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## January 2012 Newsletter

### A Personal Message from your Dietitian

It's that time of year again. You can't find a parking spot at the gym, all the healthy foods are on special at the grocery store, and all of the exercise clothes and equipment



are in the weekly department store ads. Every January, millions of us decide we are going to eat right and exercise and maybe even lose a little weight. Unfortunately, by February, parking spots are available again and the enthusiasm for change is disappearing.

Why is it so hard to stick to our New Year's resolutions? I personally think

that one of the main reasons is that we try to make drastic changes all at once. Goals are set so high that they are difficult to achieve and it is easy to get overwhelmed and frustrated, so we give up.

This year, approach your resolutions with realistic expectations. Set small, attainable goals for yourself and take it week by week. Write your goals down each week and make them measurable. Instead of writing "exercise," write "exercise Monday, Wednesday and Friday." That is a goal that is measurable and attainable. Instead of a goal of drinking more water, set a daily goal like "drink 40oz by lunchtime."

I wish you the best of luck this year with your health and wellness goals. This month's newsletter will offer some ideas to help you stick to your resolutions and make permanent changes. –Jennifer Bean, MS | RD | LDN

### How to Stick to Your New Year's Resolutions

Source: Degrees in Healthcare

New Year's resolutions can be a great way to kick start a new year but many people struggle at sticking to them. The unexpected realities of life often have a way of distracting us from our New Years resolutions and they can easily fall by the wayside. However, there are definite ways you can increase the likelihood of maintaining your New Year's resolutions. Here are our top tips to keeping your fitness or weight loss New Years Resolutions:



#### Be Realistic

We have all heard the cheesy "A New Year, A New You," line but try to be realistic in setting your New Year resolutions. Choose something that will be beneficial but isn't overwhelmingly challenging. If you know you're busy with work or being a full time law student, but want to get into shape, instead of setting your New Years resolution as going to the gym everyday, set it at 2-3 times a week. It will be easier to keep, and increase the chance for success. Or if you want to quit smoking, make a resolution that involves gradually cutting back on how much you smoke rather than giving it up entirely all at once.

#### Recruit Others

Embarking on a New Years resolution is always tough, but with the help of others it can be a little easier. Try to find family members or friends that are making similar resolutions this year and work as a team to conquer your New Year resolution together. Putting in a team effort and supporting one another can make a world of difference and really help you stay motivated.

#### Be Specific

You are less likely to stick to new Years resolutions that are vague. Popular New Year's resolutions are often along the lines of "get fit" or "learn a new language," but their lack of specifics makes them very hard to stick to.

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### "Like" Us on Facebook!



We invite you to like our Facebook page so you can receive up-to-the-minute posts about latest news and tons of other helpful information right from your computer! "Like" us today!

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Choose a goal you want to achieve and create a plan of exactly how you aim to reach it. If you have a realistic and definite plan that you can visualize yourself achieving, you are much more likely to accomplish it.

### Spread the Word

If you keep your New Years resolution ideas to yourself, no one can hold you accountable! Although telling others of your New Years resolution can turn the pressure up, this in itself can be a motivating factor. Tell your friends, family and coworkers of what you are trying to achieve and they can potentially serve as a great support team. You could also set up your own blog or page on your favorite social networking site that tracks your progresses as well as any setbacks. The reaction and encouragement from others will motivate you and your efforts may even inspire others.

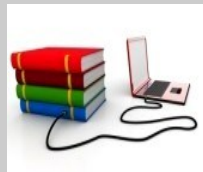
### Have Fun

Cutting back on your cigarettes or lifting weights may not sound like a lot of fun, but it can be! Try to reward yourself for your New Year resolutions efforts and your hard work will seem like less of a chore. Of course you need to be practical in your rewards, like don't eat a hamburger if you lose 5lbs or go designer clothes shopping if you just paid your credit card off. Instead, reward yourself with fun activities or gifts that won't thwart your New Years goals.

As you can see, maintaining and achieving your New Year resolution ideas doesn't have to be mission impossible. There are so many ways you can stay motivated and stick to your New Year's resolution – and have fun at the same time! Just remember to set attainable goals and don't be too hard on yourself if setbacks do occur. Good Luck!

### Have you been to the library lately?

Not the public library, the MDD Info Library! We have expanded the library page on our website to include some additional links to helpful resources that we feel will help you! Visit our website at [www.mddhelp.com](http://www.mddhelp.com) and click on the MDD Info Library link on the left side. Feel free to contact us to let us know of other resources or information that would help you! We'll be adding more and more resources in the near future!



