

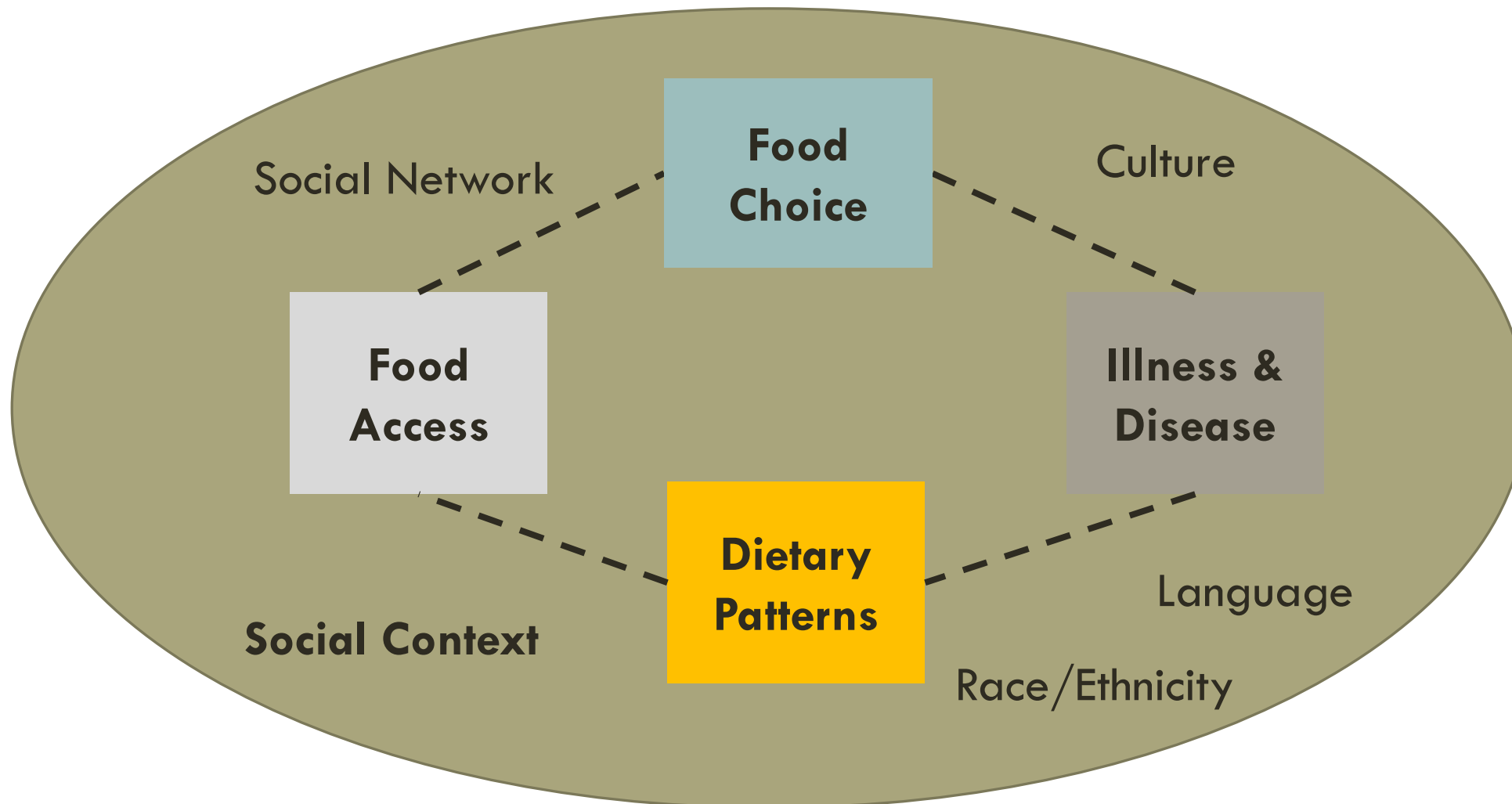
A person wearing a hat and a pink shirt is walking away from the camera down a dirt path in a dense bamboo forest. The bamboo stalks are tall and thin, creating a natural tunnel effect. The lighting is soft and natural, suggesting an overcast day.

