



**Update YOUR plate:**  
How to Choose a  
Healthy Eating Plan



PeaceHealth

Get ready for some fun...

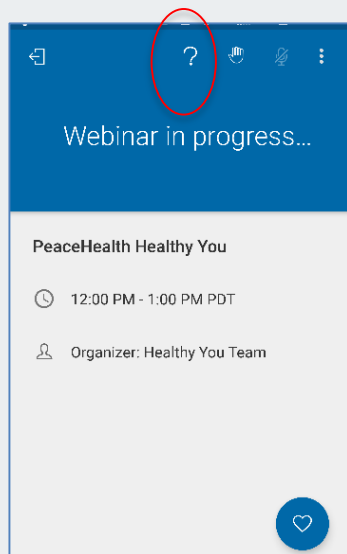
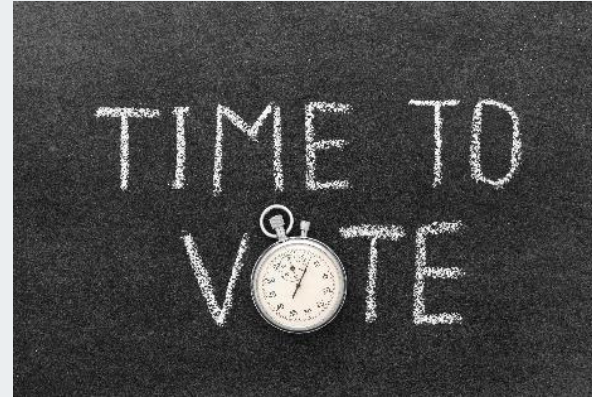
*Welcome*

Your moderator...  
Randy Querin

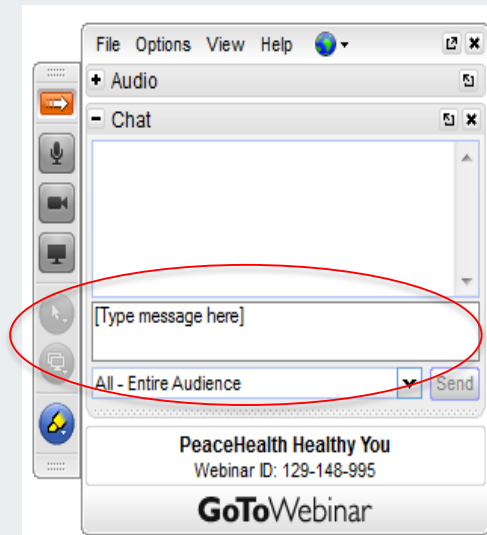


# Please join in...

- Share your thoughts in polls
- Ask questions at any time
- Answer survey at the end



**On your smart phone**  
Tap “?”, then type your message



**On your desktop**  
Type where it says {Type message here}

**Webinar Survey**

1. What is one key idea you'll use from today's webinar?
2. How would you rate today's webinar (5 being best)?  
1 2 3 4 5
3. What topics, if any, would you like to see offered as a future webinar?

# Your speaker...



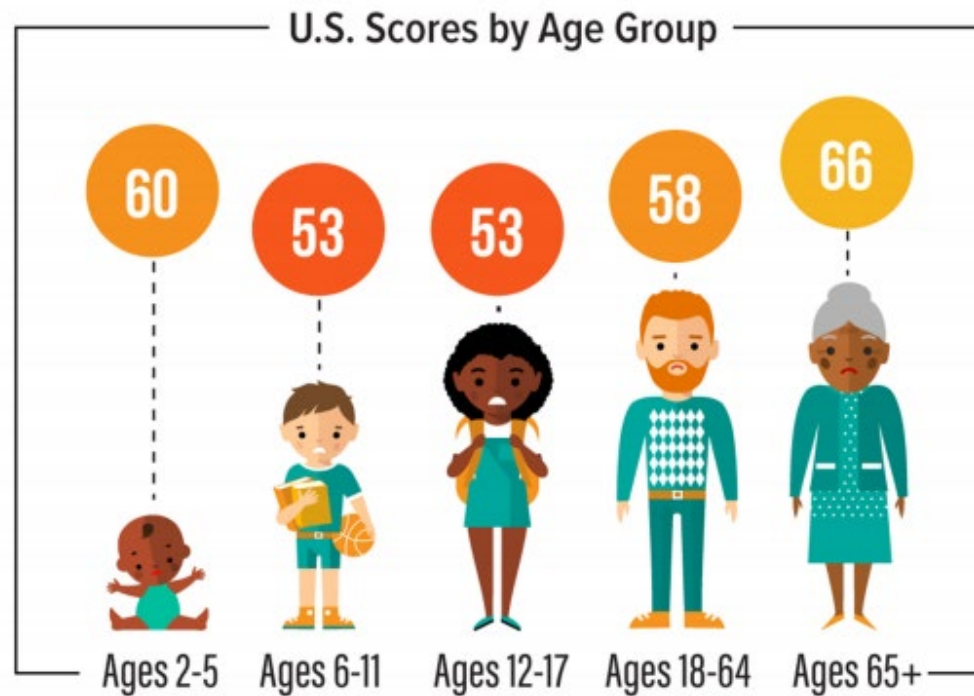
## Jendy Newman, RD, CDE

- Dietitian & Diabetes Educator
- 25 years providing nutrition counsel
- Roots in Ohio and Southeast Alaska
- Oregon State University graduate
- Loves to cook, garden and kayak

# You're not alone...

## How Healthy is American Diet?

- US Dietary Guidelines encourage dietary shifts toward healthier eating
- DGA not a fully whole foods diet but moves us away from Ultra processed foods
- Scores improved with reduction in Trans Fats & Sweet beverages and increased whole fruit intake, whole grains, nuts, legumes and polyunsaturated fats
- **Excess:** red/ processed meats and sodium
- **Too Low:** vegetables



59

### The Healthy Eating Index Score

shows that Americans do not align their eating choices with the Dietary Guidelines.  
(on a scale from 0-100)



# 4 Keys to Healthier Living

1. Not smoking
2. Not being obese
3. Getting 30 minutes exercise daily
4. Eating healthier (more fruit/veggies, whole grains, less meat)

**Follow** these and we may wipe out:

90% diabetes risk

80% heart attack risk

50% stroke risk

33% cancer risk

**Not** following these guidelines accounts for **78%** of chronic disease risk in U.S.





# Today we will...

- Self reflect on your current eating style & health goal
- Be a critical consumer of nutrition information
- Explore diets to be cautious about & why
- Review 5 top-rated healthy eating styles
- Begin creating YOUR long-term healthy eating style
- Share resources to assist with YOUR action plan







# Poll: What's your main motivation?

- Lose weight
- Prevent or manage a chronic disease (cardiac, diabetes, cancer)
- Tease out a gastrointestinal intolerance
- Fuel a sport or high-energy need activity
- Other (type in chat)





# Self reflection/assessment

- How did I get to current weight or health situation?  
Or what do I want to prevent?
- What changes have I tried in past? What did and didn't work, were they balanced, could I stick to plan for long term?
- What got in my way?
- Who can support me?
- How would I need to set myself up to be successful?
- How can I be kind to myself and set realistic goals/ plans?



