

CHANGING THE CONVERSATION

Culinary techniques to meet the needs of a client's diagnosis without sacrificing flavor for **Digestive Disorders**.

June 18, 2019, 2 – 3 PM EDT

PRESENTED BY
CHEF ABBIE GELLMAN, MS, RD, CDN
CHEF JULIE HARRINGTON, RD

Brought to you through the support of
ENC
EVIDENCE-BASED NUTRITION CENTER

www.culinarynutritioncuisine.com | www.julieharringtonrd.com

About

Chef Abbie Gellman, MS, RD, CDN




@CNC_Abbie
www.culinarynutritioncuisine.com



Chef Julie Harrington, RD




@ChefJulie_RD
www.julieharringtonrd.com

2

Objectives

-  **Learn** how to make evidence-based nutrition education relatable to clients through "food talk".
-  **Learn** about the impact culinary nutrition programs can have on behavior mediators such as stress, knowledge, confidence, and goal setting.
-  **Identify** a variety of culinary nutrition needs and tips related to some of the most frequently digestive disorders, and how to help clients integrate them.
-  **Learn** how to evaluate client's cooking skills to work on goal setting accordingly.

3

Digestive Disorders



Digestive disorders affect millions of Americans each year. These conditions involve the digestive tract, which is also known as the gastrointestinal (GI) tract.

Conditions may range from mild to serious.

- GERD
- Irritable Bowel Syndrome (IBS)
- Irritable Bowel Disease (IBD)
- Celiac Disease & Non-Celiac Gluten Sensitivity
- Lactose Intolerance

Digestive Disorders
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/digestive-disorders> 4

Collaborative Approach

Collaborate with **GI doctors** and other **healthcare professionals** to achieve the best possible care and outcomes.



Medical Nutrition Therapy

To address **individual nutrition needs**, taking into account personal and cultural preferences and **willingness to change**.



Positives & Negatives of Behavior Change

	+	-
Reduce intake of triggering foods Increase intake of triggering foods	no learning same habits no change in cooking	pain bloating discomfort
NO CHANGE		
CHANGE	improved symptoms feel better positive quality of life	learn the diet cooking/eating differently inconvenience

7

Medical Nutrition Therapy



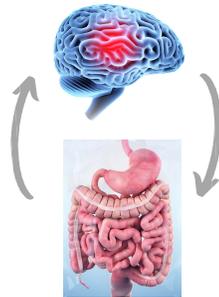
To **maintain** the pleasure of eating by only limiting food choices when indicated by **scientific evidence**.

8

Gut-Brain Connection

A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut.

Therefore, a person's stomach or intestinal distress can be the cause or the product of anxiety, stress, or depression.



The Gut-Brain Connection
Harvard Health Publishing - <http://www.health.harvard.edu/digestion-and-con@ions/the-gut-brain-connection>

9

Impact of Stress and GI Disorders

Physical Symptoms	Behavioral Symptoms	Emotional Symptoms
<ul style="list-style-type: none"> Stiff or tense muscles, especially in the neck and shoulders Headaches Sleep problems Shakiness or tremors Recent loss of interest in sex Weight loss or gain Restlessness 	<ul style="list-style-type: none"> Procrastination Grinding teeth Difficulty completing work assignments Changes in the amount of alcohol or food you consume Taking up smoking, or smoking more than usual Increased desire to be with or withdraw from others Rumination (frequent talking or brooding about stressful situations) 	<ul style="list-style-type: none"> Crying Overwhelming sense of tension or pressure Trouble relaxing Nervousness Quick temper Depression Poor concentration Trouble remembering things Loss of sense of humor Indecisiveness

Culinary Nutrition Intervention



Working with a dietitian - closely tracking symptoms, intake, dietary trends, etc.

