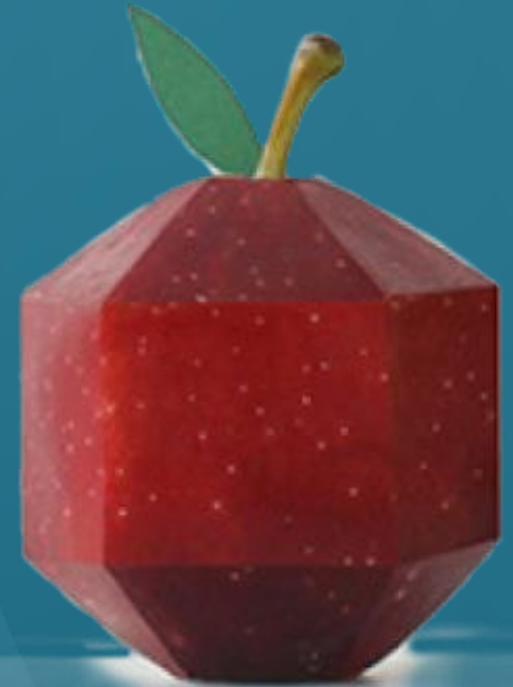


The Power of Healthful Foods in the Hospital Setting



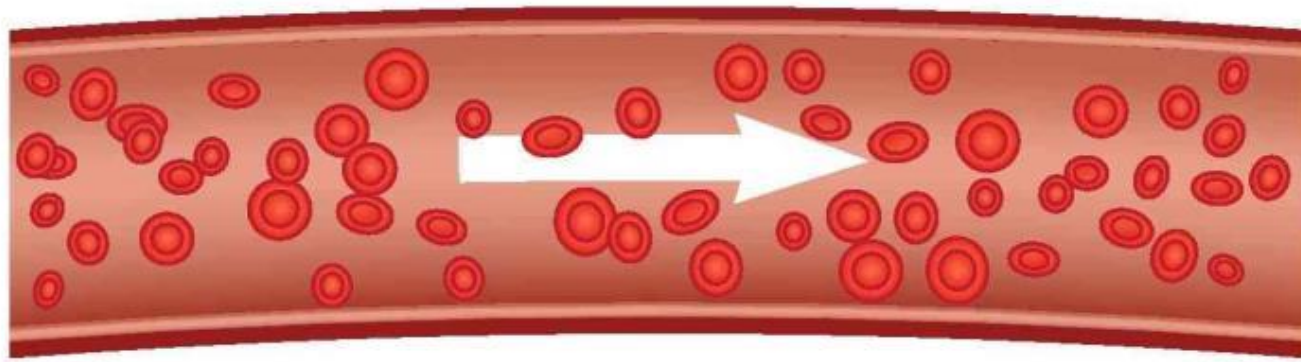
Neal D. Barnard, MD, FACC

Adjunct Professor, George Washington University School of Medicine

President, Physicians Committee for Responsible Medicine, Washington, DC

Disclosures

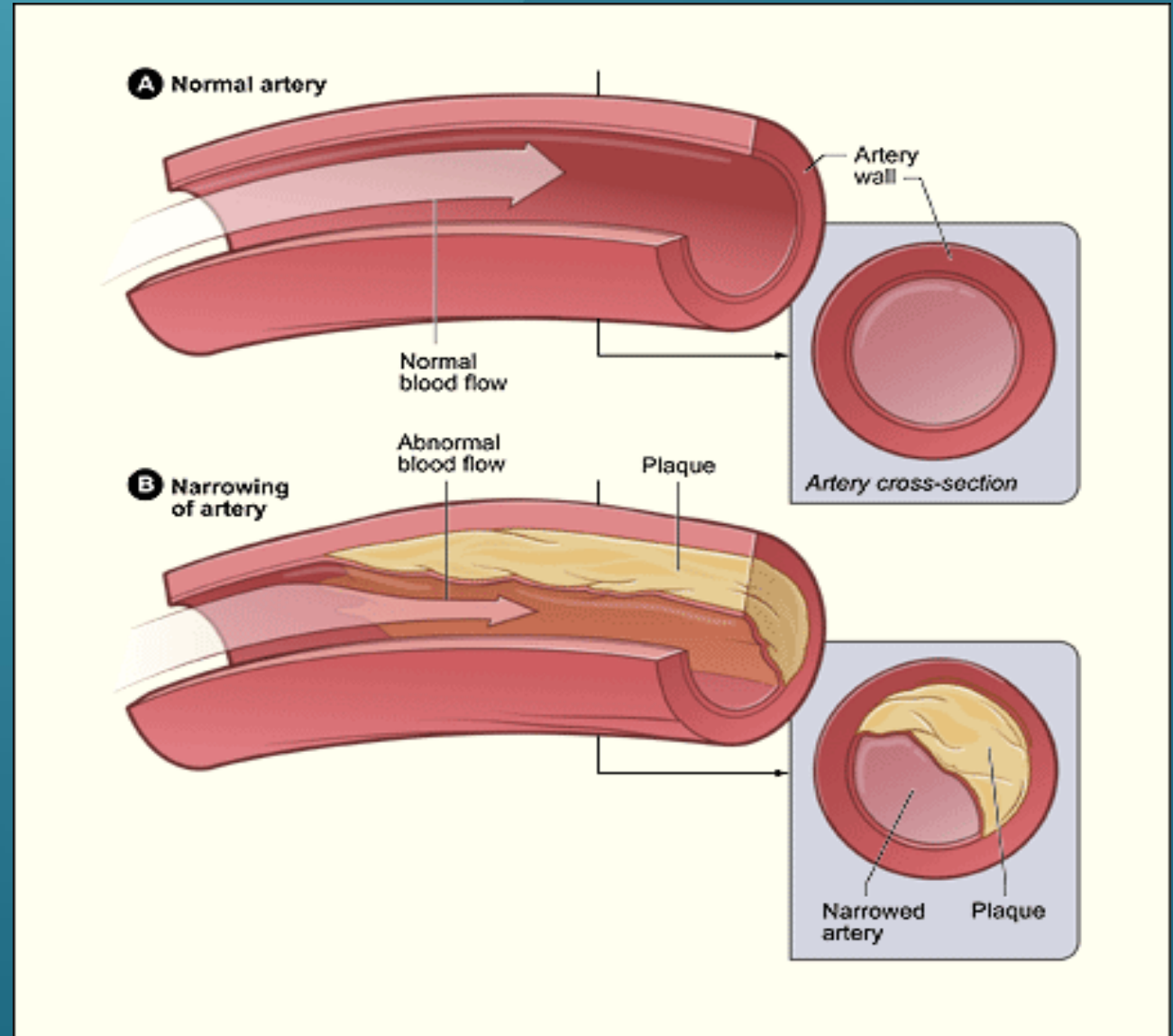
There are no relevant financial relationships with ineligible companies for those with the ability to control the content of this activity.



Lifestyle Heart Trial

Dean Ornish, M.D.
Preventive Medicine Research
Institute
Sausalito, California

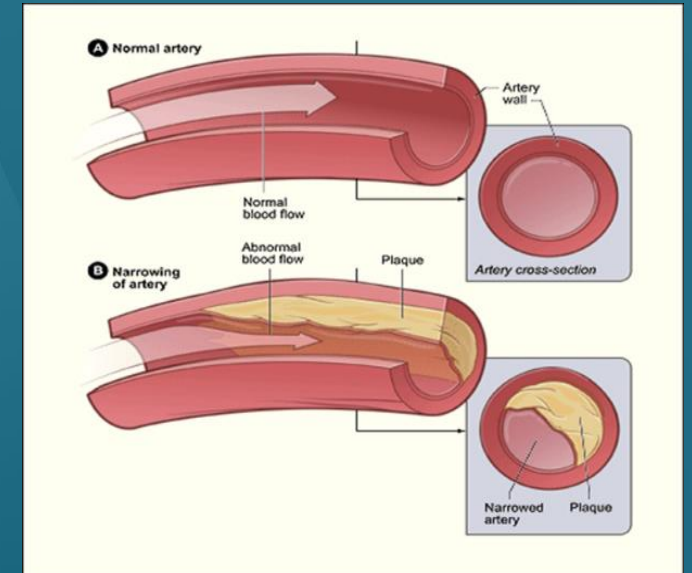
lifestyle intervention
vs.
usual care



Lifestyle Heart Trial

Experimental program:

1. Vegetarian foods
2. Half-hour walk daily
3. Manage stress
4. Avoid tobacco



Lifestyle Heart Trial

1-year results

Cholesterol ↓ 24%

LDL cholesterol ↓ 37%

Weight ↓ 22 lbs (10 kg)

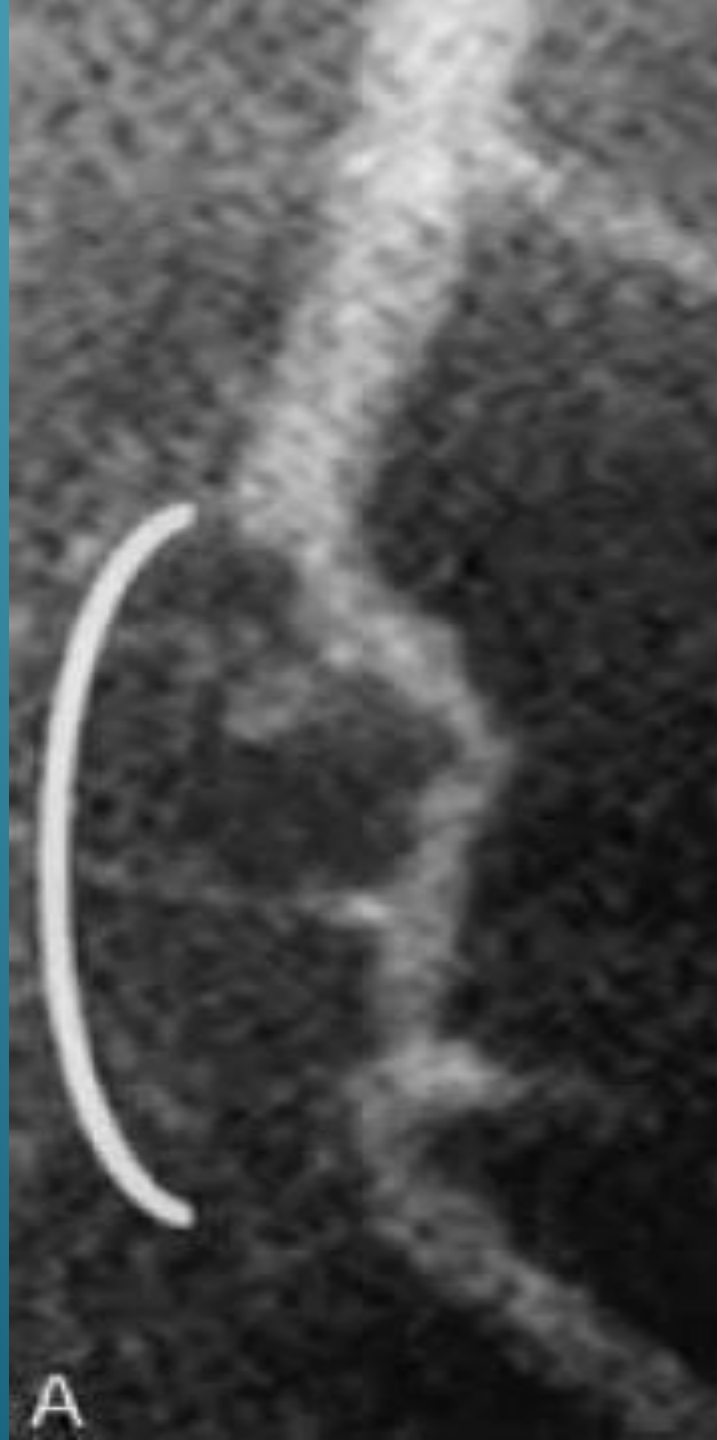
Reversal 82% of participants

Esselstyn 2014

Cleveland Clinic

A. Diseased distal left anterior descending artery

B. After 32 months on low-fat, vegan diet with no lipid-lowering medications



Esselstyn CB Jr J Fam Practice.
2014;63(7):356-364b.

