

SPECIAL

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# Style

The Valley's Monthly Lifestyle Magazine

OCTOBER 2008

## WOMEN'S HEALTH ISSUE

### 7 MYTHS

The Biggest Nutrition & Fitness Myths: Busted

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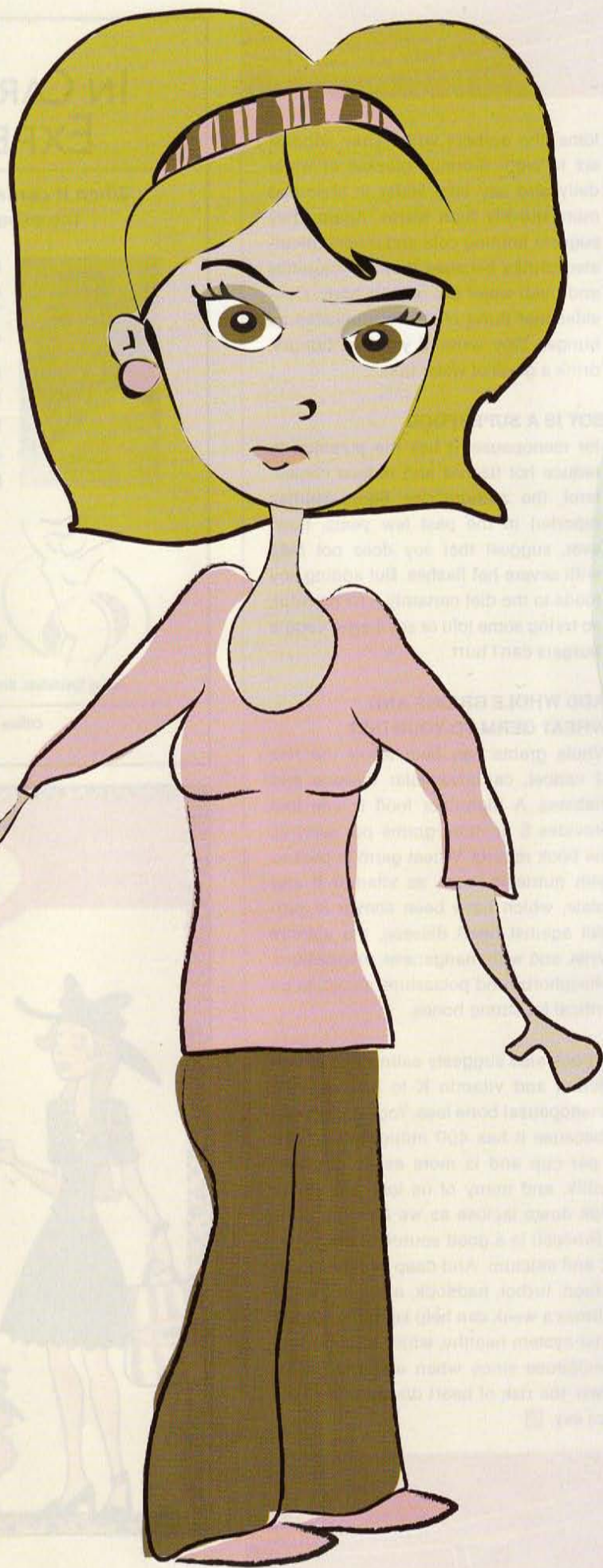
# Biggest

Diet & Fitness

(Lehigh Valley  
Experts Weigh In  
On Shaping Up &  
Eating Healthy)

Myths:

# Busted



## MYTH #1:

# I Can Lose Weight If I Just Don't Eat Carbs.

Lehigh Valley dietitians Jennifer Doane, MS, RD, LDN and Jacqui Boyle, RD, LDN have seen lots of people who have tried more than once and failed on a low-carb diet. For most people, avoiding any one food group—most often carbs or fats—is a short-term fix that eventually backfires. “Any fast initial weight loss is usually water, but in two or three weeks people’s weight loss slows down a lot, and they get frustrated,” says Doane. Plus, their body has a hard time doing without a basic food group. “They get headaches, cravings, and mood problems, and their metabolism slows down,” Doane says.



Above: Jacqui Boyle  
Below: Jennifer Doane



**BUSTER:** The solution is to eat good quality carbohydrates, such as whole grains and fruits, in amounts that help you to lose weight, and mostly to avoid refined carbohydrates, such as sodas and other sugary snacks, and items made with white flour. “It’s about eating within your calorie needs, not cutting out a whole food group,” Boyle explains.

