

Modernizing Menus: Using Evidence-Based Dietary Patterns for Heart Health



bell institute
OF HEALTH & NUTRITION
General Mills



February 27, 2020

Moderator



Megan Kelbel
Associate Channel Manager
General Mills

Speakers



Margaret Roche, MS, RD, CSG, CDE, FADA
Owner
Roche Dietitians



Sonja Kehr
Corporate Chef
General Mills Foodservice

Polling Question #1



Please take a moment to share a little about you!

I am a:

1. Registered Dietitian
2. Dining Services Leader
3. Administrator/Executive Director
4. Other Health Care Professional
5. Other Food Professional

Polling Question #2



My work is primarily in the following setting:

1. Hospital
2. Skilled Nursing
3. Senior Living
4. Rehabilitation
5. Community/Outpatient
6. Industry
7. Other

Polling Question #3



Which of the following statements is true about Atherosclerotic Cardiovascular Heart Disease and morbidity and mortality? It is a leading cause of morbidity and mortality:

1. Second only to cancer
2. Second only to infectious disease
3. Second to none

Introduction

Disclosures:

- Roche Dietitians, LLC consults to healthcare organizations and companies that serve the healthcare industry including food companies
- Bell Institute



Margaret Roche MS, RD, CDE, CSG, FAND



Learning Objectives

- ❑ Review key nutritional components of a heart healthy eating pattern
- ❑ Survey dietary recommendations from major evidence-based eating plans
- ❑ Compare and contrast evidence-based heart healthy eating patterns
- ❑ Weigh how to select and incorporate a heart healthy eating pattern into a healthcare menu



Why

“Atherosclerotic Cardiovascular Heart Disease (ACHD) remains the leading cause of morbidity and mortality globally.”

2019 ACC/AHA Guidelines on the Primary Prevention of Cardiovascular Disease

A report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines

CVD Stats



35%
POPULATION



75%
OVERWEIGHT OR OBESE



**ABDOMINAL
OBESITY**



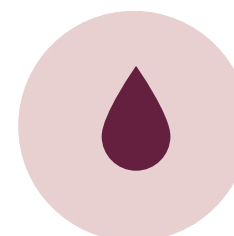
56%
HIGH BLOOD PRESSURE



69%
ELDERLY



10%
CHILDREN



100 M
HIGH CHOLESTEROL

Overview of Dietary Patterns and Heart Health



Total Fat

Average American Diet is 33% Fat



Saturated Fats

Primary dietary factor known to raise LDL
1% increase in total calories from sat fat = 2% increase in LDL
Converse is true
<7% total calories from sat fat reduced LDL 8%-10%



Trans fats

Raise LDL
Lower HDL
Raises total chol to HDL ratio which increases coronary heart disease risk
Elevates triglycerides
Endothelial dysfunction (lining of blood vessels)