	Cholesterol	Saturated Fat
Roast beef, lean only (100 g)	83 mg	3.4 g (17%)
Chicken with skin (100 g)	88 mg	3.8 g (14%)
without skin (100 g)	89 mg	2.0 g (10%)
Chinook salmon (100 g)	85 mg	3.2 g (13%)
Cheddar cheese (2 oz)	58 mg	11.0 g (43%)
2 Large eggs	362 mg	3.1 g (19%)
Black beans (100 g)	0	0.1 g (1%)
Brown rice (100 g)	0	0.2 g (1%)
Broccoli (100 g)	0	0.1 g (3%)
Sweet potato (100 g)	0	0.04 g (0.5%)

Weight-Control Study

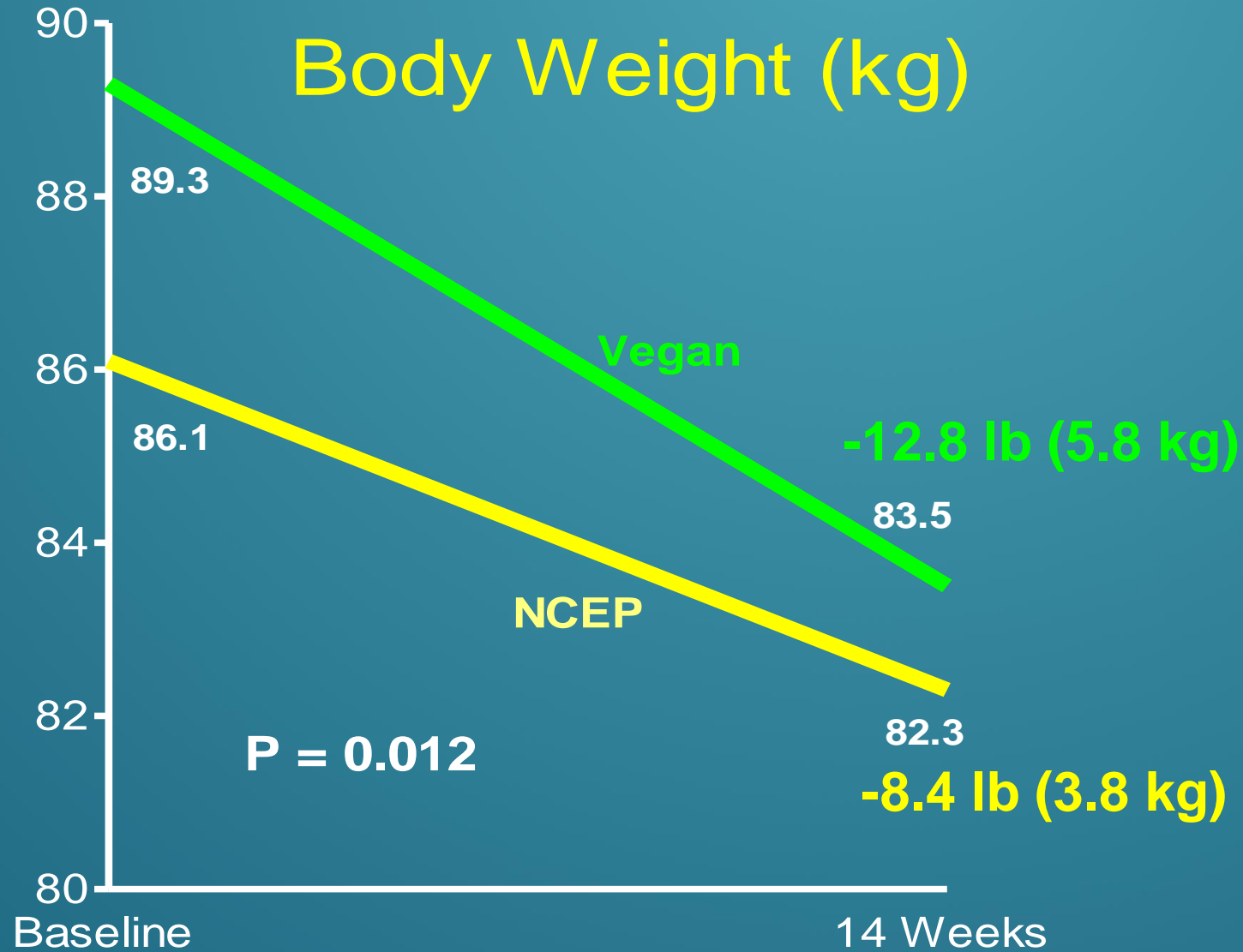
64 overweight women

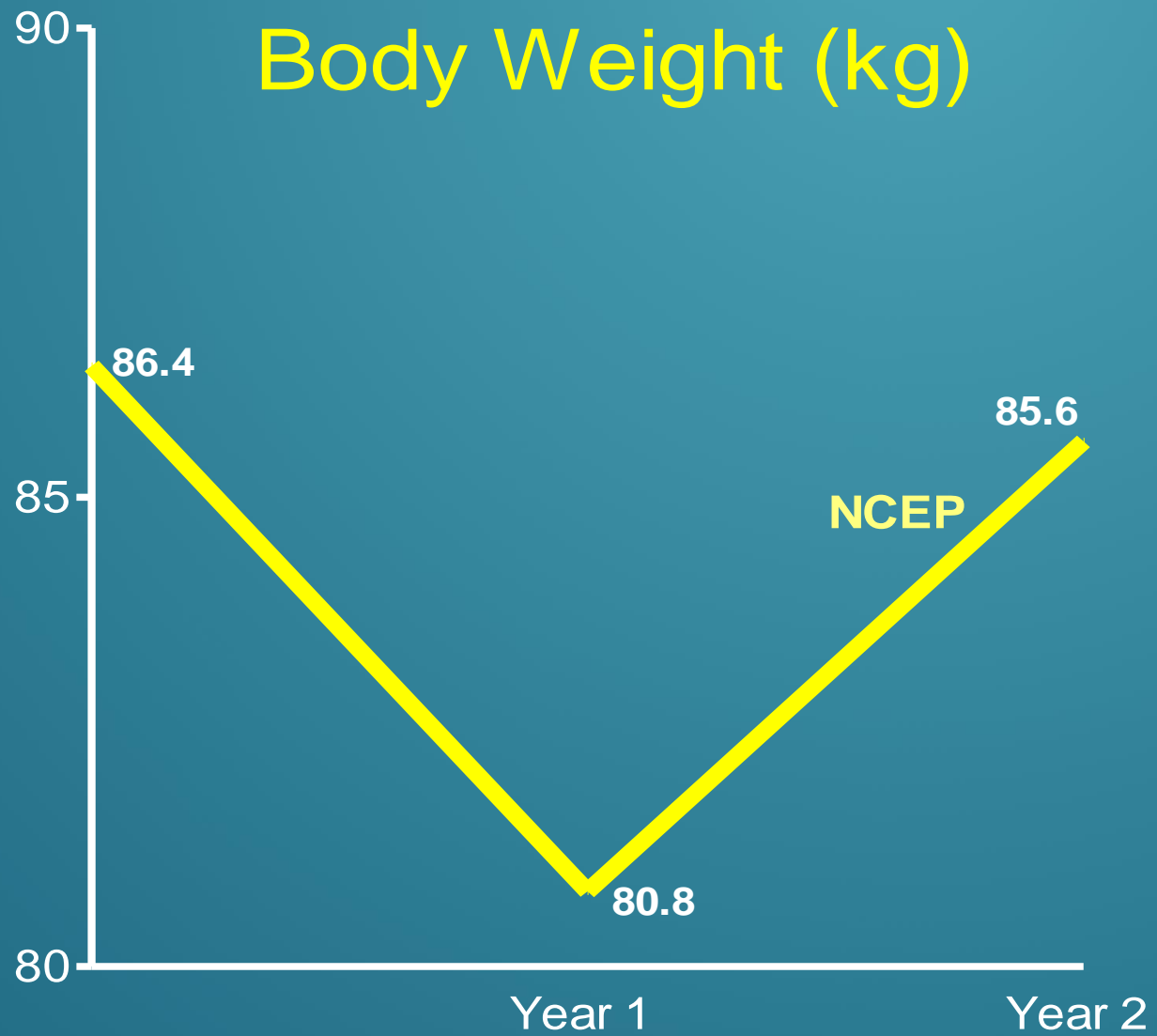
Low-fat vegan vs “conventional” diet

No exercise

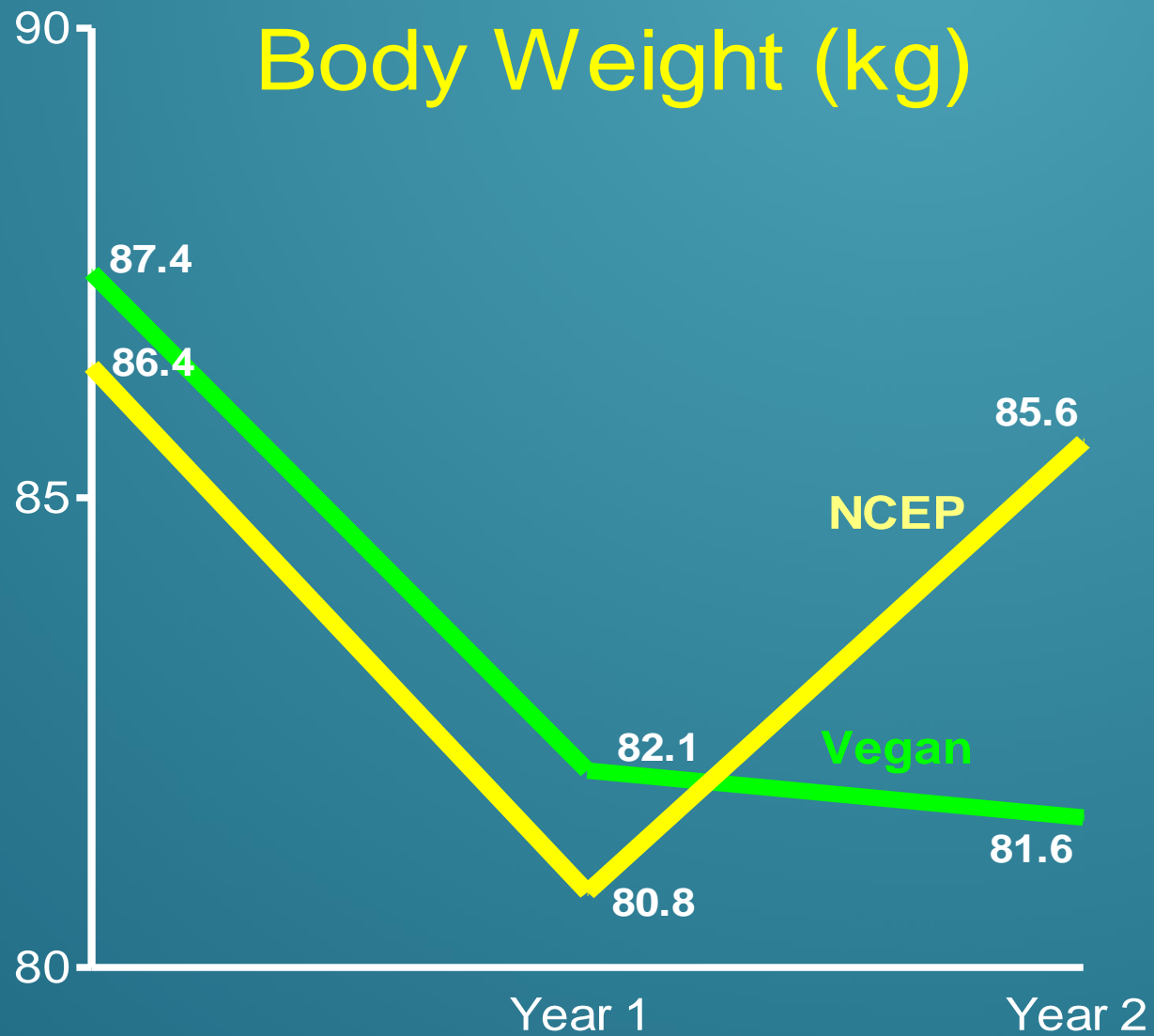
14-week study







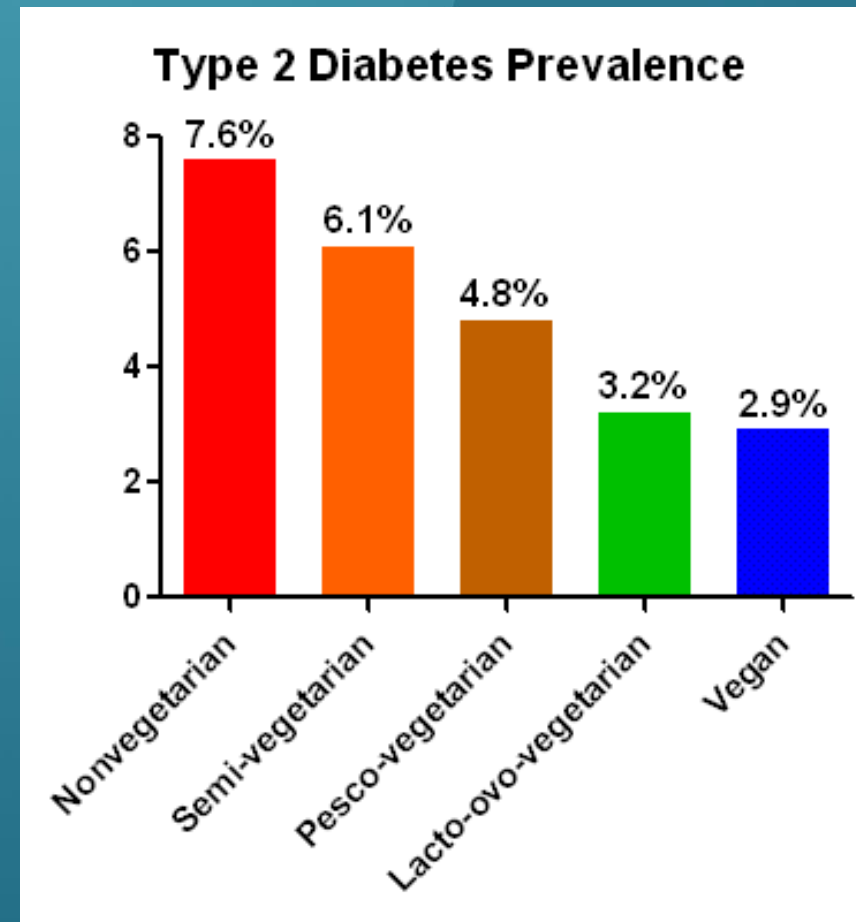
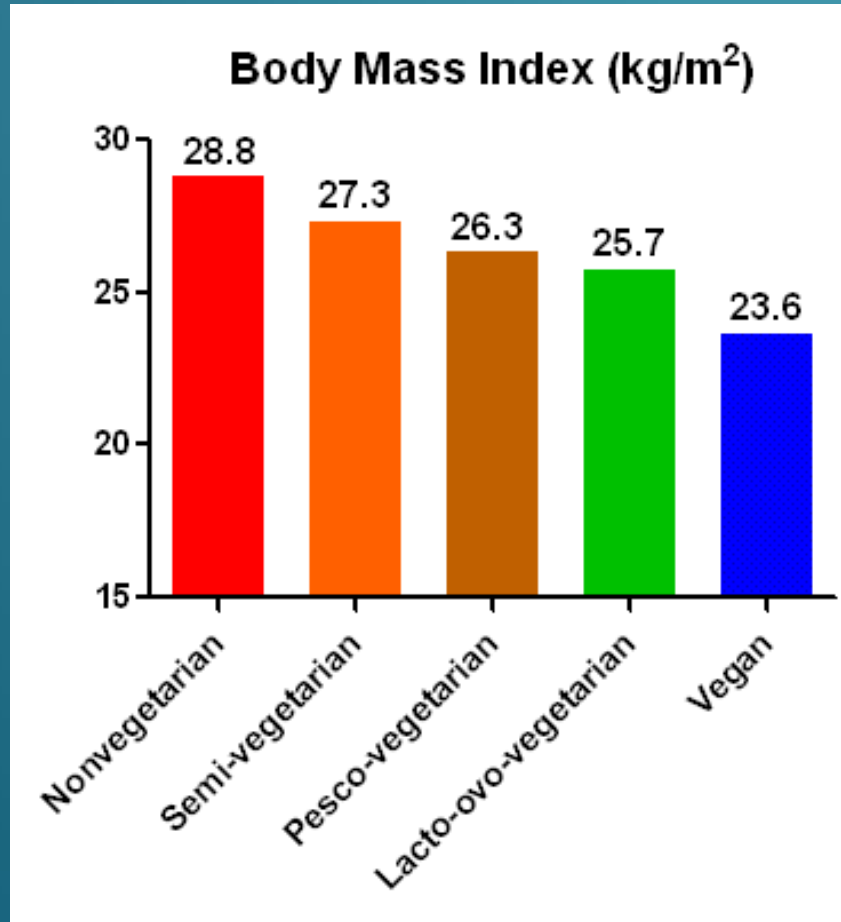
Intention-to-treat model, last value brought forward.
Turner-McGrievy. Obesity 2007;15:2276-81.



