

Tabula Rasa Nutrition Program™

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The Skinny On Meal Replacements

Over fifty published studies and references show that people who used meal replacements (shakes, puddings, entrees and bars) lost and kept off, on average, approximately three times more weight than other diets. When used in place of meals or snacks, meal replacements help to cut calories and promote weight loss. Meal replacements reduce decision anxiety. No more decisions about what to eat and how much. Your diet will remain structured with fewer decisions.

At Storch Medical Nutrition Center we offer programs based on meal replacements from Health Management Resources (HMR), the leader in the meal replacement market for over thirty years. HMR shakes are delicious. They consistently win in taste comparisons with other shakes and are among the most nutritious foods you can have for so few calories. They are also wonderfully versatile. The basic mixing directions make a rich, creamy vanilla or chocolate shake, but the possibilities are endless. Recipes allow you to create countless shake flavors, frozen mousses, puddings, hot chocolate and more.

HMR entrees, used at lunch and/or dinner, provide automatic portion

control- no decisions, no measuring and no questions about whether the food will help you lose weight. Thirteen delicious varieties require no refrigeration and encourage the addition of extra vegetables for a more filling dining experience. Your diet will remain structured and you will be able to enjoy variety without too many decisions.

Use of HMR products coupled with some easy record keeping and increased exercise have helped many people to lose weight without undo stress or hunger. Participation in a weekly HMR support class is strongly encouraged for accountability and optimal weight loss results.

For the first time at Storch Medical Nutrition Center, we will also soon be offering the HMR Program option without the mandatory weekly meetings. Recognizing the busy lives we all lead, new options will soon be available which will require office visits only every two to three weeks!

- Option 1, Healthy Solutions, offers 3 filling shakes or puddings and two delicious entrees plus five servings of fruits and vegetables each day. After an initial office visit to explain the program and use of the

support materials, follow-up visits are every three weeks.

- Option 2, Healthy Shakes, offers a minimum of 3 shakes or puddings, five servings of fruits and vegetables and a healthy, low-calorie meal of your choice each day. After an initial office visit to explain the program and use of support materials, follow-up visits are every two to three weeks.

With either program, extra support is available with your counselor via email or phone calls as needed.

Barbara Pieroni, RD, CLC

Class Schedule

Shaping Habits™ I

(bi-weekly)
Tuesday 6:00 pm
Wednesday 12:00 pm

Shaping Habits™ II

(bi-weekly)
Tuesday 6:00 pm

Loss & Maintenance Program (LAMP)

(monthly)
Tuesday 7:00 pm

HMR® Program

(weekly)
Wednesday 6:00 pm
Thursday 11:00 am



Storch Medical Nutrition Center

A Fresh Start Towards Health

ABC's of Vitamins & Minerals Chromium

What Is It?

Chromium is an essential trace mineral. It's important in processing carbohydrates and fats, and it helps cells respond properly to insulin. Insulin is the hormone necessary to transport glucose from the bloodstream into cells. Therefore, chromium has a role in glucose tolerance; however, its exact function is not completely understood.

Important Functions

- Metabolism of carbohydrate and fat
- Associated with insulin and glucose metabolism
- Associated with prevention of heart attacks

Deficiency Symptoms

- Deficiency is rare unless intravenous feedings are the only source of nutrition

New Evidence

Due to chromium's relationship to insulin, there has been research into the role of supplementation to enhance insulin's effectiveness. However, this has not proven consistently true in research

What Is The Recommended Adequate Intake?

