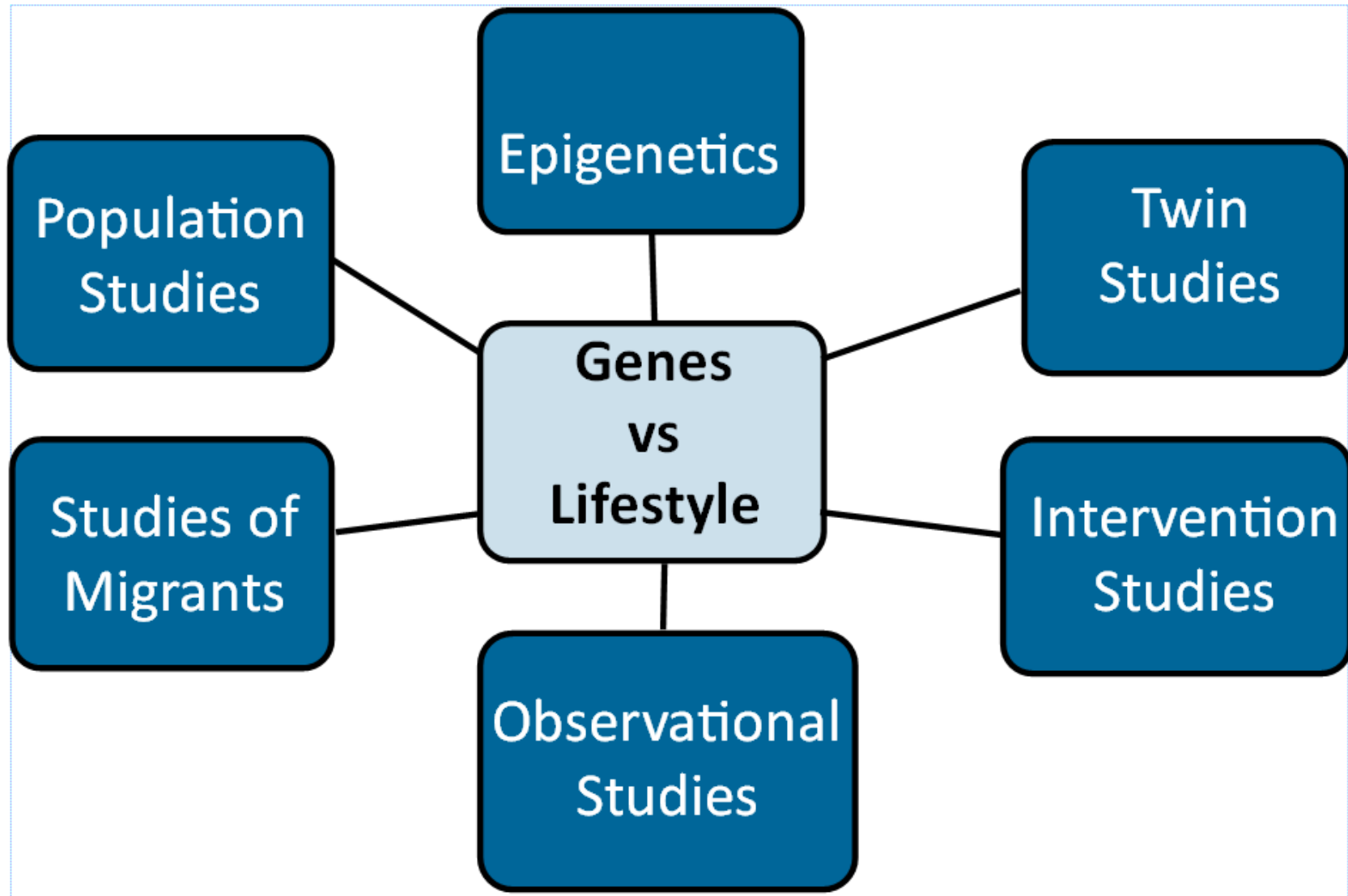




Cutting Through All the Diet Confusion

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JANUARY 12, 2025





**Lomo Linda,
CALIFORNIA**



**Nicoya,
COSTA RICA**



**Sardinia,
ITALY**



**Ikaria,
GREECE**



**Okinawa,
JAPAN**

