



Living Wisely

Healthy Living into your 80s and 90s



Thank you for joining us!



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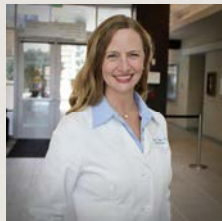




Better Health and Longevity Through Culinary Medicine

Sabrina A. Falquier, MD, CCMS, DipABLM

Who am I and what do I do...



Sabrina A. Falquier, MD, CCMS, DipABLM

Physician, Educator, Culinary Instructor, Speaker, Consultant, Podcast Host
Culinary Medicine, Lifestyle Medicine, Internal Medicine
Founder & CEO, Sensations Salud

To Begin

- *All information shared is for informational purposes only and should not replace your medical home*
- *Chair of the Board of Directors*
 - *National - Culinary Medicine Specialist Board*
 - *Local - Olivewood Gardens and Learning Center*
- *I love delicious food*

Culinary Medicine

- *Specialty where evidence-based nutritional information meets the culinary arts*
- *Learning about nutrition to know 'why' and 'how' to cook and eat better*
- *Empower yourself and those around you to cook and eat in a way that helps prevent, improve and even reverse chronic health conditions*

Lifestyle Medicine



NUTRITION



EXERCISE



TOBACCO
& ALCOHOL



STRESS
MANAGEMENT



SLEEP



HEALTHY
RELATIONSHIPS

Culinary History

- *Increase in consumption of animal proteins: Steady increase since the 1930's*
- *Dietary Guidelines for Americans: 1980 and updated every 5 years*
- *Science presented then interest group input...*
- *Dietary recommendations: 'Eat diet low in saturated fat'*
 - *Fat-free craze*
 - *Processed food aisles: Skyrocketing of salt, sugar and processed grains*
 - *Fast-food nation: The era of convenience*

So What Happened

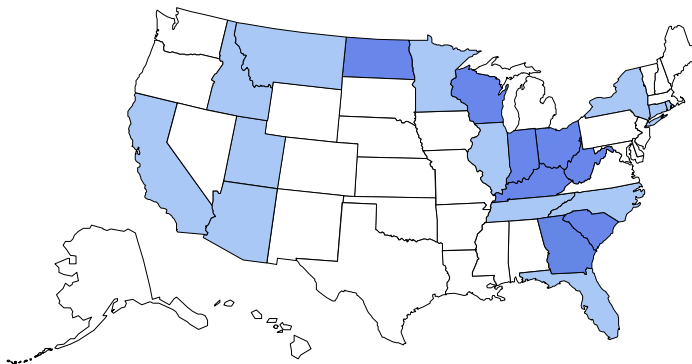
- Food consumption changes
- More sedentary/sitting lifestyle
- Diet as one of the key contributors to Obesity
- Changes in weight as a country
- Obesity now the highest risk factor for illness and death in the US: higher risk of diabetes, certain cancer, arthritis...



Murray CJL. The State of US Health, 1990-2010: Burden of Diseases, Injuries, and Risk Factors. JAMA. 2013;310(6):591-608. doi:10.1001/jama.2013.13805.
JAMA. 2018;319(14):1444-1472. doi:10.1001/jama.2018.0158. April 10, 2018. The State of US Health, 1990-2016: Burden of Disease, Injuries and Risk Factors Among US States

Obesity Trends* Among U.S. Adults BRFSS, 1985

(*BMI ≥ 30 , or ~ 30 lbs. overweight for 5' 4" person)

