

# Tabula Rasa Nutrition Program™

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## Our Staff

### Physicians

Kenneth J. Storch, MD, PhD

### Nutritionists

Sara Cox  
Claire Fleming, RD  
Karen Goldberg, RD  
Erin Gross, MS, RD  
Maureen Malone, RD, CNSD  
Barbara Pieroni, RD, CLC

### Nurse Practitioner

Pat Marlinski, RN, APN, CNSN

### Office Manager

Linda Yuter

### Administrative Staff

Lori Antonich  
Jeannette Sterdjovich

## Sleep More, Weigh Less, So The Research Says. . .

Sleep is a common source of problems for many people. Either sleeping too little, trouble falling asleep or staying asleep, or suffering from sleep disorders, such as sleep apnea, are just a few of the common obstacles that people suffer from and can affect eating and obesity.

### Lack of Sleep

Lack of sleep, which can occur from difficulty falling asleep or staying asleep, has often shown to correlate to appetite and be a contributor to weight problems in this country. Two hormones, in particular, that regulate hunger are specifically responsible in an increase in appetite when sleep is deprived. These hormones are leptin and ghrelin. Leptin and ghrelin work together to control hunger and fullness. Ghrelin, which is produced in the gastrointestinal system, stimulates appetite; while leptin, which is produced in the fat cells, signals the brain that you are full.

A recent study at the University of Chicago showed that when subjects were sleep deprived, leptin levels decreased and ghrelin levels increased. As a result, you don't feel satisfied after a meal, stimulating your appetite causing you to overeat and leading to weight gain. The

subjects also gravitated towards high carbohydrate, calorie dense foods such as pasta, bread, nuts, cookies and chips.

### Sleep Apnea

Apnea is a Greek word meaning "without breath." There are three types of sleep apnea, the most common being obstructive sleep apnea. The two others are central sleep apnea and mixed sleep apnea. In all three, people with sleep apnea literally stop breathing repeatedly during sleep.

Obstructive sleep apnea occurs when the tongue and soft palate collapse onto the back of the throat blocking the airway and restricting the flow of oxygen. When the oxygen level drops low enough, the brain moves out of a deep sleep and the person awakes. The cycle is as follows: airway restriction, oxygen reduction, and awakening – with a gasp. This can occur more than 100 times per night.

Sleep apnea is as common as Type 2 Diabetes but is often under diagnosed because a person may not know that they are waking up unless they have someone sleeping next to them. According to the National Institutes of Health, sleep apnea affects more than 12 million people. Sleep apnea is often associated with obesity and

can resolve with weight loss. Major risk factors include age over forty, male and overweight; yet, sleep apnea can be seen in woman and children as well. As a result, a person will suffer sleepiness in the daytime, work related accidents and driving accidents. They are also more likely to suffer heart problems, high blood pressure, weight gain, impotency, and headaches.

Diagnosis of sleep apnea often is determined via a sleep study. A person sleeps over at a facility specifically designed to study sleep disorders. A pulmonologist is the type of physician who will read the report, diagnose the patient and determine the appropriate course of action.

Treatment of sleep apnea includes weight loss and the use of a CPAP (continuous

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## Class Schedule

### Shaping Habits™ I

(bi-weekly)

Tuesday 6:00 pm

Wednesday 12:00 pm

### Shaping Habits™ II

(bi-weekly)

Tuesday 6:00 pm

Wednesday 1:00 pm

### Loss & Maintenance

#### Program (LAMP)

(monthly)

Monday 6:00 pm

### HMR® Program

(weekly)

Wednesday 6:00 pm

Thursday 11:00 am



**Storch Medical Nutrition Center**

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## Sleep More, Weigh Less. . . . . continued

positive airway pressure). A flexible tube connects the machine with a mask that is worn over the nose and/or mouth. CPAP works by pushing air through the airway passage at a pressure high enough to prevent apneas.

Often when patients are successfully treated for sleep apnea they lose weight. It is not clear why, however, it is possible that they have more energy, so they are more active. Although lower levels of leptin (the satiety hormone) makes you feel less satisfied, causing you to eat, the opposite has been shown in patients with sleep apnea. Those patients have high levels of leptin and once are treated, leptin levels fall and they lose weight. The exact reason is unknown.

