



# Alluserv™

Elevating Meal Service Experiences

## FOOD AS MEDICINE-

**THE POWER OF YOUR FORK**



## Presenters:

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Facilitator: Marsha Diamond, MA, RDN



The food-as-medicine movement has been around for decades, but it's making inroads as physicians and medical institutions make food a formal part of treatment, rather than relying solely on medications.

By prescribing nutritional changes or launching educational programs they're trying to prevent, limit or even reverse disease by changing what patients eat. Join us as three healthcare experts share their expertise and stories about the power in serving nutritious, appealing food in hospitals. At this important juncture, there are opportunities to set goals, build on successes, and learn from their experience.

Food is medicine – it is part of health care– and leaders will be called upon to help build a healthy food and nutrition culture within their institutions and across systems. Educating and eating go hand in hand!

## Objectives:

- A top view and perspective of Food as Medicine movement in healthcare facilities
- Understand the terminology of this movement- health and wellness, food pharmacies
- Creation of an action plan of who should lead, adapt this initiative and execute this initiative

## Food As Medicine Focus at St. Peter's

- The mission of healthcare food service in it's true form is- 'Food as medicine'
  - To complement treatment
  - To Prevent, Reduce Recurrence, Cure
- No one food is magical, focus on the entire meal
  - RDN at the heart of it all

## St. Peter's Health System, NJ

- Introduce room service
- Revamp the entire menu
  - Recipe reengineering
- Reduction in use of processed foods
- Make food flavorful > Hospital Food 2.0

## Patient Menu Revamp

- Added food choices that work across all diets
- 70% entrees & 85% sides are Heart Healthy
- 40% main course menu is vegetarian
- All carb heavy items have carb count indicators
- Menu has indicators on all heart healthy items vegan, vegetarian, kosher
- Client friendly and approachable

## Recipe Engineering

- Goal- to convert 75% recipes to less than 300 mg sodium and less than 7 grams of fat
- Source items that meet those guidelines
- All entrees produced from scratch (cleaner label format)
- No added salt in 95% patient dishes
- No butter in patient cuisine
- Financially and operationally feasible





# Examples of Items Introduced or Re-engineered

## Additions:

- Mac & cheese with low fat cheese and low fat milk
- Baked sweet potato wedges & provision to bake all fried items
- Brown rice and Spanish seasoned rice & beans
- Swordfish, flounder, tilapia, salmon
- Snacks such as low fat string cheese, hummus cups, celery & carrot sticks

## Re-engineered

- Grilled chicken with no salt & no added fat
- Reworked ALL patient soups recipes to make them low fat, low sodium
- Meatloaf & meatballs are 40% turkey, 20% ground vegetables





# The Ethnic Connection

- Appealing to local demographics
- Already have Tex Mex dishes, dumplings, Asian themed stir fry
- Added an all vegetarian Indian menu, available all day
  - ✓ Preparations lower in sodium than commercial kitchens, restaurants and most patient's homes
  - ✓ Highlight the use of plant centric diet
  - ✓ Dishes feature high flavor profiles
  - ✓ Educate clients about nutrients in spices
    - Turmeric
    - Cumin
    - Cinnamon
    - Cardamom
    - Cloves
    - Ginger



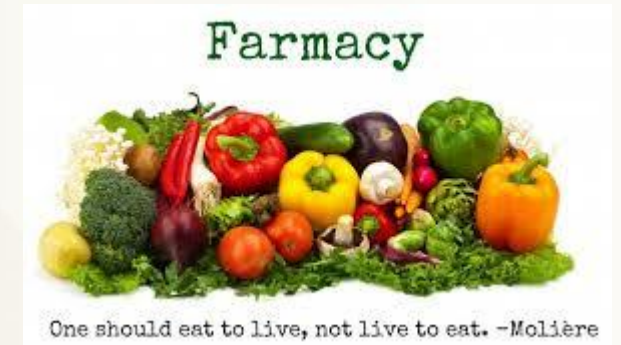
# Food Pharmacy

## First Stage (Implemented):

- DSRIP program vouchers towards weekly Farmer's Markets @ hospital
- Philosophy- foods can heal
- Grocery shopping/ Clean Label education
- Cooking classes
- Getting people to think about food and to use food better

## Second Stage (Proposed):

- Distribution of meals at no cost to target clients and their families
- With the objective of reducing readmissions, medications, hospital spend
- Thus making diet associated behavioral change 'affordable and accessible'
- Complete healthcare team involved (social worker, RN, RD, pharmacist, MD as needed, chef)



## Herb Menu

Why?

