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ENJOY HEALTHIER HOLIDAY MEALS

Realistically the holidays aren't the best time to start a weight loss journey, but we can certainly make some better choices that will help to curb any weight gain. Americans gain one to two pounds over the holiday season, on average. Sure these numbers aren't monumental, but research indicates that these are some of the pounds that stick with us and tend to accumulate over the years. Thankfully, we can take steps to avoid these extra pounds while still enjoying our holiday favorites. So this year try to practice some of these tips:

Tips for the Kitchen

- Be sure your menu includes healthy food choices such as fruits, vegetables and lean meats. This includes the appetizers too; make sure you offer a raw vegetable platter, shrimp cocktail, and fresh fruit.
- Make dishes healthier by cooking with healthy fats such as olive and canola oil over saturated fat like butter and bacon fat. Use chicken stock, fat-free yogurt, and low-fat milk in place of high-fat ingredients
- Skip the cream and cheese sauces, serve your guests roasted vegetables instead tossed in just a little olive oil
- When making your gravy be sure to skim the fat off the top first, or use a fat separator pitcher for a lower fat gravy.

- If you're doing the cooking try not to do too much tasting, these calories add up quick.
- For your stuffing: use less bread and include more celery, onions, and vegetables.
- Offer whole-wheat dinner rolls this year and skip the empty calories of their white counterparts.

Tips at the Table

- Continue to follow "MyPlate" rules: fill half your plate with non-starchy vegetables, and then $\frac{1}{4}$ starches (stuffing & potatoes) and finally $\frac{1}{4}$ lean meat (that's the white meat turkey without skin).
- Sure, have some dessert, but make it a small portion and enjoy it.

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INTERESTED IN JOINING AN UPCOMING CLASS?

Check out EastEndNutrition.com for information on available classes including:

- 9 Weeks to a New You – healthy weight loss/management and balanced eating
- Healthy cooking classes at Mar-Gene Organic Farms

Want to hold a special class for your friends or co-workers? Give us a call: 631-740-9330



STRESS AND IBS

IS THERE A CONNECTION?

We can all relate, sometimes family, work, and other commitments need more from you than there is time. Then, in the midst of trying to make it all work, unwelcome symptoms begin to appear in the form of abdominal pain, constipation, diarrhea, and bloating. You have been diagnosed with irritable bowel syndrome (IBS) but cannot afford a flare-up right now. What could be triggering this attack? Was it last night's dinner? Or maybe it was lunch?

The fact is that although some foods may contribute to IBS, and the wrong foods can often make symptoms worse, the real trigger may be stress. A busy lifestyle is not only made more difficult by IBS but could be the cause. Like all organ systems, the gut and the brain have a connection. When stress has the brain working overtime, it can cause the gut to be more sensitive and increase motility.

Managing stress and eating appropriate foods may be the most effective ways to prevent and treat IBS flare-ups. Ways to reduce stress include:

Exercise—Regular exercise can help keep stress under control. In addition, exercise encourages normal intestinal contractions. Try adding a 30-minute walk or bike ride at least five days a week.

Yoga or Meditation—The idea here is to take time to breathe and relax. Our modern lifestyle is one of being constantly connected. Try working in at least 10 minutes a day of relaxation without distraction, and it could make a difference.

Sleep—Your body needs 7-8 hours a night to recover and reboot.

Say No—This may sound simple but often we take on more than we can handle. Think about some of your commitments that cause stress. Can they be eliminated? If you know you cannot take on anymore, then just say no.

Eat Healthy—A healthy diet reduces stress on the gut. Eat regular meals and incorporate fruits and vegetables throughout the day. Avoid packaged and convenience foods, especially when they make symptoms worse. Limit caffeine, alcohol, and sugar-sweetened carbonated beverages.

IBS may be an ongoing health issue, but following these simple recommendations for stress reduction could diminish flare-ups. Reduced stress levels can also lessen the risk of developing other medical conditions. Take time to exercise, relax, and eat healthy; your body will thank you.



MINDFUL EATING PRINCIPLES

America is very rushed, especially when it comes to food. You can find fast food restaurants everywhere, and you can get a whole meal within 5 minutes. Best of all, you might not even have to get out of the car. You can make a quick stop before you drive to your kids' baseball practice in the evening and eat while you are driving. It saved you time, but do you remember how your food tasted, how it looked and smelled? Did you enjoy eating and savor every bite? Most of us do not, and might not have heard of mindful eating before either.

Mindful eating describes the enjoyment of food by utilizing all senses.

Mindful eating is based on five principles: reduce eating rate, assess hunger and satiety cues, reduce portion sizes, reduce distractions while eating, and savor food.

Here are some great tips to start including the five basic principles of mindful eating, which has shown a significant reduction of food intake, overeating, as well as negative behaviors that are associated with overweight or obesity.

Reduce eating rate

- Increase the number of chews or chewing thoroughly before swallowing.
- Take smaller bites and/or consume water between bites.

Assess hunger and satiety cues

- Determine if you eat due to emotions such as stress, sadness, happiness, or internal hunger cues.
- Eat when hungry but not starving.
- Stop eating when you start to feel full.

Reduce portion sizes

- Serve yourself less food.
- Use smaller dishes.
- Order smaller portions at restaurants.

Remove distractions at meals

- Turn off television and music.
- Sit at a table with friends or family.
- Focus on enjoying food.

Savor food

- Sit at a table with a nice place setting.
- Even if alone, create a positive pleasant environment to savor and embrace the food.

