

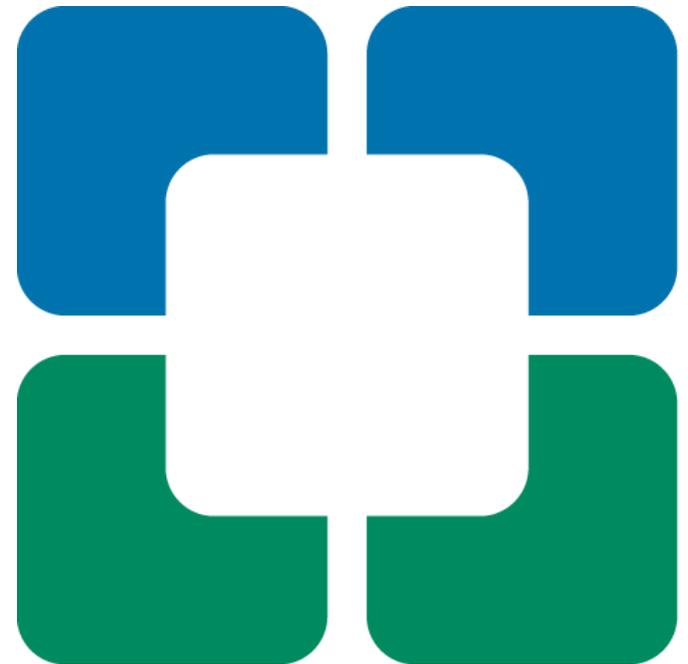
Winter Wellness Series

Session 2: Nutrition

Medical Director Program
January - February, 2022



Cleveland Clinic
Canada

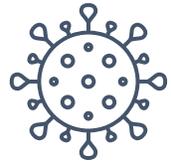


Wellness is about training ourselves to survive and thrive amidst ongoing uncertainty

The Basic Premise:

There are a set of external factors that are outside of our control...

...so we need to protect the set of lifestyle factors that are within our sphere of control



Pandemic



Global Warming

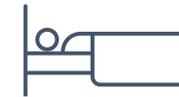


Political Divide



Economic Inequality

Wall of Zen



Sleep



Relationships



Addictions



Nutrition



Exercise



Stress

We will explore each of these lifestyle factors in our six-part Wellness Series



Sleep

January 19, 2022, 1:30-2:15 EST



Nutrition

January 25, 2022, 12:30-1:15 EST

(today)



Exercise

February 2, 2022, 1:30-2:15 EST



Stress

February 9, 2022, 12:30-1:15 EST



Addictions

February 16, 2022, 12:30-1:15 EST



Relationships

February 23, 2022, 12:30-1:15 EST

For centuries, humankind has recognized a special connection between food and health

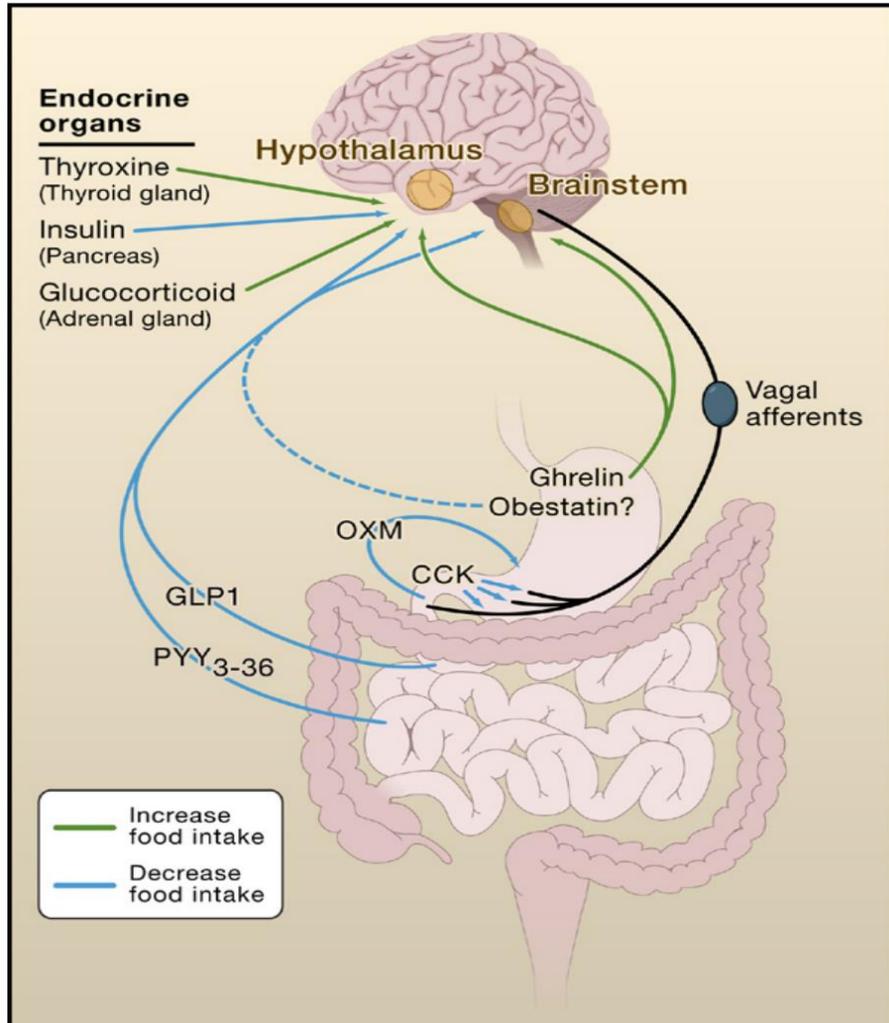
“Let food be thy medicine, and let medicine be thy food.”
- Hippocrates (460 – 370 BC)

