

# Choose Health!

Pitt Partners For Health Lifestyle Medicine Newsletter



## What is Lifestyle Medicine?

Lifestyle Medicine is an evidence-based approach shown to prevent and treat disease. It treats the underlying cause of disease rather than its symptoms that are too often addressed with ever increasing quantities of pills and procedures. Because it treats cause and not just symptoms, only through Lifestyle Medicine can we alter the course of spiraling health care costs.

### Why is this so important?

Chronic disease is the leading cause of death and disability in the U.S. Rates of chronic disease have never been higher, with cost of chronic conditions eating up 86% of all healthcare dollars spent. Chronic disease is so common that more than half of U.S. adults have at least one condition, accounting for 90% of healthcare spending.

According to the World Health Organization, 80% of heart disease, stroke and type 2 diabetes and 40% of cancer could be prevented, primarily with improvements to diet and lifestyle.

The U.S. spends \$3.35 trillion on healthcare a year. This is 18% of our total annual economy. This number will continue to rise if chronic diseases are not controlled through healthy lifestyle changes.

If we don't reverse this trend, we are headed for bankruptcy as a country.

### For more details:

<https://www.slideshare.net/LeslieCasey/lifestyle-medicine-defined>



Adapted from the American College of Lifestyle Medicine (ACLM) [www.lifestylemedicine.org](http://www.lifestylemedicine.org)

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# Healthful Eating of Whole Plant-Based Food

Looking for a healthy snack? Try these tasty green pumpkin seeds (pepitas).



- Rich in antioxidants.
- High in dietary fiber.
- High in magnesium, iron, zinc, copper & calcium.
- Easy to add to your diet.
- Eating a diet rich in plant based foods may improve heart health, lower blood sugar levels, improve sleep and increase energy levels.

## DIETARY SPECTRUM



### THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE DIETARY POSITION STATEMENT

ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

### WHOLE FOOD PLANT-BASED EATING PLAN

#### WHAT AMERICA EATS



\*Food items are not to scale

- ♥ Increased risk for Obesity, T2Diabetes, Heart Disease, and some Cancers
- ♥ Poor nutrition is the leading cause of death globally.

Increase whole plant foods, fruits, vegetables, whole grains, beans, legumes, nuts, seeds, water

Decrease sweets and snacks, fast food, fried foods, refined grains, refined sugar, meat, dairy, eggs, poultry, high sodium foods



\*Food items are not to scale

- ♥ Decreased risk for Obesity, T2Diabetes, Heart Disease, and some Cancers
- ♥ Chronic disease treatment and potential reversal



#### TIPS FOR IMPROVED NUTRITION AND HEALTH

- Any movement toward WFPB eating is positive
- More movement toward a WFPB eating plan increases impact
- Tailored and sustainable approaches are recommended

What We Eat in America (WWEIA) Food Category analysis for the 2015 Dietary Guidelines Advisory Committee. Estimates based on day 1 dietary recalls from WWEIA, 2009-2010. Table 10. United States Department of Agriculture. National update for physicians: plant-based diets. Part 1. 2013. 1720-8148. Food Planet Health. Earthium.org. Published 2020. Accessed June 4, 2020.



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# LM Success Story: **Rebecca Hill** Kinston, North Carolina

**Why did you begin a WFPB lifestyle?** Early in 1999 I learned about the Hallelujah Acres (a whole-food, plant-based) diet from a friend at church who had lost weight. I was interested in how he lost the weight because I thought perhaps it would benefit me. My weight gain started the first year of my marriage at the age of 20 and for 24 years my weight steadily went up. I began juicing carrots, eating mostly fruits, vegetables, legumes and grains. Amazingly, I lost weight and I did not feel deprived, which was quite exciting to me.

Then, in September of 1999 a flood during hurricane Floyd flooded our home and we lived with family for several months until we could find a place to live. That disruption caused me to go back to eating the standard American diet and, of course, the weight returned. For thirty years my weight was on a roller coaster ride, fluctuating from 128 lbs. up to 225 lbs. I went back to the more popular diets including hypnosis, cabbage soup diet, drank SlimFast for two years, ate kid-sized meals, took weight loss pills, tried the Campbell's soup diet, took diuretic pills and restricted my calorie intake. I would lose weight and put it right back on. I was miserable.

In August of 2006 my cousin Monica called to tell me she had been diagnosed with cancer and asked if I would consider joining her in her fight by eating and following the "HA" diet as an accountability partner with her and her friend Stefanie. I said yes. I already knew the health benefits which included much more than weight loss. For 14 years my weight has stayed within 12 lbs. of my ideal goal weight. This is a weight roller coaster ride that I can live with, since I believe I have a self-diagnosed compulsive eating disorder. I feel so good that I wished everybody could feel this way. It is freeing!

