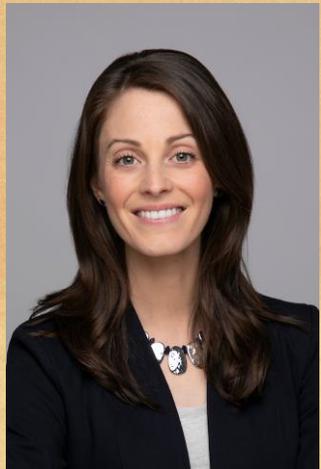


# Why & How to Eat a Whole Foods Based Diet



Presented By: Colleen Drosdeck, RDN, CD April 2020

Medical Disclaimer: This webinar is for general knowledge and educational purposes only. It is not a substitute for medical advice or treatment for any medical conditions

# What is a “whole food”?

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- Foods that are typically found in nature.
  - Apples, sweet potatoes, whole chicken, eggs, almonds, broccoli, avocados, dried beans, and more.
- If it is a plant, it should have all or most of its parts.
  - Olives vs olive oil, whole orange vs orange juice.
- On a food label, the only ingredient listed should be the food itself.



Why should we eat more  
whole foods?

Unprocessed/minimally processed foods contain more naturally occurring vitamins, minerals, fiber and phytonutrients than highly processed foods.

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Processed foods are not only more costly for your wallet but can negatively impact the environment as well.



## Phytonutrient Spectrum Foods

### RED

<b>Foods</b> Apples Beans ( <i>adzuki, kidney, red</i> ) Beets Bell peppers Blood oranges	Cranberries Cherries Grapefruit ( <i>pink</i> ) Goji berries Grapes Onions Plums	Pomegranate Potatoes Radicchio Radishes Raspberries Strawberries Sweet red peppers	Rhubarb Rooibos tea Tomato Watermelon	<b>Benefits</b> Anti-cancer Anti-inflammatory Cell protection	Gastrointestinal health Heart health Hormone health Liver health
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### ORANGE

<b>Foods</b> Apricots Bell peppers Cantaloupe Carrots	Mango Nectarine Orange Papaya Persimmons	Pumpkin Squash ( <i>acorn, butternut, winter</i> ) Sweet potato	Tangerines Turmeric root Yams	<b>Benefits</b> Anti-cancer Anti-bacterial Immune health Cell protection	Reduced mortality Reproductive health Skin health Source of vitamin A
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### YELLOW

<b>Foods</b> Apple Asian pears Banana	Bell peppers Corn Corn-on-the-cob Ginger root	Lemon Millet Pineapple	Starfruit Succotash Summer squash	<b>Benefits</b> Anti-cancer Anti-inflammatory Cell protection Cognition	Eye health Heart health Skin health Vascular health
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### GREEN

<b>Foods</b> Apples Artichoke Asparagus Avocado Bamboo sprouts Bean sprouts Bell peppers Bitter melon	Bok choy Broccoli Broccolini Brussels sprouts Cabbage Celery Cucumbers Edamame/Soy beans Green beans	Green peas Green tea Greens ( <i>arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip</i> ) Limes	Okra Olives Pears Snow peas Watercress Zucchini	<b>Benefits</b> Anti-cancer Anti-inflammatory Brain health Cell protection	Skin health Hormone balance Heart health Liver health
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### BLUE/PURPLE/BLACK

<b>Foods</b> Bell peppers Berries ( <i>blue, black, boysenberries, huckleberries, marionberries</i> )	Cabbage Carrots Cauliflower Eggplant Figs	Grapes Kale Olives Plums Potatoes	Prunes Raisins Rice ( <i>black or purple</i> )	<b>Benefits</b> Anti-cancer Anti-inflammatory Cell protection	Cognitive health Heart health Liver health
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### WHITE/TAN/BROWN