None established

Tolerable Upper Limits

None established

Tolerable Upper Limits

- Toxicity is rare, again those receiving intravenous feedings as their only nutrition may be at risk.
- Occupational exposure can damage skin and kidneys.
- Certain workers can be exposed to high levels by inhalation or touch. These occupations include: abrasives manufacturing, cement manufacturing, diesel locomotive repair, electroplating, explosive manufacturing, furniture polishing, fur processing, glassmaking, jewelry making, metal cleaning,

oil drilling, photography, textile dyeing, wood preservative manufacturing

Food Sources

- Whole Grains
- Beef
- Cheese
- Green Beans
- Broccoli
- Prunes
- Nuts
- Peanut Butter
- Potatoes
- Fruit
- Chicken Breast

Maureen Malone, RD, CNSD

Grapefruit Juice & Statins

Statins are drugs that improve cholesterol levels primarily by inhibiting the liver enzyme called "HMG C-A reductase." Statins have proven to be very effective in reducing cholesterol and in reducing the risk of heart attack and death. For this reason, and because they are generally well tolerated, they have become some of the most commonly prescribed drugs in the United States. Even so, recent federal guidelines indicate that statins are significantly underused, and that millions more Americans would benefit from them.

Grapefruit juice can increase the levels of most statins. If statin levels go up too much, muscle damage can occur. While research has not focused on consumption of grapefruit itself, as

opposed to grapefruit juice, it is prudent to avoid eating grapefruit while on a statin drug.

Which Drugs Are The Statin Drugs?

There are currently 6 statins on the market:

- Lipitor (atorvastatin)
- Lescol (fluvastatin)
- Mevacor (lovastatin)
- Pravachol (pravastatin)
- Zocor (simvastatin)
- Crestor (rosuvastatin)

Congratulations to SMNC's Biggest Losers!

Our patients have lost a total of 2280.4 pounds in 2006.

Totals Pounds Per Month:

**January 383.6
February 490
March 543.4
April 405.2
May 458.2**

Recipe Corner Creamy Cucumber Soup

Ingredients

Cucumber, medium, peeled. . . . 2 Fresh Dill, chopped. . . 1 Tbsp.
Firm Silken Tofu, drained. . . . 1 lb. Scallions, chopped . . . 6
Lemon Juice, fresh. 2 Tbsp.

Directions

1. Grate half of 1 cucumber into large bowl. Coarsely chop all remaining cucumber.
2. Puree chopped cucumber, tofu, lemon juice, dill and 1/4 cup water until smooth in blender or food processor.
3. Add tofu mixture and green onions to grated cucumber, and stir to combine.
4. Cover and chill 1 to 2 hours before serving.

Nutrition Information, Per Serving

Servings: 4 Calories: 59 Carbohydrates: 5 g Fat: 2 g Protein: 5 g Fiber: 1 g

Source: *Vegetarian Times*. July/August 2006. www.vegetariantimes.com

Midlife Exercise May Reduce Later Dementia Risk

If you're a middle-aged couch potato, here's yet another reason to get off your duff: Regular exercise now may help prevent dementia and Alzheimer's disease later. Researchers at the Aging Research Center of the Karolinska Institute in Sweden have found that exercising at least twice weekly in midlife reduces the risk of dementia by more than 50% and the risk of Alzheimer's disease by more than 60%.

According to lead author Miia Kivipelto, MD, PhD, this is the first study to show a long-term relationship between physical activity and dementia later in life.

The population-based cohort study, published in *The Lancet Neurology*, surveyed and examined 1,449 participants at midlife and again an average of 21 years later, at ages 65-79. At the follow-up examination, 117 participants showed evidence of dementia and 76 had been diagnosed

with Alzheimer's disease. Those who had exercised at least twice a week at the initial, midlife examination—781 of the participants—had a greatly reduced risk for dementia and Alzheimer's disease, even after adjusting for other lifestyle and health factors.

The greatest benefit from midlife exercise was seen in people with a genetic susceptibility to dementia and Alzheimer's, those having a gene labeled apoE4.

No connection was found between the level of exercise and the degree of risk reduction. Any physical activity vigorous enough to cause sweating and strained breathing seemed to qualify; walking and cycling were the most common forms of activity among participants.

