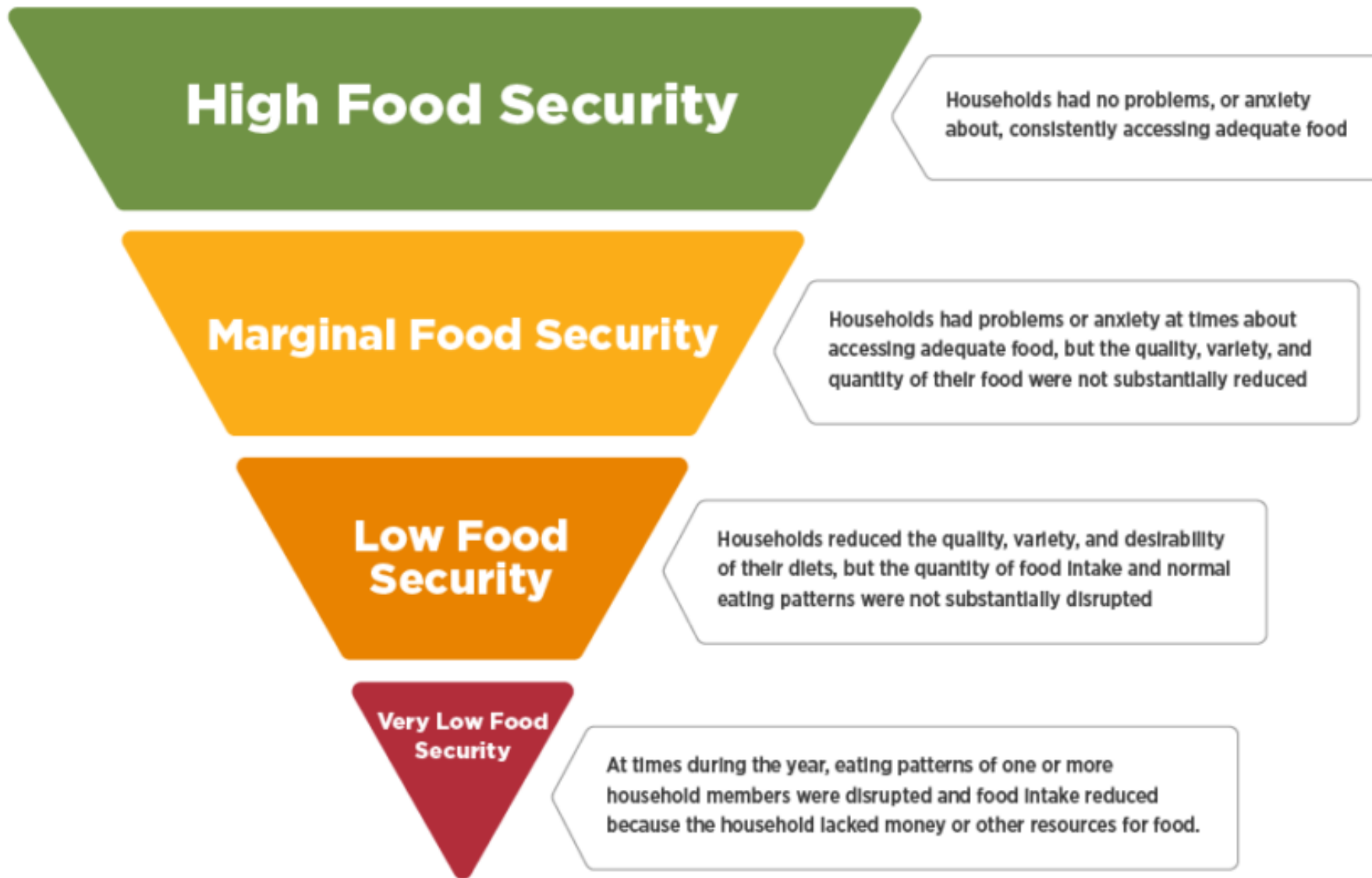


**FOOD AND HEALTH: PROMOTING THE IMPORTANCE OF  
MAINTAINING A HEALTHY DIET TO MINIMIZE DISEASE IN  
INDIVIDUALS AT GREATEST RISK**

CRCRTH 694 Synthesis of Theory  
and Practice  
Capstone Presentation  
04May2020  
Nadjia Edwards

During COVID-19, have your nutritional choices been affected by lack of access to food?

