

The Importance of Plant-Based Foods in Schools for Health

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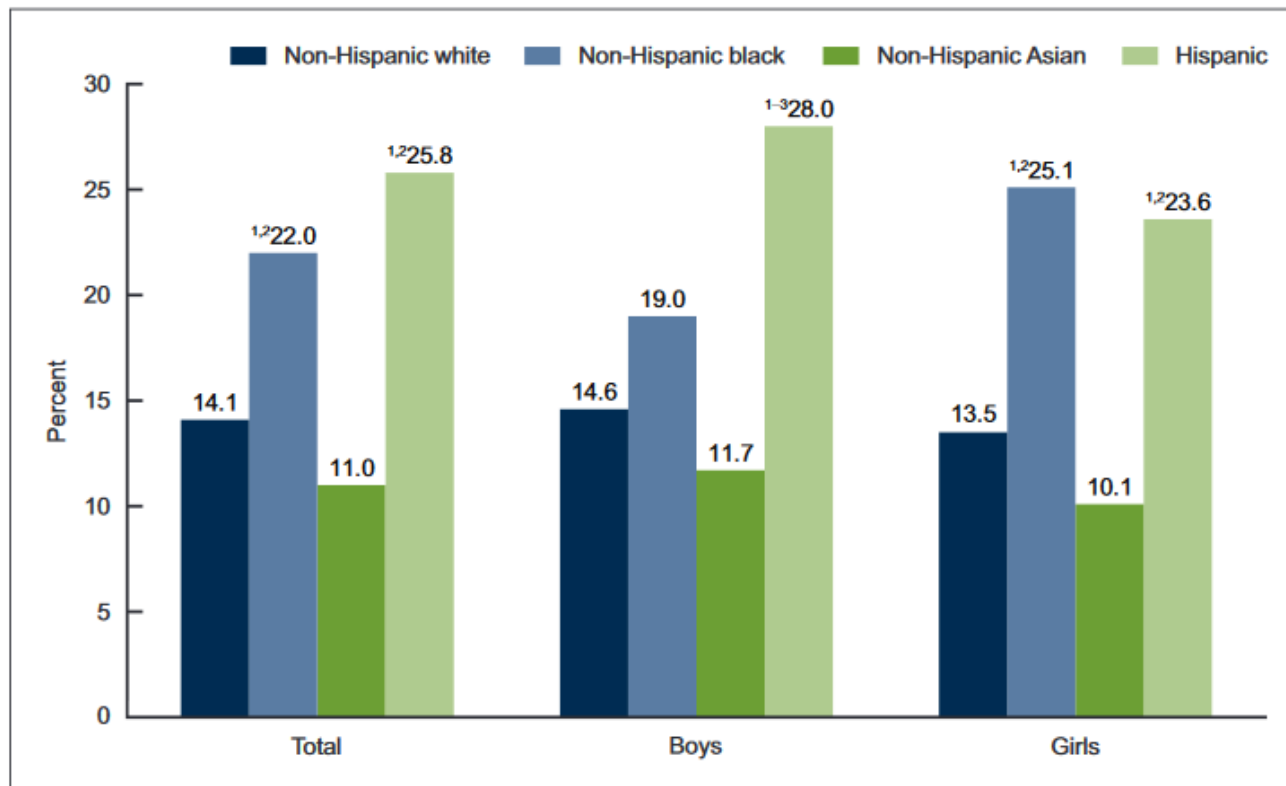
Why would a doctor be interested
in school food?

A top-down view of a dark grey, textured surface featuring two slices of avocado toast on dark brown, seeded bread. The toast is topped with several slices of ripe avocado. Scattered around the toast are three lemon wedges, fresh green herbs (possibly mint or thyme), and a small amount of white salt. A teal-colored rectangular box is overlaid in the center of the image, containing the text "Today's Landscape" in white.

Today's Landscape

Latest CDC Statistics

Figure 4. Prevalence of obesity among youth aged 2–19 years, by sex and race and Hispanic origin: United States, 2015–2016



¹Significantly different from non-Hispanic Asian persons.

²Significantly different from non-Hispanic white persons.

