



Blue Zones and Longevity follow up



FOOD GUIDELINES

MONTHLY

Retreat from meat: Blue zones centenarians eat about 2 oz or less about 5x per month



Reduce dairy



WEEKLY

Slash sugar: Consume only 28 grams (7 teaspoons) of added sugar daily



Eliminate eggs:
No more than 3 per week



Go easy on fish:
Fewer than 3 oz, up to 3 times weekly



Snack on nuts:
About 1-2 handful a day



DAILY

Drink mostly water: About 7 glasses / day; coffee, tea, and wine in moderation



Daily dose of beans: Half-cup to one cup / day



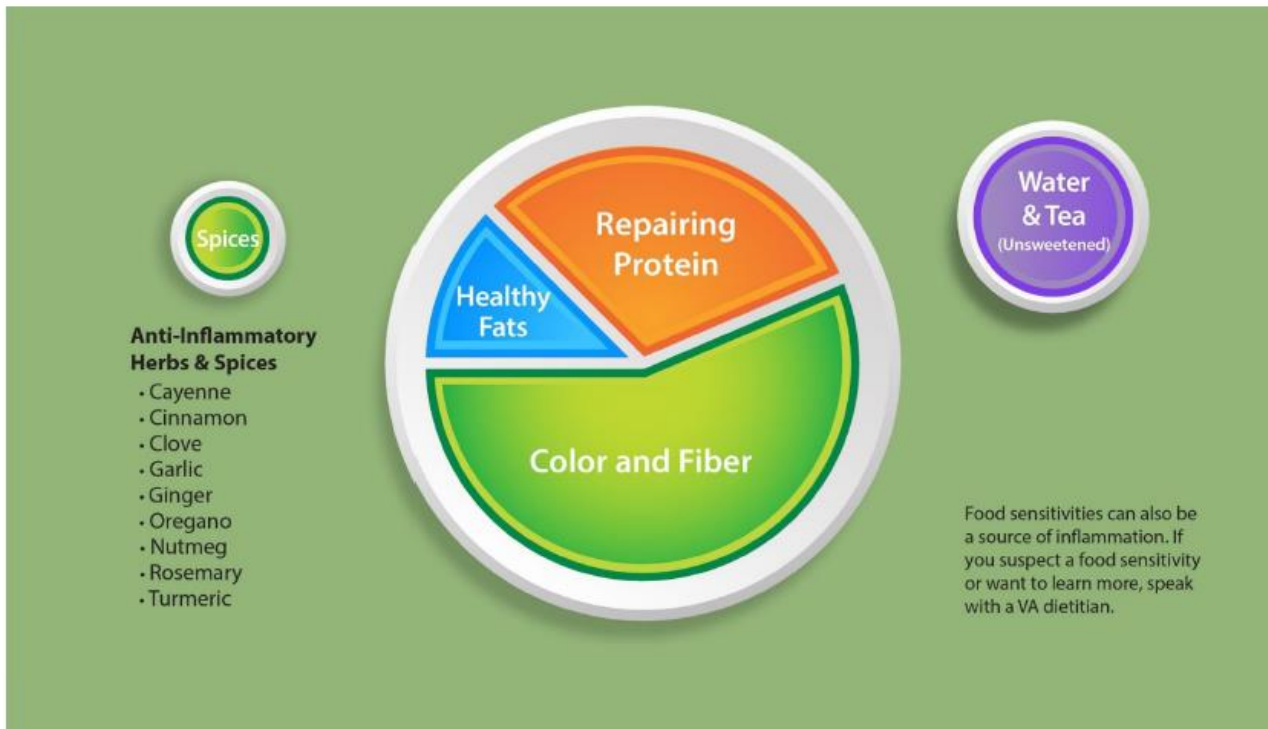
Go wholly whole: Single-ingredient, raw, cooked, ground, or fermented, and not highly processed



95-100% plant-based



Anti-Inflammatory Meal Planning: Plan Your Plate



Nutrition and Food Services (02/2020)
www.nutrition.va.gov

Choose these foods **MORE** often to decrease inflammation.

