

Tabula Rasa Nutrition Program™

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Pilates For Strength & Flexibility

The Pilates Method is a physical fitness system developed by Joseph H. Pilates in the early 20th century. Born in Germany, he was a frail child suffering from asthma and other childhood conditions. He eventually became an accomplished athlete after years of trying to build his body through skiing, boxing and gymnastics. During World War I he worked as a nurse in Great Britain and designed exercise methods and equipment for immobilized soldiers and patients. He also developed a series of mat exercises that focus on the torso, based on various exercise methods from around the world, including the mind-body formats of yoga and Chinese martial arts.

Pilates is a body conditioning routine that seeks to build flexibility, strength, endurance, and coordination without adding muscle bulk. Pilates uses precise, controlled movements in the trunk to increase flexibility and strength in the abdomen, lower back, and pelvis – the body's core. Pilates classes can be individual, with specialized Pilates equipment, like the reformer or Cadillac, that use springs to provide resistance for the movements, or group “mat

classes” in which the moves are performed on padded floor mats. Whether working out on a mat or using a piece of Pilates equipment, there are six principles that are the touchstones of every exercise:

1. Centering

Joseph Pilates called the very large group of muscles in our center, the abdomen, lower back, hips, and buttocks, the powerhouse. All energy for Pilates exercises begins from the powerhouse and flows outward to the extremities. Physical energy is exerted from the center to coordinate one's movements.

2. Concentration

Pilates demands intense focus. The beginner learns to pay careful attention to their body, building on very small, delicate fundamental movements and controlled breathing. With full attention to the exercise, maximum value will be obtained from each movement.

3. Control

Joseph Pilates built his method on the idea of muscle control. Every Pilates exercise must be performed with the utmost control, including all body parts, to avoid injury and produce positive results. It's

not about intensity or multiple repetitions but proper form for safe, effective results.

4. Precision

Every movement in the Pilates method has a purpose. There is an appropriate placement, alignment relative to other body parts, and trajectory for each part of the body. Eventually this precision becomes second nature and carries over into everyday life as grace and economy of movement.

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Class Schedule

Shaping Habits™ I

(bi-weekly)
Tuesday 6:00 pm

Shaping Habits™ II

(bi-weekly)
Tuesday 6:00 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

A Fresh Start Towards Health

What Is It?

Calcium is the most abundant mineral in the body. More than 99% of your body's calcium is stored in the bones and teeth. The remaining 1% is found throughout the body in blood, muscle and nerves. A constant level of calcium is maintained in the blood and tissues to ensure its numerous essential functions can be performed. Therefore, if calcium intake is low, the body responds by pulling more calcium out of the bones and teeth keeping the blood levels normal.

Important Functions

- Support the structure of bones and teeth.
- Essential for muscle contraction and blood clotting.
- Required to send messages through the nervous system.
- Participates in the secretion of hormones and enzymes.

Deficiency Symptoms

- Bone loss / osteoporosis.
- Bone breaks and fractures.
- Other symptoms are rare since the body maintains the blood calcium level tightly. Hypocalcemia results from medical conditions (i.e. renal failure, gastrectomy, some diuretics) as opposed to low intake.
- Hypocalcemia symptoms include numbness in fingers, muscle cramps, convulsions, lethargy, poor appetite and confusion.

New Evidence

- Some evidence suggests including 3 servings of calcium rich foods within a low calorie diet promotes more weight loss than the same calories without calcium.
- The DASH diet recommends including low-fat dairy products along with high intakes of fruits and vegetables for blood pressure control.
- Some evidence links elevated calcium intakes with increased rates of prostate and ovarian cancer, although more studies are still required.
- Initial evidence suggested a high calcium intake could reduce the risk of colon cancer. Again, more research is required to offer conclusive recommendations.

What Is The Recommended Adequate Intake?

Years	mg
1 to 3	500
4 to 8	800
9 to 18	1300
19 to 50	1000
51 +	1200
Pregnancy / Lactation...	1000

Toxicity Symptoms

- Hypercalcemia is also rare from diet and supplements alone; medical conditions such as kidney disease and cancer are more likely the cause.
- High intake of calcium can interfere with the absorption of other nutrients—such as iron, zinc, magnesium and phosphorous.

Tolerable Upper Limits

2500 mg daily

Food Sources

- The Daily Value (DV) are reference numbers developed by the FDA to help consumers determine the specific nutrient content of foods.
- The DV for calcium is 1000 mg.
- Most food labels do not list the food's actual calcium content. Therefore, the % DV can be used. A food

providing < 5% of the DV is a low source while a food providing 10 to 19% of the DV is a good source. A food that provides > 20% of the DV is an excellent source.

- See the chart below for high calcium food sources.

