Focus on Nutrition and Cooking

This event made possible thanks to generous support from the Elaine F. Stepanek Foundation.

Santa Barbara technology leaders will review developments in mainstream and adaptive technology and share insights on the future of technology for those who are visually impaired. Refreshments provided.

Keynote presentation by: YuLun Wang, PhD - Chairman & CEO of InTouch Health

RSVP TODAY!
Phone: (800) BRAILLE (272-4553)
Online: BrailleInstitute.org/SantaBarbara
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ACTIVE AGING
WITH LOW VISION

Focus on Nutrition and Cooking

Keynote and cooking presentation by:

John La Puma, MD
Practicing internist and best-selling author

This event made possible thanks to generous support from the Elaine F. Stepanek Foundation.

RSVP TODAY!
TUESDAY, MARCH 8, 2016 | 10:00 A.M. – 12:00 P.M.

RSVP TODAY!
TUESDAY, APRIL 5, 2016 | 3 – 5:00 P.M.

FOCUS ON TECHNOLOGY AND LOW VISION

Keynote presentation by:

YULUN WANG, PHD - Chairman & CEO of InTouch Health

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ABOUT THE SPEAKERS:

Keynote Speaker:

JOHN LA PUMA, MD

John La Puma M.D. is a board-certified internist and a professionally trained chef. Co-founder of ChefMD® and director of CHEF Clinic®, Dr. La Puma is formerly a Clinical Associate Professor of Medicine at the University of Chicago, and is a NY Times best-selling author twice, for ChefMD’s Big Book of Culinary Medicine (Crown, 2008) and RealAge Diet (HarperCollins, 2001). He wrote the latter with Cleveland Clinic Chief Wellness Officer Michael Roizen, M.D, with whom he taught the first cooking and nutrition course in a U.S. medical school, at SUNY-Upstate. His most recent book is REFUEL® (Harmony, 2014), a simple, effective 24 day eating plan to get men healthy and boost Low T naturally. He hosts ChefMD Shorts with Dr John La Puma on PBS, broadcast nationwide. His current research focuses on improving the symptoms of aging and optimizing personal medical health with culinary and nature prescriptions. He sees patients for nutritional medical problems in Santa Barbara.

TWITTER: @johnlapuma
LINKEDIN: http://linkedin/in/johnlapuma
FACEBOOK: http://facebook.com/drjohnlapuma
WEBSITE: http://drjohnlapuma.com
YOUTUBE: http://youtube.com/drlapuma

JENIFER SWARTZENTRUBER, MS, RD, CDE

Jenifer holds a Bachelor of Science degree in Nutrition from Pepperdine University and a Master of Science degree from California State University Northbridge. She has extensive experience in developing curricula, personalized meal plans, medical nutrition therapy, maternal/child health, pediatrics and type 2 diabetes. She is a Registered Dietitian (RDN) and Certified Diabetes Educator (CDE). She resided in Central America for years providing her with a bicultural experience and awareness about the sensory experience of each ingredient needed to compose a dish.

When you start to “putting in place”— a French culinary phrase which means “mise en place”—take a few deep breaths and let any distractions recede. When you start to assemble your ingredients and tools, become fully aware of where you are placing them. Is your work space clear and well lit? Have you created greater contrast so that you are better able to notice the flavor and texture of each bite. Even connecting to the source of each ingredient—where is your mind when you are cooking? Are you distracted by other things? Cooking is a great opportunity to be completely in the moment during each step of the process and to raise your awareness about the sensory experience of each ingredient needed to compose a dish.

Before you even begin to organize your mise en place— take a few deep breaths and let any distractions recede. When you start to assemble your ingredients and tools, become fully aware of where you are placing them. Is your work space clear and well lit? Have you created greater contrast so that you are better able to notice the textures and aromas of the foods you will be measuring; the weight, and even the different temperatures of each component and implement.

Becoming more familiar with the subtle differences between ingredients allows for greater confidence. Salt and sugar may look alike but are the granulations exactly the same? Is corn starch silkier than flour?

Can you detect the change in smell when oil begins to heat up in a skillet? The sizzle water makes it hit a hot surface?

By employing the other senses one’s pleasure deepens. When you go to sit down to eat, take your time and notice the flavor and texture of each bite. Even connecting to the source of each ingredient—thinking about the earth that a rosette of lettuce may have been pulled from, the water and sunlight used to nourish its growth has the potential to support mindfulness in the kitchen.

LYNN DUBINSKY, MFA

Lynn is the Education Programs Manager at Braille Institute Santa Barbara. Her diverse background has allowed her great success and connections with each student who calls on the center for support. Following completion of her Masters of Fine Arts in Creative Writing from Boston University she became certified as a Wellness and Health Coach. She also completed a certificate program in the Fundamentals of Gerontology at USC. Additionally, she received a certificate from Cornell University in Plant Based Nutrition. She is instrumental in program development at Braille Institute Santa Barbara and appreciates all that the students, volunteers and donors bring to the center.

MINDFULNESS & ADAPTIVE COOKING TECHNIQUES

Approaching cooking with an attitude of mindfulness—cultivating a sense of heightened awareness and being fully present for what is required to make a meal—supports the visually impaired cook in being not only safer in the kitchen, but also has the added benefit of deepening their pleasure and allowing for a richer sensory experience.

Where is your mind when you are cooking? Are you distracted by other things? Cooking is a great opportunity to be completely in the moment during each step of the process and to raise your awareness about the sensory experience of each ingredient needed to compose a dish.

Even washing your hands before you begin to prepare food is a great opportunity to become more centered and mindful. Notice the temperature of the water as it streams out of the tap. The sound it makes, the scent and texture of soap you may be using. The softness, or roughness, of the towel you use to dry your hands.

