RDNs and the Future of Food

Today’s Dietitian Webinar
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4. Plant-Based Everything

There's a misconception that a plant-based diet means going totally vegan. Not so! Plant-based diets simply refer to the idea of a more sustainable eating pattern for both health and environmental reasons: Eat more plants, eat fewer animal products. It also encompasses some fun ways to incorporate more plant-foods into your diet, like using jackfruit instead of pulled pork or beef jerky. Expect to see a lot more of the plant-based push once the 2015 Dietary Guidelines are released.
Plant-Based Eating is Hot!

- **3.4%** US adults vegetarian (1% vegan), highest among 18-37 year-olds (7%), 36% eat vegetarian meals 1+ meals/week (VRG 2015)

- **65%** people are trying to eat less meat (Business Insight Reports, 2012)

- **36%** consumers buy meat substitutes, though only 7% identify as vegetarian (Mintel, 2013)

- **U.S. News Best Diets** in 2016: “Plant-based diets are good for the environment, your heart, your weight, and your overall health”
Definition of a plant-based diet is one that focuses on plants.

- **Vegan**: No animal foods.
- **Lacto-Ovo Vegetarian**: No animal flesh, but allows for dairy and eggs.
- **Pescatarian**: No animal flesh, except for fish and seafood.
- **Semi-Vegetarian or “Flexitarian”**: Small amounts of animal foods.
2015 DGAs Going More Plant-Based

• Focused on plant-based diet patterns:
  • Mediterranean
  • US Healthy Diet Pattern
  • Vegetarian
• Limit saturated fat
• Eat more fruits and vegetables
• Include plant-based oils, pulses

Image: Farmers Market in Pasadena, CA, Sharon Palmer, RDN
What’s Great About Whole-Plant Foods?

A plant-based eating style has so much power: environment, health, animal welfare, economics and beyond.

High in the “good” stuff:

- Fiber, vitamins, minerals, healthy fats,
- Phytochemicals, low glycemic carbs

Low in the “bad” stuff:

- Saturated fat, sodium, toxins (nitroso compounds, heterocyclic amines, polycyclic aromatic hydrocarbons, glycation end products formed in cooking, curing, processing meats)

Images: The Plant-Powered Blog, Sharon Palmer, RDN
"Well-planned vegetarian diets are completely healthful and nutritionally adequate for people throughout all stages of life and that they have a number of health advantages, including lower blood cholesterol levels, lower risk of heart disease, lower blood pressure levels, and lower risk of hypertension and type 2 diabetes.

In addition, vegetarians tend to have a lower body weight and lower overall cancer rates, lower intakes of saturated fat and cholesterol, and higher levels of dietary fiber, magnesium, potassium, vitamins C and E, folate, carotenoids, flavonoids, and other phytochemicals."

Position, Academy of Nutrition and Dietetics
RDN Tips: Promoting a Plant-Based Diet

• **Join the Meatless Monday Bandwagon**: Use it in hospitals, private practice and wellness programs. Look for valuable resources, such as toolkits, recipes, articles, and more.

• **Help Clients Plan their Meals around Plants First**: Instead of planning meals around animal foods, why not help people plan their meals around seasonal produce, pulses, and whole grains?

• **Promote the "Meat as a Seasoning" Rule of Thumb**: Cultures from around the world know this tip; a small serving of animal protein can feed a whole family, while pushing up vegetables, legumes, and whole grains.

• **Share a Pant-Plowered Pantry List**: Shelf-stable dried pulses, whole grains, healthy oils, herbs, seasonings, nuts, seeds are the basis of an economical, healthful diet.
RDN Tips: Promoting a Plant-Based Diet

• **Try One New Plant-Based Recipe a Week:** Use cookbooks, websites and blogs and help people get inspired to cook one recipe per week to build upon their repertoire.

• **Go Global:** Ethnic plant-based food, from Mexico, Caribbean, Greece, India, Vietnam, Japan, Ethiopia and beyond, is some of the best. Help your clients celebrate some of these dishes.

• **Think Yes!:** Move beyond “I can’t do it” to embracing how fabulous and diverse the world of plant foods are.
Promoting Plants Wherever I Go!

• Grow my own food
• Blog about easy, delicious plant-based eating and cooking
• Promote plants first—for *everyone*
• Teach free cooking and nutrition classes in the community
• Promote CSAs, farmers markets, community gardens
• Ask the Sharon column over social media and blog
• Speak within the dietitian community

Images: My vegetable garden, LA, Sharon Palmer, RDN
Incorporate Plant-Based Inspiration in Your Practice

• Teach plant-based cooking classes.
• Understand intricacies of plant-based products, including taste, cooking use, variations and nutritional profiles.
• Develop resources: The Vegetarian Resource Group, The Vegetarian Nutrition Dietetic Practice Group, Oldways, Loma Linda University, Seventh Day Adventist Dietetic Association.