CULTURE, FOOD CHOICES & DIETARY PATTERNS

Jane Jih, MD, MPH, MAS
July 20, 2023

RCCN Workshop: Promoting
Healthy Aging Through
Nutrition

DIET & FOOD AS A SOCIAL DETERMINANT OF HEALTH

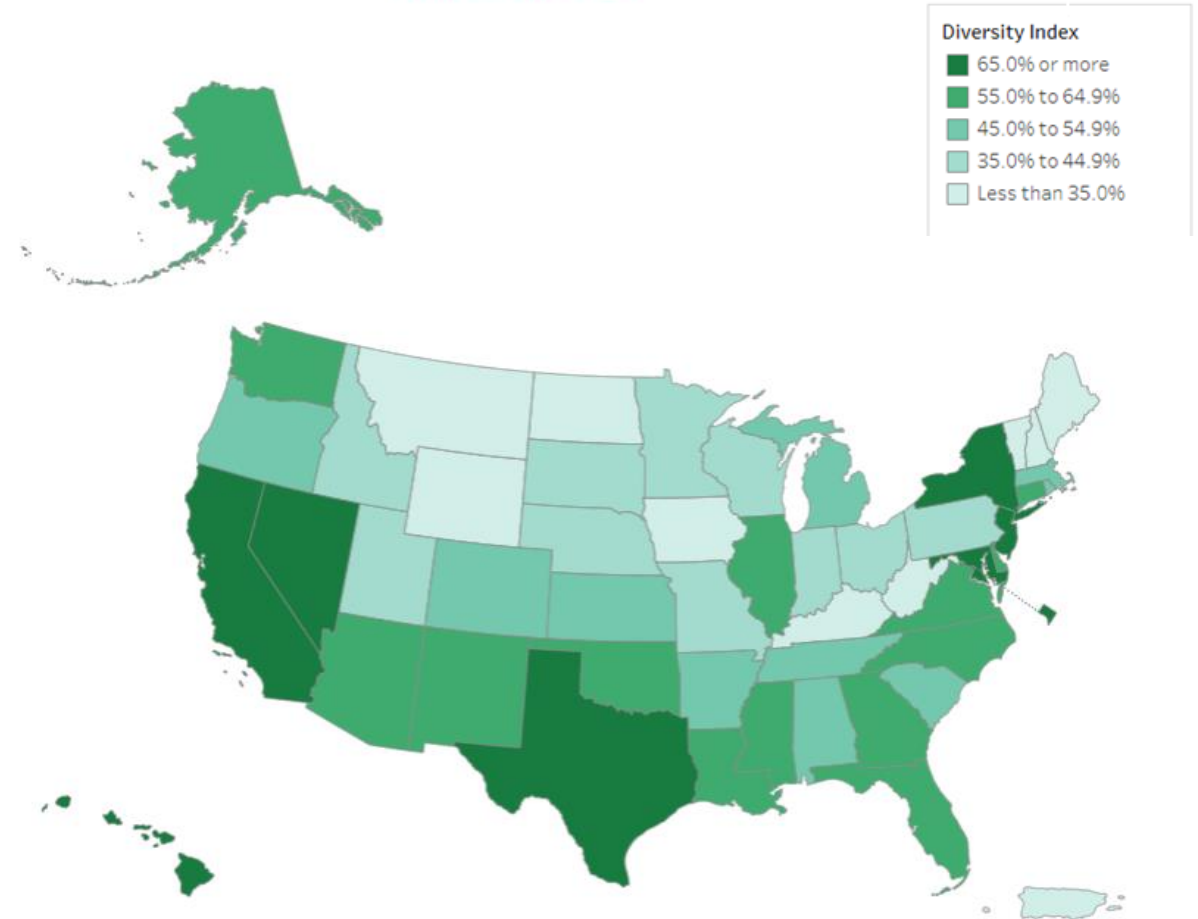
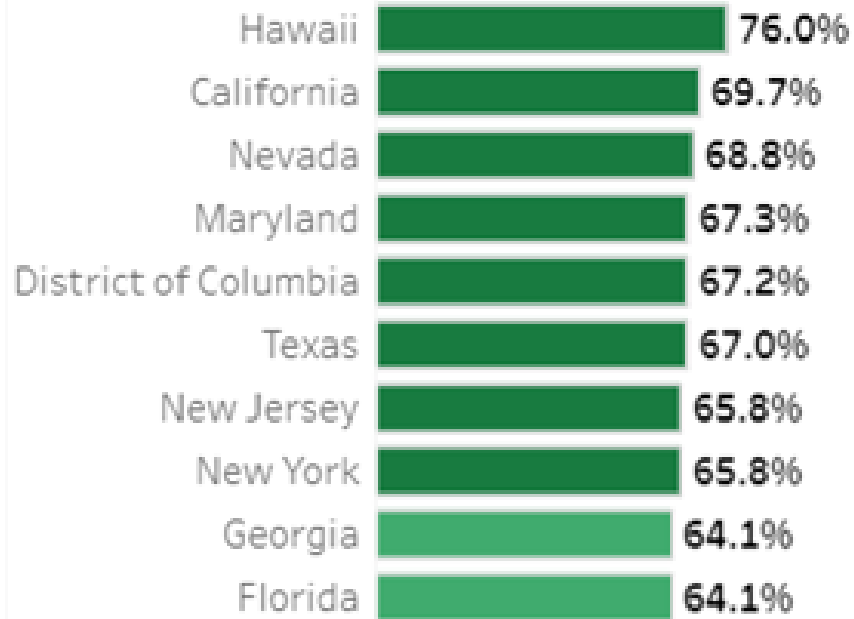


