

Solutions for Now and the Future

How Nutrition and Lifestyle Shape Our Health

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Overview

- A Setting The Stage
- B Today In Australia
- C What Can We Do Now
- D What Can We Do for the Future
- E Conclusion

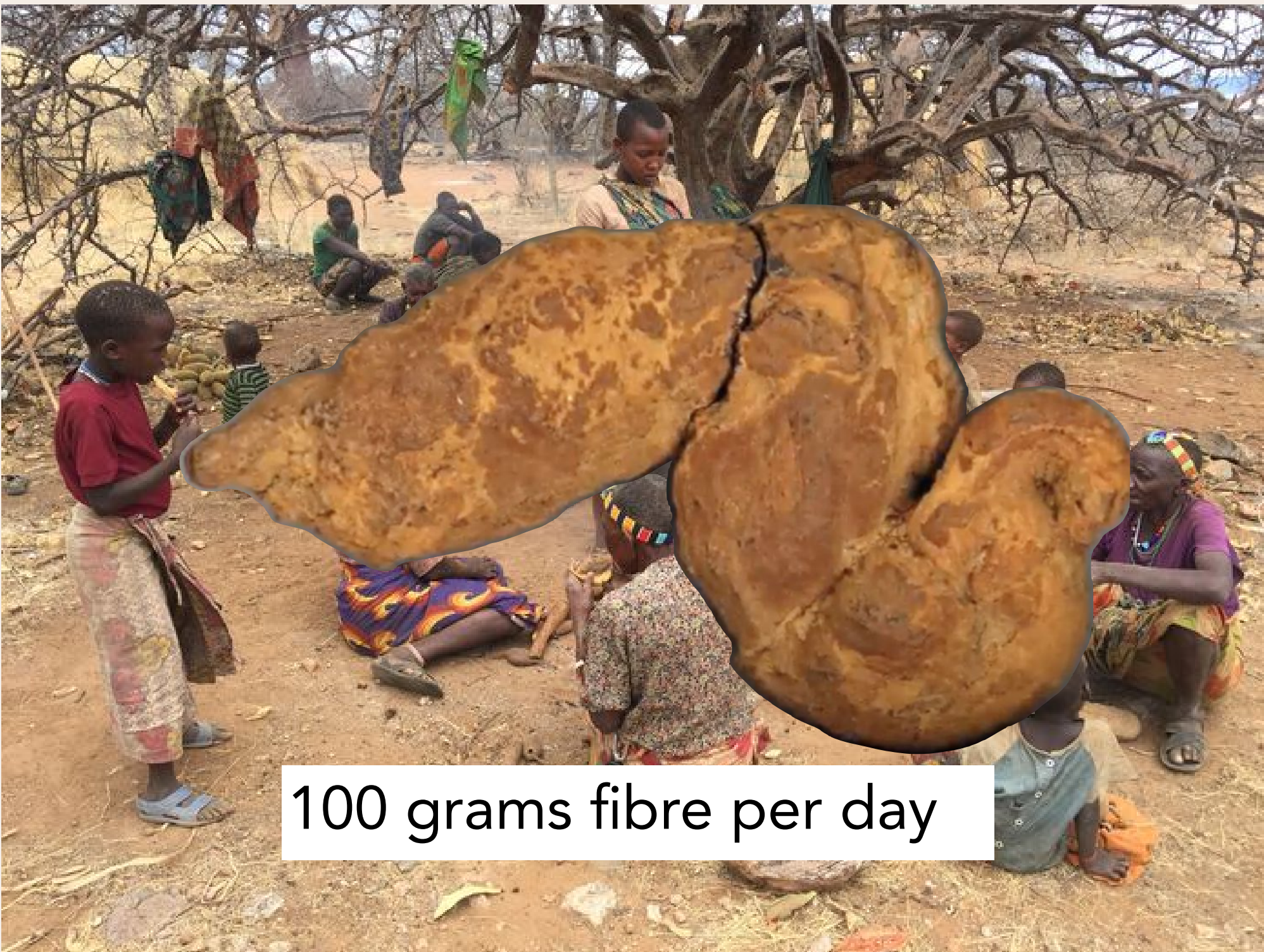
A. Setting the Stage

Our Nutrition and Lifestyle History

1. From Scarcity to Excess
2. Evolutionary programming - Calorie density
3. A window into the past: Blue Zones
4. What changed? How did we get to where we are now?



