

Webinar Will Begin Momentarily

Become an Orgain Ambassador Today!

Request an Orgain Ambassador account today to get access to our online sampling portal so you can share Orgain products and coupons with your patients or clients.

healthcare.orgain.com

Orgain

Professional Education Series

Support. Inform. Educate. Empower.

Helping Your Clients Navigate Plant-Based Eating: Exploring Clinical Approaches and the New Dietary Guidelines



WEBINAR HOST:

Keith Hine MS, RD

Sr. Director of Healthcare & Sports
Orgain



WEBINAR PRESENTER:

Sherene Chou, MS, RD

Registered Dietitian



HELPING YOUR CLIENTS NAVIGATE PLANT-BASED EATING

Exploring Clinical Approaches and the New Dietary Guidelines



Presented by
Sherene Chou, MS, RDN



Learning objectives

- 1 Review current, evidence-based guidance for plant-based foods
- 2 Discover levers driving trends in institutions, policies and menus towards plant-based foods
- 3 Describe guidelines and approaches used by institutions to shift to plant-forward diets
- 4 Summarize three factors practitioners need to consider when recommending plant-based foods

What's on the Menu?

- Introduction of Plant-Based Diets
- Review Evidence-Based Guidance +
Levers Driving Plant-Based Trends
- Guidelines and Approaches Used by Institutions
- Top 10 Strategies for Plant-Based Eating
- Q&A





WHAT'S IN A NAME?

PLANT-FORWARD

"Plant-forward" is a big-tent concept for dietary and food system transformation that includes a whole range of healthier, more sustainable culinary approaches—from those that contain poultry, fish, dairy, and/or small amounts of meat to vegetarian and vegan offerings. Also called "plant-rich" or "more plant-based." A person following such a dietary pattern might be identified as a flexitarian.

MENUS CHANGE



WHAT'S IN A NAME?

VEGETARIAN

Dishes or dietary patterns that do not contain meat, poultry, or fish but may, or may not, contain dairy, eggs, and/or honey, and individuals who do not eat meat, poultry, or fish but may, or may not, eat dairy, eggs, and/or honey.

MENUS CHANGE

DEFINING "PLANT-BASED"

The Culinary Institute of America and Harvard T.H. Chan School of Public Health



WHAT'S IN A NAME?

PLANT-BASED

Used to refer to ingredients and foods themselves, i.e., fruits and vegetables (produce); whole grains; beans, other legumes (pulses), and soy foods; nuts and seeds; plant oils; and herbs and spices. Could also mean vegan or vegetarian dietary patterns. Different from "plant-forward," which refers to the style of cooking and eating that emphasizes and celebrates these foods, but is not limited to them.

MENUS CHANGE



WHAT'S IN A NAME?

VEGAN

Dishes or dietary patterns that do not contain any ingredients that come from animals, and individuals who do not eat any ingredients that come from animals.

MENUS CHANGE

PLANT-BASED DEFINED



The **Certified Plant-Based** program defines plant-based food to make it easy for consumers to choose a finished product that consists of ingredients derived from plants including vegetables, fruits, whole grains, nuts, seeds and/or legumes. (2019) (e.g. plant-based Orgain products)

Plant-based is a diet based on foods derived from plants

with a focus on whole foods, including vegetables, whole grains, nuts, seeds, legumes, and fruits and the elimination of processed foods. It excludes meat, poultry, fish, eggs, dairy products, and foods processed with animal products. (2019)



California Department of
EDUCATION



PLANT-FORWARD

A style of cooking and eating that **emphasizes and celebrates, but is not limited to, plant-based foods**—including fruits and vegetables (produce); whole grains; beans, other legumes (pulses), and soy foods; nuts and seeds; plant oils; and herbs and spices—and that **reflects evidence-based principles of health and sustainability.** (2019)

The most appealing plant-based option? Plants.

While one-third of people look to eat more meat analogues, including two in five Millennials, most consumers plan to increase their intake of fruits, veggies, nuts, and whole grains, while not many are trying to cut their consumption of certain foods.

	INCREASE YOUR INTAKE	NOT CHANGE YOUR INTAKE	DECREASE YOUR INTAKE	
Plant-based foods (fruits, vegetables, nuts, whole grains)	58%	38%	4%	← Millennials (67%) more likely to INCREASE intake
Seafood	41%	50%	9%	
Plant-based meat substitutes / analogues	33%	51%	16%	← Millennials (40%) more likely to INCREASE intake
Poultry	30%	58%	12%	
Red meat	21%	48%	31%	

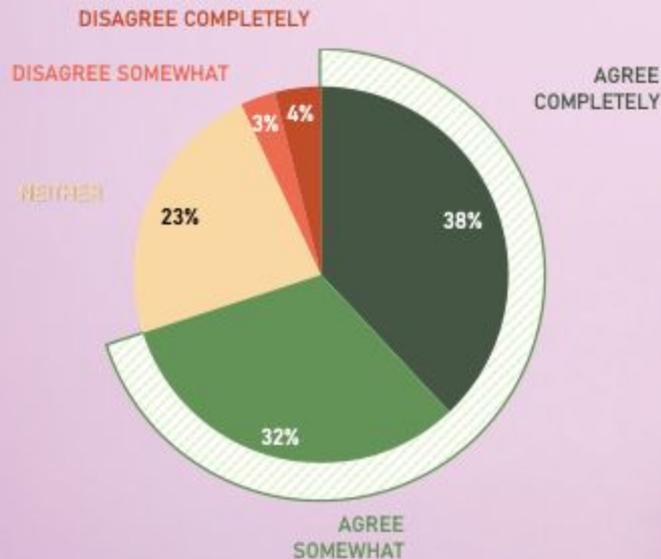
for each of the following types of protein, are you trying to...

Plant-forward eating seems better to consumers.

If society reduced consumption of meat and increased consumption of plant-based foods...

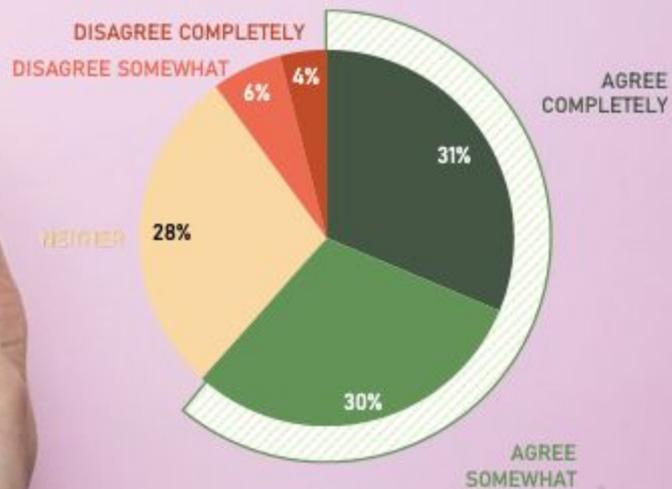
70%

OF CONSUMERS AGREE WE WOULD BE HEALTHIER



62%

OF CONSUMERS AGREE WE WOULD HAVE LESS OF A NEGATIVE IMPACT ON THE ENVIRONMENT





ECONOMY JANUARY 27, 2020

Nearly One in Four in U.S. Have Cut Back on Eating Meat

BY JUSTIN MCCARTHY AND SCOTT DEKOSTER

Reasons for Eating Meat "Less," "Rarely" or "Never"

(Asked of those who are eating less meat or who rarely or never eat meat) Would you say each of the following is a major reason, a minor reason, or not a reason why you [have been eating less meat / rarely eat meat] / do not eat meat]?

	Major reason	Minor reason	Not a reason
	%	%	%
Concern about your health	70	20	10
Concern about the environment	49	21	30
Concern about food safety	43	22	34
Concern about animal welfare	41	24	35
Convenience because other family members [are eating less meat/rarely eat meat/do not eat meat]	16	24	59
You see a lot of other people doing it	15	19	64
Religious reasons	12	17	72

Sept. 16-30, 2019, with a random sample of 2,431 adults, aged 18+ living in all 50 U.S. states and the District of Columbia.