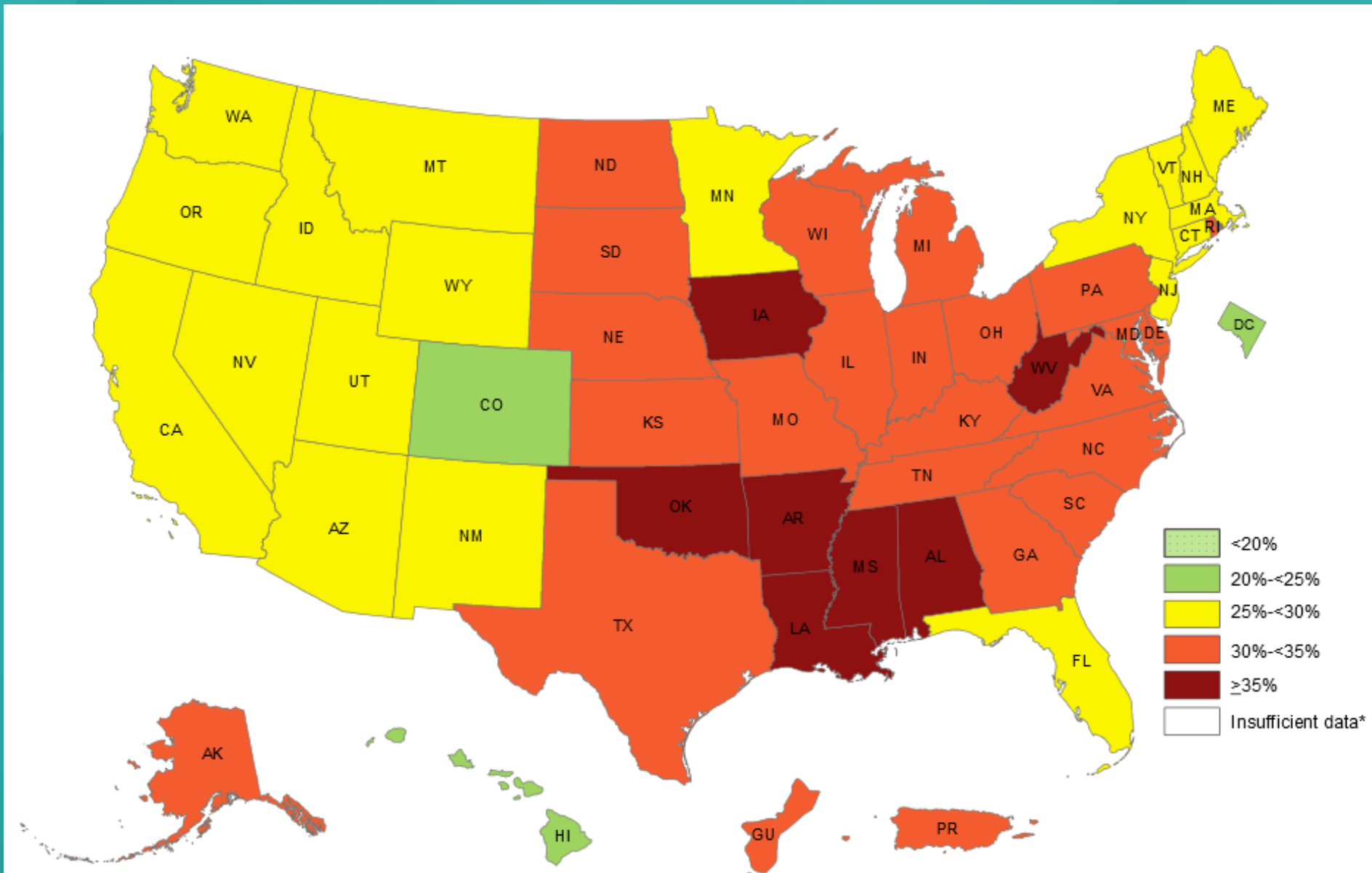
³Significantly different from non-Hispanic black persons.

NOTE: Access data table for Figure 4 at: https://www.cdc.gov/nchs/data/databriefs/db288_table.pdf#4.

SOURCE: NCHS, National Health and Nutrition Examination Survey, 2015–2016.

- Almost **1 in 5** kids ages 2-19 are **obese**
- Hispanics (25.8%) and African Americans (22.0%) had higher obesity prevalence than Caucasians (14.1%).
- Childhood obesity increases risk for obesity in adulthood