Maureen Malone, RD, CNSD

Food	Calcium (mg)
Yogurt, plain, low fat, 8 oz.	415
Yogurt, fruit, low fat, 8 oz.	245-384
Cheddar cheese, 1 ½ oz shredded	306
Milk, non-fat, 8 fl oz.	302
Milk, reduced fat (2% milk fat), 8 fl oz.	297
Milk, whole (3.25% milk fat), 8 fl oz	291
Milk, buttermilk, 8 fl oz.	285
Milk, lactose reduced, 8 fl oz.	285-302
Mozzarella, part skim 1 ½ oz.	275
Tofu, firm, made w/calcium sulfate, ½ cup	204
Orange juice, calcium fortified, 6 fl oz.	200-260
Pudding, chocolate, instant, w/ 2% milk, ½ cup	153
Cottage cheese, 1% milk fat, 1 cup unpacked	138
Tofu, soft, made w/calcium sulfate, ½ cup	138
Spinach, cooked, ½ cup	120
Instant breakfast drink, , 8 fl oz.	105-250
Frozen yogurt, vanilla, soft serve, ½ cup	103
Ready to eat cereal, calcium fortified, 1 cup	100-1000
Turnip greens, boiled, ½ cup	99
Kale, cooked, 1 cup	94
Kale, raw, 1 cup	90
Ice cream, vanilla, ½ cup	85
Soy beverage, calcium fortified, 8 fl oz.	80-500
Broccoli, raw, ½ cup	21

Recipe Corner Cauliflower & Walnut Cream Soup

Ingredients

Cauliflower.	1 medium	Skim Milk.	2 cups	Paprika.	for garnish
Onion, roughly chopped.	1	Walnuts.	3 Tbsp.	Walnuts, chopped.	for garnish
Chicken or Vegetable Stock.	2 cups	Salt and Pepper.	to taste		

Directions

1. Trim off the cauliflower's outer leaves and break into small flowerets.
2. Place cauliflower, onion and stock in a large saucepan.
3. Bring to a boil. Cover and simmer for about 15 minutes until soft. Add the milk and walnuts.
4. Puree in a blender or food processor until smooth.
5. Season the soup to taste with salt and pepper.
6. Reheat and return to a boil.
7. Serve sprinkled with a dusting of paprika and chopped walnuts, if desired.

Nutrition Information, Per Serving

Servings: 4 Calories: 137 Carbohydrates: 19 g Fat: 4 g Protein: 9 g Fiber: 5 g

Patient Profile. Randy Gilman—Long Term Effort & Long Term Success!

It has been documented that long-term weight control is facilitated by continued patient-RD contact. Several studies have demonstrated that regularly attending weight maintenance classes can help to maintain up to 98% of end-of-treatment weight loss! This is because obesity, a chronic disorder, cannot be cured by six months of therapy any more than type 2 diabetes or hypertension can be cured by such a brief intervention.

Our featured patient, Randy Gilman, is one who finds regular maintenance sessions provide the support and motivation she needs to continue to practice necessary weight

control behaviors, including food records and regular exercise.

But success was not always so easy and clear cut for Randy. Randy first came to Storch Medical Nutrition Center in January 2002. She had lost about 25 lbs the previous year at another local weight loss program, but was asked to leave the program when she reached a plateau and her weight loss stopped! Randy said that made her feel like a failure. So she struggled on her own through the next year, regaining most of the weight she had lost.

Finally, she came to our office and started a partial liquid weight loss plan.

Randy did all of the behaviors we taught her including record keeping,

regular exercise, mid-week check-ins via phone or email, and excellent attendance at our weekly classes. Randy lost about 20 lbs and then again hit another plateau. But this time, here at Storch Medical, we worked with her to find a way through the plateau. We changed her diet plan many times and Randy worked hard for almost a year without significant change. Truly weight loss is not for the feint of heart! However, she remained positive and continued all the weight loss behaviors we taught her.

Finally, the weight started inching down again. Slowly but steadily she continued to lose. Currently she is at her all time low weight, maintaining more than a 40

pound weight loss. She is well in the range of a normal BMI and looks and feels great.

Yet, Randy continues to have an excellent attendance record at our weekly classes. She says they have become a way of life for her. She enjoys the friends she has met, the group support and even the friendly "competition" fostered by the class atmosphere. Randy attributes her past success to the constant structure and reinforcement of her weekly visits. She feels sure she would have returned to her original weight if she stopped coming to class and says she has no intention of stopping anytime soon.

Barbara Pieroni, RD, CLC

SMNC's Top 10 "New" Products To Try

1. Kashi Entrees

Choose from 9 different low calorie, low fat, low sodium varieties.

2. Wishbone Spray Salad Dressing

Found in the salad dressing or produce aisle—only 10 calories for 10 sprays.

3. Fage Total 0%

Creamy Greek yogurt with only 80 calories and zero grams of fat per serving.

4. Birdseye's Steam Fresh

10 different varieties; goes from the freezer to the microwave to your plate in just minutes.

5. Cabot 50 Calorie Cheese

With only 50 calories and 3.4g of fat, this cheesy favorite makes for a perfect snack

6. Zone Snack Size Packets

Made with 80 calories and all natural ingredients, this product is a perfect on-the-go snack.

7. Shirataki Miracle Noodle

Comes in a variety of styles and shapes, like angel hair and fettuccini; this miracle noodle contains zero starch, sugar or fat servings and is made with a healthy natural fiber.

