# Top Ten Foods for Your Best Health

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BEEF
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*“If you don't take care of your body...*

*Where are you going to live?”*

# Nutrient-Rich Foods are Health - Protective Foods

# Heart-Protective Foods

# Health/Heart-Protective Foods

- Lean Protein Foods
- High-fiber , Colorful Carbohydrates -
- fruit, vegetables, wholegrains, beans
- Healthy oils/fats

More Variety, More Nutrients

Whole Foods, Wholesome Nutrients

More Nutrients per Bite

# Eat More Fruit & Veggies
## (2-3 cups of each daily)

- ½ plate per meal
- 3-5 colors / plate
- snacks, dessert
- red / green per meal

Vit A,C; fiber, Potassium, Magnesium

# Anti-oxidants & Phyto-nutrients

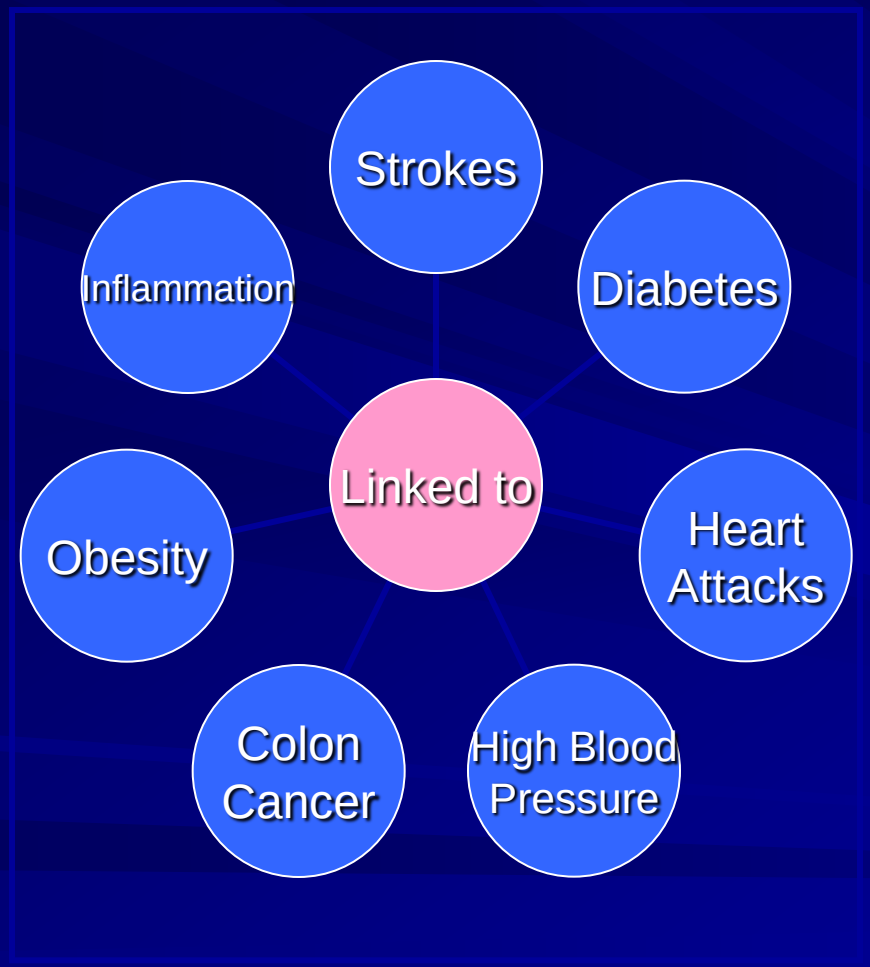
**Flavanoids** – onions, apples, berries, citrus, tea, red grapes, wine

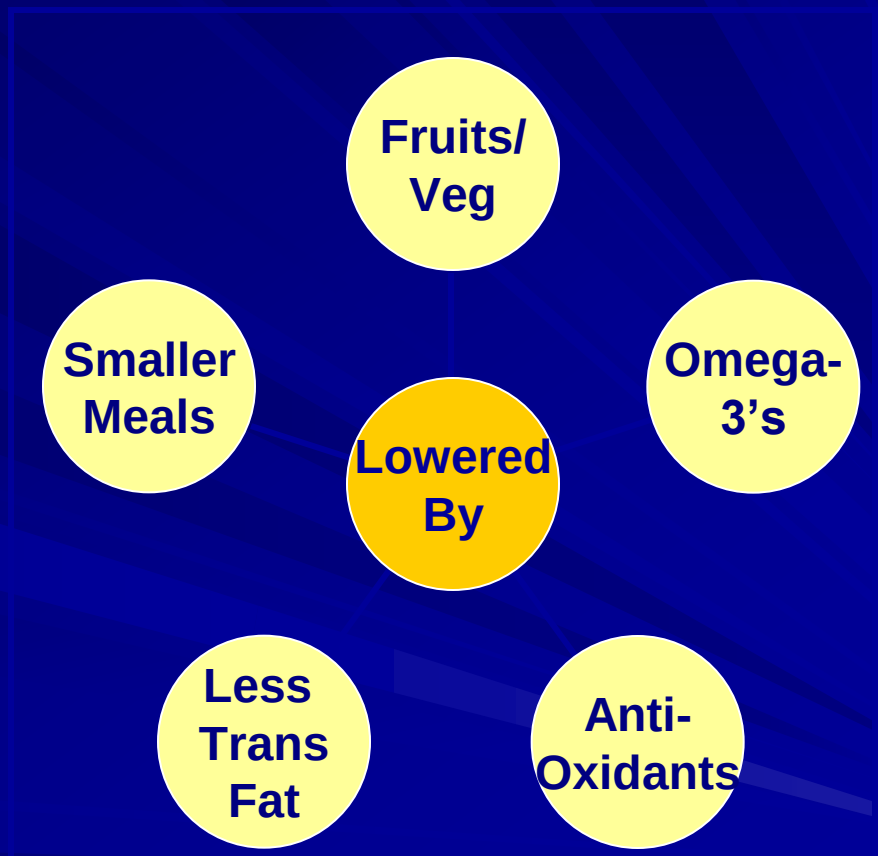
**Isoflavones** – beans (especially soy)

