

NUTRITION

Talk

Week 2: Exploring Different Eating Styles

About the Event: The purpose of this week's tabling event is to get students to become more acquainted with different eating styles. We hope that by providing them with science-based information, they will be able to form their own educated opinion about each diet.

Breaking Down the Diets

Vegan

- Avoiding animal products altogether (no dairy, eggs)
 - Includes clothing/accessories with leather, silk, etc.
- Those who follow this diet may have lower BMI and blood pressure as well as reduced risk for heart disease, diabetes, and cancer
- Many vegans adopted this style of eating due to ethical reasons (not wanting to harm animals)
- A more sustainable diet for the environment (reduces carbon footprint)
- Vegans may have difficulty consuming enough protein, calcium, iron, and vitamin B12
 - Heme iron (only found in animal products) is more bioavailable than non-heme iron → can ultimately lead to anemia
 - Vitamin B12 is found only in animal products

Paleolithic (Paleo)

- Revolves around "eating like our ancestors"...essentially cavemen
 - Limited to what could be hunted, fished, or gathered
- High in fiber, potassium and antioxidants while being low in simple carbohydrates, sodium, and sugar
- "Clean" due to avoidance of additives, preservatives, and/or chemicals
- Those who follow this diet may be at risk for deficiencies in calcium/vitamin D. Conversely, saturated fat and protein may be consumed far above recommended levels

Ketogenic (Keto)

- High-fat, low-carb diet with moderate to high protein consumption
 - Includes meats, fatty fish, avocado, coconut oil, olive oil, etc.
- Relies on breakdown of fatty acids as fuel as opposed to glucose
 - The process of burning fatty acids for energy produces **ketones** as a byproduct
- Can be used as a weight-loss diet
 - Most dramatic results are typically seen within the first 4-6 weeks
 - Weight-loss eventually tapers off
- The Keto diet is often prescribed as a treatment for epilepsy in pediatrics
 - The mechanism by which the diet controls seizures is still unknown
- Adverse side effects include: constipation, kidney stones, increased blood cholesterol

Raw Foods

- Consists of raw, uncooked, and unprocessed foods
 - Fruits, vegetables, nuts, seeds, raw meat
- Those that follow the raw foods diet believe that cooking food above 118°F destroys/denatures the nutrients, enzymes and phytochemicals found in food
- May reduce the risk of hypertension, cardiovascular disease, and cancer
 - Could be due to simply **not** consuming added sugars or meats with high amounts of saturated fat (correlation \neq causation!)
- Cooking food drastically reduces the risk for food-borne illnesses
- The amount of nutrients lost due to cooking is basically negligible

Mediterranean

- Focuses on an abundance of fruits, vegetables, whole grains, and legumes
- Abundance of unsaturated fats like olive oil, avocados, etc.
- Moderate amounts of fish, poultry, dairy products, and red wine
- Limit red meats and refined grains
- Reduced risk of cardiovascular disease, hypertension, diabetes, and other chronic diseases

Weight loss

- All weight-loss diets focus on: energy in < energy out (aka consuming less calories than you spend)
- Successful, long term weight loss focuses more on an overall lifestyle change
 - Getting more physical activity in each day
 - Limiting foods with solid fats, added sugar, and high amounts of sodium
- Popular diets include: Weight Watchers, Jenny Craig, South Beach Diet
 - Note: All diets (including ones on the wheel) can be “weight loss” diets as long as energy in < energy out

Words of Advice: Because we are dealing with a somewhat touchy subject, we want to be extra careful with how we word our responses to students. We want our information to be positive and encouraging, not shameful and discouraging.

Additional Resources:

<http://www.health.harvard.edu/staying-healthy/is-a-vegetarian-or-vegan-diet-for-you>

http://www.ucdmc.ucdavis.edu/welcome/features/2014-2015/06/20150603_paleo-diet.html

<http://goaskalice.columbia.edu/answered-questions/what-keto-diet>

<http://www.netwellness.uc.edu/healthtopics/diet/nutribyte0405.cfm>