Dietary
Guidelines
for Americans

The Dietary Guidelines is designed for policymakers and nutrition and health professionals to help all individuals and their families consume a healthy, nutritionally adequate diet. The information in the Dietary Guidelines is used to develop, implement, and evaluate Federal food, nutrition, and health policies Dietary Guidelines for Americans, 2020-2025. It also is the basis for Federal nutrition education materials designed for the public and for the nutrition education components of USDA and HHS nutrition programs.

There are 4 overarching Guidelines in the 2020-2025 edition:

- Follow a healthy dietary pattern at every life stage.
- Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
- Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.
- Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.

A healthy vegetarian dietary pattern can be achieved by incorporating protein foods from plants. Compared with the Healthy U.S.-Style Dietary Pattern, the Healthy Vegetarian Dietary Pattern is higher in soy products (particularly tofu and other processed soy products); beans, peas, and lentils; nuts and seeds; and whole grains. Inclusion of dairy and eggs make this an example of a lacto-ovo vegetarian pattern. Meats, poultry, and seafood are not included.

WHAT'S NEW FOR PLANT-BASED?

PLANT-BASED MILK ALTERNATIVES

“Plant-based milk alternatives, which are sometimes referred to as milk alternatives, include beverages made from plants, such as soy, oat, rice, coconut, and almond. These beverages should not be used in the first year of life to replace human milk or infant formula. They may come in different flavors and some forms have added sugars. Unsweetened versions of these beverages may be accommodated in small amounts in the diet during the second year of life, but most have significantly less protein than cow milk and are not always fortified with calcium and vitamin D. Among plant-based milk alternatives, only fortified soy beverage is currently considered a dairy equivalent. Thus, consuming other plant-based beverages does not contribute to meeting dairy recommendations.”

Recommend: Fortified soy milk, fortified plant milks (peas, hemp, etc.)

Position of the Academy of Nutrition and Dietetics: Vegetarian Diets



ABSTRACT

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage. Vegetarians and vegans are at reduced risk of certain health conditions, including ischemic heart disease, type 2 diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control. These factors contribute to reduction of chronic disease. Vegans need reliable sources of vitamin B-12, such as fortified foods or supplements.

J Acad Nutr Diet. 2016;116:1970-1980.

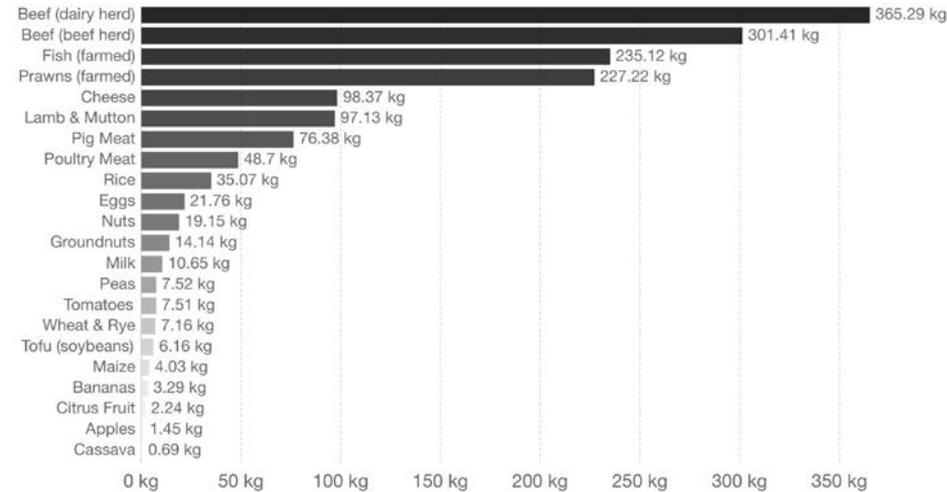
POSITION STATEMENT

It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because they use fewer natural resources and are associated with much less environmental damage.

THE ENVIRONMENT + FOOD SYSTEMS

Eutrophying emissions per kilogram of food product

Eutrophying emissions represent runoff of excess nutrients into the surrounding environment and waterways, which affect and pollute ecosystems. They are measured in kilograms of phosphate equivalents (PO₄eq).

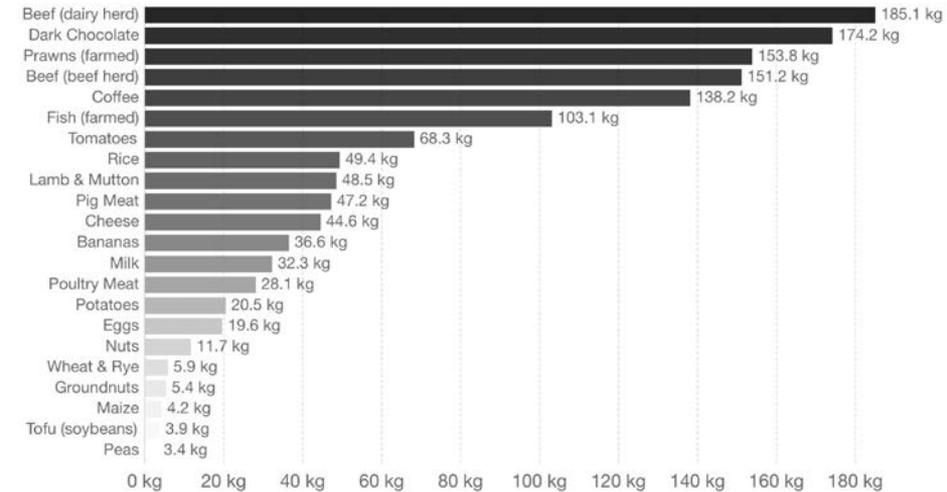


Source: Poore, J., & Nemecek, T. (2018). Reducing food's environmental impacts through producers and consumers.
 Note: Data represents the global average eutrophying emissions from food products based on a large meta-analysis of food production covering 38,700 commercially viable farms in 119 countries.
OurWorldInData.org/environmental-impacts-of-food • CC BY



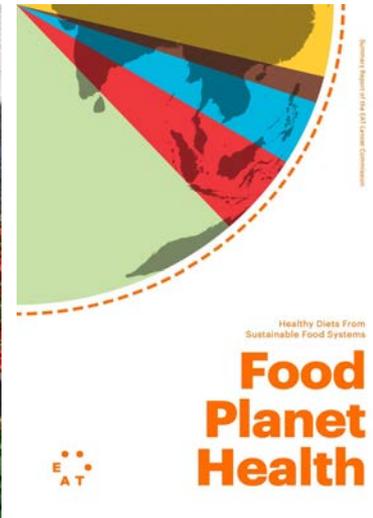
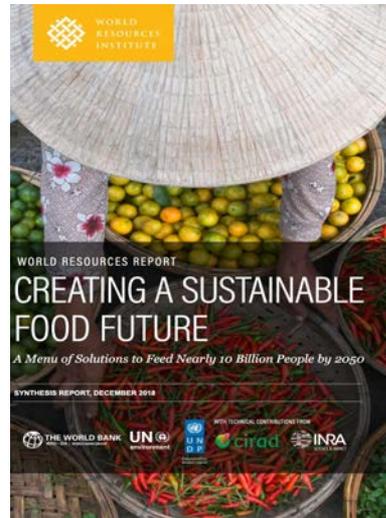
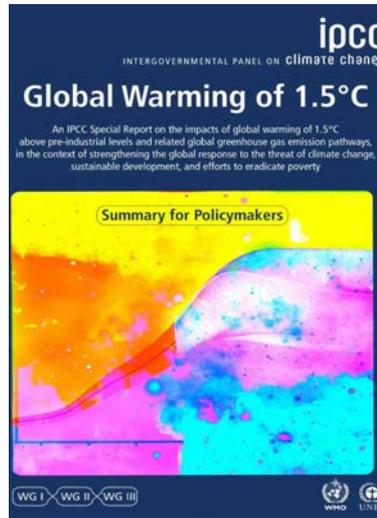
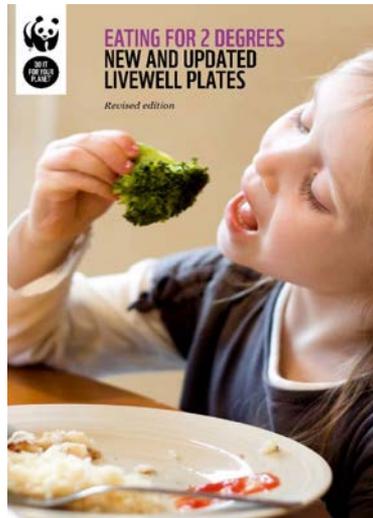
Eutrophying emissions per 100 grams of protein

Eutrophying emissions represent runoff of excess nutrients into the surrounding environment and waterways, which affect and pollute ecosystems. They are measured in kilograms of phosphate equivalents (PO₄eq).