## The Importance of Water in Your Diet

Water is an important part of the human body. We can survive for weeks without food, but only a few days without water. Water helps us digest and absorb food, regulates body temperature, removes toxins and waste, circulates blood, protects tissues, organs, and joints, and carries nutrients and oxygen to our cells.



Dehydration, or the lack of water, worsens many common ailments, including headaches, fatigue, allergies, and joint/muscle pain. A body that is well hydrated rarely suffers from these conditions. People who are chronically dehydrated often suffer from numerous diseases, due to the fact that without water, toxins cannot readily be eliminated from our body.

Water is also an important part of weight loss. Since water has no calories but can give the feeling of being full, it works well as an appetite suppressant. It also helps the body to metabolize stored fat. Drinking more water, not less, will help with bloating by stimulating your kidneys. When not enough water is consumed, a body often has poor muscle tone as well as muscle soreness which works against weight loss.

### How much water should I drink?

Generally speaking, if you are not in the habit of drinking enough water, you should start out by drinking an ounce of water for every pound of body weight you carry. A 150 pound woman needs 150 ounces or 15 ten ounce glasses of water a day. Sounds like a lot? The purpose is to re-hydrate your body. After that has occurred, you can safely cut down to a half ounce of water per body weight. If you are very active or live in a hot climate, you should drink more. Just remember to not drink more than four glasses of water in any given hour.

### Why should I drink more water? I spend all day running to the bathroom.

Think of a houseplant that is dried out. When you first water it, the water either sits on top, or runs right through and drains out the bottom. You have to water the plant a few times a day over the course of a week to make the water stay within the soil. That is similar to how the human body works. If you are seriously dehydrated and drink a bottle of water, it will most likely run right through you. It will take a few days of re-hydration to make the water stay within you. After your water intake becomes more regular and you are consuming the appropriate amount of your body size, you will urinate less frequently, but in larger amounts.

### Do I have to drink WATER? Can't I get my water from everything else I drink?

While drinking any liquid is better than nothing, water is the best liquid to choose. Other drinks contain water, but may contain other

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things as well that may work against what the water is attempting to do. For instance, coffee and tea contain water, but they are also diuretics, which causes the water to leave your body more quickly. Beer contains water, but it works against the water trying to eliminate toxins from your body. Water is the simplest and purest thing you can drink and is the best choice for your body.

#### **I'm not thirsty. Do I still have to drink water?**

Many people do not think they are dehydrated because they aren't thirsty. This is not true. If you consistently find yourself not thirsty, this generally means you have been dehydrated for so long that your body has simply turned off its thirst reflex. It is not normal to not crave liquid. When you start drinking water on a regular basis, you will find that you are more attuned to your body's needs.

Our bodies lose approximately 6 pints of water a day through the basic functions of perspiration and exhalation. If this water is lost and not replaced, the body begins a process of deterioration. Help to keep your body in tip-top shape by drinking the appropriate amounts of water for your weight, and watch to see how much better you feel when you stay in tune with your body's needs!

## Healthy Super Bowl Recipes and Menus

Source: Eating Well Magazine

We all know that Super Bowl Sunday is not just about the game—it's about the food. But pass on the store-bought snacks and take-out food—they're loaded with fat and sodium. Try our easy Super Bowl recipes for healthier homemade versions of great traditional Super Bowl recipes. Regardless of who wins the game, you'll score points among your fellow fans with these healthy Super Bowl recipes.

### Bean, Cheese, & Avocado Dip

#### **Overview**

12 servings, about 1/2 cup each; Active Time: 20 minutes | Total Time: 20 minutes

#### **Nutrition Profile**

Diabetes appropriate |  
Low calorie | Low carbohydrate | Low cholesterol |  
Low sodium | Healthy weight | High fiber | Gluten free



#### **Ingredients**

- 1 16-ounce can nonfat refried beans, preferably "spicy"
- 1 15-ounce can black beans, rinsed
- 4 scallions, sliced
- 1/2 cup prepared salsa
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/4 cup pickled jalapeño slices, chopped
- 1 cup shredded Monterey Jack, or Cheddar cheese
- 1/2 cup reduced-fat sour cream
- 1 1/2 cups chopped romaine lettuce
- 1 medium tomato, chopped
- 1 medium avocado, chopped
- 1/4 cup canned sliced black olives, (optional)

#### **Preparation**

1. Combine refried beans, black beans, scallions, salsa, cumin, chili powder and jalapeños in a medium bowl. Transfer to a shallow 2-quart microwave-safe dish; sprinkle with cheese.
2. Microwave on High until the cheese is melted and the beans are hot, 3 to 5 minutes.
3. Spread sour cream evenly over the hot bean mixture, then scatter with lettuce, tomato, avocado and olives (if using).

