

Nutrition Notables

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Special points of interest:

- Learn how to reduce your risk of heart attack!
- Make a creamy soup without all the heart clogging fat!
- Ditch the diet and still lose weight!

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National Heart Health Month- Curbing Cardiovascular Disease

Cardiovascular disease is the number one killer in the nation and sadly, preventable.

Research suggests that cardiovascular disease actually starts in childhood. Fortunately, many of the risk factors that you and your children have can be reduced or even eliminated.

If you or your child is overweight or obese, try to lose weight. One of the best ways to do this is to get everyone moving. Consider exercising together as a family even. Take a walk together or start up a neighborhood soccer game.

Next, cut back on sugary

snacks and drinks. Research suggests that children should not be drinking soda at all, because it is replacing other nutritious drinks. Also limit juice to one cup per day. Instead encourage your child to drink water or milk. This guideline should also be followed by adults.

Instead of candy or fatty snacks, snack on fruits, vegetables or nuts. Homemade trail mix is a great snack for all ages.

Then, increase your fish intake. Aim for fish at least 2 times a week. Fish is best baked, broiled, grilled or stewed.



Also, choose lean meats and low-fat dairy products. The fats found in meats and dairy products can clog up your heart, leading to a heart attack.

Finally, eat whole grains. The fiber in helps eliminate some of the bad fats from your body.

Recipe Box—Curried Cauliflower Soup

Love creamy soups this time of year, but don't want all the heart clogging fat? Try a variation of French potage compliments of Vegetarian Times Magazine. (Gluten-free)

2 Tablespoons olive oil
1 small onion, chopped (1 cup)
1 medium tart apple, such as Granny Smith, peeled, cored, and coarsely chopped (1 cup)
1 Tablespoon curry powder
1 clove garlic, sliced (1 teaspoon)
1 large head cauliflower, chopped into 1-inch pieces (6 cups)
4 cups low-sodium vegetable broth
1 teaspoon honey or agave nectar
1 teaspoon rice wine vinegar

1) Heat oil in large pot over medium-high heat. Add onion, and sauté 5 to 7 minutes, or until soft and golden. Stir in apple, curry powder, and garlic, and cook 2 minutes more, or until curry powder turns deep yellow.

2) Add cauliflower and vegetable broth, and bring to a simmer. Cover, reduce heat to medium-low, and simmer 20 minutes. Cool 20 minutes, then blend in food processor or blender until smooth. Stir in honey and vinegar. Serves 6.

Per serving: 104 calories, 2 gm protein, 5gm fat (0.5gm saturated), 14gm carb, 0mg chol, 304 mg sodium, 4gm fiber

Food For Thought—Intuitive Eating

Tired of dieting and struggling to lose weight? Toss that diet out the window and try intuitive eating instead.

Please note, if you are on a special diet for a medical condition, intuitive eating is not for you. Instead, you should continue to follow your special diet that you were given by your doctor or dietitian. If you are uncertain, check with your doctor or dietitian before making diet changes.

So what is intuitive eating? It's eating when you're hungry and stopping when you're full. Sounds easy right? Here's how to get started:

First, stop counting calories, fat grams or anything else you count.

Next, learn the difference between true hunger and other body cues. Ask yourself, am I really hungry, or am I tired, stressed, thirsty, or bored? If you're anything other than hungry, satisfy that cue with a more appropriate response than eating. For instance, if you are tired, take a nap or if you are thirsty, grab a glass of water.

If you're not really sure if it's hunger or something else, try drinking a glass of water, stretching, breathing deeply and/or get up and move about. If the feeling doesn't pass, you are probably truly hungry. Then go eat something.

If you're craving a specific food, go ahead and have some of that food. Just make sure that you have a small portion and focus on enjoying every bite of it.

Then, you need to be aware of when you are actually full. To do this, try to be mindful of your eating. Don't eat while doing other things. Try to always sit at the table when you eat. Focus on your food. Think about the way your food looks, the wonderful smell it has, savor the taste before swallowing. Research shows that people have a "flavor quota" they need to reach before they feel full. So being aware of the taste will help you reach this quota faster.

Remember, you don't have to clean your plate either. If you're full and there's still food on your plate, put it in the refrigerator for later.

Eat slowly. It can take 20 to

30 minutes for the fullness signal to travel from your stomach to your brain. One way to do this is to put your fork down between each bite. If you have GERD, eating slower will also help reduce the symptoms.

If you're hungry eat. Don't wait until a set time if your body is already telling you it's time. Just because it's 11:30 doesn't mean you have to wait until noon to eat. Of course, we all have things that will stop us from eating exactly at the moment we are hungry. How many times have you been stuck in a meeting at work or at a child's sporting event and been hungry? Probably too many times to count. If possible, have snacks that you can use to curb your hunger until you can have a meal. If that is not possible, try to eat as soon as possible.

So now you know the basic steps of intuitive eating. Eat when you're hungry and stop when you're full. Bon Appetit!



Intuitive eaters have healthier weights, smaller waists, and lower risk for cardiovascular disease.



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**MEDICAL
UNIVERSITY OF
SOUTH CAROLINA—
NUTRITION
SERVICES**

Nutrition Services
165 Ashley Avenue
MSC 905
Charleston, SC 29425-0905

Phone: 843-876-0671
E-mail: renouf@musc.edu

We're on the Web!

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