

# Fad or Fab: Navigating Common Nutrition Trends and Questions

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October 24, 2018

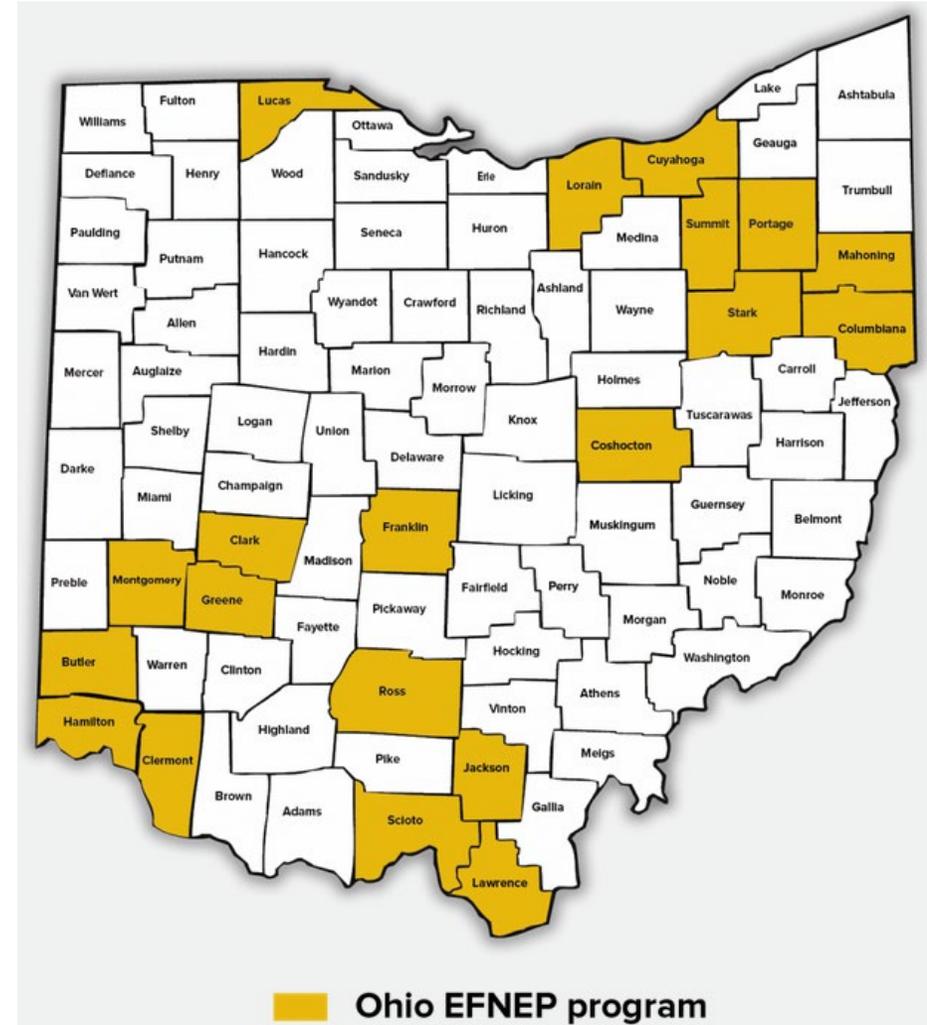
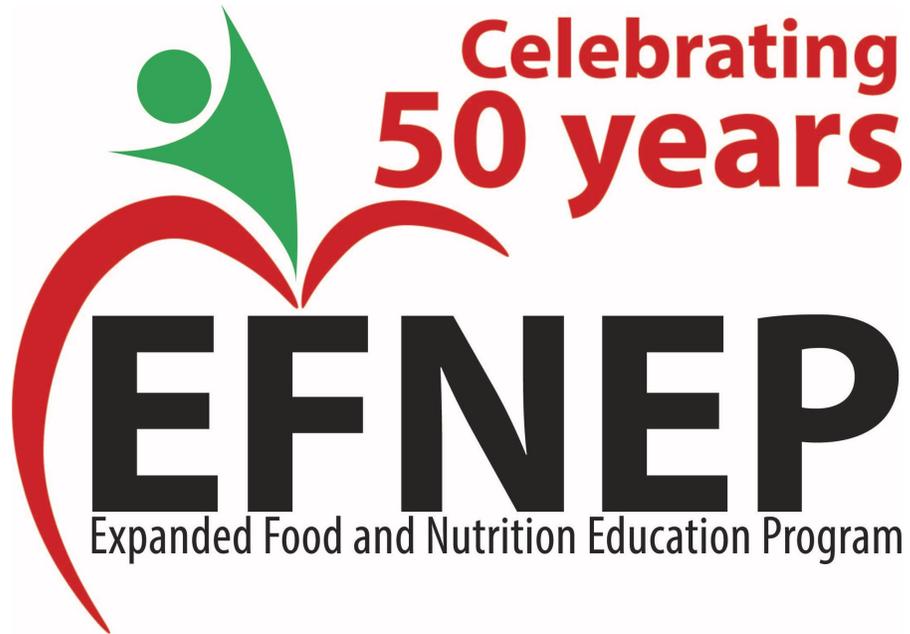
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AND ENVIRONMENTAL SCIENCES

# A little about EFNEP....

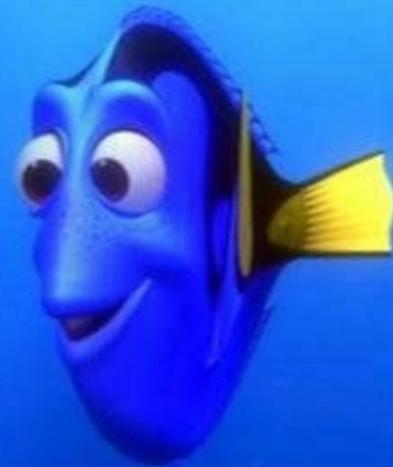


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Day 2 of my diet and I'm like...



