



KM Nutrition SideDish

May 2008 E-newsletter

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I hope by the time you are reading this there is no more talk of snow here in Minnesota. I know I can't wait to be able to take a warm relaxing ride around the lake – emphasis on *warm!*



And to update you on my progress towards the 5K run – I hate to admit it but I have fallen into a slump the past few weeks and have done very little exercise. I am back on the training plan this week but if anyone has any words of wisdom I welcome your thoughts! I guess I have to remind myself what I tell my clients - we cannot expect perfection and it is normal to get off track occasionally – the important thing is to learn from our setbacks and find a way to get back on track.

Happy Mother's Day!

To all moms out there – take advantage of my gift to you - good through the month of May only– **FREE ONE-DAY MEALS MAKEOVER!** All you have to do is email me (Karen@dietmn.com) a list of either everything you ate and

drank for 1 day . . . or a list of your usual meals/drinks. I will estimate calorie intake and nutrient adequacy and email you my summary, with answers to questions you would like to include. Be sure to include in your email what your health concerns are such as weight, diabetes, cholesterol, etc.

Restaurant Meals Quiz: Which entrée do you think has lowest calories?

1. Quiznos Flatbread Chopped Chicken Caesar Salad no dressing
2. Arby's Roast Turkey Ranch & Bacon Wrap
3. Arby's Market Fresh Santé Fe Salad with dressing and tortilla strips
4. Applebee's Oriental Chicken Salad full serving with dressing
5. Panera Grilled Chicken Caesar Salad with dressing

(See answers at end of newsletter)

Minnesota Diabetes Facts

Every 20 minutes in Minnesota someone is diagnosed with diabetes. Over a million Minnesotans have prediabetes but only 20% know they have it. Do you know what your fasting blood sugar was at your last physical? If your fasting blood sugar is 101-125, then you have prediabetes. Normal fasting blood sugars are 70-100. The good news is that 7% weight loss and 30 minutes exercise 5 days a week can reduce your chance of progressing to diabetes by 58%!!!

"Biotics" 101

You may have heard of prebiotics or probiotics. Prebiotics are food ingredients that promote growth of good bacteria in the colon. One example is inulin, which is now in some foods such as YoPlus yogurt and Dreamfields pasta. Probiotics are live microorganisms that have health benefit. Our digestive tract already has over 400 different species of microorganisms. Examples of foods with probiotics are Activia or Stonyfield yogurts or DanActive fermented milk. The possible health benefits of these food/drink products include preventing growth of cancer cells, inhibiting harmful bacteria growth, strengthening immune function, decreased intestinal infections, improving calcium absorption, improving tolerance to antibiotic therapy and controlling diarrhea and constipation. For more detailed info you can go to www.usprobiotics.org.

Rhubarb Season is here!!! Did you know ½ cup rhubarb has only 15 calories and virtually no carbs? You also get vitamin C, A and fiber! Plus lutein and zeaxanthin (carotenoids that help fight macular degeneration). Quick rhubarb eating tips: Eat only the stalk. The leaves are high in oxalic acid. Store in plastic wrap in cold part of fridge 3-7 days. Cooked or raw

freezes well. For a new recipe try this Pork Tenderloin with Sweet Onion Rhubarb Sauce from Eating Well.

http://www.eatingwell.com/recipes/pork_onion_rhubarb_sauce.html

Spring is also asparagus season. Another low-cal food. 3 spears have only 10 calories! Here's an Easy Roasted Asparagus recipe:

http://www.eatingwell.com/recipes/roasted_asparagus.html

Answers to restaurant quiz: Lowest in calories is #5 at 560 calories.

Others: 1) 640 calories 2) 700 calories 3) 845 calories 4) 1015 calories