**Lutein** – leafy greens

**Lycopene** – red grapefruit, watermelon, cooked tomatoes

# C-Reactive Protein



# #1) Red Foods- Go Red!

# Tomatoes

# #2) Berries – all types

# #3) GO Green!

# Greens

# Spices and Herbs

- Cinnamon – ¼ tsp a day
- Oregano
- Tumeric
- Basil
- Cumin
- Mint
- Parsley

# Green Tea and All Teas

# Folic Acid to Homocysteine (inflammation)

- Beans
- Greens
- Grains
- OJ

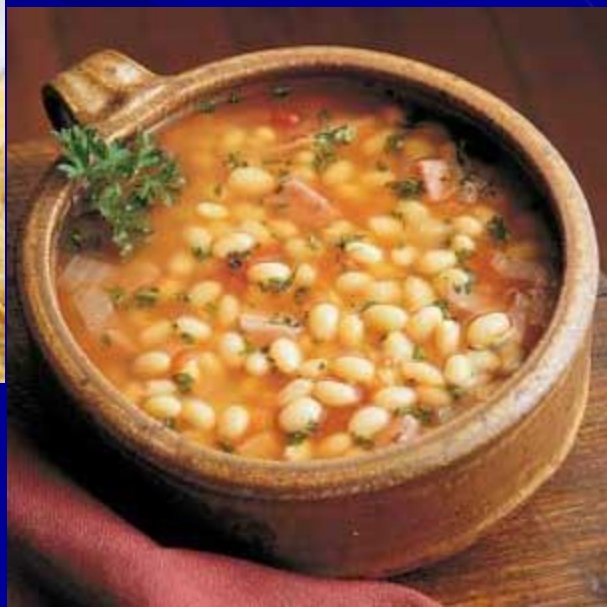
400 micrograms/day prevent :

- Heart disease
- Anemia
- Osteoporosis
- Alzheimer's
- Colon cancer
- Birth defects

# #4) Beans

- lower cholesterol
- lower blood pressure

- stabilize blood sugar
- help lose weight
- antioxidant & nutrient-rich



# ↑ ↑ ↑ ↑ More Veggies – Nature's *Panacea* for Health

Weight

Cholesterol

Blood Pressure

Blood Sugar

Cancer

# Ways to Sneak in Vegetables

- Add to recipes - chicken, rice, pasta, tomato sauce, meat
- Add to entrees- onions, mushrooms, bell peppers, artichokes, garlic
- Raw : snacks, appetizers, w/ meals; or hummus
- Salads - HUGE
- Refrig – ¾ full of veg
- Plate – ½ to 3/4 veg
- Huge portions – make leftovers
- Buy fresh, local - farmers market
- V-8 Juice
- Stir-fries , Stews, Roasts, Grilled
- Sides w/ sandwiches
- Ask for "double veggie portions"
- Soups –vegetable or bean
- Go Vegetarian - 2 x/ wk

# #5) Oats

- 1.5 c oatmeal
- 1/2 c oat bran
- 3 c Cheerios
- 1 pkt oatmeal
- 1 c oatmeal + tbsp oatbran

# Soluble Fiber

- Oats (oatmeal, oatbran, Cheerios)
- Psyllium (Metamucil powder, wafers)
- Apples, oranges, pears
- Dried beans/peas

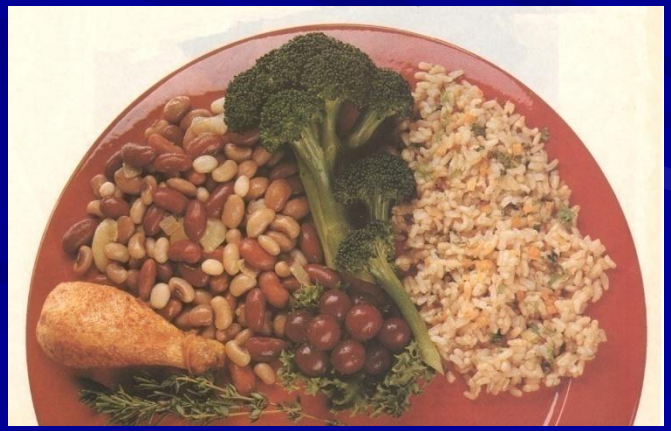
# Wholegrains – 3 a Day

## What can Brown Do for You!

- 100% wholewheat bread / cereals
- wholewheat or corn tortillas
- brown rice or wild rice
- Kashi
- oatmeal and oat cereal
- corn and popcorn
- bulgur/ cracked wheat
- wholegrain barley / rye
- wholewheat crackers
  (ie Triscuits)
- quinoa

# Fiber (20 – 35 gm)

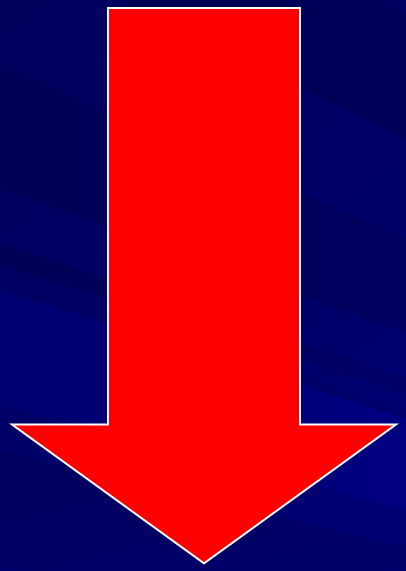
- 5+ fruit/veg = 10 - 20
- 3+ wholegrains = 6 - 10
- ½ cup beans or high-fiber cereal = 6 - 10



# #6) Seafood- 2x a week for Omega 3's

4 x is better

# Omega-3s Lower Heart Risk



- **CHD death risk by 40% (fish 2x /wk)**
- **arrhythmias**
- **triglycerides by 20-50% (3-4 g/d)**
- **growth of artery plaque**
- **inflammation of arterial walls**
- **blood clotting**
- **endothelial lining- fn & structure**

**AHA Goals:** eat 6-8 oz oily fish/wk
**Omega 3's: 500 mg** /day(no CAD)
**1,000 mg** /day (if CAD)

Kris-Etherton et al, *Circulation*, 2002
Connor, *Am J Clin Nutr*, 2000
Lee. JH, et al.Mayo Clin Proc. 2008; 83:324-332

* Evidence from 3 large controlled trials; n= 32,000

# Omega-3's

## 1 gram a day or 7 gms a week

| | | |
|---|---|---|
| Salmon | 6 oz. | 3.7 |
| Canola oil | 1 tbsp | 1.3 |
| Tuna steak | 6 oz. | 1.6 |
| Tuna (can) | 3 oz. | .7 |
| Flounder, sole, halibut | 6 oz. | .9 |
| Flaxseeds | 2 tbsp | 3.6 |
| Walnuts | 4 tbsp | 1.7 |
| Soy nuts | ½ cup | 1.7 |