Mindful eating is like to stop and smell the roses. We might get rushed and forget, but it is important and marvelous to eat mindfully. Make sure, next time you eat, to smell, look at, and really taste your food!

Healthier Holiday Meals Continued from front page

More Tips at the Table:

- Don't skip meals on the day of the big dinner, you will be more likely to overeat and go back for seconds. It's fine if you want to "save" some calories, but make sure to have something to eat at breakfast and lunch too.
- Before you build your plate take a look at all the food options and decide which foods are worth eating and which can really just be skipped over.
- If you taste a food that you don't enjoy, leave it on your plate - don't finish it.
- Eat only until you are satisfied, not over-full. Enjoy your favorite holiday foods in a controlled way by sticking to small portions.
- Eat mindfully. Savor your holiday meal by eating slowly and with intention, this is how you recognize when you are full.



ARE DARK BREADS HEALTHIER?

Rye, pumpernickel, wheat, multigrain, how do you choose?

The bread aisle is one of the most popular in the grocery store, and perhaps one of the hardest to navigate. One important thing to know is that dark colored bread is not necessarily the best choice for healthy eating.

Rule number one is to read the ingredient list on the back of the package, not the advertising claims on the front. This is how you know what you are really eating.

Commercially prepared Rye bread is often simple white bread with some rye seeds added to it. This is that same white bread with processed and refined flours that can raise blood glucose and triglycerides.

Pumpernickel is not much different. The commercial preparations of these breads usually contain substantial amounts of white flour along with rye flour added for flavor and color.

Many of the breads labeled as Wheat bread are also primarily made with refined white flour with some molasses thrown in for color and will, in fact, include no actual whole grains.

How about "Multigrain" bread? Again, often simply a white bread with some seeds and oats added to the top. This is one of those moments where you really need to practice your label-reading skills: know how to look for whole grains on the package.

Next time you're gathering your sandwich makings look for bread that has 100% whole grains. This should be the FIRST ingredient on the label (meaning that this is the ingredient most present in the product) Remember that whole grains provide a great source of fiber, which is heart-healthy and helps to prevent colon cancer. Fiber also makes you stay fuller longer so it can eat less and do a better job maintaining your weight.



BUTTERNUT, WHITE BEAN & KALE SOUP

Why not try a version with chunks of this vibrant winter squash combined in an herbaceous broth with white beans and kale – also a step away from a traditional kale and bean soup. The broth includes a depth of flavor created by first caramelizing the onions and simmering long enough to allow the flavors to develop.

- **2 Tbs Extra virgin olive oil**
 - **1 medium Spanish onion, finely chopped**
 - **2 cloves Garlic, finely minced**
 - **2 quarts low-sodium Vegetable stock**
 - **4-5 fresh Sage leaves, minced**
 - **2 Tbs fresh Parsley, minced**
 - **1 small Butternut squash (about 2 cups), seeded and diced**
 - **2 cups or 15.5 oz can low-sodium white beans, rinsed.**
 - **6 stalks Tuscan Kale, halved then sliced into thin ribbons**
 - **Salt and fresh ground Pepper to taste**
1. In a large stockpot heat olive oil on medium-low heat and add onions.
 2. Sauté onions until they are caramelized (light brown in color), about 10 minutes.
 3. Add garlic, sage and parsley, combine then add stock and water.
 4. Bring to a boil without covering. Reduce to a simmer and cook about 20 minutes.
 5. Add diced squash and beans, cook 10 minutes or until squash is tender.
 6. Add kale, cook 5 more minutes, and serve.

GETTING YOUR NEW YEAR'S RESOLUTIONS READY?

Call 631-740-9330 today to set up an appointment in our January 2016 Calendar!

Appointments can also be booked through our Facebook Page or at EastEndNutrition.com

We accept BC/BS, Medicare, Aetna, Cigna, United, Oxford, MagnaCare, Oscar, 1199SEIU, NYSHIP-The Empire Plan, and MultiPlan. Call your carrier about coverage details and limits.



ABOUT EAST END NUTRITION

At East End Nutrition we believe in a whole food approach: Good nutrition does not come in a box or a bag. Nutrition has monumental effects on our bodies and has an ability to prevent, alleviate and even heal many health conditions. We view diets in a very personal context; change must be made slowly and long term, because there are no quick fixes. Nutrition advice is based on scientific evidence and plans are personalized to each patient's specific health goals and preferences.

Lara McNeil, RDN, CDN is a nutrition and dietetics professional with a Bachelor of Science degree in Dietetics from Kansas State University. She completed her Dietetic Internship with a Clinical Nutrition emphasis through Stony Brook University's School of Medicine. As a member of the Academy of Nutrition and Dietetics, she keeps up to date with the latest nutrition research and continuing education to enhance her knowledge and skills. Lara is also certified by the State of New York as a Dietitian-Nutritionist, holds a certificate of training in Adult Weight Management, and is a member of the American Association of Diabetes Educators.

MEDICAL NUTRITION THERAPY improves health outcomes, quality of life and lowers health-care costs. Medicare covers outpatient MNT provided by registered dietitians for beneficiaries with diabetes, chronic renal insufficiency/end-stage renal disease (non-dialysis renal disease) or post kidney transplant. Many other private insurance companies also cover MNT services for a variety of conditions and diseases.

This issue was prepared with the assistance of Aimee Pitchford and Kristine James, Dietetic Students from the Kansas State University's Didactic Program in Dietetics



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