Food Fads and Diet Myths

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Science Vs Pseudoscience

Fad Diets

- Negative Calorie Diet
- Blood Type Diet
- Atkins/South Beach Diet (low carb)
- Zone Diet (low carb)
- Paleo/Whole 30 (low carb)
- Ketogenic Diet (low carb)
- Dean Ornish (plant based low fat)
Mindful Eating Principles

Mindful Eating

- don’t rush
- consider the source
- enjoy the experience
- question what you eat
- avoid distractions
- drink water
- love what you eat
- sit at a table
How To Handle Eating Out

Mindful Strategies in Restaurants

- Plan ahead by reading the menu ahead of time
- Use the Rule of Two: Limit to two of the following
  - Appetizer, drink or dessert (Pick only 2)
- Watch the 3 B’s: Bread, Butter and Beverage
  - These can easily add up to **over 600 calories** before you even begin your meal
- Look for healthy cooking techniques:
  - Plank roasted, grilled, seared, stir fry
  - En papillote, poached with wine, herbs or broth
  - Nut crusted
  - Grain medley
Quinoa Pesto Lettuce Wraps

Ingredients:
Cherry Tomatoes 1 cup
Quinoa, dry 2 cups
Parmesan Cheese, grated ¼ cup
Olive oil 2 Tablespoons
Pecans ¼ cup
Garlic, clove 4 cloves
Basil, Fresh 2 cups
Vegetable Stock 4 cups
Chickpeas, canned, drained and rinsed 2 cups
Romaine or Bibb Lettuce 1 head

Preparation:
1. Gather all Ingredients and equipment.
2. Place quinoa, vegetable stock in a pot over high heat, bring to boil, cover and reduce to a simmer, and allow the quinoa to cook until tender and all the water has been absorbed (about 20 minutes). 3. Place parmesan cheese, olive oil, pecans, garlic, and basil in a blender, pulse until smooth.
4. Cut the cherry tomatoes into halves.
5. Combine quinoa with pesto, chickpeas, and tomatoes. Serve in lettuce wraps.

Nutrition Facts Serving size Servings 1/6th recipe

Calories 370
Calories from Fat 120
Total Fat 14gms
Saturated Fat 2gm
Trans Fat 0
Monounsaturated Fat 1.5gms
Cholesterol 2 mg
Sodium 190mg
Carbohydrates 49gms
Dietary Fiber 5mg
Sugars 1gm
Protein 13gm
Vitamin A 10%
Calcium 10%
Vitamin C 2%
Iron 20%
Phosphorus 325mg
370 120
14 g 2 g 0 g 1.5 g
2 mg 190 mg
49 g 5 g 1 g 13 g
10 % 10 % 2 % 20 %
325 mg