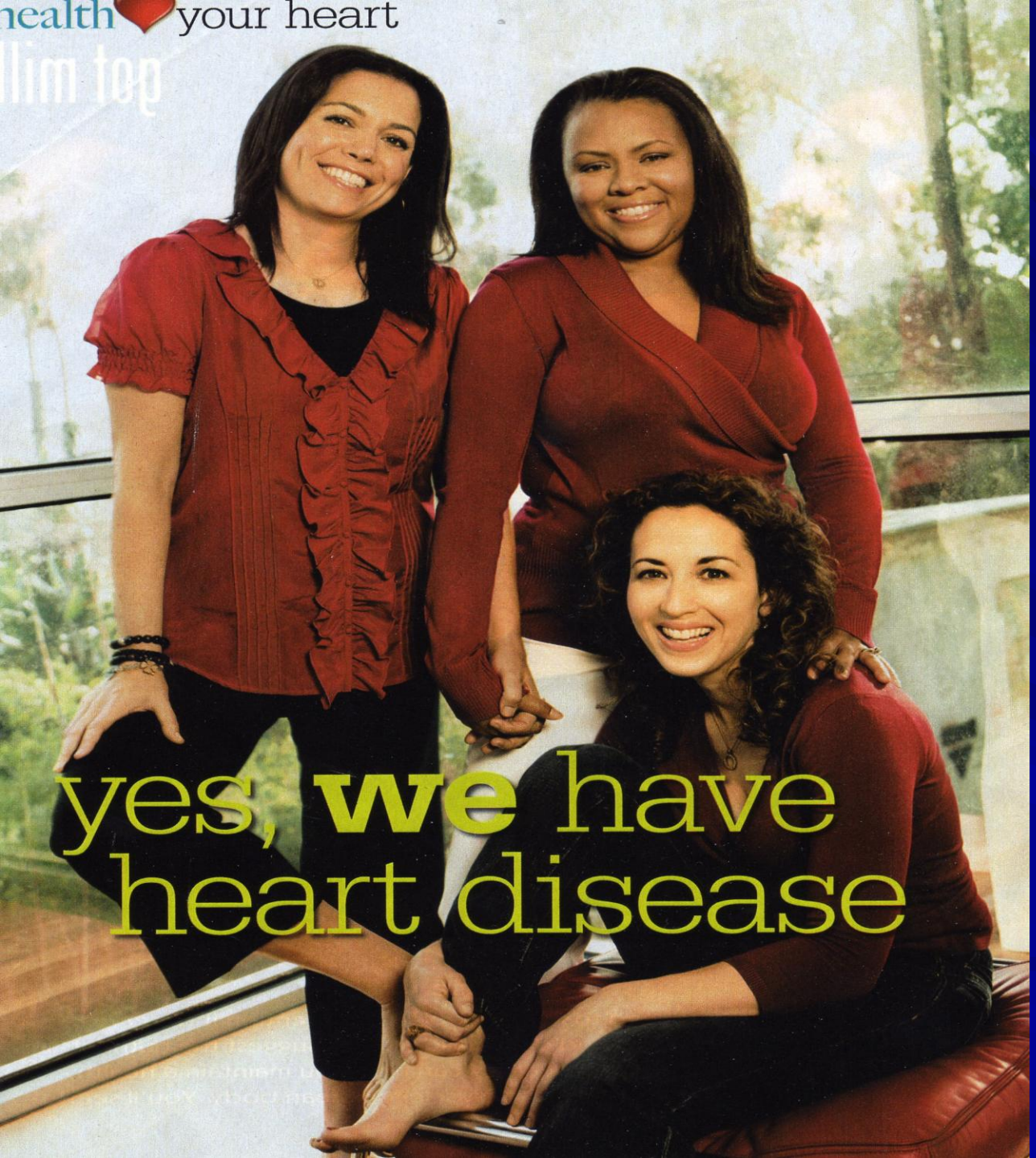
### Weekly

- 6 oz salmon
- 6 oz halibut, sole
- 2 tuna sandwiches
- 7 Tbsp Smart Balance Omega 3 spread
- 7 cups Smart Balance milk
- Total: 7.0 gms

# DHA-omega 3-fortified Foods

# ALA-omega 3-fortified

# DHA-fortified Foods




Heart Disease is the #1 killer of women, as well as men …

regardless of race or ethnicity…

ahead of all cancers, including breast & ovarian cancers.

# #7) Lean Beef-29 Cuts

(3 oz have **≤10 g fat , ≤ 3 g sat fat, 154 calories)**

**("loin" cuts- tenderloin, sirloin; "round" cuts)**

**Eye Round - Roast or Steak • Round Steak**

**Top Round - Roast or Steak • Shank Cross Cuts**

**Bottom Round - Roast, Steak or Western Griller**

**Sirloin Tip - Center Roast, Steak or Side Steak**

**Round Tip - Roast or Steak •Tri-Tip - Roast or Steak**

**Chuck Shoulder Pot Roast or Steak • Flank Steak**

**Shoulder Center (Ranch) Steak • Top Loin (Strip)**

**Shoulder - Petite Tender or Medallions • Flank Steak**

**Tenderloin Roast & Steak • T-Bone • Top Sirloin ***

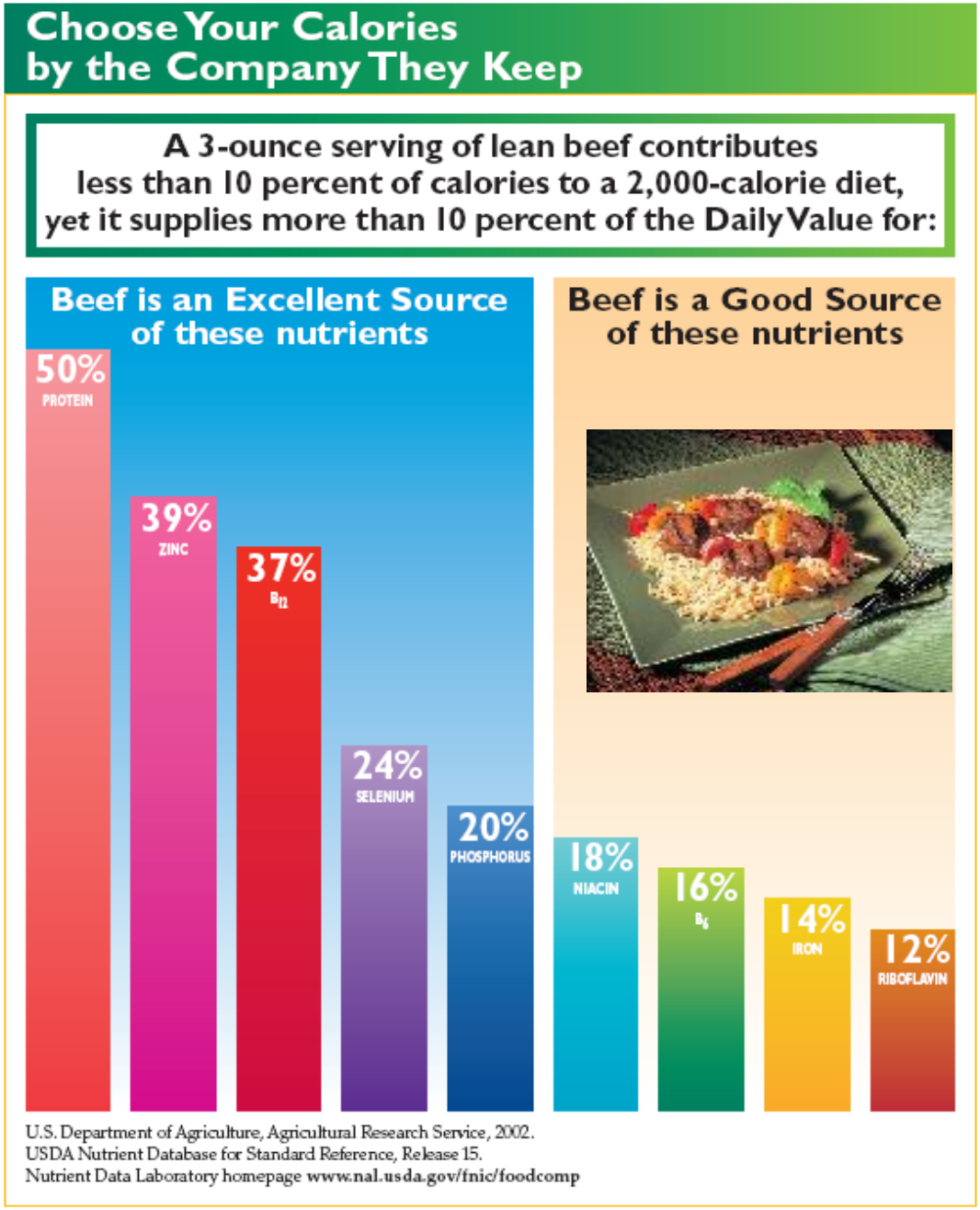
**Brisket - Flat Half • 95% Lean Ground Beef**

