

Food, The Amazing Medicine



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2020-2025 Dietary Guidelines

- **Almost 90% of US does not meet vegetable recommendations**
 - 1.5 - 4 cup equivalents per day
 - 1 Cup equiv = 1 cup raw or cooked or 2 cups leafy salad greens
- **About 80% of US does not meet fruit recs**
 - 1-2.5 cup equivalents a day depending on your calorie intake
 - 1 cup equiv = 1 cup raw or cooked fruit, 1 cup fruit juice
½ cup dried fruit
- **85% of calories should come from food groups...nutrient-dense foods**

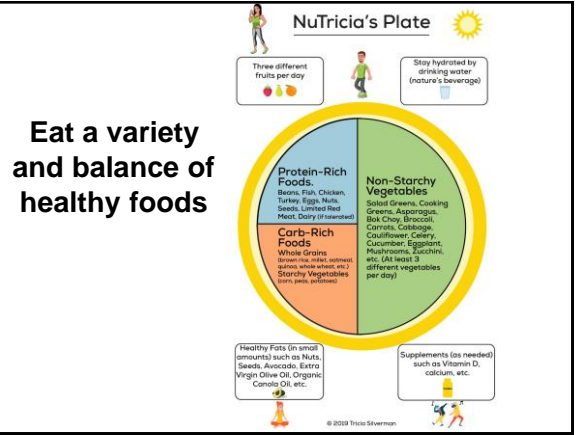
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Healthy U.S.-Style Dietary Pattern for Adults Ages 60 and Older, With Daily or Weekly Amounts From Food Groups, Subgroups, and Components

CALORIE LEVEL OF INTAKE*	1,600	1,800	2,000	2,200	2,400	2,600
Daily Amount of Food From Each Group (Vegetable and protein foods subgroup amounts are per week.)						
Vegetables (cup equiv)	2	2 1/2	3	3 1/2	4	4 1/2
Vegetable Subgroups in Weekly Amounts						
Dark Green Vegetables (cup equiv)	1 1/2	1 1/2	1 1/2	2	2	2 1/2
Red & Orange Vegetables (cup equiv)	4	5	5	6	6	7
Beans, Peas, Lentils (cup equiv)	1	1 1/2	1 1/2	2	2	2 1/2
Starchy Vegetables (cup equiv)	4	5	5	6	6	7
Other Vegetables (cup equiv)	3 1/2	4	4	5	5	5 1/2
Fruits (cup equiv)	1 1/2	1 1/2	2	2	2	2
Grains (ounce equiv)	5	6	6	7	8	9
Whole Grains (ounce equiv)	3	3	3	3 1/2	4	4 1/2
Refined Grains (ounce equiv)	2	3	3	3 1/2	4	4 1/2
Dairy (cup equiv)	3	3	3	3	3	3
Protein Foods (ounce equiv)	5	5	5 1/2	6	6 1/2	6 1/2
Protein Foods Subgroups in Weekly Amounts						
Meats, Poultry, Eggs (ounce equiv)	22	23	23	24	25	25
Seafood (ounce equiv)	8	8	9	9	10	10
Nuts, Seeds, Soy Products (ounce equiv)	4	4	5	5	5	5
Oil (gram/day)	22	24	27	29	31	34
Limits on Calories for Other Uses (kcal/day)						
Alcohol	100	140	240	350	300	300
Added Sugar	75	85	125	125	135	5

Source: Dietaryguidelines.gov

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Antioxidants

- **Vit C:** Red/green bell peppers, orange, grapefruit, kiwi, broccoli, strawberries Brussel's sprouts, tomato, cantaloupe, cabbage, cauliflower, spinach, green peas, potato
- **Vit E:** Nuts and seeds and their oils, green vegetables such as spinach and broccoli, extra virgin olive oil
- **Selenium:** Brazil Nuts, halibut, sardines, turkey, chicken, cottage cheese, brown rice, egg, oatmeal, spinach, yellowfin tuna
- **Carotenoids**

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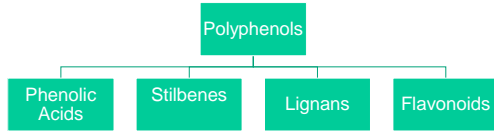
Polyphenols

- **Plant nutrients**
 - **May prevent:**
 - Cardiovascular disease
 - Diabetes mellitus
 - Cancer
 - Neurodegenerative diseases
 - **May enhance athletic recovery**

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Polyphenols



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Phenolic Acids: Anti-inflammatory

Hydrobenzoic acids

- **Sources:** grapes, nuts, strawberries, black currants, raspberries, green tea, pomegranates

Hydroxycinnamic Acids

- **Ferulic acid:** oats, rice, artichoke, orange, pineapple, apple, peanut
- **Caffeic acid:** burdock, hawthorn, artichoke, pear, basil, thyme, oregano, apple
- Curcumin

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Stilbenes

Resveratrol is most popular

-Anti-inflammatory and antioxidant, protects against cancer heart disease, diabetes and viruses

-May play a role in protecting against Alzheimer's

- **Sources:** peanuts, grapes, red wine, soy peanuts

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Lignans (phytoestrogens)

- **Anti-inflammatory, antioxidant and antitumor**
- **General Sources:** Whole Grains, Nuts, Seeds, Veggies, Fruits
- **Highest sources:** Sesame, Flaxseeds, Significant sources: Cashews, Brassica Family, Green Beans, Carrots, Green Pepper