Intention-to-treat model, last value brought forward.
Turner-McGrievy. Obesity 2007;15:2276-81.

Adventist Health Study – 2

60,903 participants, aged ≥ 30 , enrolled 2002-2006



Tonstad S, et al. Type of vegetarian diet, body weight and prevalence of type 2 diabetes. *Diabetes Care* 2009;32:791-6.

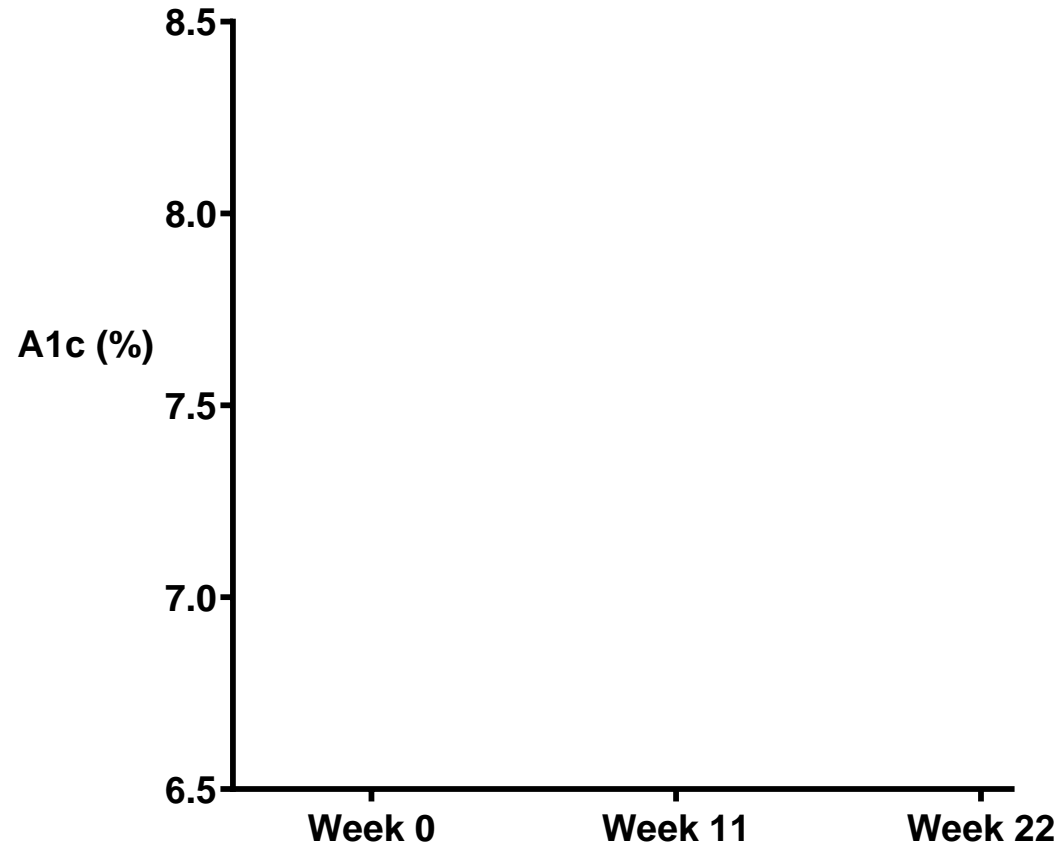
Randomized, Controlled Trial in Type 2 Diabetes

Portion-controlled diet vs plant-based diet

Barnard ND, Cohen J, Jenkins DJ, et al. A low-fat, vegan diet improves glycemic control and cardiovascular risk factors in a randomized clinical trial in individuals with type 2 diabetes. *Diabetes Care* 2006;29:1777-1783.

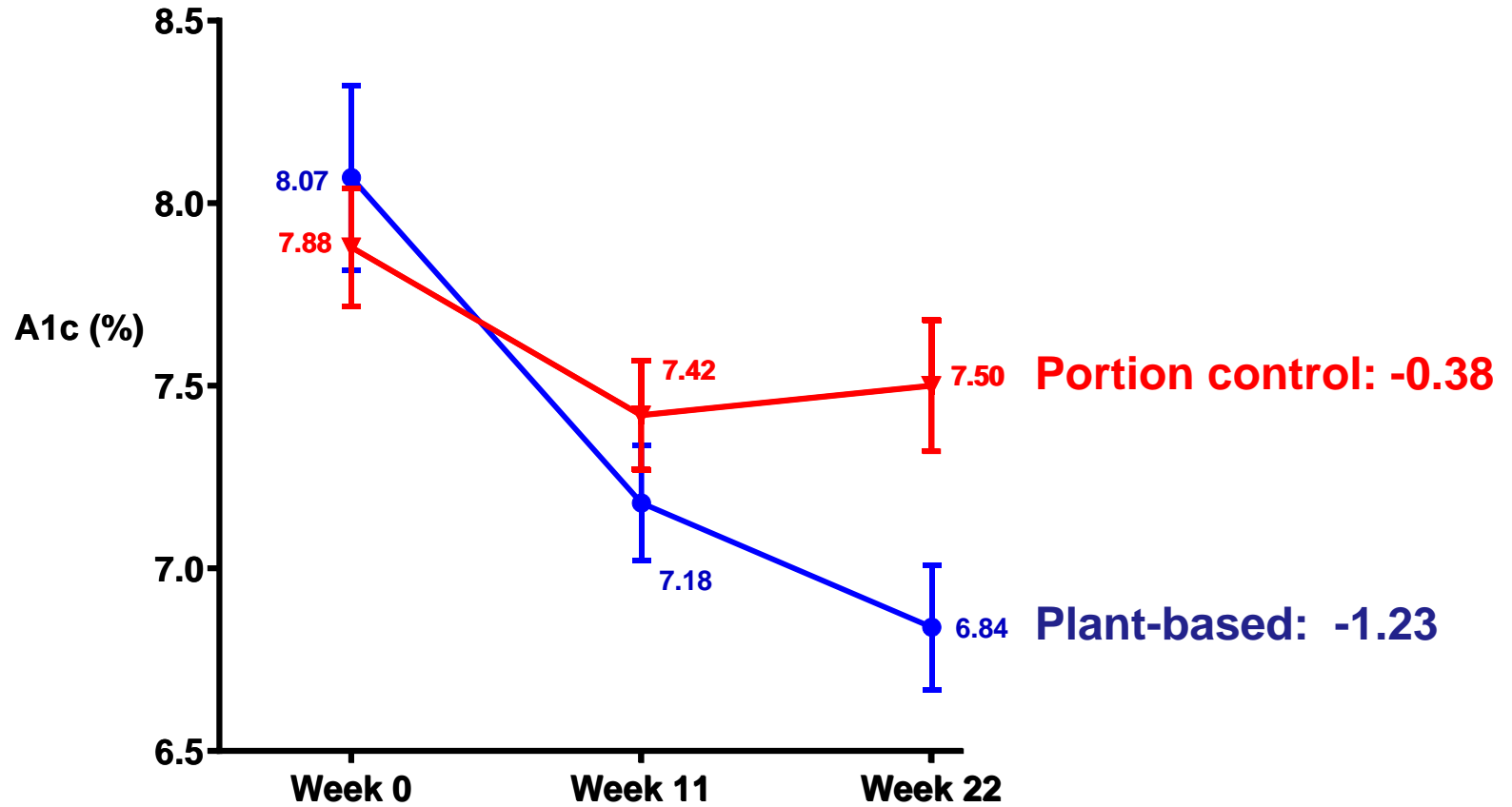
Barnard ND, Cohen J, Jenkins DJ, et al. A low-fat vegan diet and a conventional diabetes diet in the treatment of type 2 diabetes: a randomized, controlled, 74-week clinical trial. *Am J Clin Nutr* 2009;89(suppl):1588S-96S.

Hemoglobin A1c at Baseline and at 11 and 22 Weeks
Individuals with no medication changes, n = 24 vegan, 33 ADA

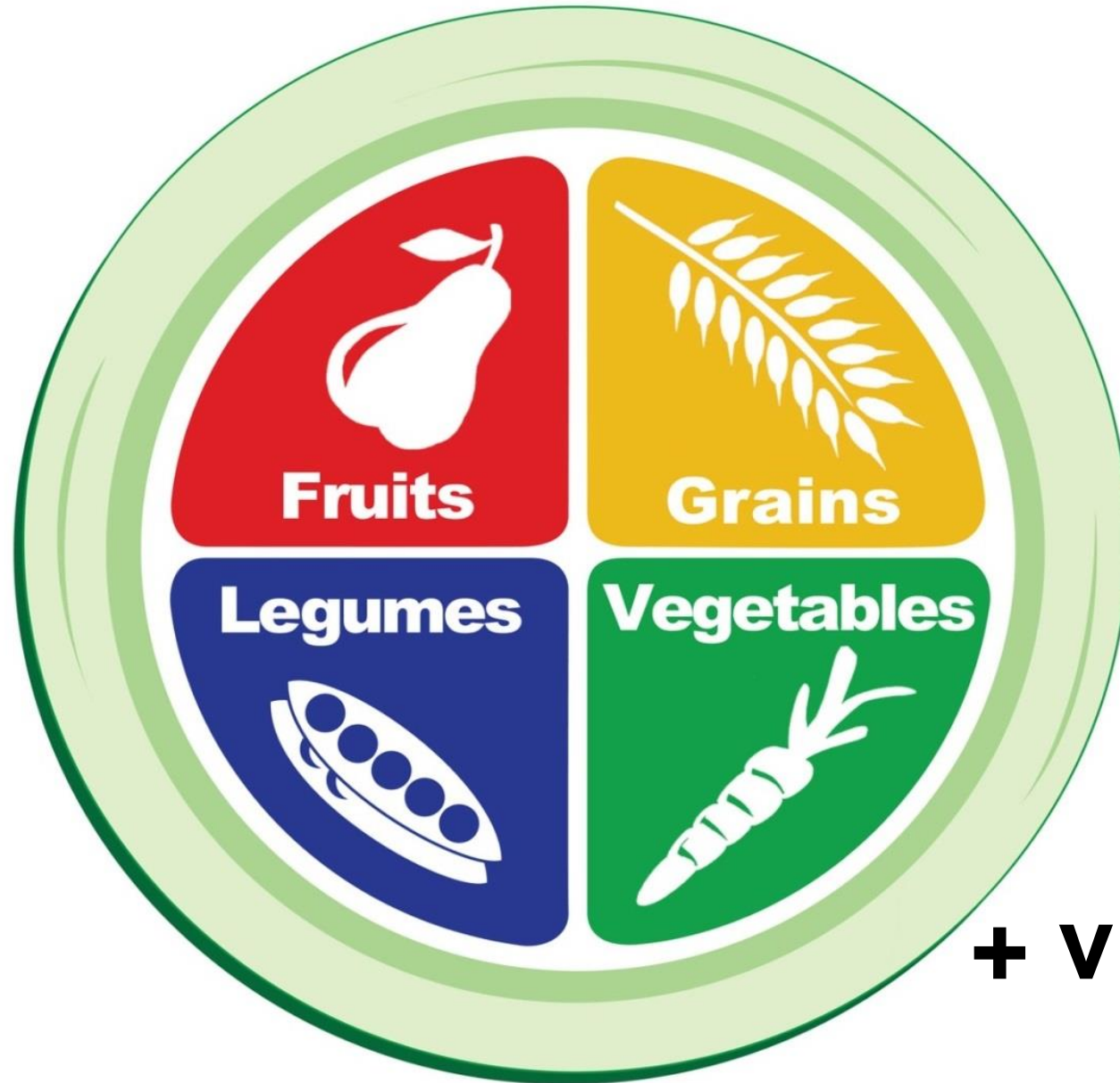


Barnard ND, Cohen J, Jenkins DJ, et al. A low-fat, vegan diet improves glycemic control and cardiovascular risk factors in a randomized clinical trial in individuals with type 2 diabetes. *Diabetes Care* 2006;29:1777-1783.

