

KM Nutrition SideDish

February 2008 E-newsletter

Happy February! This month we will focus on foods that keep us in good cardiovascular health.

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New Online Meals Makeover Modules – Try a Free Sample!!

I am so excited about this new service that I have to tell you about this first and let you try it for free!! In this program you will go through 10 modules (all focused on healthier eating and exercise habits) at your own pace, learning what nutrition and fitness strategies will work in your lifestyle. You choose the order that best fits your goals based on your main health concern. Plus – you get a 2008 carb, calorie, & fat counter book, new recipes to try, AND e-coaching with Karen each week to help you figure out how to make the new strategies work best for you! These modules will be ready in March as part of the 10 week programs but as a newsletter subscriber you can try the first module free now! Just email Karen@dietmn.com now to get started.

Can We Eat Chocolate and Still Control our Weight? With Valentine's Day and Easter coming up chocolate season is here! Don't let that ruin your healthy eating and weight control plan. Americans eat about a pound of chocolate per month on average and 66% of that is eaten between meals. Try keeping the chocolate snack to once daily at a portion of 100-200 calories. Dark chocolate tends to satisfy the chocolate craving better than milk chocolate, which often just keeps you craving even more sweets. Dark chocolate also contains more of the healthy food compounds that can lower blood pressure.

Power Food: Oatmeal – Lower Your LDL *and* Weight!

Has your doctor told you your cholesterol is too high or suggested you lose weight? If your LDL is higher than 100 it could be a risk factor for heart attack or stroke. Oatmeal can be a powerful weapon in lowering your LDL, the “bad” cholesterol that can increase plaque buildup in the arteries. What is it about oatmeal that makes it so healthy? Oatmeal is a whole grain and good source of soluble fiber. It also sticks with us longer to help control hunger. If you like oatmeal, make it a regular part of your diet. I would suggest using the quick cooking oats instead of instant oatmeal as it is less processed. The quick cooking oats only take 1 minute to cook in the microwave and you can add fruit, honey or sugar to sweeten it up to your liking!

Mediterranean Diet also Good for Heart Health

You’ve probably heard this diet mentioned before as a healthy way of eating. Why is it healthy for us? The Mediterranean Diet incorporates more fresh vegetables, fruit, legumes, nuts, whole grains, fish, low fat dairy, olive oil, garlic, and moderate wine intake – and less red meat, sugar and refined starches. The Mediterranean Diet and the Dash Diet, which was originally studied to help lower blood pressures, have many similarities and are both very heart healthy. Strategies from both of these eating patterns are incorporated to fit your lifestyle when you sign up for any of my weight loss services.

Recipe of the Month: Mediterranean Pizza

1 prebaked thin Italian whole wheat bread shell crust (10 oz)

3 Tbsp prepared pesto

2 medium tomatoes, thinly sliced

$\frac{3}{4}$ cup water-packed artichoke hearts, rinsed, drained and chopped

$\frac{1}{2}$ cup crumbled reduced-fat feta cheese

$\frac{1}{4}$ cup sliced ripe olives

Place crust on ungreased 12-inch pizza pan; spread with pesto. Top with tomatoes, artichokes, feta cheese and olives. Bake at 450 for 10-12 min or until heated through. Serves 12

Nutrition Facts: 2 pieces = 206 calories, 8gm fat, 547mg sodium, 27gm carb

Source: Light&Tasty magazine Feb/March 2008