Cholesterol

Reducing dietary chol <200=LDL reduced 3-5%



Sodium

25% reduction of sodium = 25% reduction of risk



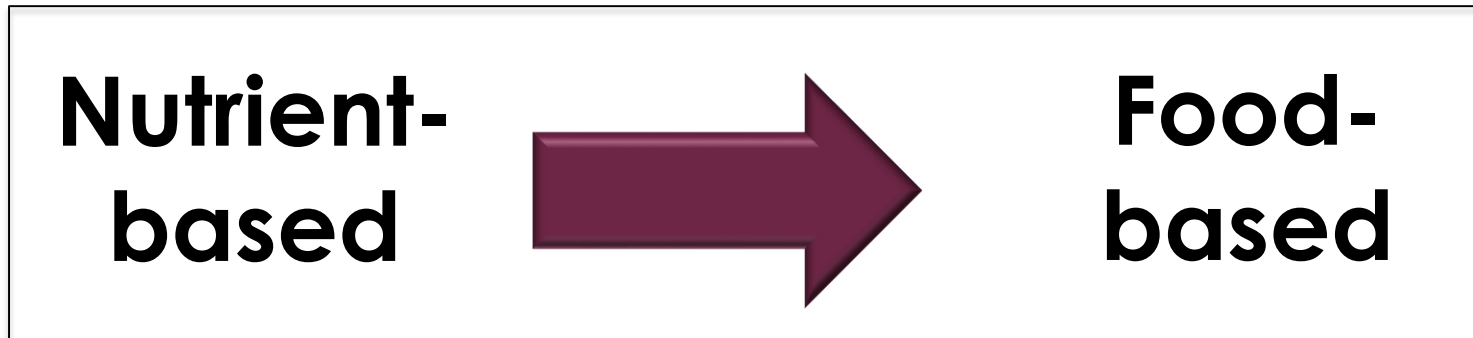
Fiber

2-10 gm/day significant yet small reductions in LDL

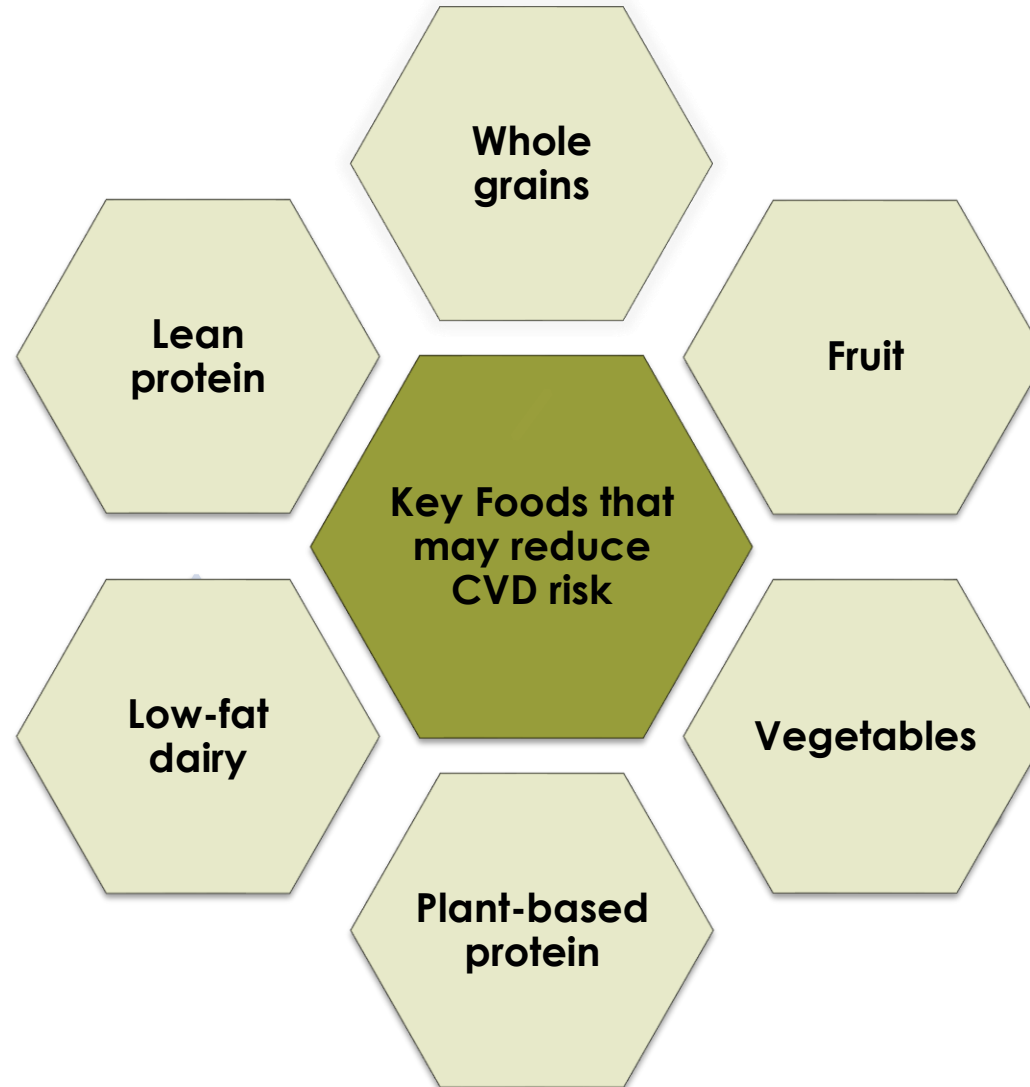
Heart Healthy Dietary Guidelines

- Shift in focus with emphasis on dietary patterns
- More individualized approach

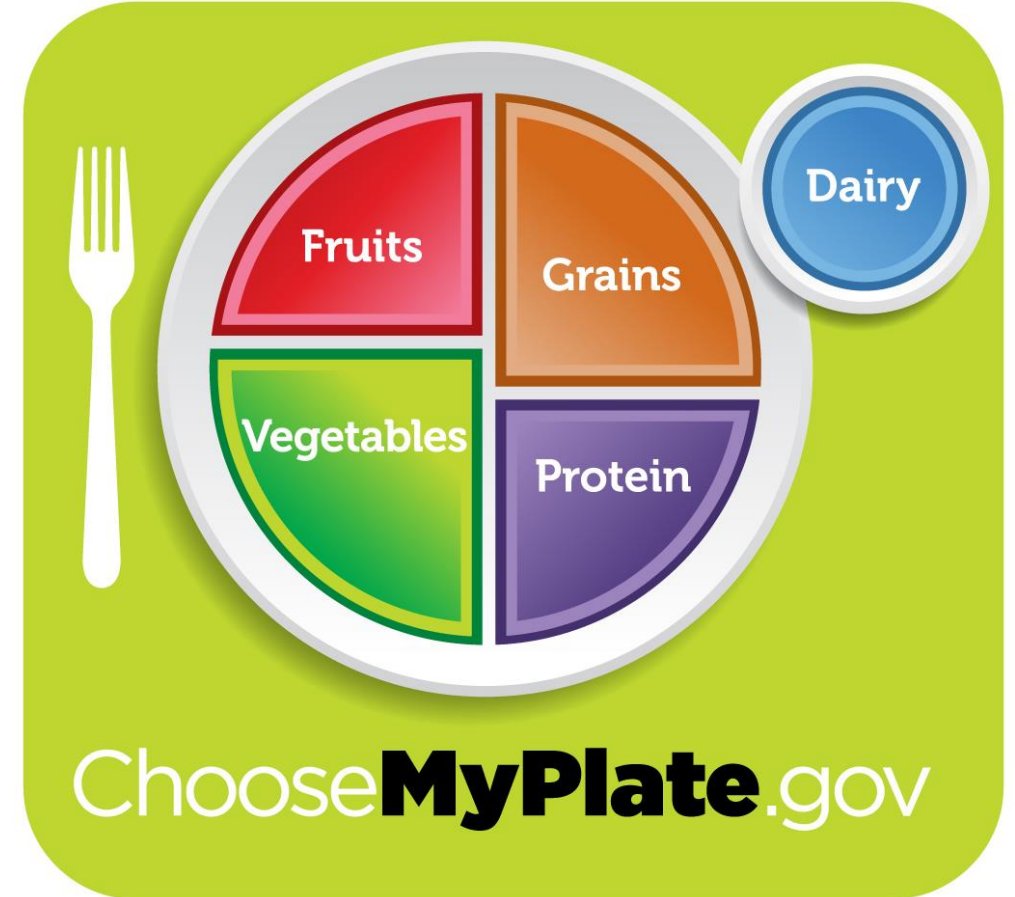
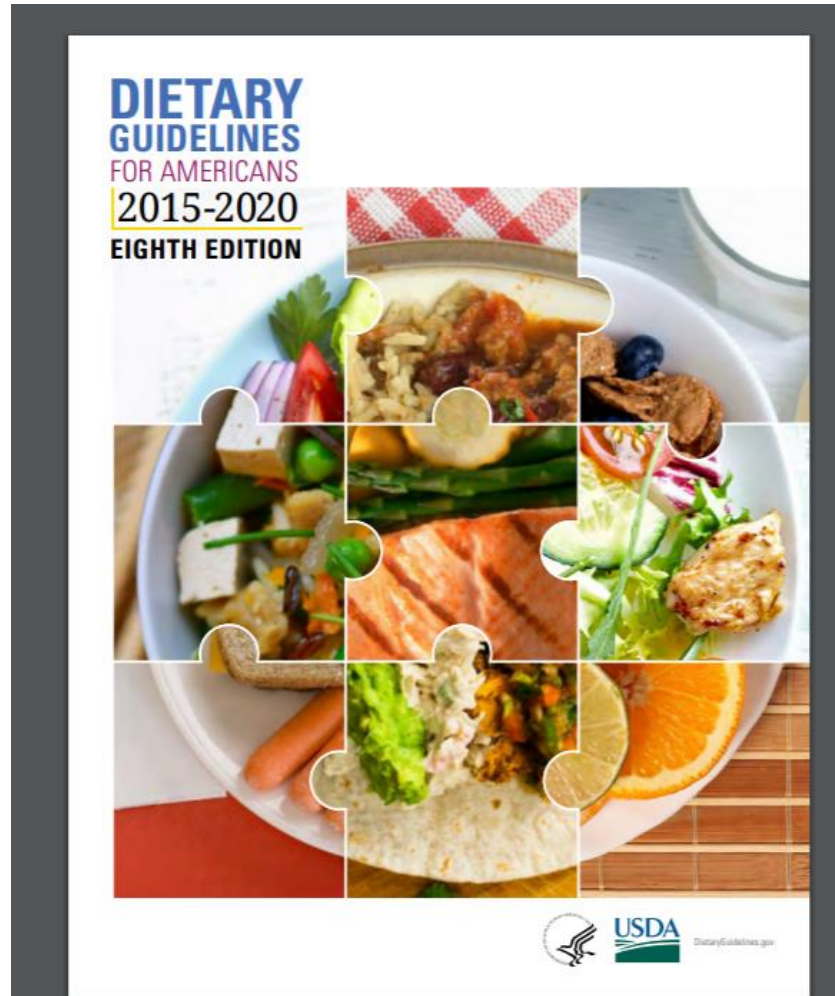
Shift in Dietary Recommendations