<b>Foods</b> Apples Applesauce Bean dips Cauliflower Cocoa Coconut Coffee	Dates Garlic Ginger Jicama Legumes ( <i>chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans/low-fat</i> )	Mushrooms Nuts ( <i>almonds, cashews, pecans, walnuts</i> ) Onions Pears Sauerkraut Seeds ( <i>flax, hemp, pumpkin, sesame, sunflower</i> )	Shallots Soy Tahini Tea ( <i>black, white</i> ) Whole grains ( <i>barley, brown, rice, oat, quinoa, rye, spelt, wheat</i> )	<b>Benefits</b> Anti-cancer Anti-microbial Cell protection Gastrointestinal health	Heart health Hormone health Liver health
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Food is information for our cells.

It can promote or decrease inflammation throughout the body.

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It affects our genetic material, which can upregulate or downregulate certain genes.

Let's discuss some easy  
1<sup>st</sup> steps to incorporating  
more whole foods...

# Step 1: Choose unprocessed or minimally processed foods...most of the time

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- Steel cut oats vs instant oats
- Dried beans vs canned baked beans
- Fresh roasted turkey breast vs lunch meat turkey breast
- Baked potato vs french fries
- Raw nuts vs seasoned, oiled and roasted nuts
- Homemade pizza vs store bought
- Olives vs refined olive oil
- Edamame vs products with soy protein isolate
- Honey vs granulated white sugar
- Coconut meat vs coconut water or oil
- Strawberries vs strawberry-flavored fruit snacks

## Step 2: Pay attention to the ingredients listed on packaged foods

- You should be able to understand/pronounce the ingredients listed.
- Typically, the less ingredients the better.
- Ingredients are listed in descending order in regards to the amount contained within the product.
- The ingredients list can indicate if the product may contain more fiber, e.g., “whole grain wheat.”



Includes 0g Added Sugars	
<b>Protein 3g</b>	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.4mg	8%
Potassium 116mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

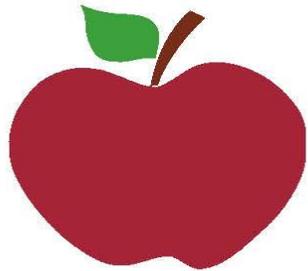
**INGREDIENTS: WHOLE GRAIN WHEAT, CANOLA OIL, SEA SALT. BHT ADDED TO THE PACKAGING MATERIAL TO PRESERVE FRESHNESS. CONTAINS: WHEAT.**

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Step 3: Balance meals using  
whole foods