JENNIFER DOANE, MS, RD, LDN  
AND JACQUI BOYLE, RD, LDN

Advantage Nutrition and Wellness, Allentown

I can lose weight if I just don't eat carbs



## Eat protein with every meal and snack to improve your energy balance and sense of satisfaction.

### How To Do It:

- Figure out how many calories a day you need to lose weight. One quick way: Multiply your weight (in pounds) by 12 (14 for men) and subtract 300.
- Figure out how many servings of carbs you need per day, generally about 60 percent of calories. To do this, multiply the number of calories you need by .6. For example, if you need 1,200 calories per day, 1,200 multiplied by .6 = 720. So you need 720 calories from carbohydrates. There are 4 calories in a gram of carbohydrate. Take your 720 calories and divide by 4 = 180 grams. Per serving, most sugary or starchy foods have about 15 grams of carbohydrate, so 180 divided by 15 = 12 carb servings per day. But read the labels to be sure!
- Distribute your carbs throughout the day, in meals and snacks.
- Select high-quality, high-fiber, whole grain carbs, such as oats, whole wheat, barley, quinoa, and brown rice.
- Maintain correct portion sizes by measuring until you're able to accurately eyeball a portion.
- If you just can't stay away from sweets and white bread or pasta, incorporate small portions. “Have chocolate-covered strawberries or chocolate milk, soup with noodles, or a pasta salad with lots of vegetables,” Doane suggests.
- Eat protein with every meal and snack to improve your energy balance and sense of satisfaction.

## MYTH #2:

# I Have High Cholesterol, So That Means I Need To Take Drugs.

"People believe this because their doctor typically thinks the only effective treatment for high cholesterol is medication," says Suzanne Ickes, RD, LDN of Shepherd Hills Family Practice, Wescosville. "Taking the med route is based on doctors' experience that most patients cannot stick to lifestyle changes, and study results that show that compliance is poor for diet changes in general, for any medical condition."



**BUSTER:** Ickes uses an approach proven to work: She asks people to increase the amount of soluble fiber in their diet to 10 grams, about three times the amount normally consumed. Clients do this by eating foods like beans, barley, oats, psyllium, and

fruits and vegetables high in soluble fiber. They also cut back on saturated fat and eliminate hydrogenated fats.

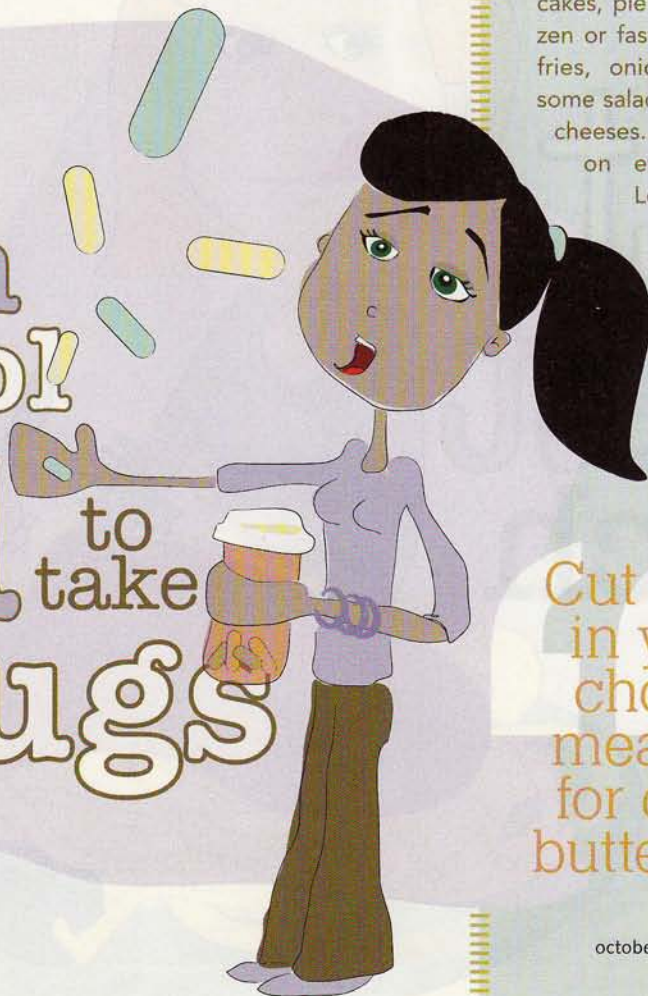
"It's not a low-fat diet and it is not too restrictive. Nuts, peanut butter, olive oil, and vegetable oils are not limited in the diet. The other attraction to this method of reducing cholesterol is that exercise and weight loss are not required and even people who do only half of what I recommend can reduce their LDL cholesterol by 20 points," Ickes says. In fact, people have lowered their LDL cholesterol by as much as 60 points on this diet, making it as good as statin drugs, without the side effects. Ickes has a book on the cholesterol-lowering diet, called *Soluble Fiber: The Cholesterol Solution*, available online at Lulu.com.