**I'M ON A VERY STRICT DIET**



**OOOH LOOK CAKE!**

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# Outline

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- Nutrition Basics
- Dietary Trends and Table Activities
  - 4 Trend Categories:
    - **Protein**
    - **Fat**
    - **Carbohydrates**
    - **Other Trends**
- Kahoot It! Review
- Resources

Flashback to May 9, 2018 when we wore fruit costumes during this same presentation for EFNEP!



# Let's Start With Some Nutrition Basics

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# Macronutrient Needs

(Acceptable Macronutrient Distribution Ranges, or AMDRs)

## Carbohydrates

- Males and females of all ages: 45-65% calorie needs

## Protein

- Males and females of all ages: 10-30% calorie needs
  - This excludes ages 1-3
- Range to follow 0.6 g/kg – 0.8 g/kg

## Fat

- Male and Female 19 and older: 20-35% calorie needs
  - Male and Female 4-18: 25-35% calorie needs
  - Children 1-3: 30-40% calorie needs

# Physical Activity Needs

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- **Ages 18 and Up:**
  - At least 150 minutes of moderate OR 75 minutes of vigorous exercise a week
  - Two or more days a week of muscle strengthening activities
- **Ages 6-17:**
  - 60 minutes or more physical activity daily (including moderate- or vigorous-intensity aerobic activity, muscle-strengthening activity, and bone-strengthening activity)



# What dietary trends are out there?

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Let's explore 4 categories:

**Protein, Fat, Carbohydrates, and Other Trends**

# PROTEIN

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# Protein/Protein Supplements

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How much protein do I need in a day?

Do I need to use protein powders/supplements?

Are protein powders/supplements safe to use?



# Protein/Protein Supplements

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- ***Q: How much protein do I need?***
- A: 0.8 grams of protein per kilogram of body weight per day.
  - *Example: How much protein does someone who weighs 150 lbs need?*
  - 150 lbs = 68 kg
  - $0.8\text{g/kg} \times 68\text{ kg body weight} =$  **55 grams of protein per day**
  - ...But what does 55 g protein/day look like?

# Protein/Protein Supplements

Breakfast	Snack	Lunch	Snack	Dinner
Cheerios, 1 C – <b>3.5 g</b>	Yogurt, non fat, 6 oz- <b>9 g</b>	Romaine lettuce, 2 C – <b>1 g</b>	Apple, 1 med – <b>0.5 g</b>	Salmon, 3 oz – <b>18 g</b>
Milk, nonfat, ½ C – <b>4g</b>	Blueberries, ½ C – <b>0.5 g</b>	Chicken, baked, 3 oz – <b>24 g</b>	Cheddar cheese, low fat, 1 oz – <b>7 g</b>	Sweet potato, 1 med – <b>2 g</b>
Banana, 1 small – <b>1 g</b>		Avocado, ½ med – <b>1 g</b>		Asparagus, ½ C – <b>2 g</b>
		Bell pepper, ½ C – <b>0.5 g</b>		
		Dressing, low fat, 2 tbsp – <b>0 g</b>		
<b>8.5 g</b>	<b>9.5 g</b>	<b>26.5 g</b>	<b>7.5 g</b>	<b>22 g</b>

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**Total protein: ~ 74 grams**

# Protein/Protein Supplements

Breakfast	Snack	Lunch	Snack	Dinner
Rolled oats, ½ C dry – <b>5 g</b>	Apple, 1 med – <b>0.5 g</b>	Whole wheat bread, 2 slices – <b>8 g</b>	Almonds, 2 T – <b>4 g</b>	Tofu, ½ C – <b>12 g</b>
Soy milk, 1 c – <b>7 g</b>	Peanut butter, 2 T – <b>8 g</b>	Hummus, ¼ C – <b>5 g</b> Click to add text	Raisins, 2 T – <b>0.5 g</b>	Broccoli, 1 C – <b>4 g</b>
Blueberries, ½ C – <b>0.5 g</b>		Cucumber, ¼ C – <b>0 g</b>		Carrots, ½ C – <b>0.5 g</b>
Banana, 1 small – <b>1 g</b>		Romaine lettuce, ¼ C – <b>0 g</b>		Brown rice, 1 C – <b>4.5 g</b>
		Tomato, 2 slices – <b>0 g</b>		
<b>13.5 g</b>	<b>8.5 g</b>	<b>13 g</b>	<b>4.5 g</b>	<b>21 g</b>

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***Total protein: ~ 61 grams***

# Protein/Protein Supplements

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- ***What about protein supplements?***
- Protein supplements are not required to meet daily protein needs.
  - It is usually not difficult to meet protein needs through food
  - Serious athletes may benefit from additional protein (15-20 g) following strenuous exercise (within 30 minutes).

