

The Top 10 Things Every Physician Needs to Know About Nutrition

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- I have no financial disclosures



Learning Objectives

1. Be able to articulate general diet recommendations based on current evidence to better support patients with chronic health conditions.
2. Develop a treatment plan for your patients using dietary interventions to support improved health.
3. Create a diet plan with each patient that builds upon their own individual cultural, lifestyle, financial and personal preferences.



Topics to review

- Diet and Chronic Disease
- Foods that raise blood glucose
- How to read a label
- Food Insecurity
- Diet and Culture
- Food addiction
- Supplements and sweeteners
- Nutrient deficiency
- General diet recommendations
- Elevator pitch on Diet



Diet and Chronic Disease

- Type 2 Diabetes
- Hypertension
- Celiac Disease



Foods that Elevate Blood Glucose

- Sugary drinks (soda, fruit juices, energy drinks)
- Sweets and Candies
- White Bread and refined grains
- Processed snack foods
- Dried fruits
- Breakfast cereals
- Sauces and condiments
- Alcohol
- Sweetened Yogurt



How to read a label

- Check serving size
- Calories
- Nutrient list
 - Fat
 - Cholesterol
 - Carbohydrates
 - Protein
 - Vitamins and minerals
- Ingredient list
- Allergen information



Food Insecurity

- Global issue
- Learn to identify signs of food insecurity in patients
- Know the negative consequences
- Provide guidance
- Provide resources
- Collaborate with providers in the community



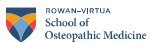
Cultural influences on diet

- Diverse and multicultural community
- Various holidays and celebrations have unique food traditions
- Variable portion sizes
- Dietary restrictions and Taboos
- Traditional Foods and Recipes
- Mealtime Practices and eating habits
- Communication styles and Health beliefs



Food Addiction and Behavioral features

- What is food addiction?
- Yale Food Addiction Scale – Dr. Gearhardt University of Michigan
- Eisenberg Depression Center – Link between food and depression
- Fast Lab Food and Addiction Science & Treatment Lab
- Depression and Mood Disorders
- Anxiety and Stress
- Eating Disorders



Supplements and Sweeteners

- Supplements can be beneficial when used correctly
- Iron supplements, Vitamin D supplements and Herbal and Botanical
 - Memorial Sloan Kettering Cancer Center- Integrative Medicine
- Energy and Workout Supplements- High levels of caffeine and sweeteners
- Aspartame, saccharin and sucralose
 - May lead to increased desire for sweet foods
 - Sorbitol and mannitol can cause digestive issues
 - Complex metabolic effects that influence appetite, microflora and weight regulation



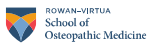
Nutrient Deficiencies

- Protein
- Calcium
- Vitamin D
- Zinc
- Vitamin C
- B vitamins
- Fiber
- Vitamin A
- Omega-3 fatty acids



General Diet Advice

- Mindful when you eat
- Planning
- Current diet intake
- Restrictions, allergies, sensitivities
- What are your health goals
- Cultural, lifestyle and personal preferences
- Meal timing and habits
- Obstacles faced when following a diet plan



Elevator Pitch

- Get nutrition recommendations from an reputable source- RD, DO, MD, PhD, American Dietetic Association, Physicians Committee for Responsible Medicine, Dr. Peter Atia- the Drive, Dr. Andrew Huberman and Dr. Michael Greger-podcast
- Keep a Journal- make changes slow!
- Stay Hydrated
- Variety in the Diet
- Increase Fiber intake
- Vegetables first
- Plan your meals
- Read the labels- exercise caution when you eat out
- When you give advice to a patient- make sure it is supported by the evidence!



References

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Questions?



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• Thank You!