

Colorful Communications In Food Science and Nutrition

Taylor C. Wallace, PhD

Think Healthy Group

George Mason University

Produce for Better Health Foundation

Center for Magnesium Research & Education



Personal Disclosures

Its always important to be transparent about perceived conflicts of interest:

Employment:

Think Healthy Group
George Mason University

Journal Editorships:

Journal of Dietary Supplements
Journal of the American College of Nutrition
Annals of Medicine

Fellowships & Appointments:

Oak Ridge Institute for Science and Education (ORISE)
Produce for Better Health Foundation
Center for Magnesium Education & Research
AND Flavan-3-ol Working Group

Science Advisory Boards:

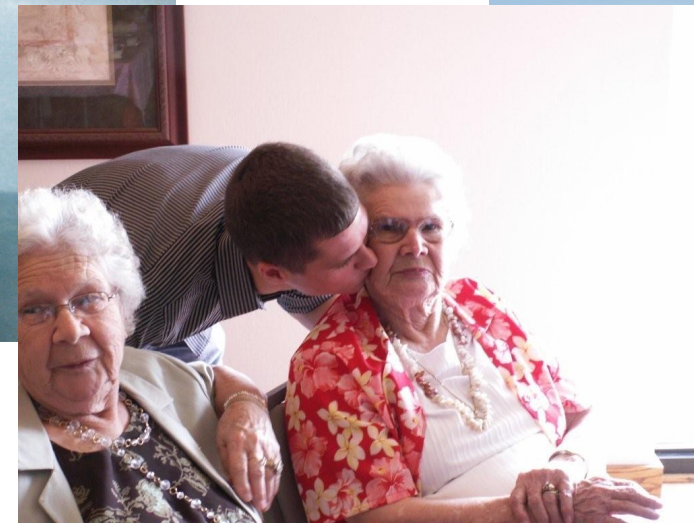
Forbes Health
National Pork Board
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Research Funding and Speaker Honoraria:

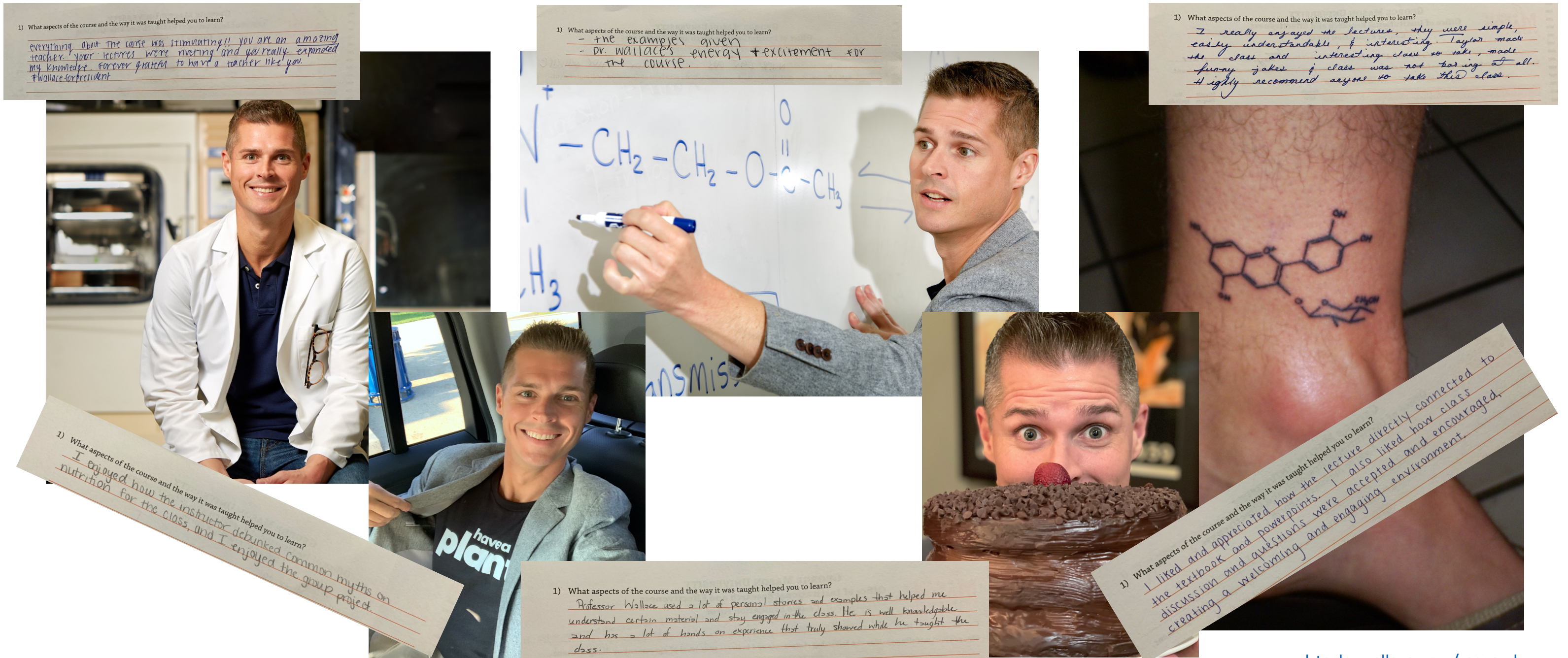
International Color Manufacturers Association
International Food Additives Council
PepsiCo