# Protein/Protein Supplements

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- *What about protein supplements?*
- There are legitimate concerns regarding the safety of protein supplements.
  - Heavy metal contamination- linked to cancer, nervous, and reproductive issues
  - **The FDA does not require companies to prove their products are safe, work as advertised, or even contain what they claim they do on the label.**

# Protein/Protein Supplements

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- **Take Away/Main Message:**
- *0.8 grams per kilogram per day is the protein recommendation for healthy adults, which is about 55 grams for a 150 pound person. **For most people, it is easy to meet protein needs from foods by following MyPlate and the DGAs.***
- *If you are a serious athlete, extra protein might be useful in increasing performance.*
- *If you want to include protein supplements in your diet, it is wise to use them in moderation. Since the FDA doesn't regulate what is in protein supplements, there are legitimate safety concerns. They are to be consumed at your own risk.*



# Table Activity (Protein): It's your turn. Can you answer the questions?

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Work in a group at your table to answer 1 of the questions on the sheet at your table. Have 1 person at the table record the responses on the papers at your table. You have 4 minutes. We will share responses as a group.

**FAT**

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# Dairy/milk

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Is milk bad for me?

Should I avoid dairy?

Is it true that whole milk is healthier for you?



# Dairy/Milk

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- *Is milk bad for me?*
- **Should I avoid dairy?**
- Milk contains calcium, vitamin D, vitamin A, vitamin K, zinc, protein, and more.
- People can meet their calcium needs using other food and beverage choices.
  - Greens, fortified plant milks or orange juice, and calcium-set tofu are good options that are rich in well-absorbed calcium.



# Dairy/Milk

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- ***Is whole milk better for me?***
- Whole milk has the same amount of calcium, vitamin D, and other nutrients, but more saturated fat.
- Overwhelming evidence shows that diets lower in saturated fat, regardless of the total amount of fat in the diet, produce the best health outcomes, including less cardiovascular disease.
- Choose foods lower in saturated fat.



# Dairy/Milk

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- ***Take Away/Main Message:***
- *Milk is a good source of calcium and other nutrients. If people prefer not to consume milk, with careful planning, they can use other food and beverage sources to meet their calcium needs. Saturated fat is found in dairy, so it is important to choose low-fat and non-fat dairy foods and beverages.*

# Coconut Oil

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Is coconut oil healthy?



# Coconut Oil

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- *Is coconut oil healthy?*
- Coconut oil is almost entirely saturated fat.
- Research shows that coconut oil raises LDL ("bad" cholesterol) less than butter, but significantly more than unsaturated fats.



# Coconut Oil

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- *Is coconut oil healthy?*
- Many claims that coconut oil is "healthy" are based on the idea that it is made up of **medium-chain triglycerides**. This is a myth.
  - Coconut oil contains 3% MCT
  - Research shows that MCTs in coconut oil are absorbed and processed normally.



# Coconut Oil

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- ***Is coconut oil healthy?***
  - There is nothing wrong with consuming coconut oil in moderation.
  - Unsaturated fats have been shown to be protective against cardiovascular disease. Choose these (olive oil, canola oil) often.



# Coconut Oil

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- ***Take Away/Main Message:***
- *Coconut oil is almost entirely saturated fat, which is not a healthy fat. Research shows that diets higher in unsaturated fat (as compared to coconut oil) have positive health outcomes.*



# Table Activity (Fat): It's your turn. Can you answer the questions?

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Work in a group at your table to answer 1 of the questions on the sheet at your table. Have 1 person at the table record the responses on the papers at your table. You have 4 minutes. We will share responses as a group.