- Telling patients to eat foods suited for them
- Now, empower the patient!
- Improve palatability of dishes which are now lower in sodium and fats

## The Proposal

- Fresh chopped herbs to compliment menu items
- Patient adds herbs just before dining
- Since flavor is reduced on a hot plate after 15 min.  
Visually not appealing



# Herb Menu - Execution

Culinary / Service

- Parsley, Cilantro, Basil – simple, identifiable
- Fresh lemon wedges
- Placed at deli
- Chopped to order
- Placed in soufflé cup alongside condiments
- Call Center
- Herbs / Lemon added to condiment list
- Working on pop up window with suggestions complimenting each dish
- Extensive training



## Results

- Reduced leftovers on patient trays
- Increased patient and family compliments about our food
- Better hydration and nutrition
- Happier Dietitians 😊



# Food As medicine >>> Food IS Medicine



## FOOD AS MEDICINE



*Alluserv*<sup>TM</sup>

Elevating Meal Service Experiences

VERONICA MCCLYMONT PhD, RDN, CDN

DIRECTOR FOOD AND NUTRITION SERVICES  
MEMORIAL SLOAN KETTERING CANCER CENTER

**BEST  
HOSPITALS**

**U.S. News**  
& WORLD REPORT

**RANKINGS**

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## One of the World's Premier Cancer Centers

Over a century of patient care and innovative research, significant contributions to better understand, diagnose and treat cancer.

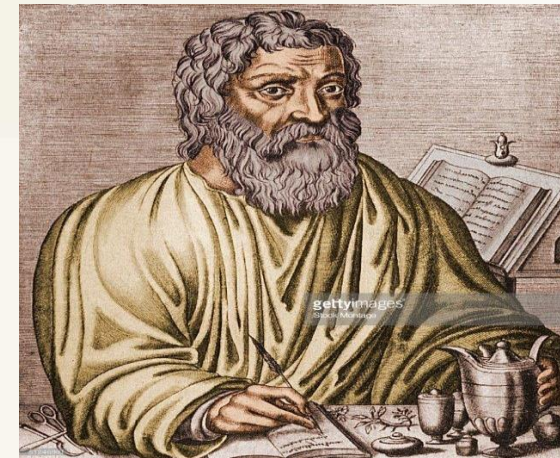
450+ beds





## Food as Medicine

- *"I cook with wine, sometimes I even add it to the food."*
  - W.C. Fields
- *"Let food be thy medicine and medicine be thy food"*
  - Hippocrates 400 B.C.
- Prevent and treat diseases first and foremost by eating a nutrient-dense diet



# The Movement

- The food-as-medicine movement has been around for decades
- Fell into obscurity in the 19<sup>th</sup> Century with modern drug therapy



## Dramatic Shifts

- Early 20th century - scientific focus was on essential elements, vitamins, and preventing deficiency diseases
- 1970s - diseases linked to excess and “overnutrition” became a major public health concern
- 1970s – 2000 - *Dietary Goals for the United States* the *Dietary Guidelines for Americans* the *Surgeon General's Report on Nutrition and Health*
- *2000-2010 - Healthy People 2000 and 2010* from the U.S. Public Health Service
- Emphasize - diet low in saturated fat, and high in vegetables, fruits, whole grains and legumes to reduce the risk of chronic diseases such as heart disease, cancer, osteoporosis, diabetes and stroke



## Dramatic Shift

- Scientists began identify chemicals from plants and animals (phytochemicals and Zoochemicals)
- Potential to reduce the risk of certain chronic diseases



## The Birth of Functional Foods

- Research efforts led to the global interest “functional foods”
- First developed in Japan in the 1980s when, faced with escalating health care costs
- Foods had a potentially positive effect on health beyond basic nutrition while helping to reduce the risk of disease

*The Journal of Nutrition*, Volume 132, Issue 12, 1 December 2002, Pages 3772–3781, <https://doi.org/10.1093/jn/132.12.3772>