2017 Adult Obesity Rates

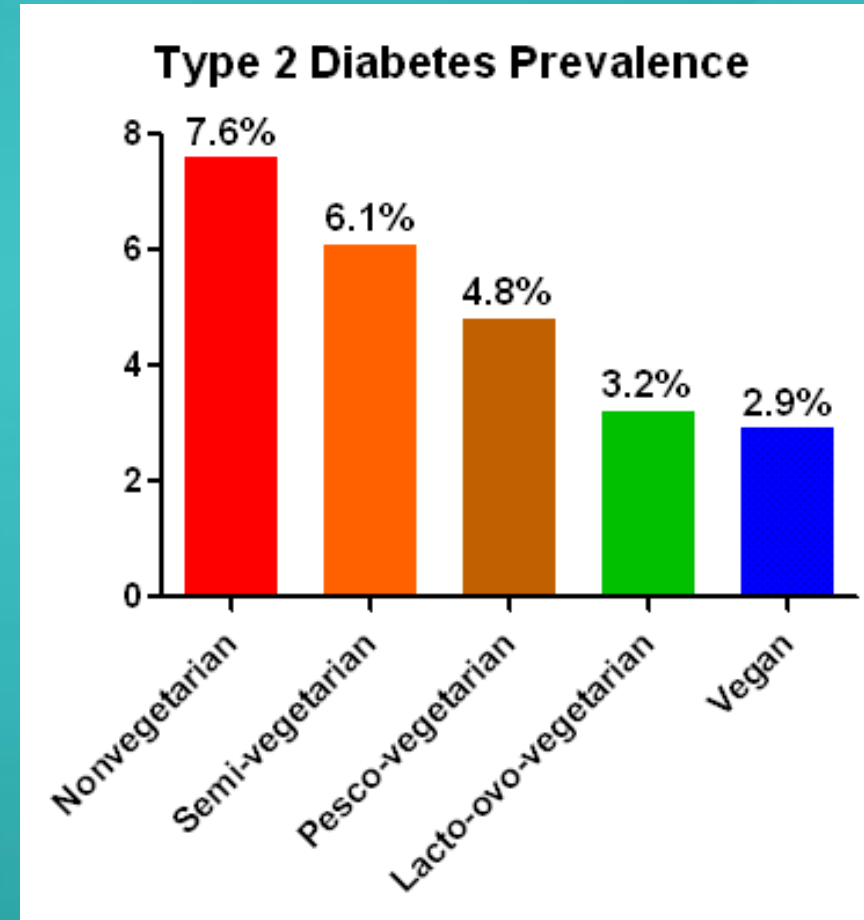
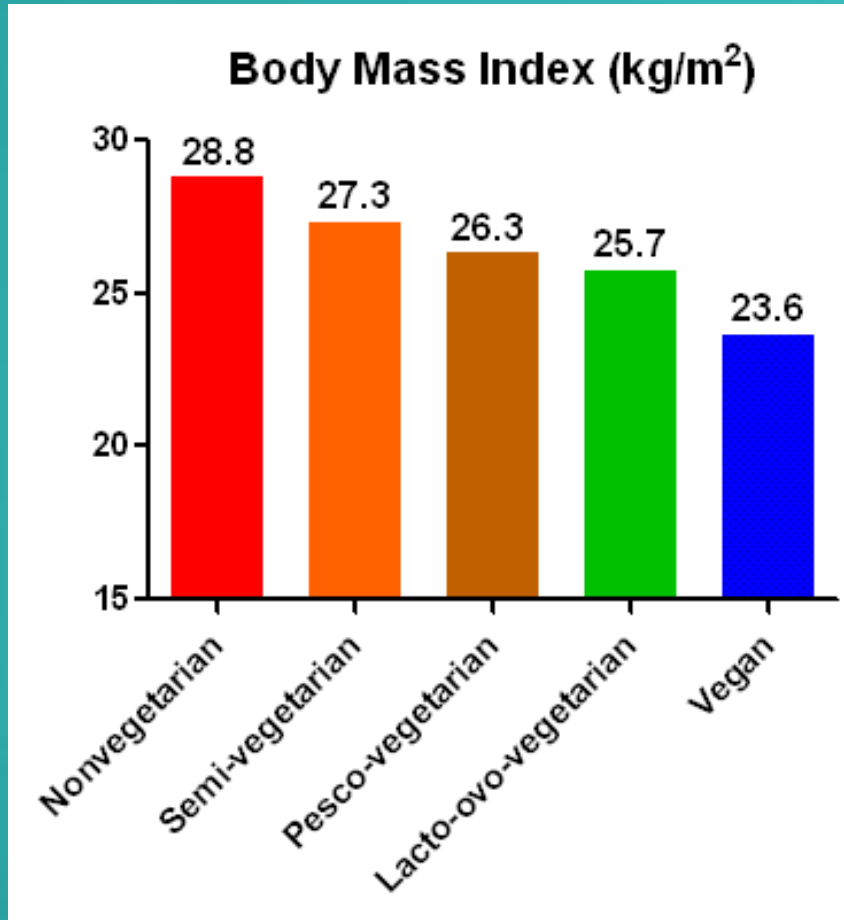


Obesity-related conditions include:
heart disease, stroke, type 2 diabetes and
certain types of cancer.
These are some of the leading causes of
preventable, premature death.



Adventist Health Study – 2

60,903 participants, aged ≥ 30 , enrolled 2002-2006





How Plants Can Help

Weight-Loss Rx:

Fill Up on Plant-Based Foods

A new study in the *Journal of the Academy of Nutrition and Dietetics* shows a vegetarian diet helps reduce body weight, which can help you shed excess pounds and reduce the risk for chronic disease.* Want to know the secret to why a plant-based diet can help you look good and feel great? Fiber! Fiber is made of indigestible plant roughage that fills you up without adding extra calories.