www.beefitswhatfordinner.com

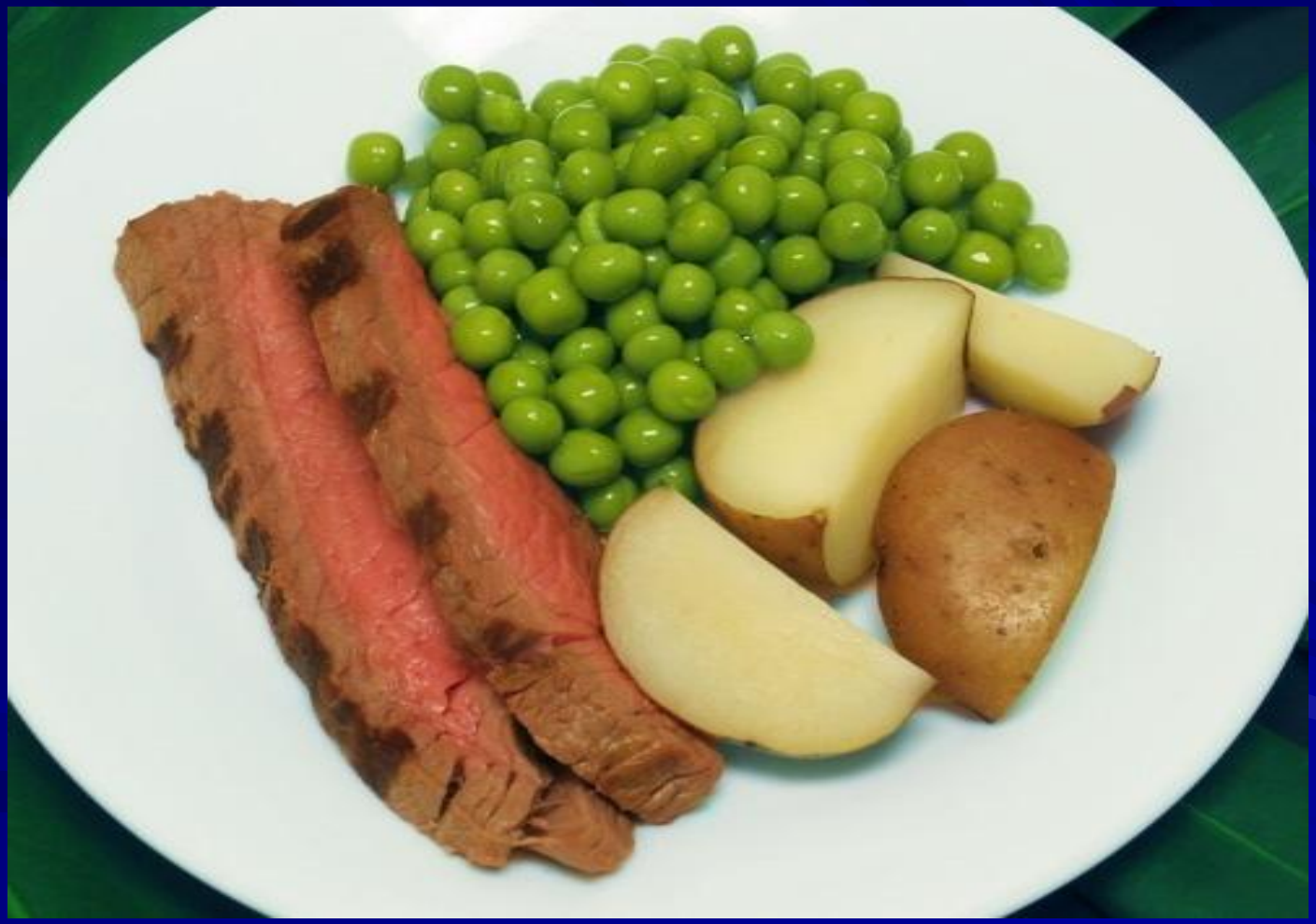
Beef is chief dietary source for:

Zinc
Iron
Protein
Selenium
Phosphorus
Vit $B_{12}$
Niacin
Riboflavin
Vit $B_6$

Cotton et al., JADA ,June 2004



# 3-4 oz portion of lean beef



# Add lean beef strips to veggies

# New: Protein & Optimal Health

New research shows Leucine in 4 oz lean beef * (or high-quality protein) at 3 meals daily:

- Improves muscle's role in overall health and disease prevention and management of CHD, Type 2 diabetes, osteoporosis, obesity, COPD
- Slows loss of bone & muscle mass / strength
- Optimizes metabolism (CHO, pro, fat & metab rate)
- In wt loss, promotes fat loss & muscle gain & wt maintenance (w/ calorie-control and exercise)

