

Clinical Nutrition Center

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HealthStyles

Summer, 2010

Summer - what a great time to be cooking!

It's easy to eat healthfully in the summertime! Cooking outside is a wonderful seasonal treat. How do you make it good for you?...think vegetables and fruits! Once a week make a trip to your local Farmer's market (check the site, <http://www.coloradofreshmarkets.com/> for the one closest to you). Click on "Markets" to find yours, then click on "Crop Calendar" to see what's growing now! Remember that "squash" can mean many different varieties to try!

Almost any veggie can be grilled or roasted outdoors. Pack veggies into a foil pouch, spray with olive oil, add salt and pepper, fold it closed and let that amazing roasted flavor greet you! Onions, garlic, summer squashes, beans, even pea pods are wonderful this way. Tomatoes benefit from a quick grilling before slicing for a salad or a sandwich. Fruits grill well, too! Peaches are fantastic! A grilling basket can be an asset during these hot months for smaller fruits and veggies. Don't forget the Kabobs! Check out <http://www.recipezaar.com/> for their Garlic and Lemon Grilled Vegetables. Happy Summer cooking!

-Tracy Boykin, RD

Summer weight loss tips

- 1) Instead of sitting to read a book, get the audio version so that you can exercise at the same time. The better the book, the longer you'll want to exercise!
 - 2) To cut down on calories and carbs, as well as increase your vegetable intake, try serving your favorite low-fat pasta sauce over vegetables instead of pasta. Ideas: lightly steam or soften in non-stick pan any combination of sliced or shredded fresh zucchini or summer squash, sliced green beans; chopped broccoli, tomato, onion, spinach, peppers; frozen fiesta or Florentine blends, etc.
- Liz Hurst, RD
- 3) **Always** have dressings put on the side along with croutons and wonton chips.
 - 4) Remember to stay hydrated with water - metabolic rate can drop 30% by being dehydrated.
 - 5) Busy? Can't Exercise? Five minutes of each hour get up and walk around. Consider using a pedometer.
 - 6) Laugh! 10-15 minutes will burn 50 calories.
 - 7) Eat lightly and often every 3-4 hours - if you don't you will slow down your metabolic rate.
 - 8) Benefits of strength training -
 - slows loss of bone and muscle.
 - weight control
 - better balance and fall prevention
 - fights depression
 - ... These are only a few of the benefits!

- Mary Ellen

Water for Weight Loss?

It has long been debated whether or not there is scientific validity that we should each drink at least 64 oz of water per day. In a very interesting study published in Obesity, February 2010, weight loss subjects were each given a low-calorie diet. One group was asked to drink an additional 16 ounces of water with each meal, the other was not. In the group drinking additional water, 44% more weight was lost over the 12 week study period than the group not asked to drink extra water.

So, what does this mean? Well, with summer here, have 16 ounces of water with every meal!

-Dr. Lazarus

To Drink, or not to drink. That is the question

Perhaps the most common question I get every day is this one: "Well Doc, what about diet soda. I have to have one every day. I'm addicted!"

Well, first of all, there is no physical addiction to diet soda. If my 3 year old daughter tells me she is addicted to M&M's, this doesn't mean I'll give her a bag of them every day. This is a want, not a need.

An interesting study last year looked at the weight effects of drinking diet soda. To do this, they divided subjects in to 3 groups: water, diet soda, regular soda. This was the only control, and weight was followed. As expected, the water group did not gain weight, the soda group did gain weight. Interestingly, the diet soda gained nearly the same amount of weight as the regular soda group.

Obviously the calories don't explain this finding. Study authors suggested a different mechanism. Perhaps the non-nutritive sweeteners used in the diet sodas triggered other sweet cravings. This certainly mirrors our experience here at CNC. The more of any food that is consumed, the more that food is craved. This includes beverages AND foods. Sweets program our brain to seek out new sweets. Fats lead to more fats. Salts lead to more salts (ever try to stop eating the popcorn or potato chips halfway through the bag?)

Try this - eating healthy and drinking water results in craving healthy foods and water. If you want to conquer your sweet tooth, you need to back off on sweets. Even the ones without calories. And, while we're on the topic, don't forget that drinking Alcohol causes one to crave more alcohol. Forgo all the beer at the BBQ's this summer. Drink water, and learn to crave it. For many, this one tool can be the most powerful one when it comes to long-term weight control.