# CARBOHYDRATES

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# Gluten Free

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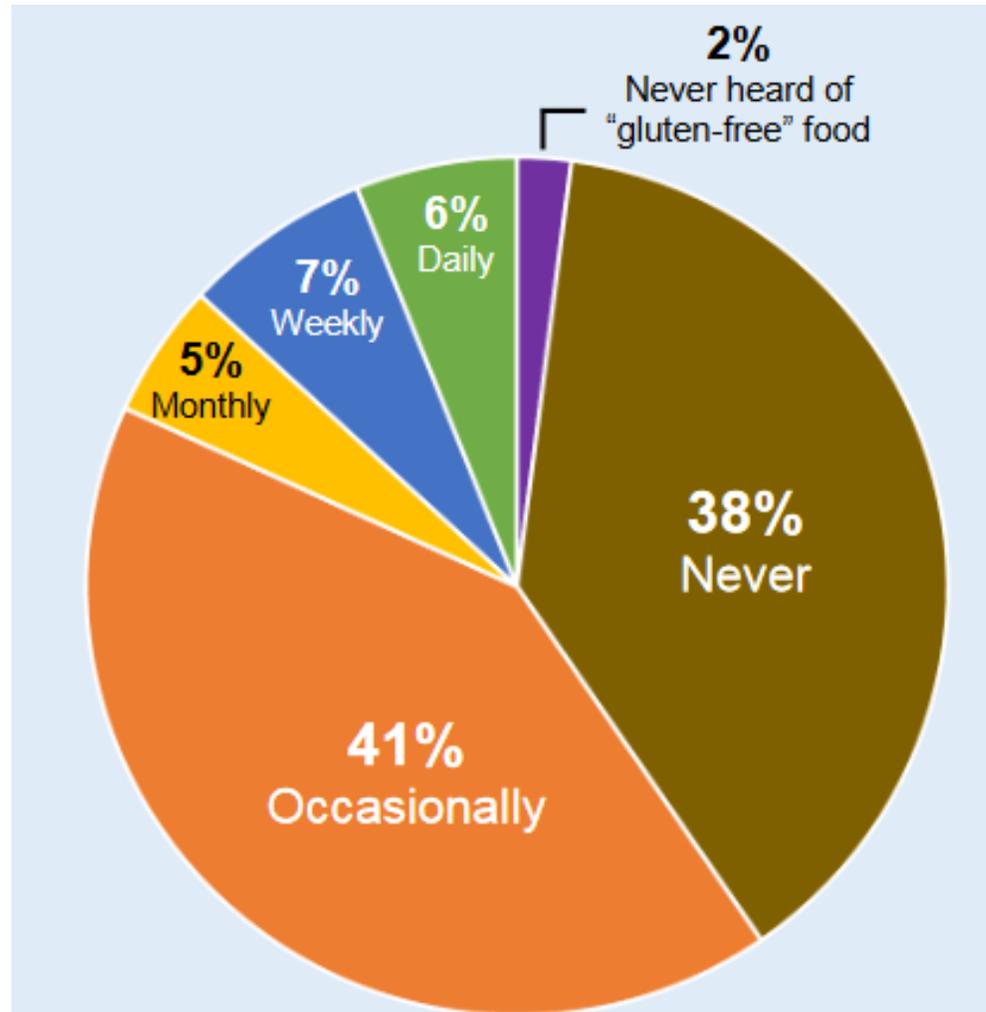
Are gluten-free foods better for you?

Will going gluten-free help me lose weight?



# Gluten Free Consumer Trends

HOW OFTEN  
AMERICANS  
CONSUME  
FOODS  
LABELED  
'GLUTEN  
FREE'

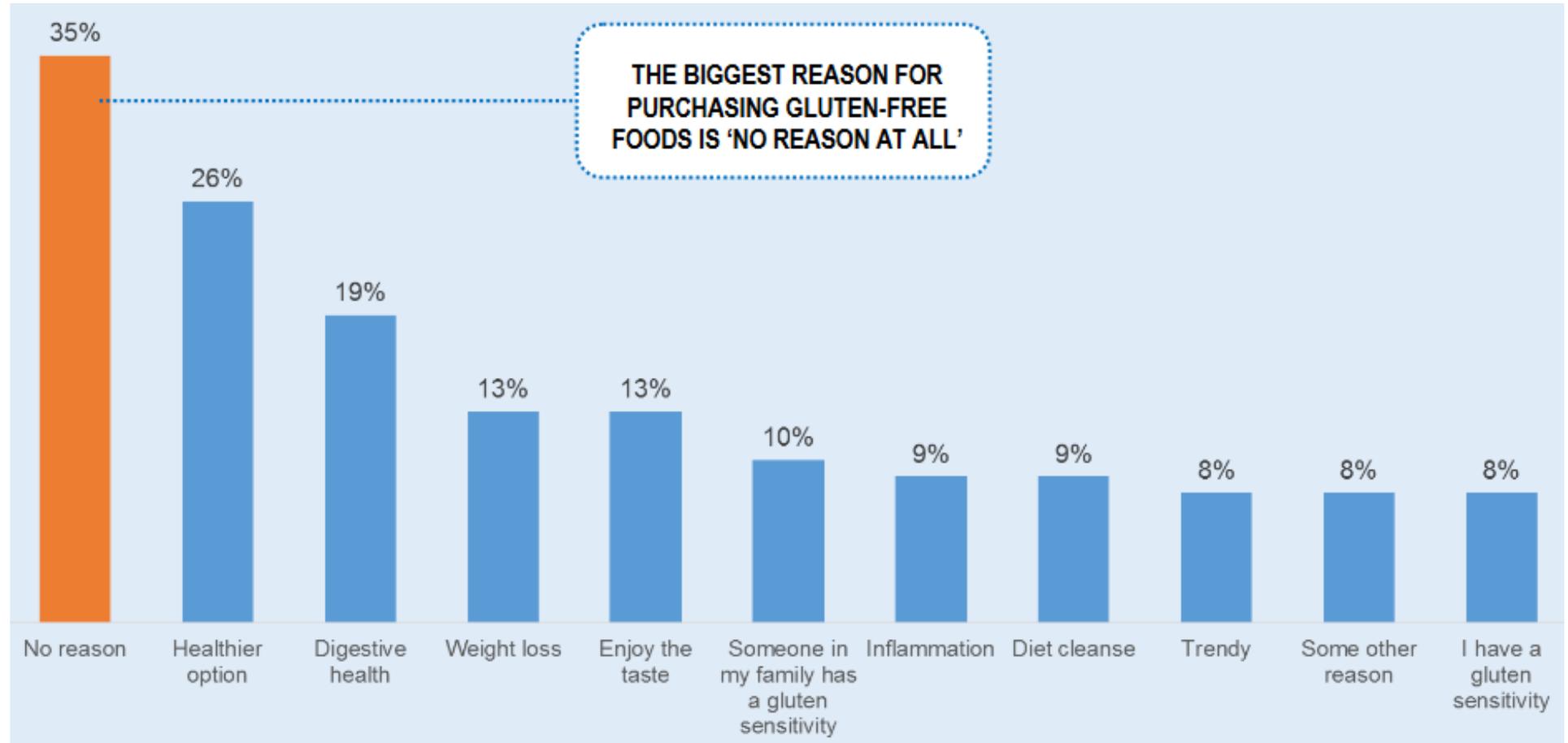


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<https://www.hartman-group.com/acumenPdfs/gluten-free-2015-09-03.pdf>