**These conflicts of interest are those that could be perceived as relating to this presentation. All disclosures can be found at: www.drtylorwallace.com.*

Who I Am...



A Researcher and Teacher...



www.drwallace.com/research





The Saqmolo' Project



J Acad Nutr Diet. 2022;122(2):432. (www.drtylorwallace.com/Saqmolo)

The RESTORE Study


Progress.

-  **Aim:** To identify standard nutrition care practices used by RDNs that show potential in influencing the burden of disease in patients admitted to the ICU using the Academy of Nutrition and Dietetics' Health Informatics Infrastructure (ANDHII).
-  **Utility:** Assist in the development of a pragmatic protocol of nutrition standard care practices that can be used to decrease the morbidity and mortality of SARS-CoV-2.
-  10 ICUs across the U.S. provided longitudinal data on 100 patients.
-  Preliminary analyses published.

DOI: 10.1002/jpen.2106

BRIEF COMMUNICATION

Nutrition care practice patterns for patients with COVID-19—A preliminary report

Velarie Ansu MS¹ | Constantina Papoutsakis PhD, RDN² | Nana Gletsu-Miller PhD¹ |
Lisa A. Spence PhD, RD¹ | Kathryn Kelley MPH² | Lindsay Woodcock MS, RDN²  |
Taylor C. Wallace PhD, CFS^{3,4,5} | Alison Steiber PhD, RDN^{2,6}

¹ Department of Applied Health Science, School of Public Health, Indiana University Bloomington, Bloomington, Indiana, USA
² Academy of Nutrition and Dietetics, Chicago, Illinois, USA
³ Think Healthy Group, Washington, District of Columbia, USA
⁴ Department of Nutrition and Food Studies, George Mason University, Fairfax, Virginia, USA
⁵ Center for Magnesium Education & Research, Pahoehoe, Hawaii, USA
⁶ Department of Nutrition, Case Western Reserve University, Cleveland, Ohio, USA

Correspondence
Lindsay Woodcock, MS, RDN, Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2190, Chicago, Illinois 60606-6995.
Email: lwoodcock@eatright.org

Abstract
Background: Severe acute respiratory syndrome coronavirus 2 is a respiratory virus that poses risks to the nutrition status and survival of infected patients, yet there is paucity of data to inform evidence-based quality care.
Methods: We collected data on the nutrition care provided to patients with coronavirus disease 2019 (COVID-19) by registered dietitian nutritionists (RDNs).
Results: Hospitalized COVID-19 patients (N = 101) in this cohort were older adults and had elevated body mass index. The most frequent nutrition problems were inadequate oral intake (46.7%), inadequate energy intake (18.9%), and malnutrition (18.4%). These problems were managed predominantly with enteral nutrition, food supplements, and multivitamin-multimineral supplement therapy. Over 90% of documented problems required a follow-up.
Conclusion: This data set is the first of its kind to report on the types of nutrition diagnoses and interventions for COVID-19 cases used by RDNs and highlights the need for increased and continued nutrition care.