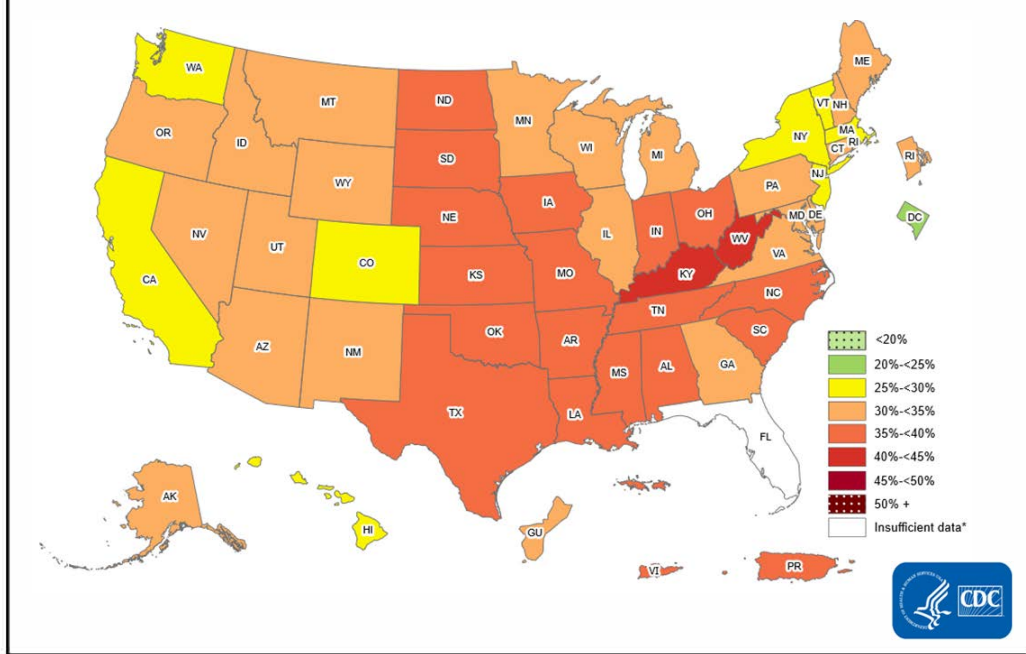


□ No Data □ <10% □ 10%-14%

Source: Behavioral Risk Factor Surveillance System, CDC.



Prevalence¹ of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2021

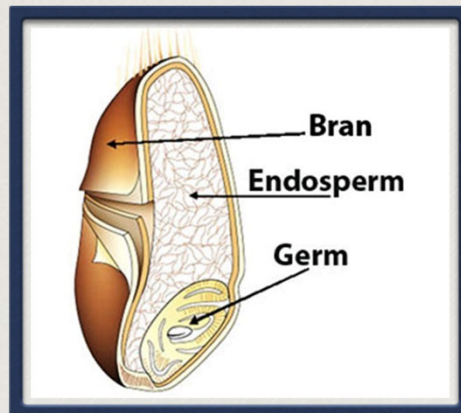


Red Light Food



















- *Processed grains*
- *Ultra-processed foods*
- *Processed meat*
- *All of which have added:*
 - *Sugar, Fat, Salt*



Grain Anatomy



Learn to identify processed foods

MINIMALLY PROCESSED	PROCESSED	ULTRA PROCESSED
 CORN	 CANNED SWEET CORN	 CORN CHIP
 POTATO	 BAKED POTATO	 FRENCH FRIES
 CARROT	 CARROT JUICE	 CARROT CAKE
 WHOLE WHEAT	 FLOUR	 COOKIES
 APPLE	 APPLE SAUCE	 APPLE JELLY BABY
 MILK	 CREAM	 ICE CREAM

dailymail.co.uk

Science - Meat

- *Consumption of processed meats, but not red meats, is associated with higher incidence of heart disease and diabetes*
- *More than one serving per day of processed meat had a steep increase in all-cause mortality*

Micha R, Wallace SK, Mozaffarian D. Red and processed meat consumption and risk of incident coronary heart disease, stroke, and diabetes mellitus: a systematic review and meta-analysis. *Circulation*. 2010 Jun 1;121(21):2271-83. doi: 10.1161/CIRCULATIONAHA.109.324977. Epub 2010 May 17. PMID: 20479151. PMCID: PMC285552

Sinha R, Cross AJ, Graubard BI, Leitzmann MF, Schatzkin A. Meat intake and mortality: a prospective study of over half a million people. *Arch Intern Med*. 2009 Mar 23;169(6):562-71. doi: 10.1001/archinternmed.2009.8. PMID: 19307518. PMCID: PMC2802586

Mediterranean Score

- *9 point scale*
 - *Vegetables*
 - *Fruits and Nuts*
 - *Legumes*
 - *Cereals (whole grains)*
 - *Fish*
 - *Meat and meat products (less is better)*
 - *Dairy products (less is better)*
 - *Alcohol (moderation)*
 - *Olive Oil usage*

2 point improvement:
decreases mortality
risk: **25%**

Trichopoulos et al: June 2003: N Engl J Med
2003; 348:2599-2608; DOI:
10.1056/NEJMoa025039



Now what?!

- *What are the commonalities of food patterns that help your health:*
 - *Whole Foods*
 - *Plant-Forward*
 - *Plant-Predominant*

Your Unique Path

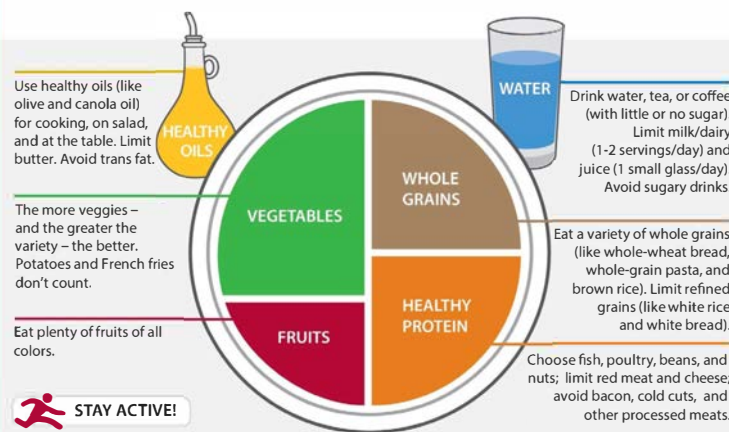




“Eat (real) food. Not too much. Mostly plants.

