

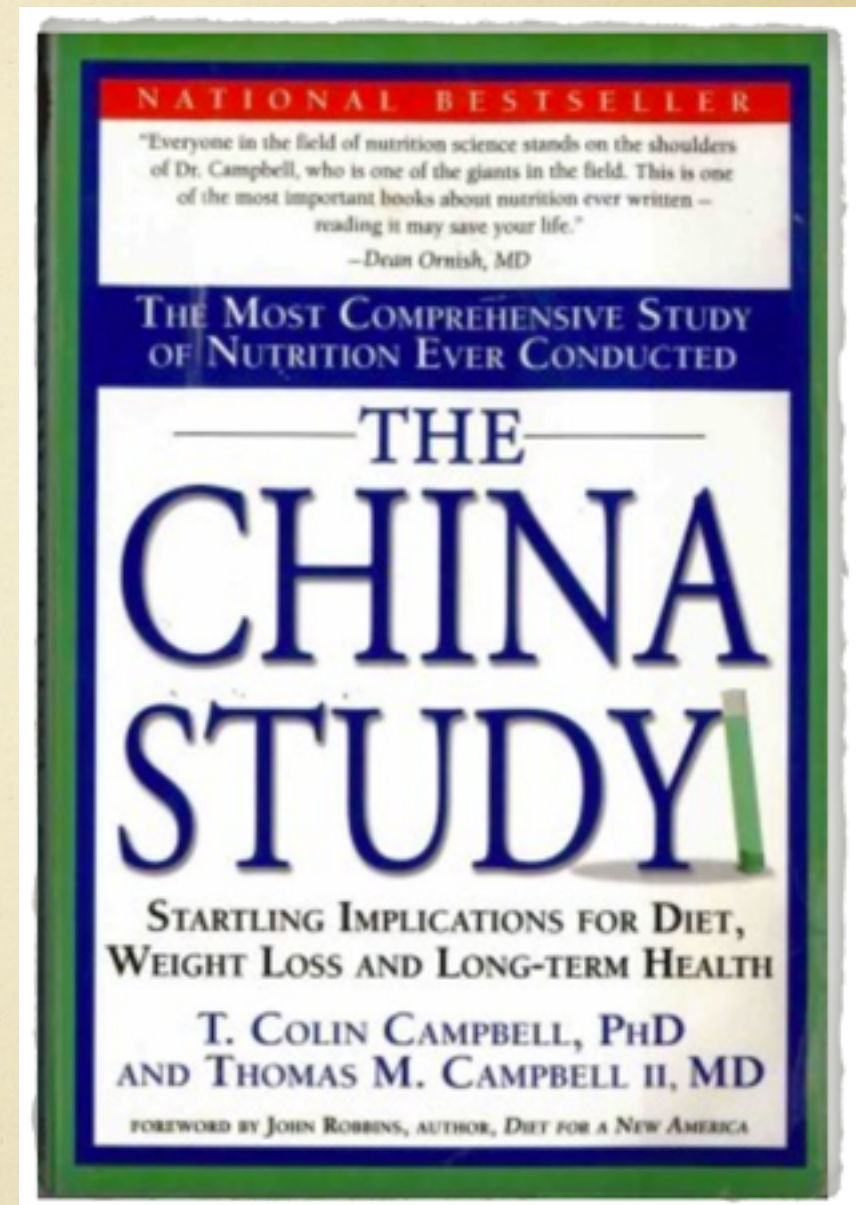
# Choosing Healthy Foods

*While living in an Unhealthy World*



“Animal protein promotes  
the growth of cancer.

The book’s author T. Colin  
Campbell, PhD., says that in  
multiple, peer-reviewed animal  
studies, researchers discovered  
that they could actually turn  
the growth of cancer cells on  
and off by raising and  
lowering doses of casein, the  
main protein found in cow’s  
milk.”





“Heart disease can be reversed through nutrition. The authors share the work of other respected physicians that they say supports their own data’s conclusions, and some of the most interesting is on heart disease. Caldwell B. Esselstyn, Jr., M.D., a physician and researcher at the best cardiac center in the country, The Cleveland Clinic, treated 18 patients with established coronary disease with a whole foods, plant-based diet. Not only did the intervention stop the progression of the disease, but 70 percent of the patients saw an opening of their clogged arteries. Dr. Dean Ornish, a graduate of Harvard Medical School, completed a similar study with consistent results.

But hey, this is actually encouraging—heart disease can legit be reversed.”



