



# NUTRITION & WELLNESS

Military Families Learning Network

## Implementing Lifestyle and Performance Medicine: Tips and Tools for Health Professionals December 16, 2020

### Professional Resources

- Vegetarian Nutrition DPG's Resources page – free consumer handouts: <https://www.vndpg.org/resources/vegetarian-dietitian-resources>
- Harvard's Healthy Eating Plate: <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate-vs-usda-myplate/>
- Vegetarian Resource Group's Vegan Plate: <https://www.vrg.org/nutshell/MyVeganPlate.pdf>
- The Vegan RD: <https://www.theveganrd.com/vegan-nutrition-101/food-guide-for-vegans/>
- Easy & Low-Cost Menus: [https://www.vrg.org/journal/vj2003issue1/2003\\_issue1\\_quick.php](https://www.vrg.org/journal/vj2003issue1/2003_issue1_quick.php)
- Vegan Health: <https://veganhealth.org/>
- Oldways Cultural Food Traditions: <https://oldwayspt.org/traditional-diets/vegetarian-vegan-diet>
- Cooking with Pulses: <https://pulses.org/recipes/cooking-with-pulses>
- Meatless Mondays: <https://www.mondaycampaigns.org/meatless-monday>
- Happy Cow (eating out): <https://www.happycow.net/>

## Professional Reading

*The Dietitian's Guide to Vegetarian Diets: Issues and Applications, 3rd Edition.* Reed Mangels, RD, PhD, Virginia Messina, RD, and Mark Messina, RD.

*Becoming Vegan, Comprehensive Edition* has information for healthcare providers, and *Becoming Vegan, Express Edition* is the condensed version. Brenda Davis, RD and Vesanto Melina, RD. <https://becomingvegan.ca>

*Plant-Based Sports Nutrition: Expert fueling strategies for training, recovery, and performance.* D. Enette Larson-Meyer, PhD, RDN and Matt Ruscigno, RD.

*Academy's Vegetarian Nutrition Certification:*

[https://www.eatrightstore.org/collections/vegetarian-nutrition?\\_ga=2.191113962.174112007.1606535190-917833074.1606535190](https://www.eatrightstore.org/collections/vegetarian-nutrition?_ga=2.191113962.174112007.1606535190-917833074.1606535190)

## Additional Resources:

### 1.) American College of Lifestyle Medicine

<https://lifestylemedicine.org/What-is-Lifestyle-Medicine/>

This website by the American College of Lifestyle Medicine discusses why lifestyle medicine is essential to sustainable health and healthcare.

### 2.) Nutritional Update for Physicians: Plant-Based Diets

Tuso PJ, Ismail MH, Ha BP, Bartolotto C. *The Permanente Journal.* 2013.

doi:<https://doi.org/10.7812/TPP/12-085>

<http://www.thepermanentejournal.org/issues/2013/spring/5117-nutrition.html> This peer-reviewed journal article discusses the health benefits of a plant-based diet through a case study.

### 3.) Lifestyle Medicine for our Active Duty Military and Veterans

<https://www.lifestylemedicine.org/ACLM/Education/Webinar Archive Open Source/Active Duty Military and Veterans Webinar.aspx>

This website contains an informative video about how lifestyle medicine is incorporated into military practices. Some of the practices involved include cooking demos, handouts, and group counseling services.

### 4.) Optimizing Lifestyle Medicine Health Care Delivery Through Enhanced Interdisciplinary

**Education** Clark CA, Frates J, Frates EP. *Optimizing Lifestyle Medicine Health Care*

*Delivery Through Enhanced Interdisciplinary Education.* 2016:401-405.

doi:10.1177/1559827616661694

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6124981/>

This peer-reviewed journal article discusses the pillars of lifestyle medicine, how one can incorporate lifestyle medicine into healthcare systems, and the barriers that one might face in implementing policy changes.

**5.) Effects of a Vegetarian Diet on Cardiometabolic Risk Factors, Gut Microbiota, and Plasma Metabolome in Subjects with Ischemic Heart Disease: A Randomized, Crossover Study.** Djekic D, Shi L, Brolin H, Carlsson F, Cao Y, Tremaroli V. Effects of a Vegetarian Diet on Cardiometabolic Risk Factors, Gut Microbiota, and Plasma Metabolome in Subjects with Ischemic Heart Disease: A Randomized, Crossover Study. *Journal of the American Heart Association*. September 2020. doi:<https://doi.org/10.1161/JAHA.120.016518>

<https://www.ahajournals.org/doi/10.1161/JAHA.120.016518>

This peer-reviewed journal article describes the benefits of a vegetarian diet and its possible effects on reducing the risk of ischemic heart disease.

**6.) Position of the Academy of Nutrition and Dietetics: Vegetarian Diets**

<https://www.eatrightpro.org/-/media/eatrightpro-files/practice/position-and-practice-papers/position-papers/vegetarian-diet.pdf>

This position paper by the Academy discusses the benefits of a plant-based diet. Some of the results from consuming a plant-based diet include decreased risk of Type 2 Diabetes, hypertension, certain types of cancer, and obesity.

**7.) A Case for Lifestyle Medicine in the U.S. Military: Active Duty and Veterans**

[https://www.lifestylemedicine.org/ACLM/Membership/VA\\_DOD\\_Overview.aspx](https://www.lifestylemedicine.org/ACLM/Membership/VA_DOD_Overview.aspx)This website by the American College of Lifestyle Medicine contains infographics on statistics of veterans reporting health issues after serving and how lifestyle medicine can be used to treat those complications. It also contains resources for online certification in

Lifestyle Medicine and a webinar about how the military incorporates Lifestyle Medicine into their practices.

**8.) Strengthening Immunity through Healthy Lifestyle Practices: Recommendations for Lifestyle Interventions in the Management of COVID-19**

<https://onlinelibrary.wiley.com/doi/10.1002/lim2.7>

This peer-reviewed journal article explains how the healthy lifestyle practices of lifestyle medicine can improve outcomes for COVID-19.

**9.) Healthy Lifestyle: Stress Management**

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>

This website from the Mayo Clinic Staff discusses the basic reasons for why some people may experience stress, ways to decrease stress such as taking walks in nature or deep breathing, and relaxation techniques such as doing sports or tai chi.

#### **10.) 2021 Lifestyle Medicine Week**

<https://lmweek.org/>

This website from health care professionals consists of an infographic of the six pillars of lifestyle medicine, some concrete examples of how health professionals can treat with lifestyle interventions first, and encouragement for people to promote health by living by example.

**11.)** Melissa R Troncoso, NC, USN, Julianna M Jayne, SP, USA, Deborah J Robinson, BSC, USAF, Patricia A Deuster, PhD, MPH, Targeting Nutritional Fitness by Creating a Culture of Health in the Military, *Military Medicine*, , usaa325, <https://doi.org/10.1093/milmed/usaa325>