Color and Fiber			Healthy Fats	Repairing Protein
Non-Starchy Vegetables <ul style="list-style-type: none"> • Alliums/Onions • Cruciferous veggies • Dark leafy greens • Fermented veggies • Mushrooms • Peppers • Root vegetables • Seaweed • Summer squash 	Whole Grains <ul style="list-style-type: none"> • Amaranth • Barley • Brown rice • Buckwheat • Bulgur • Millet • Oats • Quinoa • Sorghum • Wheat berries • Wild rice 	Spices <ul style="list-style-type: none"> • Allspice • Black pepper • Cinnamon • Clove • Cumin • Curry • Garlic • Ginger • Mustard • Nutmeg • Paprika • Saffron • Turmeric 	Nuts <ul style="list-style-type: none"> • Almonds • Brazil nuts • Cashews • Hazelnuts/Filberts • Macadamia nuts • Pecans • Pine nuts • Walnuts 	<ul style="list-style-type: none"> • Beans/legumes • Cold water fatty fish <ul style="list-style-type: none"> ◦ Halibut ◦ Herring ◦ Mackerel ◦ Rainbow trout ◦ Salmon ◦ Sardines ◦ Tuna • Eggs • Fermented Dairy <ul style="list-style-type: none"> ◦ Plain yogurt ◦ Plain kefir • Nuts/nut butters • Seeds/seed butters • Whole soy <ul style="list-style-type: none"> ◦ Edamame ◦ Natto ◦ Tempeh ◦ Tofu
Fruits <ul style="list-style-type: none"> • Apples • Bananas • Berries • Citrus • Cherries • Grapes • Mangoes • Melons • Papayas • Pineapples • Peaches/plums • Pomegranates • Watermelon 	Legumes <ul style="list-style-type: none"> • Black beans • Black eyed Peas • Garbanzo beans • Lentils • Navy beans • Pinto beans • Peas 	Herbs <ul style="list-style-type: none"> • Basil • Chives • Cilantro • Dill • Mint • Oregano • Parsley • Rosemary • Sage • Thyme 	Seeds <ul style="list-style-type: none"> • Chia • Flax (ground) • Hemp • Pumpkin • Sunflower 	Meat, Poultry, and Seafood <i>Inflammatory effect varies based on source and cooking method.</i>
Starchy Vegetables <ul style="list-style-type: none"> • Corn • Peas • Potatoes • Sweet potatoes • Winter squash 	Unrefined Oils <ul style="list-style-type: none"> • Avocado oil • Coconut oil • Extra virgin olive oil • Flax oil (no heat) • Hemp oil (no heat) • Walnut oil 	Other Healthy Fats <ul style="list-style-type: none"> • Avocados • Olives 		

Choose these foods LESS often. They can contribute to more inflammation.

Fats to Limit	Added Sugar	Sweeteners	Food Additives	Processed Meats
<p>Hydrogenated/ Trans Fat <i>Check food labels for “partially hydrogenated oil” listed in the ingredients list. It may be found in:</i></p> <ul style="list-style-type: none"> Baked goods Fast food Fried foods Margarine Peanut butter Shortening <p>Refined Oils High in Omega-6 Fats</p> <ul style="list-style-type: none"> Corn oil Grapeseed oil Safflower oil Soybean oil Sunflower oil Vegetable oil 	<p>Sweet Beverages</p> <ul style="list-style-type: none"> Energy drinks Fruit juice Soda/pop Sports drinks Sweet coffee or tea <p>Sweet Foods</p> <ul style="list-style-type: none"> Cake Candy Cookies Donuts Ice cream Pastries Pies <p>Some Types of Added Sugar</p> <p><u>Natural:</u></p> <ul style="list-style-type: none"> Honey Maple syrup <p><u>Processed:</u></p> <ul style="list-style-type: none"> Agave nectar Brown sugar Cane sugar Coconut sugar Corn syrup High fructose corn syrup (HFCS) 	<p>Artificial Sweeteners (Avoid)</p> <ul style="list-style-type: none"> Acesulfame K (Ace K, Sweet One) Aspartame (Equal, NutraSweet) Saccharin (Sweet N’ Low) Sucralose (Splenda) <p>Sugar Alcohols (Use with caution)</p> <ul style="list-style-type: none"> Erythritol Maltitol Mannitol Sorbitol Xylitol <p>Natural Sweeteners (Use sparingly)</p> <ul style="list-style-type: none"> Monk fruit Stevia 	<ul style="list-style-type: none"> Artificial flavors Artificial colors BHA BHT MSG Nitrates/Nitrites Polysorbate 80 Added phosphates Soy protein isolate <p>Examples of foods that contain these:</p> <ul style="list-style-type: none"> Chips Packaged cookies Packaged crackers Ready-to-eat meals (TV dinners) <p><i>Start reading the ingredients label on any food you buy in a can, bag, box, or package. Look for these food additives!</i></p>	<ul style="list-style-type: none"> Bacon Bologna Bratwurst Corned beef Deli meat Ham Hot dogs Pepperoni Salami Sausage Spam <p>Refined Grains</p> <ul style="list-style-type: none"> Bagels Baked goods Bread Chips Crackers Instant oats Most cold cereals Pasta and noodles White flour tortillas Other foods made with white flour

