

Nutrition Notes

March - April 2022

- **Functional Foods:** The term “functional foods” first started being used in Japan in the 1980’s. The term applies to conventional and modified foods that have additional components that confer physiological benefits beyond basic nutrition. Examples of conventional functional foods include fruits, vegetables, whole grains, legumes and nuts. FDA does not provide a legal definition of functional foods. Research has shown some positive correlations with specific functional foods in chronic diseases including heart disease, cancer, diabetes, COPD, Alzheimer’s disease and kidney disease. Speak with a dietitian at BN to discuss evidence-based guidelines to support functional foods and lifestyle choices to reduce the risk of chronic diseases.
- **Tai Chi:** Harvard Medical School refers to Tai Chi as “meditation in motion” because of its many therapeutic benefits including improving balance, reducing fall risk, strengthening muscles, providing stress relief, decreasing chronic pain, as well as improving symptoms of COPD, Parkinson’s disease and multiple sclerosis. Recent research also supports Tai Chi as supportive of weight loss for those over 50 y/o when performing Tai Chi for one hour three times weekly.
- **Omega-3 Fats in Cancer:** The anti-inflammatory functions of omega-3s are a focus of cancer research because cancer can fuel chronic inflammation, decrease lean body mass, cause functional impairment driving malnutrition and cancer cachexia. The three main types of omega-3 fats include ALA, EPA and DHA. Foods highest in ALA include flaxseeds, flax oil, chia seeds, hemp seeds and walnuts; canola oil, soybean oil and mayonnaise contain small amounts. Food first vs. supplements is recommended by heart and cancer organizations. Supplementation of EPA or DHA above 3 g/day may lead to gastrointestinal side effects.
- **AFREZZA:** This new inhaled insulin, rapid acting therapy, might be an option to consider for patients with T2DM who need better postprandial control, with A1C>7%, who don’t want to deal with mealtime injections. Afrezza is not for patients who have chronic lung problems. www.afrezza.com