Overview of Dietary Patterns and Heart Health



USDA 2015-2020 Dietary Guidelines For Americans (DGA)



USDA 2015-2020 Dietary Guidelines For Americans (DGA)



Essential resource for food and nutrition programs, such as USDA's National School Lunch Program



Helps Americans make healthy choices for themselves and their families



Translates science into succinct, food-based guidance to help Americans choose a healthy eating pattern and enjoyable diet

DGA: Supporting Research



GROUNDING IN THE MOST
CURRENT SCIENTIFIC EVIDENCE



INFORMED BY THE RECOMMENDATIONS
OF THE 2015 DIETARY GUIDELINES
ADVISORY COMMITTEE.

Guideline 1. Follow a Healthy Eating Pattern Across the Lifespan.

The *2015–2020 Dietary Guidelines* emphasizes the importance of overall healthy eating patterns. They're important because people don't eat foods and nutrients in isolation. **What really matters is the big picture**—how a person's food and beverage choices add up over their lives.



Key Concept:

Eating pattern. The combination of all the foods and beverages a person eats and drinks over time.

Eating patterns have a significant impact on health. Diet is one of the most powerful tools we have to reduce the onset of disease. Healthy eating patterns can help prevent obesity, heart disease, high blood pressure, and Type 2 diabetes. Currently, about half of all American adults have one or more of these diet-related chronic diseases.

Healthy eating patterns are adaptable. When people follow a healthy eating pattern, they can incorporate many of the foods they enjoy. Healthy eating patterns can work for anyone, accommodating their traditions, culture, and budget.

Guideline 2. Focus on Variety, Nutrient Density, & Amount.

The *Dietary Guidelines* gives clear recommendations about how to follow a healthy eating pattern. By definition, healthy eating patterns need to:

- Stay within appropriate calorie limits for a person's age, sex, and activity level
- Meet nutritional needs
- Be achievable and maintainable in the long-term



There are many paths to a healthy eating pattern. The *Dietary Guidelines* provides examples of 3 eating patterns — the Healthy U.S.-Style, Healthy Mediterranean-Style, and Healthy Vegetarian Eating Patterns.

USDA 2015-2020 DGA Principles

Grains	Vegetables	Fruit	Dairy Products (Fat-Free/ Low-Fat)	Lean Meat, Fish, Poultry	Nuts, Legumes, Seeds	Fats and Oils	Added Sugar, Sweets, Drinks	Sodium
6 svg/d <i>Whole grains: ≥ 3 svg/d</i>	2.5 cups/d or 5 svg/d	2 cups/d or 4 svg/d	3 svg/d	5.5 oz eq/d	5 oz eq/wk	5-6 tsp (women) 6-7 tsp (men)	<12 tsp/d	$\leq 2,300$ mg

General Diet Based on DGA/My Plate

Menu Guidelines

- The General Diet for the Older Adult includes a variety of foods based on the **USDA MyPlate food plan for 75-year-old males and females**. However, it has been adjusted to meet the needs of the older adult who may not be able to consume the large volume of food recommended. Nutrient dense foods are encouraged in order to **meet the DRI recommendations for the older adult**.
- All food items are included, and no foods are excluded in this meal pattern.

Daily menus should include the following at minimum:

Minimum Daily Servings ¹	
Food Group	Servings/Day
Grain	6 servings
Protein	6 ounces
Vegetable	3 servings
Fruit	2 servings
Dairy	3 servings
Fat	3 servings
Good Vitamin C Source (at least 60 mg/serving) ²	1 serving
Dark leafy greens and orange vegetables for Vitamin A*	3-4 servings/week



Diet Manual for Adult
A Comprehensive Menu
For : Long Term Care, Assisted
Living, Severely Mentally Ill

Margaret Roche, MS, RD

Research: DGA for Reducing Heart Disease Risk

“Evidence shows that healthy eating patterns, as outlined in the Guidelines and Key Recommendations, are associated with positive health outcomes.”

“Strong evidence shows that healthy eating patterns are associated with a reduced risk of cardiovascular disease (CVD).”