Plan Your Meals

Write down your evening meals first. When selecting entrée recipes and side dishes, remember to create a healthy plate.

Look at what you have. Look in your cupboards, fridge, and freezer, to see what ingredients you need to use up.

- Vary your protein. If you have chicken one day, try seafood, beans, lean meats, or eggs other days.
- Choose easy meals for busy days.
 - Cherry tomatoes, mozzarella balls, basil (olive oil, balsamic, salt and pepper)
 - Sliced cucumbers and sliced onions with Italian dressing
 - Sauteed spinach with garlic, olive oil, salt and pepper
 - Cottage cheese and chives
- Write down your breakfast, lunch, and snacks.
- Find balance.



★ MANAGE YOUR WEIGHT—CREATE A HEALTHY PLATE! ★

Follow the *MOVE!* Healthy Placemat guidance to help reduce your risk of developing diseases such as obesity, heart disease, diabetes, and some types of cancer.

Non-Starchy Vegetables & Fruits

Fill ½ of your plate with non-starchy vegetables and fruit. Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables for added benefits.



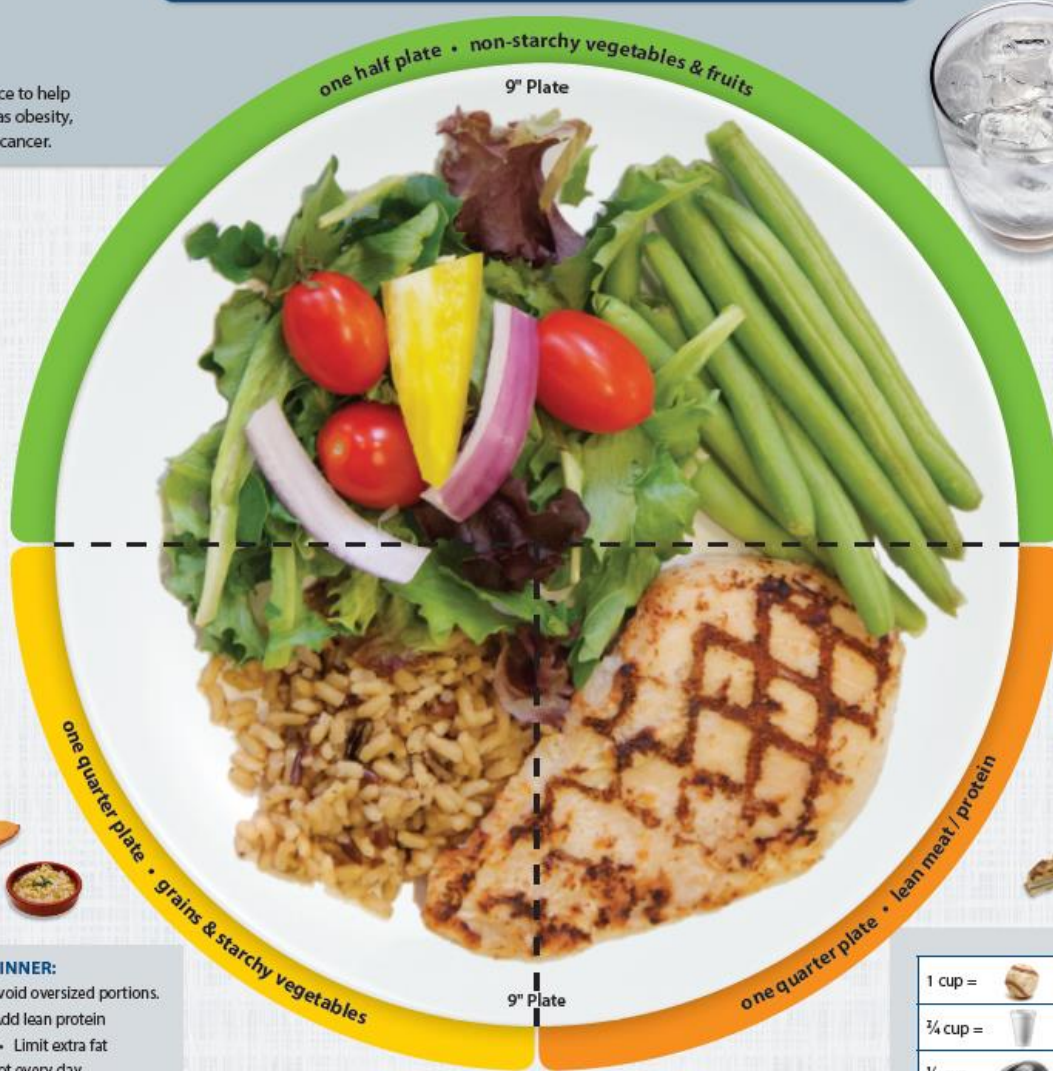
Grains & Starchy Vegetables

Make ¼ of your plate whole grains and/or starchy vegetables. Aim to eat at least half of all grains as whole grains (3 oz. or more daily).



FOR A HEALTHY LUNCH OR DINNER:

- Enjoy your food, but eat less. Use a 9-inch plate to avoid oversized portions.
- Make half your plate veggies and fruits • Add lean protein
- Include whole grains • Don't forget dairy • Limit extra fat
- Enjoy sweet treats in small amounts & not every day
- Don't skip meals • Try new foods • Take your time while eating



Drink more water

Strive for at least 8 cups per day. Drink before and with meals. Don't wait for thirst—Sip throughout the day. All fluids count—select water first, then low-calorie, unsweetened beverages.

