

Nutrition Tidbits

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Dietitian Spotlight:

Debby Johnson, RD, CDE, LD

Debby is a Registered Dietitian and a Certified Diabetes Educator with professional diabetes experience in children, adults, pregnancy, and insulin pump therapy. She also has personal experience of living with Type 1 Diabetes, diagnosed as a child in 1989, and currently wears an insulin pump.

Her passion for diabetes education comes from her combination of professional and personal experience, and she works very hard to educate and improve the quality of life for people living with all types of diabetes. She prides herself on finding a diabetes management plan that fits the individual. She is the program director and instructor for the Diabetes, Awareness, Wellness and Nutrition (DAWN) program, PNT's comprehensive diabetes education group class. In addition to diabetes, Debby also helps clients work towards goals to manage other conditions commonly associated with diabetes such as weight management, high blood cholesterol, and high blood pressure. Debby is a motivating educator and a good listener. She also has a strong interest in women's health and maintaining good health during pregnancy.



Debby Johnson, RD, CDE, LD
Nutrition Therapist
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Diet Wars: Which One Is Best?

It's a wonder how anyone knows their direction when it comes to dieting and losing weight. One of the media's favorite topics is dieting. Depending on the week, month or year, the public gets to learn what diet is THE best to get rapid weight loss results. A recent study published in the July New England Journal of Medicine (NEJM), a very reputable scientific publication, revived the diet wars.

The NEJM study compared three of the most popular diets - low-fat, Mediterranean and low-carbohydrate. The low-fat and Mediterranean diets were calorie-controlled with the women following a 1500 calorie pattern and the men following an 1800 calorie pattern. The low-fat diet was based on the American Heart Association guidelines of limiting total fat to 30%, saturated fat 10% and a maximum of 300mg of cholesterol. The Mediterranean diet was rich in vegetables and low in meat with beef and lamb being replaced by poultry. They were limited to 35% of total fat with the majority of the fat source coming from olive oil and nuts. The low-carbohydrate diet did not limit calories, however, the 2-month induction period required a 20g limitation of carbohydrates followed by a 120g maintenance amount.

The Results

The results were intriguing. The low-carbohydrate group lost a mean weight of 10.4 pounds, the Mediterranean group 9.7 pounds and the low-fat group 6.4 pounds. Comparing the diabetic subgroups in each group, the diabetics on the Mediterranean group had the best improvement of fasting blood glucose. The low-carbohydrate group had the biggest decrease in low-density cholesterol with a reduction of 20%.

What does this mean?

The media fell in love with this study as evidenced by major outlets such as ABC News publishing these results. If you were just to look at the results, you would deduct that a low-carbohydrate diet is the way to go. Although a low-carbohydrate diet may be a viable option for some individuals, we must look closer at this study. The study was conducted at a research workplace in Israel with the help of dietitians guiding the participants throughout the study. They were thoroughly educated and encouraged throughout the 2-year period. Israelis eat their largest meal at lunch and this is the meal where they had the most detailed guidance. The

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dietitians labeled food in the work cafeteria that had either calorie contents or labels such as "feel free to consume." When participants started losing adherence, they were contacted by the dietitian to give them specific encouragement to stick to the plan. Low-carbohydrate diets are known to have a low adherence rate, so close supervision results in the best results.

This population study was 86% men. The 45 women who completed the study had the best results in the Mediterranean group with 13.7 pounds mean weight loss as compared to 0.22 pounds in the low-fat group and 5.3 pounds in the low-carbohydrate group. The study noted the difference in gender outcomes and even said that further gender studies need to be conducted. There were 625 people screened for this study and 41% (n=259) were excluded because they did not meet the inclusion criteria. Some of the exclusion had to do with an indication of kidney or liver dysfunction, pregnancy or lactation, active cancer or a presence of gastrointestinal problems that would prevent them from following the test diets.

Take Home Message

There is not a one-size fits all diet for everyone. In order to maximize your results long-term, consider close supervision and monitoring from a registered dietitian that specializes in weight loss. The way to achieve weight loss is to take in less calories than your body expends, and that can be done in many dietary approaches. Dietitians can customize a plan that is specific to your needs and your lifestyle. The take home message for health professionals is that we need to remove our own personal biases when it comes to dieting and listen to our patient's needs and desires.

Low-carbohydrate diets are not for everyone. Speak with your dietitian, physician or nurse practitioner if you are thinking of going on a low-carbohydrate diet. Simple blood tests can be done to make sure you are not putting yourself in danger. Contact your healthcare professional before beginning a low-carbohydrate regimen, especially if you fall into any of these criteria:

- <18 years of age
- Pregnant or lactating
- Have any form of diabetes or pre-diabetes, kidney dysfunction, fatty liver or liver disease, active cancer

LEAP to a Better Life

Are you having any of the following problems?

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| - Migraines/Headaches | - Autism/ADD |
| - Fatigue | - Irritable Bowel Syndrome |
| - Joint Pain | - Chronic Diarrhea |
| - Muscle Pain | - Cramping |
| - Fibromyalgia | - Mood Swings |

These could possibly be caused by the foods you are eating. There may be a simple solution! It is called LEAP (Lifestyle Eating And Performance) program. LEAP is a program that includes a blood test called MRT to find specific additives and foods that your immune system may be reacting to that may be causing your problems. Once the test is done, a PNT certified LEAP therapist, Angie Slobodnik, will work with you and the test results to come up with an individual diet that works for you. This test may not only change your life, but may also reduce the amount of medications you are taking because of these problems. Call PNT at 972.238.1811 for more information or to start the process with LEAP.

Get Healthy As A Group

Learning can be enhanced when you are in a group. Take advantage of PNT's group nutrition classes all continuing in August:

Shapedown: Pediatric weight management program focused on family-wide changes

DAWN: Diabetes Awareness Wellness & Nutrition geared toward pre-diabetic, diabetic or gestational diabetics.

Ageing Gracefully: Learn to optimize your ageing process through good nutrition.

It's A Family Thing!: Family focused solutions to getting everyone on track nutritionally together.

Why Weight?: Adult weight management group or individual program

Find out more about these programs at <http://www.foodtherapyrd.com> or call PNT at 972.238.1811. If you tell us a little about yourself, we can suggest the one that is right for you.

>>VISIT US ON THE WEB<<

PNT rolls out their new company branding, including a new website! Come visit us at

<http://www.foodtherapyrd.com>



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