Hemoglobin A1c at Baseline and at 11 and 22 Weeks
Individuals with no medication changes, n = 24 vegan, 33 ADA



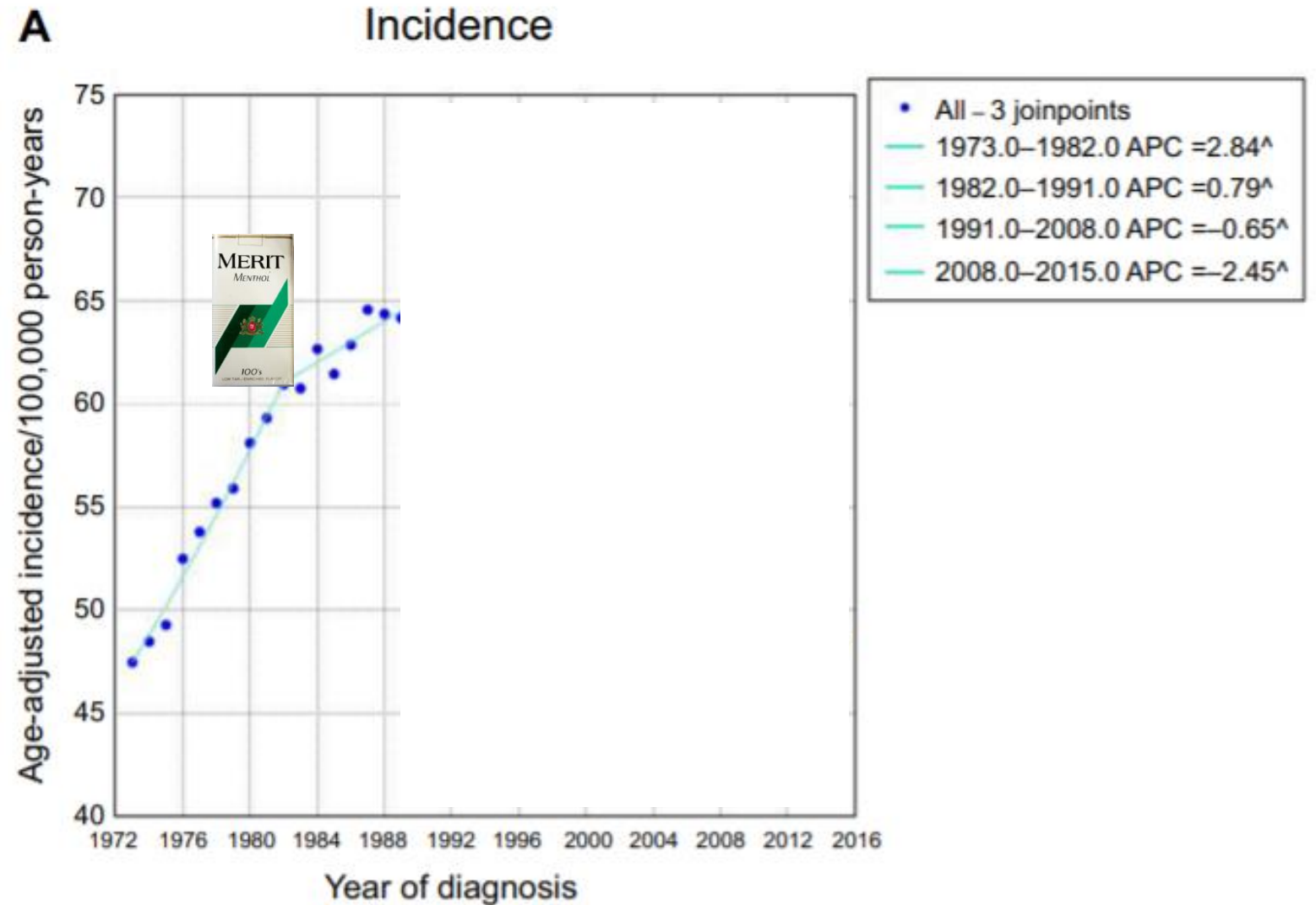
Barnard ND, Cohen J, Jenkins DJ, et al. A low-fat, vegan diet improves glycemic control and cardiovascular risk factors in a randomized clinical trial in individuals with type 2 diabetes. *Diabetes Care* 2006;29:1777-1783.



+ vitamin B₁₂

Healthful Hospital Food

Lung Cancer Incidence 1972-2016



Lu T, Yang X, Huang Y, et al. Trends in the incidence, treatment, and survival of patients with lung cancer in the last four decades. *Cancer Manag Res.* 2019;11:943-953. Published 2019 Jan 21. doi:10.2147/CMAR.S187317



\$15.00

\$13.00

MARLBORO SKYLINE \$9.99

\$14.00

14.00

\$14.00



\$14.50

\$12.50

Marlboro \$13.00

\$13.00



\$12.90

\$13.50

\$13.50

\$14.00

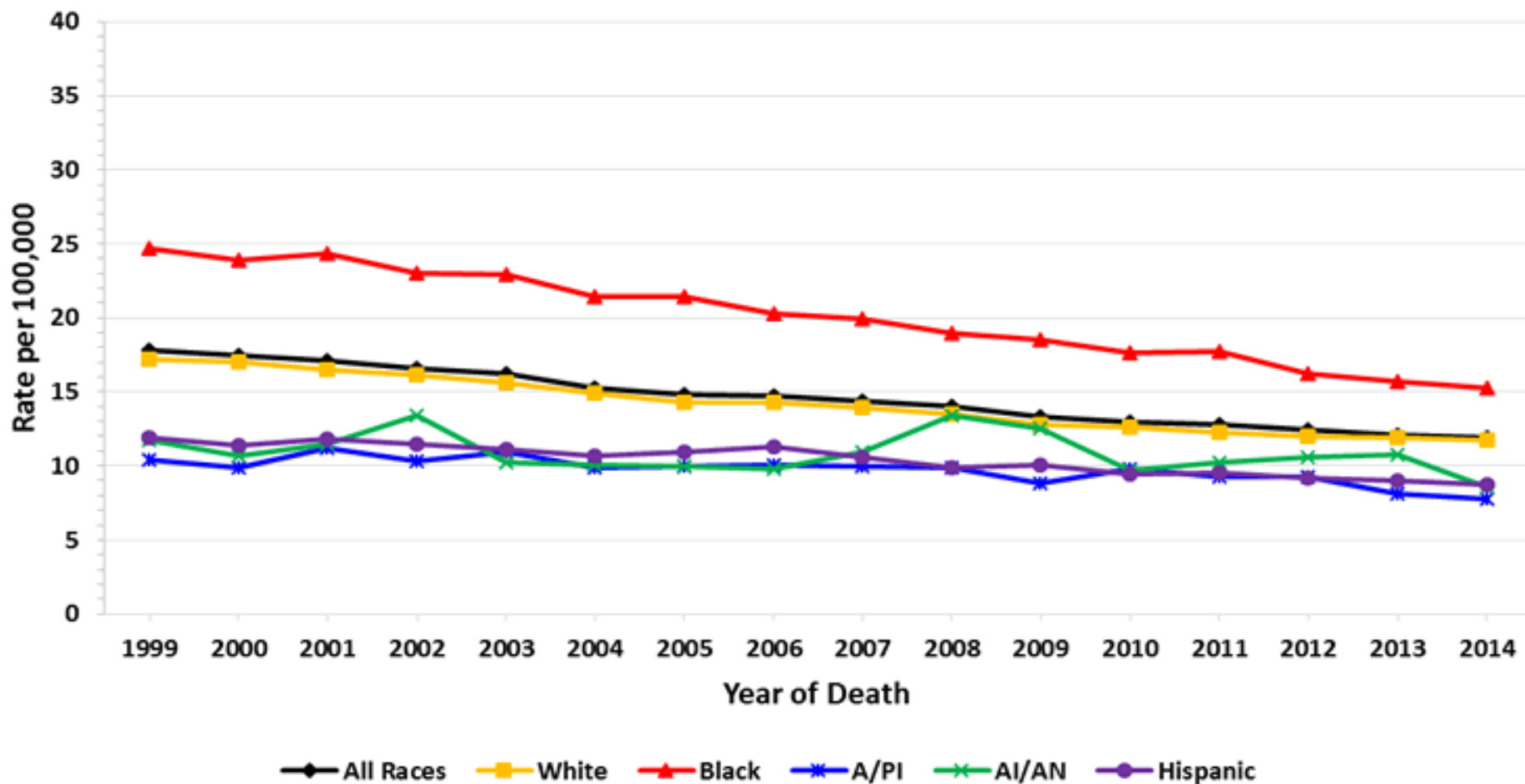
\$13.50

\$13.50



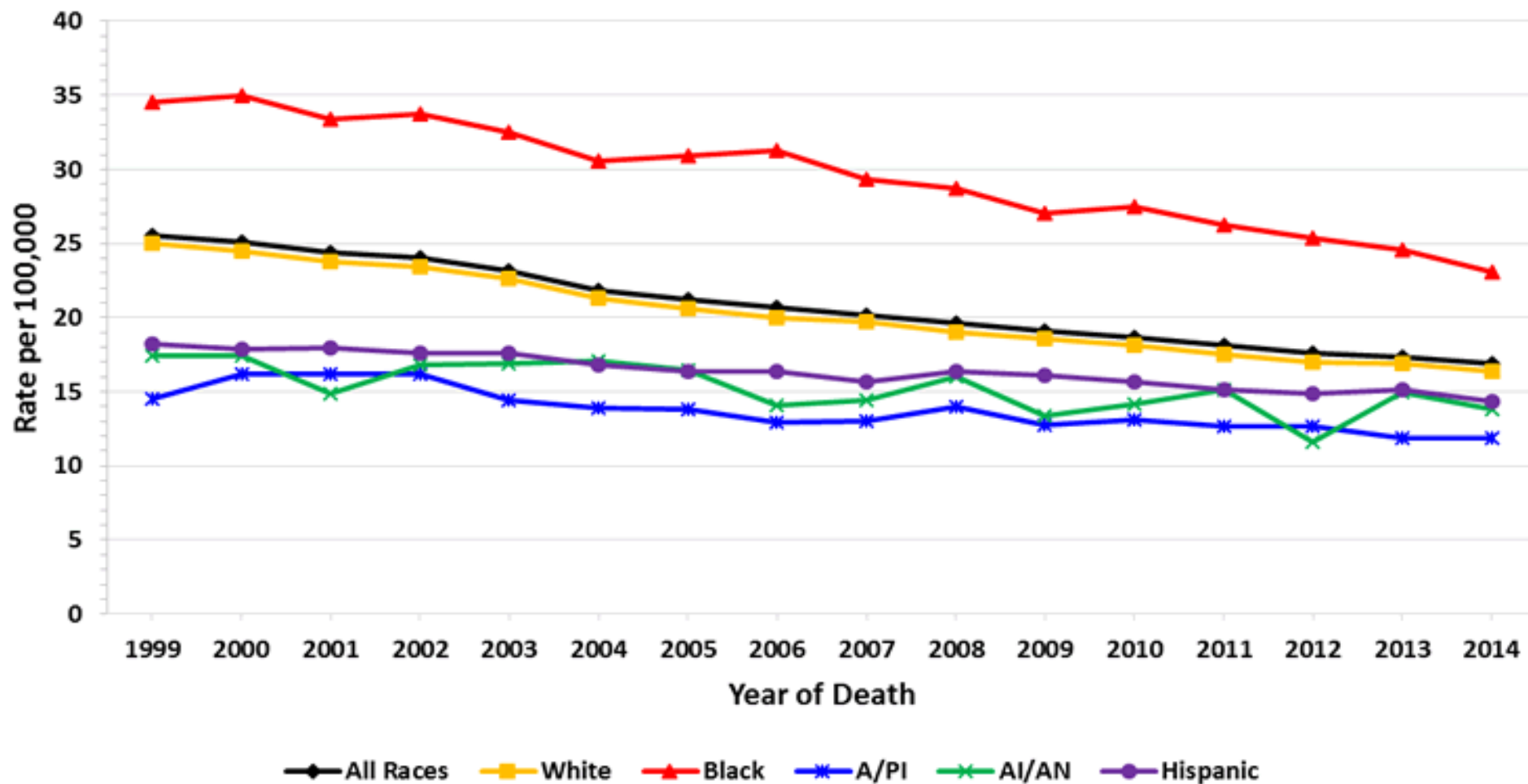
75% OFF THIS PACK

Colorectal Cancer Death Rates* by Race and Ethnicity,† Female, United States, 1999–2014[§]



Centers for Disease Control and Prevention. Colorectal Cancer Rates by Race and Ethnicity. Available at: <https://www.cdc.gov/cancer/colorectal/statistics/race.htm>

Colorectal Cancer
Death Rates* by Race and Ethnicity,† Male, United States, 1999–2014§



Centers for Disease Control and Prevention. Colorectal Cancer Rates by Race and Ethnicity. Available at: <https://www.cdc.gov/cancer/colorectal/statistics/race.htm>

Cancer Incidence Rising in Young Adults

(25–49 years of age):

Colorectal

Pancreatic

Kidney

Uterine Corpus

Gallbladder

Multiple myeloma

Sung H, Siegel RL, Rosenberg PS, Jemal A. Emerging cancer trends among young adults in the USA: analysis of a population-based cancer registry. *Lancet Public Health*. 2019 Mar;4(3):e137-e147

2015



World Health Organization

“... each 50 gram portion of processed meat eaten daily increases the risk of colorectal cancer by 18%.”



2018 Meta-Analysis: Processed Meat and Breast Cancer

“...processed meat consumption was associated with a 9% higher breast cancer risk (pooled RR, 1.09; 95%CI, 1.03-1.16).”

