



HEALTH CLAIMS

Shante, Jade, and Rayna
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HEALTH CLAIMS

1. FDA defines health claims as the relationship between a food substance and health benefit or risk supported by credible evidence.



HERE'S A THOUGHT

In today's society
who is the biggest
influence in the
meal manager's
decision when
considering health
claims?



ANSWER: SOCIETY!



DR. OZ



RELIABLE INFORMATION?

1. Celebrities, televisions, magazines appeal to the majority of the public
2. Getting information from paid actors on the televisions makes life easier
3. Is it reliable? Exaggerated? Non-credible source?
4. When incredible information is presented there is a sensational and excited movement within the consumers who choose to believe without being presented with any valid research
5. Consider the advantages and disadvantages and refer to a credible source

WHAT ARE SOME COMMON HEALTH CLAIMS THAT YOU CAN THINK OF?





WHAT IS GLUTEN?

According to *The Pros and Cons of Going Gluten-Free*, “Gluten is the portion of the protein component of wheat that forms the structure of dough. It gives dough it’s sticky and pliable consistency” (Pennington, 2014, p. 1).

Pennington , C. (2014, October 27). *The Pros and Cons of Going Gluten-Free*. Retrieved April 21, 2017.

A gluten free diet is one that consists of no grains such as wheat, barley, or rye.

GLUTEN FREE DIET QUESTIONS FOR YOU

Who do you think purchases gluten free products?

What percent of Americans have no reason for a gluten free diet?

- a)35%
- b)26%
- c)19%
- d)10%
- e)8%

GLUTEN FREE DIET QUESTION ANSWERS

Who do you think purchases gluten free products?

A: Research studies have shown more individuals **without** a gluten allergy are purchasing gluten free products (Reilly, p. 206).

What percent of Americans have no reason for a gluten free diet?

a)35%

b)26%

c)19%

d)10%

e)8%

OTHER GLUTEN FREE DIET FUN FACTS

26% of American adults are gluten free because it is a “**healthier option**” (Reilly, 2016, p. 206)

10% of American adults are gluten free because someone in their family has a gluten sensitivity (Reilly, 2016, p. 206)

8% of American adults are gluten free because they have a gluten intolerance (Reilly, 2016, p. 206)

Gluten free diets are more likely to have **disadvantages** for those who **DO NOT** have any gluten allergies.

PROS AND CONS OF A GLUTEN FREE DIET?

Positive Effects:

“May decrease carbohydrate consumption and encourage increase in fruits and vegetables” (Robbins, Pugliese, Cullum-Dugan, Lenders, & Ireland, p. 9).

Robbins, J., Pugliese, S., Cullum-Dugan, D., Lenders, C., & Ireland, K. G. (n.d.).
(2012, October 2). Popular Diets. Retrieved April 23, 2017.

Pain reliever for those with celiac disease or other gluten sensitivities

Negative Effects:

- Greater fat density
- Higher sugar content
- Lack of fiber, folate, and iron
- More expensive
- Vitamin B Deficiencies

Strawbridge, H. (2016, November 28). Going gluten-free just because? Here's what you need to now. Retrieved April 21, 2017.

IS THIS DIET FOR YOU AFTER HEARING THE RESEARCHED INFORMATION?

QUESTION #4: IS GLUTEN-FREE REALLY THAT HEALTHY?

- Gluten free diet

- Potential benefits:

- Less junk?
- Paying attention to diet
- Relief of symptoms?
- No nutrients specific to wheat that cannot be found in other foods

- Potential cons:

- Highly processed starches
 - Rice flour, tapioca, xanthan gum, etc.
 - Usually not fortified
- Potentially low in folate, fiber
- Changes in gut microbiota
- Expensive & restrictive

Bottom line: No need to avoid gluten unless you have CD or non-celiac gluten sensitivity

•If going gluten free, focus on whole, fresh foods



<https://www.slideshare.net/MUSWellness/everything-you-wanted-to-know-about-nutrition-but-were-afraid-to-ask>

<http://www.consumerreports.org/cro/magazine/2015/01/will-a-gluten-free-diet-really-make-you-healthier/index.htm>

WHO IS THIS ATKINS?

