

Nutrition Tips for a Healthier Year Ahead

This month's theme for the Year of Health and Wellness is nutrition. Figuring out how to eat right can be very confusing: no fat/ yes fat; no sugar/ or maybe just a little sugar; no gluten; no carbs; all protein; paleo or a plant based diet. How do we choose??

Many of us are not sure in which direction to turn in terms of adopting a healthy diet. As health sciences students, you are also often left perplexed about how best to counsel your patients about eating well. Education on nutrition is sorely missing in many curriculums. A recent study showed that only 27% of U.S. medical schools teach the recommended 25 hours of nutrition and the content rarely includes practical information about diet and nutritional food choices. http://journals.lww.com/academicmedicine/Fulltext/2015/07000/Nutrition_Education_in_an_Era_of_Global_Obesity.11.aspx

As we struggle to make decisions about eating healthy for ourselves and our patients, it seemed that it might be helpful to turn to some experts in the field. Many of us are trying to adopt a nutritious and healthy diet because we want to protect our physical health – especially our heart health – so it seemed like The American Heart Association might be a good starting point. They recommend:

- Start by knowing how many calories you should be eating and drinking to maintain your weight. Nutrition and calorie information on food labels is typically based on a 2,000 calorie diet. You may need fewer or more calories depending on several factors including age, gender, and level of physical activity.
- If you are trying not to gain weight, don't eat more calories than you know you can burn up every day.
- Replace high-calorie foods with fruits and vegetables.
- Choose fiber-rich whole grains for most grain servings.

By Dr. Margaret Rea

- Choose poultry and fish without skin and prepare them in healthy ways without added saturated and trans fat. If you choose to eat meat, look for the leanest cuts available and prepare them in healthy and delicious ways.
- Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids (for example, salmon, trout and herring).
- Select fat-free (skim) and low-fat (1%) dairy products.
- Avoid foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Limit saturated fat and trans fat and replace them with the better fats, monounsaturated and polyunsaturated. If you need to lower your blood cholesterol, reduce saturated fat to no more than 5 to 6 percent of total calories. For someone eating 2,000 calories a day, that's about 13 grams of saturated fat.
- Cut back on beverages and foods with added sugars.
- Choose foods with less sodium and prepare foods with little or no salt. To lower blood pressure, aim to eat no more than 2,400 milligrams of sodium per day. Reducing daily intake to 1,500 mg is desirable because it can lower blood pressure even further. If you can't meet these goals right now, even reducing sodium intake by 1,000 mg per day can benefit blood pressure.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and no more than two drinks per day if you're a man.
- Follow the American Heart Association recommendations when you eat out, and keep an eye on your portion sizes

The American Heart Association also highlighted the key role of exercise which we know plays a factor for heart health and diabetes prevention.

Wellness Events

Brad Kearns: "Losing Body Fat the Healthy Way and Keeping it Off"

3/1 12:15-1 pm
Med Ed Bldg 1204

Golnaz Friedman: "Weight Management: It's Not Rocket Science but Sometimes it Feels that Way"

3/21 12:15-1 pm
Med Ed Bldg 1204

For Our First Year Medical Students: "Maintaining Motivation as You Wrap Up the Year."

4/11/17 8:00-9:00AM.
Please come for Breakfast and some motivation. Dr. Stephen Simonson and Dr. Lindsay Ulrey Ed Bldg 1222

Living Fit Forever Classes

http://intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml

Work Life and Wellness Events

ucdmc.ucdavis.edu/hr/wellness/brownbags.html

UCDMC Yoga

<https://docs.google.com/document/d/1Gz23GMJbZJDI-wzn9g8NxUnia4IFuVsHah4olav7Ow0/edit#>

- Increase the amount and intensity of your physical activity to match the number of calories you take in.
- Aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity – or an equal combination of both – each week. If you would benefit from lowering your blood pressure or cholesterol, the American Heart Association recommends 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week
- If it's hard to schedule regular exercise sessions, try aiming for sessions of at least 10 minutes spread throughout the week. http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp#.WLLnZCMrJIA

It was helpful to read this last recommendation about aiming for 10-minute sessions across the week. Scheduling exercise can be daunting. Dr. Brandee Waite, from our own Department of Physical Medicine and Rehabilitation recently presented on how to stay fit when you are busy –that would be all of you busy students who are reading this newsletter. Dr. Waite's recommendations for workouts seemed helpful and doable:

- Break cardio into two-three 10-15 min segments
- 10 min before work (school), at lunch, after work
- 15 min at lunch, after work, or after dinner
- Walk, jog, dance, march in place with arm pumps
- Strength/Core: 1-5 minutes of "downtime"
- Toothbrush squats, glutes, hamstrings, isometric abs
- Car abs
- Microwave exercise: counter pushups or toothbrush exercise