MORE RACIAL/ETHNIC DIVERSITY IN THE U.S.

Diversity Index by State: 2020

United States: 61.1%

U.S. States



A top-down view of a person's hands holding a smartphone to take a picture of a meal on a white table. The meal includes a bowl of ramen, a plate of fried food, and a cup of coffee. The background is a blurred indoor setting with wooden chairs and tables.

PATIENT-GENERATED PHOTOS TO UNDERSTAND
DIETARY EXPERIENCES

WHY PHOTOS?

01

A picture is worth a thousand words

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02

Most of us already regularly use photos to communicate thoughts, emotions and experiences

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03

Lessons learned from Photovoice, a community-engaged photo elicitation methodology to promote social change

ADAPTATION OF EATING HABITS

“I also eat our food crops. But the ones they have here, we don’t eat them in the Philippines. But I got acquainted with them and now I eat them.”



FOOD INSECURITY

“That's what I got from Super Save. **That was what I can be able to carry on the bus and my money was low so I tried to get something that would stretch.** You know cause you can make a soup and have some crackers and honey buns like for dessert. The sugar was maybe for my tea. Does that have some popcorn there? I think it's some. **Stuff that kind of swells in our stomach to fill you up.**”

[This photo] **was [taken] around the end of the month. It was like, well I think it was like 2 weeks. And I had to take what I had to make it stretch so we ate less.”**





PATIENT PERSPECTIVE OF SHARING PHOTOS WITH THEIR PRIMARY CARE CLINICIAN

“It's that moment when you're sharing information at a level that has no political issue involved. It is pure 100%, **“Here are my findings. This is what I'm doing.”** Then the person that is taking that information into consideration is now cognizant of what I do. **I think that's great in humanity, when you're able to do that, to share.”**