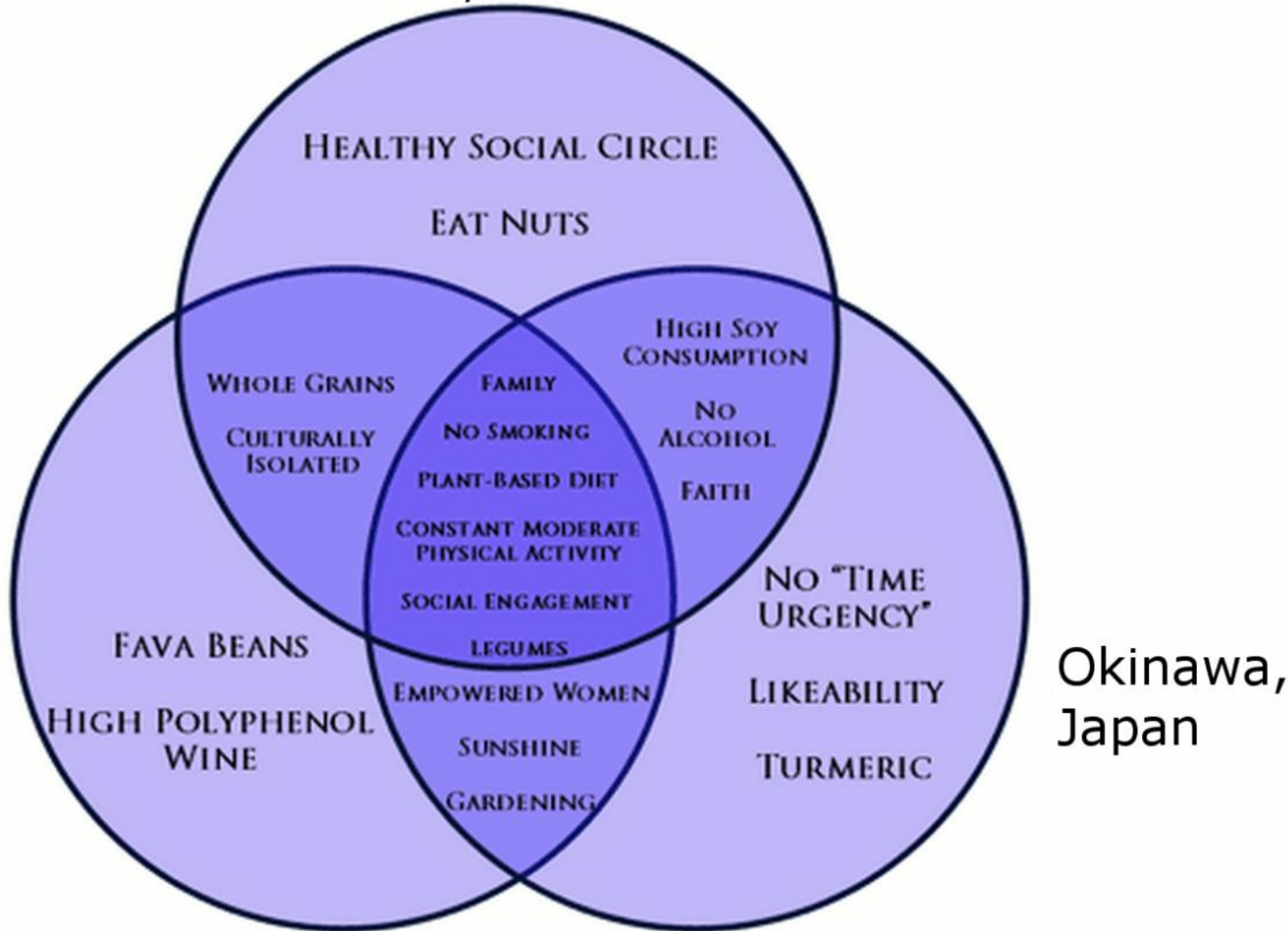


BLUE ZONES



Commonalities among three Blue Zones

Loma Linda, United States



Sardinia,
Italy

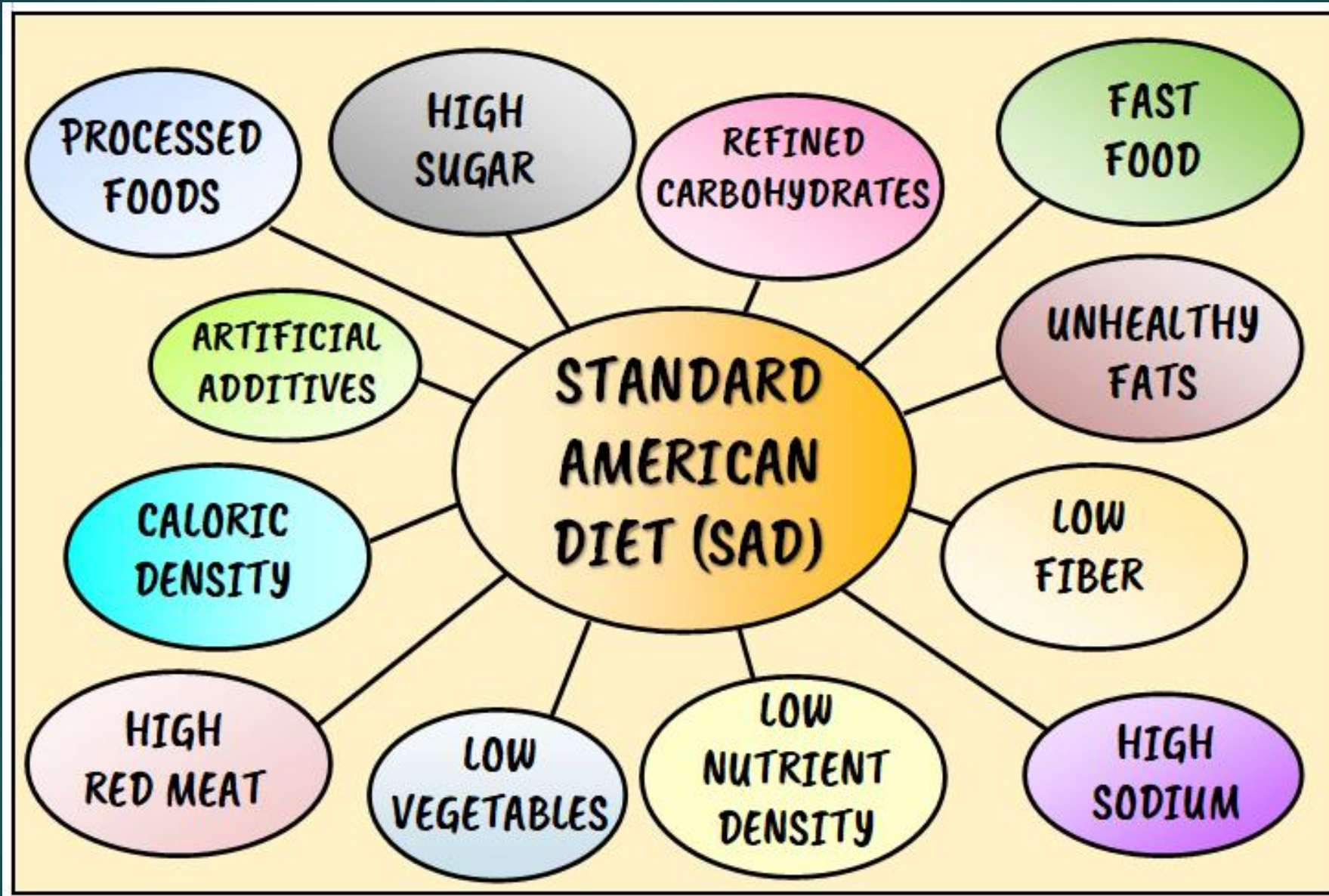
Okinawa,
Japan

Plant-based diet,
including legumes

No smoking

Constant moderate
physical activity