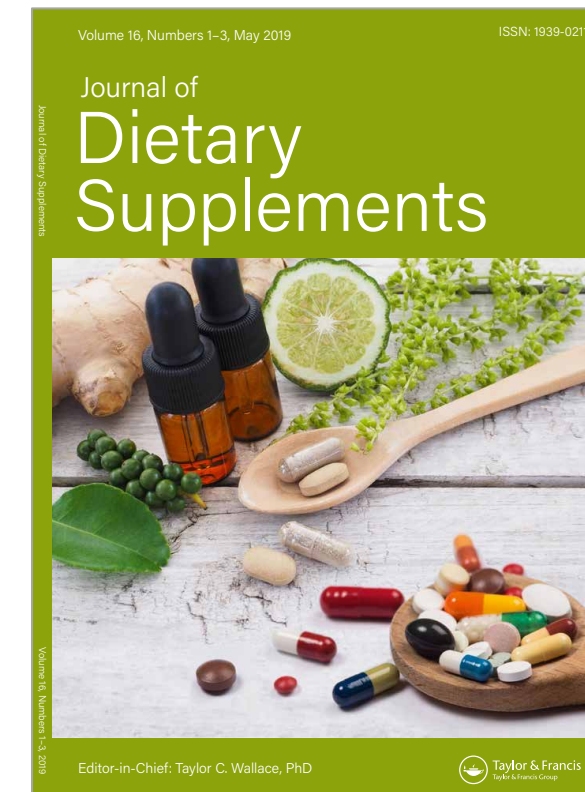
KEYWORDS
coronavirus infections, critical care, dietary supplements, dietetics, enteral nutrition, informatics, intensive care unit, nutrition, nutrition care process terminology, nutrition status, practice guidelines, research and diseases

J Parenter Enteral Nutr. 2021;45:1774.

Research

Research focus:

- 🍏 Effects of choline intake on cognitive development and maintenance.
- 🍏 Global development in the first 1000 days and early childhood (The Saqmolo' Project).
- 🍏 Nutrition and COVID-19 (The RESTORE Study).
- 🍏 Flavonoids (particularly anthocyanins) and cardiometabolic health.
- 🍏 Multivitamins.
- 🍏 Magnesium, immune function, inflammation, and bone health.



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Research

NEW flavan-3-ol guideline:

PERSPECTIVE

ASN

Flavan-3-ols and Cardiometabolic Health: First Ever Dietary Bioactive Guideline

Kristi M Crowe-White,¹ Levi W Evans,² Gunter GC Kuhnle,³ Dragan Milenkovic,⁴ Kim Stote,⁵ Taylor Wallace,^{6,7} Deepa Handu,⁸ and Katelyn E Senkus¹

¹Department of Human Nutrition, The University of Alabama, Tuscaloosa, AL, USA; ²USDA-ARS, Western Human Nutrition Research Center, Davis, CA, USA; ³Department of Food and Nutritional Sciences, University of Reading, Reading, United Kingdom; ⁴Department of Nutrition, University of California Davis, Davis, CA, USA; ⁵State University of New York, Empire State College, Saratoga Springs, NY, USA; ⁶Department of Nutrition and Food Studies, George Mason University, Washington, DC, USA; ⁷Produce for Better Health Foundation, Washington, DC, USA; and ⁸Academy of Nutrition and Dietetics, Chicago, IL, USA

