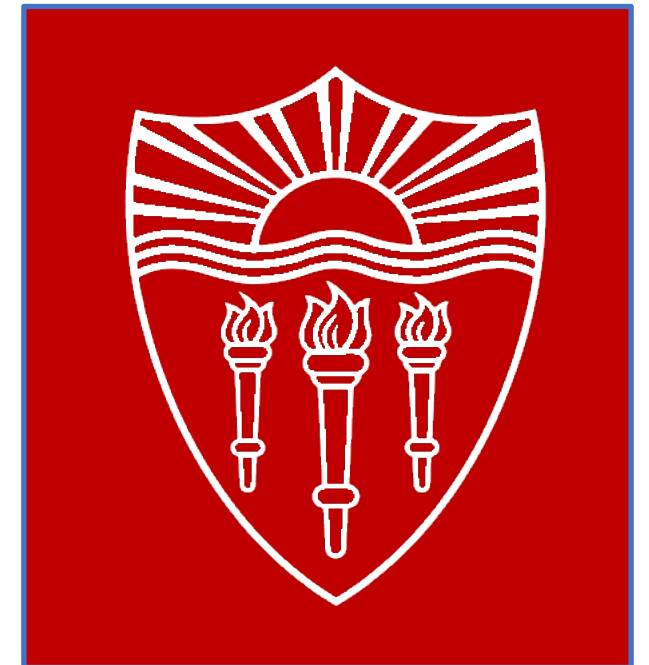




Lawrence J. Ellison
Institute for
Transformative
Medicine of USC

Ellison Institute Junior Fellows
Summer 2021

NUTRITION IN A SOCIALLY DISTANT WORLD & BEYOND



About Me

- My background:
 - BFA – Film & TV Production, NYU
 - MS – Nutritional Science, Cal State L.A. / Coordinated Dietetic Program
 - Dietetic internships completed at:
 - UCLA/Santa Monica
 - Keck Hospital of USC
 - Cal State L.A. Student Health Center
 - Rachel Beller (Breast Cancer Dietitian) RDN
 - Nicole Fox (Integrative Dietitian), RDN
- Currently:
 - Clinical Dietitian at Providence St. John's Health Center
 - Clinical Dietitian at Ellison Institute of Transformative Medicine of USC
 - Dietitian in Private Practice













Hi!