“Man is what he eats.”
- Lucretius (99 – 55 BC)

“No disease that can be treated by diet should be treated with any other means.”
- Moses Maimonides (1138-1204)

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”
- Thomas Edison (1847-1931)

Our innate system that helped us survive for thousands of years ...



Multiple organ systems in the body work together to optimize feeding behavior and energy storage

For thousands of years, these systems have been optimized for survival against starvation

- Limited availability of food
- High demand for energy

. . . Has been disrupted by many environmental factors in modern times

The Perfect Storm



Explosion of processed foods



Sedentary lifestyle



Increased stress



Constant access to food



Distorted sleeping patterns

Poor dietary habits are associated with a broad array of adverse health effects

- All-cause mortality
- Arthritis
- Cancer
- Cardiovascular disease
- Cognitive disorders and dementia
- Depression, anxiety and other psychiatric conditions
- Diabetes and insulin resistance
- High cholesterol
- Hypertension
- Immune function (decreased)
- Obesity and unhealthy diet patterns
- Quality of life (decreased)
- Type 2 diabetes

The most concerning disruptor is the rise of processed food (1/2)

- Processed foods **extract healthier substances** (e.g., fibre) and **add unhealthy additives** to improve taste (e.g., sugar, salt, fat) and prevent rotting (e.g., chemicals)
- Processed foods can be **engineered to trigger the brain's "on switch" and inhibit its "off switch"**
- It's **too easy to eat**
 - We **eat faster** (so our hormones don't have time to tell us we are full) leading to a rapid spike in blood glucose and insulin
 - Food energy quickly stored as fat, and **then we are hungry again**
 - We don't often know why we are eating



Processed foods make people eat faster and eat more without achieving satiety. This results in weight gain, altered hormone signaling and insulin resistance