### The Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations? Score each activity based on the following scale:

- 0=would never doze
- 1=slight chance of dozing
- 2=moderate chance of dozing
- 3=high chance of dozing

### Activities

- \_\_\_\_\_ Sitting and reading
- \_\_\_\_\_ Watching TV
- \_\_\_\_\_ Sitting, inactive in a public place
- \_\_\_\_\_ As a passenger in car for an hour without a break
- \_\_\_\_\_ Lying down to take a rest in the afternoon when circumstances permit
- \_\_\_\_\_ Sitting and talking to someone
- \_\_\_\_\_ Sitting quietly after lunch without alcohol
- \_\_\_\_\_ In a car, while stopped for a few minutes in traffic

### Total

A score of 9 or above indicates you may be having a problem with daytime sleepiness but below does not necessarily mean that you don't have a problem. See your healthcare provider if you snore or have been told that you awake gasping for breath or are sleepy during the day.

### Tips for a Good Night Sleep

- Minimize noise with earplugs
- Block out light with heavy curtains or eye mask and do not turn on

bright lights if you get up at night

- Avoid large meals within two hours of bedtime
- Avoid strenuous exercise three hours before bed but get aerobic exercise during the day to reduce stress
- Have a regular bedtime and avoid long daytime naps
- Avoid working at any task an hour before bedtime to calm mental activity
- Avoid discussing emotional issues in bed
- Make sure bedroom is well ventilated and below 75 degrees
- Keep your bedroom for sex and sleeping; if you wake up in the middle of the night go into another room to read or watch TV until you feel sleepy
- Avoid nicotine and caffeine four to six hours before bedtime
- Alcohol is a depressant that may help you fall asleep, but the subsequent metabolism that clears it from your body when you are sleeping causes a withdrawal syndrome

*Erin Gross MS, RD*

## Kids Corner. . . . .Tips For Packing A Healthy Lunchbox

The school year has been in session for over a month and you may be struggling to find even more healthy foods to pack in your child's lunchbox. You have made tuna fish too many times and packed enough leftover chicken. Your kid is tired of the same lunches every week; but, as a nutrition-minded parent, you don't want to pack high fat foods and sugary treats.

It is important to get your child involved in deciding what goes into his lunchbox. Even a child who is very young can have some input. As the parent, you can offer healthier options such as baked tortilla chips with

a little salsa instead of a bag of potato chips.

Foods should be portable to ensure that your child will take the time to eat. Finger foods are easy to pack and consume. Some examples are turkey, low fat cheese, lettuce, tomato, or other vegetables in a whole wheat wrap. Other ideas are baby carrots or other cut up vegetables with low-fat dressing to dip. Bananas are very easy to carry and contain high amounts of fiber.

Peanut butter and jelly will always be a favorite. It is

a great sandwich especially when it is on whole wheat bread. Soy nut butter can be a good alternative if your school doesn't allow peanut butter because of dangerous allergies.

It is a good idea to skip the juice boxes. Even though it is easy to pack, they contain mostly calories and sugar. Bottled water is the best choice.

The ideal lunchbox should contain variety. This includes a carbohydrate, protein, and fat.

Carbohydrates should be whole grain and vary the

fruits and vegetables. Include low-fat dairy products such as yogurt and part-skim cheeses, and pick lean proteins such as turkey and lean ham.

This is also an opportunity to keep an open dialogue with your child. It is very important to ask questions about what he or she likes to eat because it's a waste if you're child's lunch winds up in the trash. If you don't ask questions or get any input there's a good chance your child won't get fueled with the proper nutrition he or she needs to learn.

*Karen Goldberg, RD*

## Recipe Corner . . . . . Roasted Ratatouille

### Ingredients

Eggplant, cut into 3/4 in slices. . . . .	1 (1 lb.)	Tomatoes, chopped, seeded. . . .	2 cups
Olive Oil. . . . .	2 tsp. (divided)	Fresh Parsley, chopped. . . . .	2 Tbsp.
Cooking Spray. . . . .	as needed	Dried Thyme. . . . .	1/2 tsp.
Onion, vertically sliced. . . . .	1 1/2 cups	Salt. . . . .	1/2 tsp.
Red Bell Pepper, cut in 1 inch squares. . .	1 1/2 cups	Black Pepper. . . . .	1/8 tsp.
Green Bell Pepper, cut in 1 inch squares.	1 1/2 cups		
Garlic Cloves, Crushed. . . . .	2		

### Directions

1. Preheat Broiler.
2. Cut each eggplant slice into 4 wedges; place in a bowl. Drizzle with 1 tsp. oil and toss well. Arrange wedges in a single layer on a baking sheet coated with cooking spray.
3. Broil 14 minutes or until browned. Place wedges in a large bowl, set aside.
4. Place zucchini in a bowl. Drizzle with 1 tsp. oil and toss well. Arrange in a single layer on a baking sheet coated with cooking spray.
5. Broil 10 minutes, or until browned. Add to eggplant, set aside.
6. Coat a large nonstick skillet with cooking spray, place over medium heat until hot.
7. Add onion, bell peppers, and garlic, sauté 10 minutes or until tender.
8. Add tomatoes, sauté 5 minutes.
9. Stir in eggplant mixture, parsley, and remaining ingredients. Cover and reduce heat, simmer 15 minutes.