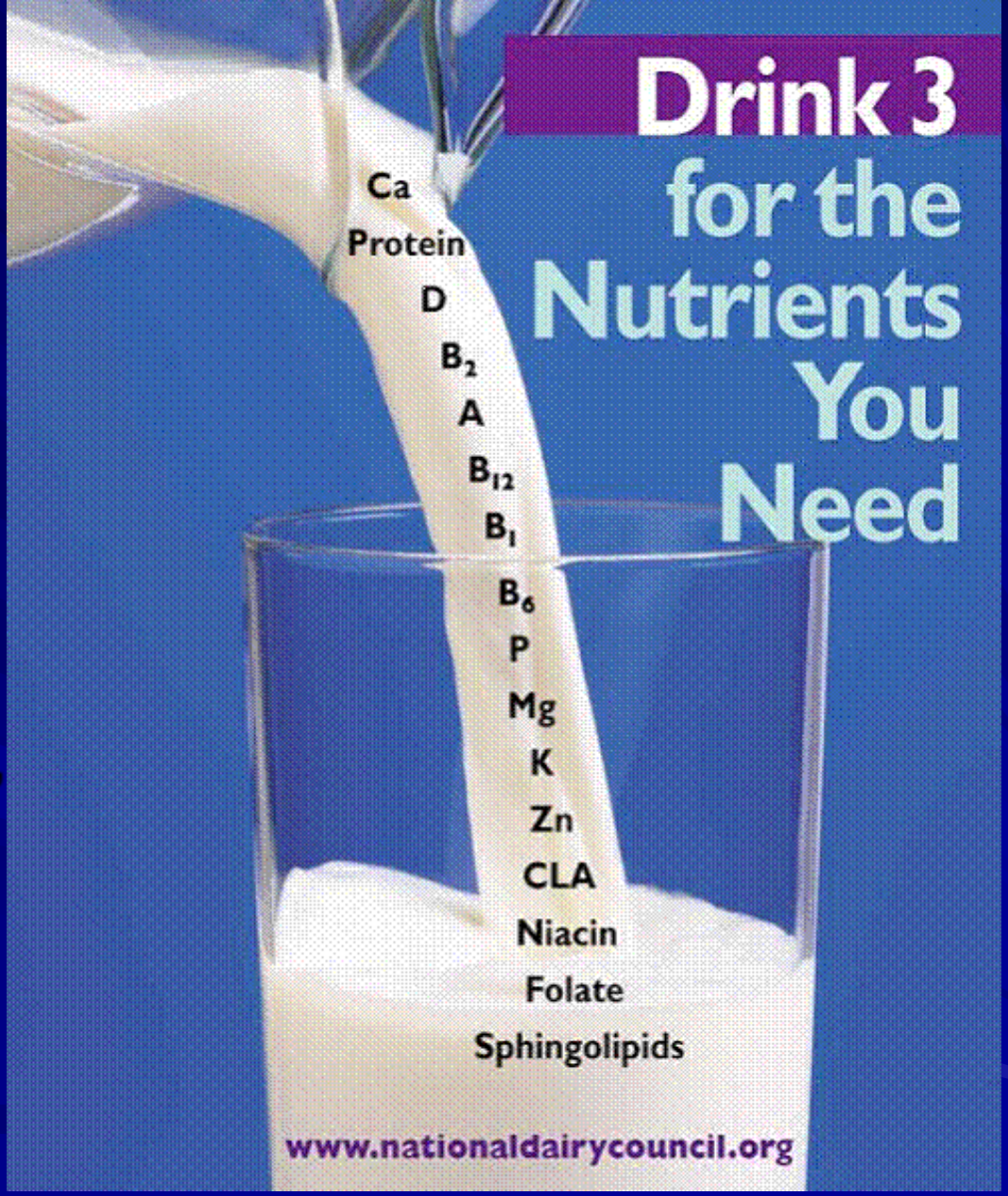
*( a little above RDA, w/in IOM's guide of 5-35% cal )

# Lean Pork – leaner today

# #8) Milk

HBV Protein
Calcium
Phosphorous
Magnesium
Potassium
Vit A, Vit D, Vit B1, B2, B3, B12…***and***

***- Lowers BP***
***- Prevents Diabetes***
***- Builds Bones***
***- Regulates fat burning***



# Prevent Osteoporosis Lifelong

# Sunshine! & Vitamin D3

- bones; muscle
- arteries / heart
- immunity
- cognition
- diabetes prevention
- blood pressure
- cancer prevention
- autoimmune diseases

## Get Tested for Vit D !

- Most Americans are low in Vit D3 blood levels.
- Most need supplement - 1000-2000 IU Vit D3 daily.
- Some are prescribed 50,000 IU Vit D3 once a week.

# #9) Healthy Oils -

- Olive or Canola Oils
- Olives, avocado
- Salmon; sardines
- Nuts; almonds, pistachios, walnuts
- Tub spreads

# Stanols/Sterols – two a day can ↓ cholesterol in 6 weeks

- **1 T Heart Right Smart Balance spread or Promise Activ spread**
- **1 c. Kroger Healthy Active (Corowise) or Smart Balance Heart Right milk**
- **1 c. Minute Maid Heartwise OJ**
- **1 serving Racconto Pasta**

# Plant Sterols/Stanols

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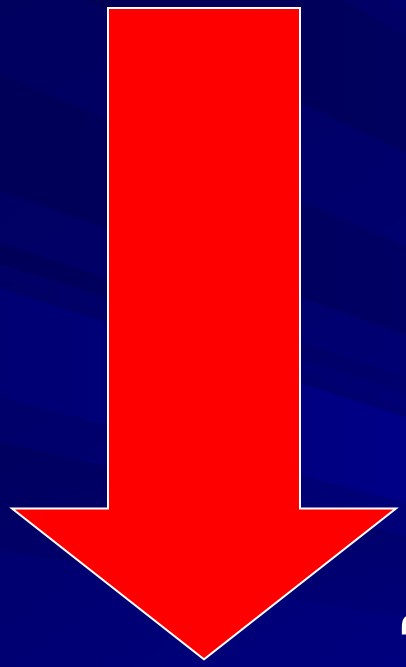


# Saturated Fats & Trans Fat

“ **Zero isn’t zero”** (rounding off)

Avoid hydrogenated (solid) fats in pastries, commercial desserts, crusts, snacks. See labels.