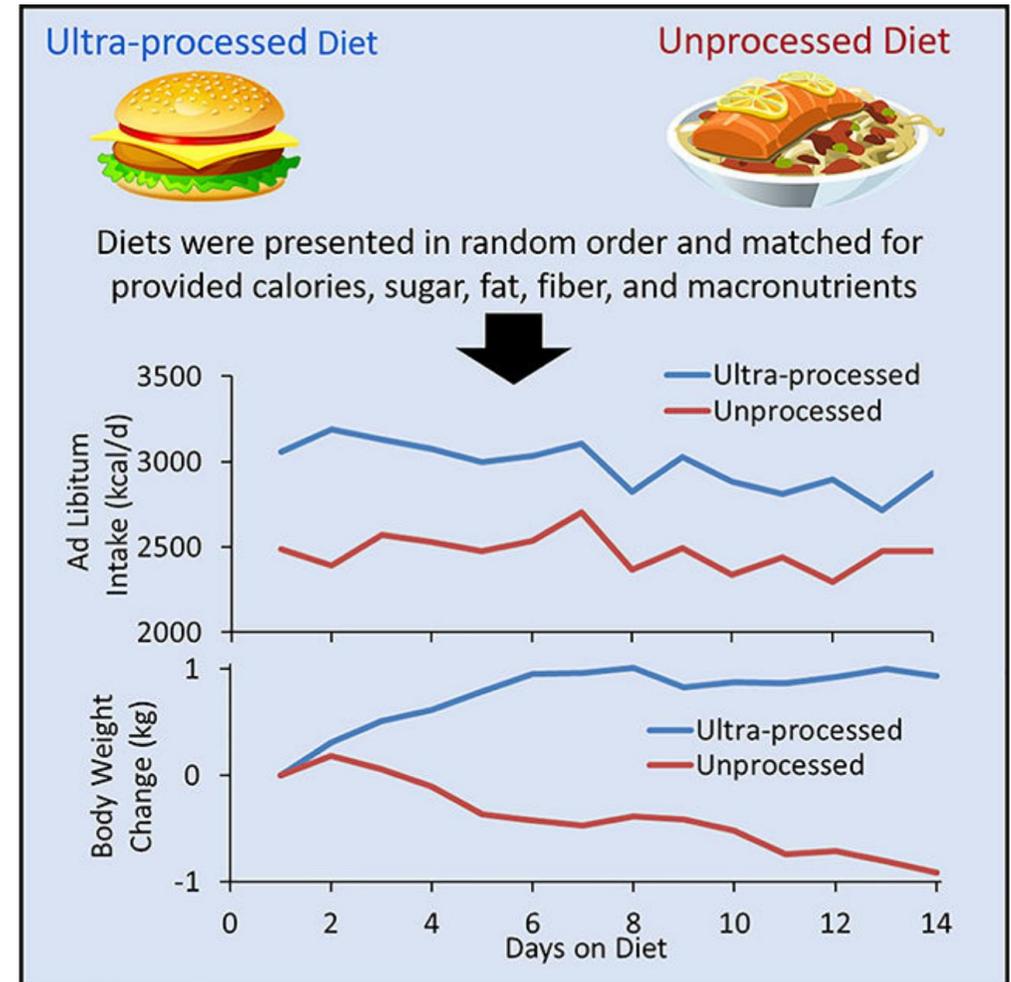
The most concerning disruptor is the rise of processed food (2/2)

A 2019 study demonstrated the effect of ultra-processed foods on increased calories and weight gain

- Subjects were randomized to receive either ultra-processed or unprocessed diets, and instructed to consume as much or as little as desired

The Outcome

- The ultra-processed diet group ate over 500 calories a day more
- The ultra-processed group gained 0.9 kg over the two weeks
- Subjects in the unprocessed group lost 0.9 kg over the two weeks



#1: Avoid Ultra-Processed Foods



Don't eat anything your great grandmother wouldn't recognize as food – whole foods



Don't eat anything that won't eventually rot



Limit foods in the centre aisles of the grocery store. Shop the perimeter.



Limit foods with many ingredients. A good rule of thumb is no more than five ingredients, or ingredients you can't pronounce



Don't buy food where you buy your gasoline

#2: Drink Water

The Challenge

The body has an intricate hormone signaling system to stop excess food consumption

But drinking beverages bypasses this control, leading to:

- Overconsumption
- Excess calories
- Weight gain

The Solution

Drink Water

- Carbonate it
- Infuse it with citrus, mint, gingers, cucumbers or berries
- Buy flavor-infused sparkling water

