The Five Foundations of Integrative & Functional Nutrition

Start applying functional nutrition into your dietetics practice today!

Presented by integrative dietitians & NJAND members
Victoria Coglianese, RD & Katelyn Collins, RD

Monday, June 1, 2020 @7pm ET
Presenter Profiles: Victoria Coglianese, RD

Victoria is the owner of Wonderfully Made Nutrition & helps women with PCOS & hormonal imbalances achieve healthy fertility and alleviate health burdens to make way for their bigger purpose in life.

Approach: combines functional nutrition + faith to address the WHY behind imbalances in the body by promoting foundational health behaviors & whole-person healing of body, mind & spirit.

Full Body Systems (part of Functional Nutrition Alliance) May 2020

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Katelyn is the in-house Integrative Registered Dietitian for the Advanced Metabolic and Functional Medicine Center in Florham Park, NJ.

She owns a virtual private practice where she specializes in integrative nutrition for digestive health.

As a multi-passionate entrepreneur, Katelyn also provides RD Exam tutoring and is a freelance health writer.

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What You Will Learn Today

The 5 Foundations of Integrative & Functional Nutrition

Nutrition Foundations
1. Nutrient-dense eating
2. Balance blood sugar
3. Address gut health

Beyond Nutrition: Lifestyle Foundations
4. Support sleep
5. Support stress management

We’ll discuss WHA**T** it is, **WHY** it’s important, & **HOW** to implement for your clients

Q&A to follow at the end
What is Integrative & Functional Nutrition?

Integrative Medicine

- Emphasizes the connection between healthcare practitioners and patients
- Utilizes a variety of different health and wellness professionals with the goal of optimizing the health of the patient

Integrative Nutrition

- When an RD practices within the integrative medicine model

Adapted from: https://integrativerd.org/what-is-difm/
Functional Medicine

- Addresses the “root cause” of a disease using a systems-oriented approach
- Engages both patient and practitioner in a therapeutic partnership
- Involves understanding the origins, prevention, and treatment of complex, chronic disease and focuses on personalized care to help support healing and optimize health

Functional Nutrition

- Holistic, “Food as Medicine” approach to wellness
- Use nutrition and targeted supplementation to address root causes

Adapted from: https://www.ifm.org/functional-medicine/
What is Nutrient-Dense Eating?

- Whole, minimally processed foods
- High concentration of vitamins, minerals, and other important nutrients
- Many functional benefits
Why Eat Nutrient-Dense?

- Provide antioxidants for multiple defense systems in the body.

- Nutrients to correct nutrient insufficiencies to optimize function.
  - There is a lot going on in the body- it’s beautiful & we are made to thrive & function!
  - Magnesium usually insufficient levels in DM & obesity
    - Excess sugar intake → decreased opportunity for nutrient dense foods AND excess sugar metabolism requires nutrients not provided from refined foods
  - Selenium needed for thyroid health → can just add in small handful of Brazil nuts daily!
Why Eat Nutrient-Dense?

- Reduce inflammation
  - What is “inflammation”?
    - Acute vs Chronic
  - **Chronic Inflammation** = the common denominator of chronic disease
    - Big contributors: Dietary choices, stress, & lack of exercise.
  - Chicken or the Egg scenario
    - Chronic Disease ↔ Inflammation ↔ blood sugar imbalance / poor gut health / nutrient deficiency
How to Address Nutrient-Dense Eating with Your Clients

Do we truly believe in the incredible, far-reaching impact that diet has on our health & prevention & treatment of chronic conditions?

We are literally made of what we eat.
Foundation #1: Nutrient Dense Eating

How to Address Nutrient-Dense Eating with Your Clients

- Bring in Variety of Vegetables
  - Cruciferous & alliums, green leafies, variety of color

- Opt for fruits and some whole grains and other starches
  - Berries are best!
  - Nutrient-rich grains (quinoa, oats), nutrient-rich starches (sweet potatoes, plantains) to replace refined grains & grain products.
How to Address Nutrient-Dense Eating with Your Clients

- Change the Fat Talk - Healthy fats & why we need them
  - “Healthy” fat is not necessarily understood by the general public.
    - Do we as RDs understand this too?
  - Whole food sources of fat
  - Oils - Is liquid oil always healthier?
    - Inflammation - omega 3:6 ratio
      - Avoid Industrial seed oils (corn, cottonseed, soybean, safflower, & even sunflower).
      - Easily get Omega-6 from moderate nut & seed consumption.
      - Balance with Omega-3 intake: frequent salmon & other fatty fish, fish oil, omega 3 fortified eggs
      - Opt for healthy oils at proper temperatures: cold- extra-virgin; hot- coconut oil, butter
# How to Address Nutrient-Dense Eating with Your Clients