# # 10) **Water**

Drink # oz equal to half your weight

At least:
32 oz a day water
**+**
**32 oz a day** other liquids

# Less “Liquid Sugar”

# Re-Think Your Drink

**AHA: 2 drinks/ day for men; one for women**

**One drink = 5 oz wine = 12 oz lite beer = 1.5 oz liquor = 100 calories**

# What is the optimal diet?

# DASH Diet

2-3 cups fruit +

2-3 cups veg +

3 wholegrains +

3 cups milk
(1000 mg calcium) +

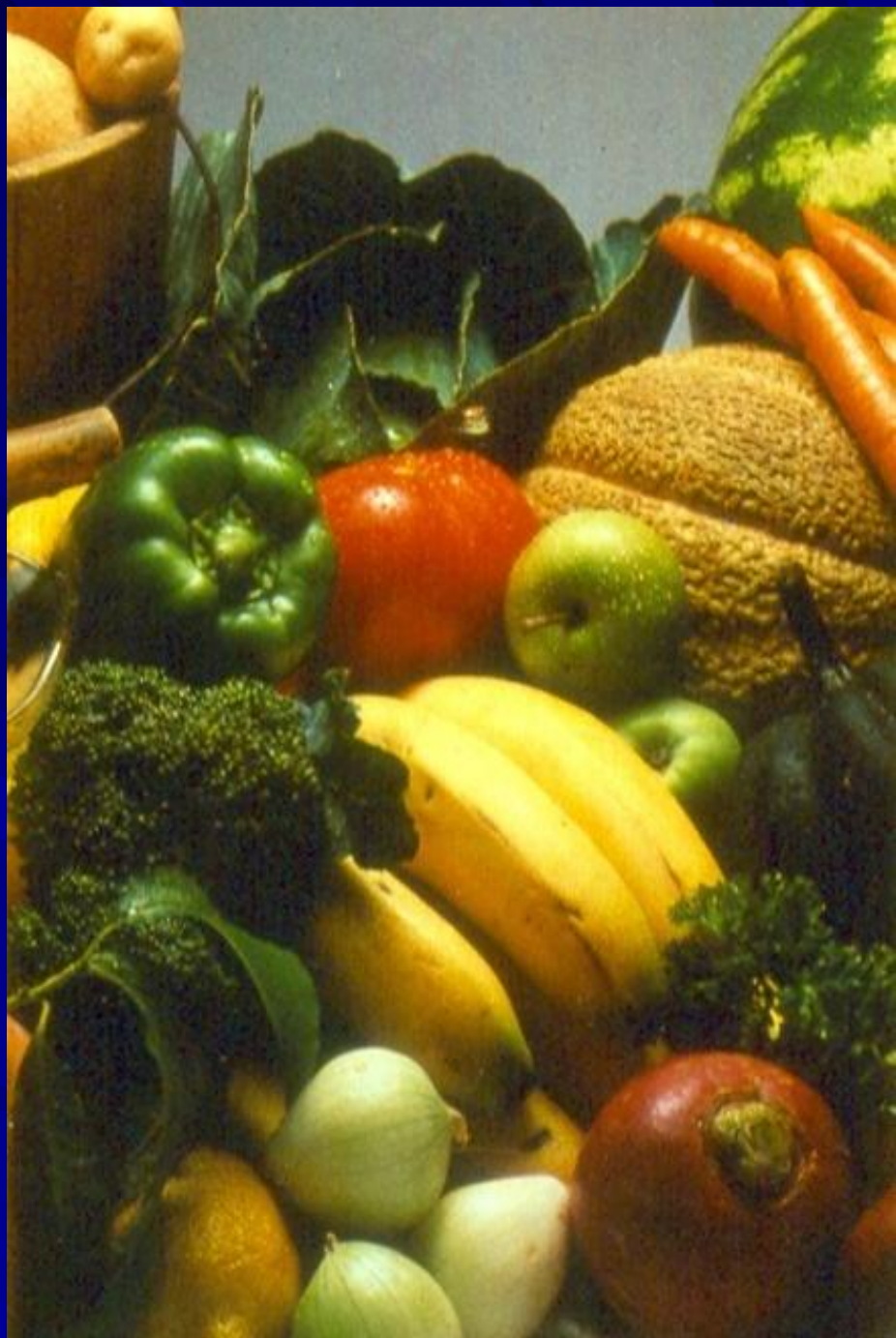
½ cup beans or 2-3 Tbsp nuts

5-6 oz lean beef, fish, poultry

1 tbsp healthy oils/fats

↓ lowers

Blood Pressure, Cholesterol,
TG, Weight



# Mediterranean Diet

3 cups fruit +

2-3 cups veg +

3 wholegrains +

3 cups milk
(1000 mg calcium) +

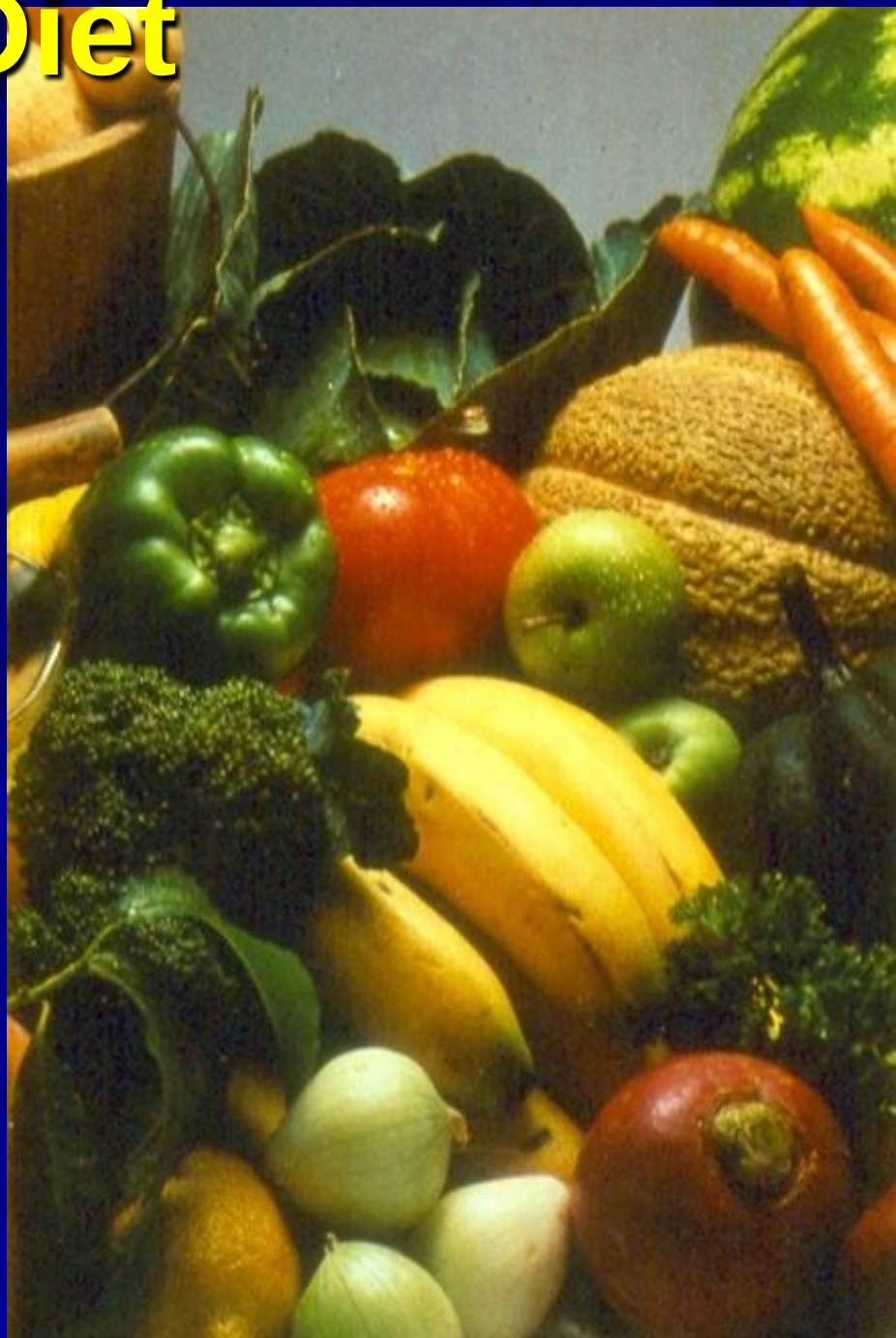
½ cup beans or 3 Tbsp nuts

3-5 oz lean beef, fish, poultry

2-3 Tbsp healthy oils/fats

↓ lowers

Blood Pressure, Cholesterol,
TG, Weight



# *“Let Thy Food be thy Medicine”*

***Hippocrates***
***450 BC***

# Benefits

## LESS

- Heart disease
- Hypertension
- Diabetes
- Insulin resistance
- Cancer
- Inflammation
- Abdominal fat
- 1st or 2nd heart attack