-Dr. Lazarus

Nutrition and the Immune System

The immune system is vital in protecting the body from infectious agents, foreign bodies, and even cancer. It's purpose is recognizing abnormalities in the body and disposing of them without attacking the body itself. Proper nutrition is needed for the immune system to function at its best. A balanced diet of protein, fat, carbohydrates, and calories are part of this. Preventable diseases such as Type 2 Diabetes, cardiovascular disease, high blood pressure, cancer, Alzheimer's, and osteoporosis can be eliminated or reduced with proper nutrition and physical activity. (Aim for at least 150 minutes a week or 30 minutes for 5 days/week of planned exercise).

What foods weaken the immunity?

Consumption of refined sugar, white or unbleached flours, and some vegetable oils do not boost immunity. These foods contribute to inflammation and obesity which leads to a higher probability of disease.

What are changes you can make to boost immunity?

1. Add healthy fats to your meal plan every day

Best fats are

olive oil (1 T. = 120 cal)
fish (3 oz salmon is a healthy protein source)
flax seeds (2 T. = 40 cal)
avocado (1/4 = 80 cal)
nuts (1/4 cup = 160 cal)

2. Increase antioxidants from foods

Examples:

vitamin C (oranges, red peppers)
lycopene (tomatoes)
beta-carotene (carrots)
anthocyanins (blueberries)
lutein (spinach)

Antioxidants are needed daily and in abundance so be sure to eat five or more vegetables and some fruit every day. Limit your intake of supplements to increase antioxidants. Take a multivitamin/mineral every day or every other day for insurance.

3. Other immune boosting foods

tea (polyphenols)
wine (epigallocatechin gallate)
tumeric (curcumin)
mushrooms (lentinian)
berries (ellagic acid)
onions/garlic (quercetin)

Bottom line: Eat a balanced food plan with a variety of vegetables, fruit, fish, and healthy fat. Talk to your dietitian at CNC about incorporating more of these foods in to your specific meal plan.

- Susan Ellis, RD

Article adapted from "The Impact of Nutrition on the Immune System" presented by Dr. Dobri Kiprof, Colorado Dietetics Association Annual Meeting.

Does Rapid Weight Loss Result In Rapid Weight Gain?

A recent study by the University of Florida published in the International Journal of Behavioral Medicine looked at the longtime question, which is better, slow and steady weight loss vs. rapid weight loss. A popular notion is that rapid weight loss can result in equally rapid weight gain.

This study would dispute this long-held belief. In fact, study enrollees in the rapid weight loss group were 5 times more likely to maintain weight loss at 18 months than those in the slow weight loss group. The moderate pace weight loss group were 3 times more likely.

It has long been our experience at CNC that there is no harm in getting off to a quick start, and in fact, can set the stage for long-term success. Even if a person experiences weight regain, it is never too late to get back on track!

-Dr. Lazarus

Not wanting to be active? Imagine being unable to be active

I have been working with more and more patients at CNC who have lost the ability to be active. Knee arthritis / knee replacement / hip replacement. Lousy ankle. Too short of breath. Heart disease and chest pain. Emphysema. Diabetes. Too heavy. The list goes on and on.

But there is one common denominator - every person I work with says the same thing. "If I had only known then the cost of being sedentary, I would never have let this happen."

If you're not feeling like being active, imagine losing the ability to be active. Imagine being forced to be seated all day. Imagine not being able to go for a bike ride, not being allowed in the swimming pool, or not being able to go for a hike. Imagine not being able to travel, not being able to swim in the ocean or walk on the beach. Imagine not being able to go sight seeing in Italy.

I know this sounds far-fetched and improbable, but please believe me - if we choose to be inactive, we will eventually be unable to be active.

There's a nursing home waiting for each of us. Let's not be in a hurry to land there. Get up and do the things you enjoy! Before it's too late... Plan a vacation! Take a yoga class. Go for a swim. Take a weekend in the beautiful Colorado mountains. Walk around the mall. Take the kids to the playground. Get the bicycle out on one of our beautiful mornings and ride around the neighborhood. Make the activity the BEST part of every day, not the part you dread.

-Dr. Lazarus

Pedometer Tracking

Why wear a pedometer?

