



# Oak Orchard Community Health Center, Inc.

## Nutrition for the Summer of 2003 by Mara Trojanski, Registered Dietician

Main dish salads are great for the summer months. Everything goes in one dish. Make the salad in the early morning before it gets hot outside. Let it chill and marinade throughout the day. Include legumes, rice, beans, raw vegetables, and spices. Try colored pastas. Avoid using regular mayonnaise when possible. Substitute light mayo or try one of the various low-fat or fat-free dressings available.

At dinner time, bring it out of the fridge, add some wonderful whole grain bread, fruit and you have a refreshing meal!



### Tortellini Bean Salad

- 1 9-oz. pkg. refrigerated cheese tortellini
- 1 15-oz. can kidney beans, rinsed and drained
- 1 cup broccoli florets
- 1 cup cubed cooked ham
- 1 cup shredded carrot
- 1/2 cup sliced ripe olives
- 1/2 cup Italian salad dressing

Cook tortellini as directed on package; drain and combine with remaining ingredients. Stir gently to combine. Cover salad and refrigerate 1-2 hours before. 4 servings

Calories: 470      Vitamin A: 50% RDA      Sodium: 900 mg.  
Fat: 19 grams (less if low-fat or fat-free dressing is used)



Oak Orchard Community is pleased to announce the opening of our Nutrition Department.

Mara Trojanski, Registered Dietician, is our Nutrition Services Coordinator, and Barbara Blasenbauer, BS, is our Health Educator. Both classes and individual counseling are available, free, on a variety of dietary and health topics. Call 589-5613 for more information or to set up an appointment.

### From the desk of Dr. Charles King: Dieting

One of the most common questions that doctors are asked is, "How can I lose weight?", and one of the most common pieces of advice from doctors to patients is, "You need to lose some weight".

Although we all share the same goal in thought, our bodies have a different plan. Unifying our body and mind is the key to success.

The Adkins Diet (high fat/ low carb) is popular because it is no hardship for many people to eat beef, eggs, bacon, and butter. In contrast, many of the low calorie, low fat diets leave us hungry, and use foods that may not be part of our regular diet, requiring an uncomfortable change in our usual habits- and a subsequently uncomfortable mind/body disconnect.

A couple of recent studies compared these two diets in overweight people. As would be predicted, there was a high 'drop-out' rate in both studies. About 40% of people dropped out of the studies- presumably because they went off the diet prescribed to them. Of the people that stayed in their study, both groups lost weight. There was more weight loss initially in the Adkins group- about 8-10 lbs more at 6 months, but both groups 'rebounded' and the difference was not significant at 12 months. The high drop-out rate made any important scientific conclusions difficult.

So what is the take home message? I agree with most dieticians who don't support any short-term dieting, but instead recommend gradual, but permanent changes in how and what we eat- keeping both the body and mind on board. Here are some general tips:

- Eat lots of whole grains, vegetables, and fruits
- Don't skip breakfast!
- Try to limit saturated fats, cholesterol, and trans fats
- Get regular physical activity
- Joining a weight-loss or wellness group can help you stay on track!