A1. From Scarcity to Excess



100 grams fibre per day



15 grams fibre per day

Advice: 25-30 grams



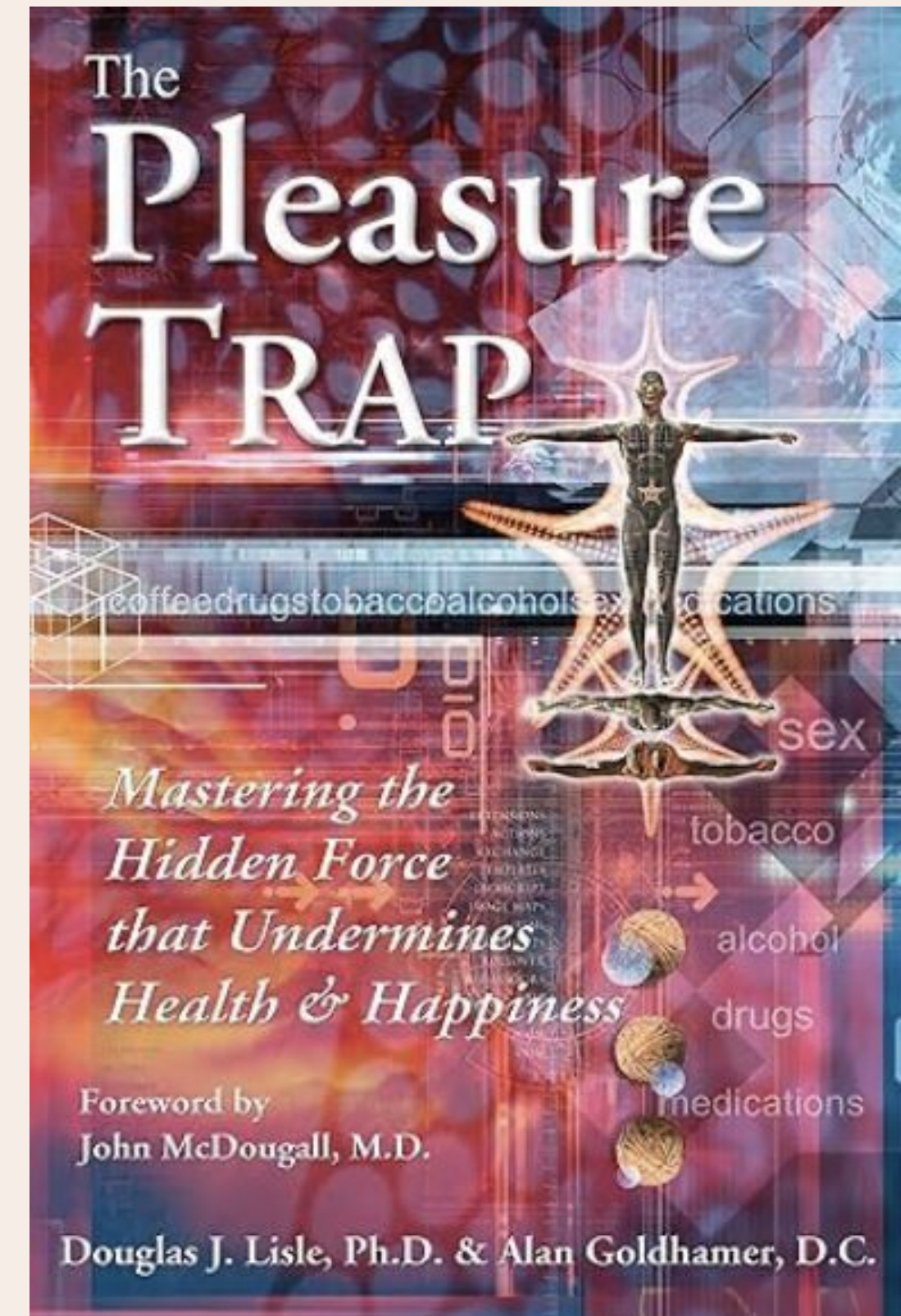
A2. Evolutionary Programming

The Pleasure Trap¹

Motivational Triad:

- pleasure seeking
- energy conservation
- pain/discomfort avoidance

We are wired to seek calorie-dense foods
—> dopamine release



A2. Calorie Density

CALORIC DENSITY OF FOODS WE EAT

FOOD CATEGORY	CALORIES PER POUND
VEGETABLES	100 calories
FRUIT	300 calories
WHOLE GRAINS	500 calories
BEANS	600 calories
ANIMAL PRODUCTS	1000 calories
REFINED CARBS/ WHITE FLOUR	1400 calories
JUNK FOOD	2300 calories
NUTS/SEEDS	2800 calories
OILS	4000 calories

= 450 gram



X



A3. A Glimpse Into Longevity: The Blue Zones²



A3. A Glimpse Into Longevity: The Blue Zones

Blue Zones

- Mainly plant-based starches for energy
- 80% rule
- Down shift
- Purpose in life
- Move
- Sense of community; family, friends, religion

+12 years



A4. What Changed?

How did we get to where we are now?



A4. What Changed?

How did we get to where we are now?

Industrial revolution

Change in agriculture - late 1800s, early 1900s

Inventions: canning, pasteurisation

In 20th century: food additives, food unrecognisable

Combining fat with sugar or salt

Ultra processed foods³



B. Today In Australia

Unnatural world with unnatural foods

Highly refined and manufactured food

High calorie density - our evolutionary preference

In Australia, ultra-processed foods ~42% of total calorie intake

Children and adolescents ~ up to 55% of their dietary intake³

Diet is now the number one risk factor for premature death.⁴



B. Today In Australia

2022-23⁵

66% of Australian adults are overweight or obese

26% of children and adolescents

50% of people live with at least 1 chronic condition;

↑ 47% in 2017-18⁶

22% live with 2 or more

48% spending on chronic conditions ~ \$82 billion⁷

C. What can we do now?



Change can start with our next meal

Start exploring the field of whole food plant based nutrition and lifestyle medicine - become an autodidact

Doctors For Nutrition offers e.g.

- 'Prescribing Nutrition'
- 'Making the Switch'
- CPD Accredited webinars and courses - RACGP, ACRRM
- Become a Certified Lifestyle Medicine Practitioner



C. What can we do now?

We can all help shift the culture -
change starts with us - today

Start the conversation -
diet is a sensitive topic

Lead by example -
don't be shy, inspire instead

Host plant-based
potlucks/lunches/dinners



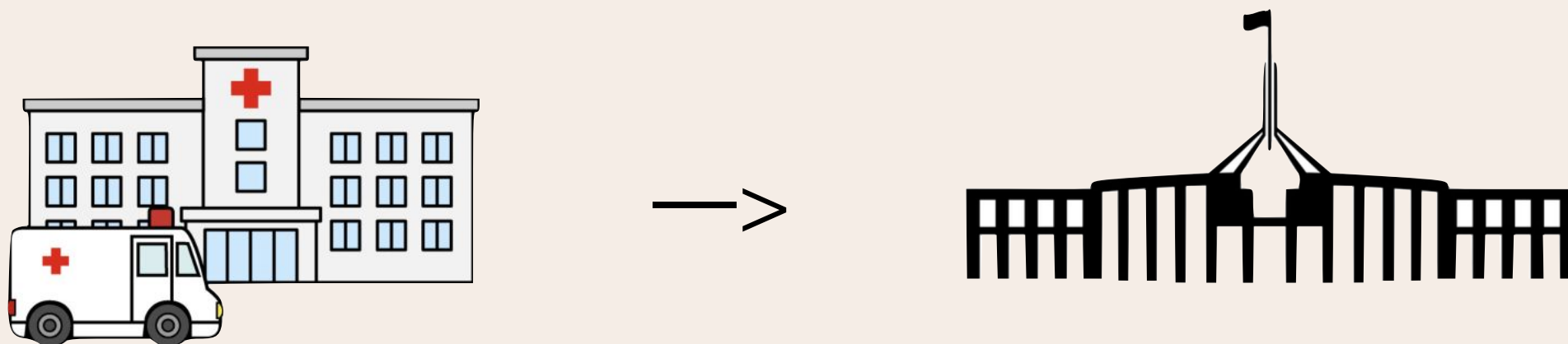
D. What can we do for the future?

Policies will follow public demand =>
grassroots movement

The general public - start the conversation with your GP

One educated GP can inspire hundreds of people per year!

