

HOT TOPICS IN FOOD IS MEDICINE



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Health Served Well, LLC

Groundwork Center for Resilient Communities



DEDICATED TO SAM AND PHYLLIS PAVLOVIC



groundwork

CENTER FOR RESILIENT COMMUNITIES



Local Food & Farming

A strong local food system keep money local, promotes, health, and preserves farmland.



Farms, Food & Health



Farm to School



Food Access



Farmer Support





Culinary Medicine





Kohlrabi
"tacos"
w/Paw Paw
Salsa
& Nettle
Black Walnut
Pesto
@Plantedcuisine





Join me in the
Esperance
Community
Teaching Kitchen

commongrounds

VISIT BOOK JOIN ABOUT

**YOUR
COMMUNITY,
CENTERED.**



A TEACHING KITCHEN IS A LEARNING LABORATORY

Parkinson's Disease and Diet

- Diet and food is personal, cultural and based on your own needs
- No single “diet” for PD
 - Plant-forward
 - MIND Diet or "Mediterranean" Style
- Concern with Carbidopa/Levodopa and protein timing highly variable



Loss of smell

Loss of body weight, especially muscle as we age

Chewing and swallowing problems

Low or poor appetite (lack of motivation and sadness)

Gut health (constipation and medication related)

Motor or coordination difficulties

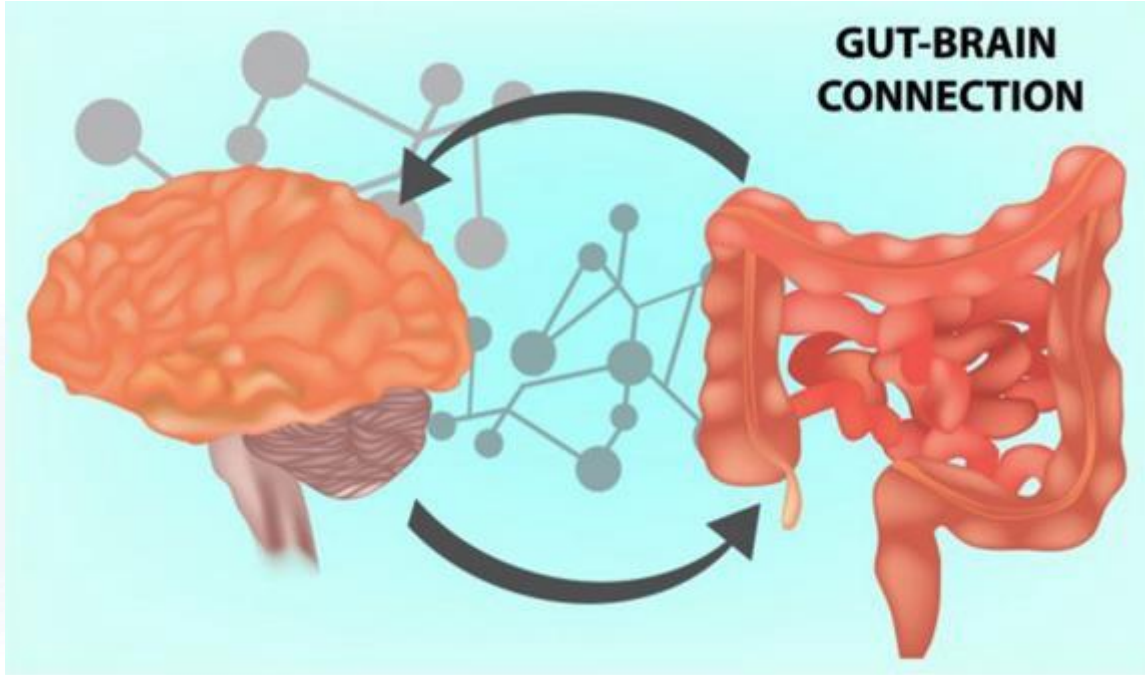
Concerns around food access and food costs