### Nutrition Information, Per 1 Cup Serving

Servings: 5 Calories: 98 Carbohydrates: 17.4 g Fat: 3 g Protein: 3.3 g Fiber: 4.9 g

Source: *The Complete Cooking Light Cookbook, 2000. Oxmoor House Inc.*

## Congratulations to SMNC's Biggest Losers!

**Our patients have lost a total of 4,643.1 pounds in 2006.\***

### Totals Pounds Per Month:

<b>January 383.6</b>	<b>June 452.5</b>
<b>February 490.0</b>	<b>July 436.7</b>
<b>March 543.4</b>	<b>August 557.5</b>
<b>April 405.2</b>	<b>September 436.0</b>
<b>May 458.2</b>	<b>October 480.0</b>

\* Numbers as of 10/31/06

# ABC's of Vitamins & Minerals . . . . . Vitamin K

## What Is It?

Vitamin K is a fat soluble vitamin. Its primary role is in blood clotting. To form a blood clot the body requires 13 different proteins, Vitamin K is essential for the synthesis of at least four of these proteins.

In addition, Vitamin K is now known to play a role in bone metabolism. A protein required to deposit calcium in the bone also depends on Vitamin K for its synthesis.

Bacteria in the intestines manufacture Vitamin K. Therefore, prolonged exposure to antibiotics can interfere with adequate Vitamin K levels in the body.

Deficiency can also occur due to inadequate oral intake or malabsorption syndromes. Such syndromes include: cystic fibrosis, Crohn's disease, ulcerative colitis, celiac sprue and short bowel syndrome.

## Important Functions

- Blood Clotting
- Bone Mineralization

## Deficiency Symptoms

- Hemorrhaging
- Bruising
- Gastrointestinal Bleeding
- Menorrhagia
- Osteoporosis
- Increased Risk of Bone Fractures

## Toxicity Symptoms

- Interference with Anticlotting Medications
- Possible Jaundice

## Coumadin and Vitamin K

Coumadin is a drug that is prescribed when people are at increased risk of forming blood clots. Coumadin works by inhibiting blood clots from forming, therefore alterations—either increased or decreased—in Vitamin K intake can interfere with appropriate dosing. It's important to keep a consistent intake of Vitamin K.

General recommendations for people on Coumadin are to limit intake of "high" Vitamin K foods to no more than 1 serving each day and limit intake of foods "moderately high" in Vitamin K to no more than 3 servings per day. Report any significant changes in your diet to your doctor.

## What Is The Recommended Adequate Intake?

Males	(mcg)
15—18	60
19—24	70
25—50	80
50+	80
Females	(mcg)
15—18	55
19—24	60
25—50	65
50+	65

## Tolerable Upper Limits

None Determined

*Maureen Malone, RD, CNSD*

Foods High In Vitamin K	
Food Source	Portion
Kale, fresh, boiled	1/2 cup
Spinach, fresh, boiled	1/2 cup
Turnip Greens, frozen, boiled	1/2 cup
Collards, fresh, boiled	1/2 cup
Swiss Chard, fresh, boiled	1/2 cup
Parsley, raw	1/4 cup
Mustard Greens, fresh, boiled	1/2 cup

Foods Moderately High In Vitamin K	
Food Source	Portion
Brussels Sprouts, frozen, boiled	1/2 cup
Spinach, raw	1 cup
Turnip Greens, raw, chopped	1 cup
Green Leaf Lettuce, shredded	1 cup
Broccoli, raw, chopped	1 cup
Endive Lettuce, raw	1 cup
Romaine Lettuce, raw	1 cup

Sources: *National Institute of Health; pdrhealth.com*

# Soothe Your Soul While Toning Your Body

Looking for a workout program that's easy to learn, requires little or no equipment, and soothes your soul while toning your body? Yoga may be the answer. It strengthens your cardiovascular system, tones and stretches your muscles, improves balance, and can improve your mental fitness by reducing anxiety and stress while also enhancing your mood.

