

Healthy Kitchens for Healthy Lives: Take Home Messages and Teaching Kitchens of the Future

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Take Home Messages Part I: Foods to Encourage or Discourage

1. Eat more fruits, vegetables and nuts in place of processed carbohydrates.
2. Choose healthier carbohydrates.
3. Choose healthier proteins.
4. Zero tolerance for trans fats, reduce animal based saturated fats and replace with healthier, plant-based fats and oils. Learn to cook with them!
5. Avoid processed foods and desserts.
6. Imagine your “ideal plate” – ¼ protein; ¼ healthier carb; ½ vegetables.
7. Consider the “dessert flip” with more fruit and smaller portions of indulgent favorites or “three pleasures – chocolate, fruit, nuts.”
8. Portion control is king - “It’s the calories stupid.”
9. Find opportunities to reduce salt. Season with herbs and spices first.
10. Replace sugar sweetened beverages, emphasizing water, tea, and coffee.
11. Enjoy wine/alcohol (but not too much!).

Take Home Messages Part II: Intentions, Behaviors, and Perceptions

1. Exercise matters. Do the math. 30-60 minutes a day! Cardio + resistance.
2. The types of food we eat impact disease risk, independent of our weight.
3. Mindfulness and intention affect all behaviors – including what/how we eat.
4. View healthy eating as an enjoyable way of life—a habit, not a “diet.”
5. Taste trumps nutrition science. “No one can live on foods of penitence.” (Katzen)
6. You can still feed your “inner jerk” from time to time: Celebratory vs. daily fare.
7. Set attainable goals. Establish new habits. Leveraging motivations is key.
8. Be reminded that **how you eat** impacts your advice to patients (or family) about **how they eat**.