

FINDING HOPE WITH OMS

Webinar series

OMS Diet: A Practical Guide

Wednesday, November 17th at 11am BST

Hosted by



Gillian Robertson



Ashley Madden

Welcome

YOUR HOSTS

Ashley Madden



- Plant-Based Chef
- Pharmacist
Certified in Holistic Nutrition
- Cookbook Author – The Plant-Based Cookbook
- Diagnosed with RRMS 2008
- Following OMS program Since 2011

Gillian Robertson



- Private chef and foodie
- OMS recipe contributor
- Diagnosed with RRMS in 2017
- Following OMS program since 2017

AGENDA

- Overview of OMS diet recommendations
- Plant-based diet, food and protein
- Seafood and egg whites
- Foods to eat in moderation
- Replacing dairy and OMS alternatives
- Oils & OMS
- Oil-free cooking
- How to simplify meal preparation
- Equipment to simplify meal preparation
- Following the OMS diet on a budget
- The OMS diet store cupboard
- Q&A

THE OMS DIET IN A NUTSHELL

- A wholefood, plant-based diet plus seafood
- Significantly reducing saturated fat intake and increasing the intake of healthy Omega-3 fats

ENJOY:

Vegetables and fruits

Whole grains: pasta, rice, wheat, oats, corn, barley

Seeds & nuts

Beans, peas, lentils

Fish and other seafoods

Plant-based milk alternatives and yoghurt

Tofu and tempeh

Egg whites



Daily supplement of 20-40 ml of cold-pressed flaxseed oil

THE OMS DIET IN A NUTSHELL

AVOID:

Meat and meat products

Dairy: milk, cream, butter, cheese, yoghurt

Fats: margarine, lard, mayonnaise, coconut oil, palm oil,
vegetable oils

Fried and deep-fried foods

Baked goods unless fat free

Snacks: chips, crisps, party foods, sweets and chocolate

Fast food

Egg yolks

PLANT-BASED DIET, FOOD, & PROTEIN

What is a Plant-based Diet/Food?

- Plants
- Minimally processed, whole
- Plant-based food groups:
 - Whole grains
 - Beans/legumes
 - Vegetables
 - Fruit
 - Nuts/seeds
 - Seaweeds

Ideal for OMS

- High in essential nutrients
- Anti-inflammatory
- Low in saturated fat
- Extensive health benefits
 - Inflammation
 - Cancers
 - Weight stabilization
 - Diabetes
 - Heart Disease

PLANT-BASED PROTEIN

Recommended protein intake = 0.75g/kg

~45g/day for adult women

~56g/day for adult male

* varies with activity level/age/health

Enough Calories = Enough Protein! All foods have some protein!

Plants offer all the protein we need but some plant foods are concentrated sources of protein.

PLANT-BASED PROTEIN

Different than animal protein

- There are 9 Essential Amino Acids (EAAs)
- Complete protein = all essential amino acids
- Must obtain from food
- *Most* plants do not offer all EAAs. Animal protein does.

Different plant foods are offer different EAAs

- Eating a variety of plant-based foods ensures all essential amino acids are consumed
- **Do not need to strategically pair foods for protein**

PLANT-BASED PROTEIN

Eating a combination of plant foods throughout the day guarantees all EAAs

- Hummus on whole wheat toast
- Brown rice and beans
- Burger made from veggies, beans, grains
- Oatmeal with almond butter and soy milk
- Sprouted bread (legumes, grains, nuts/seeds)

Plants that have COMPLETE protein (all Essential Amino Acids)

- Soy
- Quinoa
- Chia & hemp seeds
- Buckwheat

PLANT-BASED PROTEIN

Legumes

- Beans
 - chickpeas, kidney beans, black beans, etc
- Lentils
- Green peas
- Peanuts

Soy (legume)

- Tofu
- Edamame
- Tempeh
- Soy milk/yogurt
- Miso

Grains

- Quinoa
- Oats
- Whole wheat/Seitan
- Buckwheat
- Kamut
- Whole grain pasta

Nuts/Seeds

- Almonds
- Pumpkin Seeds
- Cashews
- Chia & Hemp Seeds

PLANT-BASED PROTEIN

Vegetables

*High in protein relative to calorie content!

- Broccoli
- Brussel Sprouts
- Cauliflower
- Kale
- Asparagus
- Mushrooms
- Spinach (many greens)
- Sprouts

PLANT-BASED PROTEIN

Tips

Keep it simple

Focus on whole foods

Do not need to count, weigh, pair foods

Eat a variety of legumes, grains, nuts and seeds

Home cooking!

MEAT ALTERNATIVES

What are they?

- Protein replacements
- “Focus” of a meal for traditional dinner
- Convenience and packaged foods
- “Meat analogues”

MEAT ALTERNATIVES

- Packaged burgers (Beyond Burger, Impossible Burger)
- Processed “meats” (Omni Pork, Beyond Beef)
- Soy products (Tofurky, bakon, sausages)
- Sandwich meats
- Anything that mimics a meat product

Highly processed

Inflammatory oils

High in fat, calories, sugar, sodium

MEAT ALTERNATIVES

Stick with whole-food meat alternatives (i.e. high protein plant foods or foods that can be cooked/prepared like meat)

- Tofu, tempeh, beans, grains, seitan
- Homemade burgers, “meat” balls
- **Re-think your plate!**
- Read the ingredient label
 - ✓ Looks like a science project?
 - ✓ Oil or sugar listed as ingredient?
 - ✓ Dairy?
 - ✓ How is it made?