The researchers couldn't explain how physical activity reduces the risk of dementia and Alzheimer's. They theorized, however, that exercise might directly affect the brain's messaging system, as well as improving blood flow to the brain.

To Learn More:

The Lancet Neurology, November 2005.
Free abstract online at
www.sciencedirect.com/science/journal/14744422

Alzheimer's Disease Education & Referral Center
www.alzheimers.org



Source: *Tufts University Health & Nutrition Letter*. January 2006, Volume 23, Number 11. www.healthletter.tufts.edu

Calorie Knowledge Is Crucial

It's important to learn the facts about calories and how you can use this knowledge as a primary tool for weight management. As you will see, becoming a calorie expert will give you a lot more than just calorie knowledge.

Why is weight management so difficult? Look at today's lifestyle. A high fat diet and lower levels of physical activity surface immediately as reasons why we are becoming a nation of overweight people.

Did you know...

- Americans eat 31% more fat now than they did in 1900.
- National surveys show that 20—40% of Americans are obese, a 31% increase in prevalence over the last decade.
- Add to these statistics that 90% of weight loss is typically regained in 12 months; you have a discouraging picture!

For many of you, this battle is lifelong. Where can you start to take some first steps toward success?

Let's look at the basics. Weight gain occurs when the body takes in more calories than it expends. Take in fewer calories than your

Did you know....

**1 pound of fat contains
3,500 calories.**

**So, to lose 1 pound of fat
per week, you need to
take in 500 less calories
per day than you expend.**

body uses in metabolism and physical activity and you lose weight. Weight management occurs when calories consumed equal calories needed.

Calorie knowledge is crucial!

Here are four reasons why:

1. Weight loss requires a calorie deficit. You can make this reduction by using a simple and effective calorie system to guide your efforts.
2. Having access to calorie facts can help you reduce your judgments about "good" or "bad" foods. You can see foods as numbers, not a judgment.
3. Calorie knowledge allows you to eat larger volumes of lower calorie and low fat foods, thus enhancing nutrition.
4. You may find you like the taste of lower calorie foods once you are aware of the calorie "consequences."

Unfortunately, most people don't really know calories. Here are some excuses...

"Calories don't matter; it's the fat that counts."

"Learning about calories would take too much time."

"Calories are confusing."

"I don't want to carry a calorie book with me."

"I have read a lot of calorie books and I am still overweight."

How do you move beyond these excuses? The first step is to decide to take action. Making an appointment with a Registered Dietitian is the first step towards success. All our programs at the Tabula Rasa Nutrition Program have a primary focus on calorie education

and control.

Try testing your knowledge in the fast food world...

What is a better choice—

A regular hamburger at McDonald's or a Grilled Chicken Sandwich at Wendy's or a Fish Filet at Burger King. Check the numbers at the end of the article for the answer.

Remember, calorie knowledge is a skill that builds over time. Measuring portions, using calorie counting books—such as *Calorie King's Calorie Fat & Carbohydrate Counter*—and record keeping will all put you on course for successful calorie management and weight control.

Fast Food Calorie Key:

McDonald's

Regular Hamburger	225
Mc Chicken	415
Quarter-pounder with Cheese	510
Filet-O-Fish	320

Burger King

BK Broiler chicken	267
Regular Hamburger	272
Chicken Sandwich	685
Ocean Catch Fish Filet	495
Whopper with Cheese	706

Wendy's

Plain Single Hamburger	340
Grilled Chicken	430
Fish Filet	460
Wendy's Big Classic with Cheese	640

**If you chose the McDonald's hamburger,
you made the right choice!**

Calorie King's

**Calorie Fat & Carbohydrate Counter
is available for purchase at SMNC. Ask the
front desk staff or your dietitian for details.**

Source: *Health Management Resources, Boston MA, 1996*

Exercise Tips For Busy Parents

Summer is here and it's time to enjoy the warm weather. Finding time for physical activity with your kids should be a priority.

