



What's Trending in the Nutrition World?

Background for Facilitators

- [Intermittent Fasting](#)
- [Diet in the News - What to Believe?](#)
- [Harvard Review of Intermittent Fasting](#)
- [NIH Probiotics](#)
- [Plant-Based Milk Alternatives](#)
- [Plant-Based and "Unhealthy"](#)

Behavior Goals

Participants will:

1. Participants will be aware of Internet and application resources to incorporate more physical activity into their days.
2. Participants will learn about the importance of tracking their physical activity.
3. Participants will understand what to look for to find reliable sources of nutrition information.
4. Participants will learn about various hot topics in nutrition.

Meeting Preparation

1. Review the newsletter. Send questions or concerns to your coordinator.
2. Review the background resources (website links are provided above).
3. Choose one of the recipe options. Make the recipe at least once before the meeting. Write down helpful hints for the group. If virtual, have ideas on what to share about the recipe you tried.
4. Review options for credibility challenge.
 - a. If virtual, have participants just utilize a piece of paper and pen.
 - b. If in-person, it is optional for participants to split into groups and review articles for credibility.
5. Determine how to transport and taste featured food tasting.

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! The suggested wording for the presentation is in regular font and the ***facilitator directions are in bold, dark red italic.*** It's best not to read the presentation, but to use your own words, staying close to the meaning.

Meeting Preparation (continued)

6. If the meeting is virtual, prepare ideas for how to engage participants in the recipe making process.
 - a. Prepare a grocery list for the recipe chosen that can be sent with newsletter for participants to purchase
 - b. Demonstrate recipe making process on video and direct participants to the recipe in the newsletter.
 - c. If conference call: create a conversation about the recipe: serving size, freezing instructions, tips, discussion on ingredients, nutrition etc.

Props

- Pen and paper for each participant (scratch piece)
- **Optional:** Printed articles for participants to compare reliability of source (see below).

Conversation

Welcome to *Fresh Conversations*! Last month, we discussed malnutrition and oral health.

Follow up with participants if they learned anything new.

Ask the participants if they remember any symptoms of malnutrition:

- **Sudden, unintended weight loss**
- **Lack of appetite**
- **Poor concentration/confusion**
- **Trouble staying warm**
- **Fluid buildup**
- **Fatigue**
- **Weakness**
- **Decreased urination**
- **Constipation**

It's important to talk with your provider if you are experiencing any of these symptoms.

We are going to shift topics today and discuss nutrition in the news. Does anyone remember the last nutrition or health related recommendation they heard either on TV, in the newspaper or on the internet? **Allow time for participants to answer with anything they have heard lately.**

Introduction

Does anyone else have a hard time keeping up with nutrition recommendations? Yes. It seems like things change almost daily. What are some common reactions you have regarding changing nutrition advice? **Allow time to answer (frustration, confusion, overwhelming, etc.)**

As technology evolves, scientists are able to conduct new studies and are able to discover more updated findings. Nutrition and health recommendations change over time as new information is collected, analyzed, and reported. Let's talk today about how to evaluate sources for credibility and some of the hot topics in nutrition!

Discussion

Ask the participants to have paper and pen available. Let's play a quick game to start thinking about credibility of sources. The credibility challenge: How reliable is this source?

Rank these in order of credibility (1-3, 1 being most credible and reliable).

Have the participants write these down in the order they believe.

They can just use a small piece of paper. These can either be verbally spoken or displayed on powerpoint on video meeting.

- <http://nutrition.blogspot.com>
- <http://www.nutrition.gov>
- <http://www.nutritioninfo.org>

Allow time for anyone to share their answers (Optional).

Everything we read on the internet is true, right? Unfortunately, it's just not that simple. Navigating through information online is very tricky and the first thing you can do is look at the website name. The websites that end in .gov, .mil, .edu can only be used for government, military, and educational websites. These are typically going to be your most credible sources. This would make B your most credible source.

Websites ending in .org or .com are more common and may be proceeded with caution. One thing that is helpful is to find an "about" section or to research the author of the article. This may show any possible bias or lack of education in the subject matter. This would make A & C comparable.

Keep in mind articles shown on social media such as facebook can also be evaluated using the same parameters.

So now we discussed online sources, let's talk about other sources you may be more familiar with.