Reduction in food variety and food preferences

PD and Common Eating Concerns

Baseline: Diet Overview

- The higher your vegetable and fruit intake the better
 - The plant colors offer unique benefits to protect your brain and belly
- Other important compounds in foods are "flavonoids, polyphenols and antioxidants" found in:
 - Plant foods
 - Teas & coffee
 - Fermented foods
 - 😊 Wine
- Nuts, Seeds and fatty fish (salmon and tuna) are "good fats"
- Limit:
 - Highly processed foods,
 - Sweets, slowly reduce reliance on added sugar and sugar substitutes,
 - Fats that are solid at room temperature (red meats, cheeses, butter),
 - These foods harm both your brain and your belly



The
Digestive
System=
2nd Brain

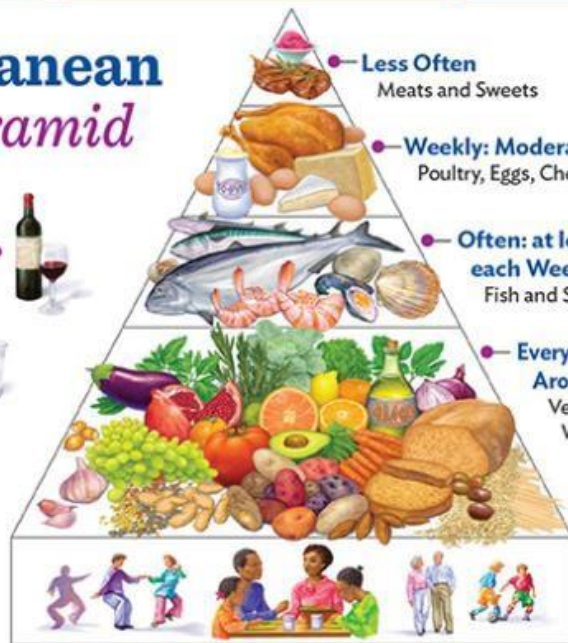


Mediterranean Diet Pyramid

In Moderation
Wine



Every Day
Water



Less Often
Meats and Sweets

Weekly: Moderate Portions
Poultry, Eggs, Cheese and Yogurt

Often: at least Twice
each Week
Fish and Seafood

Every Day: Base Each Meal
Around these Foods
Vegetables, Fruits, Whole
Wheat Grains, Olive Oil,
Beans, Nuts, Legumes
and Seeds, Herbs
and Spices

Every Day
Be Physically Active;
Enjoy Meals with
Others

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TOP 5 LOCAL FOODS



Harvest of the Month

Miinan & Wiigwaasminan (Berries & Cherries)



1. BERRIES AND CHERRIES

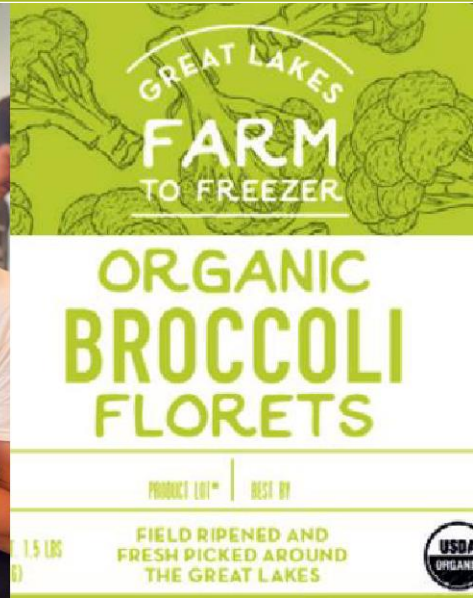


... onto a baking sheet
(one). Sprinkle kale with salt
and dry, 40-50 minutes,
baking let cool for 3 minutes

HEALTH
DEPARTMENT
of Northwest Michigan

Harvest of the Month

Kale



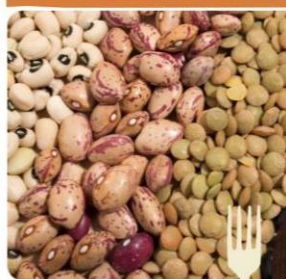
2. LEAFY VEGGIES



rinse, and pour beans into
sprinkle salt over the top,
beans. Cook in the oven at
ours. Serve warm with
te 2 cups real maple syrup
ns.