## MORE

- Longevity
- Overall health
- Easier weight control

# How Do I Put this on my Plate?

# Summarizing:

## 1) Begin with Nutrient-rich Foods !

- ✓ Reds
- ✓ Greens
- ✓ Berries
- ✓ Beans
- ✓ Oats/WG/fiber
- ✓ Seafood
- ✓ Lean beef/protein
- ✓ Milk - fat-free
- ✓ Healthy Oils
- ✓ Water

# 2) Combine & Vary Nutrient-Rich Foods for Health on your Plate!

- 3-5 colors
- 3-5 foods
- Plant foods
- Protein -¼ plate
- Mix foods

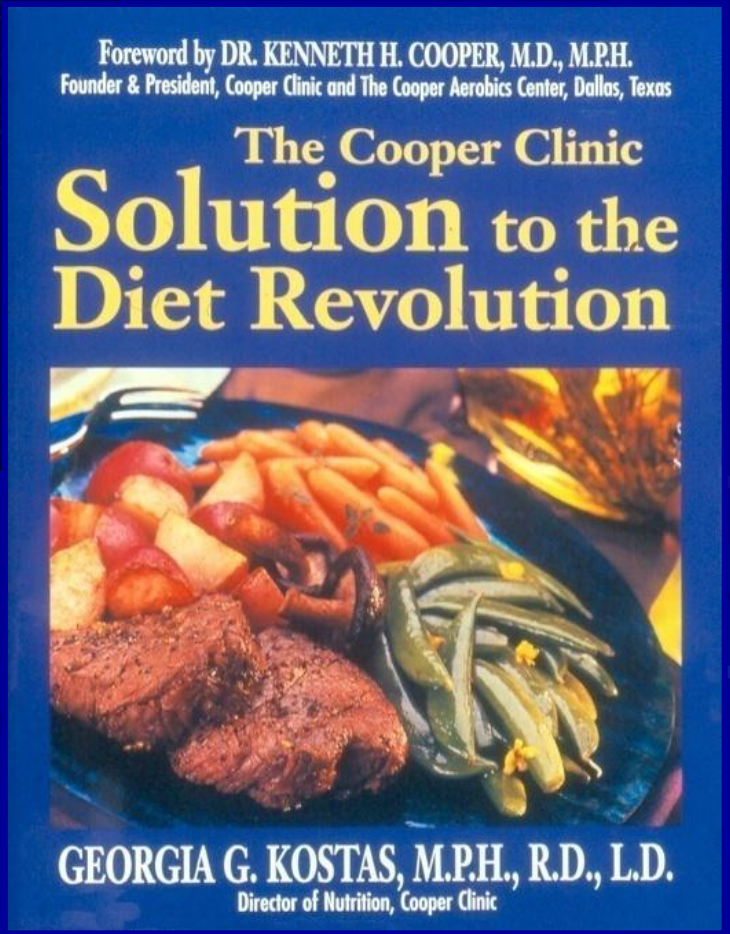
www.nutrientrichfoodscoalition.org

# Examples-What's on Your Plate?
## 3-5 Colors & 3-5 Foods for Nutrient-Richness

- Cereal , fruit, nuts, milk
- Stir-fries and stews
- Beans, rice, carrots, celery, tomatoes, onions

- Nutrients interact: Synergy

Balance




# 3) Divide Your Plate!

# 4) Be wise about portion size.

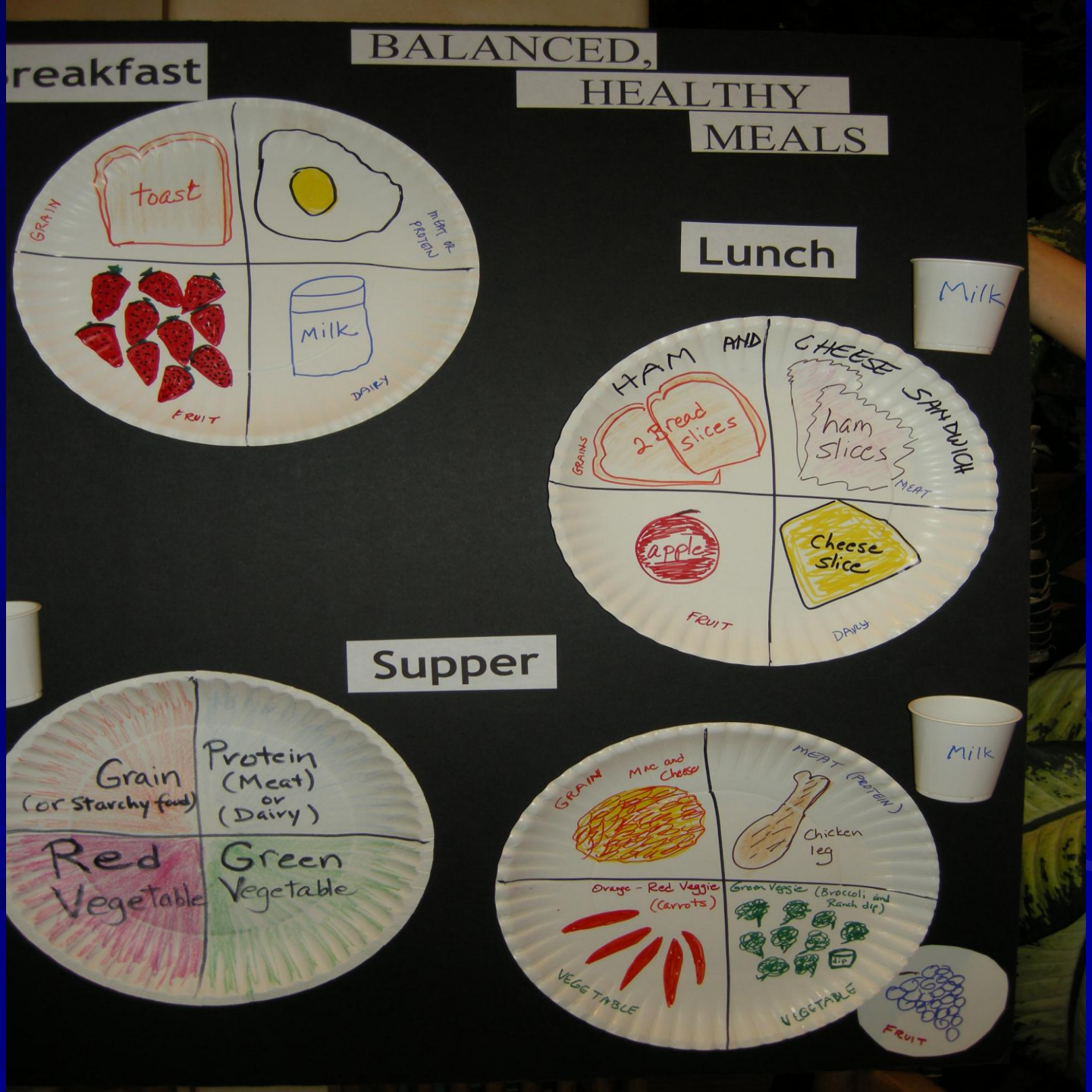
1 cup starch, veg, fruit , beans = a baseball