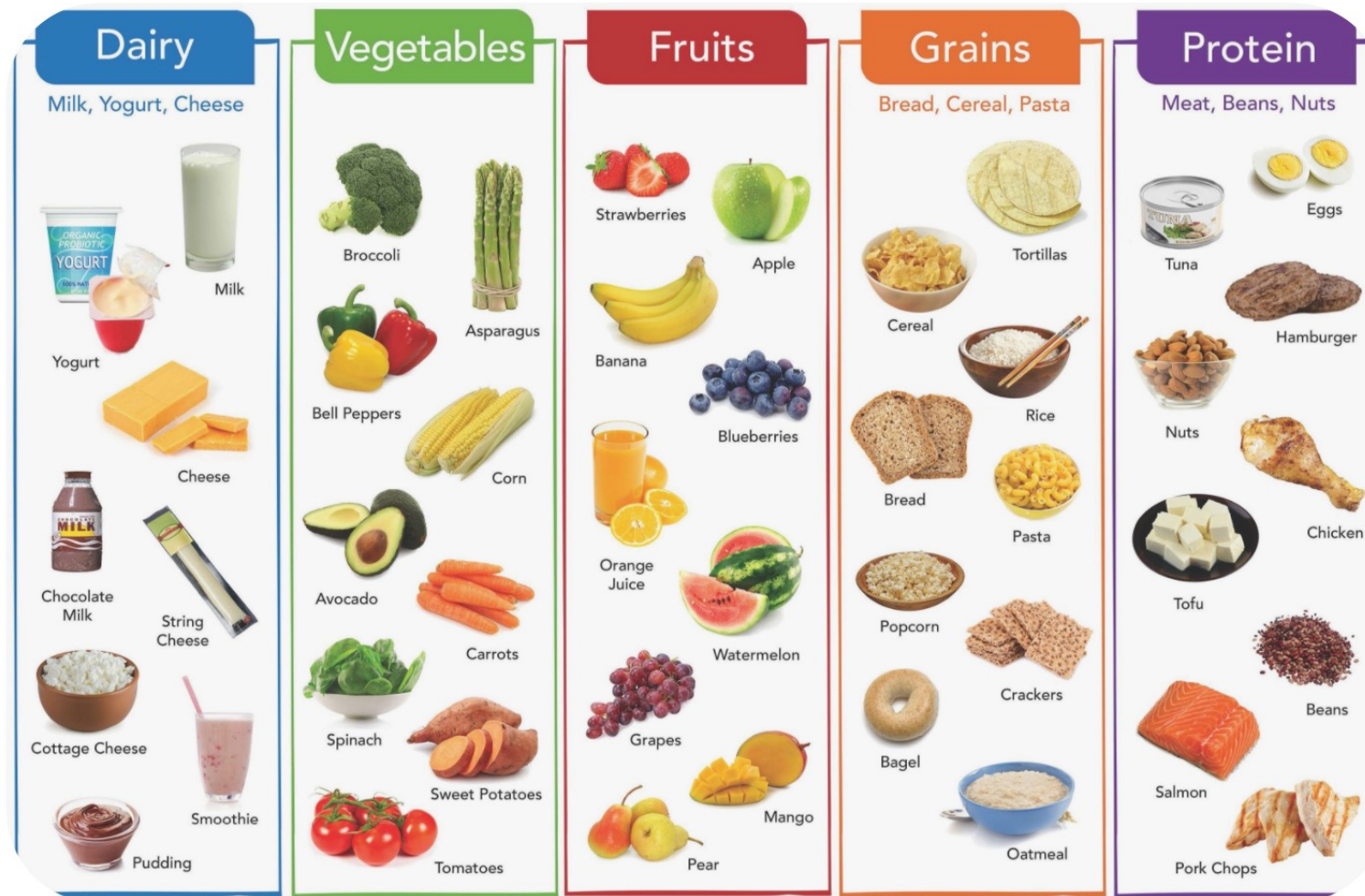
REGISTERED DIETITIAN NUTRITIONIST

V S "NUTRITIONIST"

 Accredited Degree ACEND-Approved Bachelor's Master's Degree - >50%	 No Degree Required.
 1200 ACEND approved supervised practice hours	 No Practice Hours Required
 Required National Examination	 No Examination Required
 Continuing Education Required. Audits every 2.5 years	 No Continuing Education Required
 State License Required	 No State License Required



Results from Googling “Healthy diet for teens”



Read labels...



What do these words have in common...

Rice Malt Hexitol Fruit Juice Concentrate
Raw Sugar Dextrin Stevia Acesulfame Potassium
Galactose Inversol Simplese Xylose
Maltodextrin Maltose Isomalt
Agave Nectar Oligofructose Malts Pentose
Sorbitol Glycerine Fructose Mannitol Carbitol Syrup
Brown Rice Syrup Diglycerides Sucroglycerides
Sugar Glucoamine White Sugar Neotame Saccharin
Beet Sugar Oligofructose Cane Sugar Florida Crystals Corn Sweetener
Anhydrous Dextrose Pancake Syrup Invert Sugar Glucitol Disaccharides
Cane Juice Crystals Cane Sugar Fructooligosaccharides



Sugar Bomb Breakfasts

Dunkin Donut Blueberry Muffin
460 calories **44g sugar**



Smoothies
230 calories **38 g sugar**



Protein bars
240 calories **21 g sugar**

Ready to Drink Protein Shake
250 calories **34g sugar**



Yogurt Parfets
310 calories **30 g sugar**



Instant Oatmeal
180 calories **14g sugar**



Cinnamon Nonfat Latte
210 calories **38 g sugar**



Raisin Bran Cereals
160 calories **17g sugar**

What should you eat?



So what's the best diet?



KETO



PALEO



VEGETARIAN



VEGAN



MEDITERRANEAN



RAW



LOW CARB



NO SUGAR