**How long have you been doing it?** 14 years

**What do you typically eat in a day?**

Breakfast: oatmeal with fruit & fresh ground flaxseed or a green smoothie or nice cream or brown rice & beans with salsa or a sweet potato heated with cinnamon & ground ginger.

Lunch: a garden salad with balsamic vinegar or a white bean dressing, plus 2 cups of homemade vegetable soup

with a side of steamed Brussel Sprouts and mushrooms. I also enjoy a choice of a baked potato or sweet potato as well.

Dinner: sauteed vegetables with coconut aminos over brown rice or brown rice pasta with vegetables and marinara sauce.

In-between meal choices include: distilled water, hot herbal teas, a fruit, ¼ cup raisins w/ pumpkin seeds, a spiced or chocolate cookie made w/2 medjool dates, and 1 tbsp fresh ground flaxseed or ½ cup thawed corn with a little salsa.

**Is it hard?** It was not hard for me, probably because of these two factors; one, that I wanted to be an accountability partner to help my cousin fight her cancer battle, and secondly, I knew it had helped me before in 1999 with my weight issue.

**What did you miss the most?** I have not missed anything from the standard American diet!

**How do other people react?** "Where do you get your protein?" or "You have more will power than I do." or "I know you're healthier, but I just can't eat that way."

**What are the benefits?** I do not suffer with self-hate from my overweight issues that I lived with for over 30 years. Each yearly check-up my doctor says to keep doing what you are doing. On September 2, 2020 my total cholesterol was 166 mg/dL, triglycerides 66 mg/dL, HDL 47 mg/dL, VLDL cholesterol Cal 13 mg/dL, LDL Calculated 106 mg/dL

To keep me stoked I watch WFPB documentary's and podcast while rebounding.



*Rebecca after her Lifestyle Medicine Journey*



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# Recipe of the Month:

## *Hearty Vegetarian Chili*

For the chilly weather, soup is always the answer. Featured is a hearty vegetarian chili. BUT, if this isn't "your cup of soup," there are many other options including baked and stuffed, breakfasts, salads and all things whole-food plant-based. Click and visit [www.forksoverknives.com](http://www.forksoverknives.com) for FREE recipes.

### INGREDIENTS:

- 1 pound dried kidney, cranberry, or red beans, soaked overnight and drained
- 1 (14.5-ounce) can no-salt-added diced tomatoes, undrained
- 1½ cups chopped carrots
- 1½ cups chopped celery
- 1½ cups sliced zucchini
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 1 cup frozen or canned no-salt-added whole-kernel corn
- ¾ cup dry steel-cut oats
- ½ cup tomato paste
- 2 tablespoons low-sodium tamari or soy sauce
- 3 cloves garlic, minced
- 1 tablespoon packed brown sugar
- 1 tablespoon chili powder
- 2 teaspoons dried oregano, crushed
- 2 teaspoons dried cilantro, crushed
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 tablespoon fresh lemon juice
- Sea salt
- Bottled hot pepper sauce
- Toppings such as sliced avocado, chopped scallions, and snipped fresh cilantro (optional)

### DIRECTIONS:

- Place the soaked beans in a 4- to 5-quart Dutch oven. Add 6 cups of water. Bring to a boil over high heat; reduce heat to medium-low. Cover and simmer for 45 minutes, stirring occasionally.
- Stir in the diced tomatoes and their juice, carrots, celery, zucchini, onion, bell pepper, corn, oats, tomato paste, tamari, garlic, brown sugar, chili powder, oregano, cilantro, cumin, and paprika. Return to a boil over high heat; reduce heat to medium-low.
- Cover and simmer for 45 minutes more or until the vegetables are tender, stirring occasionally. Stir in additional water as needed if the chili becomes too thick.
- Stir in the lemon juice and season with salt and hot pepper sauce. Serve with toppings (if using).



## Ready To Improve Your Health?

### 1. Seek out a Lifestyle Medicine professional for guidance and support.

This may include physicians, registered dietitian nutritionists, lifestyle or health coaches, mental health professionals or exercise physiologists who practice lifestyle medicine principles.

### 2. Go to [www.nutritionfacts.org](http://www.nutritionfacts.org) and watch the following FREE videos:

- a. The story of nutrition facts.org.
- b. Why you should care about nutrition.
- c. Taking personal responsibility of your health.

### 3. Google and watch "Forks Over Knives" documentary on YouTube or Amazon Prime (not free) OR "Plant Pure Nation" on YouTube (FREE).

## Getting the Message Out! More Print Resources:

Share these with your Office or Workplace

■ [PPH Lifestyle Medicine Tool Kit](#)

■ [Print Resources \(lifestylemedicine.org\)](#)