# Check with your health care provider





# Big Picture Guidelines:

- 1) Follow a healthy eating pattern across your lifespan.
- 2) Focus on variety, nutrient-dense foods & amount.
- 3) Limit calories from added sugars & saturated fats.
- 4) Reduce sodium intake.
- 5) Shift to healthier food & beverage choices.
- 6) Support healthy eating patterns for all in household.

Consider shifting energy from counting calories & grams of macro's to practicing mindfully eating real food in healthy portions.



# Poll: Where do you get your nutrition news?

- Major news outlets (tv, online, magazine)
- Government nutrition sites
- Diet programs
- Family and friends
- Other (type in chat)



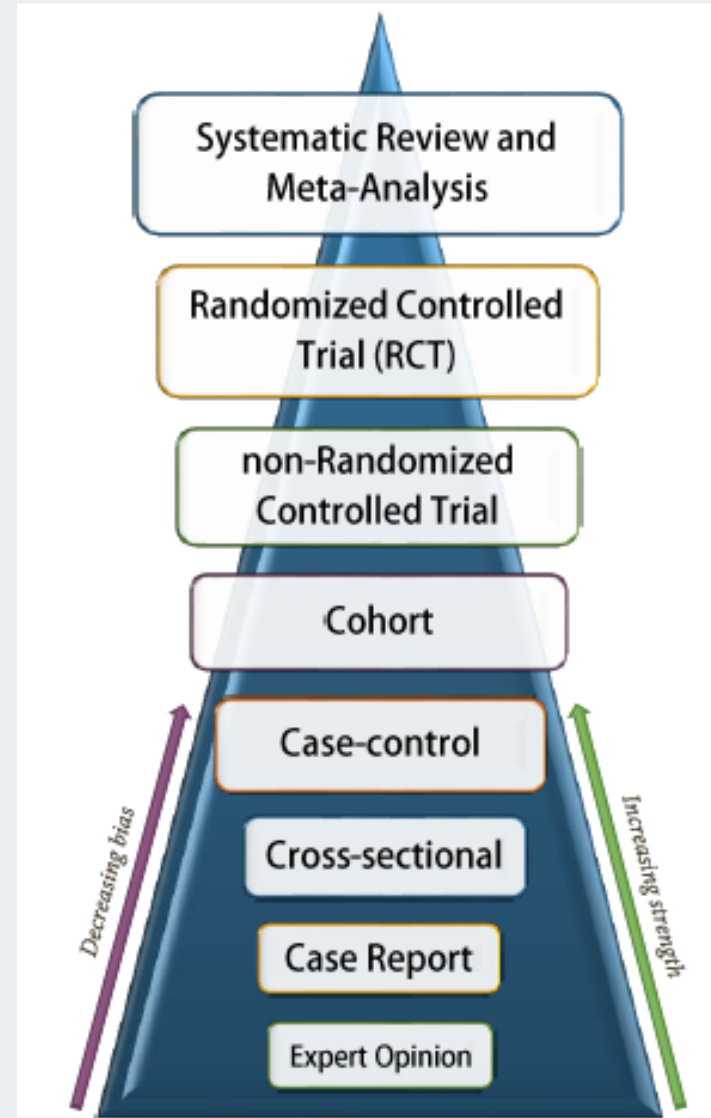


# How to Find Reliable Health Info

- **Internet:** Best = .edu, .gov, or .org; with caution = .com or .net
- **Books, newspapers & magazines:** Check author's qualifications (MD, RD, CDE, etc.), should be from accredited university or belong to credible organizations
- **TV:** Make sure well-researched and repeatable study
- **In General:**
  - Current & referenced with cited sources
  - Seek out multiple perspectives
  - Caution if advertising or selling a product

# Hierarchy of Scientific Evidence

Decreasing  
bias



Increasing  
strength



# Nutrition Science Updates

- Quality matters more than quantity
  - Focus on dietary quality vs just counting calories or carbs or fat grams
- Healthy Low Energy Density helps with weight loss & Diet Quality:
  - Detailed 5-min video: <https://nutritionfacts.org/video/eating-more-to-weigh-less>
- Is a Calorie a Calorie regardless of the source?
  - Carbohydrate Insulin Model