FISH AND OTHER SEAFOODS

- **Seafood to eat freely:**
 - white fish e.g. cod, haddock, hake, sea bream, plaice
 - shellfish e.g. prawns, mussels, crab
 - squid, octopus
- **Oily fish to eat in moderation:**
 - Salmon, sardines, mackerel, trout, herring, anchovy
 - Recommendation to eat **3 portions per week**
 - Fresh, canned or frozen

DON'T FORGET EGG WHITES

- High in protein, and considered a complete protein
- Becoming easier to buy pasteurised egg whites in cartons
- How to incorporate into your diet:
 - **Breakfasts:** smoothies, or make an omelette or frittata, stir through granola before baking, pancakes
 - **Savoury:** Use to coat fish before coating in breadcrumbs and baking, or coat sweet potato fries before baking, stir through cooked rice.
 - **Sweet treats:** Meringues, pavlovas, cakes and muffins, biscuits

FOODS TO EAT IN MODERATION

- Raw nuts: best sources of omega-3 are walnuts, almonds, pecans, pistachios
 - 1 serving = a small handful (approx. 30g)
- Nut butters: good quality with no added ingredients. e.g. almond, macadamia, cashew
 - Eat in small amounts, spread thinly on bread or crackers
 - Also a useful ingredient in recipes to replace fat
- Remember: avoid peanuts and peanut butter!
- Olives
 - 1 serving = 5 olives or 15-20 g of pitted olives
- Avocado
 - 1 serving size = 50 g or half a small avocado

REPLACING DAIRY & OMS ALTERNATIVES

Initially challenging BUT so many options!

- ★ MILK
- ★ YOGURT
- ★ CHEESE
- ★ ICE CREAM

REPLACING DAIRY & OMS ALTERNATIVES

MILK

- Almond Milk
- Soy Milk
- Rice Milk
- Cashew/Hazelnut Milk
- Oat Milk
- Hemp Milk
- ~~COCONUT~~

All (can be) OMS-friendly!

REPLACING DAIRY & OMS ALTERNATIVES

YOGURT

- Soy yogurt
- Almond yogurt (sweeteners)
- Homemade cashew yogurt and soy yogurt
- Alternatives
 - Chia pudding
 - Fruit purees
 - Overnight oats

REPLACING DAIRY & OMS ALTERNATIVES

CHEESE

- Most vegan cheeses are not healthy and highly processed!
- Some artisanal brands might be oil free.
- **Nutritional yeast – key pantry ingredient**
- **Cashew** based cheese sauces (sweet potato cheese sauce in handout)
- Other nuts can also be used for cheese balls and fermented soft cheese. Special occasions?

REPLACING DAIRY & OMS ALTERNATIVES

Ice Cream

- "Clean" commercial brands available but limited
 - ✓ Soy, almond, cashew
 - ✓ Avoid coconut based ice creams and intricate flavours
- Sorbet
 - ✓ Commercial vs homemade!
- Banana ice cream (a.k.a. Nice Cream)
 - ✓ Blend bananas in a high-speed blender or dedicated machine

OILS & OMS

Oils that are “approved”

- Flax oil
 - Not for cooking, baking, or heating
- Extra Virgin Olive Oil
 - For baking
- Others (not for cooking/baking) in limited amounts for “seasoning”
 - Pumpkin, walnut, sesame, sunflower, macadamia, hemp, avocado, unrefined rapeseed oils
 - High quality and fresh!

OIL-FREE COOKING!

Definition: Cooking and preparing recipes without the addition of added oils. Cooked and raw recipes can be prepared without oils.

Benefits

- Lower fat and saturated fat intake
- Lower calorie intake
- Lower omega-6 intake (inflammatory if out of balance with omega-3)
- Healthy option
- Cheaper
- Culinary skill!
- **Easy!**

Sautéing Without Oil

Instead of oil use water, broth, vinegar, juice

1. As the liquid evaporates, add more
2. Keep a glass of water next to the stove
3. Keep heat medium (not too high)
4. Stir often

HOW TO SIMPLIFY MEAL PREPARATION

1. Make a meal plan (in the beginning!)
2. Simple foods and meals made of whole grains, beans, steamed or roasted veggies and easy seasonings (tamari, soy sauce, spices, salt and pepper, splash of vinegar). Stuff you already love and make!
3. Batch cook whole grains and beans for reheating, soups, stews, casseroles
4. Make 1 or 2 sauces or dressings and keep in fridge to use throughout week.
5. Pre-chop or purchase pre-chopped vegetables/fruit and keep in sealed containers

HOW TO SIMPLIFY MEAL PREPARATION

6. Make and plan for leftovers.
7. Freeze soups, stews, broths, pasta sauces, burgers, leftovers.
8. Stock OMS-friendly pre-made foods (hummus, marinara sauce, pre-baked tofu, tempeh, cooked beans, vegetarian sushi, whole grain pizza dough, quality bread)
9. Learn a handful of one-pot, 30-minute, sheet-pan meals.
10. Be kind to yourself!