Family ties, social
engagement



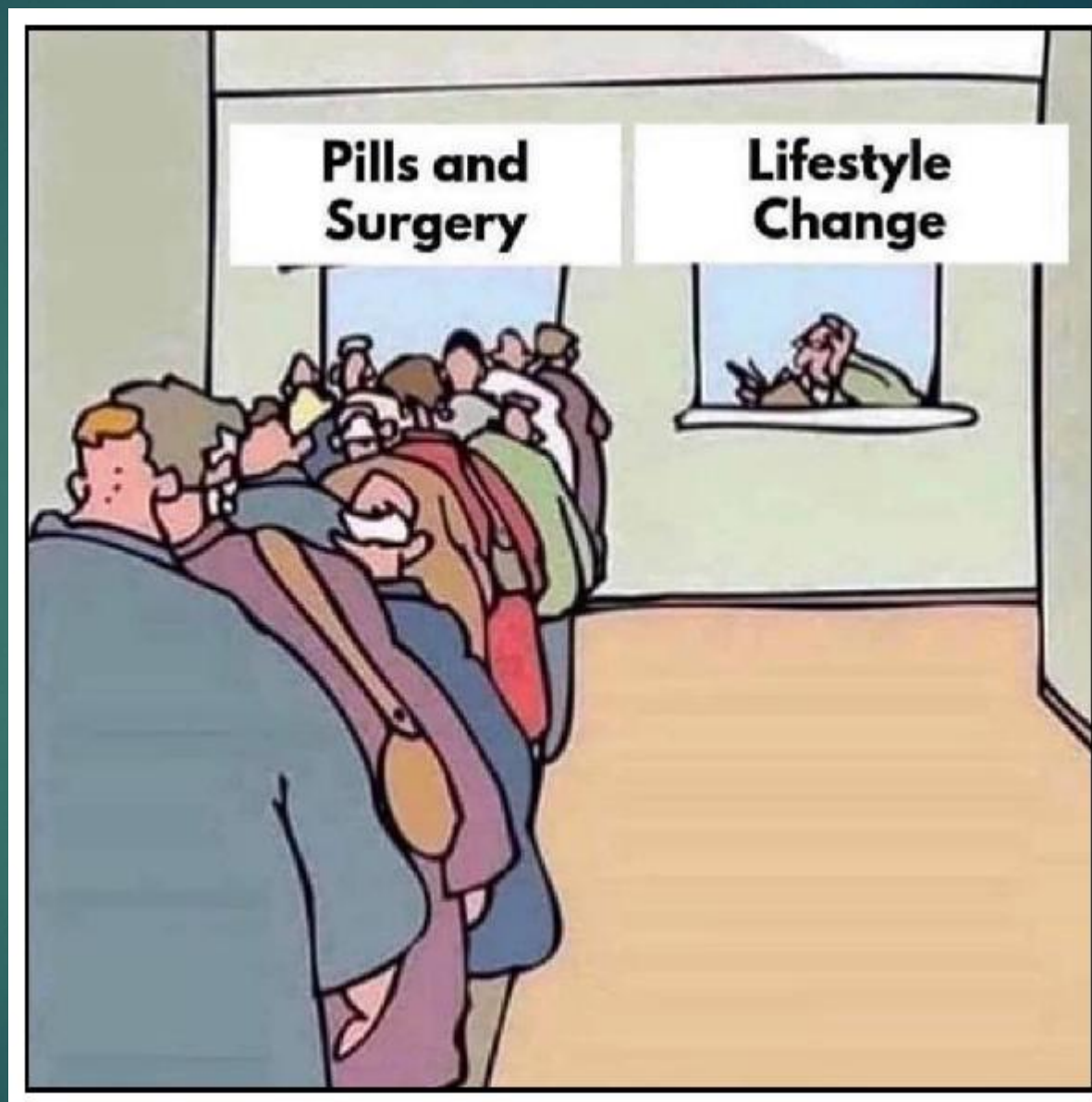
High costs...pain...suffering



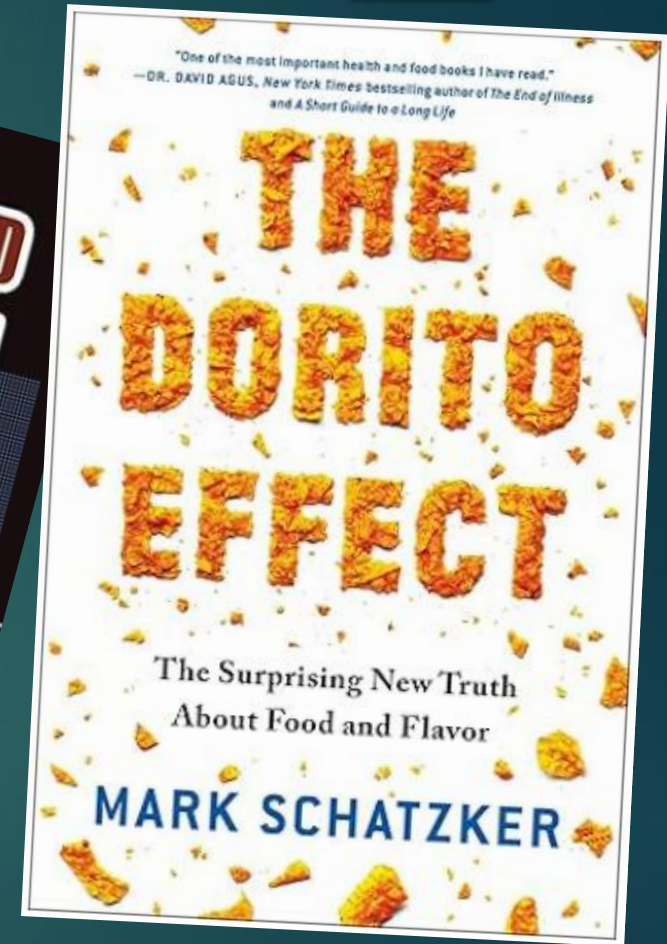
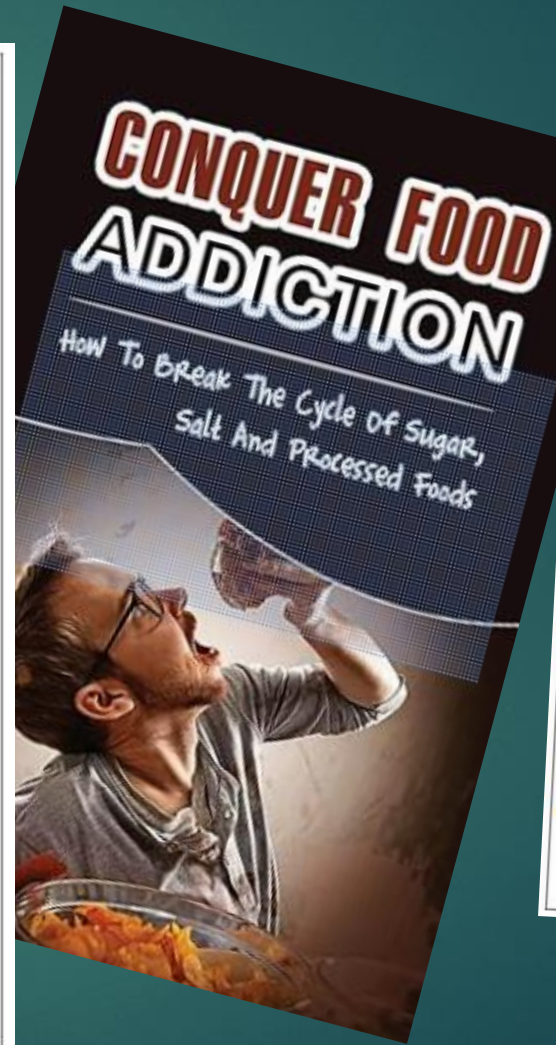
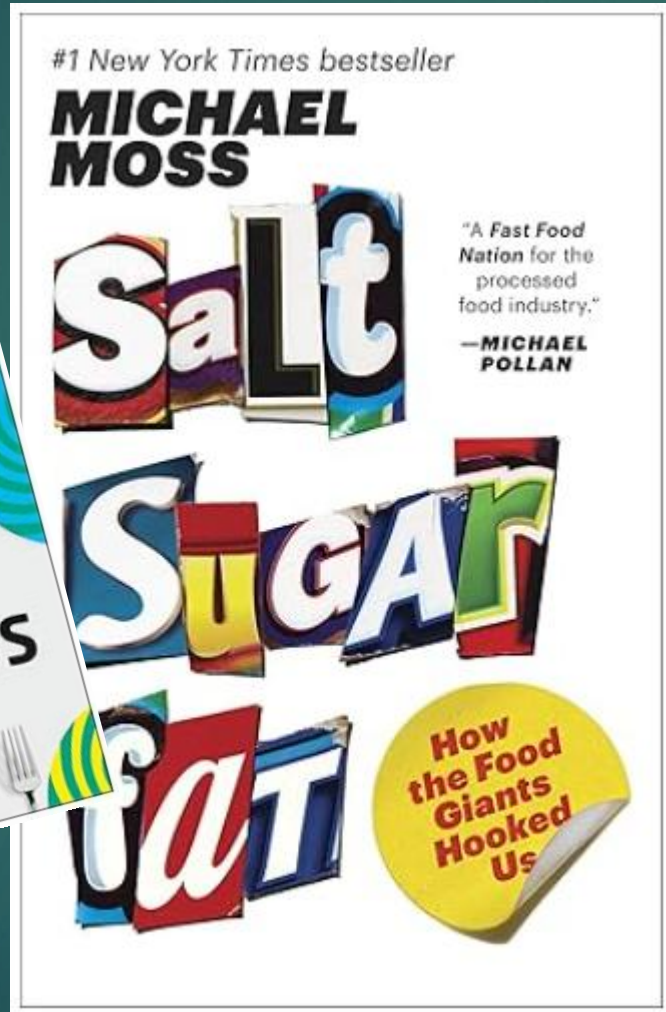
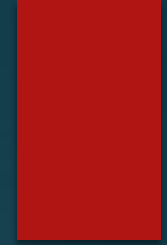