# Energy Density: Which 100 calories makes you feel fuller?

Carbohydrate 4 calories/gram

Sugar, 2 Tablespoons



1 medium apple

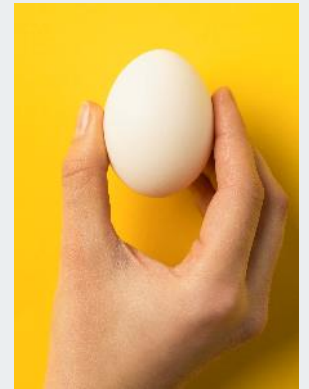


5 cups raw broccoli



Protein 4 calories/gram

1 ¼ large egg



2 ¼ oz. turkey



Fat 9 calories/gram

2 ½ tsp. oil



¼ avocado



Peanut butter, 1 tablespoon



Alcohol 7 calories/gram

4 oz. red wine



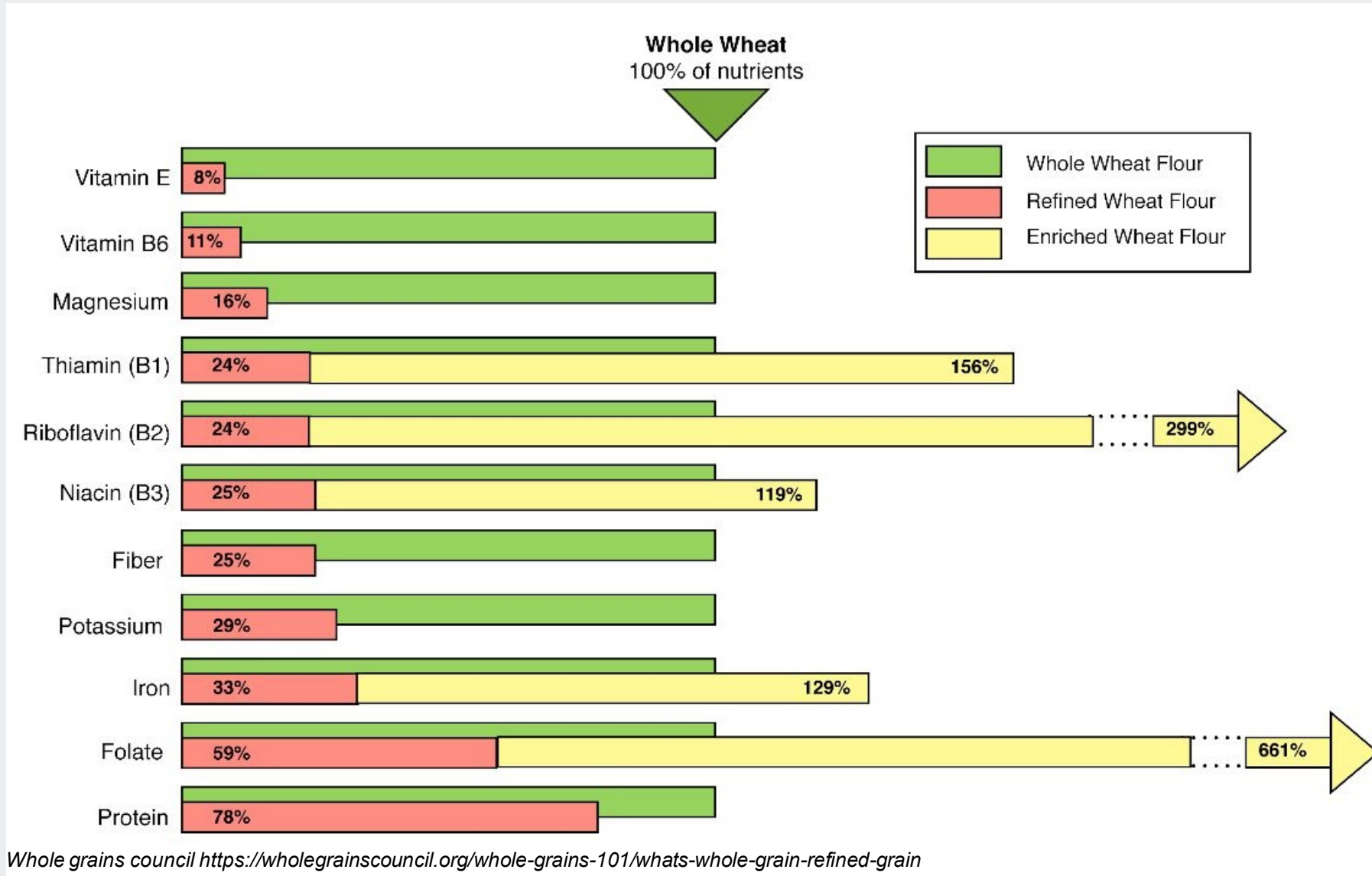
8 oz. beer (5% alcohol)



1 ½ oz. 80 proof spirits



# Dietary Quality





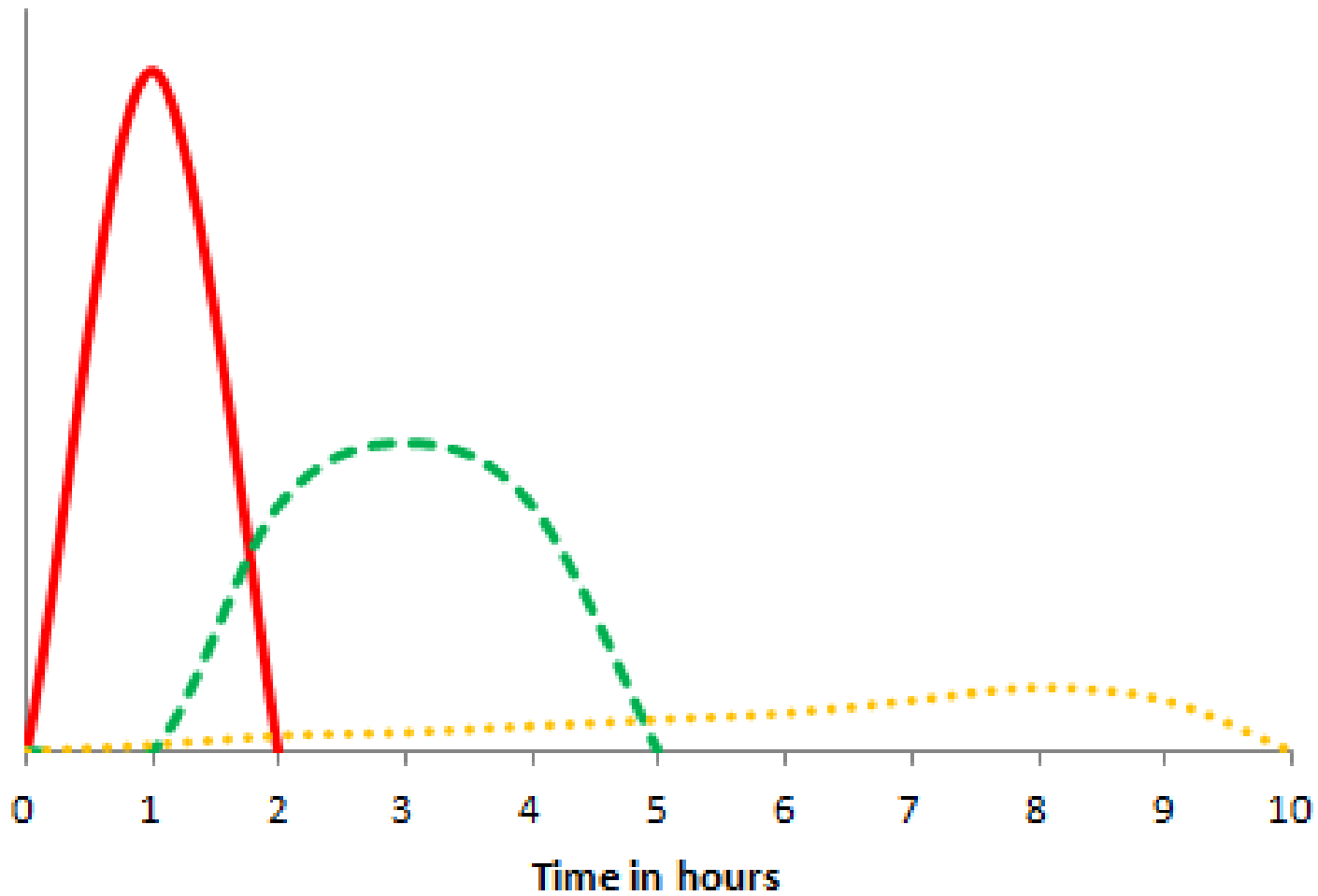
# Is a calorie still a calorie?