ABSTRACT

Guideline recommendation for a plant bioactive such as flavan-3-ols is a departure from previous recommendations because it is not based on deficiencies but rather improvement in health outcomes. Nevertheless, there is a rapidly growing body of clinical data reflecting benefits of flavan-3-ol intake that outweigh potential harms. Thus, the objective of the Expert Panel was to develop an intake recommendation for flavan-3-ols and cardiometabolic outcomes to inform multiple stakeholders including clinicians, policymakers, public health entities, and consumers. Guideline development followed the process set forth by the Academy of Nutrition and Dietetics, which includes use of the Evidence to Decision Framework. Studies informing this guideline (157 randomized controlled trials and 15 cohort studies) were previously reviewed in a recently published systematic review and meta-analysis. Quality and strength-of-evidence along with risk-of-bias in reporting was reviewed. In drafting the guideline, data assessments and opinions by authoritative scientific bodies providing guidance on the safety of flavan-3-ols were considered. Moderate evidence supporting cardiometabolic protection resulting from flavan-3-ol intake in the range of 400–600 mg/d was supported in the literature. Further, increasing consumption of dietary flavan-3-ols can help improve blood pressure, cholesterol concentrations, and blood sugar. Strength of evidence was strongest for some biomarkers (i.e., systolic blood pressure, total cholesterol, HDL cholesterol, and insulin/glucose dynamics). It should be noted that this is a food-based guideline and not a recommendation for flavan-3-ol supplements. This guideline was based on beneficial effects observed across a range of disease biomarkers and endpoints. Although a comprehensive assessment of available data has been reviewed, evidence gaps identified herein can inform scientists in guiding future randomized clinical trials. *Adv Nutr* 2022;0:1–14.

Statement of Significance: The Expert Panel found moderate evidence supporting cardiometabolic protection resulting from flavan-3-ol intake such that we are proposing the first dietary recommendation for a bioactive food compound.

Keywords: flavan-3-ols, cardiometabolic disease, guideline, bioactive compound, cardiovascular



Forbes HEALTH


What Are Flavanol-3s? The Tea On The New Dietary Recommendation For This Important Nutrient, According To A Food Scientist

By Taylor Wallace

Fact Checked Sarah Berger

Updated: Oct 6, 2022, 4:05am

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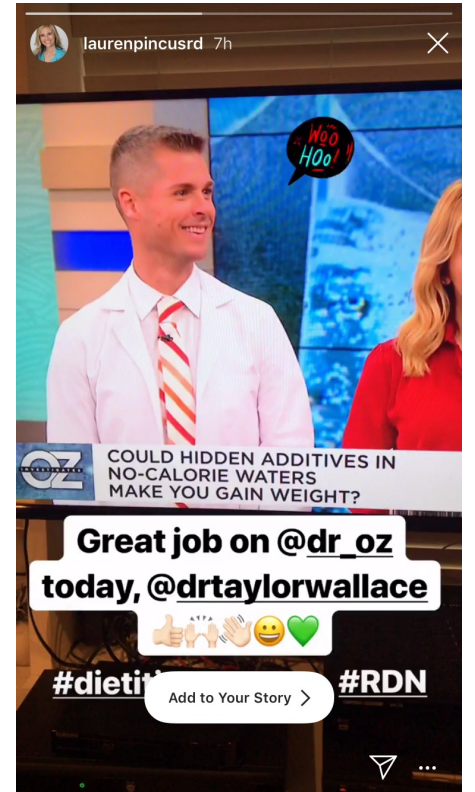
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Taylor C. Wallace, Ph.D., is principal and CEO of the Think Healthy Group—a food science and nutrition research firm—as well as a professor in the department of nutrition and food studies at George Mason University. His academic research interests are in the area of nutritional interventions to promote health and prevent the onset of chronic disease. He is an author of the new guideline recommendation for flavan-3-ols, the first North American dietary guideline recommendation for a dietary bioactive compound.