# Gluten Free Consumer Trends

## REASONS FOR PURCHASING 'GLUTEN-FREE' FOODS



**CFAES**

<https://www.hartman-group.com/acumenPdfs/gluten-free-2015-09-03.pdf>

# Gluten Free

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- **Are gluten-free foods better for you?**
- Gluten is found in wheat, barley, and rye
- For individuals with Celiac Disease, a gluten-free diet is essential
  - Studies have shown a gluten-free diet can help reduce symptoms of Celiac Disease

# Gluten Free

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- **Will going gluten-free help me lose weight?**
- No clinical evidence of weight loss or improved health
- Removing gluten without a reason can cause a diet lacking essential nutrients provided by grains
  - Ex. Fiber!!

The screenshot shows a webpage from Ohio State University Extension. At the top, there is a navigation bar with 'OSU.EDU' on the left and links for 'Help', 'BuckeyeLink', 'Map', 'Find People', 'Webmail', and 'Search Ohio State' on the right. Below this is the 'Ohioline' logo and 'Ohio State University Extension' text. On the right side, there is the Ohio State University logo and the text 'THE OHIO STATE UNIVERSITY COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES'. A secondary navigation bar contains 'CFAES' and links for 'Home', 'Find a Fact Sheet', 'About', and 'OSU Extension'. The main content area features the title 'Gluten-Free Eating: Important Considerations' and a search bar. Below the title are social media icons for Twitter, Facebook, LinkedIn, and YouTube. The author is identified as 'Shannon Carter, Extension Educator, OSU Extension'. The main text begins with 'There is an ever-increasing bounty of gluten-free foods available in grocery stores and on restaurant menus. Gluten is a protein found in wheat, barley and rye, and appears in many processed foods. Both medical diagnoses and consumer demand are driving the surge in gluten-free products. Recently, a gluten-free lifestyle has become an increasingly popular U.S. diet trend. According to a 2015 Gallup poll, approximately 20 percent of Americans are looking to reduce or eliminate gluten from their diet. This fact sheet will explore some of the reasons and considerations in deciding whether to avoid gluten.' On the right side of the page, there is a box with the fact sheet ID 'HYG-5589', the department 'Family and Consumer Sciences', the date 'Date: Jun 23, 2017', and a note: 'To print a fact sheet, use the "Print" command in your browser.'

<https://ohioline.osu.edu/factsheet/hyg-5589>

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# Gluten Free

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- ***Take Away/Main Message:***
- *Foods labeled gluten-free are typically processed. In terms of weight loss, they are not necessarily lower in calories. For individuals with a condition called Celiac Disease, a gluten-free diet is necessary for their health.*

# Carbohydrates

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Are carbs bad for you?



# Carbohydrates

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- **Are carbs bad for you?**
- Carbohydrates are in fruits, vegetables, grains, legumes, and dairy foods.
  - These foods contribute important nutrients to the diet.
- Carbohydrates are also found in high calorie, nutrient poor foods like baked goods, candies, and desserts.
  - These foods might be giving carbohydrates in general a “bad wrap.”

# Carbohydrates

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- ***Take Away/Main Message:***
- *Carbohydrates are often associated with high calorie, nutrient poor foods like baked goods, candies, and desserts, thus sometimes leading people to feel that all carbohydrates are unhealthy. However, carbohydrates are also found in a variety of nutritious foods like fruits, vegetables, low-fat dairy, whole grains, and legumes, which are important components of a well-balanced diet; choose these foods often.*

# Low Carb Diets/Ketogenic Diet

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Should I follow a low carb diet?

Should I follow a ketogenic diet?



# Ketogenic Diet/Low Carb Diets

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- **Should I follow a low carb diet?**
- Low carb diet → limits carbohydrates and emphasizes protein and fat
- Limiting carbohydrates limits intake of healthy foods like fruits, vegetables, low-fat dairy, whole grains, and legumes; therefore, it may be hard to meet your nutrient needs.
- Weight loss is often not sustained long term

# Ketogenic Diet/Low Carb Diets

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- **Should I follow a ketogenic diet?**
- Ketogenic diet → aims to reduce carbohydrate intake and increase fat intake to alter the energy metabolism of the body.
- Puts a person into ketosis, where the body's main energy source is no longer carbohydrates, but is now fat.
- Research has shown the ketogenic diet to provide positive effects in patients with epilepsy

# Ketogenic Diet/Low Carb Diets

**Table 1.** Comparison of macronutrient composition and initiation requirements between various ketogenic diets and the 2015-2020 Dietary Guidelines for Americans<sup>a</sup>