Before you even begin to organize your mise en place— a French culinary phrase which means “putting in place”— take a few deep breaths and let any distractions recede. When you start to assemble your ingredients and tools, become fully aware of where you are placing them. Is your work space clear and well lit? Have you created greater contrast so that you are better able to notice the flavors and textures of the foods you will be measuring; the weight, and even the different temperatures of each component and implement.

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10 ADAPTIVE COOKING TECHNIQUES TO HELP YOU FEEL MORE CONFIDENT IN THE KITCHEN:

1. Be certain your work space is clear and well organized.
2. Use shallow lipped trays in various colors in your food prep area. The trays create contrast on light or dark surfaces, keep ingredients from straying and make clean up easy if there are spills while measuring.
3. Create additional contrast in your kitchen by using a set of white and black measuring cups (sugar and flour really stand out in a black cup).
4. Put no-skid pads under cutting boards to create a more stable surface (cut no skid pads into smaller square and use it under stem ware to help keep glasses from tipping). This product can be purchased in a roll and cut to various lengths.
5. Use colored knives. They are helpful in supporting safe slicing as they are easier to see against a variety of colored surfaces and ingredients.
6. Create a flat surface from round foods so that the item does not roll away from you (i.e. cut an onion in half first and then turn it flat side down before continuing to chop).
7. Use sharp knives. This helps you exert less pressure while cutting.
8. Serve on solid colored plates rather than being distracted by patterns.
9. Keep baking spices separate from spices you use more regularly for savory dishes.
10. Keep your organization and labeling system consistent, whatever system you use. This way, it is easier for you to quickly identify and find things.

MARCH 8, 2016
ACTIVE AGING WITH LOW VISION:
Focus on Nutrition and Cooking

10:00 AM.........Registration
10:15 AM.........Welcome and Introductions
  Michael Lazarovits, Executive Director, Braille Institute Santa Barbara
10:20 AM.........Mindfulness & the Wheel of Life
  Lynn Dubinsky
10:40 AM.........Myths of Diabetes & Nutrition for Eye Health
  Jenifer Swartzentruber
11:00 AM.........Cooking Demonstration
  Dr. John La Puma
11:20 AM.........Break and Refreshments
11:30 AM.........Panel Discussion moderated by Michael Lazarovits
  Jenifer Swartzentruber
  Lynn Dubinsky
Noon .................Braille Institute Tours
**SIMPLE RUSTIC COMFORT FOOD GUACAMOLE FOR TWO**


**INGREDIENTS**

- 1 ripe large avocado, preferably Haas
- 1 small serrano pepper, seeded, stemmed and diced small
- Zest of one small lime
- Juice of one small lime (about 2 tablespoons)
- 1/4 tsp sea salt
- 1 medium clove of garlic, peeled, diced and creamed with salt
- Cilantro or flat leaf parsley

**DIRECTIONS**

Cut the avocado in half (long wise) around the pit and separate the halves. Remove the pit. Using a teaspoon, scoop around the flesh and remove it in one piece. Place upside down on a cutting board, and dice into large chunks. Scoop up and place in a stainless steel bowl. Add the remaining ingredients and mix by hand with the fork until you reach the desired consistency.

Garnish with herbs, and serve with tortilla chips, jicama triangles or cucumber circles.

Nutritional Data Per Serving: 160 calories, 8 grams of carbs, 15 grams of fat, 2 grams of protein, 314 milligrams of sodium, 1 gram of sugar.

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**NUTRITION AND YOUR EYES**

**Preventing Diabetic Retinopathy**

Diabetic retinopathy is the most common diabetic eye disease and is a leading cause of blindness in American adults. Between 40% to 45% of Americans diagnosed with diabetes have some stage of diabetic retinopathy.

**Maintain tight control of blood sugar levels.**
- Less than 100 mg/dl before meals
- No more than 140 mg/dl 2 hours after eating
- A1C of 6.5% or less

**Eat the right foods in the right amounts**
- Fill 50%-75% of your plate with non-starchy vegetables
- Eat small amounts of intact, whole grains
- Eat small amounts of lean proteins
- Eat small amounts of healthy fats like nuts and seeds

**Control Your Blood Pressure & Cholesterol Levels**
- Blood pressure goal 130/80 mm Hg or less
- Optimal Total Cholesterol 200 mg/dl or less
- -HDL 60 or higher
- - LDL-C less than 100

**Be Active Most Days of the Week**
- 30 minutes a day 5 days a week moderate intensity OR
- 25 minutes vigorous activity 3 days a week
- Muscle strengthening activity 2 days a week

**Eat These Foods Regularly To Support Eye Health**

- **Beta-carotene**
  - Carrots, sweet potatoes, spinach, kale, butternut squash

- **Bioflavonoids**
  - Tea, red wine, citrus fruits, bilberries, blueberries, cherries, legumes, soy products

- **Lutein and Zeaxanthin**
  - Spinach, kale, turnip greens, collard greens, squash

- **Omega-3 Fatty Acids**
  - Salmon, mackerel, herring, ground flaxseeds, walnuts

- **Vitamin A**
  - Beef or chicken liver; eggs, butter, milk

- **Vitamin C**
  - Sweet peppers (red or green), kale, strawberries, broccoli, oranges, cantaloupe

- **Vitamin D**
  - Salmon, sardines, mackerel, milk; orange juice fortified with vitamin D

- **Vitamin E**
  - Almonds, sunflower seeds, hazelnuts

- **Zinc**
  - Oysters, beef, Dungeness crab, turkey (dark meat).