–Michael Pollan

HEALTHY EATING PLATE



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The Nutrition Source
www.hsph.harvard.edu/nutritionsource

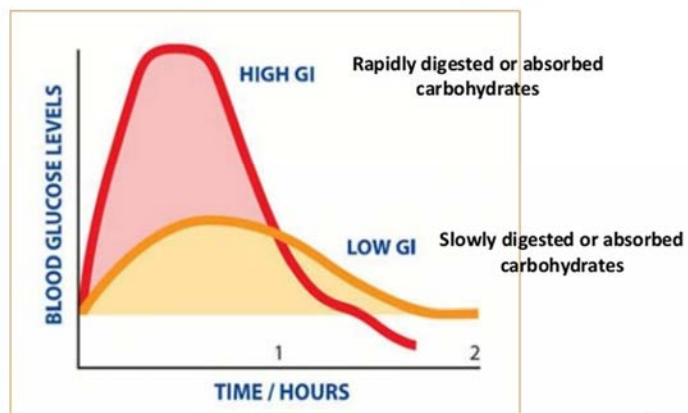
Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

Rethink your drink

- *Sugar Sweetened Beverages (SSB)*
- *Taxed in certain cities*
- *Effects of sugar substitutes*



What is Glycemic Index (GI)



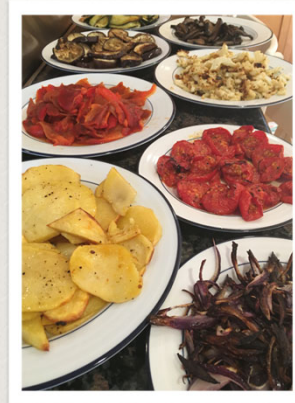
Vegetables: Variety Is Key



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Whole

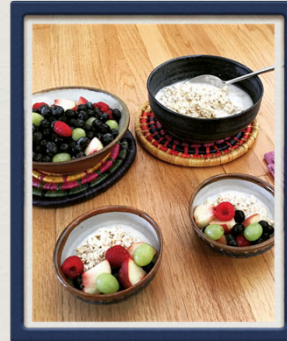


Grains

Better Breakfast

- *Incorporating vegetables and fruits into breakfast*

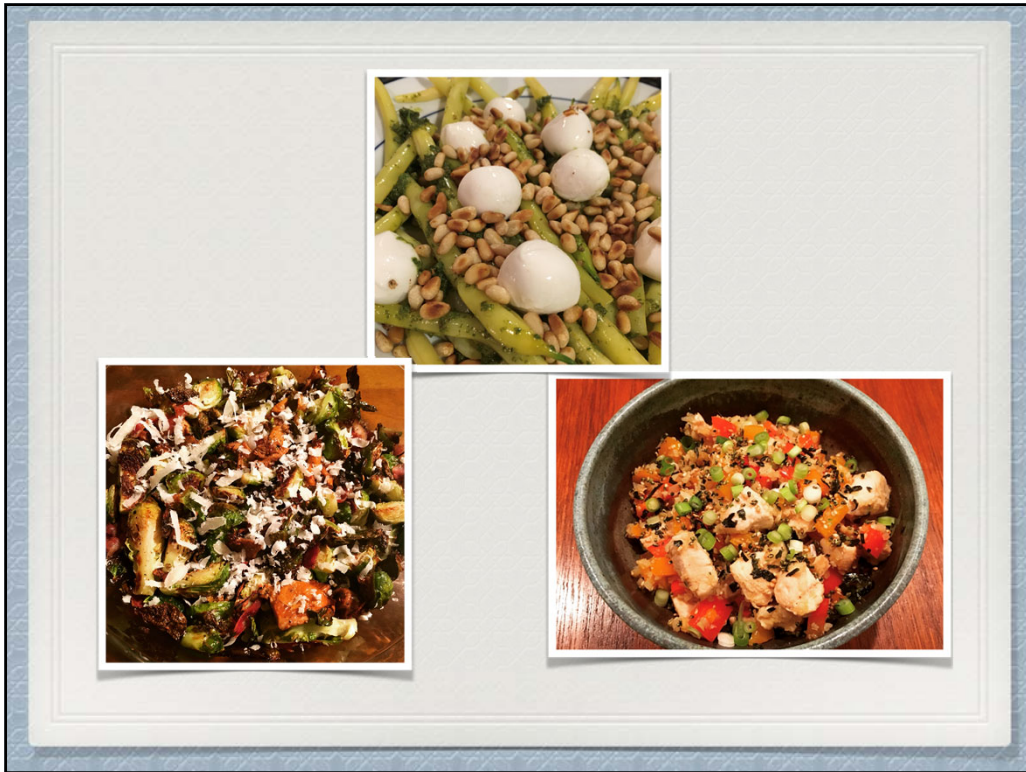
- *Whole grains*



Protein Flip: Protein as a Condiment

- *Protein from plant as best choice or unprocessed animal source to be part of the meal*
- *1/4 of plate, at most*
- *Beans and lentils*
- *Curry or stir-fry loaded with vegetable and diced animal protein, if using*



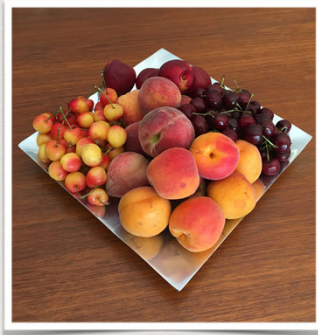


Dessert Flip

- *One delicious truffle or small wedge of cake surrounded by colorful berries*