Farvid MS, Stern MC, Norat T, et al. Consumption of red and processed meat and breast cancer incidence: a systematic review and meta-analysis of prospective studies. *Int J Cancer*. 2018;143(11):2787-99.



American Medical Association

Physicians dedicated to the health of America



Approved June 2017, modified 2019:

Healthful Food Options in Health Care Facilities H-150.949

1. Our AMA encourages healthful food options be available, at reasonable prices and easily accessible, on the premises of Health Care Facilities.
2. Our AMA hereby calls on all Health Care Facilities to improve the health of patients, staff, and visitors by: (a) providing a variety of healthy food, including **plant-based meals**, and meals that are low in saturated and trans fat, sodium, and added sugars; (b) **eliminating processed meats** from menus; and (c) providing and promoting healthy beverages.
3. 3. Our AMA hereby calls for Health Care Facility cafeterias and inpatient meal menus to publish nutrition information.

Keeping Your Hospital Property Smoke-Free:
*Successful Strategies for Effective Policy
Enforcement and Maintenance*



Lessons from Tobacco

Don't wait

Don't worry

Collaborate with other hospitals

Don't phase it in

Get buy-in at the top



Hospital patient attitudes regarding cancer prevention policies focusing on processed meats: a survey of patients in high- and low-income areas

Neal D. Barnard^{1,2}, Marijane Hynes³, Raymond Tu⁴, Lizoralia Brandon², Elizabeth Ghandakly³, Keerthi Vemulapalli³, Alyssa Burns², Amber Nowak²

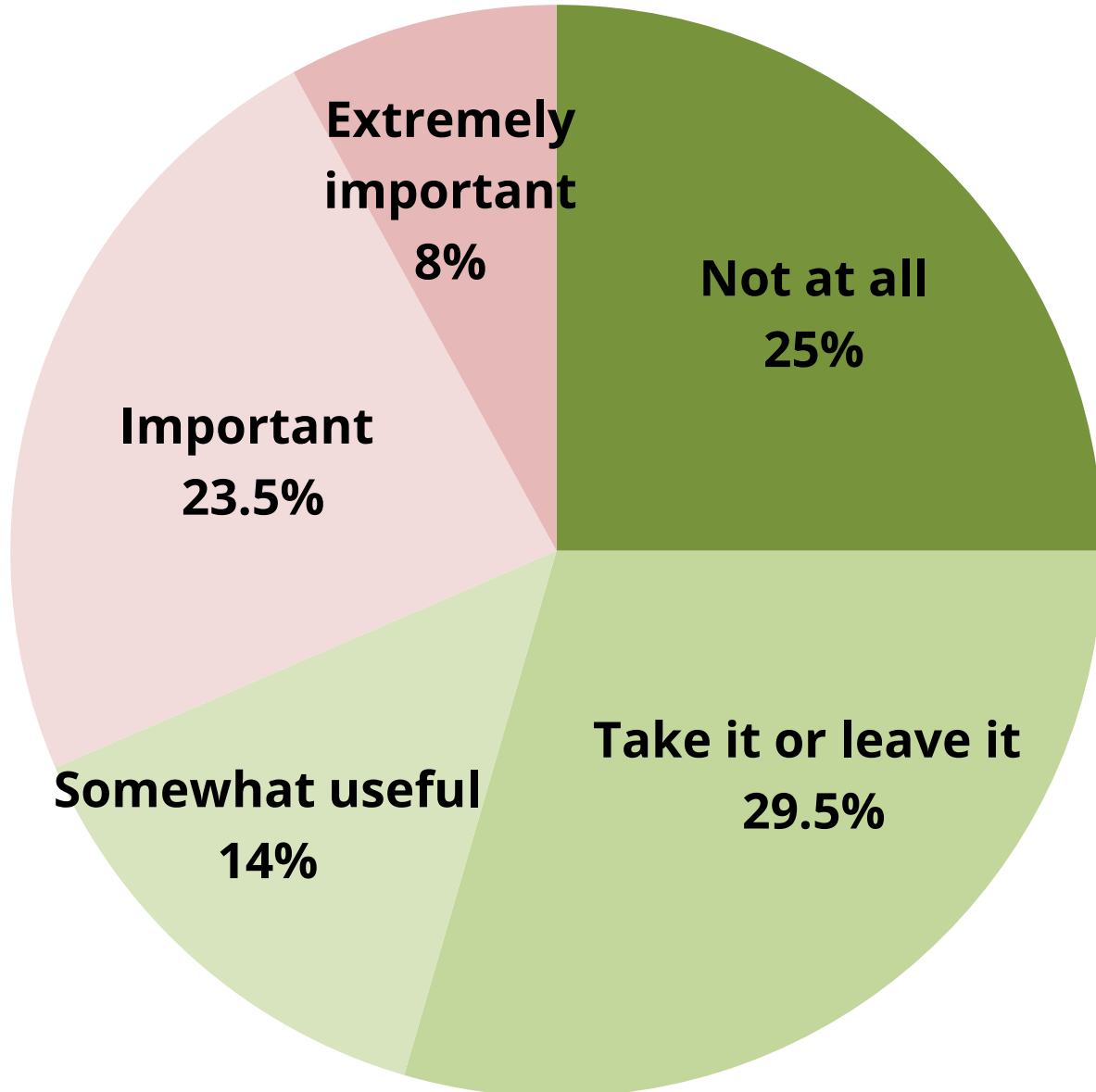
¹Department of Medicine, George Washington University School of Medicine, Washington, DC, USA; ²Physicians Committee for Responsible Medicine, Washington, DC, USA; ³George Washington University School of Medicine and Health Sciences, Washington, DC, USA; ⁴United Medical Center, Washington, DC, USA

Correspondence to: Neal D. Barnard, MD, FACC. Adjunct Faculty, Department of Medicine, George Washington University School of Medicine, 5100 Wisconsin Avenue, Suite 400, Washington, DC, USA. Email: nbarnard@pcrm.org.

Abstract: The American Medical Association has called on hospitals to reduce the risk of cancer, cardiovascular disease, and other health problems by eliminating processed meats from their menus. To ascertain patients' attitudes about this policy change, inpatients at 2 Washington, DC, hospitals were surveyed. One, United Medical Center (UMC), serves an economically disadvantaged area, while the other, George Washington University Hospital (GWUH), serves an economically advantaged area. The UMC population was 92% black/African American and 2% white; the GWUH population was 56% black/African American and 34% white ($P < 0.0001$). Of 200 patients surveyed, being able to eat bacon or sausage was rated as less than important by 68.5%, and as "important" or "extremely important" by 31.5%. Results at the two hospitals were similar. Being able to eat these products was rated as "important" or "extremely important" by 32% and 31% at UMC and GWUH, respectively. Regarding agreement with eliminating processed meat in order to reduce cancer risk, 82.5% of participants agreed, strongly agreed, or were neutral (86% at UMC, 79% at GWUH). We conclude that a large majority from both hospitals supported or were neutral regarding excluding processed meats from hospital menus for cancer prevention, with no major differences between the hospitals.

All Participants, N = 200

How important is bacon or sausage?



What patients learn in the hospital improves their lives at home.



Thank You!



Hospitalization as a Teachable Moment

Anna Herby, DHSc, RD, CDE

Nutrition Education Program
Manager

Physicians
Committee
for Responsible Medicine



Case Study: Isabelle

- Diagnosis: Cellulitis of the foot
- Comorbidities: Diabetes, Hypertension, Obesity
- A1C: 10.7%
- Medications: Insulin, Metformin, Lisinopril
- Scared, nervous, anxious
- Does not want to be in the hospital
- Ready for change
- Has been googling “how to eat for diabetes”





American Medical Association (AMA) Resolution

“

American Medical Association hereby calls on US hospitals to improve the health of patients, staff, and visitors by

(1) providing a variety of healthful food, including **plant-based meals** and meals that are low in fat, sodium, and added sugars,

(2) **eliminating processed meats** from menus, and

”

(3) providing and promoting healthful beverages.



Plant-Based Meals in Hospitals

- California Senate Bill 1138
 - Requires [plant-based options](#) that are free of animal products and byproducts
- New York State Bill S1471A
 - Requires [plant-based options](#) that are nutritionally equivalent to other menu items
- American College of Cardiology (ACC): Planting a Seed: Heart-Healthy Food Recommendations for Hospitals
 - Recommends [plant-based meals](#) in hospitals
 - Highlights hospitalization as a *teachable moment*





Adventist Health
Howard Memorial



Room Service

- Part of patient centered care
- Switched from set menu to room service
- Allowed us to offer a wider variety of meal options including plant-based
- Patients can order anything from the menu at any time of day





Recipe Development

- Plant-based foods were made a priority
- Tried and true recipes were added into CBORD and put on room service menu to be offered regularly
- Icons indicating plant-based options

Breakfast



Lunch and Dinner





Dessert



Supplements





Commonwealth Garden



Resolution 2

Eliminating processed meats from menus

Processed meat refers to meat that has been transformed through salting, curing, fermentation, smoking, or other processes to enhance flavor or improve preservation.

Hot dogs, ham, sausage, bacon, corned beef, beef jerky, deli meat, chicken nuggets, spam



The Path away from Processed Meats

Take One:

- Menu was restructured
- Sausage and deli meats replaced with house-made meats
- Staffing challenges and inconsistencies

Take Two:

- Taste testing
- Replaced with Beyond Meat Bratwurst (hot Italian flavor)
- Served in half portions



Keys to Success



FREE SAMPLES



STAFF
INVOLVEMENT



STAFF
EDUCATION



OFFERING A
TASTY
ALTERNATIVE

Estimated Costs

2 egg omelet with cheese: \$1.26

Oatmeal with dates and nuts: \$0.30

+\$0.96 per serving

Beef burger patties: \$1.74 per patty

Bean and quinoa patties: \$0.33 per patty

+\$1.41 per serving

Chicken stir fry: \$2.36

Tofu stir fry: \$1.72

+\$0.64 per serving



Challenges

- Understaffing, staff turnover
 - Training new staff
- Recipe development
 - Room service allows flexibility
- Patient preferences
 - Complaints subsided



Successes

- Prevent patient readmissions
 - Capitation
- Positive influence on community
 - Food for Life Classes
- Positive influence on staff



PATIENT SATISFACTION

“The food was definitely part of the excellent healing process unexpected quality, and definitely not the usual bland ‘hospital food’”

“The healing food was delicious! The people in the kitchen on the phone expressed their caring.”

“Food & food service was excellent! Overall positive experience.”

“I choose this hospital over other hospitals mainly because the food is so great!”





Isabelle





Hospitalization is a Teachable Moment

- Food on patient trays provides examples of what is acceptable
- Hospitals may unknowingly be sending the wrong message
- Cigarettes were accepted in hospitals until we learned they were dangerous
- Patients can be impacted the most in times of hospitalization to improve their health for the better





**Get Started
at Your
Hospital**

- Step 1: Make connections
 - Leverage support from healthcare providers
 - Share information and resources respectfully

- Step 2: Identify recipes and easy swaps
 - Taste testing and free samples

- Step 3: Provide education
 - Patients, staff, providers

10 Breakfast Ideas

Simple recipes that your patients will love. For more bulk recipes, check out these tested recipes.

1. Breakfast Sandwich.

Just top whole-wheat bread with Just Egg. Follow Your Heart vegan cheese, vegan mayo, and sliced tomato. You'll find these ingredients at most grocery stores or food suppliers.



2. Pancakes.

This is a simple recipe that can be modified to make blueberry pancakes. A crowd favorite for children.

■ **4. Overnight Oats or Fruited Quinoa.** Overnight oats have become extremely popular variation to classic oatmeal because they can be prepared ahead and are so flexible! Try a quinoa for more variety, and top with your favorite toppings!

■ **5. Kale Mini-Quiches.** Want an irresistible and easy-to-make way to eat kale? Here's the

6. Hot Oatmeal Bar.

Next to the self-serve oatmeal, provide cinnamon, berries, sliced almonds, and other toppings.

7. Roasted Vegetable/ Breakfast Hash Wrap.

Wraps are such an easy way to be creative with simple ingredients. And diners love them for breakfast, lunch, or dinner! Here's a [recipe](#) or make your own!



■ **9. Breakfast Bar.** The KIND Peanut Butter Banana Breakfast Protein Bar and the Laraba Chocolate Brownie plant-based protein bar are perfect for staff members on the go! Ask your plant-based varieties they have for you!

■ **10. Black Bean Sweet Potato Hash.** Black beans and shredded sweet potatoes go so crispy and delicious. A [recipe](#) that's sure to please!

10 Lunch Ideas

Simple recipes that your patients will love. For more bulk recipes, check out these tested recipes.

1. Quickie Quesadillas.

Not only are these quick to make, you'll want seconds! Enjoy this fun, hand-held lunch with carrot sticks or cucumber slices.



2. Easy Bean Salad.

The perfect addition to your salad bar. This can be made in advance to let the flavors marinate together!

■ **4. Hummus Sun-Dried Tomato Wrap.** Veggies and hummus in a wrap make the perfect lunch. Switch up the ingredients each season to keep this a customer favorite.

■ **5. Tacos Tres Hermanas.** Fulfill your taco Tuesday dreams any day of the week with these

6. Pasta Salad.

Serve this on its own or make it part of your salad bar rotation. Perfect for the summer barbecue lovers!

7. Loaded Sweet Potato.

Serve this as is or make a sweet potato bar with toppings like pinto beans, arugula, artichoke hearts, pickled carrots, pico de gallo, and more!



■ **9. Chickpea Salad With Orange Miso Dressing.** Introduce customers to quinoa with this eye-catching salad.

■ **10. Tofu Egg Salad Sandwich.** No one will miss the egg in this tasty rendition of an egg sandwich.

10 Dinner Ideas

Simple recipes that your patients will love. For more bulk recipes, check out these tested recipes.