*“Among the general adult population, we suggest increasing consumption of nutrient-dense foods rich in flavan-3-ols and low (or absent) in added sugars, including but not limited to tea, apples, berries, and cocoa. Based on moderate quality research, consumption of **400–600 mg/d flavan-3-ols** can reduce risk associated with cardiovascular disease and diabetes. Increasing consumption of dietary flavan-3-ols may help improve blood pressure, cholesterol concentrations, and blood sugar.”*

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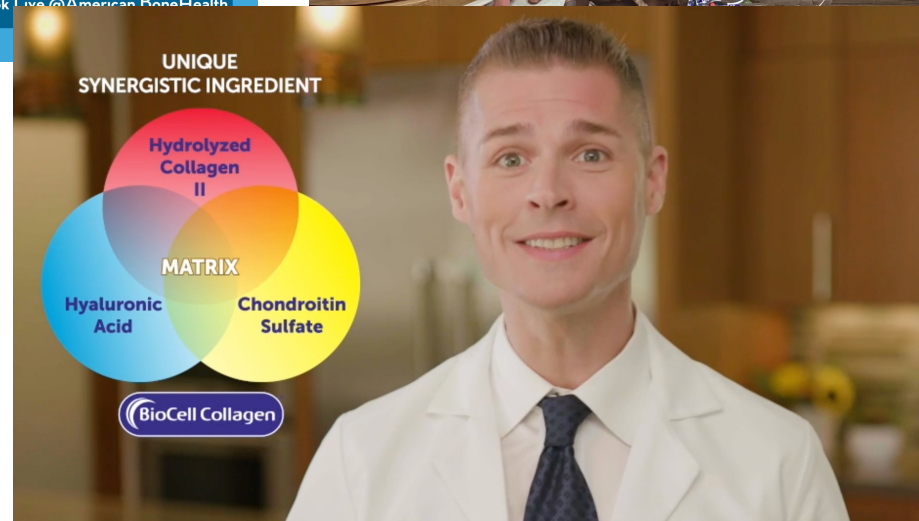
The Doctor Oz Show (N=187; 7y)



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OPINION



We should establish a National Institute of Nutrition

Obesity is one of the leading threats to the U.S. health care system. The government should allocate more money to nutrition research that can help.


TAYLOR C. WALLACE | OPINION CONTRIBUTOR | 1 hour ago


Celebrities like the [Jonas Brothers and Drake](#) are having a lot of fun posting photos of what they might look like when they're old, using apps to age their faces. The truth is that no one knows how many wrinkles or crow's-feet may show up


I'm A Nutrition Scientist—Here's Why I Take A Multivitamin

By [Taylor Wallace](#)
 [Sarah Berger](#) Updated: Jul 19, 2022, 12:28pm

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Table of Contents 

Peek into my kitchen cabinets, and you'll learn a few things about me. You might find fresh fruits and vegetables, 100% whole wheat bread, extra cheesy Cheez-Its...and a men's multivitamin.





The latter might be surprising—with contrasting views on multivitamins ranging from them being “a nutrition insurance plan” to “flushing money down the drain,” people are often curious

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OPINION

Opinion: Genetically engineered foods solve nutrition challenges

TAYLOR WALLACE | THE DETROIT NEWS | 10:30 pm EDT July 14, 2019

Food science and farm technologies today provide Americans with an unprecedented abundance of safe, healthy and nutritious food. Yet, consumers have never been so overwhelmed by doubt, their worries stoked by anti-technology activists peddling unsubstantiated fears.

Products



What I've Learned...

Every communications outlet is different:

- 🍏 My role on the Dr. Oz Show vs. NBC News and Forbes Health.
- 🍏 Know your audience and how to appeal to/resonate with them.
 - Xanthan gum and cancer segment example.
 - Cheesy snacks segment example (Red 40 and Yellow 5).
- 🍏 One commonality exists – media outlets and personalities are desperate for your attention!
- 🍏 News outlets are concubines for clicks and views.
- 🍏 Your talking points won't garner attention!
 - No one cares that 3 people in America will get 2 mg less iron if they don't consume refined grains.

Tell Your Story and Resonate!

Forbes

HEALTH

What Are Flavanol-3s? The Tea On The New Dietary Recommendation For This Important Nutrient, According To A Food Scientist


By [Taylor Wallace](#)
Fact Checked [Sarah Berger](#)
Updated: Oct 6, 2022, 4:05am

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Nutrition

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Forbes

HEALTH

The smell of freshly baked apple cinnamon raisin bagels (whole grain, of course) and a cup of hot tea or cocoa in the morning takes me back to my grandmother's kitchen. But would it surprise you that there was some truth to my grandma's favorite mantra, "an apple a day keeps the doctor away?"