DGA: Strengths and Weaknesses



BACKED BY
THOROUGH RESEARCH



FREE, ACCESSIBLE,
MANY RESOURCES



RESEARCH SUPPORTS
USE IN ACHD



SOME CONSIDER
POLITICAL, NOT
TRENDY

Dietary Approaches to Stop Hypertension (DASH) Diet



National Heart, Lung,
and Blood Institute

IN BRIEF:

Your Guide To
Lowering Your Blood
Pressure With DASH



Dietary Approaches to Stop Hypertension (DASH) Diet



Research based and promoted by National Heart, Lung and Blood Institute



Prevents and/or reduces hypertension in diverse populations



Recommended dietary plan for all Americans and supports an approach of adding healthy foods to the eating plan

DASH Diet Principles



RICH IN:
FRUITS,
VEGETABLES,
FAT-FREE OR LOW-FAT MILK
AND MILK PRODUCTS,
WHOLE GRAINS,
FISH,
POULTRY,
BEANS,
SEEDS, AND NUTS



LIMITS:
SODIUM
SWEETS,
ADDED SUGARS,
BEVERAGES CONTAINING SUGAR;
FATS;
RED MEATS



LOWER IN:
SATURATED FAT,
TRANS FAT,
CHOLESTEROL
RICH IN NUTRIENTS THAT ARE
ASSOCIATED WITH LOWERING
BLOOD PRESSURE:
POTASSIUM,
MAGNESIUM,
CALCIUM,
PROTEIN,
FIBER

DASH Diet Principles

Grains	Vegetables	Fruit	Dairy Products (Fat-Free or Low-Fat)	Lean Meat, Fish, Poultry	Nuts, Legumes, Seeds	Fats and Oils	Added Sugar, Sweets, Drinks	Sodium
≥ 7 svg/d	≥ 4 svg/d	≥ 4 svg/d	≥ 2 svg/d	≤ 6 svg/d	≥ 4 svg/wk	2-3 tsp	≤ 5 svg/wk	≤ 2,300 mg *1,500 mg

**1,500 mg lowers blood pressure even further*

Food	AHA Guideline (% total calories)
Total Fat	≤ 27%
Saturated Fats	<6 %

Research: DASH for Reducing Heart Disease Risk

The DASH diet pattern has been extensively studied in both hypertensive and normotensive populations and lowers blood pressure and LDL in a diverse sample of US adults.

“The DASH diet has been shown to be protective against hypertension, cardiovascular disease and diabetes.” (Tagney)



DASH Diet: Strengths/Weaknesses



NUTRITIONALLY
BALANCED

CLOSELY ALIGNED WITH 2015-2020
DIETARY GUIDELINES FOR
AMERICANS



GETS RESULTS,
EASY TO FOLLOW
LONG-TERM

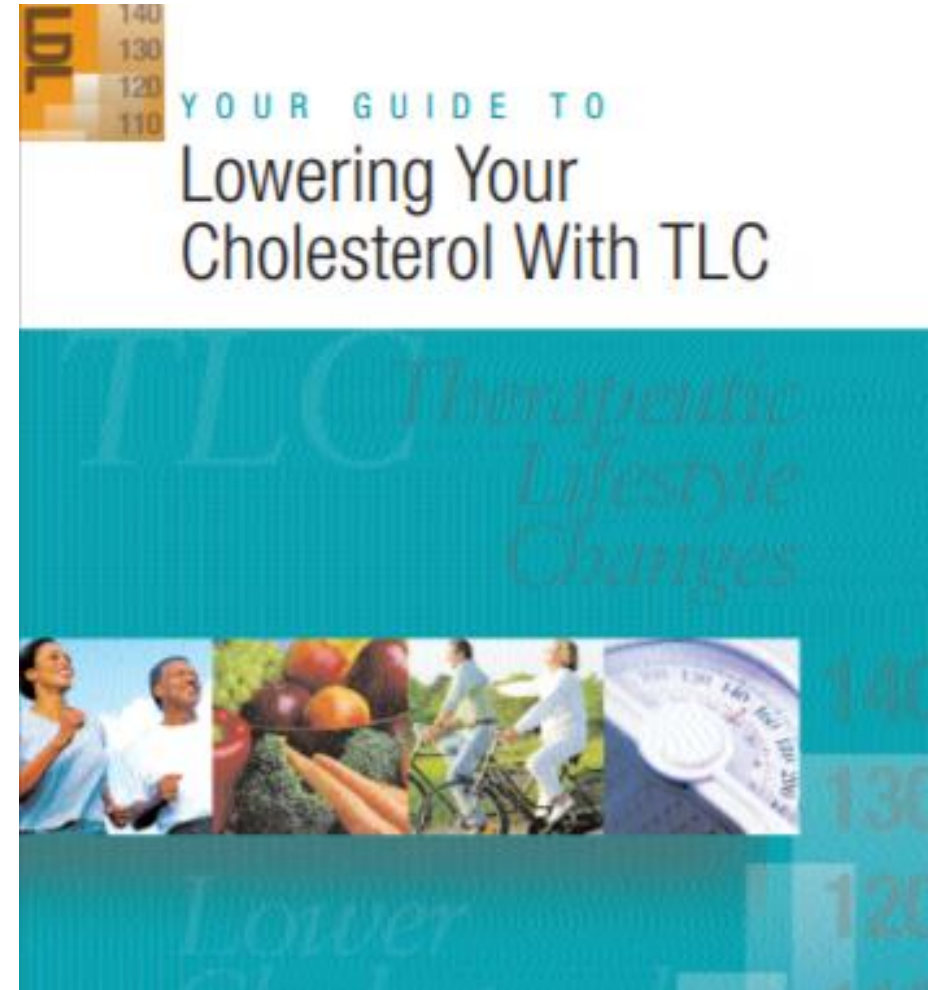


FREE, ACCESSIBLE,
MANY RESOURCES



BACKED BY
THOROUGH
RESEARCH

Therapeutic Lifestyle Changes (TLC) Diet



Therapeutic Lifestyle Changes (TLC) Diet



TLC is the lifestyle component of the Third Report of the NCEP Adult Treatment Panel (ATP) III guidelines



The ATP III guidelines specifically target LDL because of its strong, positive correlation with coronary heart disease risk



Three-part program:

Diet

Physical activity

Weight management

Therapeutic Lifestyle Changes (TLC) Diet



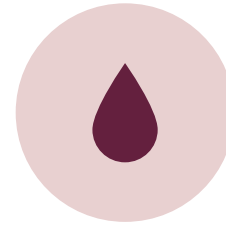
LOWERS LDL



REDUCES BLOOD
PRESSURE



REDUCES
TRIGLYCERIDES



LITTLE OR NO EFFECT
ON HDL



FURTHER EFFECTS WITH
PHYSICAL ACTIVITY



FURTHER EFFECTS WITH
WEIGHT LOSS



BENEFICIAL TO THOSE
WITH DIABETES AND
METABOLIC
SYNDROME

TLC Diet Principles



Options for maximizing LDL lowering

2 grams per day of plant stanols or sterols
10–25 grams per day of soluble fiber (add 5–10gm/day = LDL reduced by 3–5%)
Fatty fish: include weekly



Physical activity:

At least 30 minutes of a moderate intensity physical activity, such as brisk walking, on most, and preferably all, days of the week.



Weight Loss

10 pounds = LDL reduced by 5–8%

TLC Diet Principles



25–35 % of daily calories from total fat

< 7 % of daily calories from saturated fat

Up to 10% of total calories from PUFA

Up to 20% total calories from MUFA



< 200 mg a day of cholesterol



50-60% of total calories from carbohydrates



20-30 grams per day of dietary fiber (10-25 grams of fiber coming from soluble fiber)



Protein: 15-20% of total calories



Sodium: <2,300 mg/day

TLC Diet Principles

Change		LDL Reduction
Saturated fat	Decrease to less than 7 %of calories	8-10%
Dietary cholesterol	Decrease to less than 200 mg/day	3-5%
Weight	Lose 10 pounds if overweight	5-8%
Soluble fiber	Add 5-10 grams/day	3-5%
Plant sterols/stanols	Add 2 grams/day	5-15%
Total		20-30%

TLC Diet Principles

Grains	Vegetables	Fruit	Dairy Products (Fat-Free/ Low-Fat)	Lean Meat, Fish, Poultry	Nuts, Legumes, Seeds	Fats and Oils	Added Sugar, Sweets, Drinks	Sodium
≥ 6 svg/d	3-5 svg/d	2-4 svg/d	2-3 svg/d	≤ 5 oz/d Eggs: ≤ 2 yolks/wk	----	----	----	$\leq 2,300$ mg

TLC Diet: Consider those with DM, Insulin Resistance

Increase total fat up to 35%, Reduce carbohydrate to 50%, protein 15%

Research

- High carbohydrate intake (60% Calories) replace with MUFA, PUFA
 - Decreases triglycerides
 - Little or no decrease in HDL
- High carbohydrate intake (60% Calories) replace with protein (50% plant) and/or MUFA
 - Improved blood pressure
 - Lowers LDL
 - Raises HDL
 - Lowers triglycerides
 - Reduces CHD risk

TLC Diet: Strengths/Weaknesses



INCLUDES LIFESTYLE
FACTORS



GETS RESULTS, EASY TO
FOLLOW LONG TERM



FREE, ACCESSIBLE,
MANY RESOURCES



EVIDENCE BASED

Mediterranean Diet: Principles



Mediterranean Diet: Principles



Eating pattern, not structured diet



Shown to decrease risk of heart disease, blood pressure, and LDL cholesterol



Abundance of plant foods, almost exclusive use of olive oil, and moderate consumption of wine with meals

Mediterranean Diet: Principles

Dietary Emphasis:

- Plant-based foods, whole and minimally processed grains
- Fruits and vegetables
- Beans, nuts, legumes
- Fish and other seafood
- Extra virgin olive oil (principal source of dietary fat)
- Low to moderate amount of: dairy products, poultry, eggs, wine
- Low amount of red meat
- Rarely: concentrated sweets and honey

Mediterranean Diet: Principles

Grains	Vegetables	Fruit	Dairy Products (Fat-Free or Low-Fat)	Lean Meat, Fish, Poultry	Nuts, Legumes, Seeds	Fats and Oils	Added Sugar, Sweets, Drinks	Sodium
Non-refined grains: > 4 svg/d	> 4 svg/d	> 3 svg/d	1-3 svg/d	Red Meat: ≤ 1 svg/wk Fish: 2-3 svg/wk Poultry: ≤ 3 svg/wk	2-4 svg/d	Olive oil: ≥ 1 svg/d Healthy fats: 4-6 svg/d	----	----

Additional Recommendation(s)	
Alcohol/Wine	1-2 glasses/d (Men) 1 glass/d (Women)

Mediterranean Diet: Strengths/Weaknesses



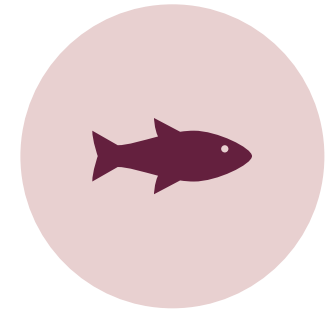
BACKED BY
RESEARCH



NOT ALWAYS
CLEARLY DEFINED



POPULAR
NON-DIET APPROACH



ALL MAY NOT LIKE
TASTE PROFILE

American Heart Association (AHA) Dietary Guidelines



“The most important way to prevent atherosclerotic vascular disease, heart failure, and atrial fibrillation is to promote a healthy lifestyle throughout life.”

