

Nutrition Tidbits

Monthly Nutrition Newsletter
June 2008



Tips for Healthy Families

- Plan food and meals one full week in advance
- Prepare healthy ready-to-go snacks on the weekends such as fruit and veggie trays and low-calorie snack mixes
- Search out quick & healthy dinner recipes; keep it simple!
- Involve your children in the preparation of meals, as able
- Make a goal for having more family meals without distractions or family conflicts; only pleasant conversation
- Limit dining out to a reasonable number for your family and stick to that plan
- Model the healthy eating behaviors you want to see in your family members

Dietitian Spotlight:

Angie Slobodnik, RD, LD

Angie is a very empathetic dietitian. Her dream has always been to counsel patients about their health. She understands that becoming healthy is far more than just eating well and exercising. She believes it takes looking at the mental, emotional, and physical parts of a human being to come up with an eating and exercise plan that works for each person.

Angie is very energetic, motivated, and loves to help other people. An example was her recent Guatemalan trip working on nutrition initiatives for orphans. She has experience working with weight loss, diabetes, renal disease, and heart health, to name a few.



Angie Slobodnik, RD, LD
Nutrition Therapist/Dietitian
Professional Nutrition Therapists

Getting Healthy Together

These days, families are busier than ever. The average American family contains working parents with children or teenagers involved in several non-stop activities. The common issue is that this scenario leaves little time for food and meal planning. As a result, families are not having many family meals and are getting takeout too many days of the week. Is this you?

Unfortunately, when schedules get tight, the first thing to get compromised is good nutrition. Ironically, this is the very thing that will keep you going with the energy it takes to take on these challenging schedules! It is true that we are what we eat, and processed, low-nutrient foods can lead to increased risk of illness. The key is to have a reasonable plan that works with your lifestyle. Proper planning is vital to success. Vow to make 2008 your year

to get on track. One person within a family may be ready to make this vow, but that person must live with the rest of the family that has not made the same commitment. Consider making a family-wide commitment to be healthy. It will help you meet your nutrition goals, and you can utilize your family to be part of your Healthy Lifestyle Team!

All you need to get started is a little creativity and family encouragement. Develop fun food and nutrition games that you can implement. Things such as vegetable and pedometer or overall exercise challenges where you compete against each other are always fun and interactive. Kick these challenges off with a family outing such as a day at the local farmer's market or a family walk or bike ride. This is the perfect time of year because the weather is inspirational in turning that computer or television off and get outside.

Parents are the most influential role models on their children. It is no doubt that they want the best for their children and grandchildren, but often we do not realize one of the most important ways we can get our children on track is to start with ourselves. Self-accountability is a difficult thing to face, but if we are open to dealing with our own issues

>>ANNOUNCEMENT <<

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

<http://www.foodtherapyrd.com>

Lemon Garlic Chick Pea Dip with Veggies and Chips

Ingredients:

1 (15-ounce) can chick peas, drained
1 clove garlic, cracked from skin
1 lemon, zested and juiced
4 to 5 sprigs fresh thyme leaves, stripped from stems
Coarse salt and pepper
A few drops hot sauce, to taste
1/4 cup extra-virgin olive oil eyeball it
4 ribs celery from the heart cut into dipping sticks, 4 inches long
1/2 seedless cucumber, cut into sticks
1 red bell pepper, trimmed and cut into sticks
1/2 pint grape tomatoes
1 sack reduced fat gourmet chips (recommended: Terra brand Garlic and Onion Yukon Gold flavor potato chips (50 percent less fat than regular chips))

Directions:

Combine the chick peas, garlic, lemon zest and juice, thyme, salt and pepper and hot sauce in food processor. Turn processor on and stream in the extra-virgin olive oil. Transfer the dip to a dish and surround with veggies and chips. That'll keep the munching going on until dinner!



Source: Rachel Ray's 30 Minute Meals, Show on The Food Network

surrounding food and nutrition, our children will be more successful as a result. Whether you are overweight or not, we all need to be on a healthy lifestyle plan.

If you need professional, customized guidance on getting started, contact PNT today at 972.238.1811.

Get Healthy As A Group

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

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

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

Aging Gracefully: Learn to optimize your aging 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 us at 972.238.1811.

Some of PNT's Favorite Websites for Families

American Dietetic Association:
<http://www.eatright.org>

SuperKids Nutrition
<http://www.superkidsnutrition.com/>

USDA's Eat Smart. Play Hard™ Healthy Lifestyle! Website:
<http://www.fns.usda.gov/eatsmart/playhardhealthylifestyle/Default.htm>

USDA'S MyPyramid:
<http://www.mypyramid.gov>

USDHHS Healthy People 2010:
<http://www.healthypeople.gov/>

Nutrient-Rich Foods Coalition:
<http://www.nutrientrichfoods.org/>

CDC's Healthy Living:
<http://www.cdc.gov/HealthyLiving/>

NHLBI's We Can!:
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>

Six O'Clock Scramble:
<http://www.thescramble.com>

Menus 4 Moms:
<http://www.menus4moms.com>

This Month's Feature: Helpful Tool for Families

The **EatSmart Nutrition Scale™** instantly calculates the exact values for 12 major nutrients contained in any size portion of hundreds of different foods which are programmed into the scale in the following sequence by pressing the 1/2/3/4 button on the left-hand keypad.

- Calories, Carbohydrates, Fiber
- Total Fat, Saturated Fat, Cholesterol
- Calcium, Protein, Vitamin K
- Sodium, Magnesium, Potassium



Scale on sale for only \$75

Purchase an EatSmart Nutrition Scale in the month of June and receive \$15 off any nutrition service!



Angela Lemond, RD, LD
Nutrition Tidbits Editor &
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