- Some of the factors that affects metabolism?
  - Amount lean body mass (more muscle burns more calories)
  - Hormones (thyroid, insulin, glucagon, epinephrine, glucocorticoids)
  - Gut microbiome (subject for another talk)
  
- Carbohydrate Insulin Model
  - Food quality & balance of macro-nutrients in a meal matter
  - Highly processed carbs increase fat storage & increase hunger due to the fact they cause excessive release of insulin





## Food conversion to blood glucose



— carbohydrates: 90-100% turns to glucose, peaks in bloodstream in 1-2 hours

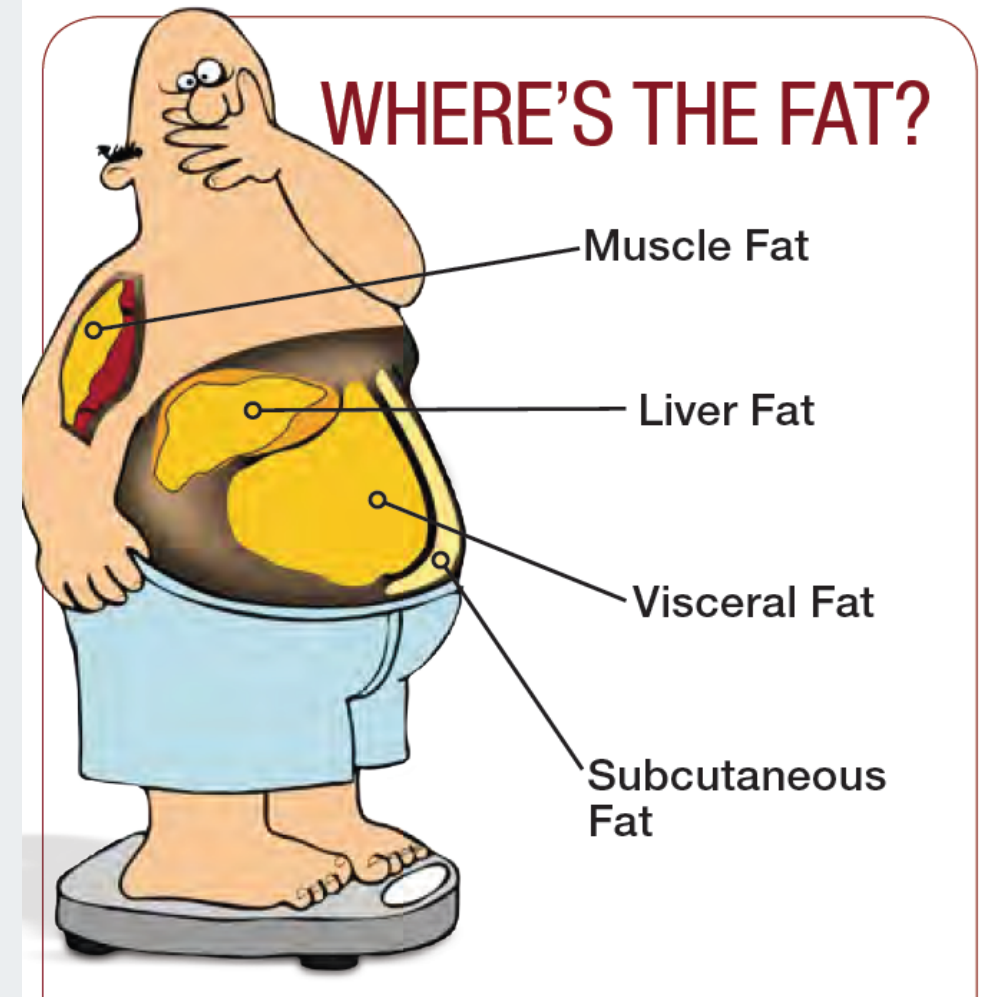
- - - proteins: 50 % turns to glucose, peaks in bloodstream in 2-4 hours

..... fats: 10% turns to glucose, peaks in the bloodstream in 8-10 hours



# Reducing added sugar

- Reduces insulin resistance that promotes diabetes
- Reduces inflammation that can promote heart disease
- May improve your metabolic rate



The fructose in most added sugars appears to boost liver, muscle, and visceral fat. Excess fat anywhere in the body increases the risk of insulin resistance and diabetes. But a fatty liver and visceral fat may increase your risk the most.



# Poll: What kind of diet has worked for you?

- Vegetarian/vegan
- Mediterranean
- High protein or high fat (paleo, keto, atkins)
- Weight Watchers
- Pre-packaged foods (e.g., HMR)
- Other (type in chat)





# US News & World Report Annual Best Diet Review

- Ninth annual assessment
- Scores 41 popular diet plans across 7 categories to help Americans achieve healthier lifestyles
- Scores used to construct nine sets of rankings:
  1. Best Overall
  2. Best Commercial
  3. Best Weight-Loss
  4. Best Diabetes
  5. Best Heart-Healthy
  6. Best for Healthy Eating
  7. Easiest to Follow
  8. Best Plant-Based
  9. Best Fast Weight-Loss



# Scoring Categories

1. **Short-term weight loss.** Likelihood of losing significant weight during the first 12 months, based on available evidence
2. **Long-term weight loss.** Likelihood of **maintaining significant weight loss for two years or more**, based on available evidence
3. **Diabetes.** Effectiveness for preventing diabetes or as a maintenance diet for diabetics
4. **Heart.** Effectiveness for cardiovascular disease prevention and as risk-reducing regimen for heart patients
5. **Ease of compliance.** Based on initial adjustment, satiety (a feeling of fullness so that you'll stop eating), taste appeal, special requirements
6. **Nutritional completeness.** Based on conformance with the federal government's 2015 Dietary Guidelines for Americans, a widely accepted nutritional benchmark
7. **Health risks.** Including malnourishment, specific nutrient concerns, overly rapid weight loss, contraindications for certain populations or existing conditions, etc.

**Scores could not be assigned to the cost of a plan, nor to exercise.**

#1-5 used this rating scale:

5 = extremely effective, 4 = very effective, 3 = moderately effective, 2 = minimally effective, 1 = ineffective.

#6 used this rating scale

5 = extremely complete, 4 = very complete, 3 = moderately complete, 2 = somewhat complete, 1 = extremely incomplete.

#7 used this rating scale:

5 = extremely safe, 4 = very safe, 3 = moderately safe, 2 = somewhat unsafe, 1 = extremely unsafe.



# 5 Trendy Diets or Styles to Approach with Caution

1. Ketogenic
2. Atkins
3. Paleo
4. Intermittent Fasting
5. Low FODMAP





# Healthy Approach

- "People are so desperate to lose weight that it's really weight loss at any cost...(When desperation sets in) normal thinking goes out the window."
- "Who cares how wacky or unhealthy a recommendation sounds to you? Pounds are coming off. You're happy. But your body might not be. And that approach always guarantees weight regain."