# Bastyr **Healthy** Plate

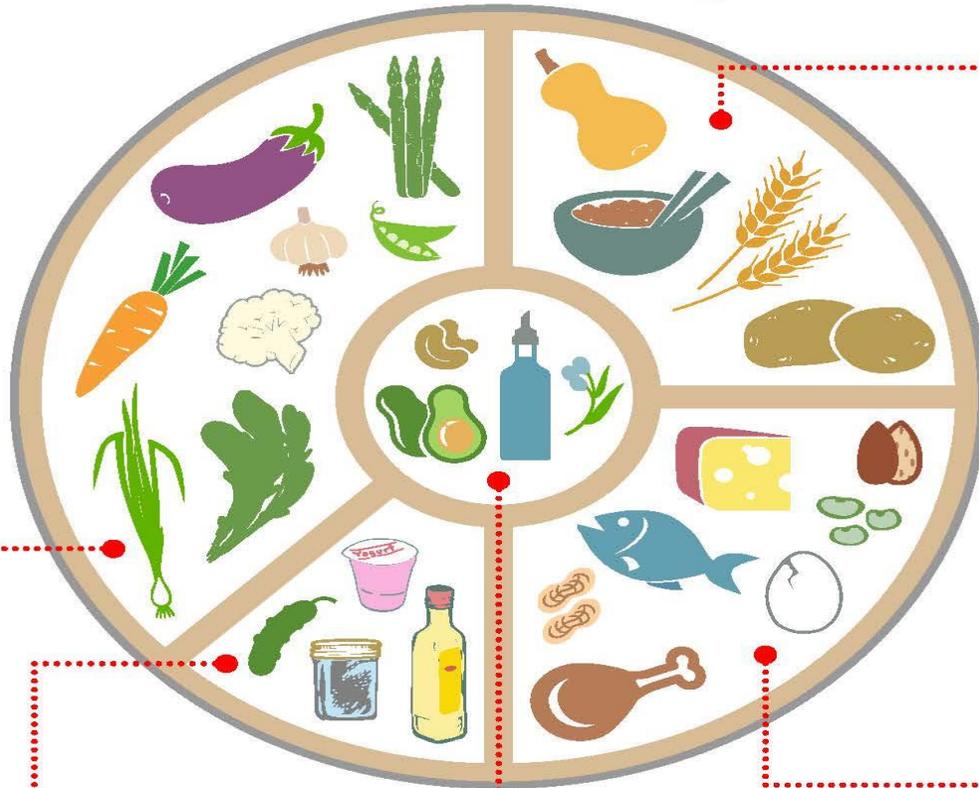
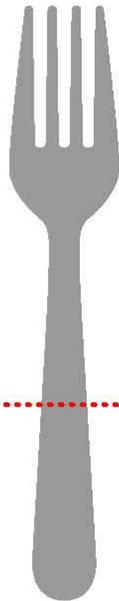


## FRUITS

Consume a variety of fruits each day with meals, snacks or as a healthy dessert choice.

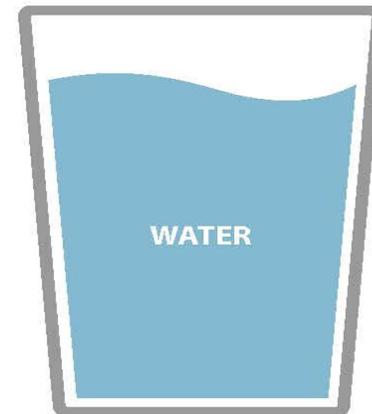
## VEGETABLES

Fill your plate with a variety of raw and cooked vegetables. Include at least one green vegetable and one other color of vegetable with every meal.



## WHOLE GRAINS & STARCHES

Include high-fiber whole grains such as brown rice, quinoa, oats, whole grain breads and pastas or starchy vegetables like sweet potatoes and squash. Limit refined grains: white rice, white breads and pastas.



## DIGESTIVES

Fermented foods such as sauerkraut, yogurt, miso, tempeh, kimchi, apple cider vinegar, kombucha, kefir and lacto fermented vegetables can aid in immune function, digestion and support the normal flora of the digestive tract.

## HEALTHY FAT

Includes fats from whole foods such as avocado, nuts, seeds and fatty fish. Use cold pressed oils such as olive and sesame for dressings and marinades and olive oil, coconut oil and butter for cooking and baking.

## PROTEINS

Include a variety of healthy plant proteins such as legumes, nuts and seeds, and animal proteins like fish, poultry, eggs and dairy. Select organic, free-range or grass-fed animal proteins when possible.

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# Minimally Processed Protein Sources

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Both animal and plant based protein sources provide important nutrients and support health.

## Animal proteins

- Fish
- Chicken and Turkey
- Lean Beef
- Eggs
- Dairy



## Plant based proteins

- Lentils and beans
- Soy foods such as edamame, tempeh and tofu
- Nuts and nut butters
- Seeds



# Whole Grains and Starches

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Whole grains and starches are a great source of fiber, vitamins, minerals and phytonutrients.

## Whole Grains

- Hulled barley
- Rolled/Steel cut oats
- Farro
- Bulgur
- Quinoa
- Brown and wild rice
- 100% whole wheat products



## Whole Food Starches

- Sweet potatoes & potatoes
- Acorn and butternut squash
- Beans and lentils
- Parsnips, rutabaga
- Plantains





# Whole Fruits and Vegetables



Fruits & vegetables are great sources of vitamins, minerals, fiber & phytonutrients that support health by reducing risk of various diseases. Make sure to choose a variety of colors!

