Super Foods

PEBTF
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To provide feedback or to receive a copy of today's slides, send an email to jmeister@activehealth.net.

Learning Objectives

**Super Foods**

*Define* Super Foods

*Understand* the benefits of Super Foods

*Discover* examples of Super Foods

*Learn* how to incorporate Super Foods into your diet!

*Understand* food fads
What is a Super Food?

- Foods with certain health benefits
- These foods have health benefits, including:
  - Lower blood pressure and cholesterol levels
  - Help protect against cancer and heart disease
  - Prevent or reduce inflammation
- Examples of Super Foods
  - Berries
  - Fish (such as salmon, tuna, mackerel)
  - Green, leafy vegetables (broccoli, spinach, kale)
  - Brightly colored fruits and vegetables (peppers, sweet potatoes)
  - Seeds and nuts

Typical components of Super Foods

Antioxidants
- Can be naturally occurring or man-made – and helps to prevent cell damage
- Vegetables and fruits are rich sources
- Examples of antioxidants:
  - Vitamins A, C, and E
  - Beta-carotene
  - Lutein
  - Lycopene
  - Selenium

Phytonutrients
- Come from plant sources and used to promote health and reduce risk of certain health conditions
- Most common phytonutrients:
  - Carotenoids
  - Flavonoids
  - Lutein

Fiber
- Helps with digestion and prevents constipation
- Found in fruits, vegetable, nuts, beans and whole grains

Omega 3 Fatty Acids
- Heart healthy fat and can help with lowering high triglyceride values in your blood
- Found in fish, vegetables, tofu or other soybean products, walnuts, flaxseed, and canola oil

http://www.ars.usda.gov/aboutus/docs.htm?docid=4142
How do Antioxidants and Phytonutrients help?

Antioxidants and Phytonutrients protect against disease, slow the aging process, and promote overall good health.

- May prevent or delay cell damage by blocking the activity of free radicals
- Repair damage to cells

Free radicals attack our healthy cells.

Daily Fiber Intake Recommendations

- 25 grams/day for women
- 38 grams/day for men

According to the USDA Dietary Guidelines, at least half of your grains should be whole grains.
How does Fiber help?
Fiber protects against disease

- Lowers risk of heart disease
  - Lowers cholesterol levels (LDL)
- Lowers risk of diabetes
  - Controls blood sugar levels
- Helps maintain a healthy weight
  - Makes you feel fuller longer


Super foods are...
Foods that are part of a healthy, balanced diet!
Green Leafy Vegetables

- Kale
- Collards
- Spinach

**Benefits:**
- May help with vision

 Contains:  
Lutein  
Zeaxanthin  
Fiber

Deep Purple/Red Fruits

- Berries  
  - Cranberries  
  - Strawberries
- Cherries
- Red Grapes

**Benefits:**
- May help with brain function, urinary tract health, and heart health

 Contains:  
Anthocyanidins  
Proanthocyanidins  
Fiber
Cruciferous Vegetables

- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage
- Bok Choy

- Benefits:
  - May help to defend against free radical damage and enhance immune function

Contains: Sulforaphane Dithiolthiones

Allium Vegetables

- Onions
- Leeks
- Scallions
- Garlic

- Benefits:
  - May help to maintain heart health and enhance immunity

Contains: Diallyl sulfide Allyl methyltrisulfide
Orange/Red Fruits & Vegetables

- Carrots
- Tomatoes
- Tomato products

• Benefits:
  - May help to protect from free radical damage and help maintain prostate

Contains: Beta-carotene Lycopene

What can you make with...?
Smoothies

Sandwiches

Pizza

Casseroles

Salads

What can you make with...?
Smoothies

Healthy Desserts

Yogurt

Oatmeal/Cereal

Salads

What can you make with...?
Nutrition Recommendations for a Balanced Diet

Fruits:
- Focus on fruits.
  - Eat a variety of fruit.
  - Choose fresh, frozen, canned or dried fruit.
  - Go easy on fruit juices.

Vegetables:
- Vary your veggies.
  - Eat more green dark veggies.
  - Eat more orange veggies.
  - Eat more dry beans and peas.

Physical Activity
- Find your balance between food & physical activity.
  - Be physically active for 30 minutes most days of the week.
  - Children and teenagers should be physically active for 60 minutes everyday or most days of the week.

Milk:
- Get your calcium-rich foods.
  - Go low-fat or fat-free.
  - If you don't or can't consume milk, chose lactose-free products or other calcium sources.

Grains:
- Make at least half your grains whole.
  - Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
  - Look for the word "whole" before the grain name on the list of ingredients.

Meats & Beans
- Go lean on protein.
  - Choose low-fat or lean meats and poultry.
  - Bake it, broil it or grill it.
  - Vary your choices with more fish, beans, peas, nuts, and seeds.
Understanding Food Fads

Ask yourself these questions!

- Do the recommendations promise a quick fix?
- Does it require you to eliminate a food group?
- Do the claims sound too good to be true?
- Do the recommendations come from only one study?
- Are the research claims from credible sources?

What are your thoughts on Super Foods?

Setting a S.M.A.R.T. goal

S - Specific — Ask who, what, where, when, why
M - Measurable
A - Attainable/Achievable/Action-Based
R - Realistic
T - Timely

Set a timeframe to meet the goal
Ask who, what, where, when, why
How much, how many, how long, how often
## Summary

### What is a Super Food?
- High in nutrients
- Protect against disease

### Benefits of Super Foods
- Lowers blood pressure and cholesterol level
- Protect against cancer and heart disease
- Prevent or reduce inflammation

### Types of Super Foods
- Green leafy vegetables, deep purple/red fruits, cruciferous vegetables, Allium vegetables, orange/red fruits and vegetables

### Choose My Plate Recommendations
- Eat a diet balanced in a wide variety of fruits and vegetables

### Understanding Food Fads
- Look at all the facts before making decisions about trendy food fads

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This way to fun!
April 11 – June 5
APPALACHIAN TRAIL CHALLENGE

Overview of the Appalachian Trail Challenge

- Challenges your team to virtually “walk” the Appalachian Trail!
- Rewards your team for working together
- Includes fun and exciting destination content, visuals, and recipes
- Encourages social accountability and friendly competition
- Provides weekly newsletters to keep you motivated and remind you to stay active

Overview of the Appalachian Trail Challenge

- Challenge length: 8 weeks
- Recommended team size: 8 or more
  - Minimum team size: 1
  - Maximum team size: 11
- Tracking category: Steps and Exercise Minutes
- Distance: 2,180 miles (4,000,000 steps)
  - A team of 10 will need to average about 7,800 steps a day in order to reach Mount Katahdin.
- Conversion: 2,000 steps = 1 mile
Thank you!

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