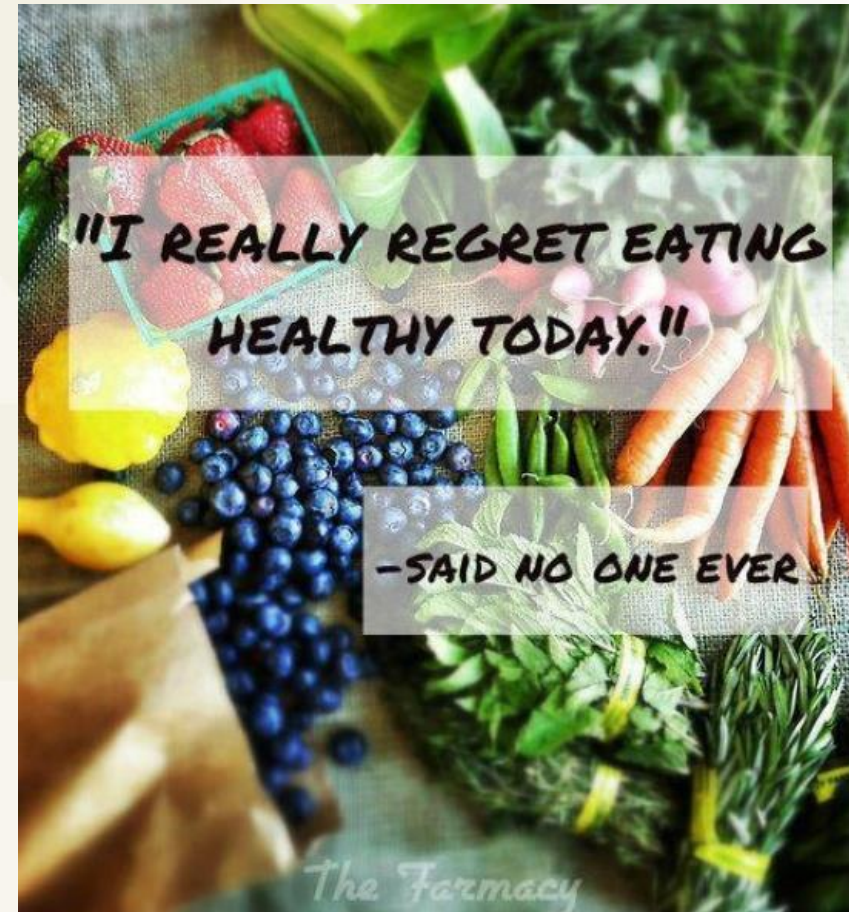
# The Expanding Field of Nutrigenomics

- How food influences gene expressions
- How food contributes to either health and longevity or to disease and earlier death.

<https://www.mayoclinic.org>



# Why Now?





## Doctors Survey Hospital Food, Reveal Current Trends

### High-fat fare increases risk of heart disease for hospital staff and visitors

- Many days at some hospitals, patients and visitors cannot find a low-fat, cholesterol-free entrée in the main cafeteria or restaurant.
- Fewer than 1/3 of hospitals surveyed offered either a daily salad bar or a daily low-fat vegetarian entrée.
- Many entrées described as healthful by hospitals are actually very high in fat
- 62% of “healthiest entrée” offerings derived more than 30% of calories from fat



# New York City | HEALTHY HOSPITAL FOOD INITIATIVE

Experiences



Comprehensively promote healthy options in hospitals.



- 1) Beverage Vending Machines
- 2) Food Vending Machines
- 3) Patient Meals (Regular Diet)
- 4) Cafeterias

**New York City | HEALTHY HOSPITAL FOOD INITIATIVE**

The Healthy Hospital Food Initiative aims to create a healthier food environment in New York City hospitals. This effort, led by the New York City Health Department, aligns with the mission of hospitals to promote health and wellness.

Hospitals participate by adopting the New York City Food Standards, evidence-based nutrition criteria that ensure that employees, visitors, and patients have better access to healthy food. By implementing all four of the New York City Food Standards, hospitals can comprehensively improve the nutritional content of food and beverages offered in their cafeterias, vending machines and patient meals.

**New York City Food Standards**

**Cafeterias**  
These standards use a variety of techniques to make the healthy choice the easy choice. Includes standards that increase the availability of fresh fruits and vegetables and whole grains; promote healthy value meals; decrease the availability of high calorie beverages; and eliminate fried foods.

**Beverage Vending Machines**  
These standards decrease the availability and portion size of high calorie beverages. Includes standards that address the placement of high calorie beverages and ensure that marketing images on machines are conveying healthy messages.