- Spend an afternoon at a park with a playground. Spend some time swinging to help workout your legs. Try making it across the monkey bars, it's a great upper body workout and you'll be amazed that your kid does it with such little ease.
- Play catch with a ball or get a small group together for a kickball or softball game.
- Make Saturdays family bike outing day.
- Involve your kids while you strength train. Let them count your reps out loud for you and/or clock your rest time in-between sets.
- At the pool, walk back and forth in shallow water.
- On rainy days that force you inside, walk or run up and down the stairs. You might even make it a contest to see who can finish 5 complete rounds first.
- Register for a run or walk event and spend time together training for the event.
- Purchase a family gym membership and workout together weekly.
- Play tennis or basketball together.
- Consider joining a community volleyball or softball team that includes enthusiasts of all ages.
- Implement a daily family walk each day before or after dinner.
- Work together in the yard raking leaves, planting flowers, trimming trees.

calories or more! Plus, working out sets a great example for your children that will teach them at an early age how important it is to make physical fitness a part of daily life. Exercising with your kids also provides the extra bonus of spending quality time together.

Karen Goldberg, RD

If you implement these activities for just 30 minutes three times per week, you can easily burn an extra 450

Patient Profile.Mandatory Maintenance

Lewis Reed is a patient familiar to us at Storch Medical Nutrition Center since he first visited us in June 1999. Lou had been overweight his entire life, suffered from hypertension and had a family history of cardiovascular disease and obesity. At that time Lou was morbidly obese and by his own admission "eating anything and everything." He had also been approved by his physician to start an exercise program but had not done so.

At his initial consult, after hearing about all of the different dietary approaches available at Storch Medical, Lou felt the Starch Fast was right for him. He was educated on the starch fast basics, structured a meal plan around his day and joined the

YMCA for exercise. Lou adapted well to his plan and followed it faithfully. He also began exercising 5-7 times a week. By mid-November Lou had lost over 56 lbs. He was feeling well, and happy with the weight loss, so he stopped coming to visits at Storch Medical. He made the mistake many patients make after weight loss and opted out of maintenance.

Lou returned to us in June of 2005 for a restart program. His weight at that time was 32 lbs higher than his 1999 starting weight. His hypertension had worsened and his blood sugars were rising above normal levels. Lou wanted to return to his Starch Fast and exercise routine that he had success

with previously. Once again a plan was outlined and Lou has been following it faithfully. Lou gradually got back into exercise and is currently enjoying competitive tennis again, something he never thought would be possible. He has currently lost over 80 lbs and is pushing to make it an even 100!

As Lou reflects on his success, he talks of the "dichotomy" of his weight loss path. It seemed so hard and unnatural in the beginning, he reflects, but it is amazing how soon it became easier. And of course there is no better motivation than seeing the scale go down each week.

Many patients like Lou disregard the importance of

maintenance in their overall weight loss plans. Maintenance can be the most challenging time of all because you work very hard just to keep the weight the same. Obesity, like many other illnesses, requires long term evaluation and follow up. Here at Storch Medical we urge everyone to continue into a maintenance program after weight loss and have tried to make this important step very affordable.

As for Lou, he says his future plans definitely include a maintenance follow up plan. His only concern is that I will retire!

Barbara Pieroni, RD, CLC



Storch Medical Nutrition Center

A Fresh Start Towards Health

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Call...

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Tracking Your Class Schedule

Shaping Habits I—Tuesdays, 6:00

June 20

July 4—no class

July 18

August 1

August 15

August 29

Shaping Habits I—Wednesdays, 12:00

June 21

July 5—no class

July 19

August 2

August 16

August 30

Shaping Habits II—Tuesdays, 6:00

June 27

July 11

July 25

August 8

August 22

HMR—Wednesdays, 6:00

Every Week

LAMP—Tuesdays, 7:00

July 18

August 15

September 19

HMR—Thursdays, 11:00

Every Week