

CHANGING THE CONVERSATION

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

September 19, 2019, 2 – 3 PM ET

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

Brought to you through the support of
ENC
Elder 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

Objectives

-  Learn how to make evidence-based nutrition education relatable to clients through "food talk."
-  Understand 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 the aging population, and how to help clients integrate them.
-  Describe how to evaluate client's cooking skills to work on setting appropriate goals.

Age Related Diseases

Aging-related disease affect millions of Americans each year, especially as the average lifespan increases.

- ▶ Mental Decline
 - Cognitive decline
 - Dementia
 - Alzheimer's
- ▶ Osteoporosis
- ▶ Sarcopenia and muscle loss



Medical Nutrition Therapy

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



Medical Nutrition Therapy

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




Dietary Protocol With a "Food First" Approach




Lead with the Positive > Empower > Food-Focused Goals

Mental Decline



- Cognitive Decline
- Dementia
- Alzheimer's

Reducing Risk Factors

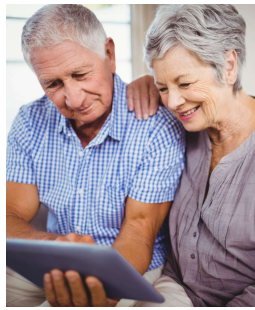


- Maintain Good Cardiovascular Health
- No Smoking
- Maintain Blood Glucose Levels in Range
- Maintain Cholesterol Levels in Range
- Maintain Stable Blood Pressure
- Eat a Well-Balanced Diet
- Incorporate Regular Exercise
- Maintain a Healthy Weight

Cognitive Decline, or Mild Cognitive Impairment (MCI)

Symptoms

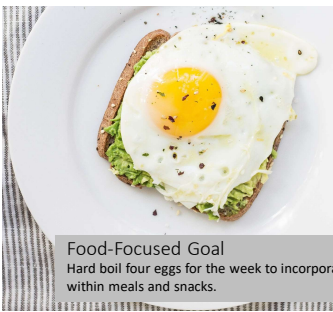
- May be forgetful more often
- Mild difficulty making decisions
- Trouble finding way around familiar places
- Signs of poor judgment
- Easily lose train of thought



MIND Diet



Culinary Nutrition Intervention



Eggs

- Contains choline and lutein, nutrients important for brain development and health
- Research suggests that lutein has the potential to influence cognition across the life-span
- Lutein may have a protective role in the central nervous system during aging

Food-Focused Goal
Hard boil four eggs for the week to incorporate within meals and snacks.

Recipe: Green Shakshuka



TASTE OVER TIPS

- Using green peppers and tomatillos as the base vs. red tomatoes
 - Gives it a tart, fruity, and slightly herbal flavor
- Addition of Swiss chard
 - High in many antioxidants including beta-carotene and flavonoids

Dementia

Symptoms

- Memory loss
- Communication and language changes
- Inability to focus, pay attention, judge
- Vision changes



Culinary Nutrition Intervention

Omega-3s

- Seafood is one of the few food sources of DHA, the type of omega-3 that can protect the brain from oxidative stress
- Sources with high amounts of DHA include salmon, herring, tuna, sardines, trout, oysters, mussels
- Recommend at least 1 serving weekly



Food-Focused Goal
Buy two cans of salmon. Use one to top a salad and cook one making salmon cakes.

Alzheimer's

Symptoms

- Loss of memory
- May lose ability to converse, pay attention, remember information
- Easily confused/disoriented
- Mood and behavior changes
- May have issues swallowing, walking, using the bathroom



Culinary Nutrition Intervention

Flavonoids

- Natural compounds of phytochemicals found in plant foods
- May help vascular system work properly and promotes new growth in the brain
- Antioxidants



Food-Focused Goal
Mix and match berries with nuts as a mid morning snack.

Culinary Nutrition Intervention

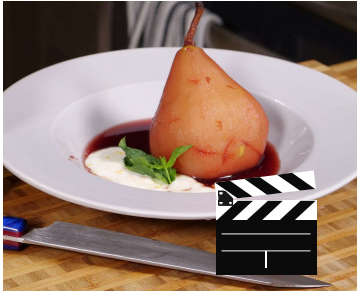
Pomegranate Juice

- Pomegranates contain very high levels of antioxidant polyphenolic substances
- Polyphenols derived from pomegranate juice may improve memory in older persons with age-related memory decline



Food-Focused Goal
Enjoy dinner with a mocktail of pomegranate juice and sparkling water.

