

# Nutrition Tidbits

A Monthly Newsletter from Professional Nutrition Therapists, Inc. (PNT)  
972.238.1811

## Facts About Carbohydrates

- Carbohydrates are the preferred fuel for the body required for fitness activities
- Glucose from carbohydrates is the fuel your brain uses to produce energy that moves and motivates you
- Quality should be the focus when it comes to carbohydrates
- Quality carbohydrates include whole grains, fruits and low-fat dairy
- Sugar, starchy foods, fiber and milk products provide most of our carbohydrates in the diet
- Carbohydrate foods contain vital nutrients that assist our bodies in maintaining proper health



## Dietitian Spotlight:

### Kathryn Fink, MS, RD, LD

A gifted teacher and motivator, Kathryn Fink has helped hundreds of clients find positive ways to deal with life challenges so that food does not become the solution for every obstacle. Kathryn understands the food, mood and activity connection and assists groups and individuals in separating food and feelings, having fun, while educating about balanced eating and activity to improve both mental and physical health.

Kathryn blends her nutritional expertise with fitness background to help clients lead lives which balance food and exercise. Her areas of expertise include weight management, eating disorders, post-operative weight loss surgeries and emotional eating.

Kathryn's motto reflects her belief in a balanced approach: "There's always room for ice cream and chocolate!"



Kathryn Fink, MS, RD, LD  
Nutrition Therapist  
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## Carbohydrates: Facts vs. Fiction

The earliest fad diet recorded was the vinegar and water diet made popular by Lord Byron. Ever since that time, fad diets have been the rage. Low carbohydrate diets have been the most popular fat diet over the last several years, which have made many dieters fearful of the "C" word – carbohydrates.

Why is the low carbohydrate diet so popular? There are several theories out there, but one thing is for sure – people are constantly searching for the easiest and quickest way to achieve weight loss. It is a fact that carbohydrates supply the most calories in our diets, so removing them will have a powerful effect. A decrease in carbohydrate equals a decrease in calories because most people do not make the calorie deficit up in protein or fat. We all know that weight loss is not necessarily the most difficult challenge; it is the maintenance of weight loss. Most people have difficulty remaining on low carbohydrate diets, so once they begin eating normally again, the weight creeps back on.

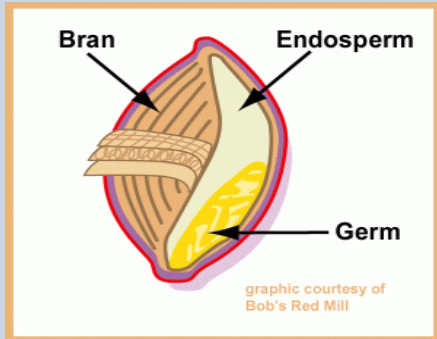
Let's dissect this carbohydrate issue for a moment. It is true that people over

consume carbohydrates. However, it is also factual that people over consume all types of calories – this includes fat and protein. The ideal way of eating really moderates all three macronutrients – carbohydrates, fat and protein. It boils down to moderation, variety and balance with portion control of all foods being the ultimate solution. People are successful in doing this in many different ways.

There is actually a National Weight Control Registry that has been tracking people that have lost at least 30 pounds and have kept it off for more than 5 years. The research is ongoing, but the findings are very interesting. The majority of people who have lost weight and kept it off have consumed a low calorie, low-fat diet. Weight loss maintainers know that it is fat that contains 9 calories per gram, as compared to carbohydrates and protein containing 4 calories per gram. Carbohydrates do not necessarily make you fat; excessive calorie intake of any type of food is the issue. Weight loss boils down to creating a negative energy balance in your body by consuming less calories than you burn.

## CARBOHYDRATE QUALITY: WHOLE GRAINS

Whole grains are simply what they say – they contain all parts of the whole grain kernel. Each part of the grain contains important nutrients. Refined grains usually contain only the endosperm, which misses out on 17 nutrients from the other missing parts. Whole wheat is just one type of whole grain. Learn about other whole grains at [wholegrainscouncil.org](http://wholegrainscouncil.org).



**Tip:** Whole grains may contain more calories than refined grains, but they make you feel full longer due to its fiber content.



Keep in mind that whenever you go low carbohydrate, you automatically increase fat and/or protein. Low carbohydrate diets can also impede your efforts in keeping up with an active lifestyle. It is well-documented that in order to maintain weight loss, regular physical activity must be maintained.

What is the bottom line? When it comes to maintaining a healthy weight, let us all focus on quality foods that we *should* eat. That includes a variety of lean meats, fruits, vegetables, heart healthy fats and whole grains. Portion control this varied diet along with regular physical activity, and you are on your way to a healthier you.

Contact us today at PNT at 972.238.1811 to receive a more detailed nutrition plan from a registered dietitian.

Book an appointment with a dietitian with PNT in May and receive a FREE measurement of your resting metabolic rate (\$50 value)!  
Mention promo code: **MEDGEM**

## Southwest Salsa Rice Bakes (Re-done lower fat/lower calorie)

### Ingredients:

3 cups cooked brown rice, cooled  
1 cup shredded 2% pepper jack cheese  
1 cup egg substitute or 4 eggs  
1 16-ounce jar medium thick and chunky-style salsa  
½ cup light sour cream  
½ teaspoon salt  
½ teaspoon pepper  
¾ cup crushed baked corn or tortilla chips  
Additional salsa and sour cream for garnish

### Directions:

Preheat oven to 350 degrees. Combine rice and cheese in large bowl; set aside. In medium bowl, beat eggs until well blended. Stir in salsa, sour cream, salt and pepper. Add salsa mixture to rice and beans; mix well.

Spray miniature muffin pans with vegetable cooking spray. Spoon 1 ½ tablespoons of rice mixture into each cup, filling just below the rim. Spread crushed chips over filling, pushing down slightly with back of spoon. Bake 15-20 minutes until slightly browned. Serve with additional salsa and sour cream, if desired.

Source: USA Rice Federation



Angela Lemond, RD, LD  
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## Free Resources Are Just a Click Away!

Go Straight To The Source: American Dietetic Association (ADA) Online

National Nutrition Month's (NNM) 2007 message to go Fad-Free:

[http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/media\\_15393\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/media_15393_ENU_HTML.htm)

Low-Carb? High-Cal? Check the Label:

[http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home\\_4280\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_4280_ENU_HTML.htm)

Whole Grains Made Easy:

[http://www.eatright.org/ada/files/Whole\\_Grains.pdf](http://www.eatright.org/ada/files/Whole_Grains.pdf)

Dietary Fiber: An Important Link In The Fight Against Heart Disease:

[http://www.eatright.org/ada/files/Metamucil\\_Fact\\_Sheet.pdf](http://www.eatright.org/ada/files/Metamucil_Fact_Sheet.pdf)

The Power of Potatoes: Positively Nutritious!

[http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition\\_5385\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_5385_ENU_HTML.htm)

Pasta In Just the Right Amounts:

[http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home\\_4050\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_4050_ENU_HTML.htm)