

# Get Healthier!

Nutrition for a longer life, better sleep,  
and disease prevention

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## The importance of diet



- Diet is responsible for 26% of risk factors for death

For every 10% increase in ultra-processed food consumption,  
there is a 14% increase in risk of all-cause mortality (Schnabel, 2019)

### CAUSE: Ultra processed foods

- Addition of salt, sugar, fat, artificial colors, flavors, preservatives, stabilizers
- Substances extracted from foods
- Examples: Hot dogs, cold cuts, fast food, packaged cookies, cakes, salty snacks, frozen treats, most food not prepared at home



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## Diet and Cancer...

An Inflammatory Diet increases risk and severity of cancer (Fowler, 2017)

- 25% increased risk
- 67% increased risk of mortality (marker of severity)
- Highest inflammatory diet had increased odds risk of:
  - 46% for endometrial cancer (Shippava, 2016)
  - 71% for non-Hodgkins lymphoma (Shippava, 2017)
  - 135% for gastric cancer; 40% for colorectal cancer (Shippava, 2016, 2017)
  - 2X risk of recurrent breast cancer (Jang, 2018)
  - 97% for bladder cancer (Shippava, 2017)



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## Mediterranean Diet

- Predimed Study: multi-center study; 5 years, 7400 people double blind controlled study in Spain
- Lyon Study and follow up 4 yr, stopped early positive results 500 people



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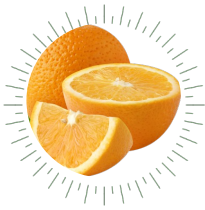
# Health Benefits..



- 50-70% lower risk of recurrent heart disease and cardiac death (de Lorgeril, 1999)
- Lowers blood lipids (cholesterol, LDL)
- Lowers blood pressure
- Supports healthy gut microbiome
- Improve cognitive health and may prevent Alzheimer's
- 15 years of MEDI diet = 2-year increase in life span
- Significantly improve symptoms of rheumatoid arthritis (Skoldstam, 2003)

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# Include Daily



Fruit  
3+ servings/day



Vegetables  
4+ servings/day



Herbs  
Daily



Whole Grains  
4 servings/day



Yogurt  
Daily-Weekly

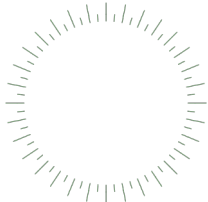


Olive oil  
4 Tbsp./day



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# Include Weekly



Nuts/Seeds

3+ servings/week



Fish-wild

2-3 servings/week



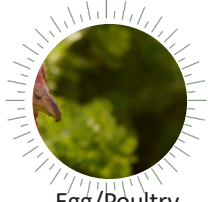
Legumes

3+ servings/week



Yogurt/Cheese

Daily-Weekly



Egg/Poultry

Daily/Weekly

Pastured Animals



4-6 oz. per day for men; Women same but not every day



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# Foods to Avoid

- Red Meat
- High glycemic foods
- High saturated fat content
- Highly processed foods
  - Packaged and Fast food
  - Refined sugars
  - Refined flours
  - Industrial oils
  - Processed meats

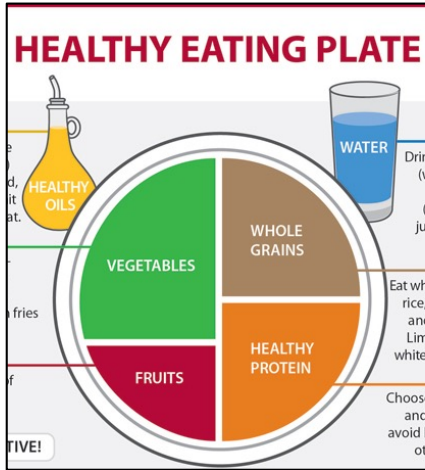


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# Plants First

Rule of thumb: 1/2 of your plate = veggies



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# Kitchen Strategies

- Batch cook
- Sheet pan dinners
- Pre-cut veggies
- Simple Sauces
- Homemade salad dressing



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## Alcohol

### The 3 most inflammatory foods:

- Alcohol
- Refined flour, processed foods
- Sweets

New data suggests:

- 5+ Cancers linked to alcohol
- More harm to men than previously thought
- Weight gain;
  - In 20 to 64 year olds, alcohol contributes **more than 20 percent of the total daily energy** from beverages
- Hormone disruption



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## Alcohol Facts

- New 2020 Recommendations:
- 1 drink/day for men
- Up to 1 drink/day for women—  
not every day

### What is a Standard Drink?



12l oz of beer  
(~5% alcohol)



5 oz of wine  
(~12% alcohol)



8 oz of malt liquor  
(~8% alcohol)



1.5 oz of spirits  
(40% alcohol)

In the U.S., a standard drink is any drink that consists of 14 grams of pure alcohol. This is equal to about 0.6 fluid ounces or 1.2 tablespoons. (Actual amount varies by type and brand of alcohol)

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**Whatever you do  
today,  
you are training for  
tomorrow.**

- Start with something NON alcoholic
- Eat something before you imbibe
- Save wine/beer/cocktail to have with your meal

Choose ONE: alcohol, dessert, or carb at dinner



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## *Links to Resources*

- Magic Sauce
- Salad Dressings
- Sheet Pan Dinners
- Moosewood Inn Cookbook
- Eating Bird Food-website
- Minimalist Baker-website



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