

LIFESTYLE REDO

A Program to Prevent, Arrest & Reverse Chronic Diseases

Week 2 – Culinary Medicine



Lifestyle Medicine Solutions
Accredited Service Provider of the
Philippine College of Lifestyle Medicine
www.lmedsolutions.com



FOCUS

This is an introduction to Lifestyle Medicine that sets the participants to transition from practices that increase chronic disease risk to optimal lifestyle that will address their health concern and improve overall health outcome.

LEARNING OBJECTIVES

By the end of the session participants are expected to:

- Understand the need for transitioning
- Review evidence supporting culinary medicine
- Understand culinary medicine principles
- Und
- Discuss the program preparation.
- Introduce the LM Solutions Interface
- Provide request for blood draws

MATERIALS CHECKLIST

- Participant workbook
 - Participant guide (should be distributed in each session)
 - Food Logs
 - Activity Logs
 - Clinical Data Logs
 - Vitals and Body Composition Logs
 - Task sheet and other materials
 - Provider Logs
 - Nametags for participants, provider, and support staff
 - Pens
 - White board markers, Flip chart, Flat screen monitor or overhead projector
 - Laptop



THINGS TO DO

Before the Session

- Prepare your meeting room and secure a room for assessment.
- Make sure the needed supplies for the session are available.
- Review the Provider guide and make sure that you understood the module thoroughly so you can facilitate efficiently.

During the Session

- Facilitate participant’s assessment or delegate this task to your staff (ensure the recording of data using the LM Solutions Interface).
- Remind the participants to wear their nametags.
- Begin the session with a welcome introduction.

After the Session

- Take down notes and highlight items that went well and what needs to be improved. List down concerns that participants have that may need to be addressed in the next sessions.

SESSION OUTLINE

This session is designed to last for 90 to 120 minutes.

Session Welcome and Introductions	10 min
Program Overview	3 min
Lifestyle Is Medicine	30-40 min
Exercise Break	5-10 min
The Burden of Chronic Disease	15-20min
Goal Setting	5-10 min
Action Planning	5-10 min
Summary	5 min
Session Closing	3 min

Session 4

This explainer video is about 4 minutes.



Ask the participants to share what they think is the difference between the food that people eat before and now that contributes to the increasing number of chronic diseases.


People eat fruits, vegetables, meat, poultry, and fish. What could be the difference? (look for the answers on food processing).

Session 4b

This is a provider lecture session. Use the PowerPoint slides provided for this topic.

What is Culinary Medicine?

Culinary Medicine is the art of cooking for health. As defined by the American College of Preventive Medicine, it is the practice of helping patients use nutrition and good cooking habits to restore and maintain health. It's a new field that combines important scientific principles related to nutrition, behavior, and Medicine. Culinary Medicine offers a simple approach to understanding how food and cooking relate to personal health, habits, and healthcare goals. It is a crucial self-care tool studied by medical professionals and implemented at the practitioner level to better counsel patients and improve health outcomes.



Ask the participants if this is the first time they heard about culinary medicine and what they think it is all about?



The Choice is Yours

- One hundred years ago, very few people suffered from coronary heart disease, stroke, diabetes, and cancer. These lifestyle-related illnesses were relatively rare and accounted for a small percentage of deaths worldwide. However, fast forward to today, and these diseases have become rampant, claiming the lives of millions of people every year. The alarming rise of these illnesses is directly linked to our modern lifestyle choices.

Discuss the slide content in your own words.



Food Processing

With the advent of processed foods, sedentary lifestyles, and increasing levels of stress, our bodies are under constant strain. Our diets are high in saturated fats, refined sugars, and processed carbohydrates, all of which contribute to the development of chronic diseases. Additionally, our increasingly fast-paced lives leave little time for rest, relaxation, and taking care of our health. It's no wonder that these lifestyle-related illnesses have become the leading causes of death worldwide.

Discuss the slide content and ask the participants to give examples of processed foods that they eat.

Disease from food? Do you mean pesticides and preservatives?

Surprisingly, pesticides and preservatives aren't the worst offenders. Here are some of the more serious culprits:

- Sugar
- Refined Foods
- Salt
- Fat
- Protein
- Beverages
- Snacks



Is it the pesticides and the preservatives in the food we eat that's the culprit?

Discuss the notes provided in the slide.

Note: make sure you are using the presenter view to see the notes.

We have the power to change our destiny

- By adopting a better diet and wiser lifestyle habits, we can significantly reduce our risk of developing these chronic diseases.
- Switching to a whole-foods-based diet, rich in fruits, vegetables, whole grains, and lean proteins, can provide the essential nutrients needed to fight disease and promote longevity.



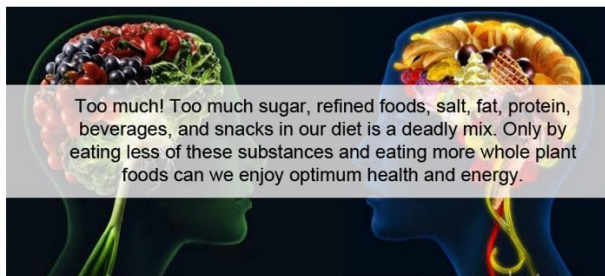
Discuss the slide content in your own words.