Source: Poore, J., & Nemecek, T. (2018). Additional calculations by Our World in Data.
 Note: Data represents the global average eutrophying emissions from food products based on a large meta-analysis of food production covering 38,700 commercially viable farms in 119 countries.
OurWorldInData.org/environmental-impacts-of-food • CC BY





GLOBAL BLUEPRINTS FOR SUSTAINABLE FOOD

EAT Lancet: Solving for a World of 10 Billion in 2050

37 experts from 16 countries

Science Based Targets that consider 3 elements:

- Health and Nutrition Goals of SDGs
- Climate Targets of Paris Climate Accord
- 6 Planetary Boundaries: climate, biodiversity, land, freshwater, nitrogen and phosphorus

Concludes that change to global food systems can provide win-win diets (healthy AND environmentally sustainable) to everyone by 2050



EAT Lancet RECOMMENDATIONS

The Planetary Health Diet



	Macronutrient intake grams per day (possible range)	Caloric intake kcal per day
Whole grains Rice, wheat, corn and other	232	811
Tubers or starchy vegetables Potatoes and cassava	50 (0-100)	39
Vegetables All vegetables	300 (200-600)	78
Fruits All fruits	200 (100-300)	126
Dairy foods Whole milk or equivalents	250 (0-500)	153
Protein sources		
Beef, lamb and pork	14 (0-28)	30
Chicken and other poultry	29 (0-58)	62
Eggs	13 (0-25)	19
Fish	28 (0-100)	40
Legumes	75 (0-100)	284
Nuts	50 (0-75)	291
Added fats		
Unsaturated oils	40 (20-80)	354
Saturated oils	11.8 (0-11.8)	96
Added sugars		
All sugars	31 (0-31)	120

GLOBAL FRAMEWORK CONSENSUS?

Global Frameworks	Year	Promotes dietary biodiversity	Promotes plant-based diets	Moderate red meat consumption	Limit processed meat	Moderate dairy consumption	Encourages sustainable seafood consumption	Limit ultra-processed foods	Promotes local or seasonal foods	Food and packaging waste reduction	Animal welfare	Directly links diets to sustainability	Link
Menus for Change (CIA)	2019	X	X	X	X	X	X	X	X	X	X	X	Menus of Change
WWF	2011	X	X	X	X	X	X	X	X	X	X	X	WWF Livewell
EAT Lancet	2018	X	X	X	X	X	X	X		X	X	X	EAT Lancet
Harvard Plate	2011	X	X	X	X	X	X	X		X		X	Harvard Healthy Plate
EU Live Well	2013	X	X	X	X	X				X		X	Livewell for Life
WRI Shifting Diets	2016	X	X	X	X	X		X		X	X	X	Shifting Diets
British Dietetic Association (BDA)	2019	X	X	X	X	X	X	X	X	X	X	X	One Blue Dot Guide
Percentage mentioned		100.0%	100.0%	100.0%	100.0%	100.0%	71.4%	85.7%	42.9%	100.0%	71.4%	100.0%	

Chart courtesy of Chris Vogliano, PhD, RD

SUSTAINABLE DIET FRAMEWORK

Eating patterns for health and environmental sustainability

A new project from the BDA to help people eat healthily for the planet.



From The British Dietetic Association with support from the science and nutrition team at Alpro



COLLECTIVE ACTION NEEDED



15.5%

1 out of every 6 deaths in the UK attributed to poor dietary habits alone

By 2050

IPCC: need to keep global temperature rise below this

▼ UK GHG emissions by 80%

Win-Win

Diets can be better for us and better for the planet

TOOLKIT DATA AND RESOURCES

▼ 31% GHG emissions

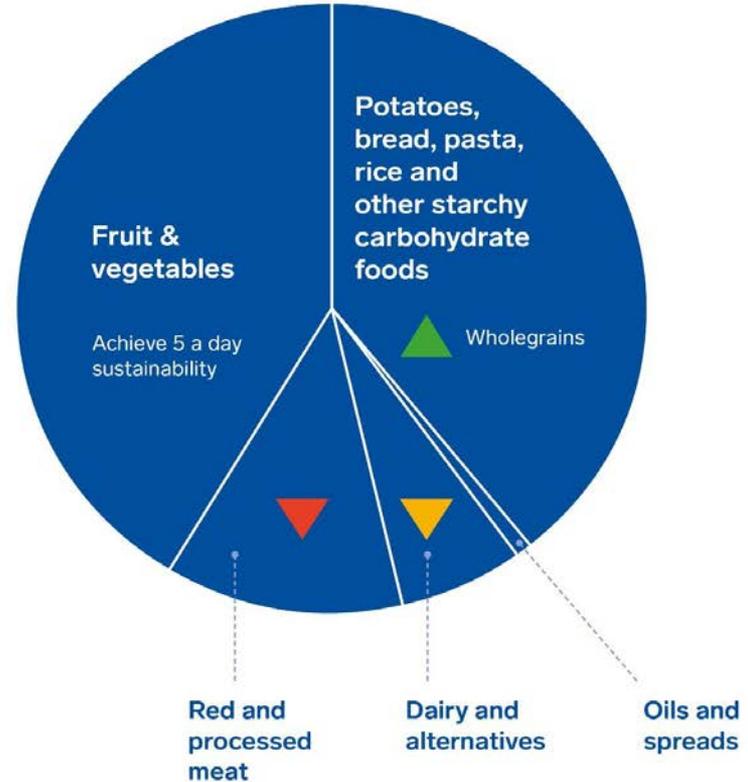
▼ 34% Land use

▼ 17% Water use

▲ 17.9m Years of healthy life

▼ Calories
Sat fat
Sugars
Salt

✓ Fibre
5-a-day
Vits & mins





“Food is our most intimate and powerful connection to each other, to our cultures, and to the earth, and to transform our food system is to take one giant step towards healing our bodies, our economy, and our environment.”

HEAL Food Alliance

FOOD INSECURITY & HEALTH

The cycle of food insecurity and chronic disease begins when an individual or family cannot afford enough nutritious food