Be careful with coffee, tea and alcohol

- Often loaded with sugar
- Alcohol is an additional source of carbohydrates

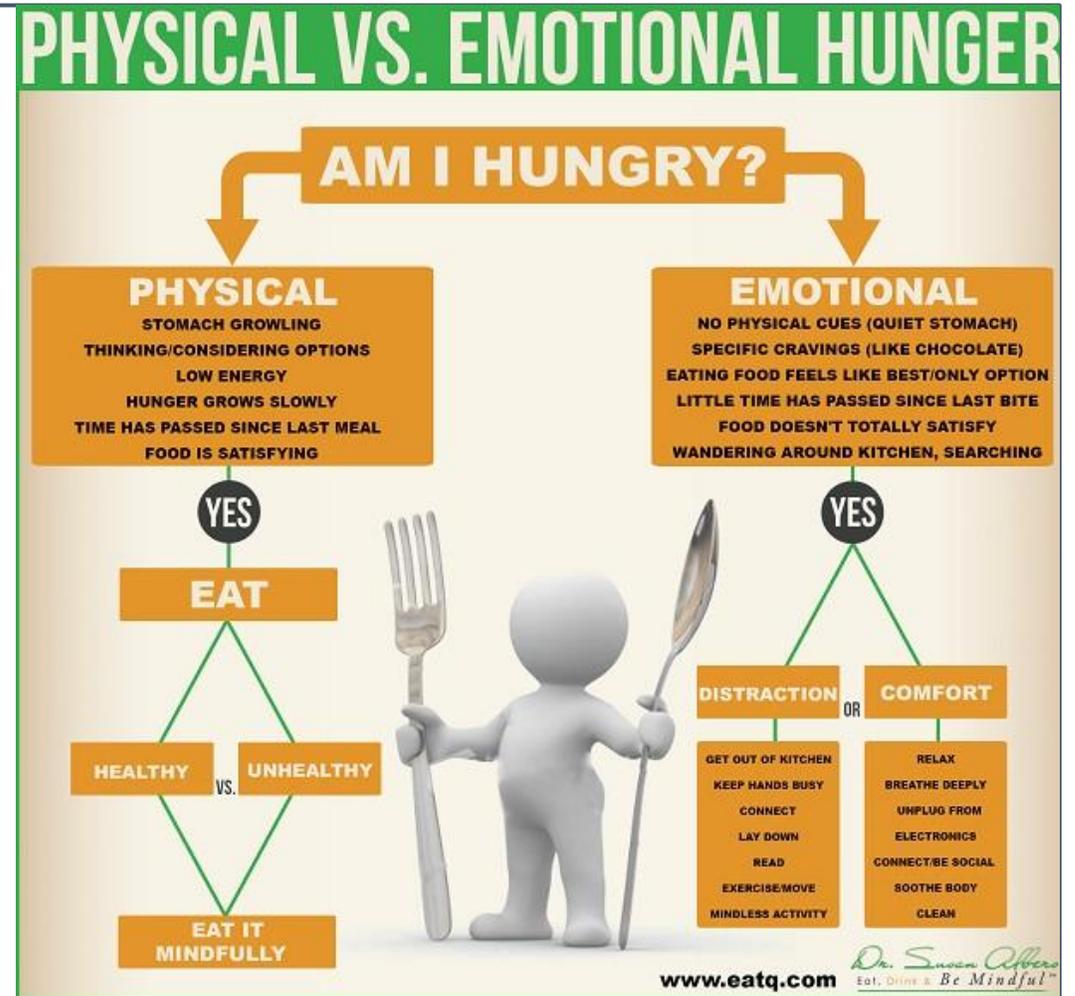
Avoid juice and soda

- Laden with sugar



#3: Tips for Mindful Eating

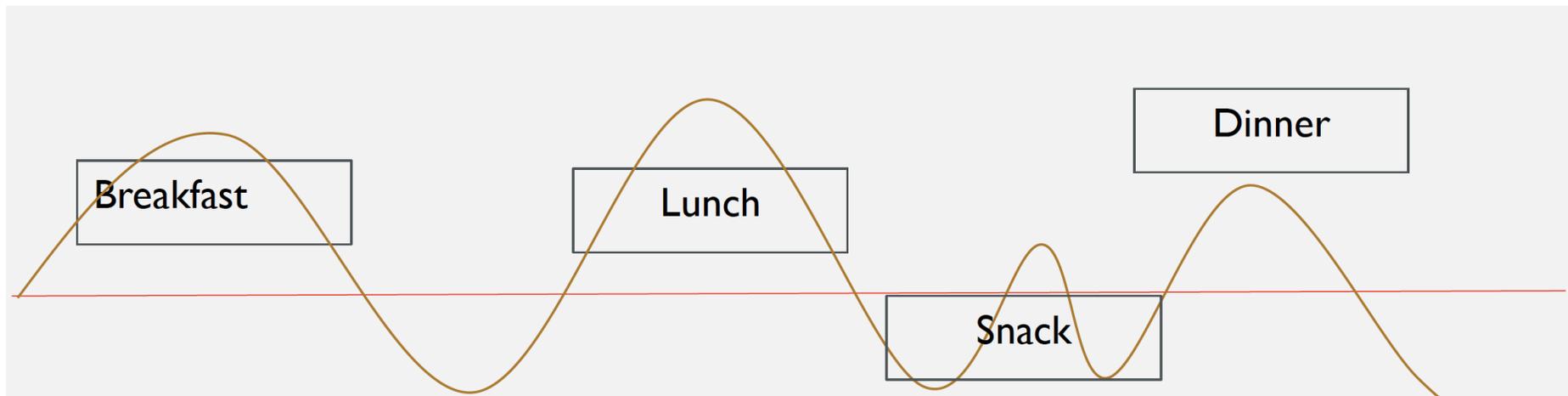
1. Why am I eating?
2. Am I making good food choices?
3. Reduce distractions
4. Look, smell, taste and enjoy
5. Slow down & chew
6. Stop when you're satisfied
7. Inquire