American Heart Association (AHA) Dietary Guidelines



Shift in focus with emphasis on dietary patterns

More individualized approach

AHA recommended Dietary Patterns:
Mediterranean-style dietary pattern,
DASH diet



Strategies to implement guidelines target nutrient-dense foods containing cardio-preventive types of fats while avoiding excessive energy intake

AHA Dietary Principles

Grains	Vegetables	Fruit	Dairy Products (Fat-Free or Low-Fat)	Lean Meat, Fish, Poultry	Nuts, Legumes, Seeds	Fats and Oils	Added Sugar, Sweets, Drinks	Sodium
6 svg/d <i>Whole grains: 3 svg/d</i>	4-5 svg/d	4-5 svg/d	3 svg/d	8-9 svg/wk <i>Fish: 2-3 svg/wk</i>	5 svg/wk	3 svg/d	Women: ≤ 6 tsp/d Men: ≤ 9 tsp/d	$\leq 2,300$ mg

AHA Strengths/Weaknesses



AHA GUIDELINES ARE
EVIDENCE-BASED



AHA RECOMMENDS
INDIVIDUALIZED DIETARY
PATTERNS



AHA IS WIDELY
RECOGNIZED AS HEART
HEALTH AUTHORITY



LIMITED RESOURCES
AVAILABLE

Ornish/Very Low-Fat Diet



Ornish Diet Supporting Research



Research shows that heart disease, beyond being stoppable, can also be reversed, without drugs or surgery, through changes in diet and lifestyle

“it’s the only scientifically proven program to do so in randomized controlled trials without drugs or surgery” – Dr. Ornish

Ornish/Very Low-Fat Diet



Combination of diet, exercise, stress management, and relationships

Whole foods, plant-based diet

- Low in fat, refined carbohydrates, and animal protein

Exercise: aerobic activities, resistance training, flexibility

Stress management: deep breathing, meditation, yoga

Relationships: love, respect, and support



Two different approaches:

spectrum prevention approach

spectrum reversing heart disease approach



Very Low-Fat Diet (ADA definition): diet emphasizing fiber-rich vegetables, beans, fruits, whole intact grains, nonfat dairy, fish, and egg whites and comprises 70–77% carbohydrate (including 30–60 g fiber), 10% fat, 13–20% protein.

Ornish Diet Principles

Grains	Vegetables	Fruit	Dairy Products (Fat-Free/ Low-Fat)	Lean Meat, Fish, Poultry	Nuts, Legumes, Seeds	Fats and Oils	Added Sugar, Sweets, Drinks	Sodium
----	----	----	≤ 2 svg/d	Eliminated	Nuts: ≤ 3 svg/d	≤ 3 svg/d	≤ 2 svg/d	----

Additional Recommendation(s)	
Low-Fat	≤ 10% of calories from fat Low fat foods= ≤ 3 grams fat per svg
Caffeine	Green/Black Tea: ≤ 2 cups/d Coffee: ≤ 1 cup/d or ≤ 2 cup/d (decaf)

Ornish Diet Strengths/Weaknesses



REDUCES RISK AND
REVERSES
CARDIOVASCULAR DISEASE



LIFESTYLE FACTORS
INCLUDED



COMPLEX: MAY BE HARD
TO FOLLOW



RESTRICTIVE: LONG TERM
MAY BE DIFFICULT

Using Heart Healthy Dietary Patterns in Healthcare Menus



CHOOSE A PLAN THAT WILL
WORK FOR YOUR CLIENTS



CHOOSE A PLAN THAT WILL
WORK FOR YOU

Establish your goal(s)



Increase consumption of healthy foods



Patient/client education



Institutional image



Interdisciplinary program

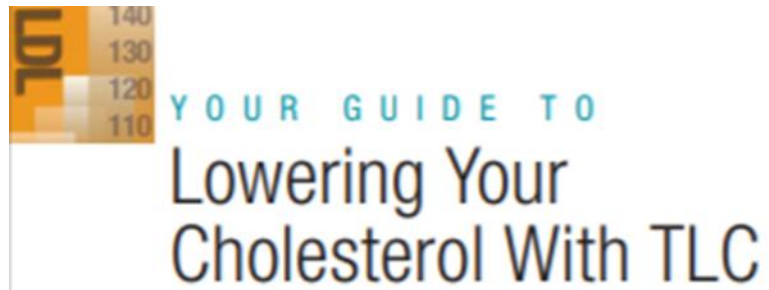


How much support material do you need/want to develop yourself



Includes focus other than diet such as exercise, tobacco use, stress reduction

Patient/client education



IN BRIEF:

Your Guide To
Lowering Your Blood
Pressure With DASH



Pick an Eating Plan

Guidelines	Grains	Vegetables	Fruits	Dairy Products (Fat-Free or Low-Fat)	Lean Meat, Fish, Poultry	Nuts, Legumes, Seeds	Fats and Oils	Added Sugar, Sweets, Drinks	Sodium
USDA 2015-2020 DGA	6 svg/d <i>Whole grains: ≥ 3 svg/d</i>	2.5 cups/d or 5 svg/d	2 cups/d Or 4 svg/d	3 svg/d	5.5 oz eq/d	5 oz eq/wk	5-6 tsp (women) 6-7 tsp (men)	<10% calories/d	≤ 2,300 mg
DASH	≥ 7 svg/d	≥ 4 svg/d	≥ 4 svg/d	≥ 2 svg/d	≤ 6 svg/d	≥ 4 svg/wk	2-3 tsp	≤ 5 svg/wk	≤ 2,300 mg *1,500 mg
TLC Diet	≥ 6 svg/d	3-5 svg/d	2-4 svg/d	2-3 svg/d	≤ 5 oz/d Eggs: ≤ 2 yolks/wk	----	----	----	≤ 2,300 mg
The Mediterranean Diet	<i>Non-refined grains: > 4 svg/d</i>	> 4 svg/d	> 3 svg/d	1-3 svg/d	<i>Red Meat: ≤ 1 svg/wk</i> <i>Fish: 2-3 svg /wk</i> <i>Poultry: ≤ 3 svg/wk</i>	2-4 svg/d	<i>Olive oil: ≥ 1 svg/d</i> <i>Healthy fats: 4-6 svg/d</i>	----	----
AHA	6 svg/d <i>Whole grains: 3 svg/d</i>	4-5 svg/d	4-5 svg/d	3 svg/d	8-9 svg/wk <i>Fish: 2-3 svg/wk</i>	5 svg/wk	3 svg/d	Women: ≤ 6 tsp/d Men: ≤ 9 tsp/d	≤ 2,300 mg
Ornish/Very Low-Fat Diet	----	----	----	≤ 2 svg/d	Eliminated	----	≤ 3 svg/d	≤ 2 svg/d	----