% of Households choosing between

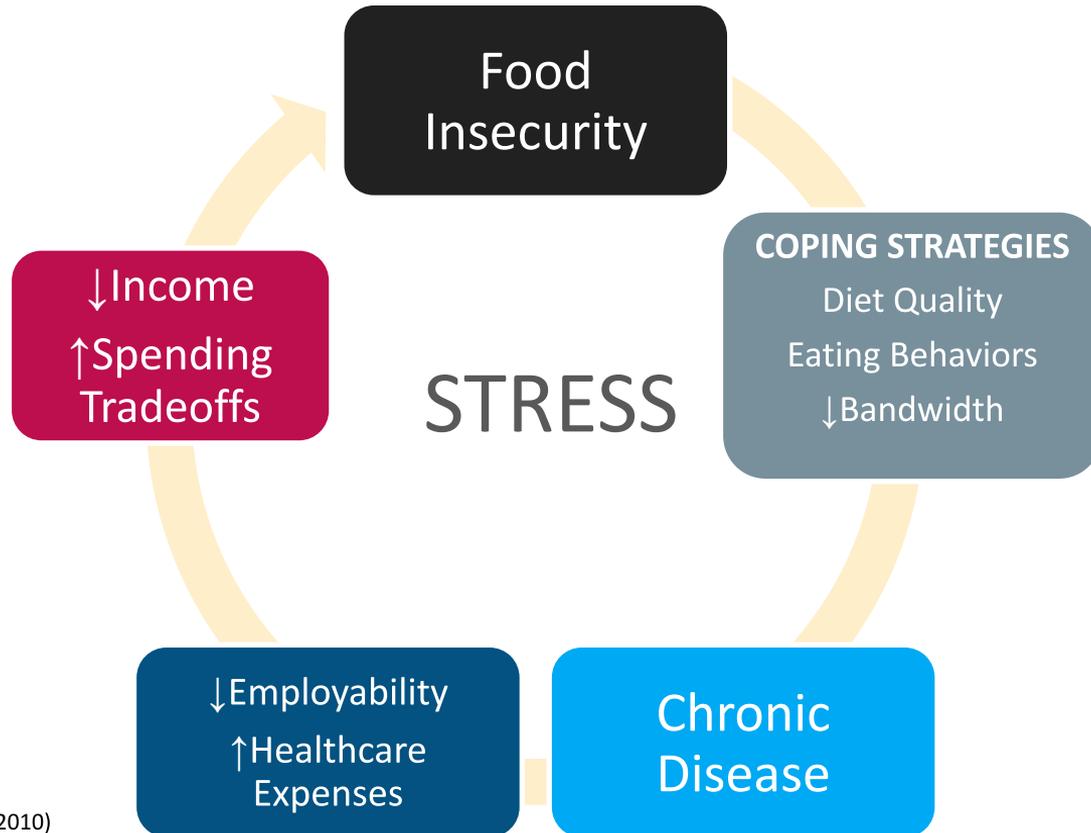
- Food and medical care (66%)
- Food and utilities (69%)
- Food and transportation (67%)
- Food and housing (57%)

(Feeding America 2014, NEJM 2010)

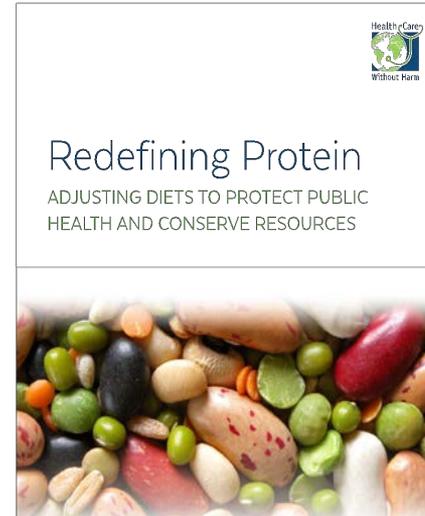
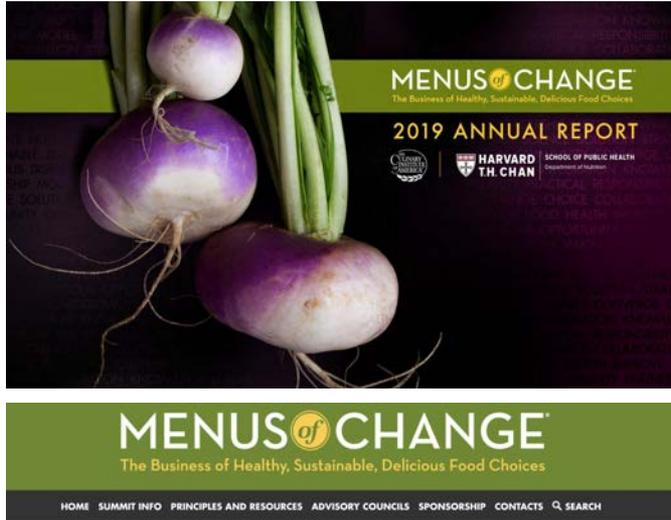


Photo by: Sherene Chou

CYCLE OF FOOD INSECURITY & CHRONIC DISEASE



2 U.S. BLUEPRINTS: FOODSERVICE + HEALTHCARE FOR HEALTHY, SUSTAINABLE FOOD



WEBCAST

We are pleased to offer a live webcast of our 2020 Menus of Change: Virtual Series! Please feel free to share the link and discuss what you've learned on social media using #CIAMOC.

Scroll down to view videos from a previous weekly series, or watch a playlist of all 2020 Menus of Change videos here.

MENUS OF CHANGE: VIRTUAL SERIES, WEEK 1: JULY 22



Be sure to check out our introduction and overview for this year's virtual series, *Menus of Change 2020 Summit and Resources*, which is also your guide to all of the practical resources—including infographics, toolkits, and more—at the *Menus of Change* and *Plant-Forward Kitchen* websites, as well as the *Nutrition Source* website, curated by the Harvard T.H. Chan School of Public Health.

Key Trends:

“Less Meat / Better Meat”

“Protein Flip” to emphasize plant proteins

“Burger Blends” (i.e. mushroom)

The Culinary Institute of America Harvard T.H. Chan School of Public Health

QUALITY OVER QUANTITY

SIX WAYS TO SHIFT THE VALUE PROPOSITION AROUND MEAT

1. **Reduce portion sizes of beef, pork, lamb, poultry, and cheese** while increasing options for portion choices including pricing, and serve less meat overall.
2. Buy and serve small amounts of **higher quality, more flavorful meats** from producers who **avoid the use of antibiotics and allow their animals to forage and graze**.
3. **Re-imagine and redesign menus** to move customers away from focusing on protein sources as they select their menu choices, while at the same time developing narratives that maintain price points and perceptions of value.
4. **Explore shifting meat to a “supporting role,”** as a condiment that adds flavor to other ingredients.
5. **Re-imagine the “mixed grill,”** pairing small amounts of beef or pork with chicken, fish, or vegetables.
6. **Explore marketing strategies and narratives that favor clear positives** (“fresh,” “seasonal,” “farm-to-table,” “global flavors,” etc.) over menu language that could be perceived as a mix of negatives and positives (“meatless” or “healthy” or “reduced calorie”).



POLICIES IN HEALTHCARE

- 2019 two states (CA and NY) signed into law to provide plant-based meals in hospitals with more states to follow (e.g. making Orgain and other plant-based products available to patients)
- CA Senate Bill 1138 and NY Senate Bill S1471A
- St. Joseph Health System in Sonoma County, Calif., reports, “Vegetarian entrées cost about 50 percent less than meat entrées.” The hospital projects saving \$5,000 a year by serving more meat-free meals.



first pilot program at a public hospital that is being renewed due to success and demand

- [learn more here](#)

Foods and Nutrition

Healthful Food Options in Health Care Facilities H-150.949

Topic: Foods and Nutrition

Meeting Type: Interim

Action: Modified

Council & Committees: NA

Policy Subtopic: NA

Year Last Modified: 2019

Type: Health Policies

1. Our AMA encourages healthful **food options** be available, at reasonable prices and easily accessible, on the premises of Health Care Facilities.
2. Our AMA hereby calls on all Health Care Facilities to improve the health of patients, staff, and visitors by: (a) providing a variety of **healthy food**, including plant-based meals, and meals that are low in saturated and trans fat, sodium, and added sugars; (b) eliminating processed meats from menus; and (c) providing and promoting **healthy beverages**.
3. Our AMA hereby calls for Health Care Facility cafeterias and inpatient meal menus to publish nutrition information.

AMERICAN COLLEGE OF CARDIOLOGY

Recommendation Scope and Limitations

This is a basic set of recommendations that fills major gaps in hospital food services. It has two aims:

1. Promote health among hospital patients, staff, and visitors by providing healthful foods and the opportunity to learn new tastes.
2. Support clinicians seeking to introduce patients to healthful diet habits.

“hospitalization can be a ‘teachable moment’ for patients who are ready to embrace nutrition as part of the healing process.” 2017

Guidelines for à la Carte Patient Menus

Most hospitals use à la carte menus, allowing patients to choose individual food items. For these menus, the following guidelines will apply:

- A least one plant-based main dish that is low in fat, sodium, and added sugars will be offered and promoted at every meal. For reference, a day's meals would be expected to provide <30g fat (apart from optional additions, below), <1,500mg sodium, and <25g added sugar.
- A minimum of 3 fruit and/or vegetable options will be offered at each meal.
- Trans fats will not be used.
- Processed meats will not be offered. "Processed meats" include bacon, sausage, ham, hot dogs, and deli meats.
- At least one dessert at lunch and dinner will emphasize fruit.
- For a "Mediterranean" variant, olive oil may be added.

