



## Nutrition Nibbles

### Book Club: Women Food and God

#### COLLEGE CORNER: PATRIOTIC PICNIC

For better or for worse, when Oprah talks people listen... especially when it comes to health, nutrition, and dieting. Over the past few months, Oprah has profiled several different nutrition-related books for the consumer. Many people ask me what I think of her picks—how credible they are, do they make sense, and most importantly, do they contain the “magic map” to a healthier, fitter, slimmer body? This month, I take a look at Women Food and God by Geneen Roth and give you the skinny on the scoop.

Geneen Roth has been exploring the topic of overeating for many decades. She estimates that she has gained and lost over 1000 pounds in her lifetime thus far. Women Food and God: An Unexpected Path to Almost Everything delves into a philosophy about life and nourishment of body that she has been cultivating for the past 30 years. The book can best be summed up by this statement by the author: “...that our relationship to food is an exact microcosm of our relationship to life itself. I believe we are walking, talking expressions

of our deepest convictions; everything we believe about love, fear, transformation and God is revealed in how, when and what we eat.” (p. 2) The author does a wonderful job of illustrating how poor food choices, overeating or undereating, and berating our bodies demonstrate our true beliefs about how worthy or unworthy we think we are. Worthy of what?, you might ask. Worthy of love and the best things life has to offer. Many of us bury our best under piles of junk food, eaten alone, checked out in front of the TV or on the go.

Women Food and God is an introspective guide meant to gently encourage the reader to explore their own eating habits and what lies behind them. Divided into 3 parts, the author leads you on a journey of reconnection with self, soul and body.

In part one, *Principles*, the reader takes a closer look at his or her current relationship with food. Before any change can take place, each one of us must end the war with our body

While we celebrate our independence and freedom during this month of July, why not tickle our taste buds with the flavors of red, white, and blue?

- **RED WATERMELON** is always a summer picnic favorite. Its thirst quenching and rich in vitamins A and C, as well as the mineral potassium. Not only is it delicious but it keeps your heart healthy, helps prevent cancer and inflammation.

- **RED RADISHES** offer a nice bite to salads and some variety to your party's crudites. Rich in vitamin C, folate, and potassium, radishes contain antioxidant properties, protect the heart, and help prevent neural tube defects in developing babies.

- **WHITE NECTARINES** and Peaches provide a tasty source of fiber and fluid, plus some zip to your summer fruit salad.

- **WHITE CORN** is a sweet addition to your family BBQ. Rich in fiber and potassium, corn is a delicious way to keep your heart healthy.

**Questions or Comments? Email me at  
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## Women Food and God continued...

COLLEGE CORNER  
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and realize that weight, in and of itself, does not correlate to happiness. Some of the thinnest people I have worked with are the most miserable. At the end of section one, the author devotes a chapter to “Reteaching Loveliness” or acceptance of your body as is and rejecting the idea that your body is some “problem” that needs to be fixed.

Part two, *Practices*, teaches inquiry or the process of questioning what it is your body is experiencing in the moment. “When I am willing to question and therefore feel whatever is there--terror, hatred, anger--with curiosity, the feelings relax, because they are met with kindness and openness instead of resistance and rejection.” (p. 100) Facing your feelings head on allows you to deal with them without turning to food.

*Eating* is covered in part three. Geneen reminds us why diets never fail to fail--the cycle of repenting, depriving, and starving always backfires and swings back to gorging. She examines the differences between restrictors, or those who practice hard-core

portion control, and permitters, who numb themselves with an abundance of food. The author’s solution to both: intuitive eating. “When I first realized how simple it was to end the compulsion with food--eat what your body wants when you’re hungry, stop when you’ve had enough--I felt as if I had popped out of life as I knew it and suddenly found myself in another galaxy.” (p. 161)

*Women Food and God* is not your typical diet book (hurray!). Rather, it is like a good therapy session that ends with a map (her Eating Guidelines) to a new way of life. You won’t find lists of good foods to eat or ones to avoid. There is no exercise prescription or supplements to buy. While everyone could benefit from reading this book, those that are truly fed up with dieting stand to gain the most from reading this treasure. **CAUTION:** reading this book may lead to major changes in how you view your body and what, when, and how you feed it!

•**BLUEBERRIES** are a popular summer superfruit. Rich in antioxidants that ward off bacteria and cancer, packed with phytochemicals that improve your memory, and fiber-filled to keep your digestive tract healthy, you can’t go wrong snacking on blueberries.

•**BLUE POTATOES** can be a little tough to find but they sure are fun to eat. Blue potatoes get their color from anthocyanins, a powerful antioxidant that slows down age-related cell damage in our bodies. Surprise your friends and family by making a red, white, and blue potato salad for your next get-together.

Check out these fun red, white, and blue recipes:

Red, White, and Blue Delight

Red Plum, White Nectarine, and Blue Cheese Pizza

Patriotic Potato Salad

Red, White, and Blueberry Fruit Salad

Happy 4th!

### Favorite Food

Lots of people are curious about what dietitians eat when they are “off-duty.” In the spirit of feeding my twin 7-month old daughters, I have been enjoying Haas avocados. Avocado has become our family’s new favorite food! Besides snacking on it as is, I love to top my sandwich with

a few slices, or throw a sliver or two (or three) into a quesadilla. Avocado makes a nice addition to my weekend morning eggs or a side dinner salad. Rich in heart-healthy fat with a dose of fiber, avocados give your meal or snack a little stick-to-your-ribs factor! Yum!