Diet	Fat	Carbohydrate	Protein	Hospital admission
	←----- range (%) -----→			
2015-2020 Dietary Guidelines for Americans	20-35	45-65	10-35	No
<b>Ketogenic diet ratio<sup>b</sup></b>				
4:1	90	2-4	6-8	Yes
3:1	85-90	2-5	8-12	Varies <sup>c</sup>
2:1	80-85	5-10	10-15	Varies <sup>c</sup>
<b>Modified Atkins diet (1:1 ratio<sup>b</sup>)</b>	60-65	5-10	25-35	No
<b>Low glycemic index treatment (1:1 ratio<sup>b</sup>)</b>	60-70	20-30	10-20	No
<b>Medium-chain triglyceride diet (1:1 ratio<sup>b</sup>)</b>	60-70	20-30	10	Yes

<sup>a</sup>Based on data from The Charlie Foundation for Ketogenic Therapies<sup>25</sup> and US Department of Health and Human Services.<sup>26</sup>

<sup>b</sup>Ratio refers to grams of calories from fat: carbohydrate+protein.

<sup>c</sup>Admission requirement may vary based on institution.

# Ketogenic Diet/Low Carb Diets

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- ***Take Away/Main Messages:***
- *Ketogenic diets and low carbohydrate diets are very limited in carbohydrates. Limiting carbohydrates will limit your intake of healthy foods like fruits, vegetables, low-fat dairy, whole grains, and legumes; therefore, it may be hard to meet your nutrient needs. Ketogenic diets have been found to be helpful for individuals with seizures.*

# Sugar Substitutes/High-Intensity Sweeteners

Are sugar substitutes safe?

Will sugar substitutes help me lose weight?

Which sugar substitute is the best?



# Sugar Substitutes/High-Intensity Sweeteners

- **Are sugar substitutes safe?**
- Six sweeteners are approved by the FDA as food additives:
  - Aspartame: NutraSweet or Equal (has phenylalanine)
  - Saccharin: Sweet N' Low
  - Sucralose: Splenda
  - Acesulfame-K: Sweet One
  - Neotame: Newtame
  - Advantame
- Two sweeteners have GRAS notices submitted to the FDA:
  - Steviol glycosides from leaves of stevia plant
  - Extracts from siraitia grosvenorii swingle fruit (monk fruit)

ADVANTAME



*Academy of Nutrition and Dietetics: "Consumers can safely enjoy a range of nutritive and non-nutritive sweeteners when consumed within an eating pattern that is guided by current nutrition recommendations"*

# Sugar Substitutes/High-Intensity Sweeteners

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## Are sugar substitutes safe? (continued)

- **Caveat:** Phenylketonuria (PKU) → A metabolic disorder where the body cannot make the amino acid tyrosine from the amino acid phenylalanine
  - Screening of infant for PKU occurs within first week of life
- Individuals with PKU need to follow a low phenylalanine diet
  - Caution should be taken when it comes to aspartame (NutraSweet, Equal) because they contain phenylalanine

# Sugar Substitutes/High-Intensity Sweeteners

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## Will sugar substitutes help me lose weight?

- Theoretically...yes, however research has not supported this.
  - The most vigorous research studies (RCTs) show no decrease in body weight, BMI, or waist circumference (**short-term**)
  - Observational studies over **long periods** of time show that routine consumption of nonnutritive sweeteners may be associated with *increased* BMI, weight gain, and various chronic diseases.

# Sugar Substitutes/High-Intensity Sweeteners

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- **Which sugar substitute is the best?**
- It depends on personal preference and the way the sweetener will be used (ex. baking versus in beverage).....

# Sugar Substitutes/High-Intensity Sweeteners

Scientific Name	Brand Names	# of Times Sweeter Than Table Sugar (Sucrose)	Acceptable Daily Intake (ADI) mg/kg bw/d	# of sweetener packets equiv. to ADI
Acesulfame-K (Ace-K)	Sweet One, Sunett	200x	15	23
Aspartame	NutraSweet, Equal	200x	50	75
Saccharin	Sweet 'N Low, Sweet and Low, Sweet Twin	200-700x	15	45
Sucralose	Splenda	600x	5	23
Neotame	Newtame	7,000-13,000x	0.3	23
Advantame		20,000x	32.8	4,920
Siraitia grovenorii Swingle fruit extracts	Nectresse, Monk Fruit in the Raw, PureLo	100-250x	Not Specified	N/A
Steviol glycosides from the leaves of Stevia	Truvia, PureVia, Enliten	200-400x	4	9

# Sugar Substitutes/High-Intensity Sweeteners

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- ***Take Away/Main Messages:***
- *Some artificial sweeteners have been approved by the FDA. Individuals who have a rare condition called (PKU) need to avoid aspartame (NutraSweet and Equal) because it has phenylalanine. Since some artificial sweeteners are recognized as safe, the “best one to use” is really up to personal preference and intended use, but remember moderation.*



# Table Activity (Carbohydrate): It's your turn. Can you answer the questions?

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Work in a group at your table to answer 1 of the questions on the sheet at your table. Have 1 person at the table record the responses on the papers at your table. You have 4 minutes. We will share responses as a group.

# OTHER TRENDS

# Paleolithic (Paleo) Diet

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Should I follow the Paleo Diet?