Sweet Potato Black Bean Bake
Recipe and Image by Sharon Palmer, RDN
The Future of Plant-Based Nutrition

• Plant-based eating will continue to grow, with concerns about health, sustainability, animal welfare, and a hungry, hot, crowded planet

• RDNs will become more visible in the plant-based food movement

• Resources, such as water and fossil fuel, will be increasingly precious

• A desire for plant-based food will transcend all socio-economic boundaries

• More technology will provide new options for more diversity in plant-based foods

Image: Hollywood farmers market
Sharon Palmer, RDN
Summary

- Plant-based diets are recommended by countries across the world for health and sustainability benefits.

- The definition of a plant-based diet is one that focuses on plants.

- Plant-based diets are nutritionally adequate for all ages.

- RDNs can be leaders in the world of plant-based nutrition.

Arugula pizza from Plant-Powered for Life
CHEFMANSHIP
Sarah-Jane Bedwell, RD, LDN

- Host of *Cooking with Sarah-Jane* video and blog series
- Author of *Schedule Me Skinny: Plan to Lose Weight and Keep it Off in just 30 Minutes a Week* (2014)
- Regular contributor to SELF magazine on self.com and other national media outlets
- Disclosures: Spokesperson/Consultant for Unilever, Clif Bar and Company, Wonderful Brands, Bush’s Beans, and The Laughing Cow

[sarahjanebedwell.com](http://sarahjanebedwell.com)
Chefmanship: Landscape Overview

59% of 25- to 34-year-olds head to the kitchen with either their smartphones or tablets.
Short-Cut Cooking

• Delivery recipe kits
• Recipe math meals
• In-store recipe and ingredient display
Ethnic Cooking

- Fusion: making the familiar new again
- More plant-based Options
- Lesser known meats and seafood

“Why do you eat ethnic foods and flavors instead of traditional foods?”

- 64% Looking For Something Different
- 61% Discover New Flavors
- 55% Craving
- 42% Spicier Flavors
- 39% Bolder Flavors
Healthier Cooking

• Healthier cooking methods
• More than half of U.S. households concerned with diet
• Consumers want to cook with real, fresh, and whole ingredients
The Future of Cooking

• More snacking and more meals consumed alone

• How can we as RDNs encourage the continuation of the family meal?
  • Offer hands-on cooking lessons
  • Teach mindful eating skills
  • Encourage clients to involve the whole family in grocery shopping
The Future of Cooking

• Technology continuing to change the way we shop, cook, and experience our meals.
• Delivery services
• Social media
• Recipes
Summary

• Short-cut cooking, ethnic flavors, and healthy recipes are all trending in the culinary world today.

• As RDNs, we have the chance to capitalize on this by offering tips and tricks and recipes that are in-line with these trends.

• We also need to provide this valuable info and resources through social media and other technologies.

• We need to educate families on the benefits of cooking and sharing a meal together so that this valuable practice doesn’t fall by the wayside.
SUSTAINABILITY
Chris Vogliano MS, RD

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- Clinical Research Associate at Arivale
- Young Practitioner for Council of Future Practice
- Resource Coordinator for Hunger and Environmental DPG
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POPULATION OF THE EARTH

Number of people living worldwide since 1700 in billions

Source: United Nations World Population Prospects, Deutsche Stiftung Weltbevölkerung
Sustainable Diets

Diets with low environmental impacts which contribute to food and nutrition security and to a healthy life for present and future generations. (FAO)
1. Be Transparent.
3. Globally Inspired, Largely Plant-Based Cooking.
4. Right Size Portions.
5. Poultry and Eggs in Moderation.

Source: http://www.menusofchange.org/
The Future of Sustainable Nutrition

- Lab Grown Meat
- Insects as Protein Sources
- Sustainable Protein
- Plant Based Substitutes
How You Can Promote Sustainable Diets

1. **Eliminate Food Waste**
   Nearly 40% of all of the food grown in the United States ends up in the landfill.

2. **Promote Energy Balance**
   Strive to achieve a balance between energy intake and energy needs.

3. **Encourage Sustainable Protein**
   The average American consumes 198-245 pounds of meat per person per year (an increase of 40% from the 1970s).
Working together for a healthier planet

“Climate change is the biggest global health threat of the 21st century... The impacts will be felt all around the world – and not just in some distant future but in our lifetimes and those of our children.” - The Lancet
Resources

Sustainable Nutrition

Wasted Food