<https://padlet.com/nhedwards8/Bookmarks>



Source: Adapted from the USDA Economic Research Service.

“On April 21, the United Nations projected that because of Covid-19, the number of people facing severe food insecurity worldwide could double to 265 million. The same week, in the United States, the five-week total of job losses rose to a staggering 26 million, pushing millions more into food insecurity”.

- Caitlin Welsh, Director, Global Food Security Program at the Center for Strategic and International Studies (CSIS)

High calories

+

Saturated fats

+

Sodium

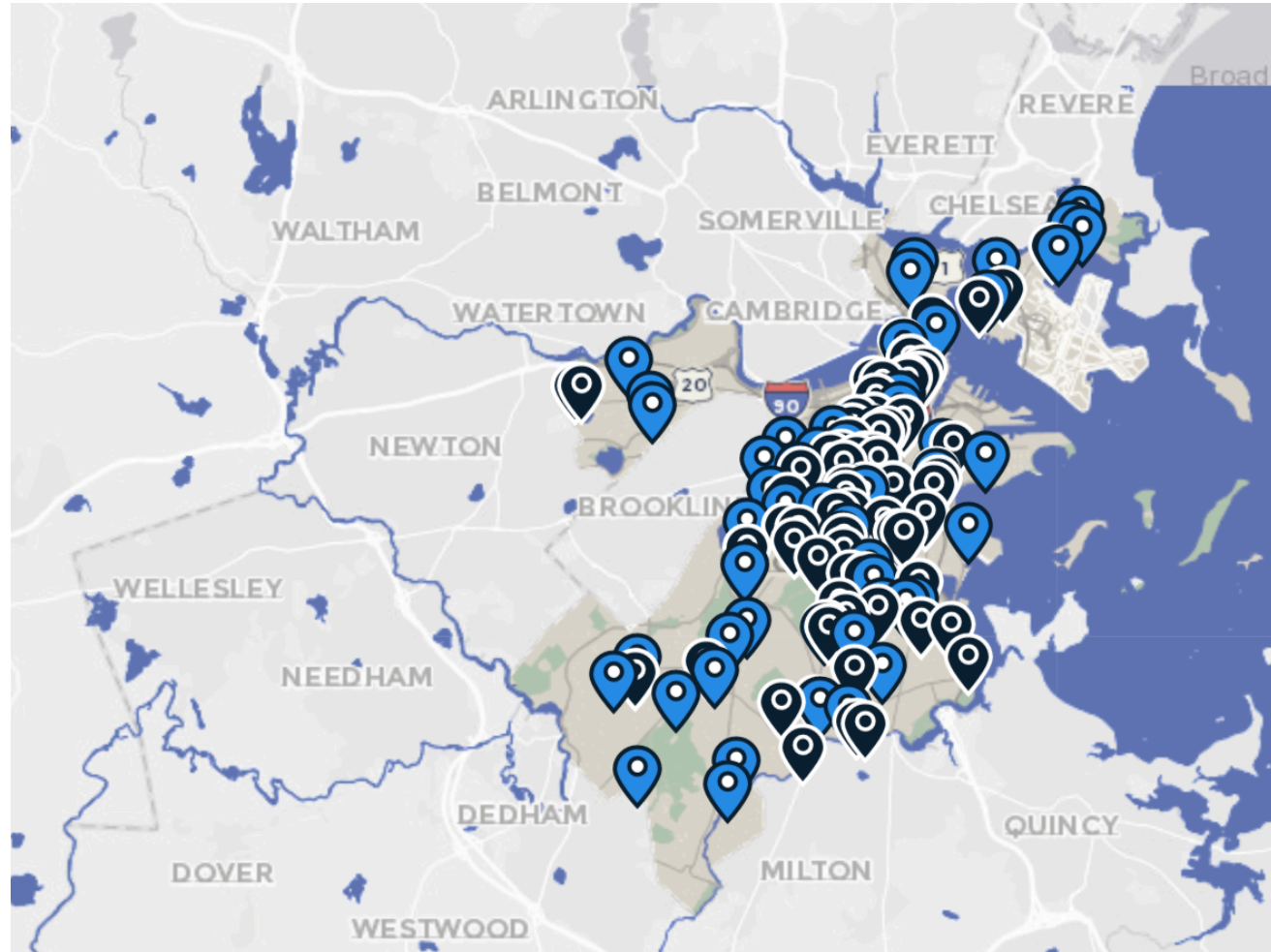
+

Added Sugars



heart disease, diabetes, obesity, etc.












# FREE BREAKFAST AND LUNCH DURING COVID-19



<https://www.boston.gov/departments/food-access/map-meal-sites-boston>

# BOSTON SUMMER EATS

FREE MEALS FOR KIDS & TEENS

			
<b>BOSFOODLOVE</b>			
			
	<p><b>Calling all BPS students and families!</b> We are the BOSFoodLove Coalition, a group of BPS students and families who want all BPS students to love the food served in school. We want your input!</p>		