**Food Vending Machines**  
These standards include nutrition requirements for calories, saturated fat, sodium, sugar, fiber and other nutrients in stocked products. Standards also address portion size by making requirements per package, rather than per serving.

**Patient Meals**  
These standards, which apply to regular diet patient meals, provide nutrition requirements for individual foods purchased, such as sodium limits for bread and cereal, and for meals served, such as two fruit or vegetable servings at lunch and dinner.

**What the Health Department Offers**

- Individualized approach for each hospital with tailored action plans
- Free resources to support the implementation process, including assistance from a registered dietitian for menu and product review and staff education
- Public recognition of hospital accomplishments

**Be a model of health and wellness.**

As centers of healing, hospitals can model healthy eating to support the health of their employees and the communities they serve.

For more information, please contact: [nyfoodstandards@health.nyc.gov](mailto:nyfoodstandards@health.nyc.gov)

Made possible by funding from the Centers for Disease Control and Prevention and the Department of Health and Human Services.

**NYC Health**



A PRACTICE GREENHEALTH PROGRAM

## Healthier Foods: An Overview

The Healthier Hospitals' Healthier Foods challenge provides a framework for hospitals to serve healthier foods to improve the health of patients, staff and communities.

[www.healthierhospitals.org](http://www.healthierhospitals.org)

### Healthy food is the best medicine



The United States spends billions of dollars to treat diet-related, chronic illnesses



Hospitals can leverage their purchasing power to increase the availability of local, sustainable foods



As part of their mission of healing, hospitals can model healthier eating behavior

### HH Healthier Foods challenge areas

The HH Healthier Foods Challenge has two areas of focus:



Less Meat,  
Better Meat



Local and  
Sustainable  
Foods

### Why commit to Less Meat, Better Meat?



80% of all antibiotics consumed in the United States is fed to livestock.

**2 MILLION:**

The number of annual illnesses that antibiotic-resistant, resulting from consumption of animals that were regularly treated with antibiotics.

### Why commit to Local & Sustainable Foods?

Buying local, sustainable foods shifts the food system in a more sustainable direction, improves the health of patients, staff and visitors, and is an investment in the well-being of communities and the environment.



## Call to Action

2012, CDC Expert Panel –

“Hospitals should serve as examples of ideal health-promoting environments by creating a “culture of health.”

## Call to Action

As major healthcare organizations, hospitals are increasingly recognizing the importance of serving as models of healthy food environments to patients, staff, and visitors.



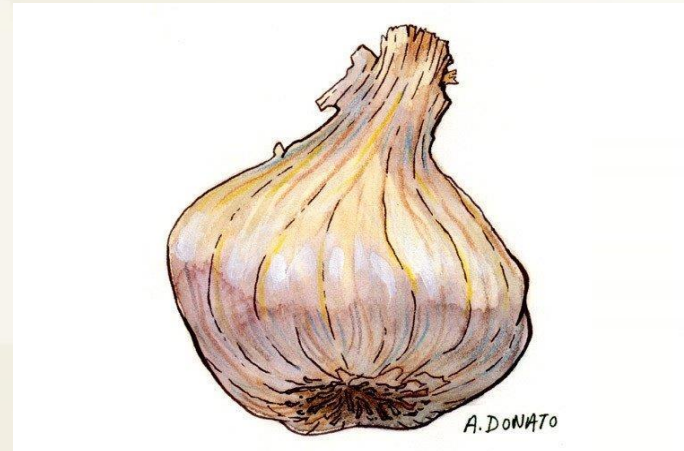
## Leading By Example at MSK

- Create an environment supportive of our mission statement.
- To augment our credibility in the marketplace.
- To prompt healthy lifestyle practices.

