



Nutrition Nibbles

March is National Nutrition Month! Registered Dietitians Bring Food and Nutrition Expertise to the Table

Who is a Registered Dietitian?

Registered dietitians are food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. The expertise, training and credentials that back a registered dietitian are vital for promoting positive lifestyle choices

Trust a Registered Dietitian

When you need food and nutrition information based on fact or need to know how a healthy diet improves health and fights disease— rely on qualified professionals in the field.

Registered dietitians draw on their experience to develop a personalized nutrition plan for individuals of all ages. They are able to separate facts from fads and translate nutritional science into information you can use. A registered dietitian can put you on the path to lowering weight, eating healthfully and reducing your risk of chronic disease.

RD=Expert

Registered dietitians know the science of nutrition. They have degrees in nutrition, dietetics, public health or a related field from well-respected, accredited colleges and universities.

Looking for a Registered Dietitian?

When you need trusted, accurate, timely and practical nutrition advice, seek the services of a registered dietitian.

Content Provided By The American Dietetic Association

College Corner:

When Eating Becomes Disordered

Sometimes the line between a diet and an eating disorder becomes blurred. Eating disorders aren't just a "hard-core diet" and there's no such thing as having an eating disorder for only one day. So how can you decipher the difference?

Generally when people go on a diet, they are trying to lose a little weight to improve their health or the way their favorite pair of jeans fits. However, when someone struggles with an eating disorder, she is trying to control or change everything about her life. Food, eating, and even exercise become a means of measuring one's self-worth. The person is consumed by thoughts of food (eating it or not, eating too much or too little) and oftentimes, how he is going to burn off calories. Emotions and personal happiness are tied to the scale.

Here's a brief look at the most common eating disorders:

Anorexia Nervosa is characterized by self-starvation and excessive weight loss. More people die prematurely from anorexia than from any other mental illness, including depression and suicide.

Bulimia Nervosa is characterized by cycles of bingeing (eating large quantities of food within a short period of time) and purging, most commonly through vomiting, laxative use, or over exercise. People with bulimia engage in these life-threatening behaviors to compensate or "undo" the calories they consume during their binge.

Binge-Eating Disorder consists of recurrent binges without

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Links You'll Love

10 Reasons Your Workouts Aren't Working

-- SHAPE Magazine Article

Quick and Easy Recipes

--Cooking Light Magazine

5 Tips To Finding Your Happy Weight

--Shine Blog

Healthy Fast Food and Takeout

--Real Simple Magazine Article

Questions or comments? E-mail me at marymahoneyrd@comcast.net
I'd love to hear from you!

Budget-Friendly Nutrition Tips

These are tough economic times and many of us are examining ways we can trim our costs. Take a bite out of your monthly food budget with these tips.

General Shopping Savvy

Savings Tip #1: BYOL. Bringing your own lunch to work or school can save you precious dollars every day. Don't have time? Instead, try packing some fruit, vegetables, or yogurt, so all you're stuck buying is the main course.

Savings Tip #2: Just freeze it! If you buy something in bulk, like bread or cheese, or cook too much, like soup or chili, freeze what you cannot eat rather than letting the food go to waste. You will be prepared for a future time when you need a quick meal or to make a speedy sandwich.

Savings Tip #3: Invest wisely... in a water bottle. How much money do you spend each week or month on disposable bottled water? If you like access to your fluids on-the-go, buy a reusable water bottle and keep the refills coming.

Savings Tip #4: Go generic. When at the store, look for generic or store-brand

versions of your favorites. Often the store brands are a few cents to a dollar cheaper.

Savings Tip #5: Look up and down, the aisle shelves that is. The most expensive items are usually kept at eye level. More affordable items are located up higher or down lower.

Grain Gravy

Savings Tip #6: When it comes to breakfast, cereal can be quite expensive! Cook up a batch of whole grain, old-fashioned or steel-cut oats for a fraction of the price.

Savings Tip #7: Keep It Simple. Rather than buy expensive packaged rice and pastas, like Rice-a-Roni, buy the grains in bulk and create your own flavors.

Protein Pay-Check

Savings Tip #8: Try a "Meatless Monday." Skipping meat one day each week reduces your risk for heart disease, stroke, diabetes, and cancer, plus keeps your wallet flush. For meatless recipes, check out www.meatlessmonday.com

Produce Funds

Savings Tip #9: Frozen is just as good as fresh, when it comes to fruits and vegetables. Frozen produce is still a rich

source of vitamins, minerals, and fiber but can be more economical, especially if you want to eat something not currently in season. Plus frozen fruits and vegetables are already washed and chopped for you!

Dairy Dollars

Savings Tip #10: Portion your own. Buy yogurt in large containers and divvy it up yourself, rather than paying for individual, expensive containers. Purchase large bricks of cheese and shred your own instead of buying small bags of the expensive shreds.

10 Economical Health Foods

Apple \$0.52 each

Banana \$0.40 each

Broccoli \$0.37 per serving

Roma Tomato \$0.54 each

Pinto Beans \$0.09 per serving

Brown Rice \$0.10 per ounce

Whole Wheat Sandwich Bread \$0.14 per slice

Old-Fashioned Oats \$0.18 per serving

All-Natural Peanut Butter \$0.29 per serving

Egg \$0.27 each

Prices from www.safeway.com

Eating Right Monthly Tip

In honor of St. Patrick's Day, try going green this month. Choose nutrient-rich and tasty green vegetables to round out your meals and add to your snacks. Eating your greens will provide you with calcium, vitamins A & C, and fiber. Veggies like kale,

When Eating Becomes Disordered

continued...
the regular use of compensatory measures to counter the binge eating.

Contrary to popular belief, eating disorders are not about food. Emotional issues are often the root cause. The good news is that help is available to those struggling and eating disorders can even be prevented!

How many men, women, and athletes are affected? In the United States alone, approximately 10 million women and 1 million men have been diagnosed with anorexia or bulimia. Many, many more struggle with binge-eating disorder. While most people approach dieting from more of a health perspective, alarmingly high amounts of people suffer from body dissatisfaction and chronic dieting tendencies. The National Eating Disorder Association reports that 80% of American women are unhappy with their appearance. Twenty-five percent of American men and 45% of women are dieting on any given day and the US spends \$40 billion each year on dieting products and gimmicks. About 90% of college women have attempted to control their weight via dieting and over 20% of these women reported dieting "always or often." In NCAA (National Collegiate Athletic Association) athletes, eating disorders affect women and men equally.

For more information on eating disorders or to see if your relationship with food and exercise is unhealthy, check out this website: http://www.medainc.org/resources/educational_information.asp

spinach, and broccoli are also rich in lutein and zeaxanthin, nutrients that keep your eyes healthy. What are you waiting for? Go green now!

Favorite Food

Lots of people are curious about what dietitians eat when they are "off-duty."

I really love oatmeal. It is easy to make and fun to flavor. Now, if you're pressed for time or out-and-about, you can grab some oatmeal on the road. Starbucks has been offering the "Perfect

Oatmeal" for awhile now. 100% whole grain, low fat, and high fiber, it's hard to go wrong. Jamba Juice just recently added steel-cut oatmeal to their morning line-up. Made with soy milk and a serving of fresh fruit, you can start your day off right!