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Flax

- **#1 Source of lignans in human diet**
 - May help fight against cancer and heart disease
- **Contain omega 3's helpful in preventing against heart disease and depression**
- **What to do with flax:**
 - Incorporate into smoothie, bread or muffin recipes
 - Sprinkle over hot or cold cereal
 - Sprinkle over yogurt or salad

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Six Super Seeds

- **Sesame Seeds:** Long term sesame lignin intake may have a role in preventing the plaque formation associated with Alzheimer's Disease; protective against prostate and breast cancer
- **Pumpkin Seeds**
- **Sunflower Seeds**
- **Flaxseeds**
- **Chia**
- **Hemp seeds**

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Flavonoids



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Flavonols: Quercetin

- **Has antioxidant properties**
- **May prevent against cancer**
- **Sources:** tea, apples, onions, leafy greens, tomatoes, berries, broccoli, onions, and apples

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Cocoa flavanols

- **Heart Health Benefits**
 - European Food Safety Authority allows claim for cocoa flavanols may help maintain endothelium-dependent vasodilation which contributes to normal blood flow
 - Relax blood vessels, slightly lower blood pressure
 - 200 mg + of flavanols
- **Slightly improve some aspects of short-term memory/cognition**
- **May lessen wrinkles**
 - 320 mg + flavanols

Source: Consumerlab.com

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Recommended Sources

- **Montezuma's® Dark Chocolate Absolute Black - 100% Cocoa**
 - 150 calories (1/4 of bar) provides 350 mg flavanols
- **Ghirardelli Cocoa Powder:**
 - 1 T provides 44 mg flavanols

Be careful:

- Limit your intake of cocoa due to it containing varying amounts of cadmium, a heavy metal that can soften bones, and cause reproductive toxicity

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Tea Flavanols

- **Research has found:**
 - Reduced risk of heart disease
 - Lowered blood pressure
 - Lowered LDL cholesterol
 - Reduced risk of Type 2 diabetes
- **Types:** Green tea, black tea

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Flavones

- **anti-inflammatory anti-microbial**
- **Sources:** chamomile, parsley, mint, rosemary, rooibos tea, fenugreek, black, green, and oolong tea

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Isoflavones

- **Daidzein**
- **Genistein**
- **Resemble estrogens**
- **Sources:** soy foods and soy products

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Flavanones

- **Naringenin:** anti-inflammatory, antioxidant, anti-mutagenic
- **Hesperetin:** neuroprotective effects
- **Both found in citrus fruits**

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8 out of 10 Americans fall short in every color of phytonutrient, especially purple/blue foods. 88% lack a daily food from this color.

-National Health and Nutrition Examination Survey (NHANES) 2003-4 & 2005-6

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- **Increasing fruit and vegetable consumption may help reduce psychological distress in middle-aged and older adults.**

– British Medical Journal 2017



- **Eating more fruit and veggies for 13 days led to greater flourishing in daily life.**

– British Journal of Health Psychology 2014

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Red

- Lycopene can be found in red-tone fruits and vegetables
 - May reduce risk of cancers, notably prostate cancer
 - Tomatoes (sauce, and other processed tomato products), watermelon, pink grapefruit, guava, cranberries
- Anti-inflammatory properties and immune system benefits
- High intake of red/purple fruits and vegetables associated with lower weight and waist circumference

– European Journal of Clinical Nutrition 2015

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Yellow/Orange

- Beta-cryptoxanthin, beta-carotene, and alpha-carotene change into vitamin A, important for vision, immune function, skin and bones
- beta-carotenes may prevent lung, stomach, and esophageal cancer, may protect against heart disease
- Fiber may enhance microbiome, digestion and prevent against constipation
- Orange may support fertility and reproductive health
- Carrots, mangos, cantaloupe, winter squash, sweet potatoes, pumpkins, apricots

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Green

- **Green Vegetables contain:**
 - vitamin K, folic acid, potassium, as well as carotenoids
 - indoles and isothiocyanates (predominant in cruciferous vegetables like broccoli and cabbage) have anti-cancer benefits
 - lutein and zeaxanthin, important antioxidants for eye health (found in dark green leafy vegetables like spinach, kale, mustard greens and collard greens)

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Blue/Purple

- **May support learning, memory, and mood**
- **Anthocyanidins** may improve blood vessel health
 - Blueberries, blackberries, plums, cranberries, raspberries, red onions, red potatoes, red radishes, strawberries
 - Nasunin in eggplant skin may protect brain cells
- **Proanthocyanidins** may reduce the risk of heart disease and cancer, may protect against urinary tract infections
 - Tea, cocoa, many berries, grapes/grape juice, cranberries/cranberry juice, red wine



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White Plant Foods

White fruits and vegetables associated with less stroke

- **Onions and Garlic:** contain allium compounds that may prevent cancer
- **Parsnips:** along with carrots contain falcarinol, a cancer fighter
- **Cauliflower:** indoles, isothiocyanates, sulfaforaphane—cancer fighters
- **Oats:** contains beta-glucan, a fiber that lowers cholesterol and has anti-bacterial properties
- **Potatoes:** contain polyphenols and other phytochemicals. Avoid French fries and potato chips

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Putting It All Together Tips

1. **Eat the rainbow**
2. **Be plant focused in your choices**
3. **Aim to eat vegetables at most meals and snacks**
4. **Eat a variety of vegetables, fruits, whole grains, beans, nuts, and seeds**
5. **Eat fish and sources of healthy fat such as avocado, extra virgin olive oil, nuts and seeds**

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Putting It All Together Tips

6. **Eat just enough to be satisfied, avoid overeating**
7. **Stay hydrated**
8. **Try new healthy recipes periodically...**
9. **Consider the Mediterranean lifestyle**

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Questions ?



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