SIMPLE MEAL IDEAS

- **Grain Bowls**

- Cooked grains, beans, steamed veggies with a seasoning or sauce (known as a nourish, buddha, or grain bowls)
 - Tahini, flax oil, soy sauce, tamari, rice wine vinegar, hot sauce, citrus, balsamic

- **Baked potatoes.** Stuff with anything! Chili, flax oil and veg, mashed avocado and beans, steamed greens)

- **Tofu Scramble and Toast**

- **One pot pasta** (pasta and veg cooked in same pot and tossed with a sauce, citrus, soy sauce, flax oil)

EQUIPMENT TO MAKE FOOD PREP EASIER

Basics

- A few good quality knives – small, medium, large and a bread knife. Keep them sharp!
- Vegetable peeler
- Grater and microplane
- Non-slip chopping boards
- Measuring cups and spoons
- Containers and jars
- Non-stick frying pan, pans, oven trays
- Baking parchment, silicone mat

Investments

- Stick blender – great for soups
- High speed blender – soups, sauces, purées, nice-cream, plant-based milks, smoothies
- Food processor – slicing, chopping, shredding and mixing, hummus
- Microwave,- steaming vegetables and fish, reheating

FOLLOWING THE OMS DIET ON A BUDGET

- Switching to the OMS diet does not have to cost more
- Meal planning, batch cooking, freezing and using up leftovers all help to reduce cost
- Store food properly to make it last and freeze bread (sliced) so as not to waste it
- Keep a track of use-by dates in your store cupboard/fridge/freezer and use up ingredients accordingly
- Adapt recipes to incorporate ingredients you already have in your meal plans

SHOP SMART!

- Make a list from your **meal plan** and stick to it
- Try to shop **once a week** only topping up mid-week if you really need to
- Don't shop when you are hungry!
- Sign up for **loyalty programmes**
- Make the most of **special offers**, but only on items you actually need
- Look for **reduced items** that you can use on the same day
- **Shopping online** allows you to look for the best deals, and add up how much you are spending before you checkout
- **Buy in bulk** when it makes sense to - ingredients you use regularly and that have long use-by dates. But remember that some items such as nuts or oils should be bought in small amounts so they don't spoil

SHOP SMART!

- Think **seasonally** - produce is much cheaper when it is in season
- Consider **local markets and farm shops** for cheaper produce
- You don't have to buy organic, but always wash your fruit and vegetables well.
- Compare pre-packed fruit and vegetables with loose
- Decide **on frozen** or fresh - frozen fruit and vegetables are often cheaper than fresh, just as nutritious and are often pre-prepared which will save you time as well!
- Consider frozen or canned **fish**
- Look for cheaper or own-brand products

FOR THE MORE ADVENTUROUS

- Make your own plant-milks and plant-based yogurt
- Grow your own!
 - Grow-bags, or containers/pots: herbs, salad leaves, vegetables
 - Inside: herbs, sprouts
 - Great to get the children involved
- Foraging - another great way of getting the whole family involved

Remember, by opting to follow the OMS diet you will already be saving money by cutting out expensive items such as: meat, dairy products, ready-meals, takeaways, snacks and processed foods

THE OMS DIET STORE CUPBOARD

- By having a well-stocked store cupboard of basic, long-life ingredients you will always have something to hand to put together a meal when you are short on time or can't get to the shops
- Remember to always check labels for additional ingredients that aren't OMS friendly
- Add in fresh fruit, vegetables and seafood to maintain a balanced diet

USEFUL STORE CUPBOARD INGREDIENTS

- Dairy alternatives
- Nuts, seeds and dried fruit
- Tins – vegetables, pulses and beans, fruit, seafood
- Pasta, rice noodles and grains
- Home baking ingredients
- Sweeteners and spreads
- Dried herbs, spices, oils and vinegars
- Condiments and sauces
- Fresh vegetables
- Frozen foods



IN SUMMARY

- Feel confident about
 - Which foods to eat and which foods to avoid when following the OMS dietary recommendations
 - what meals you can make at home or buy pre-made to easily incorporate plant-based protein
- Understand:
 - How to simplify meal planning and reduce meal preparation time
 - How to follow the OMS dietary recommendations on a budget and have a list of ingredients which are useful to keep in the store cupboard
- Know where to find information on the science behind the OMS dietary recommendations

HANDOUTS

PLANT-BASED PROTEIN/CALCIUM/IRON SOURCES

RECIPES

GROCERY STORE CHECKLIST

RECIPE TIPS

MEAL PLANNING TIPS

EASY SNACK IDEAS

EASY MEAL IDEAS

NOTES FOR MILK ALTERNATIVES

OMS STORE CUPBOARD INGREDIENTS LIST

USEFUL LINKS TO INFORMATION ON THE SCIENCE BEHIND THE OMS DIETARY

RECOMMENDATIONS

Thank you for listening

Questions ?