Dairy Foods

Include fat-free (skim) or low-fat (1%) milk and milk products such as yogurt, cheese, and fortified soy beverages for lactose intolerance. Aim for 2-3 servings per day.



Protein Foods

Make ¼ of your plate lean protein choices (a 2–3 ounce cooked portion). Choose protein foods, such as lean beef, pork, venison, chicken, turkey, or eggs as well as seafood, beans, peas, nuts, and tofu.



PORTION SIZES

1 cup =	¼ cup =	1 ounce (oz) =
¾ cup =	1 tablespoon =	1 ounce (oz) =
½ cup =	1 teaspoon =	3 ounces (oz) =

VEGETARIAN PLATE



50%

Fruits & Veggies

25%

Protein

25%

Starches & Grains

THE VEGAN PLATE



OTHER ESSENTIALS*

- *Omega 3s
- Vitamin B₁₂
- Vitamin D
- Iodine

Nutrition.va.gov

Choosemyplate.gov/recipes-cookbooks-and-menus

Pinterest

Eatingwell.com

Wholesomyum.com

Allrecipes.com

*Have you tried
any recipes
from your
cookbook?*

Make Mealtime a success

Prepare vegetables

Wash vegetables when they come in the house.

Wash and cut up easy snacks, like carrots and cucumbers .

Write down your thaw, prep, and cook times (Adding this information to your meal planning chart is a huge time saver. It prevents you from starting to make dinner at 5 pm only to realize that it will take 3 hours to cook the recipe you chose).

Plan for leftovers

Make mealtime a priority

Make time for family meals each week.

Remember to be mindful when you eat and enjoy every bite.

Work your meal plan. Don't expect to get it right the first time.

As you discover what works and what doesn't, update your plan and incorporate what you learn into the next week's plan.



Questions?

Food as Medicine
Mondays at 9am (VA Video Connect)
Next 10-week series starts January 6th

Thank You!



Questions:
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