1. Five Vegetable Pad Thai.

Rice noodles, bean sprouts, mixed veggies, and crunchy chickpeas make for a fun twist to this beloved noodle dish.



2. Herbed White Bean Quinoa Bowl.

Bring a Mediterranean flair to your menu with white beans, mint, lemon, and golden beets!

3. Lentil Pumpkin Curry.

Serve this flavorful curry as is, with brown rice, or with roti.

■ **4. Roasted Vegetable Enchiladas.** Roasted veggies wrapped in a corn tortilla and smothered with green sauce. Make this into a "lasagna" for alternate serving styles.

■ **5. Lentil and Sweet Potato Shepherd's Pie.** (Large-batch recipe.) Another comfort food, this three-layer pie is bound to make customers satisfied and happy.

6. Pasta e Ceci.

(Large-batch recipe.) Roman-style pasta and chickpeas will attract all your Italian-food lovers.

7. Southern-Style Gumbo.

The perfect hearty stew made with vegan sausage to bring comfort to your meal.



8. Tofu Tacos.

Seasoned well and cooked to perfection, crumbled tofu makes a perfect taco filling.

■ **9. Lentil and Artichoke Stew.** Simple to make and satisfying in flavor, this Middle Eastern stew goes great with pita or brown rice.

■ **10. Red Beans and Rice with Collard Greens.** A New Orleans staple, this recipe accentuates the healthfulness and delicate texture of collards.



Eliminating Processed Meat



So what are processed meats?

"Meat that has been transformed through salting, curing, fermenting, smoking, or other processes to enhance flavor or improve preservation."
Common products include pepperoni, sausage, bacon, and deli meats.



Plant-based is powerful medicine.

Free samples today.



Cancer prevention starts with breakfast!



Today, skip the bacon and sausage.

Cheesy Beans and Huggle Breakfast Casserole
Serves 10 breakfast
1/2 cup olive oil
1/2 lb ground turkey
1/2 lb ground beef
1/2 lb ground sausage
1/2 lb ground pork
1/2 lb ground chicken
1/2 lb ground turkey
1/2 lb ground beef
1/2 lb ground sausage
1/2 lb ground pork
1/2 lb ground chicken

Breakfast Fruit Muffins
Serves 10 breakfast
1/2 cup olive oil
1/2 cup lemon juice
1/2 cup vanilla extract
1/2 cup almond extract
1/2 cup coconut oil
1/2 cup maple syrup
1/2 cup honey
1/2 cup agave nectar
1/2 cup stevia



from **UM** University of Michigan
UM University of Michigan
Medical Center

Quinoa



Physicians Committee on Health Services

Physicians Committee

Power Porridge

From Howard Memorial Hospital in Willits, Calif., this power porridge is a great way to start the day. This breakfast with a dash of maple syrup, a generous portion of fresh berries, and a handful of walnuts.

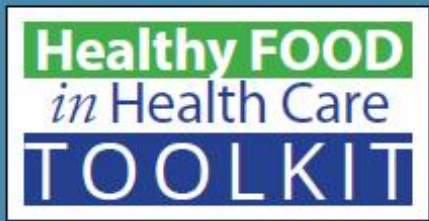
Servings: 18 Portions: 1/2 cup

Ingredients:

- 1 cup long-grain brown rice, dry
- 1 cup quinoa, dry
- 1 cup rolled oats, dry
- 4 quarts water
- 1 teaspoon ground cinnamon

Instructions:

- Bring water to a boil.
- Add brown rice and simmer for 20 minutes.
- Add quinoa and simmer for 10 minutes.
- Add oatmeal and simmer for 5 minutes.
- Add cin



New laws and policies

This toolkit will help you comply with the following:

- California Senate Bill 1138
- New York Senate Bill 1471/Assembly Bill 4072
- American Medical Association policy H-150.949
- American College of Cardiology heart-healthy food recommendations for hospitals

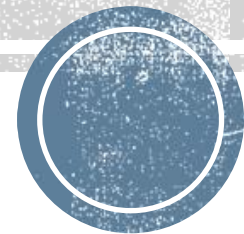


MakeHospitalsHealthy.org



Thank you!

Anna Herby, DHSc, RD, CDE
aherby@pcrm.org
202-527-7349





NYC
HEALTH+
HOSPITALS

sodexo
QUALITY OF LIFE SERVICES

Plant-based

*Fresh new menu options from **sodexo**
HEALTHCARE*

NYC Health + Hospitals

NYC Health + Hospitals is the nation's largest municipal health care delivery system in the United States dedicated to providing the highest quality health care services to all New Yorkers with compassion, dignity and respect, and regardless of immigration status or ability to pay.

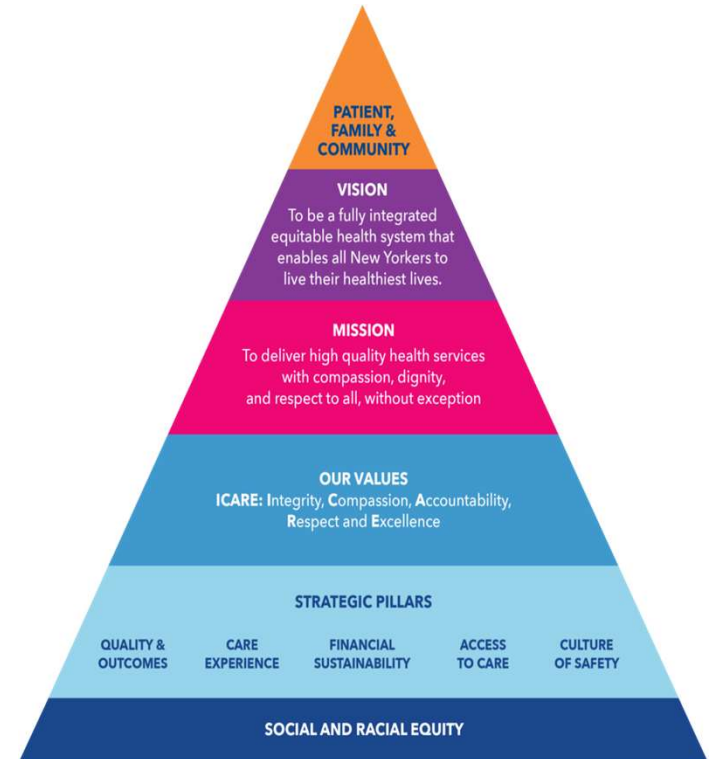


NYC Health + Hospitals Mission/Vision/Values



Mission

- To extend equally to all New Yorkers, regardless of their ability to pay, comprehensive health services of the highest quality in an atmosphere of humane care, dignity, and respect.
- To promote and protect, as both innovator and advocate, the health, welfare, and safety of the people of the City of New York.
- To join with other health workers and with communities in a partnership which will enable each of our institutions to promote and protect health in its fullest sense – the total physical, mental and social well-being of the people.



Vision

- NYC Health + Hospitals' vision is to be a fully integrated health system that enables New Yorkers to live their healthiest lives.

Our Values

- NYC Health + Hospitals is built on a foundation of social and racial equity and has established the ICARE standards for all our staff. It will help us offer our patients a better experience when under our care and will increase staff awareness to become better engaged with the mission and vision of the organization.

NYC Health + Hospitals Commitment to the Health of the Climate

Press Releases

US Department of Health + Human Services Recognizes NYC Health + Hospitals for Its Pledge to Decarbonize Health Care Sector, Make Facilities Resilient to Climate Change

Nov 11, 2022

NYC Health + Hospitals was celebrated by the US Department of Health and Human Services (HHS) at the 2022 United Nations Climate Change Conference (COP27) for its pledge to help decarbonize the health care sector and make health care facilities more resilient to the effects of climate change. At a NYC Health + Hospital/Lincoln event on May 12, Mitchell Katz, MD, President and CEO, joined

“I was proud to join the Admiral in May to pledge our commitment to lowering our emissions,” said **Dr. Katz**. “Since 2006 we have reduced our overall emissions in our facilities by over 30 percent, and as we approach 2030 we will go even further. We have a lot of work to do, but we are leading the way in NYC.”



Meatless Mondays Overview

January 2019

- Brooklyn Borough President, Eric Adams requested hospitals to sign on to a *Meatless Monday pledge*
 - Leading plant-based nutrition initiatives based on a personal experience
 - Supported Bellevue's Plant-Based Lifestyle Medicine Program
- Dr. Katz has endorsed NYC Health + Hospitals to support Meatless Monday
- The Food & Nutrition department championed the efforts to develop and implement the program throughout the system:
 - Every Monday meatless choices are be provided for breakfast, lunch and supper as the Chef's recommendation
 - Slogan: "Power Up With Plants" was used to promote Meatless Mondays and plant-based meal planning

Meatless Monday Entrees:

- Garden Bolognese with Whole Wheat Penne Pasta
- Three Bean Chili
- Moroccan Chickpea Stew
- Hearty Spinach Casserole
- Cauliflower Risotto

Success & Evaluation of the Program:

- Data collected weekly for evaluation of the program
- Jan 2019 through Dec 2021:
 - Average monthly total lunch trays served:
 - Lunch = 2407
 - Dinner = 2464
 - Average Monthly % Acceptability:
 - Lunch = 97%
 - Dinner = 97%
- Lunch Annually ~ 28,884
- Dinner Annually ~ 29,568

**NYC
HEALTH+
HOSPITALS**
Meatless Monday

Plant-based eating does not mean you're a "vegan" or "vegetarian". Eating large amounts of red and processed meats increases the risk of heart disease, diabetes and stroke, and can cause weight gain.

Power up with plants for improved health.

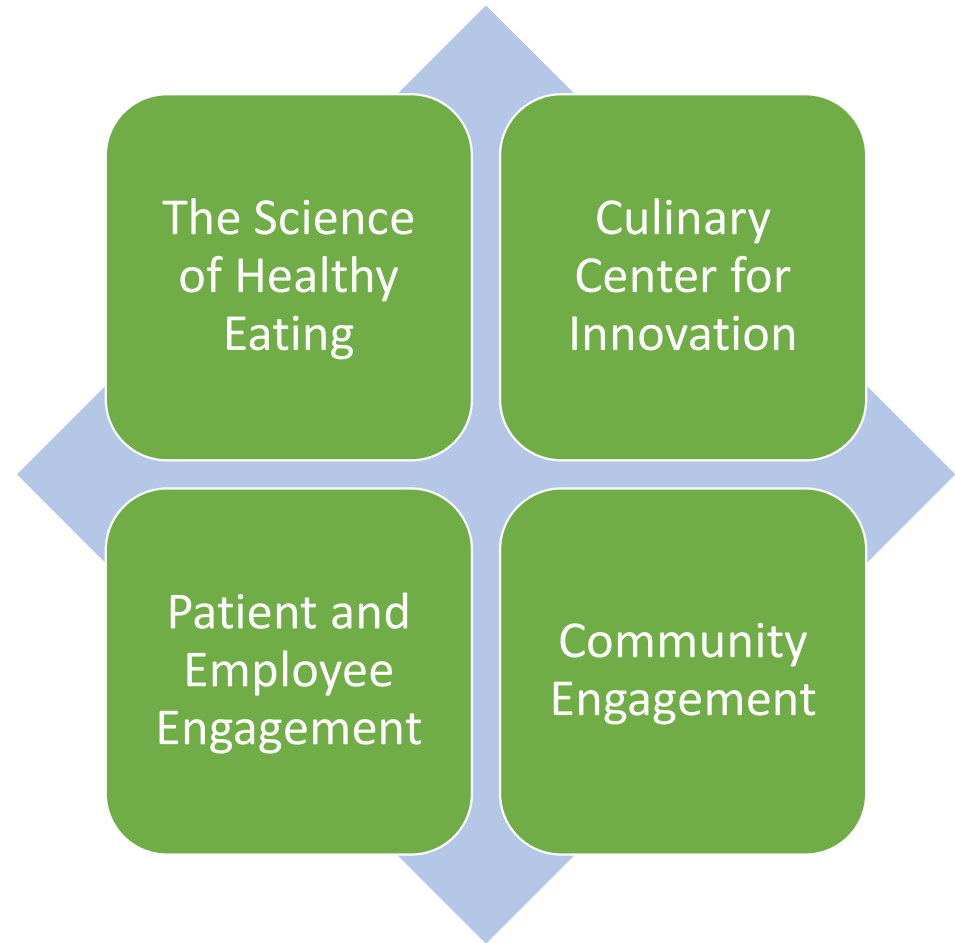


**START YOUR WEEK
MEATLESS**
HAVE YOU HEARD ABOUT MEATLESS MONDAYS ?





Strategic Pillars



Timeline

Phase 1

March 2022

- March: National Nutrition Month
- Plant-based lunch meal implementation
- Re-engineering of Food Operations to enhance the patient experience and improve efficiency
- Data Tracking/Meetings

Phase 2

July – December 2022

- Implementation of Food Service Associate (FSA)
- Plant-based dinner menu implementation

Phase 3

January - March 2023

- Post Acute Care Plant-based menu specials menu implementation
- Post-Acute Care Menu Showcase (Resident Councils)

Future

2023/2024

- Refine our menus and services, based on patient experience data
- Collaborate with clinical leaders specializing in diabetes, cardiology and weight management
- Identify key CBOs across the City to partner on education, cooking demos, taste testing and recipes



The Science of Healthy Eating



A plant-based diet has been shown to...