May need to do an elimination diet - **BUT NOT PERMANENTLY** - just to understand triggers

11

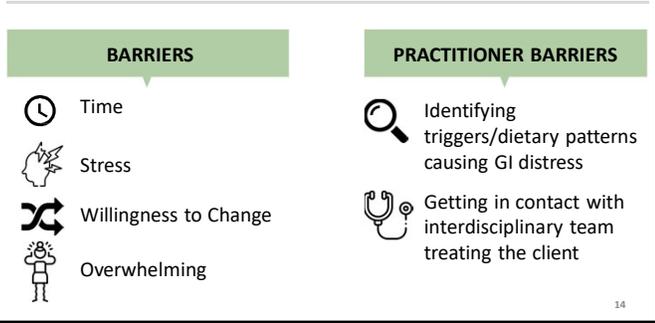
Culinary Nutrition Intervention

Lead with the positive > Empower > Food focused goals

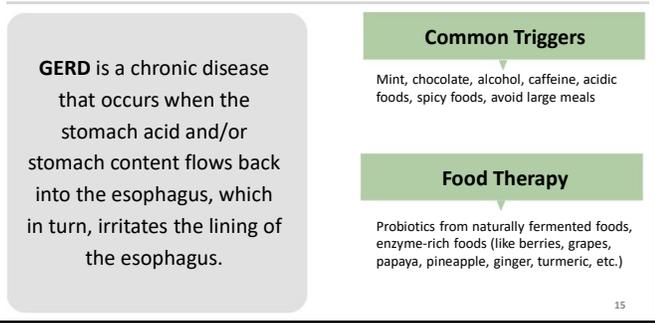
Elimination Diet



Barriers



GERD



Culinary Nutrition Intervention



FERMENTED FOODS

Foods that are fermented are naturally rich in beneficial probiotics

Lactic acid bacteria are some of the most well-known and studied microorganisms in fermented food.

Examples: kefir, yogurt, aged/raw cheese, kombucha, sauerkraut, miso, tempeh, and kimchi

16

IBD (Inflammatory Bowel Disease)

Inflammatory bowel disease is an extremely common condition characterized by the presence of abdominal pain or discomfort, with altered bowel habits, in the absence of any other disease to cause these types of symptoms. **Irritable bowel syndrome is not a disease; it is a group of symptoms that occur together that affect the large intestine.**

Common Triggers

Stress, diet, high FODMAP foods

Food Therapy

Low FODMAP diet, identifying triggering foods, stress management, probiotic-rich foods, drinking enough fluids, establish regular eating habits

17

It's Confusing



Low FODMAP

High FODMAP



Blueberries

¼ cup = low FODMAP
1 cup = high FODMAP



Garlic

Vs.



Garlic-Infused Olive Oil

18

Resources



19

Recipe: Miso Vinaigrette with Tomato Corn Salad



TASTE OVER TIPS

- Prebiotics from tomatoes and other vegetables
- Probiotics from miso
- Depth of flavor from the miso and parmesan

20

IBD (Inflammatory Bowel Disease)

IBD is defined as chronic inflammation of the digestive tract.

Crohn's disease and ulcerative colitis are both major categories of inflammatory bowel diseases.

Common Triggers

There is no one diet to alleviate Crohn's disease.

Food Therapy

Small meals every 3-4 hours, identify triggers, vitamin/mineral supplementation

21

Culinary Nutrition Intervention

PREBIOTICS

Natural, non-digestible food components found in high-fiber foods that act as food for human microflora

They promote the growth of "good" bacteria in the gut - also known as probiotics

Food focused goals:

Aim to include 1 prebiotic-rich food within every meal or snack.



Recipe: Roasted Asparagus with Lemon



TASTE OVER TIPS

Simple to prepare

Adds more depth and flavor when roasted and with lemon

Provides vital nutrients in a more accessible way without overwhelming amounts of fiber and cell structure broken down from cooking

23

Celiac Disease

Celiac disease is an autoimmune disease that occurs in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine.

Common Triggers

Gluten

Food Therapy

Gluten-free diet

24

Gluten-Free



Regulated by the FDA

Resources:
Gluten Free Watchdog

Goal:
Not relying on processed and packaged GF products

- Food focused goals:**
- Trying a new GF grain
 - Identify brands that a certified GF
 - Create overnight oats for a wholesome gf breakfast

25

Culinary Nutrition Intervention

GLUTEN-FREE

- **Naturally GF grains/starches:** Rice, cassava, sorghum, quinoa, millet buckwheat, amaranth, teff, GF oats, etc.
- A “trending” relatively new gluten-free grain: Sorghum



26

Recipe: Southwest Black Bean Salad with Quinoa



TASTE OVER TIPS

- Quinoa is gluten-free**
- Black beans and vegetables rich in fiber**
- Make ahead meal**

27

Lactose Intolerance

Lactose intolerance is one type of food sensitivity - it is not a food allergy. This is the result of not having enough lactase, which is the enzyme responsible for digesting the natural sugar in milk, lactose.