Who can we blame?

Medical
Model



BLISS POINT ... addiction by design



Note: I'm not advocating these books...I'm simply pointing out the intentionality of corporate marketing.

Restaurant Fare





What diets best serve our health?

Concerns with short & long-term health

Paleo Diet

Excludes whole grains and legumes, which are proven to support long-term health

Detox Diets and Cleanses

No evidence supports toxin removal claims

Ketogenic Diet (Keto)

Long-term safety, cardiovascular, kidney, liver, and nutrient deficiency concerns

Raw Food Diet

Lacks variety, such as cooked legumes, whole grains, leading to nutrient deficiencies

Blood Type Diet

No evidence supports health claims

Top-Ranked Diets based on nutritional adequacy & health outcomes

Diet	Focus	Health Benefits	Drawbacks	Bonus: Effect on Climate Stability
Whole-Food Plant-Based (WFPB) Diet	Unprocessed plant foods: vegetables, fruits, legumes, whole grains, nuts, seeds	Strong evidence supports reducing chronic disease risk: heart disease, type 2 diabetes, cancer	Requires B-12 supplementation	Beneficial
Mediterranean Diet	Vegetables, fruits, nuts, whole grains, fish, and olive oil	Linked to heart health, cognitive function, and longevity	Can include calorie-dense foods, which may challenge weight management	Moderate, due to fish & dairy
DASH (Dietary Approaches to Stop Hypertension) Diet	Fruits, vegetables, whole grains, lean protein	Proven to lower blood pressure and improve cardiovascular health	Less emphasis on fat quality compared to the Mediterranean diet	Moderate - Encourages local foods, making it relatively sustainable

Evidence – DASH Diet

1. Clinical Trials:

Original DASH Trials (1997):

Randomized Control Trials showing that the DASH diet lowers blood pressure more effectively than standard diets. *New England Journal of Medicine (NEJM)*

2. Follow-Up Studies:

Sacks FM, et al. (2001). "Effects of a low-sodium DASH diet on blood pressure." *The New England Journal of Medicine*

3. Systematic Reviews and Meta-Analyses:

Siervo M, et al. (2015). "Effects of the DASH diet on cardiovascular risk." *British Journal of Nutrition*

4. Government-Endorsed Guidelines:

- **National Heart, Lung, and Blood Institute (NHLBI):**

Developer of the DASH diet, based on decades of research.

- **U.S. Dietary Guidelines (2020–2025):** Includes DASH as a recommended pattern.

5. Professional Organizations:

- **American College of Cardiology (ACC) and American Heart Association (AHA):**

Recognize the DASH diet as one of the best for hypertension.

Evidence – Mediterranean Diet

1. Landmark Trials:

PREDIMED Study (Prevención con Dieta Mediterránea) *:

A major RCT showing that a Mediterranean diet supplemented with nuts or olive oil significantly reduces cardiovascular events. *New England Journal of Medicine (NEJM)*

2. Systematic Reviews and Meta-Analyses:

- Martínez-González MA, et al. (2019). "Mediterranean diet and cardiovascular health." *Circulation Research*
- Estruch R, et al. (2018). "Mediterranean diet and all-cause mortality." *British Medical Journal*

3. Cohort Studies:

Nurses' Health Study and Health Professionals Follow-Up Study:

Demonstrates the Mediterranean diet's association with reduced risks of chronic diseases. *American Journal of Epidemiology*

4. Guidelines from Health Organizations: American Heart Association (AHA):

Endorses the Mediterranean diet for heart health.

5. Books and Guides:

The Blue Zones Solution by Dan Buettner explores Mediterranean longevity hotspots (e.g., Ikaria, Greece).

* Personally, I find this lauded study to be weak, as the 'control group' was not controlled for processed foods.

Evidence – WFPB Diet

1. Large Cohort Studies:

- **Adventist Health Studies (AHS-2):**

Focuses on plant-based dietary patterns among Seventh-day Adventists. Demonstrates lower risks of heart disease, type 2 diabetes, and certain cancers. *American Journal of Clinical Nutrition*

- **EPIC-Oxford Study:**

Explores the health outcomes of vegetarian, vegan, and omnivorous diets. *British Medical Journal (BMJ)*

2. Randomized Controlled Trials (RCTs):

- **Ornish Program for Reversing Heart Disease:**

Landmark study showing regression of coronary artery disease through a plant-based diet combined with lifestyle changes. *The Lancet, JAMA*

3. Meta-Analyses and Reviews:

- Barnard ND, et al. (2014). "Vegetarian and vegan diets in type 2 diabetes management." *Nutrition Reviews*

- Huang RY, et al. (2016). "Vegetarian diets and weight reduction." *Journal of General Internal Medicine*

4. Books by Physicians and Researchers:

- Dr. T. Colin Campbell's *The China Study* (based on one of the largest nutrition studies ever conducted)

- Dr. Michael Greger's *How Not to Die, How Not to Diet, and How Not to Age*

5. Professional Organizations:

- Physicians Committee for Responsible Medicine (PCRM): Publishes plant-based nutrition research.