- ✓ Decrease risk of heart disease
- ✓ Lower cholesterol
- ✓ Lower blood pressure
- ✓ Reduce inflammation
- ✓ Improve blood sugar
- ✓ Support weight management

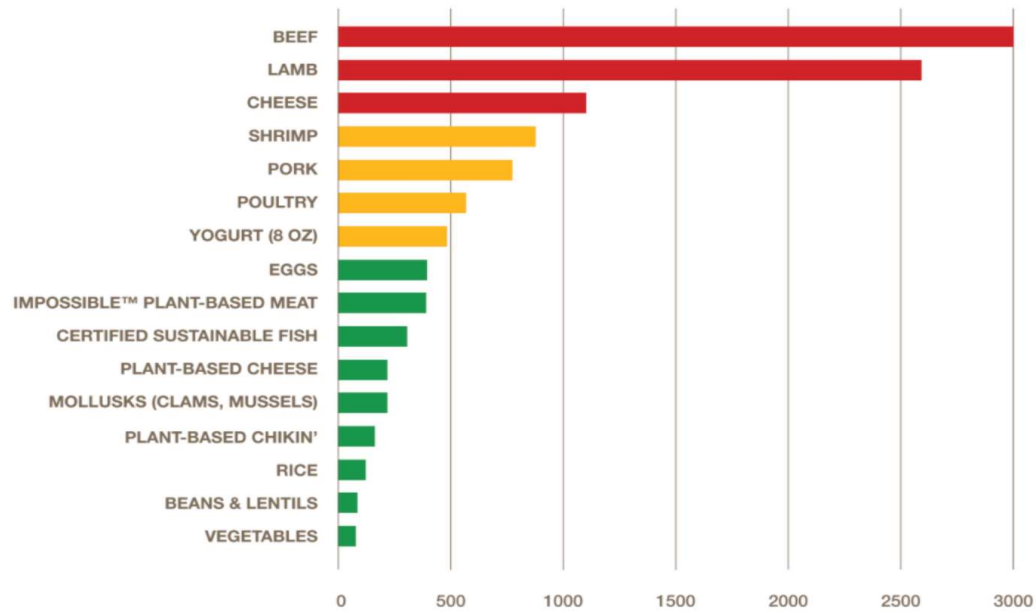
Plant-based
fresh new menu options from sodexo

NYC
HEALTH+
HOSPITALS

Health of the Environment

CARBON FOOTPRINT SCORECARD

Greenhouse Gas Emissions per 4 oz. Serving



Data Sources: Heller & Keoleian (2014), Clune et al. (2017), Quantis & Impossible Foods (2019)

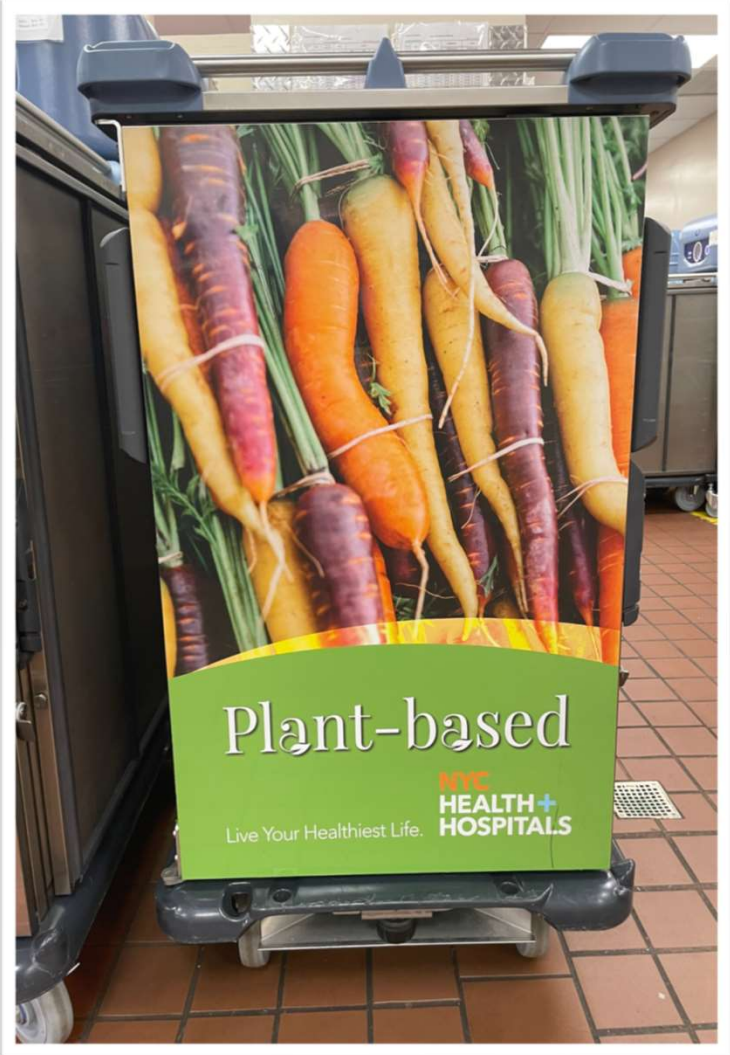


Chef's Recommendation - Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LUNCH						
Minestrone Soup	Black Bean Soup	Tomato Soup	Carrot Ginger Soup	Green Pea Soup	Lentil Soup	Butternut Squash & Apple Soup
Sancocho with Rice	Jackfruit and Lentil Jambalaya with Sunshine Rice and Broccoli	Chipotle Vegetable Taco with Corn Tortilla, Yellow Rice, Black Beans, Plant Based Cheese and Salsa	Falafel with Harissa Sauce, Whole Wheat Pita and Roasted Eggplant	Curried Kabocha Squash, Lima Beans, Dill and Rice	Penne Pasta with Pea Pesto and Roasted Grape Tomatoes	Gandules Y Calabaza over Sunshine Rice
<i>Alternate Lunch</i>						
<i>Zesty Three Bean Chili over Yellow Rice and Green Beans</i>	<i>Garden Bolognese over Rotini with Mixed Vegetables</i>	<i>Gandules Y Calabaza over Sunshine Rice</i>	<i>Zesty Three Bean Chili over Yellow Rice and Green Beans</i>	<i>Sancocho with Rice</i>	<i>Falafel with Harissa Sauce, Whole Wheat Pita and Roasted Eggplant</i>	<i>Orange Cauliflower with Edamame over Brown Rice Pilaf</i>
DINNER						
Tossed Salad	Spring Mix Salad	Coleslaw	Chick Pea Salad	Cucumber Salad	Tangy Slaw	Tossed Salad
Garden Bolognese with Rotini and Spinach	Pad Thai Noodle Bowl	Moroccan Root Vegetable Tagine with Tricolor Cous Cous	Southern Black-eye Pea Casserole with Plant Based Corn Bread topped with Plant Based Shredded Cheese	Zesty Jackfruit Burrito Bowl with Jicama Slaw and Broccoli and Flour Tortilla	Spanish Vegetable Paella with Yellow Rice	Red Curry Vegetables with Roasted Tofu
<i>Alternate Dinner</i>						
<i>Moroccan Vegetable Tagine with Roasted Chickpeas with Brown Rice Pilaf</i>	<i>Rigatoni Pasta Al Forno with Plant Based Ricotta Cheese</i>	<i>Curried Kabocha Squash with Lima Beans, Dill and White Rice</i>	<i>Orange Cauliflower with Edamame with Brown Rice Pilaf</i>	<i>Garden Bolognese with Rigatoni and Mixed Vegetables</i>	<i>Fiesta Black Bean Burger on a Whole Wheat Bun with Cauliflower</i>	<i>Whole Wheat Sicilian Pizza with Plant Based Cheese</i>



Patient & Employee Engagement



NYC HEALTH+ HOSPITALS

Enter to Win!

PLANT-BASED RECIPE CONTEST

SYSTEM-WIDE CONTEST FOR ALL STAFF TO SUBMIT THEIR FAVORITE PLANT-BASED RECIPE WITH A CHANCE TO BE ENTERED INTO A COOKBOOK AND A CHANCE TO WIN A PRIZE. ENTER RECIPE TO: ELMHURSTNUTRITION@NYCHHC.ORG BY 3/31 WITH A SHORT DESCRIPTION OF WHAT YOUR RECIPE MEANS TO YOU

CELEBRATE A WORLD OF FLAVORS
NATIONAL NUTRITION MONTH 2022

Academy of Nutrition and Dietetics



Patient & Employee Engagement



Welcome to NYC Health & Hospitals

As part of your treatment, your physician has prescribed a plant-based diet for you. This diet is low in sodium and fat and centered around vegetables, fruits, whole grains, beans, lentils, peas, nuts, and seeds. It minimizes or avoids animal foods, sweets, and highly processed foods. Please continue to read below to learn more about a plant-based, heart-healthy diet and why we recommend this type of diet for you.

What is a plant-based diet?

A plant-based diet is one that is high in plant foods like fruits, vegetables, whole grains, beans, and nuts, and low in animal foods like meat, poultry, fish, and dairy products.

Why follow a plant-based diet?

A plant-based diet can help to improve many risk factors for heart disease. Eating more plant foods can lower blood pressure, lower cholesterol, and decrease inflammation in the body. Animal products are often high in cholesterol and saturated fat, which are responsible for clogging arteries. A plant-based diet is low in cholesterol and fat, and high in fiber, which supports a healthy heart.

What are some other reasons to choose a plant-based diet?

A plant-based diet can also help you to lose weight, control diabetes, and reduce the risks of several cancers.



How do I make a plant-based meal at home?

Fill 1/2 of your plate with vegetables like salad greens, broccoli, string beans, and carrots



Make 1/4 of your plate plant-based proteins like beans, lentils, tofu, and tempeh

Include a small amount of healthy fat like avocado, olive oil, or nuts

Add a healthy starch to the last 1/4 of your plate like brown rice, sweet potato, or whole wheat pasta

Try adding different spices and herbs to flavor your food

Are all plant-based foods healthy?

No, foods like French fries are plant-based, but are high in fat and sodium. Be sure to limit how often you eat fried foods, processed foods, and foods with added sugar.

How can your healthcare provider help you eat a plant-based diet?

Ask to speak with a dietitian. They can provide you with additional education and answer any questions you may have about a plant-based diet.



Frequently Asked Questions

What is a plant-based diet?

Plant-based nutrition is a style of cooking and eating that emphasizes and celebrates, but is not limited to, foods from plant sources — fruits and vegetables (produce), whole grains, legumes (pulses), nuts and seeds, plant oils, and herbs and spices — and reflects evidence-based principles of health and sustainability. Plant-forward is the overarching umbrella term that includes a wide range of eating patterns including vegan, vegetarian, Mediterranean, and any other eating pattern that focuses on increasing fruit and vegetable consumption.

Why plant-based?

- Poor nutrition is the **No. 1 cause of death** around the world.¹
- Plant-based diets are associated with a lower risk of incident of cardiovascular disease, cardiovascular disease mortality, and all-cause mortality in a general population of middle-aged adults.²

Why now?

- Patients are consumers, and consumers are becoming more receptive to plant-based diets for improved nutrition.³
- Over eight million people are vegetarian worldwide. About 4.3 million are vegetarian-only and about 3.7 million are vegan.
- Vegans make up 46% of all vegetarians.
- 13% of Americans call themselves flexitarian and report eating meat at less than half of meals.

Launching in March aligns with National Nutrition Month, which prompts increased awareness of and receptivity to nutritional dialogue.



¹GBD 2017 Diet Collaborators. Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *Lancet*. 2018;393(10183):1938–1972.

²Kim H, Craighead, Garcia-Larsen V, et al. Plant-Based Diets Are Associated With a Lower Risk of Incident Cardiovascular Disease, Cardiovascular Disease Mortality, and All-Cause Mortality in a General Population of Middle-Aged Adults. *Journal of the American Heart Association*. 2019 Aug 20;40:e012844. doi: 10.1161/JAHA.119.02844.

³http://www.erg.org/hub/hub1/Health2014_adults_eng.htm

SANCOCHO

Originating in Latin America, **Sancocho** is a root vegetable stew made with indigenous ingredients such as plantains, chickpeas, jackfruit, and yucca. The stew is seasoned with a sofrito which is an aromatic from the Latin culture



- Antioxidants:** Yucca root is rich in molecules called antioxidants. **Antioxidants** have been shown to fight a different set of molecules called **free radicals** in the body that can cause your body damage and potentially lead to cancer.
- Vitamin C:** Plantains, Yucca, and Jackfruit are rich in **Vitamin C**. Vitamin C is an important part of keeping our bodies and immune system working well.
- Protein:** Chickpeas, found in this Sancocho dish, are high in **Protein**. When we eat enough protein, we allow our muscles to build and stay healthy.



- Antioxidants** have been shown to fight molecules called **free radicals** in the body that can cause damage to our cells and potentially lead to cancer.
- Both Plantains and Yucca are rich in **Vitamin C**. Vitamin C is an important part of keeping our bodies and immune system functioning well.
- Having enough **Potassium** in our diet is important to avoid potential problems like high blood pressure.
- Antioxidants** have been shown to fight molecules called **free radicals** in the body that can cause damage to our cells and potentially lead to cancer.
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VEGETABLE PAELLA

NUTRITION FACTS

Serving size: 8 oz vegetables, 4 oz rice; Amount per serving: Calories 319, Protein 7.5g, Carb. 43.4g, Fiber 5.6g, Fat 13.9g, Sodium 187mg

INGREDIENTS

- 4 T olive oil, separated
- 1 medium zucchini, diced
- 1/2 15 oz can artichoke hearts
- 1/2 c fresh green beans, snapped and halved
- 1 medium Spanish onion, diced
- 3 cloves garlic, diced
- 1 red pepper, diced
- 1 green pepper, diced
- 1/2 tsp ground black pepper
- 1 tsp dry oregano
- 1 tsp smoked paprika
- 1 tsp ground turmeric
- 3 plum tomatoes, diced
- 1/2 c white wine
- 1 c low sodium vegetable broth
- 1/2 c frozen lima beans
- 1/2 c frozen green peas

DIRECTIONS

- Pre-heat oven to 350 degrees.
- Mix 2 T olive oil with zucchini and artichoke and roast for 10 minutes.
- Bring a pot of salted water to a rolling boil; add raw trimmed green beans and cook for 2 to 3 minutes.
- While green beans are cooking, prepare an ice bath by filling a bowl with cold water and ice.
- Once the green beans are done, transfer them to the ice bath for 4 to 5 minutes.
- In a pot add 2 T olive oil and sauté onions, red and green peppers and garlic.
- Add black pepper, oregano, paprika and turmeric to pot and cook for 1 minute.
- Add tomatoes and white wine and cook until 1/2 the liquid is reduced.
- Add vegetable broth, lima beans, green peas, roasted zucchini and artichoke and green beans.
- Serve with yellow rice mixed with 1/2 c green olives, 1/2 c diced pimientos and 1/2 c cilantro.