Rank these in order of credibility (1-4, 1 being most credible and reliable).

Again, have the participants write these down in the order they believe.

- A. Ad for energy supplement from TV Guide
- B. Front page newspaper article
- C. Evening news
- D. Research article from a scholarly journal

Allow time for anyone to share their answers (Optional).

Health and nutrition recommendations are constantly undergoing research and new things come out daily. Your first line of credibility will always be research articles and scholarly journals. Most of these articles are peer reviewed and are considered the gold standard in nutrition and health research. This makes D the most credible source.

Unfortunately, these studies can be very long and boring to read. Most of it has too much jargon to make any sense of it anyway. Once these studies come out, they may get reported on in the news. This would make B & C the next in credibility. Just like the game telephone, sometimes things get interpreted differently the farther we get from the original source.

Then there comes advertisements. Many nutritional and food supplements make health claims. Many times this information must be taken with a grain of salt as the research behind the health claims may be taken out of context. This puts A as the least credible in this list.

ANOTHER OPTION (In person):

Break participants into small groups of 3. Give them 3-4 printed examples to rank credibility (research article, newspaper opinion article, government website, news article from local channel). Allow them time to look over and rank in credibility.

So where do you get most of your nutrition and health information? ***Allow time for participants to answer.*** This gives everyone a good start to thinking about the credibility and reliability of their sources of information. The Dietary Guidelines for Americans are updated every 5 years and a great resource for nutrition recommendations.

Some examples of scholarly journals would be the Journal of Nutrition, American Journal of Clinical Nutrition, Academy of Nutrition and Dietetics, etc. Many of these are not accessible to the general public without an expensive subscription but participants can always go to their local library to see if they have subscriptions. The Food and Nutrition magazine is available free online from the Academy of Nutrition and Dietetics (<https://foodandnutrition.org/>) and provides articles that are easy to understand, fun to read and supported by research.

Now some hot topics.

Intermittent Fasting

Ask a volunteer to read the paragraph “What is it” under Intermittent Fasting.

There are many different types of fasting that are referred to in this article. Alternate day fasting consists of alternating between “normal days” and days with one meal. Whole day fasting can include 1 day a week of complete fasting. There also is time restricted in which someone may fast during a specific time of the day. This tends to be the most popular method.

There are limitations to this dietary pattern, especially for older adults. Refer to the article regarding these limitations. It’s always important to check with your doctor prior to making any dietary changes. Next, let’s jump to gut health.

Gut Health

Probiotics - most of us have heard that word! Maybe some of you take a regular probiotic supplement, maybe others try to eat yogurt or kefir to get your fix of probiotics per day. But most of us have heard about the importance of your gut and probiotics. Now what isn't talked about so much is PRE-biotics.

They don't get as much credit but they really are the key for the probiotics. I like to think about it like this - Probiotics are living organisms - the "good" bacteria in our gut that fights off the bad bacteria that makes us sick. The key word being "living." All living things must have food to survive. Pre-biotics are the food for the probiotics.

Let's do a quick trivia of living things and their food sources.

1. What do deer eat? ***You may allow time for participants to answer. They are considered herbivores and mainly eat twigs, nuts, and plants.***
2. What about a tree? ***You may allow time for participants to answer. Sugar! This is done through photosynthesis.***
3. What about a tomato plant? ***You may allow time for participants to answer. The nutrients from the soil help to feed the tomato plant to grow.***

All living things need "food" to survive so those prebiotics are an essential part of keeping the probiotics alive. Check out the lists of foods containing prebiotics and probiotics to see how they can be added to your diet. And remember, always check with your doctor about adding any supplements. Last topic today, plant based foods.

Plant-Based Foods

Plant-based foods are everywhere. There are alternatives to dairy milk, meats, noodles, chips, ice cream.

What are some reasons you think someone would choose a plant-based product? ***Allow time for answers such as belief it is healthier, cost, food allergies, etc.***

Let's discuss the pros and cons of some common plant-based alternatives.

Plant-based milk (an alternative to dairy milk): *Ask participants if they can think of any pros and cons of choosing an alternative to dairy milk.*

PROS:

- It would benefit those with a lactose intolerance or food allergy.
- The product may give you a different nutritional benefit (such as decreased calories, increased protein, increased calcium, etc.)