Disease Reversal

Whole-Food Plant-Based (WFPB) Diet

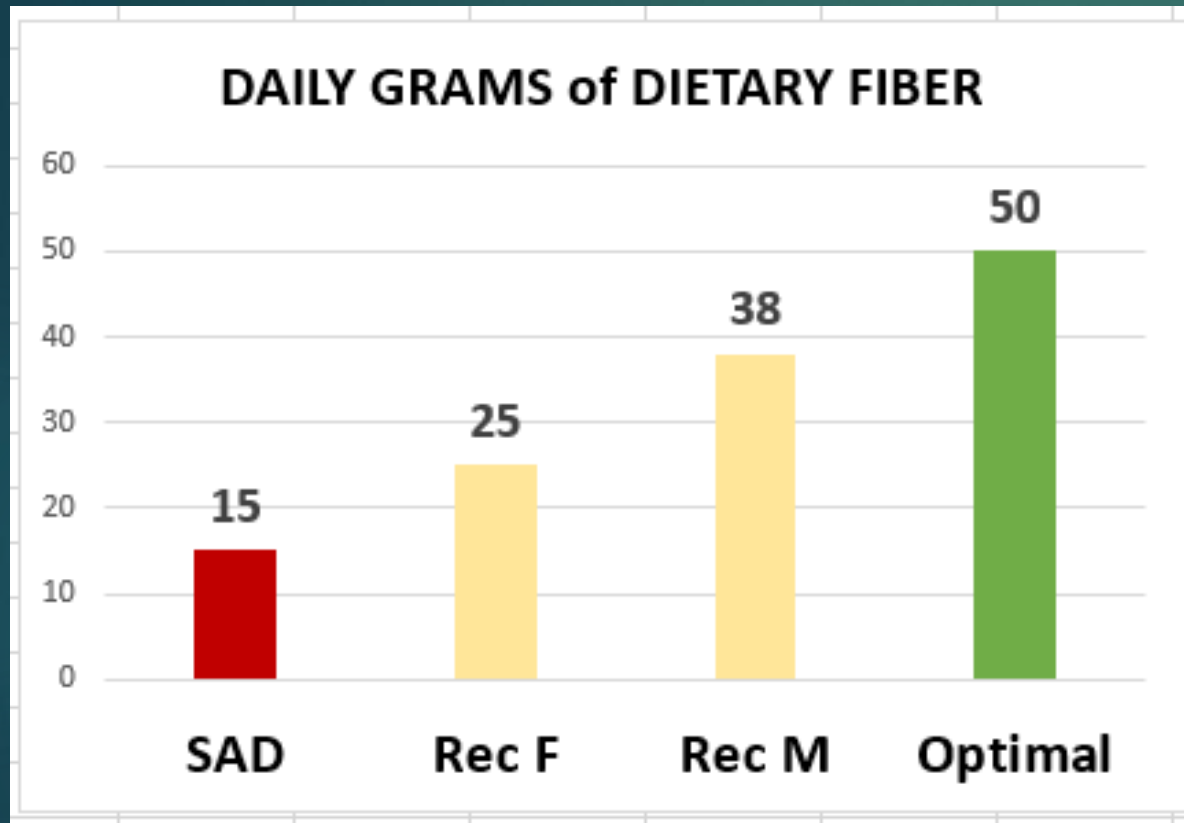
Studies by Dean Ornish and Caldwell Esselstyn using a very low-fat, oil-free WFPB diet can not only slow but reverse heart disease in patients with severe coronary artery disease. This diet minimizes saturated fats, dietary cholesterol, and inflammatory foods while maximizing fiber, antioxidants, and other heart-protective nutrients. Without added oils, the overall fat content is extremely low, which can improve endothelial function and reduce arterial plaque.

Dr. Dean Ornish conducted landmark research demonstrating that intensive lifestyle changes, including a plant-based diet, can lead to the reversal of early-stage prostate cancer.

SAD vs WFPB Diet



FIBER



Why is FIBER crucial?

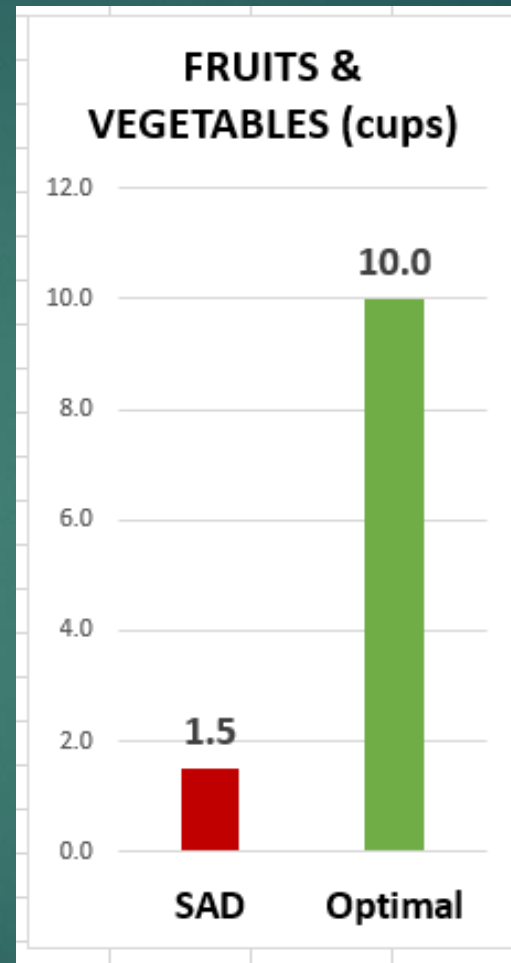
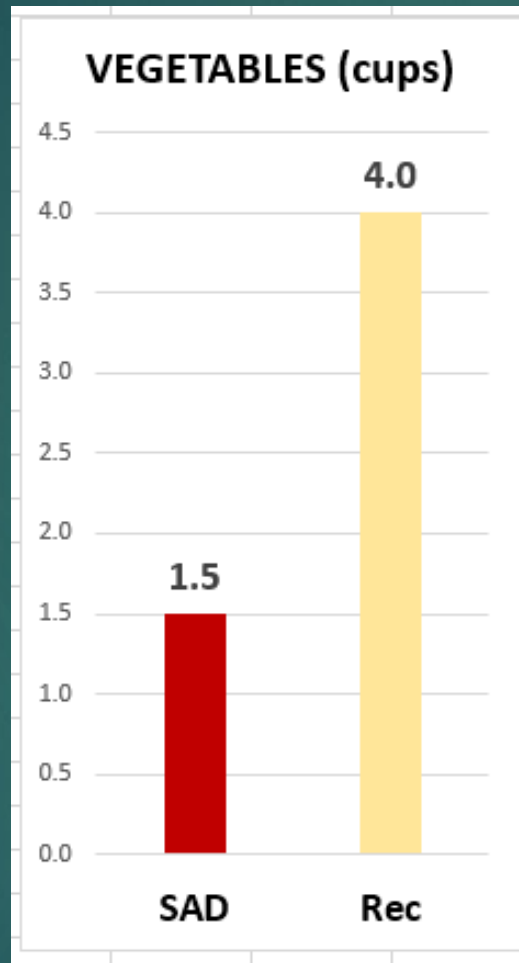
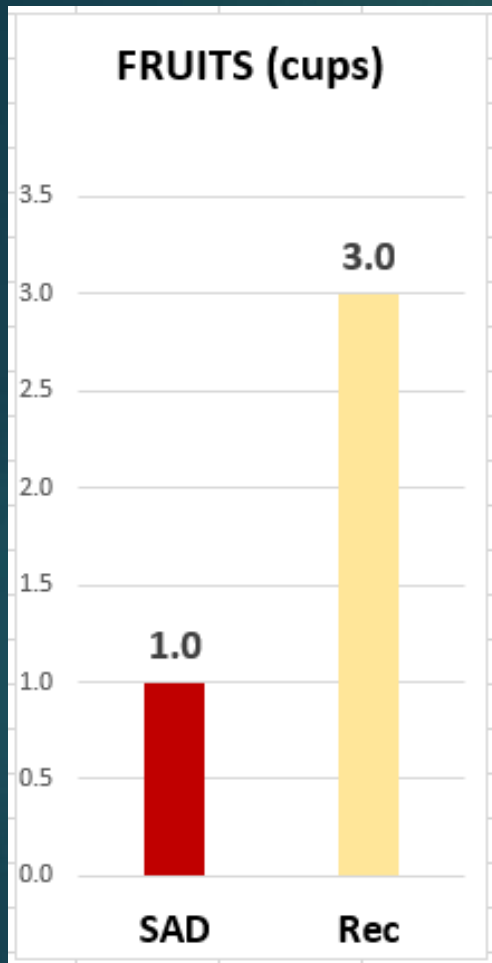
- Supports a healthy gut microbiome
- Lowers cholesterol
- Reduces inflammation
- Regulates blood sugar levels
- Reduces risk of heart disease, type 2 diabetes, certain cancers

Which foods contain fiber?