Aim for about 40 grams of fiber per day by filling up on these nutrient-packed foods:

LEGUMES	 1/2 cup split peas: 8.1 g	 1/2 cup lentils: 7.8 g	 1/2 cup black beans: 7.7 g	 1/2 cup chickpeas: 6.2 g
VEGETABLES	 1 cup sweet potatoes: 6.6 g	 1 cup broccoli: 5.1 g	 1 cup carrots: 4.7 g	 1 cup Brussels sprouts: 4.1 g
FRUIT	 1 cup raspberries: 8 g	 1 cup blackberries: 7.6 g	 1 medium pear: 5.5 g	 1 medium apple: 4.4 g
WHOLE GRAINS	 1 cup whole-wheat spaghetti: 6.3 g	 1 cup pearled barley: 6 g	 1 cup quinoa: 5.2 g	 1 cup steel cut oatmeal: 5 g

*Source: Barnard, N.D., Levin, S.M., Yokoyama, Y. A Systematic Review and Meta-Analysis of Changes in Body Weight in Clinical Trials of Vegetarian Diets. *Journal of the Academy of Nutrition and Dietetics* (in press).

Note: All information is for cooked servings, except the fruit category.

PhysiciansCommittee.org

Plants are
packed with
fiber unlike
animal
products.

Fiber Facts

- ✓ Only found in whole plant foods
- ✓ Promotes healthy gut bacteria
- ✓ Lowers cholesterol
- ✓ Stabilizes blood sugar
- ✓ Contributes to satiety
- ✓ Promotes bowel regularity



What else is unique to plants?

- ✓ Packed with vitamins and minerals which increase metabolism (fuel burning)
- ✓ Mostly low in saturated fat
- ✓ Void of cholesterol
- ✓ Rich in antioxidants
- ✓ Can meet all of our nutrient needs with the exception of vitamin B12



A top-down view of a dark grey, textured surface. In the upper left, a halved avocado with its pit is shown. To its right are three thin slices of lemon. In the lower left, another lemon slice is visible. On the right side, there are two slices of dark, seeded bread topped with several slices of avocado. Small sprigs of green herbs are scattered around the bread and lemon slices. A large, semi-transparent teal rectangle is centered over the image, containing the text "Making a Change" in white.

Making a Change

Start Now










Food preferences and lifestyle habits such as physical activity are established early in life. Early exposure matters!



4 HEALTHY SWAPS

Eating plant-based foods is an easy way to boost your health in all stages of life.

Take better care of yourself by trying one of these plant-based swaps today!

Meat	Milk, Cheese, and Yogurt	Eggs	Fish and Poultry
			
Often High in Fat, Cholesterol, and Calories. Void of Fiber.			
			
Low in Fat, Cholesterol, and Calories. Rich in Fiber.			
			
Beans and Lentils	Nondairy Options for Milk, Cheese, and Yogurt	Tofu	Whole Grains
Beans and Lentils make low-cost, protein-packed veggie burgers.	Nondairy options are just as delicious and easy to use.	Tofu even has egg-like properties in baking and cooking.	Whole Grains are a great opportunity to add variety to your plate.

What swaps can you start with?





Success Story: Family Care

- 10 year old patient with asthma and allergies, also overweight
- Medication use year-round and frequent colds
- Couldn't participate in recess, psychosocial issues
- Diet and lifestyle changes implemented
- Within 3 months - weight loss of 10 lbs and less use of medications, more energy
- Impacting the family: mother lost weight, and improved her diabetes!

Milk, Dairy and Racial Inequity

USDA protects public's health while pushing agricultural products

Lactose intolerance affects 30-50 million Americans (National Institutes of Health)

- Diarrhea, bloating, gas and abdominal pain
- 80-100% of Asian Americans, African Americans, Native Americans and Latinos are affected by lactose intolerance
- National School Lunch program requires dairy milk in schools
- Significant contributor to obesity epidemic – fat, sugar, and salt

School Food Resources

- *Plantrician* Pediatric Quick Start Guide plantricianproject.org/quickstartguide
- *Forward Food* K-12 Scaled Recipes: forwardfood.org/foodservice
- *Physicians Committee* Recipes and Nutrition for Kids: healthyschoollunches.org
- *One Meal a Day*: omdfortheplanet.com/take-action/schools/
- *Balanced* Guides: balanced.org/menus
- *Veggie Fit Kids*: veggiefitkids.com/
- *Dr. Michael Greger*: nutritionfacts.org

Please Stay in Touch!

- Meet me at the Physicians Committee booth later today!
- Available for speaking engagements
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