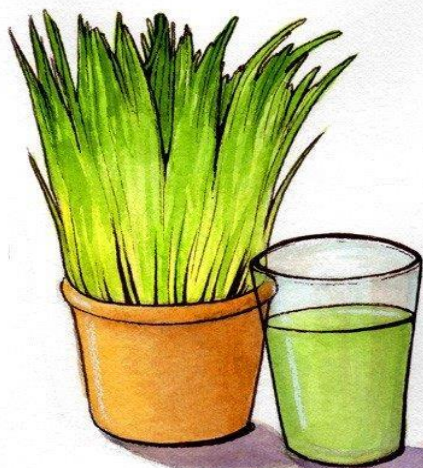
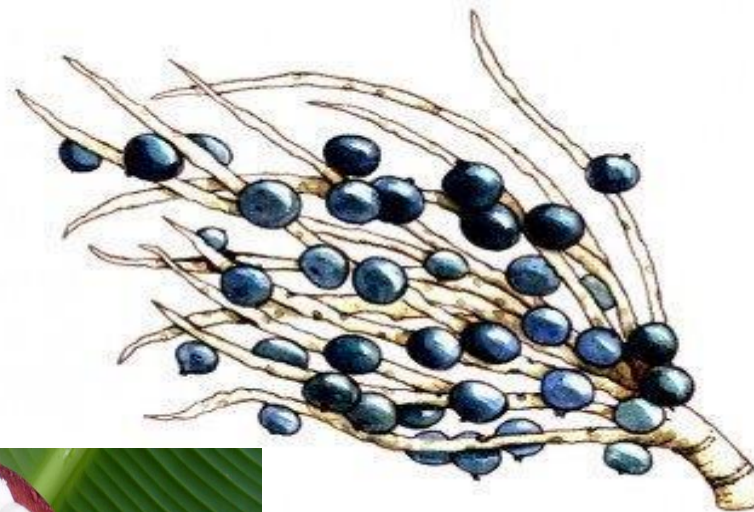


## MSK'S Integrative Medicine

- Integrative Medicine [About Herbs](#) database
- Tool for the public, healthcare professionals, helps figure out the value of using common herbs and other dietary supplements.
  - Traditional and proven uses
  - Potential benefits
  - Possible adverse effects
  - Interactions with other herbs or medicines







A. DONATO



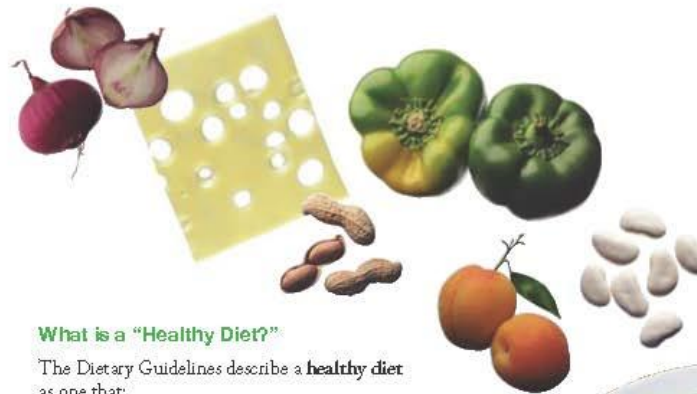
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## Grow Our Own Herbs



# FoodWise Brochure



## What is a "Healthy Diet?"

The Dietary Guidelines describe a **healthy diet** as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, ~~trans~~ fats, cholesterol, salt (sodium), and added sugars.

A healthy diet can help maintain weight and prevent chronic diseases.

We welcome your comments and suggestions as we strive to promote Wellness in the Cafeteria through FoodWise. Email AsktheRD@mskcc.org



Food and Nutrition Services  
and the Employee Wellness Program



**Employee  
Wellness**  
FOR THE BEST EMPLOYEES. ANYWHERE.





## What is FoodWise?

### The Program

FoodWise is a program that highlights healthful initiatives in the nutrition component of MSKCCC's Employee Wellness Program.

### Our Commitment

FoodWise is our commitment to offer fresh, high quality food.

We have signed the Healthy Food in Healthcare Pledge with the Healthcare Without Harm organization to provide environmentally responsible healthcare.



Be wise about your  
food with FoodWise.

### What our Chefs are Doing Differently to Help You Be FoodWise

- Reducing saturated fats
- Using more healthy fats like olive oil
- Reducing fried foods as menu options
- Reducing sodium by limiting salt used in cooking and using a variety of fresh herbs and spices to flavor foods
- Using less canned, processed, and commercially prepared foods
- Incorporating seasonal fruits and vegetables in menu items throughout the year

### What we are Buying Differently to Help You Be FoodWise

- Trans fat free foods
- Low sodium deli meats
- Nitrate free hot dogs
- Locally grown fresh fruits and vegetables
- More sustainable fish, such as Asian Sea Bass and Tilapia
- Sushi from vendor that works with fisheries who follow sustainable practices

