

Photo by Alison Dowd

# EAT RIGHT BOSTON

## Newsletter

S U M M E R 2 0 1 7



*Meet Ellie! She's a friend's golden that lives within minutes of the beach and who loves to go in the water no matter what the temperature is! She's quite friendly, and as you can see, she makes a lot of friends at the beach! And, she is hoping for some treats!*

*Sophie Kamveris, MS, RD*

*Happy Summer!*



### Did You Say Kale...or Cake?

It's not hard to get hung up wondering why some people have more success than others losing weight.

Obviously, metabolism comes into play but according to researchers at Baylor University, it also has to do with self-control. In a paper published last year, entitled "Saying 'No' to Cake or 'Yes' to Kale: Approach and Avoidance Strategies in Pursuit of Health Goals," the authors focused on two diet strategies: (1) including healthy "approach" foods and (2) excluding unhealthy "avoidance" foods in subjects' diets. The study found that successful dieters focus on adding in some healthy foods (that they actually like!), while people with low self-control thought more about the foods they didn't like to eat (generally, those were the healthy options).

The bottom line is that if you are going to add in healthy foods in your diet, make sure those foods are ones that you actually enjoy eating! Otherwise, chances are your well intended efforts may not last very long.

## HEALTHY A - Z GUIDELINES



**Alcohol:** The Dietary Guidelines for Americans suggests up to 1 drink per day for women and up to 2 drinks per day for men. A single drink is 12 ounces of beer; 5 ounces of wine, or 1.5-ounces, or a “shot” of 80-proof distilled spirits or liquor (e.g., gin, rum, vodka, or whiskey).



**Blood Sugar:** Keep blood sugars (glucose) at healthy levels to prevent diabetes. Pre-diabetes is diagnosed when your blood glucose level is higher than normal but not high enough to be diabetes. Goals for fasting blood sugar is less than 100 mg/dl or a hemoglobin A1C of less than 5.7%. Losing at least 5 to 10 percent of your weight can prevent or delay diabetes, and even reverse pre-diabetes..



**Calcium:** Calcium is a mineral vital for the formation of strong bones and teeth. It is also essential in small amounts for blood clotting, muscle contraction, and nervous systems transmissions. Eating foods high in calcium is the best way to meet daily requirements listed here:

Men & Women (ages >50 years) need 1200 mg/day; Men & Women (ages 19-50 years) need 1000 mg/day; both Children & Adolescents (9-18 years) and Men & Women (ages 17-18 years) need 1300 mg/day.

**Vitamin D:** The sun is our greatest source of vitamin D. A light-skinned person with no sunscreen will absorb 20,000-30,000 IU of vitamin D in 30 minutes. Darker skin acts as a filter and can diminish absorption, putting

African-Americans at higher risk for vitamin D deficiency. It's important to supplement your diet with vitamin D-rich foods or to take a supplement during winter months. Current recommendations are: **600 IU** for ages 4 to 70 years of age and **800 IU** for those older than 70 years. Foods rich in vitamin D (in the order of greatest concentration) include: cod liver oil, salmon, mackerel, sardines, milk, and egg yolks.



**Exercise:** Engaging in regular physical activity provides heart health benefits. Try a variety of exercises to keep you motivated and to work different muscle groups. According to the \*AHA, all healthy adults (ages 18 to 64) should get at least 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic physical activity (e.g., brisk walking) every week; or 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (e.g., jogging, running) every week. They also suggest muscle-strengthening activities twice a week.

**Fiber:** The recommended daily amount is 25 grams for women and 38 grams for men. After age 50, the fiber needs drop to 21 grams for women and 30 grams for men. Choose at least three 1-ounce, fiber-rich servings of whole grains that include whole-wheat flour, oatmeal, whole cornmeal, brown rice and bulgur.



**Omega-3 Fatty Acids:** These fats are beneficial for the hearts of healthy people, as well as those that have, or are at risk of developing cardiovascular disease. The AHA\* recommends eating fish at least two times a week. Serving sizes are 3.5 ounce cooked or about ¾ cup of flaked fish. Fatty fish are especially high in omega-3 fatty acids. Examples include salmon, mackerel, herring, sardines, lake trout, and albacore tuna.

**Polyphenols:** These micronutrients may play a significant role in the oxidative processes in the body, and hence, in the prevention of some cancers and in cardiovascular disease. Fruits and beverages such as tea and red wine, constitute the main sources of polyphenols, but whole grains and legumes are also good sources.



**Saturated Fats:** These fats are generally found in animal products but are also present in some vegetable oils. They raise the level of cholesterol in your blood, which can increase your risk of heart disease and stroke. For healthy individuals, restrict saturated fats to less than 10% of your total daily intake OR less than 7% of total calorie intake if you have any cardiac related conditions. On a 2000-calorie diet, this translates to no more than 16 to 22 grams of saturated fat (7%-10%) per day.



\*American Heart Association

## HEALTHY GUIDELINES (CONTINUED)

**Sodium:** The American Heart Association recommends less than 1500 milligrams (mg) per day, but that is a very limited amount. Try not to exceed 2400 mg/day and work your way down from here to 1500 mg/day.