Physicians Committee

for Responsible Medicine

“In 2018, California enacted legislation similar to the new law in New York, and earlier last year, the Washington D.C. Council introduced the Healthy Hospitals Amendment Act of 2019. This bill would require hospitals in D.C. to improve the nutritional quality of their menus by eliminating processed meat such as bacon and hot dogs and making plant-based options available.”



**Meatless
Monday:**
Hospital Foodservice
Program Guide



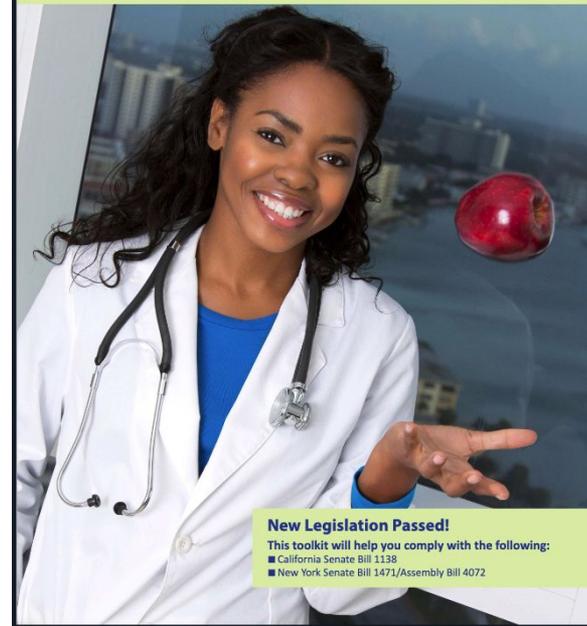
Meatless Monday Good for You.
Good for the Planet.



Healthy **FOOD**
in Health Care
TOOLKIT

Inside you'll find:

- American Medical Association Resolution
- Tips to implement AMA Resolution
- Meal ideas from major contractors
- Testimonials from leading hospitals
- Links to recipes and other resources



New Legislation Passed!

- This toolkit will help you comply with the following:
- California Senate Bill 1138
 - New York Senate Bill 1471/Assembly Bill 4072

“**Meatless Monday** is promoted at New York-Presbyterian in New York City and at NYC Health+Hospitals, the largest public health care system in the United States as well as in other health care systems around the country. The concept has been adopted in more than 40 countries and translated to 22 languages. In 2020, it is expanding its efforts to engage even more organizations in reducing meat consumption.”

HEALTH CARE WITHOUT HARM

The organization's most recent survey found that 69 percent of hospitals in their network are working to reduce meat in patient and retail settings.

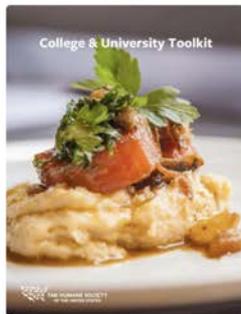
In 2018, Health Care Without Harm partnered with the World Resources Institute to bring the [Cool Food Pledge](#) to health care. The pledge aims to reduce signatories' greenhouse gas emissions from food purchasing by 25 percent by 2030. Health care signatories receive assistance in developing their plans to reduce their climate impact by implementing plant-forward menus.

To date, 30 health care facilities have signed on to the Cool Food Pledge, representing more than 35 million meals annually.



“Since 2015, the Humane Society of the United States has delivered plant-based training to nearly 11,000 culinary staff at large-scale food service operations, including working with more than 95 health care facilities to increase the availability of plant-based offerings in cafeterias, on patient menus, or both. In 2020, the HSUS is ramping up these efforts with a new training created specifically for chefs, dietitians and physicians within health care. The enhancement builds on the success the HSUS has seen already in the sector.

For example, Baptist Health South Florida sees more than 1 million patients annually. As a result of working with HSUS, after the first year of its launch there was a 93 percent increase in plant-based sales with an average of 40 percent of customers choosing the plant-based options daily. Prior to working with the HSUS, 5 percent of meals at New Jersey’s Valley Hospital were plant-based; now it’s 35 percent.”



For colleges and universities

Our toolkit includes a complete planning guide, sample agendas, recipe list, ingredient list, equipment lists, station set ups and more.



For K-12 schools and childcare programs

Our toolkit includes a complete planning guide, sample agendas, recipe list, ingredient list, equipment lists, station set ups and more.



For hospitals and healthcare facilities

Our toolkits include a complete planning guide, sample agendas, recipe list, ingredient list, equipment lists, station set ups and more.

PLANT FORWARD PLATES

THE OLDWAYS PLANT FORWARD PLATES HEALTHCARE TOOLKIT INCLUDES THE INFORMATION FOOD SERVICES PROFESSIONALS NEED TO PROVIDE DELICIOUS, THERAPEUTIC 100% PLANT-BASED MEAL OPTIONS IN HOSPITAL AND HEALTHCARE FOOD SERVICE SETTINGS.

When you download Plant Forward Plates, you will receive:

- over 40 recipes scaled up to 100 servings,
- therapeutic menu plans,
- HACCP instructions,
- nutritional analysis, and
- food ordering guides.

DOWNLOAD PLANT FORWARD PLATES FOR FREE >

The Plant Forward Plates Toolkit fee is being waived to encourage hospitals to make 2020 the year they add healthy and delicious plant-based meals to their menus. To download a free copy, visit <https://oldwayspt.org/pfp>



rediscover  goodness
OLDWAYS
 CULTURAL FOOD TRADITIONS

Plant Forward Plates Healthcare Toolkit

Seven-Day Menu Plan

Breakfast						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Savory Tofu Mushroom Biscuits	Almond Biscuits with Pancakes	Red Quinoa Breakfast Bowl with Berries, Pecans, and Flax Seeds	Blueberry Muffin	Southern Breakfast with Black Beans and Corn	Farmers Market Breakfast	English Bran: Soil, Beans, Seeds, Lemon, Nut, and Whole Grain English Muffin
Margarine Jelly	Margarine/Jelly	Orange Juice	Coffee or Tea	Orange Juice	Orange Juice	Margarine
Soymilk	Soymilk	Soymilk	Coffee or Tea	Soymilk	Soymilk	Soymilk
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea

Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Red Lentil Stew with Root Vegetables	Gar Bean Burger on Whole Grain Bun with Tomato and Avocado Slices	Stress Tacos with Pinto Beans, Corn Salsa, and Cabbage	Tomato Soup	Vegetable Barley Soup	Greek Chickpea and Vegetable Filled Pita	Vegetable Pizza with Cornmeal Crust
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Apple Sauce	Apple Sauce	Apple Sauce	Apple Sauce	Apple Sauce	Apple Sauce	Apple Sauce
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea

Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Butternut Squash Soup	Shanghai Sesu Snow Pea Stir Fry with Broccoli	Peas and Carrots with Wild Rice	Chickpea Curry with Brown Basmati Rice	Penne Pasta with White Beans and Greens	Homestyle Vegetable Pot Pie	Herbed Lentil Patties with Mushroom Sauce
Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Apple Sauce	Apple Sauce	Apple Sauce	Apple Sauce	Apple Sauce	Apple Sauce	Apple Sauce
Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea	Coffee or Tea

Successful Implementation of Healthful Nutrition Initiatives into Hospitals

Monica Aggarwal, MD,^a Ariel Grady, MD,^b Daya Desai, BS,^c Katrina Hartog, MPH, RD,^d Lilian Correa, MPH, RD,^e Robert J. Ostfeld, MD, MSc,^f Andrew M. Freeman, MD,^g Michelle McMacken, MD,^e Eugenia Gianos, MD,^h Koushik Reddy, MD,ⁱ Columbus Batiste, MD,^j Christopher Wenger, DO,^k Ron Blankstein, MD,^l Kim Williams, MD,^m Kathleen Allen, MS, RD,ⁿ Rebecca M. Seifried, DO, RDN,^o Karen Aspry, MD,^p Neal D. Barnard, MD^q