### About the Authors



For more than 40 years, T. Colin Campbell, PhD, has been at the forefront of nutrition research. His legacy, the China Study, is the most comprehensive study of health and nutrition ever conducted. Dr. Campbell is the author of the bestselling book, *The China Study*, the *New York Times* bestseller *Whole*, and *The Low-Carb Fraud* and the Jacob Gould Schurman Professor Emeritus of Nutritional Biochemistry at Cornell University. He has received more than 70 grant-years of peer-reviewed research funding and authored more than 300 research papers. The China Study was the culmination of a 20-year partnership of Cornell University, Oxford University, and

“Cancer isn’t the only disease plants can ward off.

It’s not just cancer and heart disease that respond to a whole foods, plant-based diet, the authors say. Their research showed it may also help protect you from diabetes, obesity, autoimmune diseases, bone, kidney, eye, and brain diseases.

Are you getting that plants are pretty miraculous by now?”

<https://www.wellandgood.com/good-food/china-study-cheat-sheet-10-things-you-need-to-know/slide/6/>



# What Makes a Healthy Choice

- Using whole, fresh ingredients; ideally use organic and local
- Homemade food over refined or packaged foods
- Leaving out added sugars
- Staying away from deep fried foods
- Using healthy fats — 0 trans fats, hydrogenated oils, “vegetable oils”
- Adding lots of vegetables and fruits





June 10, 2013

## Vegetarian Diets Linked to Lower Mortality



Adults who eat a more plant-based diet may be boosting their chance of living longer, according to a large analysis.

Research has shown that the foods you eat influence your health. Eating certain foods, such as fruits and nuts, has been associated with reduced death rates, while other foods, such as red meat and processed meat, have been linked to increased mortality. Studies comparing overall eating patterns and mortality rates, however, have had mixed results.

A research team led by Drs. Michael Orlich and Gary Fraser at Lor

## Cell Metabolism

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Volume 19, Issue 3, p407–417, 4 March 2014

### ARTICLE

## Low Protein Intake Is Associated with a Major Reduction in IGF-1, Cancer, and Overall Mortality in the 65 and Younger but Not Older Population

Morgan E. Levine<sup>11</sup>, Jorge A. Suarez<sup>11</sup>, Sebastian Brandhorst, Priya Balasubramanian, Chia-Wei Cheng, Federica Madia, Luigi Fontana, Mario G. Mirisola, Jaime Guevara-Aguirre, Junxiang Wan, Giuseppe Passarino, Brian K. Kennedy, Min Wei, Pinchas Cohen, Eileen M. Crimmins, Valter D. Longo

<sup>11</sup> These authors contributed equally to this work

Published Online: March 04, 2014

Open Archive



DOI: <http://dx.doi.org/10.1016/j.cmet.2014.02.006> | CrossMark

Article Info

“These findings indicate a significant positive association between total fat and animal protein and risk of breast cancer and an inverse association with carbohydrates and constitute new evidence for a role of diet in the etiology of breast cancer.”

Fat and Protein Intake and Subsequent Breast Cancer Risk in Postmenopausal Women

Sabina Sieri, Vittorio Krogh, Paola Muti, Andrea Micheli, Valeria Pala, Paolo Crosignani & show all

Pages 10-17 | Published online: 18 Nov 2009





# Plan Your Meals

*Choose 3-4 healthy meals for the week, shop ahead*



# Eating Healthy doesn't mean just salad

*Today there are so many healthy  
eating options...*

*Like this Lentil and Sweet Potato  
Stew - perfect for chili nights!*





**RESULTS** During 10 years of follow-up, 918 incident cases of diabetes were documented. Diabetes risk increased with higher total protein (hazard ratio 2.15 [95% CI 1.77–2.60] highest vs. lowest quartile) and animal protein (2.18 [1.80–2.63]) intake.

<http://care.diabetesjournals.org/content/33/1/43.short>

**Dietary Intake of Total, Animal, and Vegetable Protein and Risk of Type 2 Diabetes in the European Prospective Investigation into Cancer and Nutrition (EPIC)-NL Study**

Ivonne Sluijs, MSC1, Joline W.J. Beulens, PHD1,2, Daphne L. van der A, PHD3, Annemieke M.W. Spijkerman,

PHD2, Diederick E. Grobbee, MD, PHD1 and Yvonne T. van der Schouw, PHD1

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**Diabetes Care** 2010 Jan; 33(1): 43-48. <https://doi.org/10.2337/dc09-1321>



# Establish your healthy eating goals:

- Goal: to eat vegan meals at least twice per week
- Goal: Cut sugar intake by half
- Goal: choose whole grain over refined grains
- Goal: Plan for at least 3 homemade meals per week, enjoy leftovers
- Goal: Add greens into recipes without greens



# Small Changes...

- Ideal: 2 cups of greens per day
- Tip: serve your favorite recipe on a wilted bed of greens rather than pasta or rice