NEXT MEETINGS			
Monday, 12/10	Maurice J. Tobin School: 40 Smith St., Roxbury Crossing, 02120	5:30 – 7:30 PM	Light Meal Provided
Monday, 12/17	Mario Umama Academy School: 312 Border St., East Boston, 02128		

Join the conversation at our BOSFoodLove Coalition meetings starting in Fall 2018. We will talk about ways to improve BPS meals to ensure that they meet the needs and preferences of all students. We will also talk about ways to generate excitement about fresh, healthy school meals, so that students want to eat those meals every day. This program is a partnership between BPS Food and Nutrition Services and the Mayor's Office of Food Access.  
Questions? Visit [Boston.gov/food](http://Boston.gov/food), call 617-635-3717 or email [food@boston.gov](mailto:food@boston.gov)

**BOSTON**

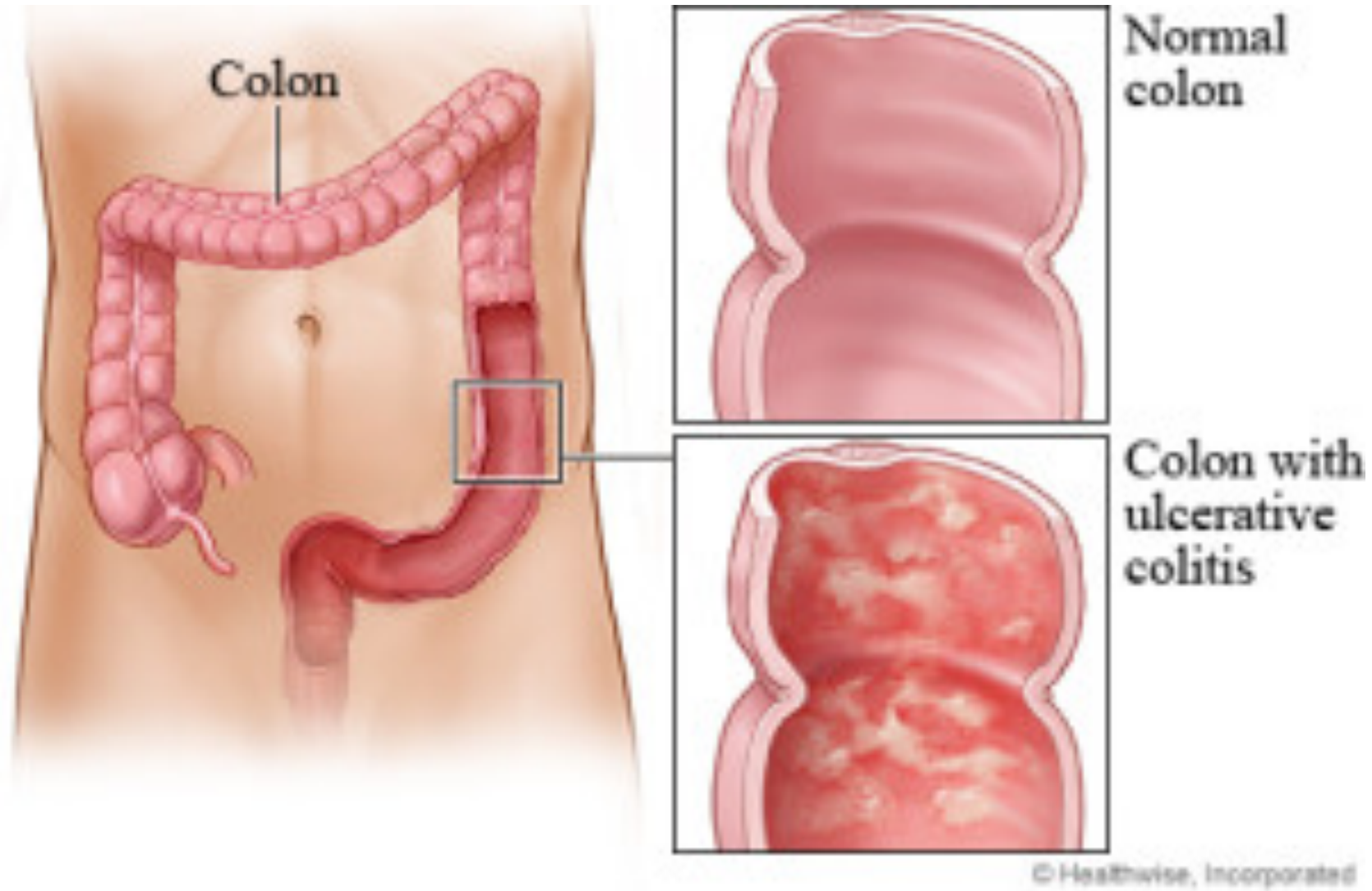
**BOSTON**  
Public Schools  
Focus on Children



