

**Vicky Newman, MS, RD**

UCSD Healthy Eating Program, 3855 Health Sciences Drive, 0901, La Jolla, CA 92093-0901

858-822-6832; 858-822-6896 (fax)

[vinewman@ucsd.edu](mailto:vinewman@ucsd.edu); [www.healthyeatingucsd.org](http://www.healthyeatingucsd.org)

**Food for Thought – Healing Foods to Savor (good beginning overview to other lectures)**

Learn the right balance of foods to maximize your health and energy level through an anti-inflammatory eating plan. Practical tips will be provided for controlling your weight and improving your diet, including how to maximize your intake of foods that support your body's immune and detoxification systems. You will learn how to determine if you are getting enough or too much protein, as well as how to minimize your exposure to pesticides, maximize your fiber intake, and balance your fats to support your health and well-being.

**Fighting Cancer with Your Fork**

Learn about the role of BIG COLOR and BIG FLAVOR plant foods in strengthening your body's immune and detoxification systems. The latest research on the role of diet in cancer prevention & control will be summarized, with practical tips for optimizing your intake of phytochemicals from plants. Highlighted are the protective properties of carotenoids and other natural coloring pigments, flavonoids, the sulfur compounds found in cruciferous vegetables, onions, and garlic, as well as the beneficial components found in flax, legumes/beans, and culinary herbs. Foods richest in antioxidants are discussed, along with practical guidelines to minimize your exposure to pesticides.

**Does An Acid-Producing Diet Affect Our Health?**

Health is a question of balance and our food choices definitely play an important role. Our Western-style diet, rich in protein, fat, and processed foods is more acid-producing than the less-refined, more plant-based diet of our ancestors. The resulting low-grade, chronic acidification is associated with the development of chronic health conditions often associated with aging like osteoporosis, age-related muscle wasting, calcium kidney stones, and hypertension. There is much interest and lots of media promotion of alkaline diets. Evidence supporting and questioning the health benefits of these diets will be provided. Practical strategies will be provided for adopting and maintaining a "BIG color, BIG flavor" diet that supports a balanced pH. Emphasis will be on adding to your enjoyment of food, while supporting your health and a more sustainable environment.

**Anti-Inflammatory Eating Plan for a Healthy Heart**

-  
Learn the latest practical dietary suggestions to reduce your risk of heart disease, including the benefit of an anti-inflammatory diet. We will talk about the protective compounds found in dark chocolate & red wine, as well as in other BIG color, BIG flavor plant foods. Strategies for lowering LDL-cholesterol (most associated with elevated risk) will be provided. You'll learn more about omega-3 fatty acids and how to make sure you are obtaining the right amount (whether from flax or seafood). We'll also discuss the benefits of fiber-rich foods, and the special role that soluble fiber plays in controlling cholesterol. And you may be surprised about what you'll learn about eggs.

**Developing Your Own Optimal Eating Plan (Group Counseling—for Groups of 12-16)**

-  
This is a self-assessment interactive workshop that will help participants identify the right balance of protein, fat, and carbohydrate for long-term weight control. Tools will be provided to help participants determine if they are getting enough protein, fiber, and calcium. And they will also learn to calculate their vegetable, fruit, and fat intake to see how they are doing related to current guidelines.