CONS:

- The cost may be higher than dairy milk.
- The nutrition may not be comparable to dairy milk (Example, almond milk typically has 1 g protein per 1 cup and dairy milk has 8 g protein per 1 cup).

Plant-based meat (an alternative to meat): *Ask participants if they can think of any pros and cons of choosing an alternative to meat.*

PROS:

- It would benefit those with an allergy.
- The product may give you a different nutritional benefit (such as decreased saturated fat, decreased calories, increased protein).

CONS:

- The cost may be higher than regular meat.
- Typically these products go through increased processing and may add unnecessary nutrients (such as sodium and added sugar).

Discuss any additional pros/cons of plant-based foods.

It is important to remember that sometimes these alternatives may seem healthier, but that may not always be the case. The food labels are going to be your friend when making some of these decisions in the grocery store.

Tasting Activity

Option 1: Italian Chicken

- Artichokes are considered a good source of potassium.
- Artichokes contain inulin, a type of fiber that acts as a prebiotic.
- Look for no salt added canned diced tomatoes.
- Don't have Italian Seasoning? You can substitute Basil, Marjoram, Oregano, Rosemary, Thyme. If you don't have all, use what you have. Here is a recipe to use to make your own. <https://www.tasteofhome.com/recipes/italian-seasoning/>

Discuss food safety with crockpot. See tip on testing crockpot. Ask participants what their favorite crockpot meals are. Ask if anyone has used a pressure cooker. If so, what meals or foods. The pressure cooker cuts the time significantly, but not a requirement for the recipe.

Option 2: Trial of different Greek yogurts.

Try different brands (Oikos, Dannon, Light & Fit, Chobani, Whipped)

Many people have tried Greek yogurt once and may not have liked it and have not tried it since. They may find they like a different brand or texture over another.

Physical Activity

Last month, we discussed how we planned to add movement into our day. Does anyone want to share where they incorporated movement? ***(The facilitator should be prepared to role model the activity first if the group is quiet).***

We've been talking about nutrition trends, but there are always fitness trends too. Can anyone recall fitness trends from the past? ***(Examples could include Jane Fonda aerobics in the 80's, equipment like a shake weight).***

One fitness trend right now is fitness content available for us to do at home - or really anywhere! There are web sites, applications (apps) on our phones, streaming services for our televisions. The fitness industry is definitely trying to make fitness accessible for us on our schedule at a location we desire.

One avenue is websites or on demand streaming. Has anyone tried any of these services? A simple search on youtube can produce a large selection of workout options. Cardio like aerobics, weight lifting instruction for strength training. Iowa State University's Spend Smart Eat Smart page has a couple [introductory videos](#). Has anyone tried those?

Another place to find content can be apps on your phone that outline short workouts you can do with limited time. Has anyone ever heard of The Johnson & Johnson Official 7 Minute Workout? What do you think? ***(Facilitators should be prepared to share their thoughts on using fitness apps.)*** Sometimes getting 30 minutes of activity all at once can seem daunting, and fitting in short segments can seem much more doable. Has anyone had success incorporating small doses of physical activity into their day?

The final trend is tracking. This "trend" has been around a little longer. This is where the application or site doesn't suggest what to do, but rather it keeps track of what you do. Popular apps in this category include Map My Fitness and Charity Miles. A lot of people also have devices like Fitbit's or smart watches. You can also use a piece of paper and pen or an excel spreadsheet. Similar to tracking your nutrition, tracking your activity can be helpful too. You can spot trends, opportunities or success by reflecting on what your routine has looked like over the past few days or weeks.

This month, try tracking your physical activity for a week and see what trends you notice. Look for places to adjust or build on what is working well!

Take Action

Where will you add movement to your day? ***(Another option: Where did you move this week?)***



FRESH CONVERSATIONS



Fresh Conversations is a social opportunity to connect with other older adults for a friendly discussion focused on nutrition and physical activity education. Join us right from the comfort of your home for a fun conversation that will help you learn how to maintain your health and independence during one of these sessions this month.

This Month's Conversations

- What's new in nutrition trends?
- Learn more about intermittent fasting
- Put an Italian twist on your chicken dish

How to join:

Contact:

Name: _____

Phone: _____

Call 2-1-1 for food resources near you.

For more information on *Fresh Conversations*, contact the Iowa Department of Public Health at (515)782-9451