Activities that you do can be split into two categories: exercise and non-exercise activities. Walking makes up the majority of our non-exercise activities so by wearing a pedometer you can get an idea of how much non-exercise activity you are getting each day (medically, we call this "NEAT" or non-exercise activity thermogenesis).

Wear a pedometer throughout the day except during any formal exercise sessions. Track your step counts just like you do your calorie intake. A ten to 15 minute walk will give you about 1000 steps on your pedometer. Aim for 10,000 steps per day.

Regular exercise can:

- reduce your risk of heart disease
- lower elevated blood pressure
- reduce blood cholesterol
- increase circulation

-improve performance of your heart and lungs
-help you look and feel better overall

-Lisa Innis RD, CDE

Years of Life Lost to Obesity

Obesity is responsible for over 95 million years of life lost, according to [Obesity, February 2010](#). This article looked at many studies over the years comparing life span of obese, overweight, and normal weight people. Compared to their normal weight counterparts, obese men live 6-7 years less. Obese women live about 7 years less than their non-obese counterparts. Even being overweight is associated with a shortened lifespan - 3.1 to 3.3 years, according to the author. The greatest noted difference in lifespan was in individuals with a [BMI](#) (body mass index) > 35.

With rising overweight and obesity rates in the US, this could certainly contribute to a decreased life expectancy in the future.

Let's take advantage of our summer months and reverse these statistics! In particular, if your BMI is above 30 ([click here](#) to use our BMI calculator), let's work on getting your weight down and improving our chances at longevity.

-Dr. Lazarus

New Book Recommendation from CNC

Have you visited our website lately? We have added a list of reading recommendations from the CNC staff [here](#). Our newest addition to the list deals with the topic of gluten sensitivity.

Do you have a problem with wheat? My friend Elizabeth did, and in the process of figuring it out for herself, she compiled all the information to publish a wonderful little book for the rest of us! Her adventure with gluten-free cooking led her to help us to: "Be bold and create gluten-free versions of your own tried and true favorites!"

The book encourages a playful attitude toward gluten-free cooking. It is full of recipe ideas and tips that are practical and simple, making it a lifesaver for "newbies" to gluten-free living. Elizabeth's label reading directions, shopping tips and fun recipes are organized in an irrepressibly positive package which readers will find helpful and easy to use.

If you think you have difficulties digesting gluten, ask your CNC dietitian to share some ideas from her copy of: [Gluten-free Jubilee. Fast and flavorful recipes + Survival Guide Happy Healthy Eating!](#)

-Tracy Boykin, RD

How To Eat Less at Night

- 1) Don't Starve during the day
- 2) Drink plenty of water
- 3) Eat dinner at the same time each day
- 4) Dinner should be the smallest meal of the day
- 5) Brush your teeth right after dinner
- 6) Chew sugarless gum
- 7) It's a fine line between boredom and hunger - find a hobby or activity to do in the evenings.
- 8) Form new habits. Stop eating after 7 pm for a week, then aim for a month.
- 9) Go to Bed! An earlier bedtime will keep you from eating, and more sleep is one of the best tools in the battle against weight gain!

-Suzanne Boos, RD

The Case AGAINST the use of HCG for Weight Loss

Human Chorionic Gonadotropin (HCG) is a hormone normally secreted by the placenta during pregnancy. It has come to my attention that increasing numbers of individuals are seeking out providers of HCG injections for the purpose of weight loss. Is this an effective treatment for obesity?

HCG was first studied by Dr. Simeons in 1954, and became popular in the 1970's. At that time, a series of trials were performed to assess the effectiveness of HCG. The studies conclusively demonstrated that HCG is NOT effective. A subsequent review in 1995 suggested that "...the use of HCG should be regarded as an inappropriate therapy for weight reduction..." In the author's opinion, "Pharmacists and physicians should be alert on the use of HCG for Simeons

therapy. The results of this meta-analysis support a firm standpoint against this improper indication. Restraints on physicians practicing this therapy can be based on our findings.” (reported in the British journal of clinical pharmacology, 1995; 40: 237-243. PMID: 1365103)

The American Society of Bariatric Physicians has issued the following policy statement regarding HCG use:

1. The Simeons method for weight loss is not recommended.
2. The Simeons diet is not recommended.
3. The use of HCG for weight loss is not recommended.

I urge all of our patients to steer clear of hocus-pocus methods of weight management. Let's use science to improve our health and wellness and not embrace magical thinking.

-Dr. Lazarus

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