8. Activia Light Yogurt

Contributes to a healthy digestive system in just two weeks; comes in a variety of flavors and the 4 oz. serving contains only 70 calories and zero grams of fat.

9. Chicken of the Sea Peel & Eat Cups

Choose from 7 different tuna or salmon varieties; requires no draining and is perfect alone or on a salad.

10. Splenda Flavor Blends

Available in three delicious flavors—French Vanilla, Mocha and Hazelnut; in your store's coffee aisle, one packet contains zero calories, zero grams of carbohydrate and zero grams of fat.

Sara Cox, BA

Congratulations to SMNC's Biggest Losers!

Our patients lost a total of 5,531.3 pounds in 2006.

Totals Pounds Per Month:

January	383.6	July	436.7
February	490	August	557.5
March	543.4	September	436
April	405.2	October	480
May	458.2	November	445
June	452.5	December	443.2

2007 is off to a fantastic start.

Our January weight lost total is 458.8 pounds.

That's a 20% increase from January 2006.

Great Job!

1. Stay Hydrated

Drink a big glass of water before heading for the vending machine for a pick-me-up. It is essential to keep hydrated to maintain energy.

2. Get to bed

If you're sleep-deprived it is very difficult to overcome energy lulls. Caffeine and candy bars won't help when your lacking sleep. They may work immediately but after a short while energy drops again.

3. Breakfast First

People who skip breakfast usually have a mid-morning slump and tend to eat more calories throughout the day than those who eat breakfast. A bowl of whole-grain cereal, fruit, and low-fat milk makes a quick, healthy breakfast. If you

don't have time to sit down, grab a breakfast bar, banana, or yogurt.

4. Grab a Balanced Snack

This could be exactly what you need to rev up your energy levels. Not all snacks will do the trick. Choose snacks that contain complex carbohydrates and protein. This will provide you with a steady stream of energy for several hours and will control your portions at dinner. Keep portions small to get the boost without the weight gain. Take some time to plan ahead.

Snack Ideas

- Apples with all-natural peanut butter
- Hummus with vegetables or whole wheat pita bread
- Low-fat string cheese and whole grain

crackers

- Sugar-free cocoa made with skim milk
- Fat-free or low-fat yogurt and fruit
- Skim milk and graham crackers
- Fruit smoothie

5. Eat Before You Exercise

It is a good idea to get an energy boost before heading to the gym. The best pre and post workout snacks contain lean protein and complex carbohydrates. Complex carbohydrates provide fuel to perform and protein helps repair muscle tissue. Keep the snack small and drink plenty of water before, during and after working out.

Snack Ideas

- Low-fat yogurt and whole-grain cereal
- Small container of

natural applesauce and a handful of nuts

- Bananas, to provide quick energy
- Handful of dried fruit and nuts
- Fruit smoothie
- Low-fat cheese and fruit
- Whole grain crackers (Wasa) with all natural nut butter

6. Get Moving

Sitting in the same chair hour after hour can definitely decrease your energy levels, especially when you're not moving much more than your fingers. Every hour, get out of your chair and move around for a few minutes. It will give you a burst of energy and help you overcome a slump in the middle of the day. It could help you be more productive.

Karen Goldberg, RD

Pilates Continued

5. Breathing

Full and thorough inhalation and exhalation are part of every Pilates exercise. Breathing should be done with concentration, control and precision and should be coordinated with movement. Joseph Pilates stated, "Even if you follow no other instructions, learn to breathe correctly."

6. Flow

Pilates exercises are supposed to be performed fluidly. Grace of motion is emphasized over speed. Uniformly developed muscles are built-up to compliment good posture, suppleness, and natural grace. The energy of an exercise connects all body parts and flows through the body in an even way.

Claire Fleming, RD

Pilates burns 350 calories per hour

for a 150 lb. person

Pilates also:

- *Enhances body alignment*
- *Strengthens abdominals, back and stabilizer muscles*
- *Stretches, strengthens and relaxes your body*
- *When modified, is gentle enough for pregnant women, yet challenging enough for advanced exercisers*
- *Incorporates exercises that target your abs, back and legs making your body strong and flexible*



Storch Medical Nutrition Center

A Fresh Start Towards Health

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Call...
973-765-9355

Tracking Your Class Schedule

Shaping Habits I—Tuesdays, 6:00

March 13
March 27 *
April 10 **
April 24
May 8
May 22
June 5

Shaping Habits II—Tuesdays, 6:00

March 6
March 20
April 3 *
April 17 **
May 1
May 15
May 29
June 12

LAMP—Mondays, 6:00

March 19
April 16
May 21
June 18

Shaping Habits I—Mondays, 12:00

April 9 **
April 23
May 7
May 21
June 4

Shaping Habits II—Mondays, 6:00

April 16 **
April 30
May 14
May 28, No Class/Holiday
June 11
June 25

HMR—Wednesdays, 6:00 & Thursdays, 11:00 Every Week

**End of Cycle*

***Start of New Cycle*