<table>
<thead>
<tr>
<th>Category</th>
<th>Add More</th>
<th>How to Incorporate</th>
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<tbody>
<tr>
<td><strong>Veggies</strong></td>
<td>Cruciferous veggies</td>
<td>● Steam frozen broccoli &amp; cauliflower rice in microwave for quick veggies</td>
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<tr>
<td></td>
<td>Dark leafy greens</td>
<td>● Throw in spinach in your stir fry and into smoothies</td>
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<tr>
<td><strong>Healthy Carbs</strong></td>
<td>Berries</td>
<td>● Swap out yogurt cup for plain Greek yogurt &amp; add berries</td>
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<td></td>
<td>Sweet potato</td>
<td>● Bake a big batch &amp; have for 2-3 days with dinners as your carb + Vitamin A boost!</td>
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<tr>
<td><strong>Healthy Fats</strong></td>
<td>Nuts</td>
<td>● Swap out the afternoon bag of pretzels for a pack of salted cashews</td>
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<tr>
<td></td>
<td>Omega-3 fats</td>
<td>● Buy a 4-pack of salmon filets so that you and your husband can cook &amp; eat salmon</td>
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<tr>
<td></td>
<td></td>
<td>● 2x/week</td>
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<td></td>
<td></td>
<td>● Add ground flaxseeds to your breakfast smoothie</td>
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<tr>
<td></td>
<td>Swap to chips made</td>
<td>● You love chips so build in space to eat these healthier versions as a snack every</td>
</tr>
<tr>
<td></td>
<td>with high-oleic</td>
<td>other day</td>
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<td>sunflower oil</td>
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Foundation #2: Balance Blood Sugar

Nutrition Foundations

What is Balanced Sugar?

- Preventing spikes and dips in blood sugar throughout the day
- Balanced energy in between meals
- Almost always achievable through dietary & lifestyle behaviors
Why Balance Blood Sugar?

- Important for everyone, even those without diabetes.
- Our bodies work to tightly control blood sugar levels.
- Blood sugar = directly connected to (“Sugar Stress”):
  - cravings, mood, & energy (areas in which your clients will notice immediate results when healthy changes are made)
  - hormone production, inflammation, gut health
- Pathways/cascades: cortisol production → hormone shifts; sleep-wake cycles
How to help your clients balance blood sugar

- Have a “hospitable” conversation about carbs.
  - It is truly about BALANCE and not “Are carbs bad?”

- Promote glycemic control with balance of protein, fiber & fat from whole food carbs, fats, proteins, vegetables.

- Discuss feasible ways to avoid excessive carbs and sugar.

- Would they benefit from reduced carb consumption?
How to help your clients balance blood sugar

Example of a Low-Moderate Carb Meal Plan

- **Breakfast** (30g carbs): 2 eggs, ½ avocado, 1 whole piece of fruit, black coffee
- **Lunch** (45g carbs): Tossed green salad with 1 cup serving of cooked quinoa, nuts, olive oil, non-starchy veggies, seltzer
- **Snack** (10g carbs): handful nuts + 1 clementine
- **Dinner** (30g carbs): chicken, 1 medium sweet potato, cooked broccoli & peppers
- **Snack** (<20g carbs): 1oz dark chocolate chips + spoonful peanut butter + a few scoops plain Greek yogurt

**TOTAL = ~130g carbs = ~HALF of Standard American Diet & yet NO deprivation!**
Waffles, pancake syrup, orange juice - 88g C, 3g F, 6g P, 2g fiber
Special K Cereal, low fat milk, banana, 1 egg - 57g C, 6g F, 18g P, 4g fiber
2 eggs, 1/2 avocado, 1 cup cooked broccoli, 1 orange - 34g C, 22g F, 19g P, 13g fiber

~380 calories
What are the features of a healthy gut?

- Thriving microbiome
- Regular bowel movements
- No GI symptoms
- All foods are well tolerated
Why should you address gut health?

- Support the body’s ability to digest and use food
- Address GI conditions
- Root of many issues beyond GI conditions
How to address gut health with your patients

- Support gut health with food
  - Prebiotic and probiotic foods
  - Fiber-rich foods

- Movement

- Hydration

- Supplements
  - Probiotics, prebiotics, or other digestive support supplements
How to address gut health with your patients

- Functional nutrition for GI conditions
  - Food-symptom journal
  - Elimination diets to identify food intolerances (temporary learning tools)
    - GF and/or DF trials
    - Low FODMAP diet for IBS
    - Elimination diets are not appropriate for everyone!
  - Address lifestyle aspects of gut health before using elimination diets
Good *sleep* is essential for good health

- Sleep plays a role in
  - Brain health and cognition
  - Gut function
  - Hormone production
  - Stress management
How to assess your patient’s sleep quality

- Questions to ask
  - Is sleep restorative?
  - How many total hours do you sleep?
  - What time do you go to bed and wake up?
  - How many times do you wake up in the middle of the night?
  - How are your energy levels throughout the day?
Tips to improve *sleep quality*

- Sleep hygiene
- “Catch the wave”
- Support natural circadian rhythms
- Supplements
Foundation #5: Stress
Beyond Nutrition: Lifestyle Foundations

Why should you be concerned about your patient’s stress?

- Stress can influence other body functions

- When discussing stress...
  - Work within your scope of practice
  - Refer to a mental health professional
Foundation #5: Stress
Beyond Nutrition: Lifestyle Foundations

How to discuss stress with your patients

- Recommend stress-relieving activities
  - Mindfulness practices
  - Spiritual practices
  - Movement
  - Journaling
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Join the NJAND Listserv “NJ Dietitians in Functional Medicine”!

1. Ask to subscribe by emailing Victoria @ Victoria@WonderfullyMadeNutrition.com
2. We’ll send you an email invitation.
3. You accept the invite after creating a Yahoo account, **but the emails will be sent to the email address you used to email Victoria**. Example: I have a @yahoo.com account but the listserv emails are sent to my gmail address for easy communication.

Topics for discussion in the Listserv and future webinars

- Fad diets vs “tools”
- Advanced testing and functional interpretation of labs
- Supplements - how to use
- Functional medicine for specific conditions
  - Victoria specializes in women’s health and hormones
  - Katelyn specializes in digestive conditions
Any Questions?

Where to find us:

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