– Madelyn Fernstrom, founding director of  
University of Pittsburgh Medical Center Weight Management Center  
As quoted in US News and World Report



# Extreme plans typically not okay for:

- Children and youth
- Women who are pregnant or breastfeeding
- Individuals
  - On diabetes medication  
(*some exceptions for new type 2 diabetes*)
  - With eating disorders
  - With advanced kidney disease
  - On certain medications that need routine, balanced diets



Discuss your situation and plan with your healthcare provider or dietitian before making major dietary changes



# 1. Ketogenic Diet – 38<sup>th</sup> overall

- **What:** Very low carb (5-10%) 20-50 gm (usually net) carb/day, very high fat (70-80%), modest protein (10-20%)
  - Started 1920's to treat medication resistant epilepsy in children
  - Used as fast weight loss diet
- **Claims:** shift to using fats for ketones as main fuel source to lower circulating insulin levels to promote weight loss. You feel full and may eat fewer calories and improve blood sugars.
- **Ranking:** 41<sup>st</sup> Healthy Eating, 24<sup>th</sup> Diabetes, tie for 2<sup>nd</sup> in Best Fast Weight Loss

<https://health.usnews.com/best-diet>

<https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/ketogenic-diet/>



# Ketogenic Concerns

- Hard to maintain a very high fat diet
- Significant loss water weight initially as your use up stored glucose in muscle, you will regain that weight when restart eating some healthy carbs
- Unpleasant symptoms days to weeks: hunger, fatigue, low mood, irritable, constipation, headache, brain fog, bad breath
- Increased risk kidney stones, osteoporosis, gout, risk nutrient deficiency (fiber, b's, iron, magnesium, zinc)
- Never safe for kidney disease, pregnancy, breastfeeding, children, adolescents, EDO, Type 1 diabetes. Inadequate carbs for high energy sports
- Little known of long-term safety compared to low fat weight loss or Mediterranean weight loss diets
- Ketos weight loss benefit seems to disappear over time



## 2. Atkins Diet – 37<sup>th</sup> overall

- **What:** Low carb diet (20, 40 or 100 gm net carb per day) used for fast weight loss
- **Claims:** similar to Keto especially for first 2 weeks on Atkins 20 or 40. Lose weight, improve insulin resistance and improve lipid levels
- **Ranking:** 39<sup>th</sup> for Healthy Eating, 37<sup>th</sup> in Heart-Healthy, tied for 2<sup>nd</sup> in Best Fast Weight Loss.
- **Concerns:**
  - Difficult to stick with, high in total & saturated fat, difficult to do for long term, expensive, inadequate carbs for high energy sports
  - not safe in: pregnancy, youth, people with diabetes on medications, caution with kidney disease

<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/atkins-diet/art-20048485>

<https://health.usnews.com/best-diet>



### 3. Paleo – 26<sup>th</sup>-37<sup>th</sup> rankings

- **What:** a high protein “caveman” diet based on meat, fish, poultry, fruit and vegetable available pre-agriculturally
- **Claims:** by eliminating modern-era processed food, whole grains, dairy, legumes, alcohol, coffee, salt, refined oils hope to avoid type 2 diabetes/ heart disease and lose weight; you feel full and may eat fewer calories
- **Ranking:** Low rankings 26th-37th of 41 in all categories.
- **Concerns:**
  - harder to follow, costly, inadequate carbs for high energy sports, risk for deficiency in calcium, vitamins D and B
  - Significant regional differences in diet world wide

<https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/paleo-diet/>

<https://health.usnews.com/best-diet>



# Want to try Lower Carb Plan?

Check out the impact of dietary quality on athletic performance:

- <https://nutritionfacts.org/video/the-gladiator-diet-how-vegetarian-athletes-stack-up/>
- <https://nutritionfacts.org/video/the-first-studies-on-vegetarian-athletes/>

Very low carb or high protein diets may not be best for athletic performance







## 4. Intermittent Fasting for Weight Loss – not ranked

- **What:** Different versions
  - Alternate day fasting down to 25% calorie needs (300-500 calories for many) with no food restrictions
  - Whole-day fasting 1-2 days per week, complete fasting or up to 25% calorie needs
  - Time-restricted eating (meals only between 8 am – 3 pm)
- **Claims:** propose that stress from the plan causes immune response to repair cells making it increase lifespan and promote positive metabolic changes to lipids, weight, glucose and others
- **Ranking:** not ranked by US news and world report
- **Concerns:**
  - not enough research in humans; impact to families of kids seeing the parents meal skipping
  - Not safe for: pregnancy, youth, people with diabetes on medications, kidney disease, eating disorders, certain Rx medications



## 5. Low FODMAP – not ranked

- **What:** an elimination diet that helps tease out food intolerance with digestive problems.
  - Removes wheat, rye, lactose, certain fruits and vegetables, certain fibers, high fructose corn syrup and sugar alcohol based artificial sweeteners.
  - After 2-6 weeks begin reintroducing foods one at a time in increasing amounts to determine tolerance.
  - Then develop list of foods to limit or avoid to control gut symptoms.
- **Claims:** limiting certain types of carbs that could be poorly digested & absorbed vastly improves symptoms of IBS such as bloating, gas and abdominal pain.
- **Ranking:** not ranked by US News and World Report
- **Concerns:**
  - Only for people ready to work on teasing out food intolerances
  - Do with help of RD familiar with FODMAP diet and a good FODMAP cookbook. If don't do re-introductions, you risk nutrition deficiencies.

# Low FODMAP handout



## Low FODMAP Diet

FODMAP stands for **F**ermentable **O**ligosaccharides, **D**isaccharides, **M**onosaccharides and **P**olyols. They are all types of carbohydrates that can cause digestion discomfort.

You may benefit from eating a low FODMAP diet if you have:

- Irritable bowel syndrome (IBS)
- Gas, abdominal bloating or cramping, or diarrhea after eating carbohydrates

**Your doctor may recommend this diet for 2 to 6 weeks.** You will be told when to **slowly add foods back into your diet** to learn which foods can be eaten or need to be avoided completely. Many people feel better the first week they stop eating these foods.

### FODMAP containing carbohydrates

- **Lactose:** It is found in cow, sheep and goat's milk. Limit foods high in lactose, such as yogurt, ice cream, milk and ricotta cheese.
- **Fructose:** It is found in fruit, fruit juice, honey, high-fructose corn syrup (HFCS) and agave syrup. On a low FODMAP diet, **if you want to eat a food containing fructose, you will need to eat it in combination with foods containing glucose.** When your body gets foods with equal parts fructose and glucose it is easier to digest. Foods with more fructose than glucose, however, will likely cause signs of discomfort to return.
- **Polyols:** It is found naturally in some fruits and vegetables, and may be added to sugar-free gums, mints and some medicines. Also called **sugar alcohols**, look for these names on products: sorbitol, xylitol, maltitol, mannitol, isomalt, erythritol, lactitol and hydrogenated starch hydrolysates.
- **Fructans:** Wheat, rye and barley are common foods with fructans.
- **Galactans:** Beans and lentils are common foods with galactans.