Recipe: Pomegranate-Poached Pears



TASTE OVER TIPS

- Serving of fruit for dessert
- One pear has six grams of fiber
- Natural source of sugar vs. added sugar
- Use pomegranate juice and oranges

Osteoporosis

Risk Factors

- Age
- Female gender (80%)
- Family history of osteoporosis
- Previous fracture
- Ethnicity
- Menopause/hysterectomy
- Long term glucocorticoid therapy
- Rheumatoid arthritis
- Primary/secondary hypogonadism in men



Culinary Nutrition Intervention

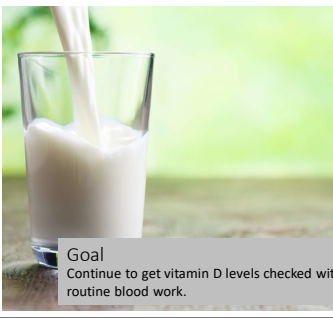


Calcium

- A nutrient that plays several roles in the body, but is known for helping maintain bone health throughout life
- Calcium is more absorbable through dairy products; still incorporate plenty of plant-based sources of calcium such as beans, lentils, nuts, seeds, and dark leafy greens

Food-Focused Goal
Add one dairy source of calcium and one plant-based source of calcium to your grocery list.

Culinary Nutrition Intervention



Vitamin D

- Important in building and maintaining bone strength
- Food sources include eggs, salmon, fortified milk, fortified breakfast cereal
- Supplementation may be needed

Goal
Continue to get vitamin D levels checked with routine blood work.

Sarcopenia

Symptoms

- Weakness
- Loss of stamina
- The presence of low skeletal muscle mass and/or low muscle strength



This condition is present in nearly half of the US elderly population and leaves millions of aging Americans vulnerable to falls, fractures, and hospitalization.

Culinary Nutrition Intervention

Protein

- 25-30 g/meal adequately stimulates muscle protein anabolism
- Choosing high-quality protein at each meal improves post-prandial muscle protein synthesis
- Consuming adequate quantities of protein three times per day enhanced 24 hour muscle protein synthesis



Food-Focused Goal
Incorporate one serving of animal or plant-based protein within breakfast, lunch, and dinner.

Culinary Nutrition Intervention

Beef

- Lean red meat can be effective for enhancing the effects of resistance training on lean tissue mass and muscle strength while reducing inflammatory factors in elderly women
- Consuming lean cuts of beef in moderation for adults can increase protein intake, preserve muscle mass, and improve nutrition status



Food-Focused Goal
 Marinate a sirloin for dinner one night and use leftovers for a stir fry on another night.

Recipe: Marinated Skirt Steak



TASTE OVER TIPS

- Skirt steak is a lean and affordable cut of beef
- Cut against the grain to get a tender (vs. chewy) bite
- Just looking to add flavor? Marinate for 15 minutes to two hours
- Want to tenderize cuts? Marinate for six to 24 hours

Tips for Cooking for One (or Two)



- Batch cook whole grains (freeze leftovers)
- Shop in the bulk bin section
- Balance purchases between fresh and frozen produce
- Buy a whole package of meat or poultry and wrap individual portions in freezer-safe bags; label each with the date and contents
- Utilize canned seafood
- Single-serve oatmeal
- Freeze English muffins or pitas individually
- Be creative with leftovers!

Putting it into Practice



Next Webinar



Webinar series Part 4 of 4

Save the date:
Thursday, December 12, 2019
 2-3 p.m. ET

Changing the Conversation:
 Culinary Techniques to Meet the Needs of a Client's
 Diagnosis Without Sacrificing Flavor for
 Cancer & Renal Disease

Credit Claiming

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

CREDIT CLAIMING INSTRUCTIONS:

1. Login to www.CE.TodaysDietitian.com.
2. Click **My Courses** and select this webinar's title.
3. Click **Take Course** on the webinar description page.
4. Select **Start/Resume** to complete the course and submit the evaluation.
5. Download and print your certificate.