3 ounces of cooked meat, poultry, or fish = a deck of cards

2 tablespoons oils/nuts = a golf ball

# 5) Plan ahead.

( Kids plan on Paper Plates!)



# Small Changes Lead to Big Results

# Little things add up!

# Strategy: *"Just One More"*

- One more milk
- One more fruit
- One more vegetable
- One more wholegrain

# Add 1 fruit + 1 veggie to lunch

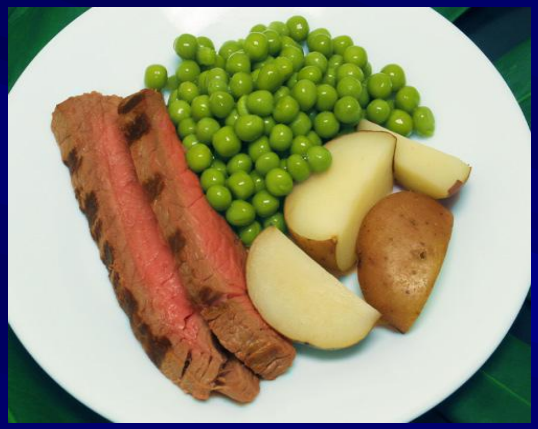
# Just Add One:

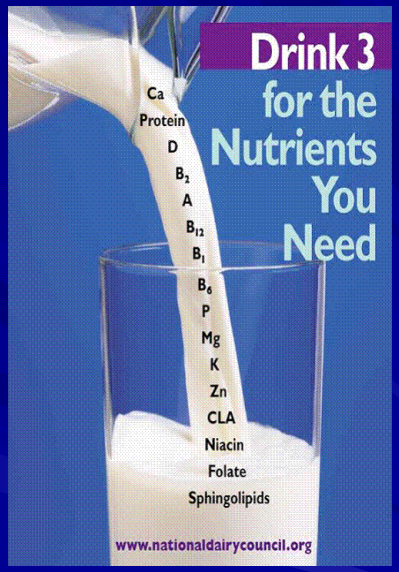
Milk w/ snack

Seafood recipe

Lean beef recipe

Olive oil on Salad





# Starting today, what changes will I make?

- What can I add at breakfast?
- Lunch?
- Dinner?
- Healthy snack?
- What swaps can I make for my well-being?
- When is the best time for me to plan meals?
- What portions will I upsize? downsize?
- Is half my dinner plate fruit and veggies?

*"It is easier to maintain good health through proper exercise, diet and emotional balance than it is to regain it once it is lost."*

Kenneth Cooper, MD

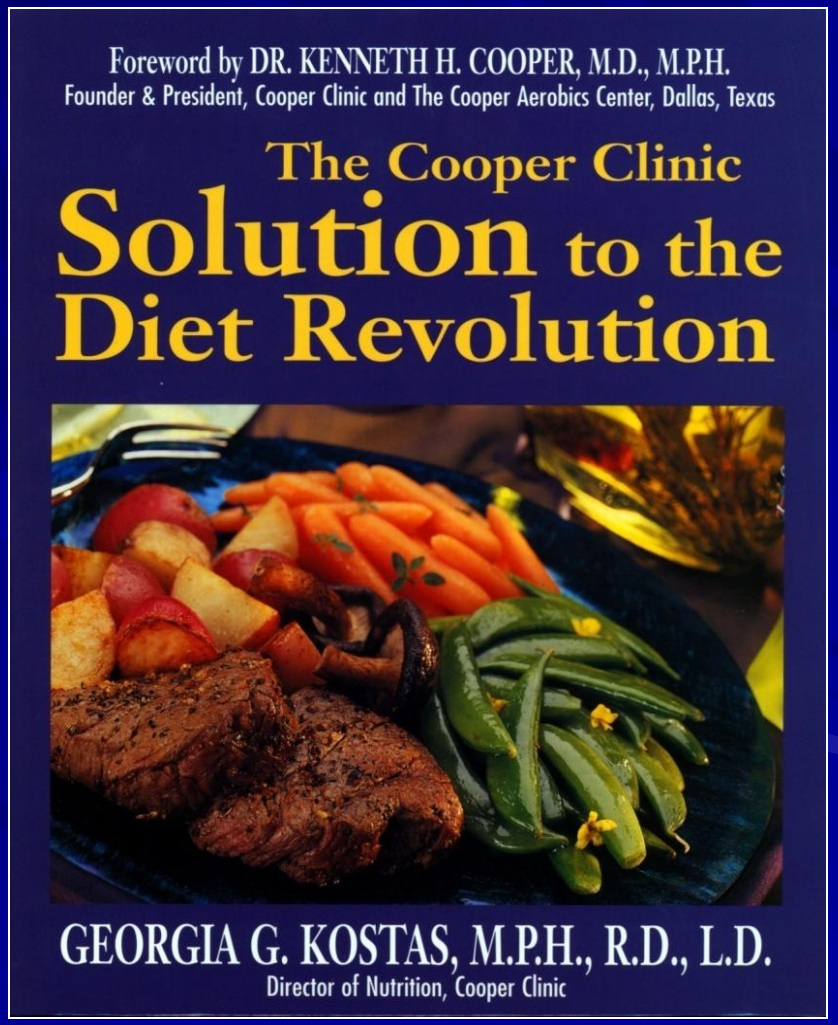
*Founder, Cooper Clinic & Father of Aerobics*

# For More Strategies, Meal Ideas, Menus, Habits, Everyday Tips

Thank you.

www.georgiakostas.com

book, handouts, blog



# Live Better, Stronger, Longer

"An ounce
of prevention
is worth
a pound of cure."