- Fruits
- Vegetables
- Legumes
- Whole grains

A shocking 95% of Americans don't get the recommended daily amount of fiber.

FRUITS & VEGETABLES

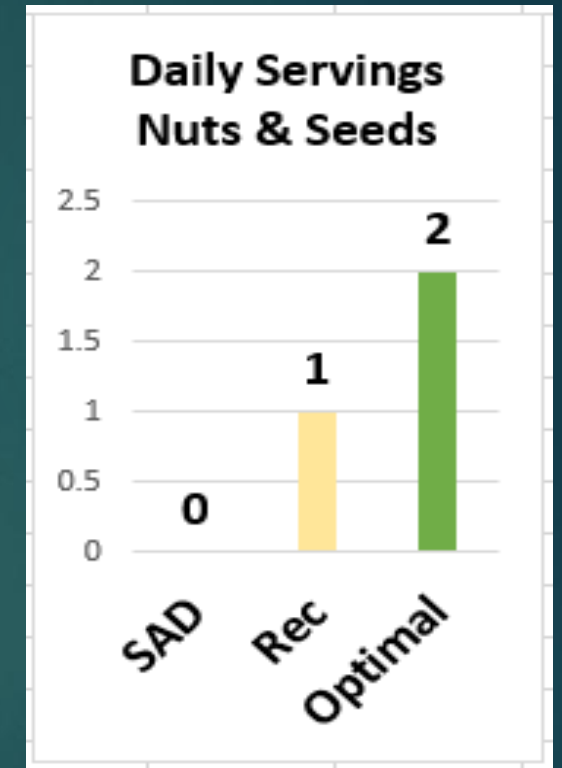
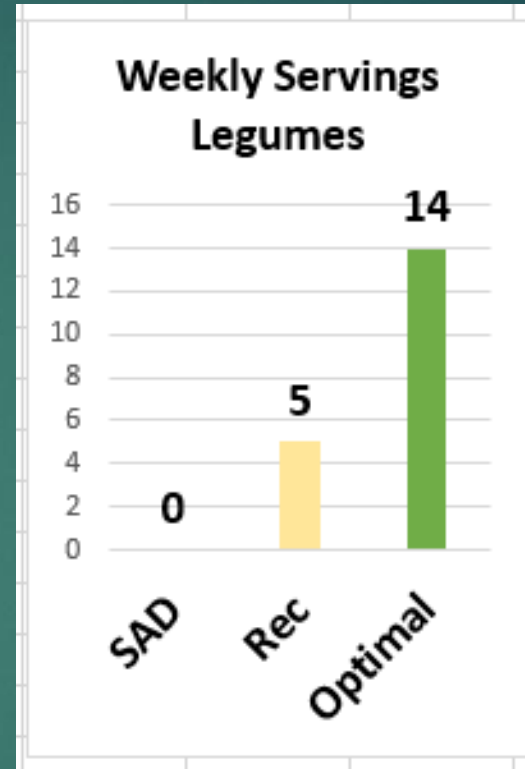
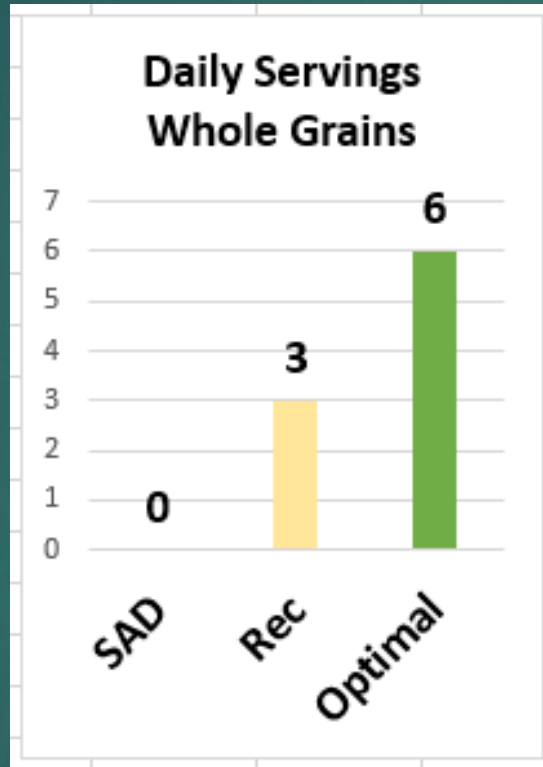
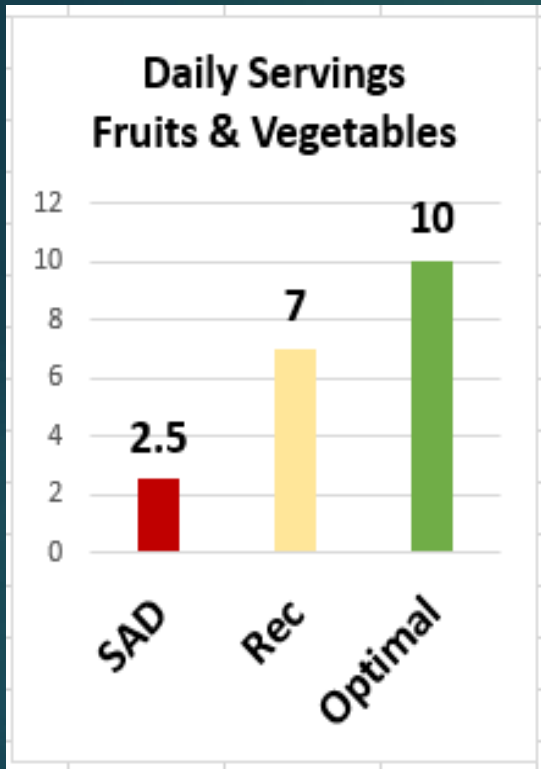


Why are they crucial?

- Reduce risk of chronic disease, including heart disease, stroke, certain cancers
- Provide vital nutrients, fiber, antioxidants

Only **1 in 10 adults** meet the federal recommendations for fruit and vegetable intake.