#4: Establish a Routine for Eating

Our bodies have an innate circadian rhythm. It is important for our eating routine to align with this rhythm
Eat in the daytime and fast in the evening

- Fasting triggers repair and restoration (fasting physiology)
- Fasting overnight eliminates extra calories from nighttime snacking
- A routine for eating also supports a consistent sleeping pattern



“Eat like a king in the morning, a prince at noon, and a peasant at dinner.”

- Maimonides

#5: Use The Plate Model ...

Seek balance with energy and nutritional density

- Aim for 50% of your plate to be fruit and/or vegetables – choose a variety of colours
- Aim for 25% of your plate to be protein rich foods
- Aim for 25% of your plate to be whole grains
- Limit ultra-processed foods
- Pay attention to portion sizes



#5: ... and Portion Guide

Portion size guide

FIST
Equals 1 cup
Rice - Fruits - Vegetables
200 calories

FINGERTIP
Equals 1 teaspoon
Butter - Mayonaise
35 calories

Cupped HAND
Equals 1 oz
Nuts - Dried fruit
163 calories

PALM
Equals 3 oz
Beef - Chicken - Fish
125 calories

INDEX FINGER
Equals 1 oz
Hard cheese
190 calories

THUMB
Equals 2 tablespoons
Peanut butter - Dairy
1/2 cup for rice/pasta

1 cup for cooked vegetables

Created by Kate Privitt

The 80/20 Nutrition rule

80%



20%

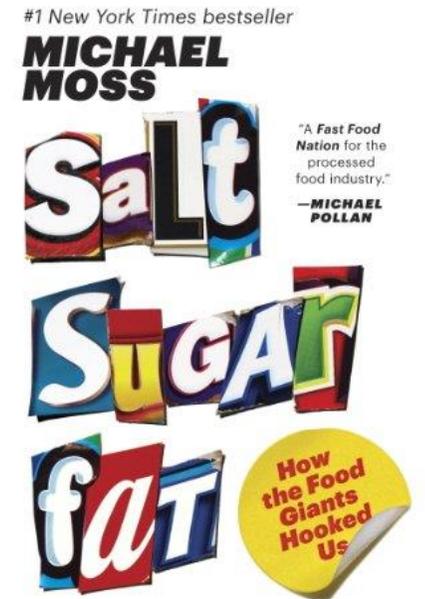
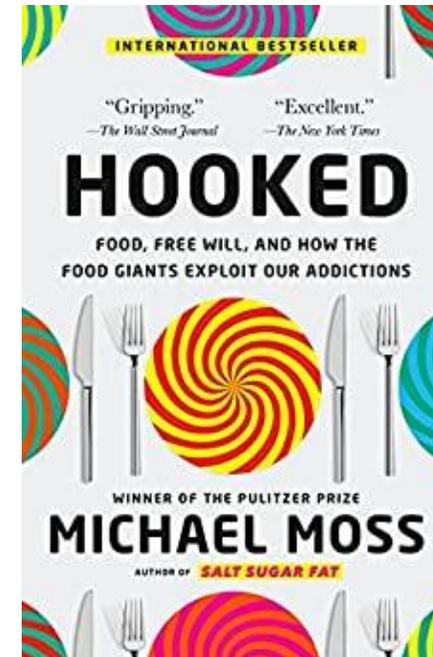
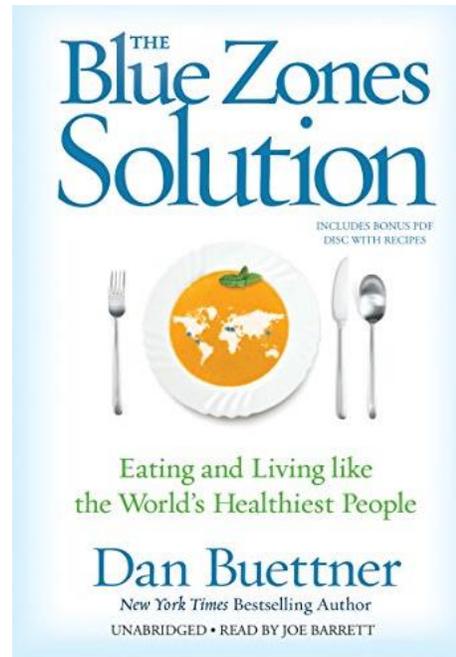
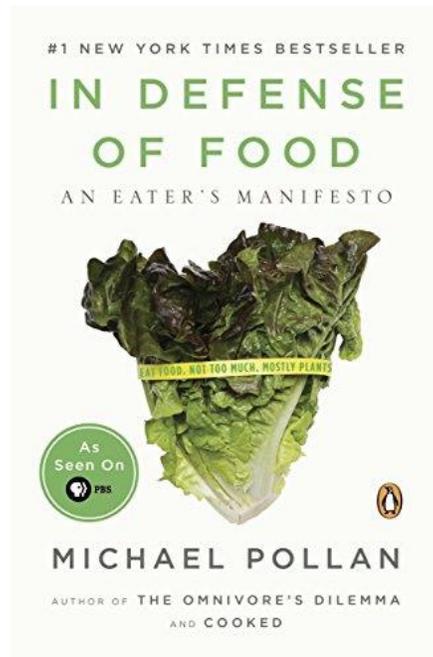
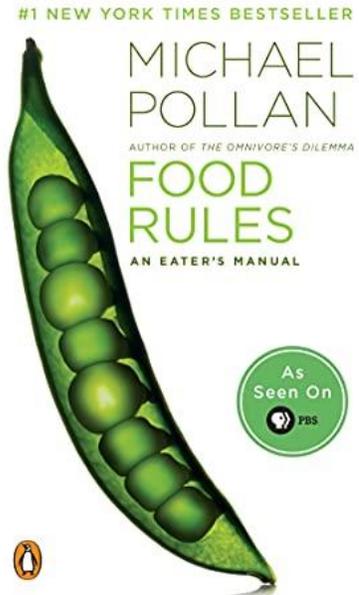


Review of Today's Session

5 Tips for Eating Healthy

- 1 Avoid Ultra-Processed Foods
- 2 Drink Water
- 3 Mindful Eating
- 4 Establish a Routine for Eating
- 5 Use the Plate Model and Portion Guide