Dr. Waite offered suggestions on when and where to fit in the workouts:

Consider squats during these moments:

- On hold for any call (work or personal)
- Commercials (no fast forwarding)
- Change of TV show

- Waiting for bus/light rail
- Half time of any sporting event on TV

These strategies add exercise without entering a gym or leaving campus:

- Park far from doors
- Take stairs at least one floor
- Take stairs down
- Brisk walk from building to building
- Stand up or do seated exercises during commercials
- Parking structures for walking: take the stairs
- Laps around buildings
- Therapy bands at desk/workstation
- Wall/desk pushups
- Door-assisted mini squats

As with very behavior change we discuss, in this case adding more nutritious eating and or adding exercise, be kind and compassionate with yourself. As you set your goals, be measured, specific, and realistic. There is always time to add more additions to your healthy routines.

As with every behavior change we discuss, in this case adding more nutritious eating and or adding exercise, be kind and compassionate with yourself.



Image credit: American Heart Association <https://media.heart.org/fc/quiz/index-3.html?xmlHash=d5caa76b92efaeff980beb2e7b9e9199>

Mindful Eating

If you have attended a wellness workshop here at UC Davis, you might have had a chance to do a chocolate meditation. This exercise was done to illustrate mindful eating and show how you can experience a mindful moment through eating. It is also an example of how important it is to slow down and be present for our food and not be distracted and truly experience our food.

Here are some more tips on how to eat mindfully, which can help support us being healthier eaters.

1) Let your body catch up to your brain

Eating rapidly past full and ignoring your body's signals vs. slowing down and eating and stopping when your body says its full.

2) Know your body's personal hunger signal

Are you responding to an emotional want or responding to your body's needs?

Often we listen first to our minds, but like many mindfulness practices, we might discover more wisdom by tuning into our bodies first. Rather than just eating when we get emotional signals, which may be different for each of us, be they stress, sadness, frustration, loneliness or even just boredom, we can listen to our bodies... True mindful eating is actually listening deeply to our body's signals for hunger. Ask yourself: What are your body's hunger signals, and what are your emotional hunger triggers?

3) Develop healthy eating environments

Eating alone and randomly vs. Eating with others at set times and places

Another way that we eat mindlessly is by wandering around looking through cabinets, eating at random times and places, rather than just thinking proactively about our meals and snacks... that means sitting down (at a table!), putting food on a plate or bowl, not eating it out of the container, and using utensils not our hands. It also helps to eat with others, not only are you sharing and getting some healthy connection, but you also slow down and can enjoy the food and conversation more.

4) Eat food not stories

Eating foods that are emotionally comforting vs. eating foods that are nutritionally healthy
This is another tricky balance, and ideally we can find nourishing foods that are also satisfying and comforting... As we practice eating healthier and a greater variety foods, we are less inclined to binge on our comfort foods, and more inclined to enjoy healthy foods, ultimately finding many foods mentally and physically satisfying as opposed to just a few.

5) Consider the life cycle of your food

Considering where food comes from vs. thinking of food as an end product.

When we pause to consider all of the people involved in the meal that has arrived on your plate, from the loved ones (and yourself) who prepared it, to those who stocked the shelves, to those who planted and harvested the raw ingredients, to those who supported them, it is hard to not feel both grateful and interconnected.

6) Attend to your plate

Distracted eating vs. just eating

Multitasking and eating is a recipe for not being able to listen deeply to our body's needs and wants...With your next meal, try single-tasking and just eating, with no screens or distractions besides enjoying the company you are sharing a meal and conversation with.

<http://www.mindful.org/author/christopher-willard/>

Monthly Recipe: Oatmeal Bake

In keeping with this Month's theme of nutrition, If you are looking for a nutritious hot breakfast, try the Breakfast Berry-Oatmeal Bake by Dr. Rosane Oliveira from the UC Davis Department of Integrative Medicine.

"Our Breakfast Berry-Oatmeal Bake is a new spin on an old classic, combining traditional oats with a variety of healthful fruits (like berries, bananas, raisins, and prunes) plus crunchy walnuts and pecans. The result is an explosion of flavors and textures that will fuel your morning and get your day off to an amazing start."

<http://ucdintegrativemedicine.com/recipes/breakfast-berry-oatmeal-bake/#gs.9Sbq2ow>

Wellness App: My Fitness Pal

My Fitness Pal is a good app for the month of nutrition. This App is very highly rated. It is very helpful in that it can help you track nutrition and physical activity. The app can also count steps and you can sync it with other fitness apps. There is a huge food database which includes over 5 million foods which allows you to get the nutritional information on most things you eat. It also allows you to scan barcodes.

<https://www.myfitnesspal.com/>