

Nutrition Bites



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2013

A New Year & A New You

As the first month of the new year starts a lot of people make new resolutions; some realistic and some unrealistic; some goals are attainable and some are not. Aiming for a healthful lifestyle may sound like a slow and long process but it has positive long-term effects on health. Following strategies can provide a long lasting benefit ensuring overall wellbeing.

Lifestyle changes make a big difference

Small lifestyle changes – eating smarter and moving more – will help lower the risk of many diseases and health conditions. Since losing and then keeping weight off can be a challenge, it is reassuring to know lifestyle changes by themselves can reduce your risk; they can help you feel better too.



Using your diet to help prevent and manage disease

A strong immune system is one of your best defenses against illness and a nutrient-rich diet can help keep the immune system strong. A carefully planned diet not only helps manage diseases but it can prevent certain diseases as well.



Reaching and maintaining a healthy weight

A healthy weight is all about balancing food intake with physical activity. Small steps add up. Slow, steady weight loss is more likely to last than dramatic weight changes. If you want to reach or maintain a healthy weight, the best path is a lifelong combination of eating smarter and moving more.



Helpful Links to find resources on health and fitness

- www.eatright.org
- <http://www.diabetes.org/>
- <http://www.heart.org>



Resources: www.eatright.org



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New Trends...

When it comes down to what's hot in food and nutrition, experts recommend going back to the basics; using seeds, going green and enjoying life with the simplest of foods. Here are some new trends in food that come with a new twist on nutrition. Enjoy!

Chia Seeds

- Chia seeds are excellent source of omega-3 fatty acid, fiber at 10 grams per ounce (about 2 tablespoons), and contain protein and minerals including iron, calcium, magnesium and zinc.
- Chia seeds can be eaten raw or prepared in a number of dishes.
- Chia seeds are very absorbent and develop a gelatinous texture when soaked in water making it easy to mix them into cooked cereal or other dishes.
- Sprinkle ground or whole chia seeds on cereal, rice, yogurt or vegetables.



Pepitas or

Pumpkin Seeds

- Pumpkin seeds, also called pepitas, are a natural source of vitamins, minerals and essential fatty acids.
- They are not only nutritious, but also tasty, having a sweet and chewy texture.
- Pumpkin seeds can be boiled, baked or eaten raw. They are low-calorie, high-nutritive snacks and can help improve prostate and bladder problems, as well as depression, according to American Chronicle.



Going Green with Smoothies

- Go green with smoothies made out of leafy greens such as kale and spinach!
- They have certain phytonutrients that may help lower inflammation, which can reduce the risk of heart disease and certain cancers. (Liz Applegate, Ph.D. the director of sports nutrition, UC Davis).



Sources: www.eatright.org

<http://www.livestrong.com/article/236670-health-benefits-of-pepitas-pumpkin-seeds/#ixzz2B5KhVJt3>

Image sources: <http://yourfoodlife.com/wp-content/uploads/2012/09/chia-seeds.jpg>
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5 Tips to Stay Away from Fad Diets

With all the focus on weight loss in our society, it is not surprising that many people fall prey to **fad diets**. Health claims, testimonials and so-called “expert advice” is more than enough to confuse consumers. The bottom line is simple; fad diets promote short-term weight loss, usually with no concentration on long-term weight maintenance.



Every individual has very specific needs for his or her own health according to age, gender, size, lifestyle and ancestry. There are no super foods that can alter your genetic code. Stay away from any diet plans, pills and products that make the following claims:



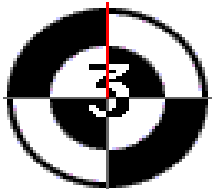
Quick Weight Loss

Gradual weight loss is more likely to last than dramatic weight changes. Quick weight loss results in muscle, bone and water losses as well. In addition, it is more likely to regain the pounds quickly afterwards.



Quantities and Limitations

Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates or proteins. Human metabolism needs all nutrients to provide fuel for the body. Even taking multivitamin will not add up to meet the requirement for critical nutrients.



Specific Food Combinations

There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. A healthy diet is based on balance and a variety of food groups.



Unrealistic Menus

Following rigid meal plans can be an overwhelming and daunting task. Any new diet that asks to follow complicated menus cannot provide a lifetime solution to health and weight problems.



No Need to Exercise

The best way to maintain a healthy weight, build muscle and lose fat, is a lifelong combination of eating smarter and moving more. For a personalized plan, tailored to your lifestyle and specific needs, look for a registered dietitian, (not a crazy diet), who can help you find a realistic, flexible eating style that helps you feel and be your best.





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“The more you eat, the less flavor; the less you eat, the more flavor.” ~Chinese Proverb

“One should eat to live, not live to eat.”
~ Benjamin Franklin

“One cannot think well, love well, sleep well, if one has not dined well.” ~ Virginia Woolf



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Services available from Nutrition Sense:

Individualized Nutrition Counseling for:

- ◆ Diabetes
- ◆ Weight-Loss
- ◆ High Blood Pressure
- ◆ Meal Planning
- ◆ Healthy Eating
- ◆ Kidney Disease
- ◆ Heart Disease
- ◆ Digestive Disorders
- ◆ Food Sensitivity *New!*
- ◆ And More!

***New!* Lifestyle Eating and Performance (LEAP)**

LEAP Therapy is a unique program that identifies food sensitivities that may be contributing to conditions such as:

**Irritable Bowel Syndrome• Fibromyalgia•
Migraine• Chronic Fatigue•
and other food-sensitivity related conditions**

*Lifestyle
Eating
And LEAP
Performance*



The focus of LEAP is to establish a health and safe eating plan that removes all provoking foods and chemicals from the diet. The Mediator Release Test is a patented blood test used to identify a person's food triggers which can include foods, food chemicals, additives, and colorings. These will differ between individuals. If you or someone you know are currently suffering from these conditions and are looking for a unique approach for managing them please contact me for more information.