## Fruits

Portion Size: 1-2 cups per day

- Berries- blueberries, raspberries, blackberries, strawberries
- Apples, peaches, oranges, plums
- Pineapple, kiwi, grapes
- Bananas, pears, papaya, mango

## Non-Starchy Vegetables

Portion Size: 2-3 cups or more per day

- Broccoli, cauliflower, brussels sprouts, cabbage, kale, various types of lettuce
- Eggplant, peppers, garlic, onion
- Cucumbers, tomatoes, celery
- Green beans, arugula, asparagus



# Healthy Fats



Healthy fats provide essential nutrients, promote satiety and can help reduce inflammation.

## Whole Food Fats

- Avocadoes
- Nuts and Seeds
- Fatty Fish
- Coconut
- Olives

## Oils to try for cooking and baking

- Olive oil
- Avocado oil
- Coconut oil

## Oils to try for dressings

- Sesame oils
- Olive oil

# Balanced Meal Examples

## Breakfast

- Scrambled whole eggs with spinach, onion, avocado, and roasted sweet potatoes
- Overnight steel cut oats with berries, honey, unsweetened almond milk, and pecans
- 2% plain Greek yogurt with raspberries, tsp of honey or pinch of stevia and chopped nuts

## Lunch

- Mason Jar salads
- Open-faced sandwich on whole grain bread with canned salmon, mayo/avocado, dill and side of carrots/celery with dressing/dip of choice
- Leftover chili with beans, canned tomatoes, peppers, onion, garlic, cut green beans, corn, and shredded parmesan cheese

## Dinner

- Shredded chicken and/or black bean tacos with bell peppers, zucchini, and onions sautéed in avocado oil
- Homemade pizzas (whole grain or almond flour crust, pizza sauce, peppers, onions, broccoli, mushrooms, mozzarella cheese) with a side salad (greens, tomatoes, onion and olive oil based dressing)

# Step 4: Plan ahead

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Start by planning and prepping meals for just 2-3 days out of the week

- At first, keep it simple and plan and prep for the meal (breakfast, lunch or dinner) you struggle with the most.
- Search for a few easy recipes to try (crockpot meals, 1 pan/skillet meals, Instant Pot meals, etc.). Recipes- <http://www.eatingwell.com/>
- Go through your cupboard to search for any ingredients you have on hand
- Make a grocery list
- Purchase items and prep by chopping vegetables on the weekend or on a weekday morning, cooking any grains or beans in bulk for the week, cooking extra meat to use in another meal (e.g. shredded chicken in a crockpot), pre-making sauces and more.

# Now let's consider your current intake of Whole Foods...

**Within the past month, I have tried the following minimally processed proteins:**

Fish

Chicken or Turkey

Lean Beef

Dairy (unsweetened)

Eggs

Beans/Lentils

Tofu

Tempeh

Edamame

Nuts (all varieties)

Nut Butters

Seeds: chia, pumpkin, flax

# Now let's consider your current intake of Whole Foods...

**Within the past month, I have tried the following whole grains or starches:**

Farro

Steel-Cut Oatmeal

Hulled Barley

Quinoa

Bulgur

Brown Rice

Wild Rice

100% Whole Wheat Bread

Sweet potatoes

Acorn or butternut squash

Beans/Lentils

Parsnips

# Now let's consider your current intake of Whole Foods...

**How many  $\frac{1}{2}$  cup portions of fruit do you have in a typical day?**

0 1 2 3 4 5+

**How many  $\frac{1}{2}$  cup portions of vegetables do you have in a typical day?**

0 1 2 3 4 5+

Thank You!

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Or Reach out to us by phone: **425-409-3544**

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