#### **Nutrition Facts**

Per serving: 146 calories; 7 g fat ( 3 g sat , 3 g mono ); 12 mg cholesterol; 15 g carbohydrates; 7 g protein; 5 g fiber; 288 mg sodium; 164 mg potassium.

## Healthy Chex Mix

#### **Overview**

4 servings, about 3/4 cup each  
|Active Time: 5 minutes | Total Time: 35 minutes

#### **Nutrition Profile**

Low calorie | Low cholesterol |  
Healthy weight | High fiber

#### **Ingredients**

- 1 cup Wheat Chex cereal, (2 ounces)
- 1 cup pretzel sticks broken in half, (2 ounces)
- 1/4 cup salted roasted almonds, (2 1/2 ounces)
- 3 tablespoons bittersweet chocolate chips, melted (see Tip)

#### **Preparation**

Combine Chex, pretzels and almonds in a medium bowl. Drizzle with melted chocolate; stir to combine. Spread the mixture on a wax paper-lined baking sheet and refrigerate until the



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chocolate is set, about 30 minutes.

**Tips & Notes**

Make Ahead Tip: Refrigerate in an airtight container for up to 5 days.

Tip: To melt chocolate: Microwave on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.

**Nutrition Facts**

Per serving: 218 calories; 8 g fat ( 2 g sat , 3 g mono ); 0 mg cholesterol; 35 g carbohydrates; 5 g protein; 3 g fiber; 397 mg sodium; 176 mg potassium.

**Healthy Spinach Dip****Overview**

About 2 1/2 cups. Active Time: 15 minutes | Total Time: 15 minutes | Low calorie | Low carbohydrate | Low cholesterol | Healthy weight | Gluten free

**Ingredients**

1 small shallot, peeled  
1 5-ounce can water chestnuts, rinsed  
1/2 cup reduced-fat cream cheese, (Neufchâtel)  
1/2 cup low-fat cottage cheese  
1/4 cup nonfat plain yogurt  
1 tablespoon lemon juice  
1/2 teaspoon salt  
Freshly ground pepper, to taste  
6 ounces baby spinach  
2 tablespoons chopped fresh chives

**Preparation**

Pulse shallot and water chestnuts in a food processor until coarsely chopped. Add cream cheese, cottage cheese, yogurt, lemon juice, salt and pepper and pulse until just combined. Add spinach and chives and pulse until incorporated.

**Tips & Notes**

Make Ahead Tip: Cover and refrigerate for up to 3 days. Stir before serving.

**Nutrition Facts**

Per 1/4-cup serving: 54 calories; 3 g fat ( 2 g sat , 1 g mono ); 10 mg cholesterol; 4 g carbohydrates; 4 g protein; 1 g fiber; 222 mg; sodium; 102 mg potassium.

Our Registered Dietitians are specialists in nutrition. We provide our clients with a personal meal plan that is customized to meet the needs of the individual, based on your lifestyle and food preferences. Contact us today to schedule a visit.

**We may be moving soon!**

We are currently negotiating a lease for a new location to serve you in Matthews! Never fear, the location in question is only 2 doors down from our current location, so you will not have a hard time finding us should the negotiations go as smoothly as we anticipate. All other location information will remain the same, so no need to correct phone numbers or email, just our address once we finalize the lease on the new place..

Our new facility will allow for us to provide a much larger space to meet your needs! We will not only have more space, but we'll be able to provide more appointment times as well! Stay tuned for an announcement early next month to reveal if we'll be relocating or not.

As we are negotiating the possible relocation, it occurred to us that now is a perfect time to ask for updated contact information from you as well!

Has your address changed? Your insurance? If you've made changes since your last visit that we are not aware of, please feel free to call our office and we'll update your information so our records are complete and up-to-date! Give us a call at [704-846-7105](tel:704-846-7105) or email us at [Staff@MDDHelp.com](mailto:Staff@MDDHelp.com) and we'll take care of the rest!

**Did you know we also have a Gastonia office to serve you?**

Yes, it is true! We recently opened an office in Gastonia to better serve our clients! The location is 1554-C Union Road, Gastonia, NC 28054. If the Gastonia location is easier and more convenient for you, feel free to contact us at our main office number for more information by calling [704-846-7105](tel:704-846-7105).

**"Life is not over because you have diabetes. Make the most of what you have, be grateful. "**  
**- Dale Evans**

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