



## ***KM Nutrition SideDish***

January 2008 E-newsletter

Happy New Year!!!

This is the time of year when we often reflect on what we have accomplished and our renewed hope with goals for the coming year. If better health is one of your goals be sure to read the article below about the many health problems nutrition can help heal. And don't forget to check out the January Jumpstart special offer if you're looking for a weight loss plan!

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### **Is Better Health One of Your New Year's Resolutions?**

If yes, then consider how powerful nutrition is to our health. In our busy schedule we usually don't think about what effect the food and drink we put into our bodies has on our health. Nutrition plays a big part in healing or managing many disease and health concerns. These include diabetes, obesity, cancers, acid reflux, sleep apnea, constipation, irritable bowel syndrome, fibromyalgia, migraines, high blood pressure, high cholesterol, food allergies, fatty liver disease, gallbladder disease, kidney diseases, celiac diseases, anemia, wound healing, infertility, polycystic ovary syndrome, pregnancy, osteoporosis, drug/alcohol abuse, and infectious diseases. I am sure there are several I have left out but you get the point – we underestimate the power of good nutrition therapy. Furthermore, our traditional healthcare system is too focused on treating the symptoms with pills and not focused enough on treating the underlying cause and including nutrition therapy as a necessary part of treatment. You can take control of

your health by seeking out nutrition therapy when you know it will help you heal. Just remember that nutrients in pill form are sometimes necessary but can never completely replace the benefit of nutrients in the natural food form.

### **Can the Sunshine Vitamin Prevent Diabetes?**

Recently there has been research linking a lack of vitamin D to type 2 diabetes, cancers, high blood pressure, heart disease, and autoimmune diseases such as rheumatoid arthritis, multiple sclerosis, lupus, and Type 1 diabetes. Most of our vitamins come mainly from our foods but Vitamin D is made by our body when we get enough sunlight. How much is enough? Ten minutes of sun exposure to the face and hands is adequate but if you put on sunscreen whenever you go out in the sun it will block the UVB rays needed to make Vitamin D. Of course, you don't want sunburn either so use good judgment and put on sunscreen when you need it! Good food sources of vitamin D may help prevent deficiency also and include canned sardines, salmon, tuna, shrimp, butter, sunflower seeds, liver, eggs, fortified milk, mushrooms, and natural cheese. More research is sure to come on the role of Vitamin D in preventing disease so stay tuned!

### **Winter Soups: Lose Weight *plus* Get Healing Nutrients**

How does soup help us lose weight? Soup is mostly water if you choose a broth soup and because of this it fills you up quicker without the high calorie content. Plain water does not have that same effect because there are no nutrients or calories. Soups also have a nice balance of protein, fat and carbohydrate for sustained energy and satiety. I would suggest trying to limit the additional bread or crackers to 1 serving. Try to avoid canned soups because of the high sodium content. Making your own at home is usually much tastier anyway and soup is one of the easiest meals to prepare. The basic ingredients are meat, starch or beans, vegetables, onion, herbs and chicken broth or soup stock. If you know these basic 6 ingredients you can take almost any soup recipe and make substitutions for the meats, vegetables and herbs you like. Portions of each can be varied also depending on your taste preferences. To save time you can use low sodium

canned chicken broth or bouillon. Leftover meats that have been in the freezer also make soup preparation quick & easy. I find it easier to make a soup while preparing another evening meal and then put it in the crock pot overnight to cook. In the morning let it cool and put it in the fridge before leaving for work! Supper is only a reheat away from done!

### **Basic Ham Bean Soup**

1 lb ham cut into bite-size pieces

1 lb beans, navy or other mixture, canned or presoaked

1 onion chopped

3 carrots peeled and chopped

2 celery ribs chopped

4 cups or about 32 oz low sodium chicken broth

4-6 cups water

Choose any or all of the desired seasonings: 1 tsp dried basil, 1 tsp dried oregano, and 1 tsp dried thyme, ½ tsp pepper, 2-3 garlic cloves minced, 2 bay leaves (discard bay leaves after done cooking)

Cook in crock pot on low 8-10 hours or simmer on stove for 1 ½ hours. Serves 8-10

Onion and garlic can be sautéed in a little oil prior to adding to soup mixture if desired.

To quick-soak dry beans: cover beans with 6 cups water. Bring to boil, reduce heat and simmer uncovered for 10 minutes. Drain and rinse beans.

### **January Jumpstart Special Offer!**

Sign up for the Jumpstart Your MeltDown program and get 8 weeks for the 4-week price of \$112. Offer will expire January 31, 2008.

If you have any nutrition or program questions please email me!  
Karen@dietmn.com