<https://patienteducation.osumc.edu/documents/lowfodmapdiet.pdf>



# 5 Best Ranked Diets 2019

## Top 5 Best Overall Diets

- 1 Mediterranean
- 2 DASH
- 3 Flexitarian
- 4 (tie) MIND & Weight Watchers

## Most commonly in top 5

- Mediterranean (#1 in 6 of 9)
- Flexitarian (6 of 9)
- Weight Watchers (6 of 9)
- DASH (5 of 9)
- MIND (4 of 9)



# Healthy Eating Pattern INCLUDES:

- Variety of vegetables from all subgroups...dark green, red & orange, beans & peas, starchy & other
- Fruits, especially whole
- Grains (>=>half whole grains)
- Fat-free or low-fat dairy, milk, yogurt, cheese &/or fortified soy beverages
- Variety of proteins, seafood, lean meats & poultry, eggs, beans & peas, nuts, seeds & soy products
- Oils



# Healthy Eating Pattern LIMITS:

- Added sugars (<10% of calories per day)
- Saturated fats (<10% of calories per day)
- Sodium (<2,300 milligrams per day)
- If alcohol is consumed, it should be in moderation
  - up to one drink per day for women
  - up to two drinks per day for men
  - only by adults of legal drinking age





# What do Top 5 Diets have in Common?

## In:

- whole foods
- plant-based foods (veg/fruit/whole grains legumes, nuts, seeds, oils)
- lean protein in modest amounts mostly fish, poultry, dairy, eggs (limited yolks)
- nutrition balance/density and developing lifelong eating style
- not feeling hungry just after a meal

Initially may take more time to plan & prep, but with practice, smart shopping, planned leftovers and smarter dining out choices are very do-able

## Out:

- processed and salty foods
- red meat, especially high fat
- animal fats (saturated) and Trans fats (hydrogenated)
- excess sweets and sweet beverages
- restrictive diets that leave you feeling hungry and focused on food
- extreme diets that omit healthy food groups and are hard to stick to for long term

**When it comes to diet, everything old is new again**



# 1. Mediterranean- #1 Best Overall

**What:** Eating pattern based on people of Crete, Greece & Southern Italy mid-20<sup>th</sup> century with long life expectancy despite limited healthcare.

**Emphasizes:** mainly fruits and vegetables, beans, nuts, whole grains, fish/seafood, olive oil, water as primary beverage, small amounts of dairy (especially cultured) & may include small amounts of red wine.

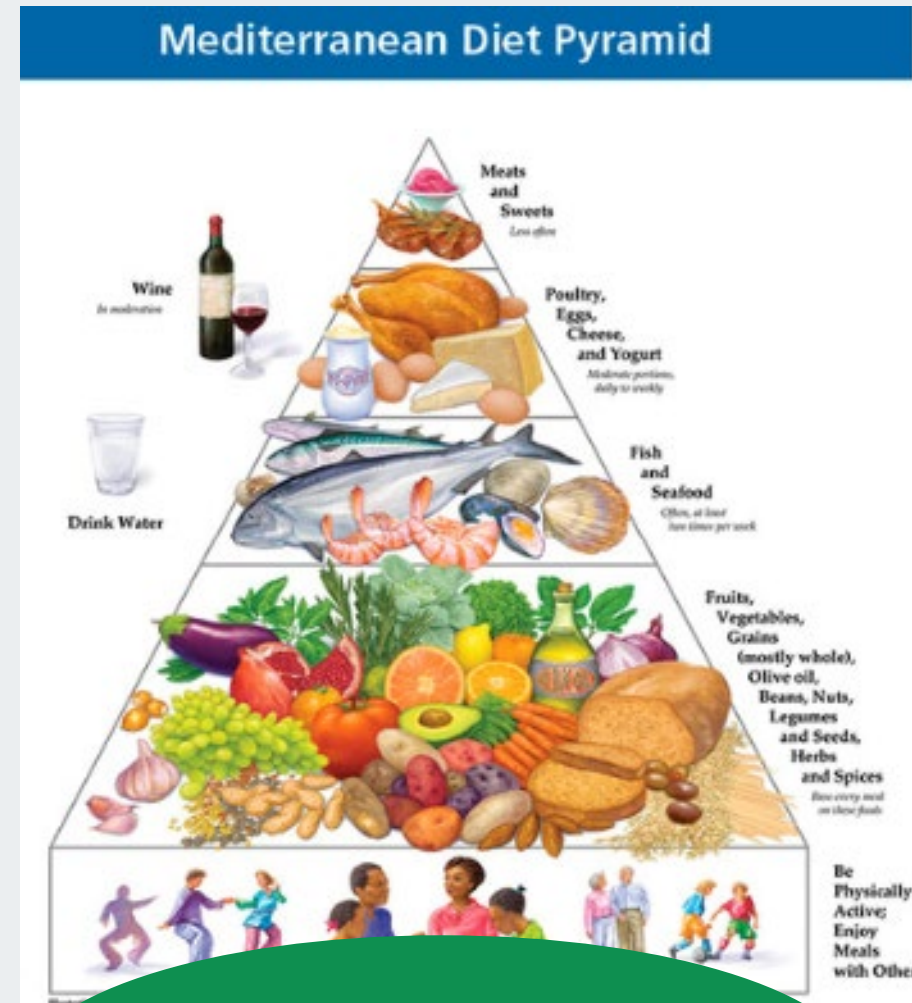
Plus social connection and physically active lifestyle

**Limits:** red meats and sweets

**Benefits:** balanced & can be followed long term. Promotes weight loss, decreased risk diabetes/ heart disease/ heart attack or second heart attack, improved blood pressure & blood cholesterol, nurtures healthy babies & may slow memory loss.

