

Nutrition Notables

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Special points of interest:

- Learn to make SMART resolutions!
- Make meatloaf with added health benefits!
- Learn how to reduce your risk for diabetes!
- Find a happier you this year through a healthy diet!

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New Year, New You?

About half of Americans make New Year's resolutions and nearly all of those resolutions will not be kept. Wonder why that is? Most resolutions are unspecific and often unrealistic. Common resolutions are things like "to be healthier" or "to lose weight". With such a broad goal, it's no wonder that we fail.

So how do we create New Year's resolutions that work? New Year's resolutions are really just goals, and there are some great guidelines for setting goals that work. It's called SMART. SMART stands for specific, measurable, achievable, realistic, and time-framed.

Specific—First, goals need to be specific. Instead of saying that you want to be healthier, think about how you define healthier. A diabetic, for example may want to reduce their blood sugars, or someone who is obese may want to lose some excess body weight.

Measurable—Once that's been decided, then you need to make it measurable. For instance, our diabetic may want to have their morning blood sugars to be 120 or less, 5 out of 7 days a week. Or our obese person may

want to lose 30lbs in 4 months.

Achievable—The next questions to ask yourself would be can I actually do this? If our obese person wanted to lose 30 lbs in 2 weeks that wouldn't be possible without some sort of surgery. So unless that person were planning on surgery, that goal would not be possible. Now 30 lbs in 4 months that's an achievable goal without surgery. By setting goals that are impossible, you set yourself up for failure.

Realistic—Set small goals that you can reach. You can always set a new goal once you've achieved the first one. Also consider whether you have the resources to follow through with the resolution. Our obese person is a good example. If the person doesn't want to lose weight through surgery, then they need to adjust how long it will take to lose the weight. Make goals that fit your life.

Time-framed—Finally, each goal should have a time in which you would like to reach it. For instance, our diabetic may say they want to have their blood sugars to be 120 or less in the morning 5 out of 7 days a week



within 2 months. Time frames are important because they help us plan, keep us from procrastinating and best of all give us a point where we can be proud of our accomplishment and reward ourselves.

When you reach your goal, you should always reward yourself some how. Just don't use food. It can lead to rewarding yourself for everything with food and weight gain. Instead, choose a reward that doesn't involve food. For instance, taking a long bath while your spouse watches the kids or taking the evening off from housework and watching your favorite movie. Rewards don't have to cost money to be enjoyable. So start setting your SMART resolutions today.



You'll never know that flaxseed is hidden in this meatloaf!

Recipe Box-Meatloaf

Want some comfort food and to increase your omega-3 intake? Try this meatloaf from the Flax Council of Canada (www.flaxcouncil.ca).

- 2 lbs lean ground beef
- 1 cup skim milk
- 1/2 cup ground flax seed
- 1/2 cup dried bread crumbs
- 1/2 cup chopped onion
- 1 egg, beaten
- 1 Tbsp Worcestershire sauce
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp dry mustard
- 1/2 tsp celery salt
- 1/4 tsp ground thyme
- 1/4 cup ketchup

In a large bowl combine beef, milk, ground flax, crumbs, onions, egg,, Worcestershire sauce, pepper, garlic, mustard, celery salt and thyme. Mix well. Pat mixture into a 9X5X3 inch loaf pan. Spread ketchup over top of loaf. Bake at 350°F for 1 to 1 1/2hours, until no pink remains. Remove pan from oven and let stand 5 minutes.

Remove from pan, and place on platter to serve.

Serves 8.

Per serving:
 Calories—375
 Protein—27.6g
 Carbohydrate—15.5g
 Fiber—2.9g
 Fat—22.3g
 Sodium—258mg
 Potassium—598mg

Eating a Mediterranean Diet can reduce your risk of diabetes!

Mediterranean Diet and Diabetes

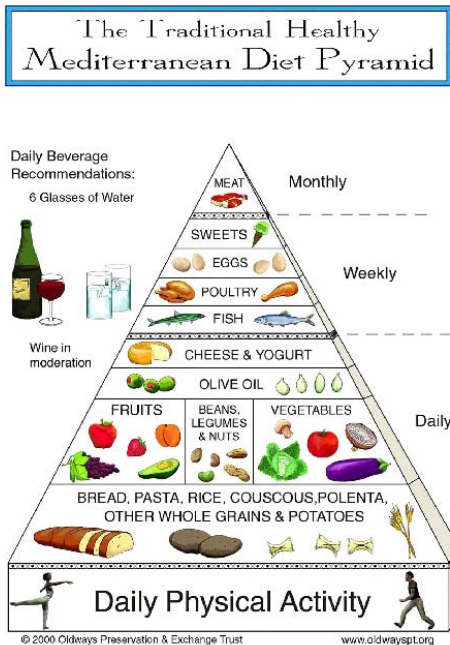
Have diabetes or concerned about getting diabetes? Then consider a Mediterranean diet. Research suggests that this type of diet can significantly reduce your risk of

developing Type 2 diabetes. Also people, who already have diabetes, tend to live longer and have less heart problems with a Mediterranean diet.