- *Dark chocolate and fruit*



Dessert Re-Envisioned





Probiotics....Through Food:

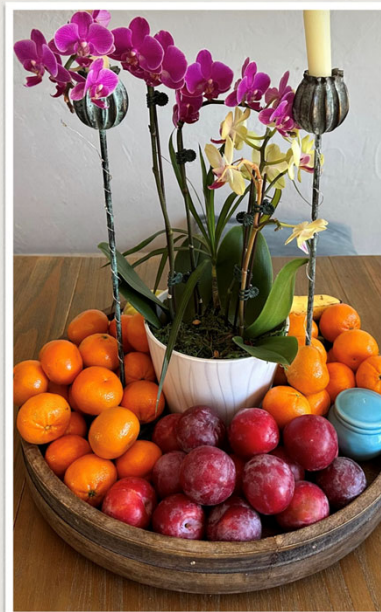
- *Kimchi, Sauerkraut, Plain Yogurt or Kefir, Kombucha, Miso*



Prebiotics.....Fiber Rich Food



Playing with your
food
is allowed and
encouraged



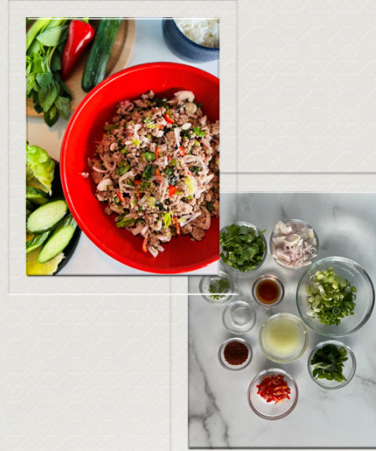
Balancing of Flavors

Worldwide dishes and flavors in your kitchen - own your personal chef

- Spices
- Herbs
- Sweet, Salty, Sour, Bitter, Umami

Resources available to learn and be inspired

Be inspired by what YOU love!



Where is your beginning

- *As a consumer of food*
- *As someone who buys and/or prepares food for others*
- *How can you take this information - to create delicious, crave-able, uncompromising food...that is also fantastic for your body?!*



Thank you

Questions and Conversation

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www.SensationsSalud.com

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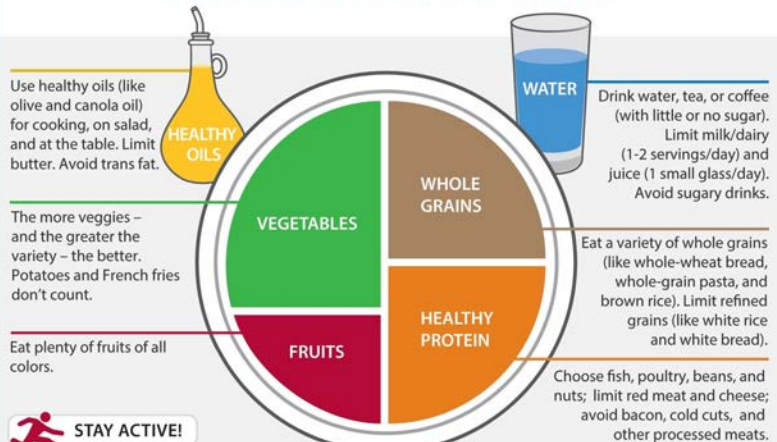
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