Lack of nutrition education and an inadequate understanding about the vital role diet plays in improving and maintaining health, is a contributing factor to the underuse of food access programs.



Welcome to Nutrition with Nadja!



<https://www.manhattangastroenterology.com/conditions/ulcerative-colitis/>

# HEALTH BEGINS in the **GUT**

**70 MILLION AMERICANS** suffer from **digestive disease** and it costs the USA **100 BILLION DOLLARS IN MEDICAL BILLS.**



Your Gut Hosts between

**500 & 2,000**

**SPECIES OF MICRO-ORGANISMS** (bacteria, yeast, parasites, viruses, etc.)

**60-80%** of **IMMUNE SYSTEM** is located in the gut.



Our bodies are **MORE BACTERIA THAN HUMAN.**



Our bodies have **10 TIMES** more microbes than human cells.

Our microbes have **360 TIMES** more **PROTEIN-CODING DNA** than we do.

More than

**40**

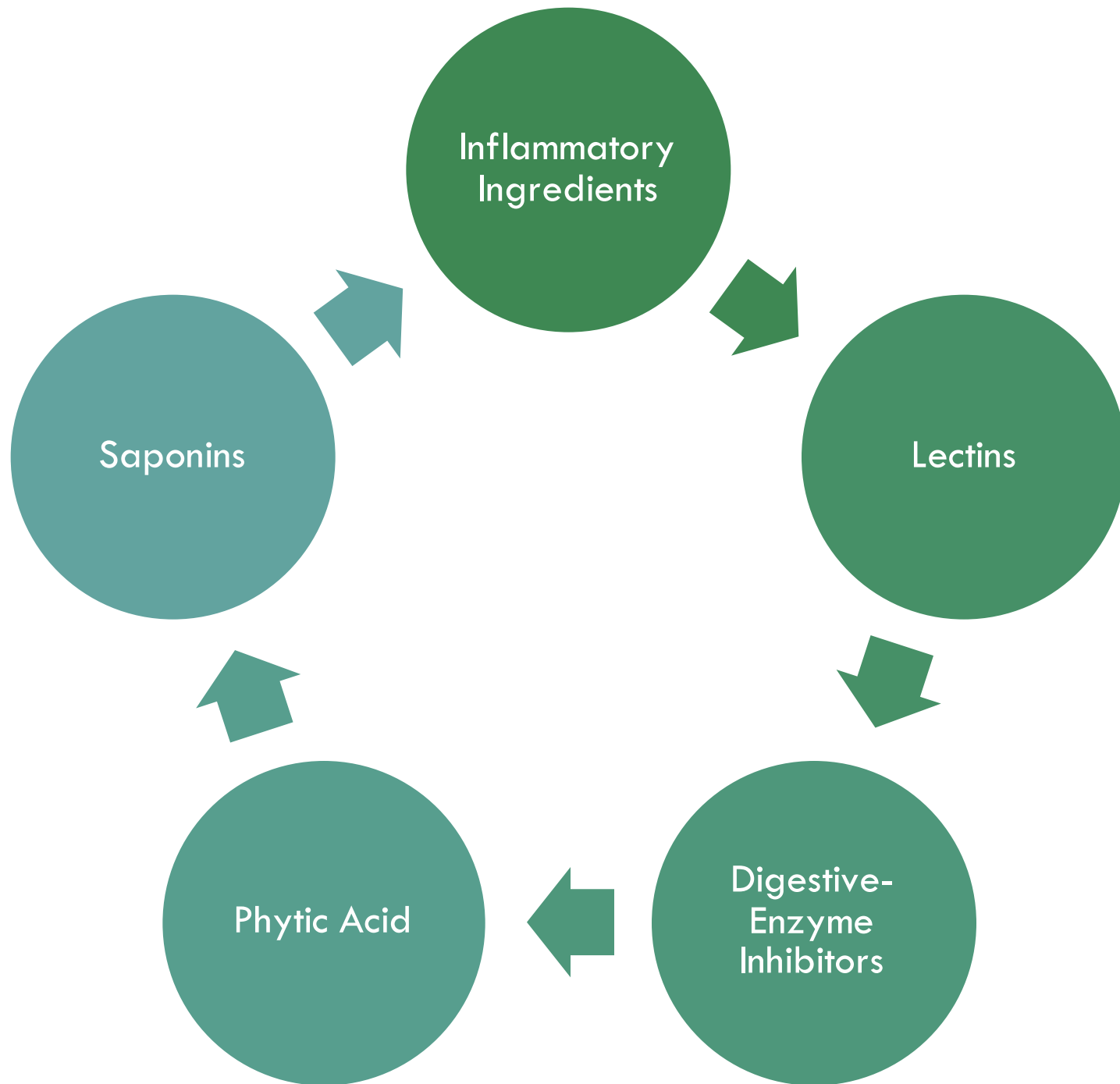
diseases have been linked to **BACTERIAL IMBALANCE** including **DEPRESSION, ARTHRITIS, IBS, & CANCER**



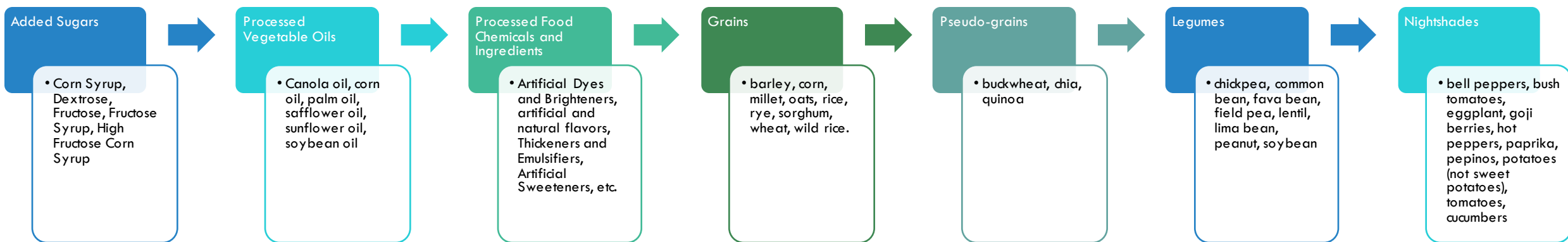
Gut bacteria create **95%** of the body's serotonin.