My grandmother lived to be 95 years old and oversaw a 75-plus-acre farm until right before she passed in 2013. I don't remember a single visit where there weren't fresh fruits and vegetables from her garden stacked on the counter, and apples from my family's orchard. She also always had a pitcher of freshly brewed iced tea (remember that as you read this article). She drank five cups of unsweetened iced tea every day for as long as I can remember.

Personal Care

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Dental Care

[Natural Teeth Whitening](#)
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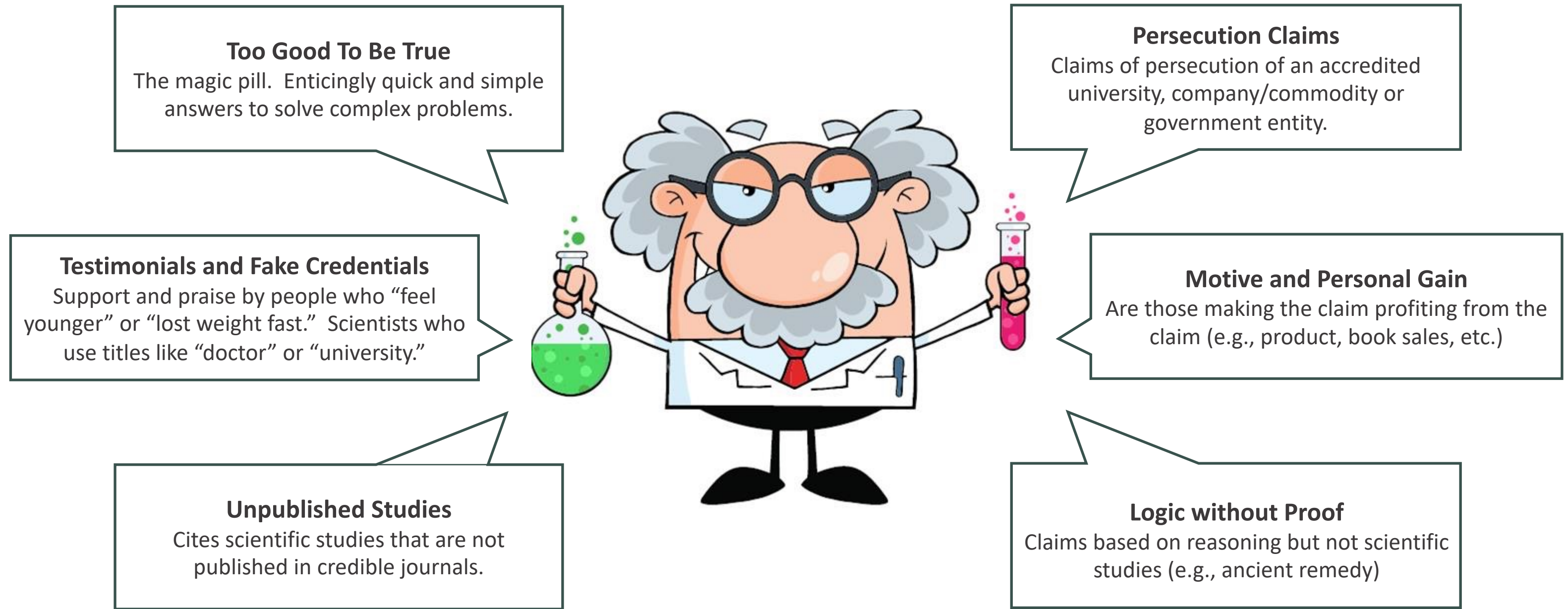
<https://www.forbes.com/health/body/what-are-flavanol-3s/>

What I've Learned...

Everyone is an expert when it comes to food:

- 🍏 Food is deeply emotional for people.
- 🍏 Not many people change their mind often.
- 🍏 Industry marketing practices have caused a lot of chaos.
- 🍏 Activist groups and those with unrealized conflicts-of-interest have made things worse.
- 🍏 There are many nutrition quacks out there... most will say anything to get on TV or in front of you.
- 🍏 Trust means everything.