*1,500 mg lowers blood pressure even further

Comparison of Diets

Guidelines	Grains	Vegetables	Fruits	Dairy Products (Fat-Free or Low-Fat)	Lean Meat, Fish, Poultry	Nuts, Legumes, Seeds	Fats and Oils	Added Sugar, Sweets, Drinks	Sodium
ACS	Whole grains: 3 svg/d 6 svg/d	≥ 2.5 cups/d	≥ 2.5 cups/d	3 svg/d	5.5 oz eq/d	5 svg/wk	----	----	≤ 2,300 mg
ADA	Whole grains: 3 svg/d	----	----	----	----	----	----	Women: 5-6 tsp/d Men: 6-7 tsp/d	≤ 2,300 mg
The MIND Diet	Whole grains: ≥3 svg/d	Leafy greens: ≥ 6 svg/wk Other: ≥ 1 svg/d	Berries: ≥ 2 svg/wk	3 svg/d Cheese: <1 svg/wk	Red Meat: < 4 meals/wk Fish: ≥ 1 meals/wk Poultry: ≥ 2 meals/wk	Beans: >3 meals/wk Nuts: ≥ 5 svg/wk	3 svg/d Butter, margarine: <1T/d	< 5 svg/wk	----

*1,500 mg lowers blood pressure even further

Comparison of Diets: Additional Recommendations

Guidelines	Alcohol/Wine	Fast/Fried Food	Low-Fat Food	Caffeine
The Mediterranean Diet	Women: 1-2 glasses/d Men: 1 glass/d	----	----	-
The MIND Diet	1 glass/d	<1 time/wk	-	-
The Ornish/Very Low-Fat Diet	-	-	≤ 10% of calories from fat Low fat foods= ≤ 3 grams fat per svg	Green/Black Tea: ≤ 2 cups/d Coffee: ≤ 1 cup/d or ≤ 2 cup/d (decaf)

Create a Sample Pattern

Use you daily pattern to create
menu outline

Establish portion sizes

Calculate macronutrients

Calculate micronutrients

Meal Pattern Template

The following template may be used to individualize the meal pattern for the General Diet for the Older Adult for your community if it differs from the sample provided. This pattern should be reviewed for adequacy and approved by a registered dietitian.

General Diet for the Older Adult Meal Pattern							
	Grain	Protein	Vegetable	Fruit	Dairy	Fat	Other
Breakfast							
AM Snack							
Midday Meal							
PM Snack							
Evening Meal							
Bedtime Snack							
Total Servings							

This meal pattern provides the following estimated nutrients^{††}:

General Diet for the Adult Sample Menu									
			Grain	Protein	Vegetable	Fruit	Dairy	Fat	Other
Breakfast	Wheat Flakes Cereal	1 cup	1						
	Scrambled Egg	2 each		2					
	Whole Wheat Toast	2 Slices	2						
	Banana	1 small				1			
	Orange Juice	6 fl.oz				1			
	2% Milk	8 fl.oz					1		
	Margarine	1 tsp						1	

	Total	% of Calories
Calories:		
Carbohydrate:		
Protein:		
Fat:		

Determine Nutrient Parameters for Each Menu Category

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Fiber

Added Sugar

Categorized Upper Limits for Fat and Cholesterol*		
Menu Category	Upper Limit for Fat (g)	Upper Limit for Cholesterol (mg)
Breakfast Egg Entrée ^{††††††}	5	0
Pancakes / Waffles / French Toast [*]	3	0
Breakfast Meat Entrée [*]	5	20
Cereal	1	0
Midday or Evening Meat Entrée	15	85
Combination Entrée	17	85
Sandwich	14	85
Accompaniment	5	3
Vegetable	No added fat	0

Make Easy Switches

What are you already doing that fits parameters and how can it be featured?

Add simple, accessible foods such as fruit, vegetables, legumes

Tweak preparation methods

Use the menu instructively

Focus on Changes with Big Impact

Put time into menu items that will make a splash

Incorporate General Mills recipe ideas coming up next!



Margaret Roche MS, RD, CDE, CSG, FAND

www.RocheDietitians.com



Margaret Roche MS, RD, CDE, CSG, FAND

Thank You!

Culinary



Culinary Video: Blueberry Peach Smoothie



Culinary Video: Os a Plenty





Gluten-Free Blueberry Peach Smoothies



Os a Plenty



For more recipes and product information, visit us at www.generalmillscf.com.



Limited Edition
NATURALLY FLAVORED Honey Nut
Cheerios
with HAPPY HEART SHAPES



FEBRUARY
IS HAPPY
HEART
MONTH!

Celebrate Happy
Heart Month
with Cheerios!™



While many factors effect heart disease, diets low in saturated fats and cholesterol may reduce the risk of this disease.

References

Introduction:

U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

Tapsell L, Neale E, Probst Y. Dietary Patterns and Cardiovascular Disease: Insights and Challenges for Considering Food Groups and Nutrient Sources. *Curr Atheroscler Rep*. 2019;21(3). doi:10.1007/s11883-019-0770-1

USDA 2015-2020 Dietary Guidelines for Americans (DGA)

2015-2020 Dietary Guidelines for Americans — For Professionals: Recommendations At-A-Glance.: U.S. Department of Health and Human Services and U.S. Department of Agriculture; 2016. https://health.gov/dietaryguidelines/2015/resources/DGA_Recommendations-At-A-Glance.pdf. Accessed January 17, 2020.

NASEM Updated Potassium Guidelines

National Academies of Sciences, Engineering, and Medicine 2019. Dietary Reference Intakes for Sodium and Potassium. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25353>.

Potassium. NIH Office of Dietary Supplements. <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/#h2>. Published 2019. Accessed January 17, 2020.

Dietary Approaches to Stop Hypertension (DASH) Diet

DASH Eating Plan. National Heart, Lung, and Blood Institute (NHLBI). <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>. Accessed January 15, 2020.

Hikmat F, Appel L. Effects of the DASH diet on blood pressure in patients with and without metabolic syndrome: results from the DASH trial. *J Hum Hypertens*. 2013;28(3):170-175. doi:10.1038/jhh.2013.52

Making the Move To DASH. National Heart, Lung, and Blood Institute (NHLBI). <https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/making-move-dash>. Accessed 7 Jan 2020.