### What we are Offering Differently to Help You Be FoodWise

- A wide selection of whole grains, legumes, fruits and vegetables throughout the cafeteria including various food stations and salad bar
- Specialty salads
- Fruit smoothies
- Fresh fruit toppings for frozen yogurt and breakfast entrees
- Fresh seafood
- Vegetarian options
- Weekly interactive chef stations such as made to order pasta and stir fry dishes
- Local, seasonal, and sustainable foods
- Daily WisePicks — our *wellness meal* option

### What is a WisePick?

The FoodWise program offers daily WisePicks. These items are lower in sodium and saturated fat and have zero trans fat. The WisePick meal includes fresh fruit and/or vegetables, whole grains, and lean protein such as fish, chicken, turkey, tofu, or legumes. To better manage total calories, WisePick meals are portion controlled. These meals have special pricing incentives to help you choose healthy options.

Look for the FoodWise symbol to identify a WisePick.



## Juice and Smoothie Bar

### Smoothies

- **Green Monster** (Spinach, Cucumber, Apples, Parsley, Kale, Ginger, Banana, Mango, Pineapple. Yogurt, Ice)
- **C Power** (Peach, Cantaloupe, Yogurt)
- **Banana Berry** (Strawberry, Banana, Yogurt, Milk)
- **Mango Mania** (Mango, Banana, Honey, Yogurt, Milk)
- **Tropical Dream** (Mango, Pineapple, Banana, Orange Juice, Ice)

### Juices

- **Green Giant** (Spinach, Apple, Parsley, Cucumber)
- **Veg Out** (Carrots, Celery, Tomato, Ginger)
- **Refresh** (Carrots, Cucumber, Apple, Ginger)
- **Energize** (Kale, Carrot, Beet)









## Patient Menus

- Health slaw - Cruciferous vegetables
- Quinoa fatoush salad – grains
- Wheat Berry Crunch Salad





## Health Slaw

Blend of Kohlrabi (German Turnip Cabbage), Brussels Sprouts, Broccoli, Kale, Red Cabbage & Carrots

Vitamins, fiber, and disease-fighting phytochemicals.



## Wheat Berry Crunch Salad

Wheat Berries, Sunflower  
Seeds, Red Peppers, Raisins &  
Herbs

Fiber, folate, protein, iron, vitamin E, and  
magnesium,



## Quinoa Fatoush Salad

Quinoa, Tomatoes, cucumbers, Red & Green Peppers, Red Onions

- High in protein, one of the few plant foods that contain all nine essential amino acids.
- High in fiber, magnesium, B-vitamins, iron, potassium, calcium, phosphorus, vitamin E and other antioxidants.



## Clean meats...Better Meats Antibiotic and hormone free

- No Antibiotics Ever Poultry
- Grass-Fed Beef
- Efforts to decrease antibiotic usage





## Initiatives

- Meatless Mondays
- Beyond burger
- Discounted healthy options
- Stoplight program
- Farmer's market
- Local roots
- Good Choice program
- Tailored Technical Assistance program
- Food Pantry
- Cooking demos





## MSK GOLD STAR CHEFS

# MSK Culinary Team

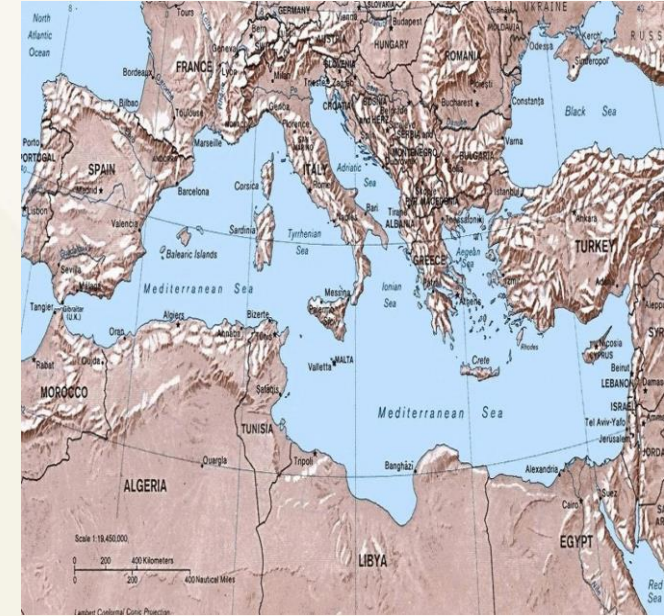
Practice Greenhealth  
Circles of Excellence