Is there anything safe to eat?

- Fruit
- Vegetables
- Legumes
- Nuts and Seeds
- Whole grains



Discuss the slide content and ask the participants to give examples of whole plant-based foods that they eat. And estimate how much of their plate is occupied with these food items.



Too much! Too much sugar, refined foods, salt, fat, protein, beverages, and snacks in our diet is a deadly mix. Only by eating less of these substances and eating more whole plant foods can we enjoy optimum health and energy.

Read the slide content and end by asking anyone who has a question about the topic.

Session 5




24-Hour Food Recall



It's easier to remember what your breakfast or lunch

Emphasize the importance of having awareness on personal dietary patterns. Practice the 24-hour food recall. It's easier to remember the food taken in the past 24 hours, and then review which food groups should be taken more or taken less the following day.
Ex: I ate too much fat today so I have to eat less tomorrow.



STEP 2
Planning ahead
Deciding on action steps
Gathering tools

The second step is planning ahead, deciding on action steps, and gathering the tools to help you.

Encourage food journaling to check eating habits that needs to be improved.
Strive to make the healthy choice an easy choice by preparing healthy foods around that should be available when hunger or thirst sets in.
Ex: having a bag of nuts will encourage one to eat a healthier snack.



STEP 3
Putting goals into action
Recording progress

Transitioning to eating healthier versions of your favorite foods shouldn't be hard.

Ask any of the participants who's interested in sharing their goal and how they think they can transition to achieve it.

LIFESTYLE REDO

A Program to Prevent, Arrest & Reverse Chronic Diseases

Healthy
Develop **cooking skills**
Eat at home

to have a general idea to help them along their cooking journey.

Encourage eating at home. But it's important to understand that foods prepared at home should be tasteful and palatable.

Review the important factors that affects food preparation: - Taste and Texture

THE PROTEIN FLIP
IN THE U.S., ANIMAL SOURCES ACCOUNT FOR AS MUCH AS 85% OF THE PROTEIN WE EAT
THE MOST COMMON SOURCE OF PROTEIN IN AMERICAN DIETS, BY PERCENTAGE BASED ON GRAMS OF PROTEIN

with the word "protein flip." An everyday meal might be a big steak and a small salad on the side.

Emphasize flipping the plate while on transitioning – Protein Flip and Dessert Flip.

The goal is to let them still enjoy the taste of their favorite dish, but this time they are consuming more healthier ingredients in every food serving.

Session 4 Activity

SESSION 4 ACTIVITY
SLIM YOUR SALAD DOWN

Four tablespoons of regular blue cheese dressing will have 100 calories to a salad. That's 100 calories you don't need. The goal, for your health will be to make a more super salad dressing using the ingredients.

SUPER SALAD DRESSING:

- 1/2 cup olive
- 1/4 cup lemon juice
- 1/4 cup balsamic
- 1/4 cup apple cider
- 1/4 cup hot sauce
- 1/4 cup salt (optional)
- 1/4 cup oil (optional)

Combine all the ingredients and shake well. Let it sit, it'll get even better with age. Then use the dressing for any of your prepared salads.

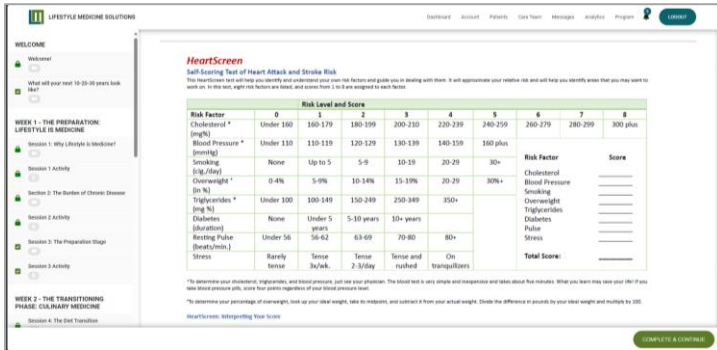
SIMPLE SALAD:

- 2 cups sliced whole leafy greens
- 1/2 cup sliced cucumber
- 2 hard-boiled eggs
- 2 sliced dried nuts
- 2 sliced dried seeds
- 2 sliced dried fruits

Prepare your ingredients and make the recipe with your participants.

Then enjoy the salad together. Ask the participants how's the salad, and how they think they can tweak the recipe at home.

Session 5 Activity



Heart disease is the #1 killer disease that's highly food related. Assist the patient in using the HeartScreen and check their score.

End the session by opening the Lifestyle REDO Week 3 and give a brief description of what they will learn in the next sessions. Encourage them to start working on their kitchen and start flipping their plates. Guide the participants on how to access the Jumpstart kit and plan for the upcoming Jumpstart week.