<https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/mediterranean-diet/>

<https://oldwayspt.org/traditional-diets/mediterranean-diet>



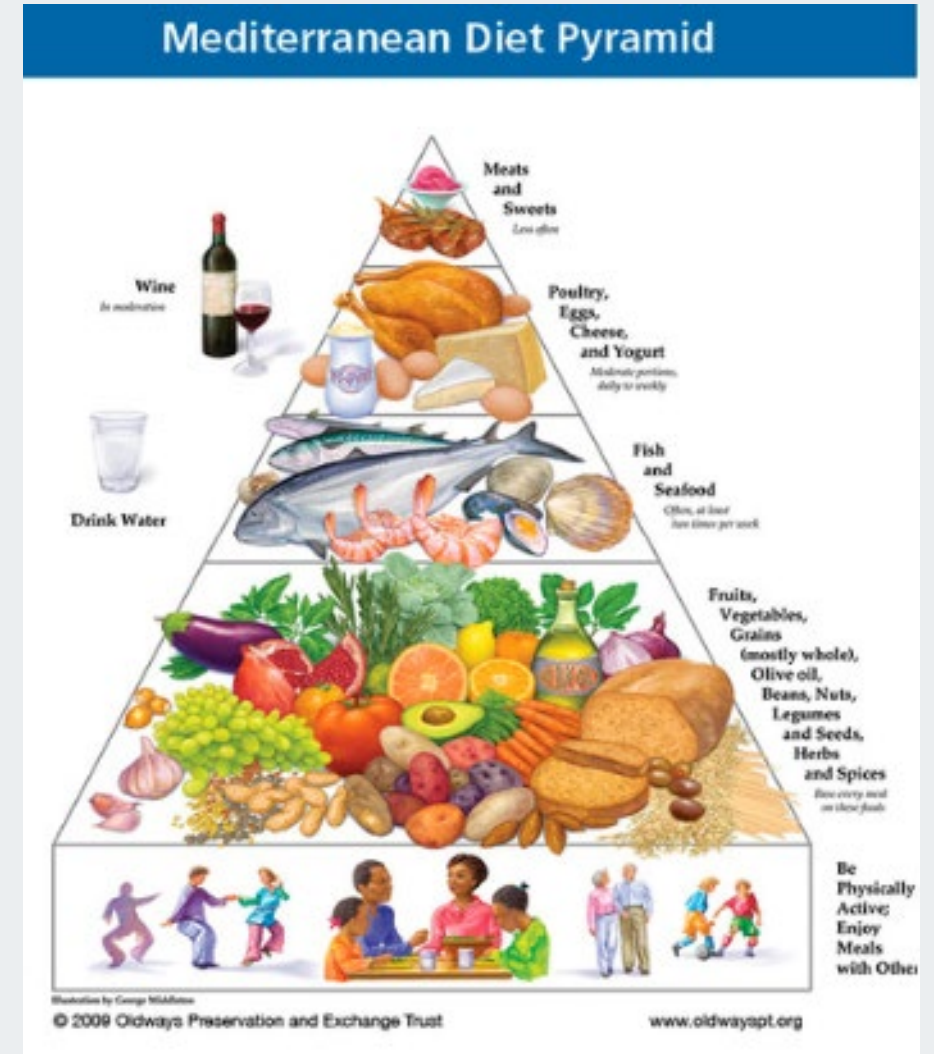
Watch webinar for more how to's:  
[peacehealth.org/food-medicine](https://peacehealth.org/food-medicine)





# Eating Well's 7 day Mediterranean menus

- 2000-calorie menu  
<http://www.eatingwell.com/article/288739/7-day-mediterranean-meal-plan-2000-calories/>
- 1,500-calorie menu  
<http://www.eatingwell.com/article/288737/7-day-mediterranean-meal-plan-1500-calories/>
- 1,200-calorie menu  
<http://www.eatingwell.com/article/288560/7-day-mediterranean-meal-plan-1200-calories/>





## 2. DASH- #2 Best Overall

**What:** Dietary Approach to Stop Hypertension

### **Emphasizes:**

- fruits, veggies, whole grains, lean protein, legumes, fish & low-fat dairy.
- high in blood pressure-deflating potassium, calcium, magnesium, protein & fiber.
- Low in saturated fat, by lowering fatty meats, full-fat dairy foods & tropical oils, as well as sugar-sweetened beverages and sweets.
- Caps sodium at 2,300 milligrams a day, which followers will eventually lower to about 1,500 milligrams.



**Benefits:** balanced & can be followed long term; lowers blood pressure & bad LDL cholesterol & helps increase good HDL cholesterol; can lower BP within 2 weeks and eventually lower systolic BP as much as 8-14 points

**Two additional versions:** substitutes 10% of carbs with extra protein or unsaturated fats which can further lower blood pressure, decrease LDL & triglycerides & reduce cardiovascular risk

<https://health.usnews.com/best-diet/dash-diet/health-and-nutrition>

<https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/dash-diet/>

# 3. Flexitarian - #3 Best Overall

**What:** semi-vegetarian/vegan, but allows you to choose meat occasionally. Work into it gradually.

**Emphasizes:** gradual changes to less meat and more plant foods and allows for flexibility and skill building.

**Benefits:** similar to benefits of vegetarian- reduce weight, longer life, lower risk heart disease, diabetes and cancer but easier to follow.

**Recommend:** balanced multiple vitamin for your age to stay on long term. Avoid bingeing when have your meat/poultry/fish days.



<https://health.usnews.com/best-diet/dash-diet/health-and-nutrition>

<https://www.hsph.harvard.edu/nutritionsource/healthy-weight/diet-reviews/dash-diet/>

# 4. & 5. (tie) MIND-#4 Best Overall

**What:** Mediterranean-DASH Intervention for Neurodegenerative Delay

Combo of Med & DASH with focus on foods may lower risk of mental decline.

**Emphasizes:** minimum servings of green leafy veg ( $\geq 1$ /day), berries  $\geq 2$ /wk, nuts  $\geq 5$ /week, legumes  $\geq 5$ /week, whole grain 3/day, seafood  $\geq 4$ -6 oz/week, poultry 2/week, olive oil 1 TBSP/day, wine up  $\leq 5$  ounce/day

**Limits:** red meat, sweets, solid fats, full fat cheese, fried and fast foods

**Benefits:** balanced & can be followed long term

MIND diet lowered Alzheimer's risk by 35 percent in those who followed it moderately well and 53 percent for those who adhered to it rigorously.

5-year NIH study underway to understand long-term impact of the diet; research team notes it is superior to DASH and Mediterranean diets for preventing cognitive decline.

# 4. & 5. (tie) Weight Watchers -#4 Best Overall #1 Best Weight Loss/Commercial

**What:** WW “Wellness that Works” Nationwide commercial plan digital-only experience, meetings or personal coaching subscription. Uses a point system that allows you to use points for higher calorie foods however you like.

**Emphasizes:** healthy lower calorie foods with fruit, veggies and 200 other foods that are 0 points, including eggs, corn, fish, seafood, skinless chicken or turkey breast, non-fat plain yogurt, beans, peas, lentils and tofu. Steers away from foods higher in sugars and saturated fats. Plus behavioral management techniques that help with permanent weight loss

**Benefits:** good for anyone, great for people with high blood pressure, high cholesterol, diabetes, and even heart disease; helps prevent and manage diabetes in 6-12 month studies; reduces LDL and triglycerides. reduces ratio of LDL cholesterol to HDL





# Poll: Which diet sounds right for you?

- Mediterranean
- DASH
- Flexitarian
- MIND/Weight Watchers
- Other (type in chat)



# Bonus: Best Fast Weight Loss

## #1 HMR

- nationwide weight loss program with medically supervised, in-clinic or at-home options & pre-packaged food
- PHSW offers medically supervised/in-clinic & performs very well among other programs
- 3x as much weight is lost and kept off using meal replacements, compared to traditional diets, experts say

**Encourages physical activity and teaches behavioral management techniques**

## #2 (Four-way tie) Atkins, Keto, Optavia (Medifast), Weight Watchers

But note that Atkins and Keto got low scores on being healthy!





