema, heart disease, hemorrhoids, immune system, blood pressure, osteoarthritis, sinusitis, stress, sprains	Berries, cabbage, citrus fruits, kiwi, peppers, strawberries, spinach, melons, tomatoes, turnips
Vitamin E	Bronchitis, cancer, cataracts, memory loss, macular degeneration, prostate, rheumatoid arthritis	Avocados, grains, nuts, olive oil, salad greens, seeds
Zinc	Acne, colds & flu, cold sores, rosacea, sinusitis	Beans, grains, meat, poultry, shellfish

Other Nutrients

- **Soluble fiber** (apples, apricots, beans, berries, pumpkin, prunes, oats, figs) – lowers cholesterol, helps manage diarrhea/constipation

- **Insoluble fiber** (fruits/veggies, whole grains, flax) – fights cancer, manages constipation)

- **Probiotics** (yogurt, fermented products) – helps immune system, diarrhea, obesity, UTI's, infection

Phytochemicals

- aka phyto-nutrients

- Give plants distinctive color, smell, taste

- Provide MANY health benefits
  - Especially for fighting cancer!!

AICR Phytochemical Chart

http://www.aicr.org/reduce-your-cancer-risk/diet/elements_phytochemicals.html

RED

- Improves prostate Health
  - Clinical trials at OSU using tomato juice to fight prostate cacner!
- Improves urinary tract health
- Improves memory

ORANGE/YELLOW

- Helps maintain vision, keeps skin healthy and heal cuts
- Helps keep immune system strong and especially fight colds
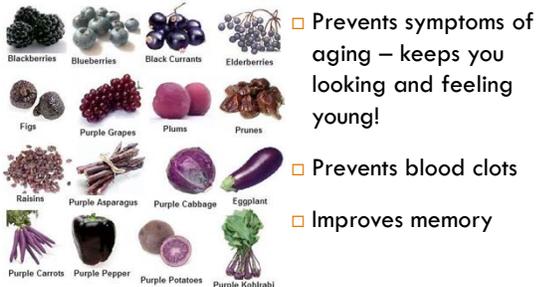
GREEN

- Improves circulation
- Keeps bones and teeth strong
- Prevents cataracts and eye disease

BLUE/PURPLE

- Prevents symptoms of aging – keeps you looking and feeling young!
- Prevents blood clots
- Improves memory

WHITE/TAN

- Lowers cholesterol

- Helps with joint pain

- Fights inflammation

What are the best foods?

My favorite healing foods

- **ALL** plant foods
  - Fruits, vegetables, whole grains, nuts, seeds, beans, legumes, flaxseed, herbs & spices, olive oil
- Fish
  - especially cold-water, fatty fish like salmon, sardines
- Fermented products
  - Yogurt, kimchi, sauerkraut, miso
- Teas
  - Green, black, white, herbal
- Eggs

Foods for specific conditions

Acne

- **Beta-carotene**
  (apricots, asparagus, sweet potatoes, winter squash)

- **Vitamin B6**
  (avocados, bananas, potatoes, salmon)

- **Zinc**
  (crab, oysters, tofu, turkey)

Asthma & Allergies

- **Magnesium**
  (amaranth, avocadoes, quinoa, sunflower seeds)

- **Quercetin**
  (apples, berries, cherries, red onion)

- **Selenium**
  (brazil nuts, fish, oysters, sunflower seeds)

- **Vitamin C**
  (broccoli, citrus fruits, strawberries)

Anxiety & Stress

- **Calcium**
  (broccoli, cooking greens, dairy products, figs)
- **Complex carbohydrates**
  (beans, potatoes, rice, whole grains)
- **Magnesium**
  (amaranth, avocados, sunflower seeds, wheat germ)
- **Tryptophan**
  (bananas, dairy products, peas, poultry, turnips)
- **Vitamin B6**
  (bananas, potatoes, salmon)

Cancer

The New American Plate
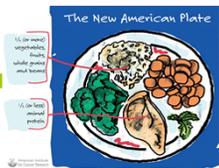
- SO MANY PLANT FOODS!!!!

- Certain plant foods & phytonutrients associated with specific cancer types
  - Lycopene/tomatoes – prostate cancer
  - Berries – esophageal cancer
  - Carotenoids – breast cancer
  - Beta-carotene – lung cacner

Colds & Flu

- **Quercetin**
  (apples, berries, plums & prunes, red onions)

- **Vitamin C**
  (citrus fruits, kiwifruit, peppers, strawberries)

- **Zinc**
  (beef, cashews, chicken)

Depression

- **Folate**
  (asparagus, lentils, peas, salad greens)
- **Omega-3 fatty acids**
  (fatty fish, shellfish, walnuts)
- **Tryptophan**
  (bananas, dairy products, peas, poultry)
- **Vitamin B-12**
  (dairy products, fatty fish, poultry, shellfish)
- **Vitamin B-6**
  (bananas, peas, potatoes)

Diabetes

- **Complex carbohydrates**
  (beans, potatoes, rice, whole grains)
- **Fiber**
  (vegetables, whole grains, beans, lentils)
- **Magnesium**
  (amaranth, brown rice, sunflower seeds)
- **Monounsaturated fat**
  (avocados, canola oil, nuts, olive oil)
- **Vitamin C**

(bell peppers, broccoli, citrus fruits(

Heart Disease

- **Soluble fiber**
  (beans, carrots, oats)
- **Folate**
  (asparagus, lentils)
- **Monounsaturated fat**
  (avocados, olive oil)
- **Omega-3 fatty acids**
  (Fatty fish, flaxseed, shellfish, walnuts)
- **Soy**
  (tofu, edamame, miso)

Memory

- **Flavonoids**
  (blueberries, strawberries)

- **Isoflavones**
  (soy products- tofu, soy milk, edamame, miso)

- **Monounsaturated fat**
  (avocados, olive oil)

- **Vitamin E**
  (avocados, seeds)

Questions??

THANK YOU!!