Identifying Nutrition Quackery



What I've Learned...



Choosing not to interact is more detrimental:

- 🍏 If you choose not to engage you will lose invaluable opportunities...
- 🍏 Interacting does **NOT** mean trying to control the narrative or shooting out irrelevant talking points.
- 🍏 Time is of the essence.
- 🍏 The Doctor Oz Show was not out to get you.
- 🍏 Trust and support your tribe. Pharma is **EXCELLENT** at supporting their tribe. Big food is **LOUSY** at it.
 - Artificial flavors segment example (food industry).
 - Calcium supplements and bisphosphonates segment example (pharmaceutical industry).
 - Leveraging your online and social media tribes will help you mitigate TV headlines.

What I've Learned...

Staying true to science is your best bet:

- 🍏 Invest in safety and efficacy research on your products.
- 🍏 Tackle an issue head-on before it is an issue. Be proactive!
- 🍏 If you lead the charge, you control the narrative.
- 🍏 Why fall victim to shotty science?
 - Added phosphorus example.



Article


Association of Total, Added, and Natural Phosphorus Intakes with Biomarkers of Health Status and Mortality in Healthy Adults in the United States

Kristin Fulgoni ¹, Victor L. Fulgoni III ^{1,*} and Taylor C. Wallace ^{2,3}

¹ Nutrition Impact, LLC, Battle Creek, MI 49014, USA; fulgonik@gmail.com
² Think Healthy Group, LLC, Washington, DC 20001, USA; taylor.wallace@me.com
³ Department of Nutrition and Food Studies, George Mason University, Fairfax, VA 22030, USA
* Correspondence: vic3rd@aol.com; Tel.: +1-269-962-0448

Abstract: The Western diet is high in dietary phosphorus, partially due to added phosphorus, (i.e., phosphates) predominantly present in processed food products. Elevated serum phosphate levels, otherwise known as hyperphosphatemia, have been associated with changes in health status, of note detrimental effects on cardiovascular and renal health. However, the extent to which highly absorbed added phosphorus contributes to these changes is relatively unknown, due to its poor characterization among food composition databases. Industry-provided data on phosphorus source ingredients and ranges of added phosphorus present in food categories to enable a more accurate estimation of the total, added, and natural phosphorus intakes in the U.S. population. Using regression analyses, we then assessed relationships between estimated total, added, and natural phosphorus intakes on biomarkers of health status and mortality in individuals enrolled in the National Health and Nutrition Examination Survey (NHANES) 1988–1994 and 2001–2016 datasets. Total, added, and natural phosphorus intake were associated with several biomarkers of health status. Added phosphorus intake was consistently inversely associated with HDL cholesterol in both men and women, whereas naturally occurring phosphorus intake was inversely correlated with the risk of elevated blood pressure. However, in most cases, the predicted impact of increases in phosphorus intake would result in small percentage changes in biomarkers. No meaningful associations between phosphorus and mortality were found, but indications of a correlation between mortality with quintiles of naturally occurring phosphorus were present, depending on covariate sets used. The disparate results for natural and added phosphorus intakes within the current study provide increased support for updating current food composition databases to more accurately account for dietary phosphorus intake as total, naturally occurring, and added phosphorus.

Keywords: phosphorus; phosphates; cardiovascular diseases; kidney; diet; risk factors; food additives



check for updates

Citation: Fulgoni, K.; Fulgoni, V.L., III; Wallace, T.C. Association of Total, Added, and Natural Phosphorus Intakes with Biomarkers of Health Status and Mortality in Healthy Adults in the United States. *Nutrients* **2022**, *14*, 1738. <https://doi.org/10.3390/nu14091738>

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Thank You!



Dr. Taylor
**AMERICA'S FAVORITE
FOOD SCIENTIST**

Dr. Taylor Wallace

PhD, CFS, FACN

Think Healthy Group
George Mason University

Email: drtaylorwallace@gmail.com

Website: www.DrTaylorWallace.com

Text FOOD to 202-410-4202 to join my
email list.

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