Associated with better heart health, these delicious meals emphasize foods like vegetables, fruits, whole grains, spices & more!

Community Engagement



THE CITY OF NEW YORK
OFFICE OF THE MAYOR
NEW YORK, NY 10007

FOR IMMEDIATE RELEASE: September 28, 2022
CONTACT: pressoffice@cityhall.nyc.gov, (212) 788-2958

MAYOR ADAMS, NYC H+H CEO KATZ ANNOUNCE SUCCESSFUL ROLLOUT AND EXPANSION OF PLANT-BASED MEALS AS DEFAULT OPTION FOR PATIENTS IN NYC PUBLIC HOSPITALS

NYC Health + Hospitals/Lincoln, Metropolitan, and Woodhull Now Serving Healthier and More Sustainable Dinners

New Initiative Builds on Plant-Based Lunch Program With 95 Percent Satisfaction Rate

NEW YORK – New York City Mayor Eric Adams and New York City Health + Hospitals (H+H) CEO Dr. Mitchell H. Katz today announced that culturally diverse plant-based meals are now the primary dinner options for inpatients at H+H/Lincoln, Metropolitan, and Woodhull Hospitals. The dinner program expands on the health care system’s successful plant-based lunch default program — launched in March of this year — which now boasts a 95 percent satisfaction rate.

“When it comes to preventing diet-related chronic disease, there is a growing recognition that it’s not our DNA — it’s our dinner,” said **Mayor Adams**. “Since January, we have introduced Plant-Powered Fridays into schools, introduced fresh produce into the nation’s only municipal emergency food system, and expanded Plant-Based Lifestyle Medicine Clinics to public hospitals across all five boroughs. Now, we are proud to announce the successful rollout and expansion of default plant-based lunch and dinner options at all H+H sites. This transformative program is already changing lives, empowering patients to take control of their own health and further cementing New York City as a leader in preventive medicine.”

Better Food Foundation Retweeted

Plant Based News @PlantBasedNews · Oct 11

Following concerns about the health effects of meat, all hospitals in NYC now offer plant-based meals as the primary food option. Should more hospitals follow suit? @BetterFoodFdn @NYCHealthSystem @NYCMayorsOffice



plantbasednews.org

All New York City Hospitals Now Serve Vegan Food As Default

All hospitals in New York City (NYC) will now serve vegan food as default after a campaign from plant-based group The Better Food ...

Better Food Foundation Retweeted

DefaultVeg @defaultveg · Oct 7

NYC hospitals now serve plants by default. This simple but powerful menu flip has led to a dramatic change! In just 6 months, NYC hospitals have already served over 150,000 plant-based meals through their new menu! Learn more: betterfoodfoundation.org/cities



Better Food Foundation

Better Food Foundation @BetterFoodFdn · Sep 28

New York City is paving the way for a plant-forward, resilient food system by flipping the script on our harmful food norms through a partnership with BFF! It’s now dishing out plant-based meals by default at its 11 public hospitals.



www.betterfoodfoundation.org

← Tweet

NYC Health + Hospitals/Jacobi @JacobiHosp

#HealthTip Healthy foods can help you control **#diabetes** if you have it and also help you lower your risk of getting it. Be sure to fill half your plate at lunch and dinner with vegetables: bit.ly/2XRK3is



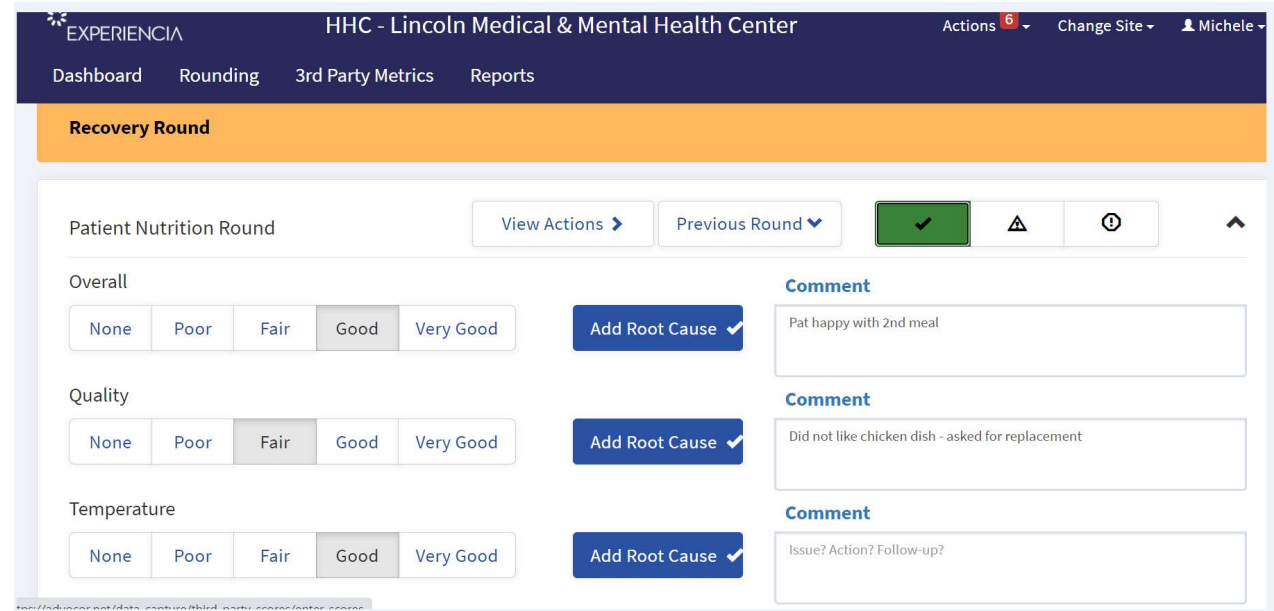
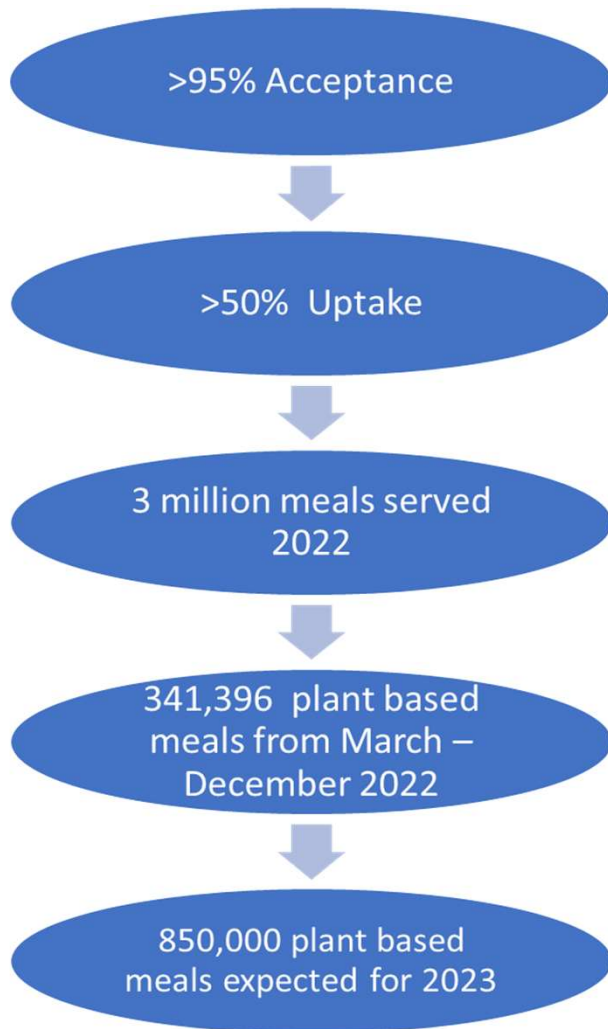
3:00 PM · Mar 31, 2022



Patient Dining Experience

- The Food Service Associate (FSA) is a newly created position that provides personalized service to the patient, offering and delivering delicious meal selections tailored to each patient's choice in adherence with their physician's prescriptive diet order.
- The FSA program provides the patient with the confidence that there is responsibility and accountability when making their dining selections.
- The Food Service Associates are one single point of contact for the patient to ensure that their food and nutritional needs and desires are addressed and met in a timely manner in order to guarantee a great experience for our patients.

Program Evaluation and Results



Metrics:

- Total meals
- % Acceptance
- % Uptake
- % Satisfaction

Cost Savings

- Plant based entrée vs. Animal Based Protein Entrée = \$0.59 savings per tray

Keys to Success

- Identify and partner with key stakeholders
- Buy in from employees at all levels
- Culinary talent
- Focus on planning and development
- Trialing dishes with patients before implementation
- Collection of baseline data
- ***DON'T BE AFRAID TO START SMALL***





Questions?

NYC
HEALTH+
HOSPITALS

sodexo
QUALITY OF LIFE SERVICES

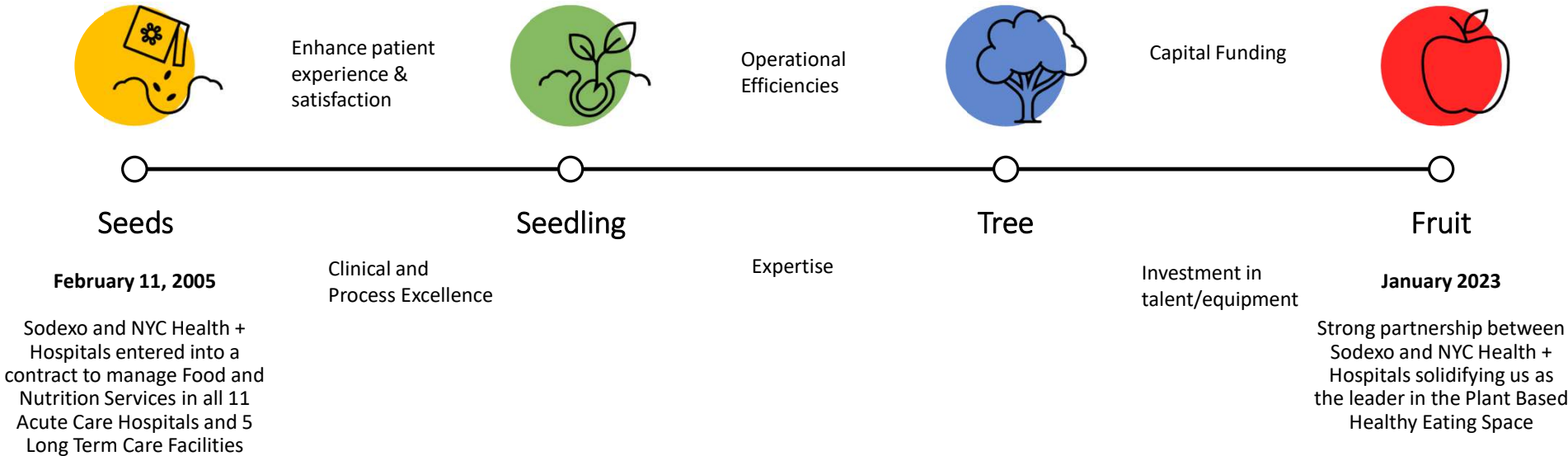
Plant-based

*Fresh new menu options from **sodexo**
HEALTHCARE*

NYC Health + Hospitals/Sodexo Partnership Journey

NYC Health + Hospitals Objectives:

- Improve Patient Care, Quality of Food, and Standardize Menus
- Increase Patient Satisfaction
- Reduce Corporate-wide Meal Cost
- Re-tool the Cook Chill Plant: Replace Equipment and Utilize Full Plant Capacity
- Standardize Food Policy and Procedures throughout the Corporation
- Increase Staff Productivity
- Focus on Food and Patient Safety



Meal Delivery Service Transformation

Dinex Thermal Aire Technology:

- Innovation
- State of the Art Design and Technology
- Quality and Standardization
- Efficiency

How It Works:

- The new divided tray keeps the cold food under refrigeration while the hot items are slowly brought to temperature in a convection oven-style environment, keeping everything moist and delicious.
- Restaurant style dining experience

The NYC Health +Hospitals Culinary Approach:

- Our food is prepared using classical techniques and sent chilled to the hospital units, then carefully plated.
- The Dinex retherm system heats the food using convection heat. This allows the food to heat evenly as the hot air circulates through the cabinet, while maintaining the natural moisture of the food.



Culinary Center Transformation

Sodexo Operational Excellence team completed an in depth review analysis and plan for the Cook Chill Plant to become what is now *The Culinary Center*

- **Revive** recipes
- Product analysis
- Menu Development
- Staffing vs. production then and now
- Executive Chef need identified

As a result:

- Executive Chef hired
- 4 new menus implemented – Acute, Pediatrics, IDDSI program, Plant Based
- Creation of Standard Operating Procedures(SOP's) for all items being served to a patient/customer
- Training Videos created to share with staff



Program Evaluation and Results – Press Ganey

- October scores vs. September scores since the program started on 9/21/22.
-
- For the 3 sites – an increase of 3 pts Overall Food Mean score
- 3 pts. Temperature score
- 2 pts Quality score