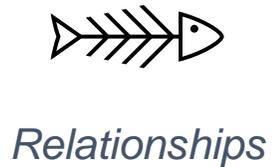
Some Food for Thought



Recap of Wellness Series



Sleep is critical to our physical and mental restoration
It plays an important role in learning, creativity and performance
We invest in sleep by creating a routine that minimizes disruptions



Our bodies are ill-suited to today's environment of energy dense foods. Adapt our eating habits to match to our lifestyle needs.





LIVE
WELL

EYLiveWell.ca
is a one stop shop
for everything
wellbeing related

HR Helpline Information:

Check out the [Canada HR Connection site](#), or contact Canada Talent support using the following options:

- [Submit a request or question](#) (Select request type "Other Talent Enquiries")
- [Chat with Talent Support](#)
- Call 1-866-857-3947 (EYHR)



Mental health benefit

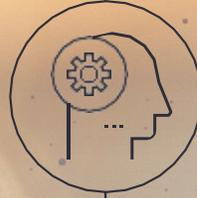
EY offers a **\$5,000** mental health benefit for all EY staff and eligible dependents



Employee and family assistance program

1-866-392-7478

EFAP is a confidential, short-term counselling and referral service for you and your family



MindBeacon

Typically 8-10 sessions – digital Cognitive Behaviour Therapy (CBT) for people with mild to moderate symptoms of depression, anxiety, insomnia, PTSD, panic disorder, health anxiety



WeCare

4 steps to support someone who may be struggling:

1. Notice for signs of change
2. Ask "Are you ok?" to open the topic for discussion
3. Listen for clues to understand the situation
4. Act Involve EFAP, Talent Consultant or other who can help



Healthcare Online

On-demand healthcare service available 24/7 for your health and wellness needs for all benefits plan members and dependents