Yoga began in India and dates back more than 3,000 years. The word yoga comes from Sanskrit and it means to "yoke," or to bring together the mind, body, and spirit. The most popular kind of yoga practiced in the United States is called hatha yoga, which involves a series of static postures, or asanas. You hold each pose for 10 to 60 seconds, flexing some muscles while relaxing others to allow both better conditioning and gradual distressing. Concentrated breathing exercises, called pranayamas, are also involved during the moves, helping the body and the mind get in sync by working to get both more supple. There are many different types of hatha yoga; following is a summary of the more common practices.

- **Ashtanga Yoga**

A vigorous, fast-paced yoga that helps to build flexibility, strength, concentration, and stamina. When doing Ashtanga yoga, a person

moves quickly through a set of predetermined poses while remaining focused on deep breathing.

- **Power Yoga**

Similar to Ashtanga yoga, this is also a very active form of yoga that improves flexibility and stamina by completing poses.

- **Bikram Yoga**

Also known as "Hot Yoga," as it is practiced in rooms that may be heated to more than 100 degrees Fahrenheit.

- **Gentle Yoga**

Focuses on slow stretches, flexibility, and deep breathing.

- **Kundalini Yoga**

Uses poses, deep breathing and other breathing techniques, chanting, and meditation.

- **Iyengar Yoga**

This type of yoga focuses on precise poses and participants use benches, ropes, mats, blocks, and chairs. Iyengar yoga can work well for people with physical limitations as the use of supports to achieve poses can reduce the risk of injury.

Due to the growing popularity of yoga, good instructors are becoming easier to find these days, both at local Ys and fitness centers.

There is no national standardized credentialing program, so look for an instructor with several years' experience and a good fitness background, such as a degree in an exercise or fitness field or certification from a national, standardized organization, such as the American Council on Exercise (ACE), the American College of Sports Medicine (ACSM), or the Aerobic and Fitness Association of America (AFAR). You may also want to try a yoga video. There are many excellent videos just for beginners. Instructional websites, CD-ROMS, and books are also available to help you learn more about yoga.

Dress comfortably for your yoga workout; snug-fitting shorts or tights and a T-shirt or tank top are best. Yoga is practiced barefoot so you don't have to worry about special shoes. If you are doing your workout on a

carpeted floor, you probably don't need any equipment. However, many people who take yoga classes like to use a sticky mat that will provide cushioning and friction. This type of mat can be purchased at sporting good stores. If you want to reap the benefits that yoga provides, you will have to practice it consistently. A once-a-month yoga workout may relieve some stress but for benefits like increased flexibility and stamina, you should aim to practice yoga three or four times a week.

Before you begin any type of exercise program it is a good idea to talk to your doctor, especially if you have any medical problems. Also, be sure to mention any orthopedic problems or special needs you may have to your instructor before the class begins.

*Claire Fleming, RD*

## *Did you know? . . .*

*The amount of calories burned in a one hour yoga class varies, depending on the type of yoga practiced.*

<b>Bikram</b>	<b>636 calories</b>
<b>Ashtanga/Power</b>	<b>445 calories</b>
<b>Gentle</b>	<b>159 calories</b>

*Calories based on a person weighing 140 lbs.*



**Storch Medical Nutrition Center**

*A Fresh Start Towards Health*

7 Columbia Turnpike  
Florham Park, NJ 07932

Phone: 973-765-9355  
Fax: 973-765-9366

*Call...*  
**973-765-9355**

## Tracking Your Class Schedule

### **Shaping Habits I—Tuesdays, 6:00**

November 7  
November 28  
December 12  
December 26  
January 9  
January 23

### **Shaping Habits II—Tuesdays, 6:00**

November 14  
December 5  
December 19  
January 2  
January 16  
January 30

### **HMR—Wednesdays, 6:00**

Every Week

### **LAMP—Mondays, 6:00**

November 20  
December 18  
January 15

### **Shaping Habits I—Wednesdays, 12:00**

November 8 (12:00)  
November 29  
December 13  
December 27  
January 10  
January 24

### **Shaping Habits II—Wednesdays, 1:00**

November 15  
December 6  
December 20  
January 3  
January 17  
January 31

### **HMR—Thursdays, 11:00**

Every Week

*Remember To Arrive 10–15 Minutes Before Class Time*