Choose and prepare foods with little or no salt and be careful in restaurants, as there is a lot of hidden sodium in tomato and cheese sauces, marinades, salad dressings, and soups.



**Sugar:** There are two types of sugars in American diets: naturally occurring sugars like those found in fruits (fructose) and milk (lactose), and added sugars. Added sugars include any sugars or caloric sweeteners that are added to foods or beverages during processing or preparation (sugar, honey, etc).

The American Heart Association recommends limiting the amount of added sugars you consume to no more than 50% of your daily caloric intake. For women, that's no more than 100 calories per day (about 6 teaspoons of sugar). For men, it's 150 calories per day (or about 9 teaspoons). The recommendations focus on all added sugars, without singling out any particular type.

Unfortunately, for right now, there is no way to distinguish added sugars on the Nutrition Facts Label. Hopefully, that is coming with the revised labels but the implementation date of 2017 may be delayed with the new administration.



**Trans Fats:** These fats are artificially manufactured and clog arteries. They are present in any foods that have been *hydrogenated or partially hydrogenated*. The Food and Drug Administration (FDA) authorizes food labels to state "0 grams" of trans fat if the food contains less than 0.5 grams per serving. So, look for "partially hydrogenated" in the ingredients list and avoid these foods. Come 2018, TFA's will be banned from foods per FDA regulations.



**Water:** Since at least 50% of your body weight is made up of water, here's an easy way to remember how many ounces of fluids you need to drink on a daily basis: divide your body weight (in pounds) by two. **Example: if you weigh 100 pounds, you should drink 50 ounces of fluid a day.**



**Weight:** Aim for a healthy body weight. Waist circumference and body mass index (BMI) are two parameters to measure healthy weights. Waist circumference measures the distance around your natural waist (just above the navel), while BMI measures your body weight relative to height. If your BMI is greater than or equal to 25, then you should aim for a waist circumference of less than 40 inches if you're a man, and less than 35 inches if you're a woman.

### Some of my favorite foods to make a part of a regular diet:

**-Steel cut or rolled oats** are packed with complex carbohydrates and fiber, which help to stabilize blood sugars and lower cholesterol.

**-Eggs** are a great source of protein, vitamin D, and choline, a nutrient important in cellular function.

**-Chia Seeds** are rich in omega 3 fatty acids, protein and fiber (1 Table-spoon has 5 grams of fiber!).

**-Greek yogurt** is a powerhouse of nutrition; packed with protein and makes a great snack option to help keep blood sugars stable between meals.

**-Berries** are good sources of fiber, vitamin C, and are rich in antioxidants. Keep them in your freezer for easy access.

**-Salmon and tuna fish** contain omega 3 fatty acids that help reduce inflammation and protect blood vessels. Pole caught tuna has less mercury. Smaller tuna, less toxins.

**-Quinoa** is a gluten free grain and is good source of protein, fiber, and magnesium.

**-Pasta** has always been a food favorite of athletes. Whole grain varieties are higher in fiber and help regulate blood sugars.

**-Potatoes** (both white and sweet) are packed with potassium and fiber. Eat the skin!

**-Kale** is rich in Vitamin K, C, and beta-carotene and contain compounds called *indoles*, which may help to prevent some cancers.

**-Nut butters** are full of protein and healthy monounsaturated fats that provide long acting energy that helps sustain blood sugars. Use 'all natural' variety with the oil floating on top.

## All Registered Dietitians are Nutritionists .....but NOT all Nutritionists are Registered Dietitians

Ever wonder what makes a registered dietitian different from a nutritionist? Pretty much years of schooling! Extensive education, accredited internship programs, and completing continuing professional educational requirements to maintain registration are the processes that ensure dietitians are up-to-date on the latest practices in dietetics. We are the only professionals that can be reimbursed by health insurance companies to provide medical nutrition therapy, an evidence-based treatment for disease prevention and wellness.

What does this all mean? Well, to some individuals it could mean free visits to meet with a dietitian who can help you improve your diet and lifestyle. Most health insurance plans authorize visits to dietitians for a variety of diagnoses, but FINALLY, now some are including wellness visits as preventive measures. You would have to call your health plan's 1-800 member line to find out what is specific to your own plan but here are some current policies. These are also the health plans that are accepted in my practice:

- Many of the Massachusetts Blue Cross Blue Shield and all of the Federal BCBS plans offer 6 preventive visits a calendar year with NO co-payment! If you have an HMO, you need to ask your primary care doctor for a referral, and mention the preventive diagnosis code **Z71.3** that stands for "Dietary Surveillance and Counseling."
- Aetna gives 10 "free" nutrition consults a year, while some Neighborhood Health Plans also offer visits with no co-payments.
- Cigna, Harvard Pilgrim, Fallon, United Health Care, and Tufts all require co-payments. Medicare is free but only available to people that have kidney disease or diabetes.

Registered dietitians are the sole experts who can translate the science of nutrition into practical solutions for healthy living, so why not call today and make an appointment to get started? Also, check out the testimonials on my website, as well, to see what others have said about their visits with me!