WHOLE FOODS



Less than 15% of Americans meet recommendations for **whole grain** consumption.

Only 8% of Americans meet the recommended intake of **legumes**.



Big question –

Do we have access to the foods that
best serve our health?



Bottles of beans
handcrafted by UUCB
children, paired with a
French Market Bean Soup
recipe, is sold each year
during the Holidays is a
beautiful, healthy gift for
your friends, family, and
yourself.

Veggie Fest!



Vegetarian Options at the
HOLIDAY ART AND GIFT SALE!

Second
Saturday
Meals!

Plant-Based Meals Become Legal Requirement For Hospitals In New York

A landmark bill now makes it law for hospitals in the state to provide nutritious plant-based meals, in the fight against preventable chronic illness like heart disease and diabetes.





With one foot firmly planted into what is comfortable in terms of your current tastes, preferences, and family traditions, in 2025 may you dip at least one toe into the exciting and health-promoting world of plant-based eating!



Rochester Lifestyle Medicine Institute

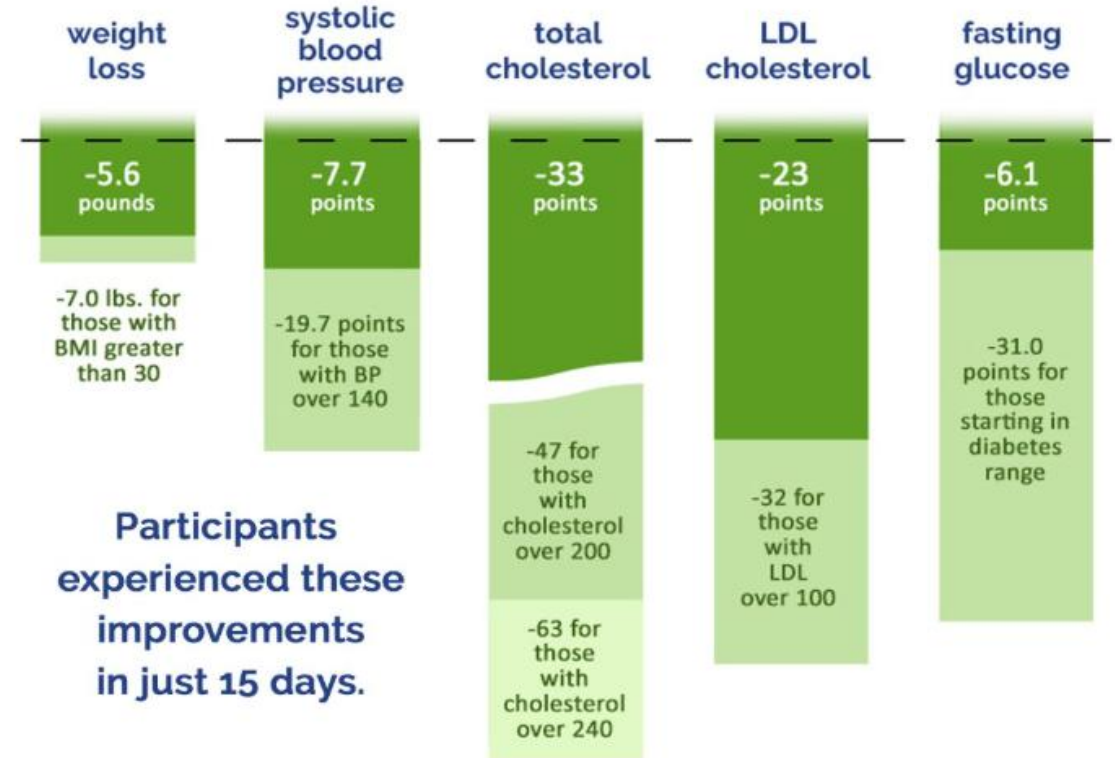
15-Day Whole-Food Plant-Based **Jumpstart Program** *The prescription for chronic disease*



What is Jumpstart?

- Jumpstart is a program that teaches how to eat the right foods to reverse heart disease, type 2 diabetes, high blood pressure, obesity and more. Participants, in consultation with their physicians, often greatly reduce their medications.
- Jumpstart takes place over 15 days via medically-facilitated small group Zoom meetings. It includes four live 2-hour sessions and three live 1-hour check-in meetings, including a cooking class and a virtual potluck.
- Participants follow a very low-fat whole-food plant-based diet. They have access to a private forum, encouraging emails, daily support from trained facilitators and each other, and an abundance of resources, including a Jumpstart Alumni Program and continuing access to the Google Classroom. **And it's fun!**