References

1. Ylilauri MPT, Voutilainen S, Lönnroos E, et al. Association of dietary cholesterol and egg intakes with the risk of incident dementia or Alzheimer disease: the Kuopio Ischaemic Heart Disease Risk Factor Study. *Am J Clin Nutr*. 2017;105(2):476-484.
2. Nurk E, Refsum H, Bjelland I, et al. Plasma free choline, betaine and cognitive performance: the Hordaland Health Study. *Br J Nutr*. 2013;109(3):511-519.
3. Strupp BJ, Powers BE, Velazquez R, et al. Maternal choline supplementation: a potential prenatal treatment for Down syndrome and Alzheimer's disease. *Curr Alzheimer Res*. 2016;13(1):97-106.
4. Mapstone M, Cheema AK, Fiandaca MS, et al. Plasma phospholipids identify antecedent memory impairment in older adults. *Nat Med*. 2014;20(4):415-418.
5. Wallace TC. A comprehensive review of eggs, choline, and lutein on cognition across the life-span. *J Am Coll Nutr*. 2018;37(4):269-285.
6. Johnson EJ. Role of lutein and zeaxanthin in visual and cognitive function throughout the lifespan. *Nutr Rev*. 2014;72(9):605-612.
7. Walk AM, Edwards CG, Baumgartner NW, et al. The role of retinal carotenoids and age on neuroelectric indices of attentional control among early to middle-aged adults. *Front Aging Neurosci*. 2017;9:133.
8. Zamroziewicz MK, Paul EJ, Zwilling CE, et al. Parahippocampal cortex mediates the relationship between lutein and crystallized intelligence in healthy, older adults. *Front Aging Neurosci*. 2016;8:297.
9. Feart C, Letenneur L, Helmer C, et al. Plasma carotenoids are inversely associated with dementia risk in an elderly French cohort. *J Gerontol A Biol Sci Med Sci*. 2016;71(5):683-688.
10. Dias IH, Polidori MC, Weber D, et al. Plasma levels of HDL and carotenoids are lower in dementia patients with vascular comorbidities. *J Alzheimers Dis*. 2014;40(2):399-408.
11. Wang W, Shinto L, Connor WE, Quinn JF. Nutritional biomarkers in Alzheimer's disease: the association between carotenoids, n-3 fatty acids, and dementia severity. *J Alzheimers Dis*. 2008;13(1):31-38.

References

12. Rinaldi P, Polidori MC, Metastasio A, et al. Plasma antioxidants are similarly depleted in mild cognitive impairment and in Alzheimer's disease. *Neurobiol Aging*. 2003;24(7):915-919.
13. Brady N, Selvaraju S, Essa MM, et al. Neuroprotective effects of a variety of pomegranate juice extracts against MPTP-induced cytotoxicity and oxidative stress in human primary neurons. *Oxid Med Cell Longev*. 2013;2013:685909.
14. Bookheimer SY, Renner BA, Ekstrom A, et al. Pomegranate juice augments memory and FMRI activity in middle-aged and older adults with mild memory complaints. *Evid Based Complement Alternat Med*. 2013;2013:946298.
15. International Osteoporosis Foundation website. <https://www.iofbonehealth.org/>
16. Daly RM, O'Connell SL, Mundell NL, Grimes CA, Dunstan DW, Nowson CA. Protein-enriched diet, with the use of lean red meat, combined with progressive resistance training enhances lean tissue mass and muscle strength and reduces circulating IL-6 concentrations in elderly women: a cluster randomized controlled trial. *Am J Clin Nutr*. 2014;99(4):899-910.
17. Asp ML, Richardson JR, Collene AL, Droll KR, Belury MA. Dietary protein and beef consumption predict for markers of muscle mass and nutrition status in older adults. *J Nutr Health Aging*. 2012;16(9):784-790.
18. Lanske B, Razaque MS. Vitamin D and aging: old concepts and new insights. *J Nutr Biochem*. 2007;18(12):771-777.
19. Meehan M, Penckofer S. The role of vitamin D in the aging adult. *J Aging Gerontol*. 2014;2(2):60-71.
20. Cooking tips for one or two. Academy of Nutrition and Dietetics website. <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/cooking-tips-for-one-or-two>. Published August 7, 2018.
21. What women need to know. National Osteoporosis Foundation website. <https://www.nof.org/preventing-fractures/general-facts/what-women-need-to-know/>