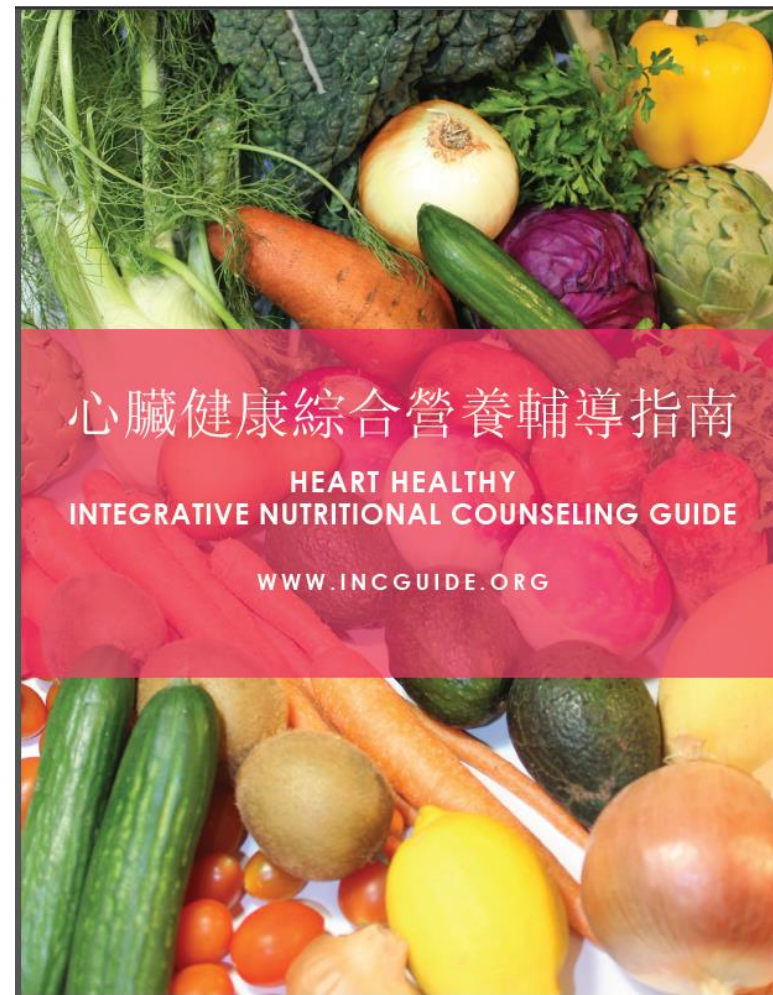
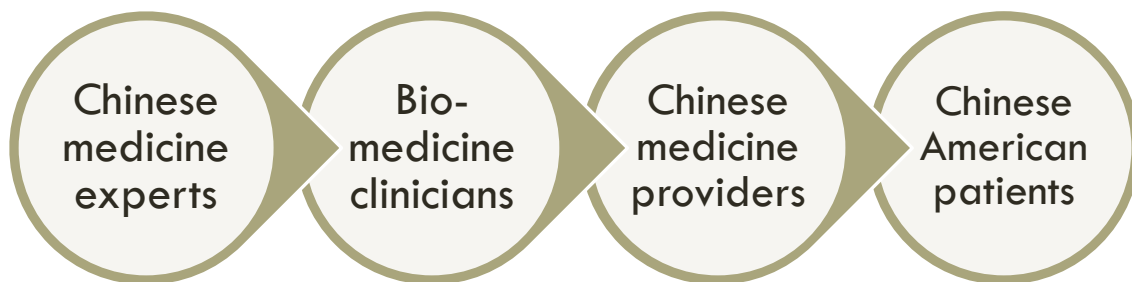
CLINICIAN PERSPECTIVE OF PATIENT SHARING PHOTOS IN A VISIT

“[With the photos], there is an **immediate level of intimacy** and a **very distinct new window into her life**. I mean amazingly, you're going through the photos of your food and they're mixed in with your life. Then **I think you probably get closer to the picture of the truth.**”



**IN-LANGUAGE NUTRITION
EDUCATION/INTERVENTIONS THAT INCORPORATE
CULTURALLY RELEVANT DIETARY PRACTICES**

HEART HEALTHY INTEGRATIVE NUTRITION GUIDE



Cool

蔬菜 Vegetables



凉性



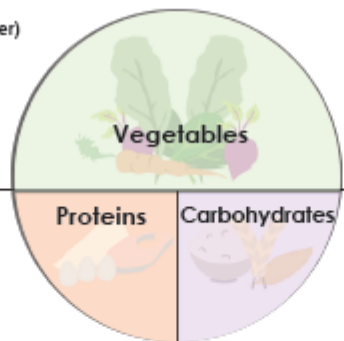
Specifically Focused on High Cholesterol

From a Chinese medicine perspective, high cholesterol is a problem with dampness and phlegm. Foods that are rich, heavy/saucy, fried, sweet, raw or icy (e.g. ice cream), ice cold drinks, can all increase dampness which can lead to excess phlegm and contribute to high cholesterol. Eating fruit with dairy/milk can also lead to phlegm. From a western nutrition standpoint, eating too many fatty, oily, rich foods can lead to high cholesterol. If high cholesterol is your main concern, these suggestions may help.