Common Triggers

Foods that contain dairy

Food Therapy

Dairy alternatives, Lactaid pills, hard cheeses (often better tolerated)

28

Recipe: Overnight Oats



TASTE OVER TIPS

Dairy free
uses almond milk

Prebiotics
resistant starch from oats

Make ahead meal

29

Putting It Into Practice



Questions?

Abbie Gellman, MS, RD, CDN, is a Chef and Registered Dietitian and owner of Culinary Nutrition Cuisine, a culinary nutrition consulting company. Abbie works with a wide variety of clients as a spokesperson, recipe and product developer, teacher/educator, and private chef.



Follow her on Instagram and Twitter @CNC_Abbie and check out her weekly recipe and nutrition videos on YouTube and Facebook.

Chef Julie Harrington, RD, is a professionally trained chef and RD specializing in culinary nutrition. You can always find Julie in the kitchen developing new recipes and translating evidence-based science through food.



Follow her on Instagram, Twitter, and Facebook @ChefJulie_RD.

31

Next Webinar



Webinar series Part 3 of 4

SAVE THE DATE:

Thursday, September 19th from 2-3 p.m. EDT

CHANGING THE CONVERSATION:

Culinary Techniques to Meet the Needs of a Client's Diagnosis Without Sacrificing Flavor for **Aging**

Did you miss Part 1 on Diabetes and Heart Health? Go to www.ce.todaysdietitian.com/culinarypart1recorded to download and listen!

Credit Claiming

You must complete a brief evaluation of the program in order to obtain your certificate. The evaluation will be available for 1 year; you do not have to complete it today.

CREDIT CLAIMING INSTRUCTIONS:

1. Go to www.CE.TodaysDietitian.com/name OR Log in to www.CE.TodaysDietitian.com and go to "My Courses" and click on the webinar title.
2. Click "Take Course" on the webinar description page.
3. Select "Start/Resume" Course to complete and submit the evaluation.
4. Download and print your certificate.

33

Resources

1. Digestive Disorders, <https://www.hopkinsmedicine.org/health/wellness-and-prevention/digestive-disorders>
2. The Gut-brain Connection, Harvard Health Publishing- <https://www.health.harvard.edu/diseases-and-conditions/the-gut-brain-connection>
3. Gastroesophageal Reflux, <https://www.eatright.org/health/wellness/digestive-health/gastroesophageal-reflux>
4. Irritable Bowel Syndrome, <https://www.eatright.org/health/wellness/digestive-health/irritable-bowel-syndrome>
5. Fermented Foods As a Dietary Source Of Live Organisms, <https://www.ncbi.nlm.nih.gov/proxy/wexler.hunter.cuny.edu/pmc/articles/PMC6117398/>
6. Pubmed, et Š anler N- <https://www.ncbi.nlm.nih.gov/proxy/wexler.hunter.cuny.edu/pubmed/28945458>
7. Crohns Disease and Diet, <https://www.eatright.org/health/wellness/digestive-health/crohns-disease-and-diet>
8. What is Celiac Disease?, <https://celiac.org/about-celiac-disease/what-is-celiac-disease/>
9. Effects Of Probiotics, Prebiotics, and Synbiotics on Human Health, Paulina Markowiak-Katarzyna Śliż ewska - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5622781/>
10. Celiac Disease An Introduction, <https://www.eatright.org/health/diseases-and-conditions/celiac-disease/celiac-disease-an-introduction>
11. Demystifying Lactose Intolerance - Successful Treatment Begins With an Accurate Diagnosis, <https://www.todaysdietitian.com/newarchives/040212p14.shtml>
12. Lactose Intolerance- Genetics Home Reference – Nih, <https://ghr.nlm.nih.gov/condition>