# Paleolithic (Paleo) Diet

- **What is the Paleo Diet?**
- “Caveman” or “Stone Age Diet”
- Claim: “If we eat like our ancestors did 10,000 years ago, we’ll be healthier, lose weight, and curb disease.”
- What to eat:
  - “If a caveman didn’t eat it [hunted or gathered], then you shouldn’t either.”
  - Consists of mainly plants (fruits and vegetables)
  - Consume small game animals
  - Can eat shellfish or smaller fish
  - Insects
  - Cuts out all processed foods



# Paleolithic (Paleo) Diet

Examples of what you can and can't eat in the Paleo Diet



Infographic from [//rigorfitness.com/](http://rigorfitness.com/)

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# Paleolithic (Paleo) Diet

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- **Should I follow the Paleo Diet?**

## Pros

- Increases fruit and vegetable consumption
- Includes some lean protein choices
- Decreases processed food consumption

## Cons

- Cuts out certain necessary food groups from diet
- Skips whole grains, beans, and dairy

# Paleolithic (Paleo) Diet

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- ***Take Away/Main Messages:***
- *While the Paleo Diet emphasizes fresh fruit and vegetable consumption, it eliminates some healthy food groups (grains, legumes, dairy). It may be difficult to meet nutrient needs without these foods.*

# Vegan

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Should I follow a vegan diet?

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# Vegan

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What's a vegan diet?

- **Excludes** all animal foods, including:
  - Dairy
  - Eggs
  - Seafood
- **Includes** grains, fruits, vegetables, legumes, nuts, seeds, and oils.



# Vegan

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- ***Should I follow a vegan diet?***
- What is your goal?
- According to the available evidence:
  - It's a good idea to base your diet on plant-based foods.
  - Completely eliminating all animal foods may not result in better health outcomes.
  - It is possible to meet nutrient needs on a well-planned vegan diet.



# Vegan

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## FROM THE ACADEMY

### Position Paper



## Position of the Academy of Nutrition and Dietetics: Vegetarian Diets



### POSITION STATEMENT

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage.

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# Vegan

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- ***Take Away/Main Message:***
- *People may follow vegan diets/lifestyles for different reasons, including ethics, the environment, and health. With careful planning, vegan diets can meet nutrient needs if they are based mainly on healthy, whole-plant foods (fruits, vegetables, whole grains, legumes, nuts/seeds, and calcium-fortified non-dairy beverages).*

# Cleansing/Juicing

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Is cleansing/ detoxing/  
juicing healthy for my  
body?

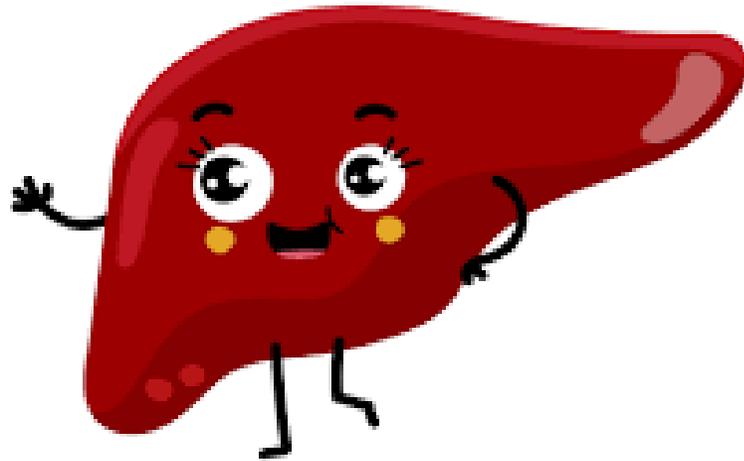


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# Cleansing/Juicing

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- *Do I need to detox?*
- What toxins are you trying to get rid of?
- Anatomy 101: Meet your liver and kidneys



# Cleansing/Juicing

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- ***Do I need to detox?***
- If you go on a detox or cleanse diet, you will probably lose weight.... from consuming few calories.
- Juice fasts or cleanses can be dangerously low in calories and necessary nutrients.

For example.....



# Cleansing/Juicing

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## ***The Master Cleanse / The Lemonade Diet***

*Mix each of the following in a large glass:*

- *2 T fresh lemon juice*
- *2 T real maple syrup*
- *1/10 tsp cayenne pepper powder- or to taste (as much as you can stand)*
- *8 oz filtered water*



# Cleansing/Juicing

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- ***Take Away/Main Message:***
- *You have a liver and kidneys which naturally detoxify and get rid of wastes.*
- *Juice fasts or cleanses can be dangerously low in calories and necessary nutrients.*



# Table Activity (Other Trends): It's your turn. Can you answer the questions?

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Work in a group at your table to answer 1 of the questions on the sheet at your table. Have 1 person at the table record the responses on the papers at your table. You have 4 minutes. We will share responses as a group.

# Evaluating Nutrition Trends or Fads

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With all the trends and fads, how can I know which to follow or use?



# Evaluating Nutrition Trends or Fads

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## Ask yourself some questions:

- Does it seem too good to be true?
- Does it eliminate food groups?
- Does it encourage a very low calorie intake?
- Does it claim rapid weight loss?
- Can you sustain the habits/behaviors over time?
- Does it take into account the roles that both diet and exercise play in health, disease management, disease prevention, etc.?
- Does it claim that a pill or specific food can be the cure?
- Is it backed by (real) science?



