



### North Jersey Health Collaborative Chronic Disease and Nutrition Forum

**Facilitated by:** Dr. Jaime Pula, PhD, RDN  
Chief Wellness Officer, Art of Health Sciences

**Presentation by:** Barb Minemier, Certified Holistic Health Coach  
Owner, Your Healthy Truth

Participants begin joining at 1:03pm, meeting is called to order at 1:06pm. 33 participants were in attendance.

**Introduction:** Laura O'Reilly Stanzilis introduces the topic of chronic disease, nutrition, and health improvement as well as the facilitator, Dr. Jaime Pula, and speaker, holistic health coach Barb Minemier.

**Presentation:** Barb Miniemier, Count Chemicals, Not Calories – *Ingredients Matter: what's in your pantry?* ([CLICK HERE TO WATCH PRESENTATION](#))

Many of us have focused on calories and fat, without looking lower on the label to see what's *really* in our food. In my world, there is a lot of people suffering because they don't have this information on nutrition.

Where we are today:

- >Over 70% of all American adults are either overweight or obese.
  - >Someone dies every 36 seconds due to cardiovascular disease – with 84 million having CVD
  - >Over 125 million people are either pre-diabetic or diabetic
- What is the one common denominator among these populations? Food.

Gatorade: 'the electrolyte king'

Ingredients: Water, Sugar, Dextrose, Citric Acid, Natural Flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Modified food starch, Red 40, Glycerol ester of Rosin, Caramel

"Glycerol ester of Rosin" comes from the stump of pine trees, and in addition to food is used in creating lacquer.

Beef Meatloaf with Gravy – Whole Foods

Ingredients beyond red line are solely for the gravy!

Sugar

Individuals who eat processed foods eat around 170 lbs. of sugar a year!

Inflammation and Diet

Often times, people will take medications to manage symptoms that come from poor diet. If your issues are caused by the foods you are eating and you don't address them, they will only get worse.

Inflammation is associated with many diseases including CVD, Diabetes II, Arthritis, Autoimmune diseases, and pulmonary diseases. Often these can be positively affected by improved nutrition.

The Good News:

Lifestyle change is possible! A great way to start is just by having a smoothie. This is great for getting more servings of fruits and vegetables.

How to Begin?

Begin by ***adding whole, fresh foods!*** Dark, leafy greens, colorful fruits and vegetables.

Healthy fats:

Coconut, walnut, and flaxseed oil all raise good cholesterol while lowering the bad cholesterol. They can help with brain function!

Fruits: Vitamins and minerals that give you energy.

Legumes: High in protein, promote regularity, tons of vitamins, minerals, and nutrients

Hydration! Sometimes we reach for food or aspirin before we reach for water when we don't feed well.

Karen Ensle:

USDA NIFA has added many new initiatives funded under the Biden administration that help farmers and ranchers to produce healthier foods for the public. IPM or integrated pest management I mentioned which is used on produce instead of chemicals to decrease costs and grow healthier produce.

<http://www.nifa.usda.gov/grants/programs/integrated-pest-management-program-ipm>

The second website is from the Produce for Better Health Foundation which has lots of information explaining how the "dirty dozen" really scares consumers from consuming fresh fruit and vegetables which everyone needs for better health. They also explain some scientific studies that have tested pesticide residues on fresh produce that is minimal. This is important as we do not want to discourage consumers from eating healthy foods they may lack in their diet. There are multiple resources by RDNs listed under this "dirty dozen" topic along with researchers/scientists that are well-recognized. All the Produce for Better Health Foundation webinars are approved for dietetic/nutritionist continuing education credits. All the topics in their archives cover lots of recent research and resources.

<https://fruitsandveggies.org/expert-advice/should-i-be-afraid-of-the-dirty-dozen/>

MyPlate webpage: <https://www.myplate.gov/>

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