^aDivision of Cardiology, University of Florida, Gainesville, Florida; ^bDepartment of Medicine, University of Florida, Gainesville, Florida; ^cUniversity of Florida, Gainesville, Florida; ^dLenox Hill Hospital, Northwell Health, New York, NY; ^eDepartment of Medicine, NYC Health + Hospitals/Bellevue, New York; ^fDivision of Cardiology, Montefiore Health System, Bronx, NY; ^gDivision of Cardiology, Department of Medicine, National Jewish Health, Denver, Colo.; ^hDivision of Cardiology, Lenox Hill Hospital, Northwell Health, New York, NY; ⁱDivision of Cardiology, James A. Haley VA Medical Center, Tampa, Fla.; ^jDivision of Cardiology, Kaiser Permanente Riverside Medical Center, Riverside, Calif.; ^kDivision of Preventative Cardiology, Lancaster General Hospital/Penn Medicine, Lancaster, Pa.; ^lDivision of Cardiology, Brigham and Women's Hospital, Boston, Mass.; ^mDivision of Cardiology, Rush University Medical Center, Chicago, Ill.; ⁿGeisel School of Medicine, Dartmouth Medical School, Hanover, NH; ^oDivision of Cardiology, Walter Reed National Military Medical Center, Bethesda, Md.; ^pBrown University, Warren Alpert Medical School, Providence, RI; ^qGeorge Washington University School of Medicine, and Physicians Committee for Responsible Medicine, Washington, DC.

ABSTRACT

Poor dietary quality is a leading contributor to mortality in the United States, and to most cardiovascular risk factors. By providing education on lifestyle changes and, specifically, dietary changes, hospitals have the opportunity to use the patient experience as a “teachable moment.” The food options provided to inpatients and outpatients can be a paradigm for patients to follow upon discharge from the hospital. There are hospitals in the United States that are showcasing novel ways to increase awareness of optimal dietary patterns and can serve as a model for hospitals nationwide.

© 2019 Elsevier Inc. All rights reserved. • *The American Journal of Medicine* (2019) 000:1–7

- There is significant variability in the standards that hospitals use with regard to inpatient and outpatient food programs.
- There are hospitals in the United States that are showcasing novel ways to increase awareness of optimal dietary patterns.
- Several hospitals have started inpatient 100% plant-based menus and outpatient education and access to healthier food options, illustrating that changes can be made in a hospital environment with good success and customer satisfaction.

Table Summary of Hospital Initiatives

	Inpatient Menu	Outpatient Menu	Other Initiatives
Kaiser Permanente		✓	Launched over 50 hospital- and clinic-related farmers markets in California. Developed virtual and on-site cardiac rehab program that provides kitchen basics.
Montefiore Health System	✓	✓	Implemented “Meatless Mondays” in the hospital cafeterias. Has intensive outpatient Saturday plant-based immersion program.
National Jewish Health/ St. Joseph Hospital NYC Health + Hospitals/ Bellevue	✓	✓	Launched intensive plant-based cardiac rehabilitation program. Launched intensive outpatient plant-based lifestyle program for cardiometabolic risk reduction. Implemented a “Meatless Monday” option into hospital menus. Offer annual plant-based healthy eating challenge for hospital staff.
Northwell Health	✓ Lenox Hospital only	✓	Established Northwell Healthy Choice nutrition criteria for meals and eliminated sugar-sweetened beverages and fried foods from menus. Offers free monthly teaching kitchens education.
Tampa Veterans Affairs	✓	✓	Established the HEAL cardiology clinic, which provides intensive outpatient support for nutrition and health.
United Medical Center		✓	Hosted plant-based lunch buffets accompanied by nutrition lectures. Offered taste tests to patients and replaced processed meat with meatless options.
University of Florida	✓	✓	Launched an intensive outpatient prevention program to lower cardiovascular risk

TOP 10 STRATEGIES FOR PLANT-BASED EATING

1. Know Their Goals
2. Understand Their Motivation
3. Build Rapport and Trust
4. Use Evidence-Based Resources
5. Learn What's Accessible
6. Keep It Simple and Honor Traditions
7. Think Outside the Box
8. Focus More on Nutrient-Rich Foods
9. Learn About Food Restrictions
10. Recommend B12

Adapted from Counseling Vegan Clients
By Matthew Ruscigno, MPH, RD
<https://www.todaysdietitian.com/newarchives/1017p20.shtml>



1. KNOW THEIR GOALS

- What type of plant-based eating is your client interested in learning about?
- Vegan, vegetarian, flexitarian, Whole Food Plant-Based, other?





2. WHAT'S MOTIVATING THEM?

This will change your approach.

- Ethical reasons? Animal welfare
- Health?
- Weight loss?
- Religious reasons?
- Eating disorder?
- Others?

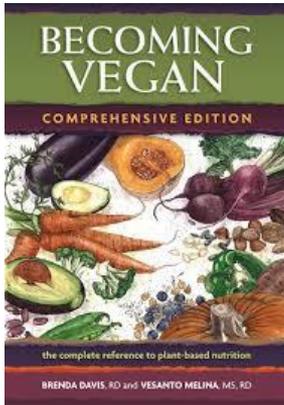
3. BUILD TRUST

- Helps to create open dialogue
- Understanding how to approach sensitive topics
- Allows clients to ask about questions they have and possible myths they've heard

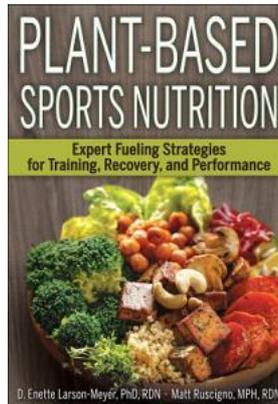


4. USE EVIDENCE-BASED RESOURCES

- Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics (vndpg.org)
- Vegetarian Resource Group (vrg.org)
- VeganHealth.org by Jack Norris, RD (veganhealth.org)
- Anti-Diet Vegan Nutrition Course by Taylor Wolfram, RD (taylorwolfram.com)



Becoming Vegan
Brenda Davis, RD
Vesanto Melina, MS, RD



Plant-Based Sports Nutrition
Dr. Enette Larson-Meyer
Matt Ruscigno, MPH, RD



Education Handouts

Research-based vegetarian diet handouts by registered dietitians. These FREE handouts are available as a resource for those looking for more written and reviewed by registered dietitians from the Vegetarian Nutrition. If you have questions, or suggestions for future handouts, please contact us.

Eating Disorders (NEW!)	Download Consumer Version (PDF)
Plant-Based Diets to Combat Climate Change (NEW!)	Download Consumer Version (PDF)
Omega-3 Fatty Acids and Vegetarian Diets (NEW!)	Download Consumer Version (PDF)
Vegetarian Diets in Pregnancy (Spanish) (NEW!)	Download Consumer Version (PDF)
Soy Safety and Health Effects of Isoflavones (NEW!)	Download Consumer Version (PDF)
B12 in Vegetarian Diets	Download Consumer Version (PDF)
Choline in Vegetarian Diets	Download Consumer Version (PDF)

Vegetarian Nutrition
a dietetic practice group of the Academy of Nutrition and Dietetics

RDN Resources for Consumers:

Protein in Vegetarian and Vegan Diets

Protein is a nutrient made of amino acids, which are the building blocks for many of your body's structures, including muscles, bones, skin, and hair. Amino acids also play an important role in the creation of many substances (such as hormones and enzymes) that you need to live a healthy life.

There are nine amino acids that our bodies cannot make on their own. These are considered "essential amino acids." This means we must consume proteins containing these essential amino acids from the food we eat. Contrary to popular belief, it is not difficult to meet your protein needs on a vegetarian or vegan diet. Studies show that most vegetarians and vegans meet or exceed their daily protein requirements. Focusing on a variety of protein-rich foods throughout the day will ensure you get the needed amounts of amino acids in your diet.

Plant Proteins

Most plant foods (with the exception of soy, quinoa, and spirochita) may be low in one or two essential amino acids. However, you can get enough of the essential amino acids by including a variety of whole plant foods in your diet. It was once thought that plant proteins needed to be combined within a meal by mixing grains and legumes to create a "complete" protein, also called complementary proteins. Modern science has recently revealed that our liver can store amino acids long term, meaning we do not have to combine them in one meal.

