

A photograph of a dental office. A male dentist in a white short-sleeved shirt and glasses is looking at a tablet held by a woman in teal scrubs. Another woman in a light blue button-down shirt is also looking at the tablet. They are standing in a modern dental clinic with white walls, a dental chair, and overhead lights.

# Plant Based Food Conversion in a Doctors Office

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# Setting



- Bridge Road Family Medicine
- Role- PCA (Patient Care Advocate)  
Relays messages from the patients to the doctors. Take care of any other concerns or needs patients may have.

# Health

- There are currently no policies or recommendations for diet or nutrition.





# Food/Diet/Nutrition

- Our food is sometimes distributed through drug rep companies such as AstraZeneca and other pharmaceuticals.
- We buy their new medicines, and in exchange, they provide us free lunch.
- However, the food they provide is not healthy.



## Food/diet/nutrition

- Drug Reps provide food from Moe's, Tasties, Qdoba, and Chinese
- Most of this food is high in sodium • primarily red meat or poultry •
- Limited vegetables
- No fruit
- Deep fried chips
- Sugary desserts and snacks

# Environment

- When we are not provided food, we must buy our lunch
- We are surrounded by all fast-food restaurants that contain no fruits, vegetables, or grain
- Most of the works buy McDonalds, Wendy's, Buffalo Wild Wings, or Americas Best Wings
- The following restaurants are high in sodium, have mainly red meat, white flour, and are high in sugar
- Most of the time we buy our food then receive it

# Environment

- Our building has snack machines that provide:
- Sugary snacks
- Sugary drinks
- Deep fried potato chips





# Recommendations

- Replace the current vending machine with a new vending machine that contains fresh-cut fruits and bottled water.
- Consult with Drug Reps to provide food that's from plant-based restaurants only.
- Plant based restaurants would include:
  - CAVA
  - Jason's Deli
  - Simple Greek

# Recommendations

- Distribute booklets on each employee's desk with step-by-step instructions on how to convert to a plant-based diet
- Include benefits of a plant-based diet in a booklet
- Distribute MyPlate plates in the kitchen when serving food which will help employees receive the proper intake of their fruits and vegetables

Grains

Dairy



# Benefits of a Plant based Diet

- Lowers Ischemic heart disease (Hever, 2016).
- Lowers mortality (Hever, 2016).
- Supports sustainable weight management(Hever, 2016).
- Reduces use of medication (Hever, 2016).
- Reduces the incidence of obesity, hypertension, advanced coronary artery disease, and type 2 diabetes (Hever, 2016).
- Lowers cholesterol (Hever, 2016).
- Increases immunity (Hever, 2016).

Questions?



# References

- Hever, J. (2016). Plant-based diets: A physician's guide. *The Permanente Journal*. <https://doi.org/10.7812/tpp/15-082>