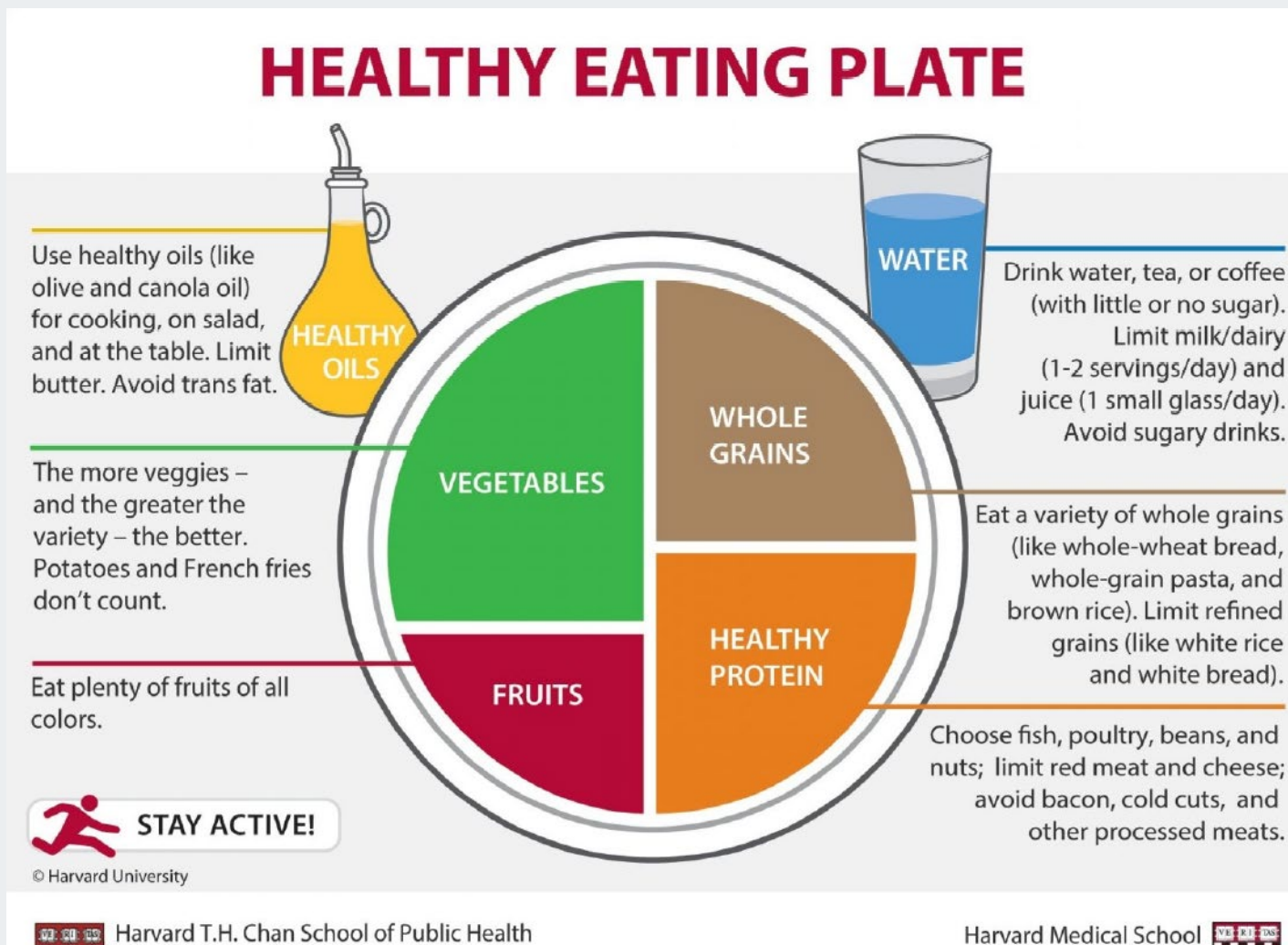
# “Handy” Portion Control

9 inch plate or smaller  
No bigger than 2 open hands laid flat

Oils: 1 thumb or thumb tip

Veggies: 1-2 fists

Fruits: ½ to 1 fist fruit or save for a snack



Beverage: 1 fist water or healthy beverage choice

Whole grains or starchy veggie: ½ to 1 fist

Healthy Protein: Up to 1 palm





# Keep in Mind

- Try not to be too rigid (try 80/20 rule).
- Fit healthy into your lifestyle & tastes so you can stick with it.
- Quality matters.
- Proportions/portions matter.
- Go for variety of colorful foods.
- Avoid hidden sources of fats, sugar and sodium (= “processed”).
- Ask your healthcare provider if you need certain supplements.
- Be mindful about ALL food choices (at home, eating out, while shopping).
- Ask for help to adopt and stick to healthier eating habits.
- Cook your own food more often.





# What will Healthier Look Like for You?

- Include higher ratio of healthy nutrient-rich foods
- Plan quick simple meals so you can eat out less
- Reduce unhealthy foods
- Adjust meal frequency/timing
- Reduce portions
- Better beverage choices
- Be more active
- Get better sleep





# Take Action to Shift to Long-Term Eating Style

- Self Assess and evaluate the options
- Decide what works best for ***YOU***
  - Go slowOr
  - Go big
- Ask for help to stay on track
- You need
  - Simple plan
  - Way to track progress
  - Re-assess regularly and tweak or challenge yourself





# Resources & Handouts

Available at: [peacehealth.org/healthy-eating-plan](https://peacehealth.org/healthy-eating-plan)

- Recording available soon
- Download
  - Presentation slides
  - Overview handout & Resource List
  - Top three diet summaries
  - Weight loss worksheet





# Q&A




**Questions after the webinar?**


Send to [healthyyou@peacehealth.org](mailto:healthyyou@peacehealth.org).



# Sign up

- Monthly e-newsletter
  - ✓ Alerts about future webinars
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  - ✓ Local events
- Sign up at [peacehealth.org/email](https://peacehealth.org/email) or in the post-webinar survey

HealthyYou |  PeaceHealth



### Free Webinar Series: Strategies to Manage Stress

If you could do one thing for your health, what would it be?

Lose weight? Lower your blood pressure? How about managing stress? Stress—especially the acute or chronic kind—affects all of the “systems” in your body—from stomach and heart to muscles and nerves. So learning to manage stress is a powerful action you can take to improve your entire health—today and for years to come.


Join **Susie Griffin**, a licensed massage therapist and wellness coach, for a free webinar series, **No Worries: Strategies for Stressing Less**. The first of three sessions is **Thursday, March 23, noon-1 p.m.** on different kinds of stress and our reactions to it.

Each session will delve into a different aspect of this timely topic—from the toll stress takes on your body to how to identify the sources of stress and what to do about it.

Sign up for one, two or all three sessions. If you can't attend a live event, never fear... recordings will be available to watch whenever you want.

[Sign up for March 23 webinar!](#)

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 [Be good to your back](#)

**Thank you!**



Let us know what you think.



PeaceHealth is here to help

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Healthy  You