



Strive To Wellness

Laura Cipullo. LLC Nutrition Services Winter 2004 Newsletter

Volume 1, Issue 1

*Laura Cipullo. LLC
Nutrition Services
Winter 2004 Newsletter
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Stabilize Your Diet and Your Mood Stop The Junk Food In January

The holidays are over. It is now time to renew your commitment to health and thus renew your diet. You have eaten the cookies, the pastries and other refined sugars. As a consequence, your hormones and blood sugar have soared and plummeted like a rollercoaster. When our hormones and blood sugar fluctuate mood swings are common. Refined sugars and other junk food can wreak havoc on our bodies and our emotions.

Laura Cipullo. LLC Nutrition Services recom-

mends you rid the cupboards of the remaining cookies. Give away the leftover chocolates, refined sugar foods and start fresh.

You can stabilize your diet, your cravings and thus your mood by simply consuming carbohydrates and proteins at all meals and snacks.

The carbohydrate protein combination is broken down and absorbed more slowly than carbohydrates alone. If fat is added to the meal, the digestion process is even slower

and less likely to cause drastic hormone and or blood sugar fluctuations. Just be sure to choose high fiber carbohydrates, lean proteins and monounsaturated fats.



Go ahead and start your day with natural peanut butter spread on warm whole wheat toast!

Carbohydrates & Protein

- Oatmeal w/ almonds
- Fresh Fruit w/ Low Fat Cottage Cheese
- Raw Veggies w/ Hummus
- Oat Bran Pita Stuffed with Turkey and Peppers
- Whole Wheat Pasta w/ Lean Turkey Meatballs
- Grilled Salmon w/ Roasted Red Potatoes and String Beans
- Lean Turkey Burger on a Whole Wheat Bun w/ Mesclun Salad

Special points of interest:

- ♦ *Eat your spinach salad with orange slices for optimal iron absorption.*
- ♦ *Yogurt with the prebiotic, inulin, may enhance calcium absorption.*
- ♦ *Cooked tomatoes such as tomato sauce are high in lycopenes, a cancer fighting plant property.*

Prebiotics - Another Healthy Fiber

You may have noticed your yogurt, your vegetarian meatballs or even your grandmother's protein supplement now have an ingredient know as a prebiotic. A prebiotic is a nondigestible ingredient that stimulates the growth of health promoting flora in our colon. Two Examples of prebiotics are inulin and fructose oligosac-

charides. These nondigestible fibers are found in foods such as onions, bananas, wheat and chicory. They are fermented in our colon and help to stimulate the growth of beneficial bacteria like bifidobacteria and lactobacilli. Some studies show that prebiotics enhance the absorption of calcium in our colon, and other

studies suggest prebiotics may even have an anticancer effect on our colon. More research is needed, so be sure to educate yourself.



