



KM Nutrition SideDish

April 2008 E-newsletter

Welcome to Spring!!!

In this Issue:

Personal Notes from Karen
Nutrition for Women over 40
Foods that Reduce Inflammation
4 Simple Changes to Lower Your Cholesterol

April Special !!! Sign up for the \$35 maintenance program in place of the jumpstart program. You get a 68% discount!!! Good for one month only when you sign up by end of April. As always feel free to contact me with any questions: Karen@dietmn.com

Personal Notes from Karen

Starting this month I will be sharing a short personal note in each newsletter to allow readers to get to know me a little better. My first note to share relates also to another decision I have made - to focus my services on helping working women age 40 and older with their nutrition concerns. Last year I made it to the top of the hill and turned 40! I'm not sure if I am still at the top or starting to slide down but in trying to defy the aging process I have made it my goal to be able to run a 5K this summer. And to think for years I said I hate running. I actually decided to try running because I get bored walking on my treadmill and also because I needed something to work toward to keep me motivated. To train, I found a program on the coolrunning.com website called Couch-to-5K Running Plan. I am up to 2 miles now and have had a bit of a rough time this late winter staying on track but hoping the warm weather coming will give me new motivation! Stay tuned for my progress next month!

Nutrition for Women over 40

What do breast cancer, osteoporosis, obesity, perimenopause, diabetes and heart disease have in common? Many of these health concerns are nutrition related and on the minds of women 40 and older. This means that nutrition needs are different as well during this time of life. It is also the time where we often start thinking about what we want our life to be like in retirement years. Because we want to be healthy enough to enjoy our retirement years, it becomes even more important to make sure we are getting optimal

nutrition for preventing these common health problems. You can take charge of your health today by choosing one of these commonly deficient areas to work on - fruits, veggies, milk/yogurt, and exercise!!!

Foods that Reduce Inflammation

Did you know that arthritis, type 2 diabetes, heart disease, high blood pressure, obesity and other health problems are all inflammatory disease states? The type of foods we eat can make a difference in reducing inflammation if we choose those less processed, healthier foods. These include fish (tuna, salmon, mackerel, herring and trout), flaxseed, whole grains, beans, nuts, fruits, vegetables and unsaturated fats. Losing some excess body fat can reduce inflammation as well.

4 Simple Changes to Lower Your Cholesterol?

Try these food changes to reduce your saturated fat intake. Saturated fat is the hard, artery clogging fat and you want to stay under 20 grams daily whenever possible.

1. Eat only 1oz cheese instead of 2oz and save 5 grams saturated fat. One ounce is the portion of presliced cheese.
2. Buy 95% lean ground beef instead of regular ground beef and save 3.5 grams saturated fat for every 3oz portion. Three ounces is the size of a deck of cards.
3. Instead of whole milk choose 1% and save 3 grams saturated fat per 8oz serving.
4. Choose tub margarine instead of butter and for every tablespoon you will save another 5 grams saturated fat.

Please give me your feedback. If there are topics you would like to see in future newsletters, drop me an email to Karen@dietmn.com. I would love to hear from you!