# Review: Kahoot It!

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# Kahoot Instructions

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- Use your phone or tablet to go to <https://kahoot.it/>.
- Enter the game pin number (from this screen) onto the Kahoot screen (on your device).
- Enter your name or a nickname (on your device).
- We will wait for everyone to enter the game before starting.
- Once I click start, a question will appear on the screen. Use your phone or tablet to select the box with the correct answer.
- Questions will take different amounts of time.
- Answer as fast as possible for more points!

# Common Consumer- Friendly Resources

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# Common Consumer-Friendly Resources

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- Academy of Nutrition and Dietetics: <https://www.eatright.org/>
- International Food Information Council (IFIC):  
<https://www.foodinsight.org/>
  - Amy Habig's New Favorite Website: IFIC FACTS (Food Advocates Communicating Through Science) <http://www.foodinsight.org/FACTS>
- Office of Dietary Supplements: <https://ods.od.nih.gov/>

# Thank you!

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We appreciate all you do  
for families and youth  
across Ohio through  
SNAP-Ed Programming!  
You Rock!!

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**Add the slides from Amy Hollar's June  
webinar here in case we need them.**

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# *Fad or Fab: Navigating Common Nutrition Trends and Questions* **Follow-Up!**

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Amy Hollar, MS, RDN

June 11, 2018

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AND ENVIRONMENTAL SCIENCES

# Topics for today:

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- Organic food
- The Whole 30 Diet
- Prebiotics and Probiotics
- Miscellaneous:
  - Sugar substitutes effects on weight loss
  - Suggestions for people with diabetes or HTN
- Other Questions?

Day 2 of my diet and I'm like...



# Organic Foods

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# Organic foods

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*Do I need to eat organic foods to be healthy?*

- Reasons people may choose organic foods:
  - Concerns about pesticides
  - Sustainability concerns
  - Animal welfare concerns
  - **Nutrient density?**



# Organic foods

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*Do organic foods have more nutrients?*

- Fruits and vegetables
  - Appear to often have more antioxidants, less cadmium (a toxic metal), and less pesticide residue
- Milk and meat
  - May have slightly more polyunsaturated fats, particularly omega-3 fatty acids

# Organic foods

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*Do I need to eat organic foods to be healthy?*

- It is far more important to eat enough fruits and vegetables than it is to make sure that they are organic.
- If someone is interested in including more organic fruits and vegetables in their diet, some tips to get the most bang for your buck:
  - The “Dirty Dozen” and “Clean Fifteen” - <https://www.ewg.org/foodnews/>
  - Will you eat the peel?
  - Talk to farmers!

# **The Whole 30 Diet**

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# The Whole 30 Diet

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Whole 30 is an elimination diet. The goal is to “eliminate foods that cause addictive habits, bowel distress, joint pain, aches and pains, skin issues, and allergies”. Foods eliminated include:

- Added sugar
- Grains
- Legumes
- Alcohol
- Dairy
- Baked goods, junk food, treats
- Other: Carageenan, sulfites, MSG



# The Whole 30 Diet

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After 30 days foods are reintroduced one group at a time (3 day intervals) to see how they “affect your body”.

- Symptoms they look for are often affected by more than food (sleep, stress, medications)
  - This can lead to confusion and permanent elimination of healthy, beneficial foods
- Leads to “extreme/all or none” thinking

# The Whole 30 Diet

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*Should I follow the Whole 30 Diet?*

- While Whole 30 emphasizes fresh fruit and vegetable consumption, it eliminates other healthy food groups. **The vast majority of people don't need to eliminate any foods or follow strict diets to be healthy!** Severe dietary restrictions hinder efforts to make lasting changes.
- Whole 30 may create unnecessary confusion and anxiety about food.

# Prebiotics and Probiotics

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# Prebiotics and Probiotics

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**Probiotics** are living bacteria

- Often called “good” bacteria- they supplement the bacteria in your gut and keep your digestive tract healthy

**Prebiotics** are a special type of fiber that gut bacteria can break down for energy

- Feed your microbiome and keep it healthy!
- Not all gut bacteria are beneficial- Increasing “good” bacteria through eating pre/probiotics helps outweigh the less helpful bacteria

# Prebiotics and Probiotics

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## Benefits of a “healthy” gut microbiome:

- Crucial for a healthy immune system
- Help offset imbalances caused by taking antibiotics
- Other:
  - Sleep
  - Mood
  - Anxiety
  - Insulin sensitivity

# Prebiotics and Probiotics

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## Sources of Probiotics: Fermented foods!

- Yogurt
- Kefir
- Sauerkraut (not heat-treated)
- Kimchi
- Kombucha
- Miso
- Tempeh



# Prebiotics and Probiotics

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## Sources of Prebiotics: Inulin and oligosaccharides

- Legumes
- Whole grains
- Fruits
- Vegetables



**Other...**

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# Sugar substitutes

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*Will sugar substitutes help me lose weight?*

- Theoretically yes, however research has not supported this.
  - The most vigorous research studies (RCTs) show no decrease in body weight, BMI, or waist circumference
  - Observational studies over long periods of time show that routine consumption of nonnutritive sweeteners may be associated with *increased* BMI, weight gain, and various chronic diseases.

# Special considerations for chronic diseases

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*Often participants will share about special diets for high blood pressure, diabetes, etc. In these cases what are some basics that we should know?*

- Good news: what we teach in our classes are virtually the same recommendations for people with various health conditions.
- People may have individualized guidelines to follow from their healthcare providers- we don't provide individualized or disease specific nutrition recommendations.