Via medical establishment to government - similar to smoking



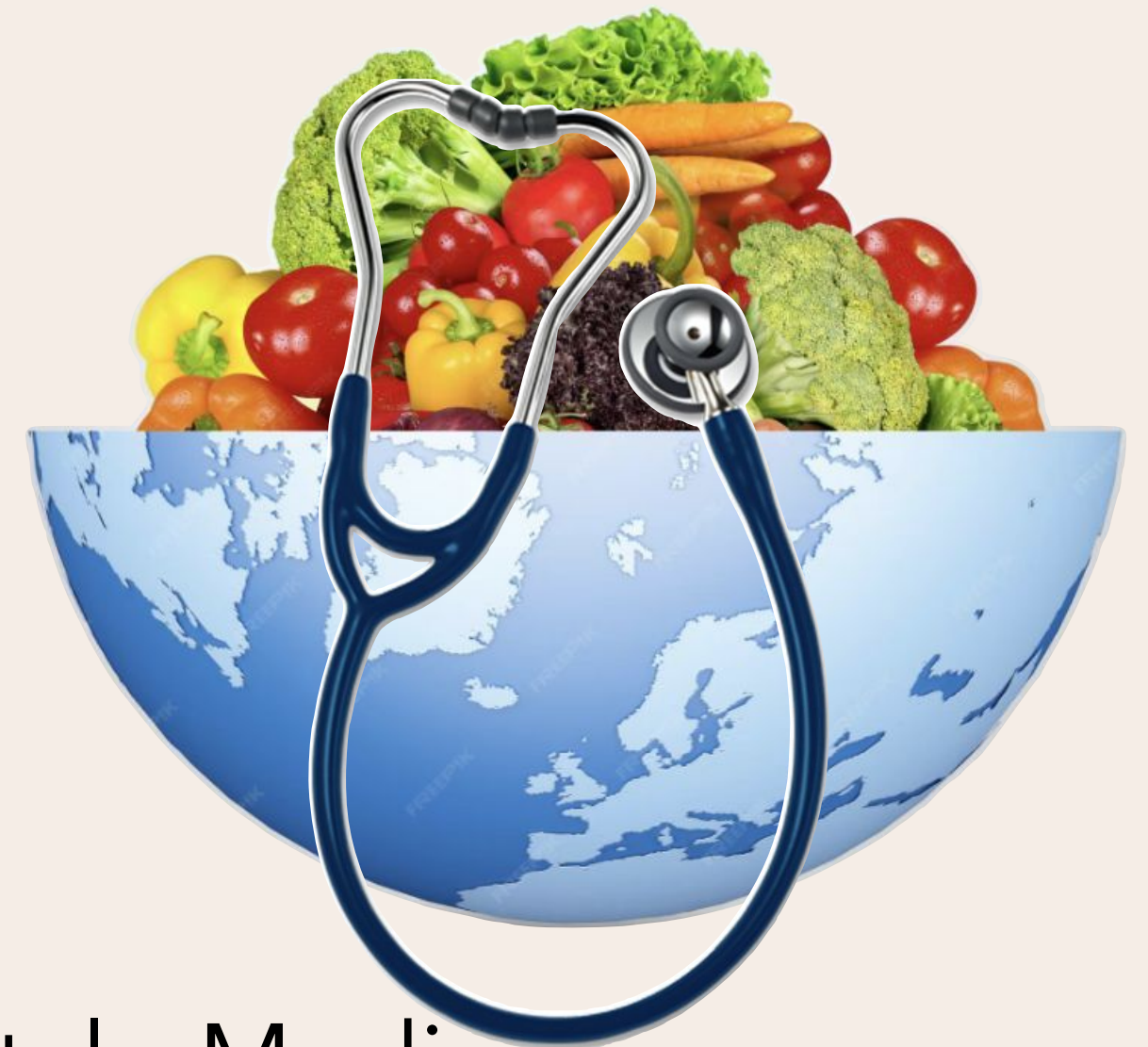
E. Solutions for Today and Into the Future

Our food system is our health system

To improve health, we must improve food, personally, locally, nationally, and globally

- 🌱 Keep learning
- 🌱 Lead by example
- 🌱 Talk about it
- 🌱 Support education and advocacy

Whole Food Plant-Based Nutrition and Lifestyle Medicine:
The Healthcare of the Future



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