**Dr. Axe**  
FOOD IS MEDICINE

<https://peaandthepodchiropractic.com/probiotics-and-overall-health/>



# Foods that lead to gut dysbiosis







Soaking

Fermenting

# WAYS TO REDUCE GUT DYSBIOSIS

Peeling and Deseeding

Refining

Pressure Cooking

# Foods that promote a healthy gut

## Red Meat

- beef
- bison
- goat
- lamb
- pork
- rabbit

## Fish

- salmon
- anchovy
- catfish
- cod
- haddock
- pollock
- sardine
- tilapia

## Poultry

- chicken
- duck
- turkey

## Shellfish

- clams
- crab
- crawfish
- mussels
- oysters
- scallops
- shrimp

## Leafy Greens and Salad Vegetables

- artichoke
- arugula
- asparagus
- bok choy
- broccoli
- brussel sprouts
- cabbage
- carrots
- cauliflower
- celery
- collard greens
- kale
- lettuce
- spinach

## Fruits

- açai
- blackberry
- blueberry
- cranberry
- grapes
- raspberry
- strawberry
- apple
- cherry
- peach
- pear
- plum
- cantaloupe
- honeydew
- watermelon
- clementine
- lemon
- lime
- orange
- banana
- mango
- papaya
- pineapple

## Healthy Fats

- avocados
- avocado oils
- bacon fat
- coconut oil
- lard
- olive oil (extra-virgin or virgin)
- poultry fat

## Alliums

- chives
- garlic
- leek
- onion
- shallot



## sugar

- Monk fruit
- Pure stevia
- Coconut sugar
- Coconut nectar
- Erythritol
- Xylitol

# HOW TO HELP YOUR IMMUNE SYSTEM

Stay away from simple carbohydrates (sugar)

Vitamin D (5,000 IU – 10,000 IU) or foods that contain it

- salmon, sardines, canned tuna, mushrooms

Vitamin C (500 – 1,000 4 times a day) or foods that contain it

- citrus fruit and red bell peppers, spinach, avoid orange juice
  - 5 – 6 tsp of sugar in a cup of orange juice

Zinc (15 - 30mg) or foods that contain it

- clams, mussels, liver, cashews, beef and egg yolk

Continue to eat foods that are good for your gut

Get Enough Rest





**Questions?**



Thank you and stay well!

[Nadjia.Edwards004@umb.edu](mailto:Nadjia.Edwards004@umb.edu)

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## Suggestions for improvement if this information session was run again.

7 responses

none it was fun and enjoyable just give yourself more time because its a huge topic with questions etc think u should try and schedule 1 and a half hours to 2 hours at most

I think it was pretty good. I would add a cooking video or a slide is steps of how to cook a type of food.

I enjoyed this information session, Nadjia did a great job :)

Good work!

I feel that it was a great info session and like how interactive it was.

Probably in the beginning, make everyone introduce themselves through unmuting themselves. I wanted to talk through my mic but because I didn't really do that in the beginning I only felt comfortable talking through chat

Not that I know of

After this information session, do you think you will change how you shop for food?

7 responses





## What did you enjoy most about the information session?

7 responses

it was eye opening but mainly it was a super nice break from whats going on

Learning about the different ways I can eat healthier food. I also like learning about how food affects the inside of your body.

I really enjoyed how this information session was more interactive and personal as opposed to a lecture.

I liked how she implemented her personal life and how she uses what she learned into her diet.

I enjoyed learning more about how responsible it is in helping you fight disease and helps the immune system

I enjoyed that the session was a whole new learning experience and that big words and concepts were broken down to much more simpler ones. I feel like I've sat through so much information about nutrition and health but I didn't absorb it as much. You made it really fun and interactive. Also, I liked how you made us gradually feel comfortable with participating it wasn't a forced effort

The facts in the slided and asking curious questions

Sweet Potato Fries

Shrimp Curry Soup

Lectin Free Snacks

Find a recipe for something healthy that you would want to eat and try to make it for you and your family

Breakfast Egg Muffins

Paleo Brownies

Veggies and Dip