So what exactly is a Mediterranean diet? For thousands of years people in the Mediterranean area have eaten this particular diet. To eat like then try the following:

which does not contain hydrogenated oils and added sugar. Choose nuts that are not heavily salted or honey roasted.

- Eat lots of vegetables. Watch out for the sodium in canned vegetables. When possible choose fresh or frozen.
- Choose whole grain products where possible. Look for whole wheat instead of just wheat. Look for foods with higher fiber content.
- Include plenty of nuts, seeds, and lentils. Dried beans can be cooked in bulk and frozen for later use. Choose “natural” peanut butter
- Include plenty of fruits. Choose whole fruit over juice. Choose fruit canned in light syrup or fruit juice instead of heavy syrup.
- Instead of red meat, fill up on fish and lean poultry. Aim for fish 2 to 3 times per week. Take the skin off your chicken and turkey before cooking.
- Limit dairy products (milk, cheese, butter, yogurt). Choose low fat or fat-free dairy products when possible.
- Use heart healthy fats, such as olive or canola oil, in place of butter or lard.
- Drink red wine in moderation. (1 to 2 glasses a day)



Food for Thought-Happier New Year!

With the days being short and cold, many of us are suffering from the winter blues. But did you know that a few healthy changes can boost your mood? Well it can.

First, eat regularly throughout the day. If possible, eat at least three meals a day. Skipping meals, especially breakfast, can lead to low blood sugar which causes irritability and fatigue. If you're hungry between meals select healthy snacks: nuts, fruits (not dried), cereals, pretzels, cut vegetables.

Next, choose foods that are low in refined sugar. Sugary foods and drinks will lead to a "high" followed by a low that will leave you tired and irritable. Also sugary foods are high in calories and can lead to weight gain.

Instead, choose whole grains, fruits and vegetables. Try to eat 5 servings of fruits and vegetables daily. Not only will these foods not cause the high/low mood cycle, but they also contain vitamins and minerals such as thiamine (B1), folate and zinc. Research suggests these vitamins and minerals may help with mood.

Remember to include protein at each meal. Good sources of protein are lean meats, fish, eggs, low-fat or fat-free milk, nuts, beans, lentils and soy products (tofu, soy milk, soybeans). Proteins also contain tryptophan, which may help with improving mood. Lean red

meat, fish, eggs and low-fat/fat-free milk are a good source of vitamin B₁₂ which may also help with mood. If you are a vegetarian or vegan, try to eat B₁₂ fortified foods such as nutritional bars, meat substitutes, breakfast cereals, soy and other plant-based milks, and Red Star Vegetarian Support Nutritional Yeast.

Then, increase your intake of omega-3 fatty acids. Research suggests that omega-3 fatty acids may reduce the symptoms of depression, ADHD and bi-polar disorder. Sources of omega-3 fatty acids are: oily fish (mackerel, lake trout, herring, sardines, albacore tuna and salmon), walnuts, flaxseeds (need to be ground), and soybeans. When buying canned fish, choose varieties in water rather than in oil. The balance of omega-6 to omega-3 fatty acids in the diet may also be important. Therefore, try to reduce sources of omega-6 fatty acids. Some ways to do this are: fry or sauté foods in olive or canola oil, choose monounsaturated margarine (avoid margarines or spreads containing omega-6 polyunsaturated or hydrogenated trans fats) and avoid processed foods that are high in saturated and trans fats (pies, doughnuts and cakes and foods containing shortening or lard). Ideally, the ratio of fat in your diet should be four parts omega-3 and one part omega-6.

Don't forget to drink plenty of fluids too. Even mild de-

hydration can cause you to be restless and irritable. Try to drink about 8 cups of liquids a day to maintain your hydration. This includes water, juice, coffee, and tea. However, try to limit your intake of caffeinated drinks (coffee, soda, tea) to 3-4 cups a day. Caffeine can cause an increase in blood pressure, anxiety, depressive symptoms and sleep problems.

Also limit your alcohol intake as it can lead to dehydration and can increase depression. The liver uses thiamine, zinc and other nutrients that control mood to remove the alcohol. If the liver has to do this too often and/or in large amounts, it can lead to a deficiency in these nutrients and irritability, aggressive behavior, and/or low mood. It is also important to monitor your weight, because weight gain or loss can make your mood worse. Unintentional weight gain can lead to feelings of being out of control and cause depression. On the other hand, excessive weight loss can also deprive the brain of glucose and other nutrients that control mood. If you need to lose weight, limit fat and sugar intake, use less fat in cooking, reduce your alcohol consumption and increase your exercise levels. The recommended weight loss rate is 1/2 to 1 lb per week.

Finally, try to include exercise. Exercise causes the release of natural feel good chemicals called endorphins.



Did you know that your diet can affect your mood?



Exercise also burns calories and helps to maintain weight. Try to get in at least 20 minutes of moderate exercise three times a week to start. Ideally, try to exercise most days of the week. If possible try to exercise outdoors regularly. Sunlight stimulates the pineal gland, which improves mood. Walking is a great form of exercise for everyone. It's free and can be done in many locations.

Each small change will improve your mood and your health. So eat and drink to your health. Cheers!

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