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HEALTH
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Northwest Michigan

Harvest of the Month Mskwadiisminak (Beans)



GRILL GREEN

FARM SOU

INGREDIENTS

- 1 pound green beans
- 2 tablespoons olive oil
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chili powder
- Salt and pepper to taste

DIREC

- 1 Trim the green
dry.
- 2 Place green b
and seasonin
- 3 Place the gre
of tin foil. Fol
- 4 Place on the

3. BEANS AND LEGUMES

Harvest of the Month

Mandaaminak (Corn)



4. WHOLE GRAINS

ak



If modern corn, Native American plants best suited for cobs on early maize, Ojibwa Indians, there are Mandamin, came to be with a gift to the people. It is part of the diet — corn, beans and other crops which grow very well in the northern climate, like many other

It is depended upon more than 10,000 years of corn and grew so early, the French, British traded it by the tons, and collectively, it is a valuable food in Odawa villages. Some studies show that a diet, pre-contact to stored — a valuable food in Odawa villages essentially a "superfood" with person going during

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CH
ENT
Bison

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manna
The
Building the Heritage
Throughout the World



Mini-baashkiminsigan Recipe



Pl

and add 1/4 inch of water to cover the bottom of a boil. Lower the heat, add cinnamon and

and simmer 15-20 minutes until

mash. Mash with a fork, potato masher, immersion blender or a blender.

refrigerator and enjoy!

deeply colored, firm, naturally size. Certain varieties of and for certain cooking. Try Honeycrisp, Granny dy varieties. Noonj gwa nishi ng); try Honeycrisp, Gala or Cortland, Fuji and Gala are

Fun Facts Abo

Though all apples contain Minkaanen Mahimahaatigok (apple trees) are not instead, new trees are established thro called grafting, which involves inserting into an existing tree trunk.

There are 9.2 million apple trees in the

Michigan's state flower is the apple blossom



Looking fo

Visit localdifference.org to search

5. MICHIGAN APPLES

Partnerships



Allen Foundation Inc.

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Center for Regional
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MUNSON HEALTHCARE

MICHIGAN HEALTH
ENDOWMENT FUND

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Mujcic R, J Oswald A. Evolution of Well-Being and Happiness After Increases in Consumption of Fruit and Vegetables. *Am J Public Health*. 2016 Aug;106(8):1504-10. doi: 10.2105/AJPH.2016.303260. PMID: 27400354; PMCID: PMC4940663.

Morris MC, Tangney CC, Wang Y, Sacks FM, Barnes LL, Bennett DA, Aggarwal NT. MIND diet slows cognitive decline with aging. *Alzheimers Dement*. 2015 Sep;11(9):1015-22. doi: 10.1016/j.jalz.2015.04.011. Epub 2015 Jun 15. PMID: 26086182; PMCID: PMC4581900



Resources

- Paula Martin,
paula.martin@groundworkcenter.org
- Harvest of the Month <https://groundworkcenter.org/harvest-of-the-month/>
- Groundwork, A Guide to Food Assistance and Eating Local. [file:///Users/paulamartin/Downloads/A-GUIDE-TO-FOOD-ASSISTANCE-AND-EATING-LOCAL-web-version%20\(2\).pdf](file:///Users/paulamartin/Downloads/A-GUIDE-TO-FOOD-ASSISTANCE-AND-EATING-LOCAL-web-version%20(2).pdf)