SUZANNE ICKES, RD, LDN  
Shepherd Hills Family Practice, Wescosville  
and Dr. Bub Family Medical Center, Emmaus

## How To Do It:

- Add soluble fiber to every meal, with top contenders such as oatmeal or oat bran, barley, baby carrots, pears, beans, peas, rice bran, citrus fruits, apples, strawberries, blueberries, raspberries, and bananas.
- Add a psyllium supplement such as Metamucil (2.4g soluble fiber per dose) or Konsyl (3g per dose) or a liquid supplement such as Benefiber (3g per dose) which can also be incorporated into recipes. (For recipe ideas, see Benefiber.com.)
- Cut saturated fat in your diet by choosing lean meats, such as top sirloin, top round, ground round and tenderloin; skinless chicken breast; turkey; fish; pork tenderloin; and low-fat dairy products. Use oils for cooking, not butter or spreads.
- Cut hydrogenated fats by reading labels and avoiding foods with hydrogenated or partly hydrogenated oils. The usual suspects include commercial baked goods (cookies, crackers, cakes, pie crust, icing, biscuits), frozen or fast food fried items (French fries, onion rings, pies, chicken), some salad dressings and processed cheeses. It's best to check the label on every convenience food. Look for processed foods made with unhydrogenated oil.
- Get your cholesterol checked in eight weeks, after you've spent two weeks adjusting to the new way of eating and six weeks following the diet closely.

I have high cholesterol!  
so that means I need to take drugs



Cut saturated fat in your diet by choosing lean meats... Use oils for cooking, not butter or spreads.

## MYTH #3:

# But I Don't Eat That Much.

People who are overweight predictably tend to underestimate the number of calories they eat, says Kandi Perazzo, RD, LDN, a registered dietitian with a private practice in Allentown, and a sports nutrition consultant for Aardvark Sports Shop, on Bethlehem's Main Street.

"One woman in particular would eat little pieces of chocolate—it was her weakness—and as we discussed it, I realized she was eating six or seven pieces a day," Perazzo says. "Each piece was only 50 to 100 calories, but that really adds up." Other people overdo portion sizes, especially with pasta and rice, so she uses easy-to-remember visuals to help them learn to estimate portion sizes. "People are surprised how small the servings actually are and how easy it is to overdo it," she says. "They also consume lots more calories than they realize when they eat out." One restaurant, for instance, offers a salad that has 1,200 calories! "It's easy to overeat without really thinking about it," Perazzo says.



**BUSTER:** Perazzo asks her clients to keep a three-day food diary complete with portion sizes. "I go through it with them and we see where the hidden calories are,"

she says. She stays up-to-date on restaurant foods, and recommends the Web site [healthy-diningfinder.com](http://healthy-diningfinder.com), which lists healthy items to order from restaurant menus. She makes sure people read food labels to learn portion sizes. "People who come to see me are frustrated," she says. "They've tried lots of stuff. Once I point out what they are really eating, at least they are aware. They're relieved. They have something they can work with."

KANDI PERAZZO, RD, LDN  
Green Pepper Nutrition, Allentown  
and Aardvark Sports Shop, Bethlehem

but i don't  
**eat  
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much**



## How To Do It:

- Keep a food diary. Research shows that writing down what you eat is one of the best ways to stay "conscious" and lose weight.
- Plan ahead. Use shopping lists, carry snacks, keep frozen foods on hand for quick meals.
- Practice portion control. Some of the visuals Perazzo uses: the last joint on your thumb is a tablespoon (for peanut butter), your palm is a serving of meat, and a pasta serving is the size of a computer mouse. If need be, measure out portions until you get a feel for how much a serving is. Check labels for serving sizes and measure out that amount.
- When eating out, ask questions to make a good low-calorie selection or only eat half of what you are served. Take the rest home. If you have dessert, order one to share with others at the table.
- Develop strategies to offset stress-related eating. Take a nap, exercise, practice stress management techniques—anything but eat.

When eating out, ask questions to make a good low-calorie selection or only eat half of what you are served. Take the rest home.