Legumes (or pulses), which include beans, lentils, and dried peas are rich sources of protein. Other sources of plant-based protein include whole grains, vegetables, nuts, and seeds.

Certain whole grains, such as wheat varieties like farro, kamut, and wheat berries provide up to 11 grams of protein per cup. Protein-rich vegetables include spinach (5 grams per cup, cooked) and peas (8 grams per cup, cooked).

A variety of easy-to-use meal alternatives can be found in most supermarkets, such as veggie burgers, meatless bacon, hot dogs, and beef "crumbles," as well as faux chicken nuggets, sausage, and beef strips. Meal alternatives can help ease the stress of meal planning or ease a great meal to bring to a friend's cookout. However, you're better off choosing minimally processed plant food sources of protein that have lower levels of sodium and no artificial additives.

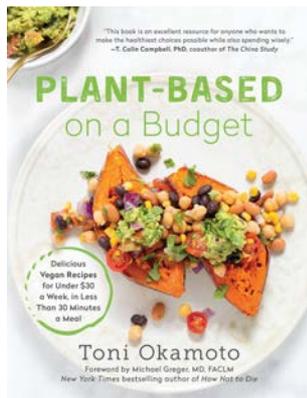
Plant proteins are naturally packed with other beneficial nutrients like fiber, vitamins, minerals, healthy fat, and antioxidants. They typically contain very little saturated fat, sodium and cholesterol. This may be one reason why vegetarians and vegan diets are linked with a lower risk of disease.

Lacto-Ovo Vegetarian Proteins

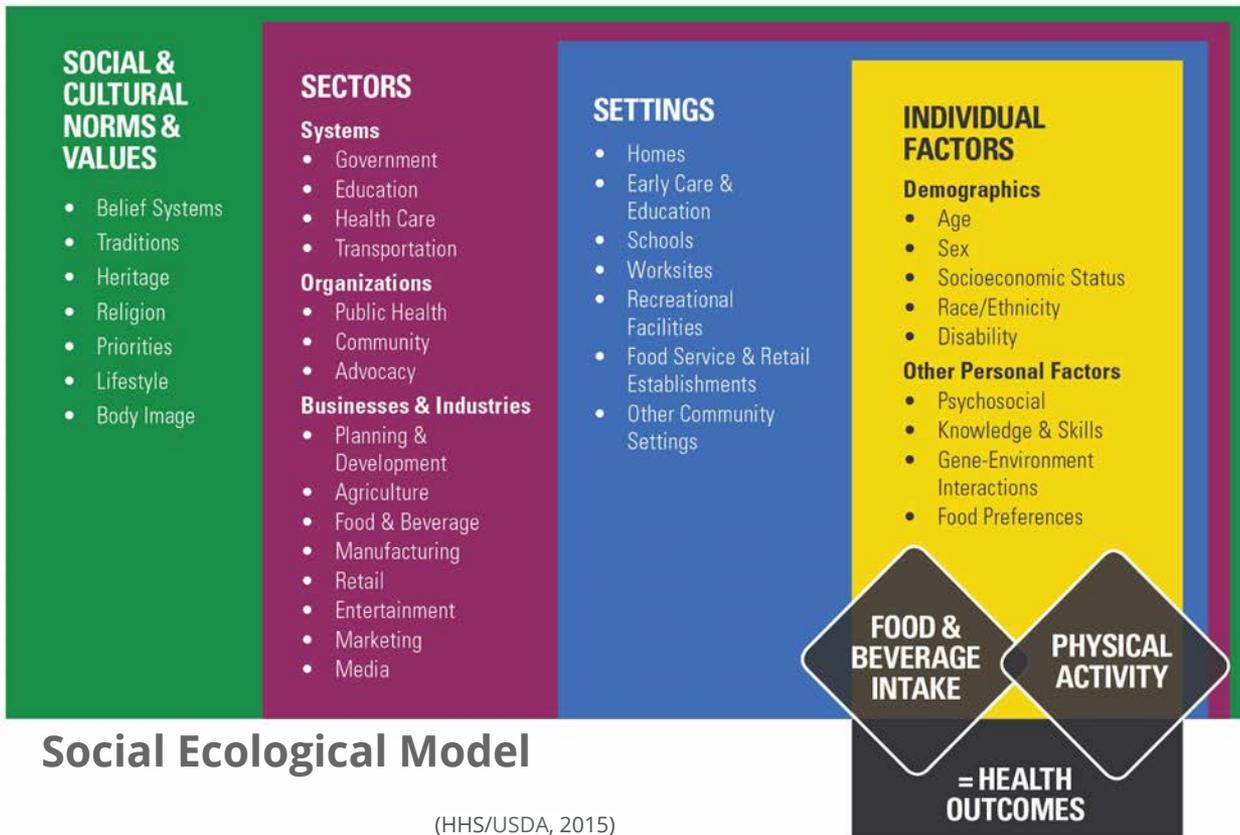
Animal proteins, such as that found in meat, dairy and eggs, is considered "high quality" protein because it has high amounts of all nine essential amino acids. Meeting your protein needs may be more easily accomplished on a vegetarian (versus vegan) diet, because you can include high quality animal protein.

Free RDN Resources www.vndpg.org

5. LEARN WHAT'S ACCESSIBLE TO THEM



“Professionals can help individuals or population groups by recognizing cultural diversity and developing programs and materials that are responsive and appropriate to their belief systems, lifestyles and practices, traditions, and other needs.”



6. KEEP IT SIMPLE AND TRADITIONAL



Photo by: Sherene Chou

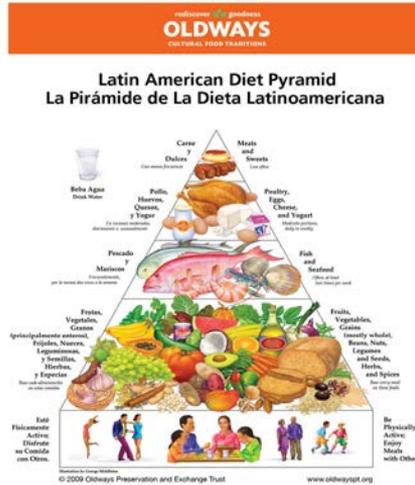


Photo by: Sherene Chou



Asian Diet Pyramid



Photo by: Sherene Chou

African Heritage Diet Pyramid



Mediterranean Diet Pyramid

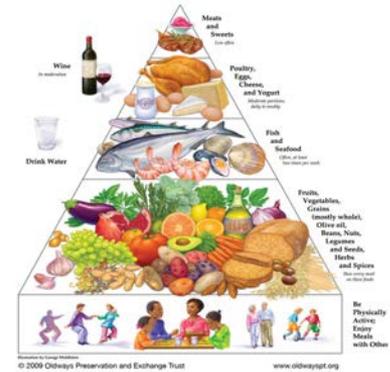


Photo by: Sherene Chou

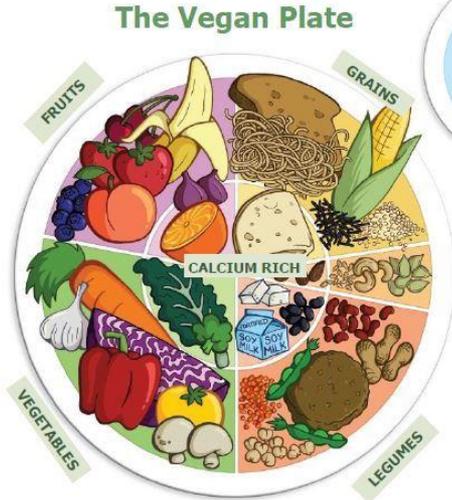
FOOD SOVEREIGNTY

“Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems.”

Declaration of Nyéléni, the first global forum on food sovereignty, Mali, 2007 (US Food Sovereignty Alliance)



7. THINK OUTSIDE THE BOX



OTHER ESSENTIALS

NUTS & SEEDS



Holiday Spice Protein Pancakes Recipe



Kale & Bean Soup



Sweet Potato Protein Toast



Becoming Vegan Comprehensive

By: Brenda Davis, RD;
Vesanto Melina, MS, RD

8. FOCUS ON NUTRIENT-RICH FOODS

PLANT-BASED MENU

The healthiest diets are those that are high in lentils, fruits and vegetables, beans, and whole grains. Eating these foods puts you on a path to lowering your risk of heart disease. We hope you enjoy this plant-based menu: *for your health, for your future.*

How many fruits and vegetables do I need to eat?