Morris M, Tangney C, Wang Y, Sacks F, Bennett D, Aggarwal N. MIND Diet Associated with Reduced Incidence of Alzheimer's Disease. *Alzheimer's & Dementia*. 2015;11(9):1007-1014. doi:10.1016/j.jalz.2014.11.009

Tangney C. DASH and Mediterranean-Type Dietary Patterns to Maintain Cognitive Health. *Curr Nutr Rep*. 2014;3(1):51-61. doi:10.1007/s13668-013-0070-2

U.S. News and World Report: DASH Diet. U.S. News & World Report. <https://health.usnews.com/best-diet/dash-diet>. Published 2020. Accessed January 15, 2020.

Van Horn, Linda et al. "Recommended Dietary Pattern To Achieve Adherence To The American Heart Association/American College Of Cardiology (AHA/ACC) Guidelines: A Scientific Statement From The American Heart Association". *Circulation*, vol 134, no. 22, 2016. Ovid Technologies (Wolters Kluwer Health), doi:10.1161/cir.0000000000000462. Accessed 7 Jan 2020.

References

The Mediterranean Diet

Evert A, Dennison M, Gardner C et al. Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report. *Diabetes Care*. 2019;42(5):731-754. doi:10.2337/dci19-0014

Mediterranean Diet. U.S. News & World Report. <https://health.usnews.com/best-diet/mediterranean-diet/health-and-nutrition>. Published 2020. Accessed January 15, 2020.

Mediterranean Diet Food Pyramid. University of Wisconsin Hospitals and Clinics Authority; 2019. <https://www.uwhealth.org/healthfacts/nutrition/410.pdf>. Accessed January 15, 2020.

Tangney C, Kwasny M, Li H, Wilson R, Evans D, Morris M. Adherence to a Mediterranean-Type Dietary Pattern and Cognitive Decline in a Community Population. *American Journal of Clinical Nutrition*. 2010;93(3):601-607. doi:10.3945/ajcn.110.007369

American Heart Association (AHA) Dietary Guidelines

Eckel R, Jakicic J, Ard J et al. 2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk. *J Am Coll Cardiol*. 2014;63(25):2960-2984. doi:10.1016/j.jacc.2013.11.003

Suggested Servings from Each Food Group. The American Heart Association. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/suggested-servings-from-each-food-group>. Published 2017. Accessed January 15, 2020.

The American Heart Association Diet and Lifestyle Recommendations. The American Heart Association. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>. Published 2017. Accessed January 17, 2020.

Therapeutic Lifestyle Changes (TLC) Diet

A Little TLC Goes a Long Way toward Reducing High Cholesterol. National Institutes of Health (NIH). <https://www.nih.gov/news-events/news-releases/little-tlc-goes-long-way-toward-reducing-high-cholesterol>. Published 2006. Accessed January 17, 2020.

Can Lifestyle Modifications Using Therapeutic Lifestyle Changes (TLC) Reduce Weight And The Risk For Chronic Disease? National Center for Chronic Disease Control and Health Prevention; 2009. https://www.cdc.gov/nutrition/downloads/R2P_life_change.pdf. Accessed January 17, 2020.

What Is TLC Diet? U.S. News & World Report, 2020, <https://health.usnews.com/best-diet/tlc-diet>. Accessed 15 Jan 2020.

Your Guide to Lowering Your Cholesterol With TLC. National Institutes of Health; 2005. https://www.nhlbi.nih.gov/files/docs/public/heart/chol_tlc.pdf. Accessed January 17, 2020.

References

Ornish/Very Low-Fat Diet

Nutrition. Ornish Lifestyle Medicine. <https://www.ornish.com/proven-program/nutrition/>. Accessed January 15, 2020.

Ornish Diet. U.S. News & World Report. <https://health.usnews.com/best-diet/ornish-diet>. Published 2020. Accessed January 15, 2020.

American Diabetes Association (ADA)

Key Takeaways from ADA'S Nutrition Consensus Report. American Diabetes Association https://www.diabetes.org/sites/default/files/2019-10/ADV_2019_Consumer_Nutrition_One%20Pager.pdf. Accessed January 15, 2020.

The American Diabetes Association Standards of Medical Care in Diabetes—2019. *The Journal of Clinical and Applied Research and Education*. 2019;42. doi:10.2337/cd20-as01

American Cancer Society (ACS)

Kushi L, Byers T, Doyle C et al. American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention: Reducing the Risk of Cancer with Healthy Food Choices and Physical Activity. *CA Cancer J Clin*. 2012;62(1). doi:10.3322/canjclin.56.5.254

Kushi, L. H. et al. "American Cancer Society Guidelines on Nutrition and Physical Activity For Cancer Prevention: Reducing The Risk Of Cancer With Healthy Food Choices And Physical Activity". *CA: A Cancer Journal for Clinicians*, vol 56, no. 5, 2006, pp. 254-281. Wiley, doi:10.3322/canjclin.56.5.254. Accessed 7 Jan 2020.

The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) Diet

Marcason W. What Are the Components to the MIND Diet?. *J Acad Nutr Diet*. 2015;115(10):1744. doi:10.1016/j.jand.2015.08.002

Morris M, Tangney C, Wang Y et al. MIND Diet Slows Cognitive Decline with Aging. *Alzheimer's & Dementia*. 2015;11(9):1015-1022. doi:10.1016/j.jalz.2015.04.011

Stay Connected



bell institute
OF HEALTH & NUTRITION
General Mills



General Mills
Convenience
& Foodservice

Website: bellinstitute.com

Website: generalmills.com

THANK YOU! & QUESTIONS



[@Bell.institute](https://www.instagram.com/Bell.institute)



[@Bellinstitute](https://twitter.com/Bellinstitute)

[@generalmills.com](https://www.instagram.com/generalmills.com)

[@GeneralMillsCF](https://twitter.com/GeneralMillsCF)



[Bell Institute of
Health & Nutrition
at General Mills](#)

[General Mills
Convenience &
Foodservice](#)



[General Mills Bell
Institute of Health
& Nutrition](#)

[General Mills
Convenience &
Foodservice](#)