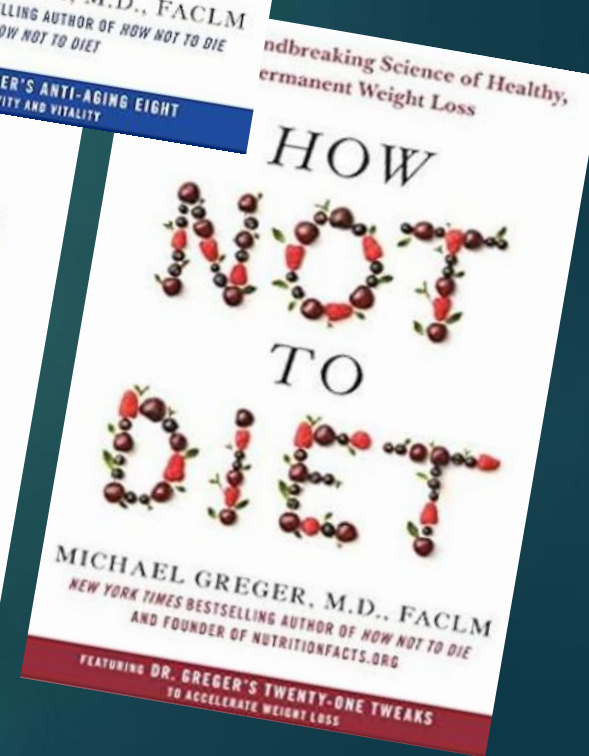
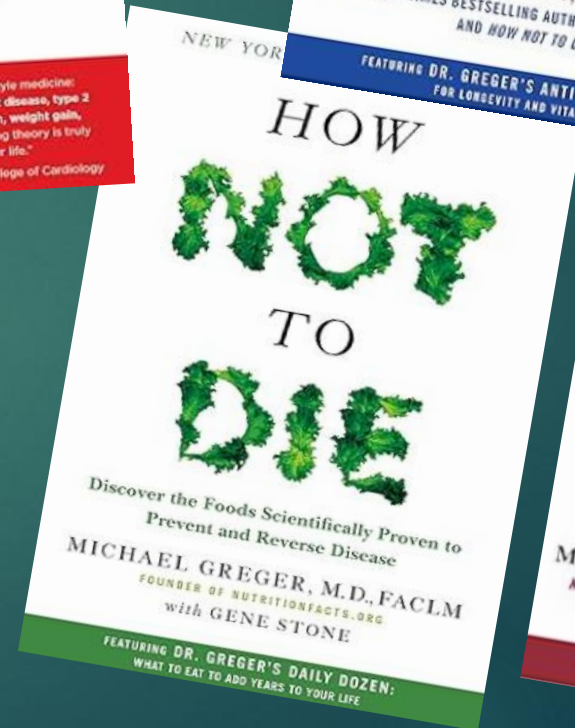
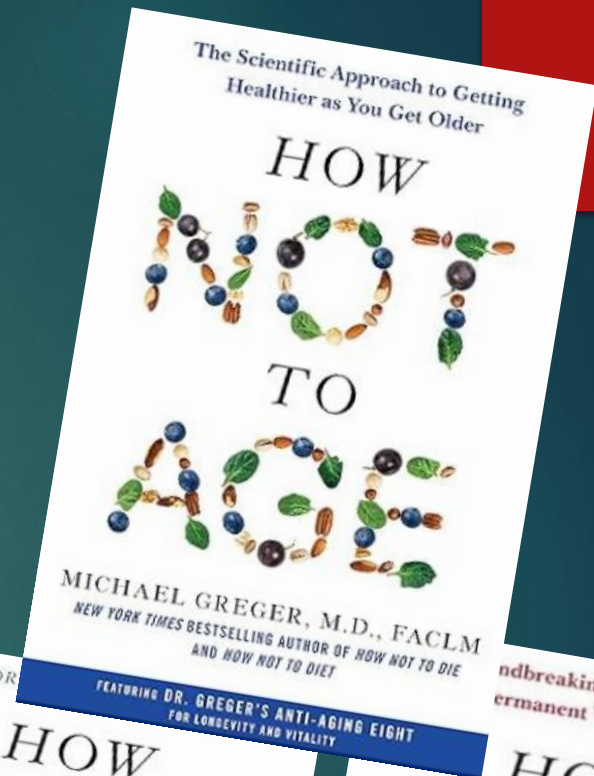
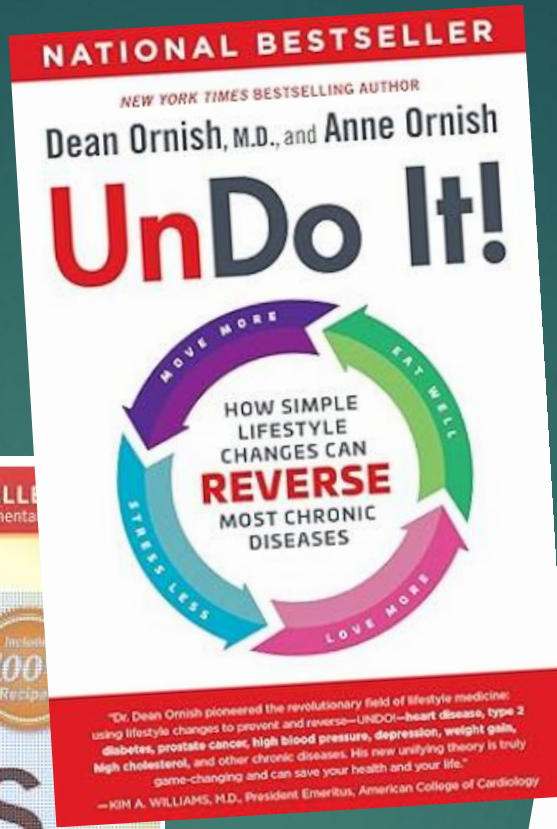
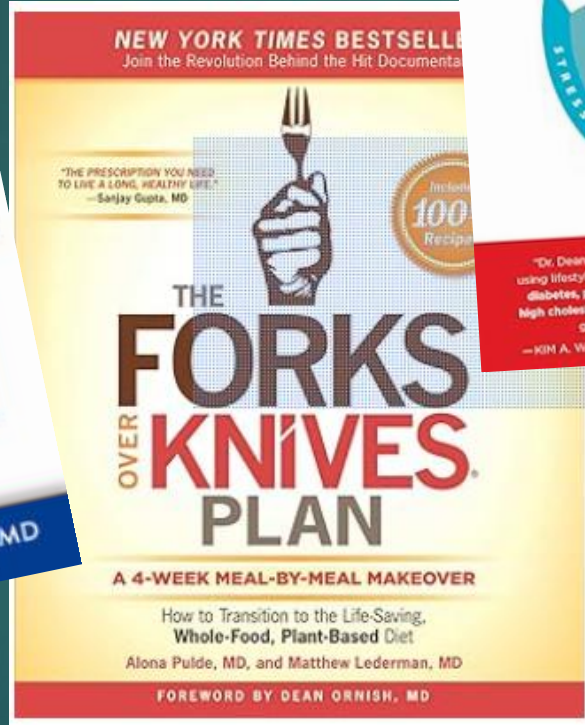
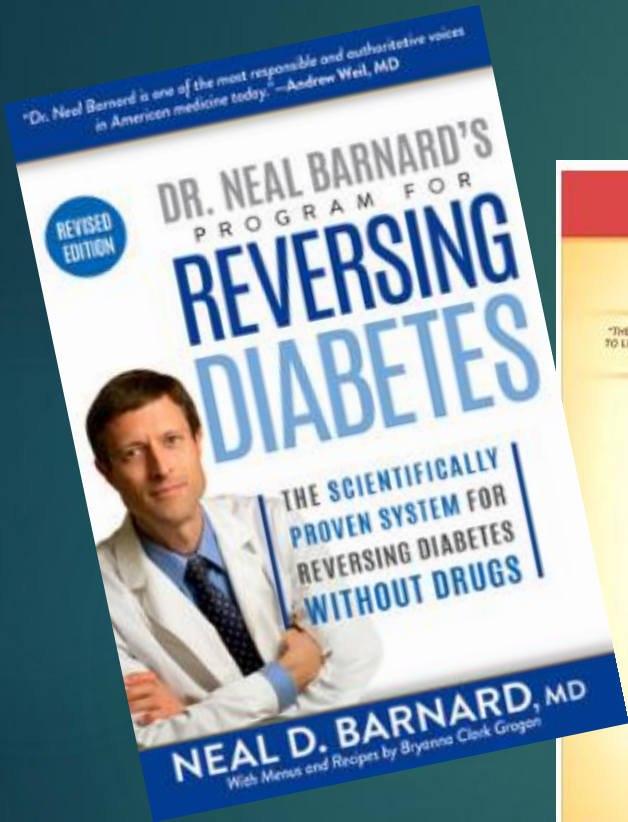
RLMI Jumpstart Average Recorded Results



Participants experienced these improvements in just 15 days.

Average outcomes include weight loss of 5.6 pounds and total cholesterol drop of 33 points.

Prevent and Reverse Chronic Disease



Additional Resources

- **PubMed:** Search for high-quality studies on these diets using specific keywords.
- **Cochrane Database of Systematic Reviews:** Provides comprehensive reviews of dietary interventions.
- **World Health Organization (WHO):** Publishes guidelines on healthy dietary patterns, often referencing these diets.

When evaluating a diet, prioritize **meta-analyses**, **randomized controlled trials**, and **cohort studies** published in respected journals. These sources offer robust data to inform dietary recommendations.



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