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The Farm at St. Joe's
Success

- Exercise
- Proper nutrition and hydration
- Sleep
- Stress management
“Let food be thy medicine and medicine be thy food.”

—Hippocrates
“Hospitals should not be serving food that will make us future patients.”
Inflammation Causes?

- Eating processed food in a box
- Smoking
- Poor sleep
- Stress
- Obesity
- Injury and infection
- Too much sitting
- Aging
The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison.

-Ann Wigmore
75 percent of Americans overweight by 2015
2 out of 3 children in the USA are overweight
1 out 3 children are obese
Prevalence of Obesity in the United States

1985 - 2012
DO THESE GENES MAKE ME LOOK FAT?
Is it really genetics?
What’s in our environment?

Fast food
Produce with pesticides
Genetically modified crops
Moving sidewalks, remote controls

BPA and styrenes in cans, bottles, etc.
Meat with antibiotics, hormones and arsenic
Vending machines
Processed ‘food’ from a box
THEY THINK THERE IS FOOD IN OUR "FOOD"
YOU ARE WHAT YOU EAT ...

... AND DRINK
1 can = 10 teaspoons of sugar
<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories</th>
<th>Tsp</th>
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<tbody>
<tr>
<td>Coca Cola</td>
<td>240</td>
<td>15.5</td>
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<tr>
<td>Gatorade</td>
<td>130</td>
<td>8.5</td>
</tr>
<tr>
<td>Snapple</td>
<td>200</td>
<td>13</td>
</tr>
<tr>
<td>7 Up</td>
<td>250</td>
<td>15.5</td>
</tr>
<tr>
<td>Rockstar</td>
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<td>20.5</td>
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<tr>
<td>Pepsi</td>
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<td>Sprite</td>
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<tr>
<td>7 Up</td>
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<td>17</td>
</tr>
<tr>
<td>Minute Maid</td>
<td>240</td>
<td>13.5</td>
</tr>
</tbody>
</table>
Teen’s on-line petition successful in removing BVO from Gatorade and Powerade
“you are what you eat eats.”
—Michael Pollan, In Defense of Food: An Eater’s Manifesto

FACTORY FARMS: ARSENIC
Antibiotic Resistance

80% of all antibiotics are used on factory farm animals.
SUBWAY

SAY WHAT!!? YOGA MAT IN MY FOOD!

NO THANKS

SUBWAY IS NOT THE ONLY GUILTY
Find out who your is doing it too.
PLASTIC IN YOUR FOOD
(azodicarbonamide)

Hardees
McDonald's
Dunkin' Donuts
Subway
Jack in the Box
Carl's Jr.
Burger King
Arby's
White Castle

Health and Freedom News
$19.16 per 1000 Kcals

$1.76 per 1000 Kcals
American Medical Association calls on hospitals to serve better food

Hospitals must be leaders in creating healthy food environments and sharing messages of health.

• Access to healthy, local food
• Eliminate the purchase of food with added hormones and antibiotics
Michigan Good Food Charter

• Vision for Michigan’s food system and economy – source 20% of institutional food products from Michigan growers, producers, and processors.
Meals need more color
Produce without pesticides
Meals need more natural flavor
St. Joe’s Plows Ahead with Local Food
Two beehives at The Farm
Community connection with professional sports teams – players volunteering
Partnered with local schools
Farmers’ Market
Turnips $2
Greens
"great for cooking!"
How should we eat?
Hope is not a strategy to win AND neither is lack of food knowledge
London Olympics had the world's biggest McDonald's
USA Gold Medal Winners

[Image of a gold medalist]

[Image of soccer players celebrating]

[Team USA logo]
Can functional food make you a bionic man or at least pain free?
Eat the Rainbow
Eat food. Not too much. Mostly plants.

Michael Pollan, In Defense of Food
The power of purple – antioxidants!