The American Heart Association recommends eight or more servings of fruits and/or vegetables per day. Eating more fruits and vegetables may help keep you at a healthy weight, live longer, and help lower your cholesterol and blood pressure.

What is a serving size?

FRUITS:

- 4-5 servings per day
- 1 medium fruit (about the size of a baseball)
- 1/4 cup dried fruit
- 1/2 cup fresh, frozen or canned fruit

VEGETABLES:

- 4-5 servings per day
- 1 cup raw leafy vegetables (about the size of a small fist)
- 1/2 cup cut-up raw or cooked vegetables
- 1/2 cup vegetable juice

Breakfast

- STEAMING OATMEAL**
With raisins, almonds and brown sugar
- OVERNIGHT OATS**
Oatmeal rolled oats, chia seeds and fruit
- CHEERIOS**
With soy milk
- WHOLE WHEAT TOAST**
With peanut butter or avocado spread
- FRESH FRUIT PLATE**
With bran muffin



Dinner

- VEGETABLE PASTA PRIMA VERA**
A mix of sautéed fresh vegetables in a light sauce over penne pasta
- TOFU VEGETABLE STIR FRY**
Seasoned grilled tofu with sautéed green & red peppers, onions and broccoli
- BLACK BEANS & YELLOW RICE**
Seasoned black beans over fluffy yellow rice



Beverages

- HOT TEA
- ORANGE JUICE
- APPLE JUICE
- GRAPE JUICE
- CRANBERRY JUICE
- SOY MILK



Lunch

- BLACK BEAN BURGER**
Hearty black bean patty over a warm bun with option of lettuce, tomato and onion
- HUMMUS TOMATO SANDWICH**
Fresh hummus over whole grain sandwich thins topped with tomato and spinach
- FRESH VEGETABLE WRAP**
Tomatoes, carrots, cucumbers, olives and lettuce wrapped in an avocado spread whole grain wrap

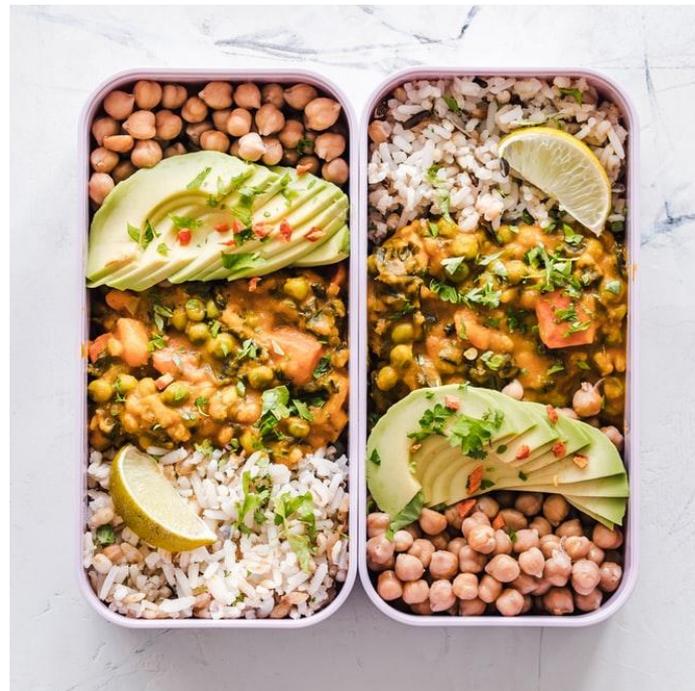


Chef Specials

- SWEET POTATO & KALE OVER BARLEY**
- LENTIL BOLOGNESE OVER PASTA**
- CHICKPEA POTATO COCONUT CURRY**

For more information on heart healthy nutrition, prevention and more, visit UFHealth.org/IntegrativeCardio.

UFHealth
Shands



WHAT ABOUT...MOCK MEATS?

“Vegetarian cooking in China owes a lot to Chinese Buddhist monks, who have existed in the country since the late Han dynasty (206 BCE to 220 CE), after Indian missionaries brought the religion to this part of Asia.

One key tenant of Buddhist ideology—alongside karmic retribution and worshipping the Buddha—is vegetarianism. Not wanting to break tradition when outsiders came to visit their monastery, China’s Buddhist monks would copy classic meat-based dishes, replacing the meat or fish with vegetables, tofu, or gluten.”



← find companies/brands

9. LEARN ABOUT FOOD RESTRICTIONS

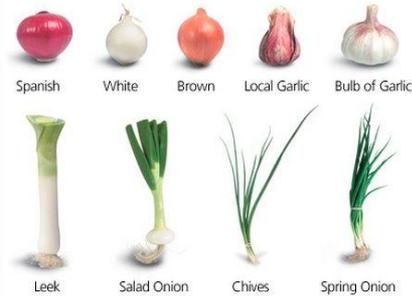


The FDA requires the **top 8 food allergens** in the US to be declared by common name on food labels.

KIDS WITH FOOD ALLERGIES
A Division of the Asthma and Allergy Foundation of America

kidswithfoodallergies.org
This resource is made possible through sponsorship by Mylan Specialty.

The infographic features a row of eight colorful diamond-shaped icons representing allergens: a milk carton, an egg, a peanut, a nut, a soybean, a wheat stalk, a crab, and a fish. At the bottom left, there are four small icons: a pill, a flower, a leaf, and a lung.



- Religion
- Allergy
- Intolerance
- Personal Choice
- Ethics

10. RECOMMEND VITAMIN B-12

“Vitamin B12 is generally found in all animal foods except honey while there is no reliable B12 in plant foods, including tempeh, seaweeds, and organic produce. Luckily, vitamin B12 is made by bacteria and doesn’t need to be obtained from animal products.” - Jack Norris, RD (veganhealth.org/vitamin-b12/)



Vitamin B-12 is not a component of plant foods. Fermented foods (such as tempeh), nori, spirulina, chlorella, algae, and unfortified nutritional yeast, cannot be relied upon as adequate or practical sources of B-12.



Photo by: Sherene Chou

Latin American Diet Pyramid
La Pirámide de La Dieta Latinoamericana



Photo by: Sherene Chou

Asian Diet Pyramid



Mediterranean Diet Pyramid

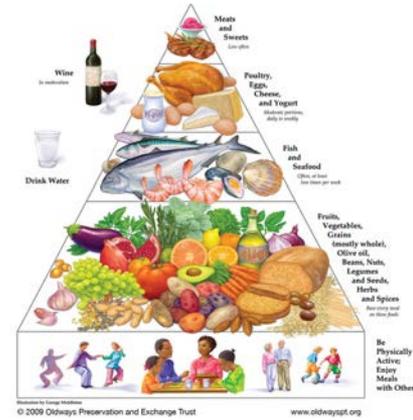


Photo by: Sherene Chou

African Heritage Diet Pyramid



Photo by: Sherene Chou



HELPING YOUR CLIENTS NAVIGATE PLANT-BASED EATING

Exploring Clinical Approaches and the New Dietary Guidelines

A top-down view of two bowls of Thai-style noodle soup. The bowls are filled with thin, white rice noodles, topped with sliced chicken, mushrooms, carrots, and fresh cilantro. The bowls are placed on a wooden cutting board with a grey cloth underneath. The text 'THANK YOU' is overlaid in a white box in the upper right, and 'Q & A' is overlaid in a white box in the lower left.

THANK
YOU

Q & A

**Thank you
for joining
us today.**



Professional Education Series
Support. Inform. Educate. Empower.



WEBINAR HOST:

Keith Hine MS, RD

Sr. Director of Healthcare & Sports
Orgain

keith.hine@orgain.com



WEBINAR PRESENTER:

Sherene Chou, MS, RD

Registered Dietitian, Private Practice
schoumsrd@gmail.com



GENERAL INQUIRIES OR TO REQUEST SAMPLES:

medinfo@orgain.com