



Photo by Lee Erickson

Above: Dietitian Karen Booth (center) leads Live Lifestyle Medicine program participants through the produce section during a grocery store tour at Winco Foods in Springfield last month.

Grocery Store Tour with a Dietitian

Article by Auriana Koutnik

When Registered Dietitian Karen Booth leads the free grocery store shopping tours for Live Lifestyle Medicine program participants, she always starts in the same place. "The produce section is my favorite because there are so many colors! Look at all the different foods that are available!" she says.

Karen's number one piece of advice: "Eat all the colors." She encourages people to eat their oranges, reds, blues, and greens... especially those dark greens. "Try to get your dark, leafy greens. Find a way to sneak them in, whether it's chopped up and tossed into your stew once it's done cooking, or frozen and added to your green smoothies."

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GROCERY STORE TOUR WITH A DIETITIAN

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The Live Lifestyle Medicine program holds a dietitian-led grocery store tour at the end of each 13-week class series. Karen leads the group around the grocery store to find the healthiest and most affordable options.

"She shares a lot of interesting nutritional facts about many different foods. You will come away with a great strategy on how to shop to help you on your way to great health!" said Scott Wagon, PA-C, who helps organize the class series.

During a recent shopping tour at Winco Foods in September, Karen helped participants compare and contrast peanut butter ingredients. "It's nice when it's just peanuts," she said. "Also, you can grind your own peanut butter in the bulk section."

Karen notes that, in general, it is less expensive to eat a whole foods plant-based diet. "Beans – even prepared beans in a can – are much less expensive than animal protein."

She's not shy about telling people to eat their veggies. "No matter how you get your vegetables – organic, conventional, fresh, canned, frozen – just get them and eat them!"

Karen works in outpatient education at Cascade Health; those interested in a personal consultation can access her services there. Watch for the next Live Lifestyle Medicine program free grocery shopping tour in early 2027.



Photo by Lee Erickson

Above: Tour leader Karen Booth, RD, explains that if you focus on eating all the different colors of fruits and vegetables, then your food will be medicine and also very delicious!

NEW CLASS SERIES

Live Lifestyle Medicine's new class series will begin on Oct. 20, 2026. The new start time is 5:30 p.m. Classes will be held at the First Christian Church of Springfield, 395 W. Centennial Blvd., Springfield, OR 97477. No sign up required!

The Tuesday night series features the following classes:

Oct. 20, 2026: *Introduction to Live Lifestyle Medicine* with Charlie Ross, DO, and Scott Wagnon, PA-C.

Oct. 27, 2026: *Meal Preparation and Planning* with multiple presenters.

Nov. 3, 2026: *Plant-Based Nutrition for Planetary Health* with Irana Hawkins, PhD, MPH, RDN.

Nov. 10, 2026: *The Importance of Lifestyle Medicine for Mental Health* with Psychologist Pam Birrell, PhD.

Nov. 17, 2026: *Nutritional Myths Uncovered* with Scott Wagnon, PA-C and Charlie Ross, DO.

Nov. 24, 2026: *Diabetes and Insulin Resistance* with Charlie Ross, DO.

Dec. 1, 2026: *Cooking Demonstration* with Food for Life Instructor Tamera Wilhite.

Dec. 8, 2026: *Child Nutrition and Plant-Based Diets for Families* with Pediatrician Eric Colgrove.

Dec. 15, 2026: *Weight Management and Calorie Density* with Scott Wagnon, PA-C.

Dec. 22, 2026: *Cardiovascular Disease Q&A* with Cardiologist Kristin Linzmeyer, MD.

Dec. 29, 2026: *The Magic of Fiber* with Charlie Ross, DO.

Jan. 5, 2027: *Food Addiction & Behavior Change* with Scott Wagnon, PA-C.

Jan. 12, 2027: *Physical Activity & Health* with Physical Therapist Kathy Meldrum, PT.

Whole Plant Foods Nutrition for Planetary Health

WHO: Irana Hawkins, PhD, MPH, RDN

WHEN: Tuesday, Nov. 3, 2026, 5:30 p.m.

WHERE: First Christian Church of Springfield, 395 W. Centennial Blvd., Springfield, OR 97477

Join us for an evening with Dr. Irana Hawkins, an internationally recognized Registered Dietitian and Planetary Health Specialist. She is a Certified Naturalist, a Native Plant Steward, and a Master Recycler/Composter who will be speaking about her new book: *Nutrition Security for Planetary Health* (CRC Press, 2026).

The multifaceted assault on the natural environment and human health requires immediate intervention where the industrialized food system is the major driver of environmental degradation, biodiversity loss, chronic disease, and other major global public health threats. Solutions abound and include whole plant foods nutrition as the foundational dietary pattern, growing food regeneratively, and becoming a community scientist. Inspiring vignettes will demonstrate the power of individual and collective actions that advance personal and planetary health.



TESTIMONIAL: “Life After Life”

By Lee Enry Erickson

Forty-eight years of marriage ended abruptly when my husband unexpectedly passed away in 2022. His death came as such a shock I ended up in the hospital with a heart attack. I went through cardio rehab, then returned to a quiet lifestyle and my “healthy diet” as before. In July 2025, more tests revealed that I needed two stents to open up a 100% occluded artery in my heart. While repeating cardio rehab, it was recommended I meet with the hospital’s nutritionist to discuss possible changes to my diet. In January 2026, with a diagnosis of congestive heart failure, chronic inflammation and high cholesterol, she suggested that I consider a whole foods plant-based (WFPB) diet to improve my overall health and possibly reverse heart disease too. I contemplated the pros and cons of making this change. One week later, I informed the nutritionist that I had “flipped the switch.” I emptied my pantry, refrigerator, and freezer of all foods that didn’t fit into a whole foods plant-based diet. I replaced nearly all of my cookbooks with ones featuring WFPB recipes. I can happily report that eight months later my heart, blood pressure, cholesterol, and triglycerides have all tested within normal ranges! My energy and stamina have returned. I am walking and cycling an average of four to six miles a day, seven days a week. There is “life after life” for me with a WFPB diet, change in lifestyle, and the support of our Live Lifestyle Medicine community!

“I can happily report that eight months later my heart, blood pressure, cholesterol, and triglycerides have all tested within normal ranges!”

- Lee Enry Erickson



Program participant Lee Erickson enjoys a healthy new lifestyle and WFPB diet.

Bringing lifestyle medicine to the community, to improve lives, one plant-based kitchen at a time...

www.livelifestylemedicine.com