Resveratrol, anthocyanins, zeaxanthins
Orange – Vitamins, minerals, beta-carotene
White – Helps fight colds and flu
Black-phytochemicals
Yellow – vitamins and digestive enzymes
Red — lycopenes, anthocyanins, vitamins, melatonin, minerals, and Nitric Oxide
Brown – protein, fiber, and magnesium
Greens-
Nitric Oxide
EGCG, Vitamin K
How many colors are in your diet?
Minimal 5 fresh vegetables
Minimal 5 fresh fruits
Shopping list examples

Large bags of organic frozen Berries
Vegetables – fresh, easy pre-cut, frozen, organic, pickled, and BPA-free canned
Nut butters
Daily serving of nuts – all varieties
Nuts and seeds
Edamame – instant protein
Greek yogurt – 20 g protein and probiotics
Good quality cheese
Organic eggs
Easy protein – beans, hummus, chick peas
Grass-fed Beef
Lean red meat

- Grass Fed
- Hormone free
- Antibiotic free

- Carries oxygen, builds muscle
- Immune system and muscle repair
- Anti-inflammatory
- Builds muscle and muscle repair
- Energy
Natural deli meat free of antibiotics and hormones
Wild Alaskan Salmon and Tuna
Instant protein
Whole grains

- Barilla Plus spaghetti
- Lundberg Black Japonica
- John McCann Steel Cut Oat Meal
- Earthly Choice Hemp Seed
- Earthly Choice Premium 100% Whole Grain Quinoa
- Vena's Gourmet Multi-Grain Waffles
- Smart & Delicious Tortillas
Healthy Oils
Green and black tea
Daily serving of one ounce dark chocolate 70% cocoa or greater
Real food does NOT have a label
Take one a day with tomato and cucumber.
Sleep is crucial to your health
Control carb cravings with adequate sleep

8-10 hours per night
Wake up

let's go to the gym
Spend your calories like you spend your money!

Buy better groceries!
• Treat treats as treats
• Don’t get your fuel from the same place your car does
• Spend as much time enjoying the meal as it took to prepare it
• Eat when you are hungry not when you are bored
Michael Pollan Quotes

• The whiter the bread, the sooner you’ll be dead
• Don’t eat breakfast cereals that change the color of your milk
• Eat animals that have themselves eaten well well
• Avoid food products containing ingredients your grandmother cannot pronounce
• It’s not food if it’s called the same thing in every language (Big Mac, Cheetos, Pringles)
• Avoid food products that contain more than five ingredients
• It’s not food if it arrives through the window of your car
• Avoid food products containing ingredients that no ordinary human would keep in the cupboard
The wonderful thing about food is you get three votes a day. Every one of them has the potential to change the world.

MICHAEL POLLAN
Know your numbers

- CRP (c-reactive protein) inflammation measure
- Body Mass Index (BMI)
- Weight
- Blood pressure
- Blood sugar
- Lipid profile
- Sleep hours
- Numbers of fruits and vegetables each day
Looking your best

• Eat real food
• 10 fruits/veggies per day
• Protein at every meal
• Junk calories < 7-10% of your daily total
• Great hydration
Feel Less Pain

• Anti-inflammatory foods (see pyramid link)
• Omega-3 fatty acids
• Healthy monounsaturated fats
• Eliminate the wrong fats (omega-6s, saturated fat)
• Eat the rainbow (colorful plates, half fruit/veggie)
• Limit refined carbs
• Cut back on animal products
• Concentrated tart cherry juice
• Liberal use of herbs /spices (turmeric, ginger, red pepper)
Eating for your team not just yourself
One Simple Rule
If it came from a plant, eat it;
If it is made in a plant, don’t!

-Michael Pollan
What is your one thing?
More sleep?
Drink more water?
Better snack habits?
Eat more fruits and veggies?
Sit less?
Take an omega 3?
Know your numbers?
Don’t skip breakfast?
One change at a time

- Specific
- Can you do it daily
- Strategic
- Easy to do
For more information

- Farm at St. Joe’s
  http://www.youtube.com/watch?v=JBLqBdgXnyg&feature=youtu.be

- Anti-Inflammatory Food Guide Pyramid

- Olympic recipes/fact sheets