# Choose Healthy Fats

- Avocados
- Nuts
- EVOO (low heat)
- Coconut Oil (med. heat)
- Fats from fish
- Flax oil
- Butter from grass fed cows milk





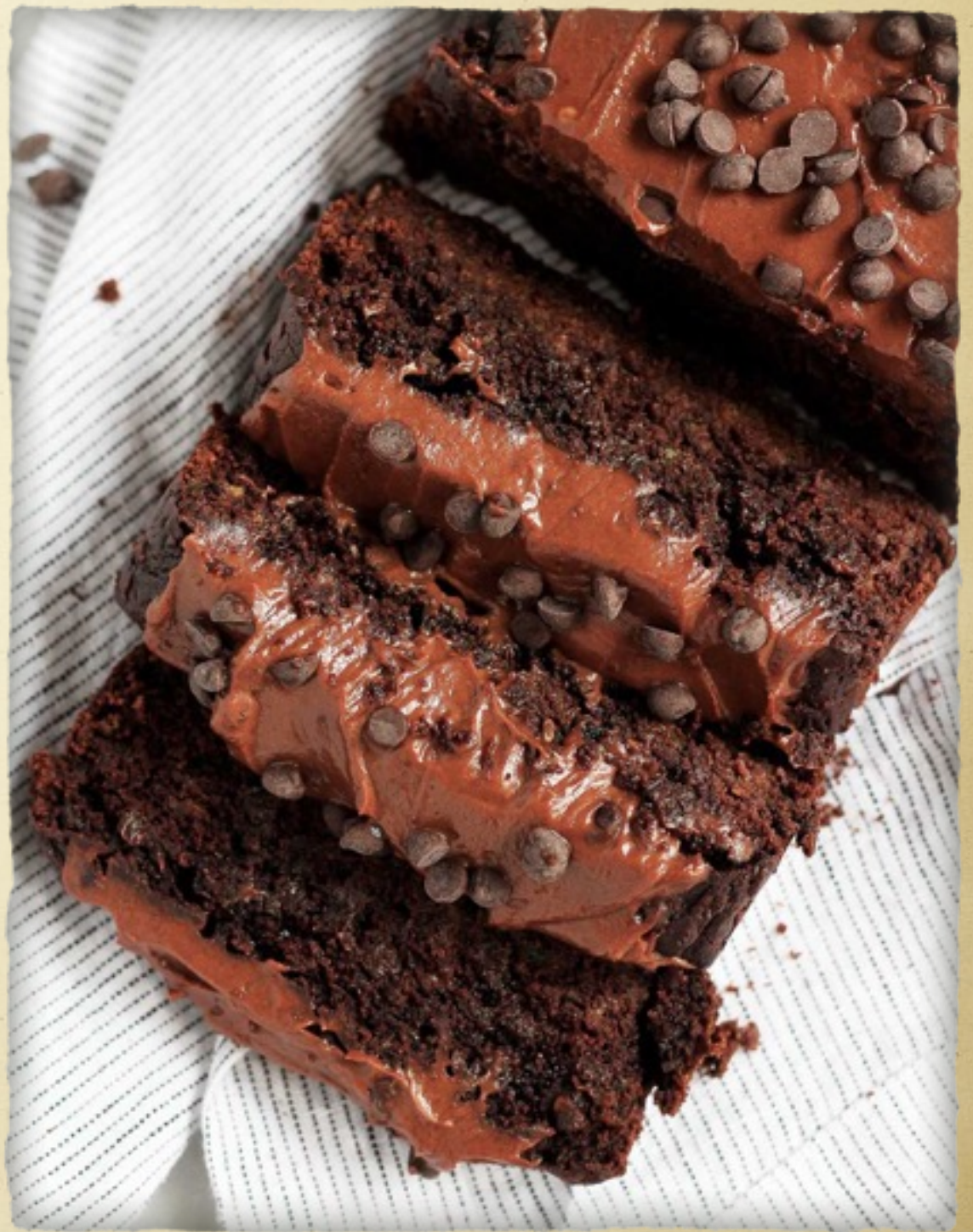
# How to deal with sugar...

- Minimize refined sugar
- Read your labels
- If following a recipe, use less sugar
- You can choose a “cheat day” once per week
- Search for healthier versions of favorite recipes
- Substitute quality dark chocolate for baked goods when experiencing a sugar craving
- Drink water first when thinking sweets



# Healthier Sweets

*There are lots of delicious recipes that trade out whole oat flour, add in zucchini or applesauce for tasty healthier versions of their traditional counterparts!*











Thank you for reviewing the “Choosing Healthy Foods” online workshop.

To meet the requirement for the Be Well Rewards program [please click this link](#) and complete the short quiz.



**EHHD**  
Eastern Highlands Health District