1. Occupation: Cardiologist. Is this a credible source for the meal manager?
2. Wrote: *Dr. Atkins' Diet Revolution*
3. The health professionals contradicted his ideas but the public remained very encouraged by the diet
4. After research presented at the American Heart Association in 2002 showed weight loss on a high fat diet it became a sensational diet. There is still skepticism that this type of eating can lead to health risks in the long term

WANT TO KNOW MORE?

1. This diet focuses on consuming low carbs with high amount of proteins in fats

(Student-ease: More Bacon!)

2. The Atkins diet consists of four phases induction, balancing, pre-maintenance, and life-time maintenance

3. Carbohydrate intake is reduced to 10% at the introduction of this diet

4. Long term effects are still being studied but as with other weight loss diets there are still pros and cons

PROS AND CONS TO ATKINS DIET

Advantages

1. Higher fat intake can leave the meal manager feeling satiety!
2. Allows consumption of foods that can't be eaten on other diets.
ex. Bacon!
3. It is recommended for those with illnesses
ex. Cancer and Diabetic patients
4. The reason that everyone else in the public diets: Great for weight loss

Disadvantages

1. Increasing protein and fat can lead to diseases and decrease sufficient nutrients needed in other areas
 - a. Heart disease, Kidney disease, and etc.
2. Nutritional deficiencies can lead to diseases
3. Ketosis is a major concern

WOULD YOU CONSIDER THIS A WAY OF LIFE?

1. Dieting incorporates habits that changes the way the meal manager was eating before.
2. Choosing a diet that meets the needs of an individual can be different from one person to the next.
3. Always consider variation, balanced, moderation of a dish, and what diets don't talk about enough; Exercise.



LET'S TALK ABOUT THE PALEO DIET

1. The idea of the Paleo diet was created by Dr. Lorin Coradin.
2. The diet mimics what ancient man ate
3. Lean meats, fish, eggs, nuts, oils, vegetables, and fruit are allowed in the diet.
4. Dairy, grains, beans, legumes, starchy vegetables, processed foods, refined sugar, and sugary drinks are prohibited.



CARE TO KNOW MORE?



1. This diet plan does not require any calorie counting, or portion sizes; however, you have to only eat what is allowed on the diet.
2. Diet sounds appealing to those who want to cut refined and processed foods out of diet.

PROS AND CONS

Advantages

1. Diabetics may have greater glycemic control.
2. People who want a fast initial weight loss solution.
3. Very nutrient dense, and anti-inflammatory benefits.
4. People who want to refrain from processed and refined products.

Disadvantages

1. No carbohydrates can lead to ketosis, and carb flu.
2. Vegans and Vegetarians might have trouble gaining protein from non-animal sources.
3. Can be expensive and inconvenient if you enjoy eating out.

Is this an Ideal diet for you?

1. Not enough carbohydrates for athletes, and people who practice veganism or who are vegetarian.
2. Cutting processed and refined sugars is always beneficial to the health.
3. The idea of the diet should have an influence in the diet you consume.



“Something’s just not right—our air is clean, our water is pure, we all get plenty of exercise, everything we eat is organic and free-range, and yet nobody lives past thirty.”

HOW HAS HEALTH CLAIMS AFFECTED YOU AS THE MEAL MANAGER?

List a Few that you have seen or heard!

100% NATURAL



CONSIDER THE ADVANTAGES AND DISADVANTAGES

There is a substantial amount of information in the world and in today's technology, getting access to it has become much simpler.

The ease of getting this information begins to bring doubt on whether it should be trustworthy.

Health claims are related to the meal managers everywhere.

Everyone has to eat and the claims made can have positive or negative effects on the consumer.

Consider these diets, for example, most of these are spread through social media. The hard facts are not presented unless the meal manager looks for that information.



TO SUM IT UP

1. As the meal manager, your choice in food is your own personal choice
2. The meal manager knows what his preferences are.
3. A meal that is balanced, varied, and prepared in moderation is what is promoted in nutrition.
4. Health claims are important to consider when provided with information that could benefit or put the meal managers health in risk.

References

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