- Health Hospitals Food Initiative



## The Mediterranean Diet

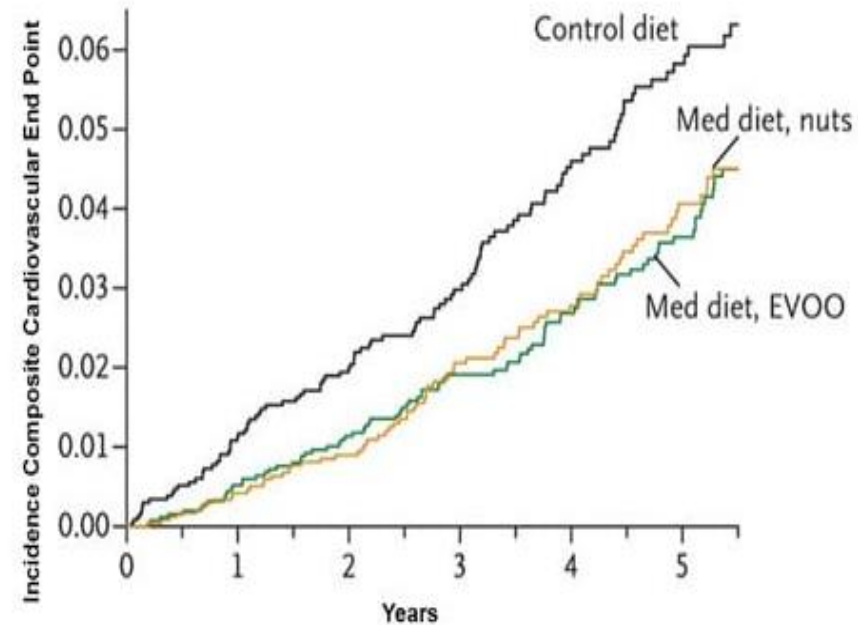
Primarily  
plant-based foods; fruits and  
vegetables,  
whole grains,  
legumes and nuts



# PREDIMED Study

## Mediterranean diet vs low-fat diet control diet

- 7,447 adults at high-risk (DM or other risk factors) but no previous cardiovascular disease
- Combined risk for heart attack, stroke, and death from CVD ↓ by 30%/28% with MD + olive oil/nuts, respectively
- 39% ↓ risk stroke with MD



Estruch R, et al. *N Engl J Med* 2013; 368:1279-1290



## The Take Home

- All foods provide taste, aroma and nutritive value
- There have been no rigorous, long-term studies comparing contenders for best diet using methodology that precludes bias and confounding.
- In the absence of such direct comparisons, claims for the established superiority of any one specific diet over others are exaggerated.
- The weight of evidence strongly supports a theme of healthful eating while allowing for variations on that theme.
- A diet of minimally processed foods close to nature, predominantly plants, is decisively associated with health promotion and disease prevention

Katz D, Meller S. *Annu Rev Public Health* 2014. 35:83–103.

***“We believe.....***

***hospitals can and should  
deliver important preventive  
health messages and solutions  
to patients, staff, and the  
communities they serve should  
deliver”***



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## Get Started

- Seek funding
- Collaborate with a like-minded partners
- Focus on plant-based options
- Launch a Meatless Monday program
- Start a Juice/smoothie Bar
- Buy Clean Meats...Better Meats
- Buy fresh
- Buy local
- Reduce sodium, fat, sugars
- Spread the word e.g. newsletters, website, public affairs

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**Contact us if we can help you:**

**Marsha Diamond, MA, RDN-**

**New Business Development,**

**Today's facilitator**

**[mdiamond@alluserv.com](mailto:mdiamond@alluserv.com)**



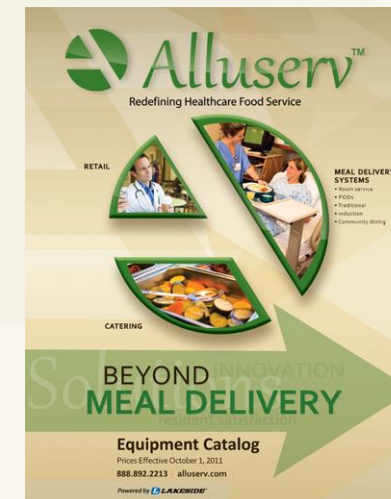
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