- Yam leaves/watercress (Spring)
- Ginger (Summer/Fall)
- Bean sprouts (Sum)
- Bell/red peppers (Summer/Fall)
- Garlic (especially Fall)
- Mushrooms (especially Winter)
- Shiitake mushroom
- Turnip (Fall)
- Kelp/seaweed
- Black wood ear
- Bitter herbs

- Celery
- Lettuce
- Scallion
- Alfalfa



Fruit (as snacks)
• Dried fruits: raisins, dates, red dates (can add to soup), apricots (Winter)

- Pistachios
- Fish head soup
- Sea cucumber
- Peanut butter (natural)
- Boiled peanuts (Fall/winter)
- Pork (Spring)
- Beef (Winter)
- Lean meats (such as tenderloin or sirloin)

- Rye
- Amaranth
- Corn
- Adzuki beans
- Pumpkin
- Raw honey
- Quinoa
- Glutinous rice (moderation)

Drinks

- Pu'er tea, chamomile tea
- Japanese/Korean green tea
- Hawthorne berry tea with dang shen warm or hot
- Clear broth with low salt

Eat Less cold or mucus forming foods:

- Milk, dairy, cheese, ice cream
- Ice/cold drinks
- Red meat
- Sugar, white flour/bread

高膽固醇患者飲食建議

從中醫的角度來看，高膽固醇是由濕熱和痰多引發的健康問題。煎炸油膩的重口味食物，甜食，生冷食品（例如冰激凌/雪糕）和未熟的食物均會引起痰多濕熱，以致影響膽固醇。此外，水果與乳製品 / 牛奶一起食用也有可能引起痰多。從西方營養學的角度來看，進食過量肥膩和油膩的食物會引發膽固醇升高。如果你擔心自己的膽固醇過高，以下飲食建議能幫助您調理身體：

- 蒜（四季皆宜，特別適合在秋季食用）
- 燈籠椒/紅甜椒（秋夏兩季食用）
- 蘑菇（特別適合在冬季食用）
- 生薑（宜秋夏兩季食用）
- 西洋菜（春季食用）
- 豆芽（夏季食用）
- 菜果/苜藍/大頭菜
- 萵苣/生菜
- 苦草/苦菜
- 洋甘菊
- 黑木耳
- 青蔥
- 燕苔
- 西芹
- 海帶
- 海參
- 香菇



水果
乾果類：葡萄乾、乾紅棗（可以放進湯裡）、杏脯/杏桃（冬季）

- 開心果
- 魚頭湯
- 豬肉（春季）
- 牛肉（冬季）
- 花生醬（天然無添加）
- 水煮花生（宜秋冬兩季食用）
- 瘦肉 - 選擇腰部嫩肉，例如背脊肉和里脊肉

- 黑麥/裸麥
- 紅苜菜
- 生蜂蜜
- 藜麥
- 糯米（適量）
- 大豆/黃豆
- 綠豆
- 玉米
- 紅豆
- 南瓜

飲料

- 普洱，洋甘菊茶
- 日本/韓國綠茶
- 飲用溫熱的山楂黨蔘湯水
- 少鹽的清湯

少食以下的食物

- 生冷冰凍或容易積痰的食物：
- 冰牛奶，一般乳製品（特別是經過氫化處理），芝士，冰激凌
 - 冰凍飲料
 - 紅肉

GAPS & OPPORTUNITIES



Food and diet as a social determinant of health



Engagement with diverse populations in research and new innovations



Digital health including photos and apps and how this interfaces with the healthcare system



Patient-clinician communication about dietary experiences and integration to clinical care



Addressing structural barriers to nutrition equity (food insecurity, climate change)

THANK YOU!

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