



According to [healthresearchfunding.org](http://healthresearchfunding.org), the U.S. weight-loss industry represents nearly \$61 billion in revenue per year, largely generated by fad diets that promise quick weight loss, often targeting people who want to lose weight fast, without exercise. The Centers for Disease Control reports that 54 percent of adults say they are on a diet and the average American adult tries to start a fad diet four times a year. Fad diets almost always promise dramatic results, but typically do not offer long-term weight loss, only short-term “success.” One might claim to help you lose 10 pounds the first week, when the recommended safe weight loss is one to two pounds per week. Some fad diets require expensive prepackaged meals, meal plans and diet pills or supplements; they are typically unbalanced nutritionally, limit food choices and don’t meet U.S. Department of Agriculture dietary guidelines. They may suggest restricting carbohydrates, a concern, because carbs break down to glucose and supply energy to your brain. They may provide fewer calories than recommended by the U.S. Department of Agriculture, resulting in a slowed metabolism and weight loss due to loss of water and lean muscle, not fat. Fad diets can lead to repeated loss and regain of body weight, harmful to your heart and overall health. According to the CDC, 25 percent of Americans will give up on their weight loss goals within two weeks and 65 percent who complete a fad diet will gain all their weight back. The bottom line: Avoid fad diets, which are unhealthy, ineffective and potentially pricey. As always, before starting a diet and/or exercise regimen, check with your health provider about what’s right for you.

**Helen Susan Edelman,**  
**LiveSmart Project Director,**  
**[livesmart@classroomenrichment.org](mailto:livesmart@classroomenrichment.org)**  
**[www.facebook.com/crlivesmart](https://www.facebook.com/crlivesmart)**

## Nutrition and Seizure Control

By Erica DeNicola, MS  
Health Educator, Epilepsy Foundation  
of Northeastern New York, Inc.



It’s no secret that eating a healthy, balanced diet contributes significantly to overall wellness. Additionally, studies have shown that following certain dietary guidelines can positively contribute to seizure control.

The ketogenic diet is the most commonly used dietary method to control seizures. Doctors will usually recommend this diet for children whose seizures do not respond to medications; it is not usually recommended for adults. The ketogenic is a restrictive diet characterized by consuming high-fat, low-carbohydrate foods. Food portions are meticulously weighed and measured. This diet must be prescribed by a physician and carefully monitored by a nutritionist.

Additional research has suggested that modified, less-restrictive versions of the ketogenic diet can result in improvement of seizure control. The modified Atkins diet follows a high-fat, limited-carbohydrate plan, but allows for a higher daily caloric intake. The most notable difference from the ketogenic diet is that there is no limit on proteins.

Another option is the low glycemic index treatment, which monitors how high certain foods raise the blood glucose after consumption. This diet is marked by limiting, but not excluding, carbohydrates. Carbohydrates that are consumed must have a low glycemic index. Unlike the ketogenic diet, there is no weighing or measuring food, but, instead, a focus on portion sizes.

These diets are considered medical therapies and are not to be taken lightly. Please consult your physician before utilizing them as a method of seizure control.

For more information, please visit: <http://www.epilepsy.com/learn/treating-seizures-and-epilepsy/dietary-therapies> or call the Epilepsy Foundation of Northeastern New York at 518-456-7501.

## Health Beat

When I was a kid, my dad used to eat two soft-boiled eggs most mornings. Then eggs came under fire for raising cholesterol levels and, like so many Americans, he swapped eggs for carbs: toast or half a bagel. Well, we now know the anti-egg camp has been left with, well, egg on their faces. Studies from Yale University, Harvard School of Public Health and the University of Connecticut find most of us can eat eggs with little cholesterol worry, because most of our blood cholesterol issues are not caused by dietary cholesterol. Moreover, eggs are not high in fat and pack a protein punch, making them a filling food choice. And, at only 80 calories per egg, many nutritionists recommend them for patients trying to trim down. When you mix in veggies or low-fat meat, you’ve got a substantial meal. So if you’ve been avoiding eggs, discuss adding them to your diet with your doctor.



**Benita Zahn, DPS-Bioethics**  
**715 North Pearl Street, Albany, NY 12204**  
**o: 518-207-4820; twitter: @BenitaZahn**  
**<https://www.facebook.com/benitazahn?ref=ts&fref=ts>**



## Get to Know Whole Grains

By Joseph D. Catanzaro, MS, RD  
Clinical Dietitian, St. Peter’s Health Partners

March is National Nutrition Month, which makes it the perfect time to highlight the importance of whole grains. While brown-colored grains don’t grab the attention of our eyes like many fruits and vegetables, wheat, quinoa, oats, barley and rice pack a lot of nutrition into small portions.

Whole grains are just that: whole, intact grains. Take the wheat plant, for example. White bread is made when the wheat grain is stripped of its outer coating (called the bran and germ), removing fiber, vitamins and minerals. Whole-grain products are produced with the entire grain used, including that outer coating, which keeps the fiber, vitamins and other minerals in your food.

Food packaging can be deceiving, however. Many bread products advertise they are “multigrain” or have wheat flour listed in the ingredients, but that can be misleading. Only products containing “whole grain” or “whole wheat” in the ingredients actually contain pieces of the entire grain. Anything else is usually some form of white flour with vitamins added back in – a process called “enrichment” – but lacking the fiber of the whole grains.

Fiber is more important than many realize. According to the Academy of Nutrition and Dietetics, increasing your fiber intake can help reduce your risk for developing conditions like heart disease, diabetes and cancer. Increasing fiber consumption has also been shown to help reduce cholesterol levels in the blood.

The average American consumes only 15 grams of fiber daily, according to the Academy of Nutrition and Dietetics, which is far less than the recommended 25-30 grams. Eating more whole grains is an easy, delicious switch that can help get you closer to that goal.



Many restaurants and grocery stores have increased their availability of whole-grain products, making it easier to choose a healthier option. For example, quinoa contains about 5 grams of fiber and 200 calories in a 1-cup serving. Consider that compared to white rice, which contains about 1 gram of fiber in the same serving size.

The American Heart Association recommends at least half of your grains each day are whole grains. Simple tips to get more into your diet include:

- Choose bread products with “whole wheat flour” or “whole grain flour” at the top of the ingredient list.
- Swap white rice for brown and ditch white bread for whole wheat.
- Add dry oats to cereals, yogurt, or even baked goods and desserts, or cook them with milk instead of water for a high-protein oatmeal.
- Try grains like amaranth, farro, or quinoa instead of the white rice and potatoes that frequent many Americans’ plates.

Make this National Nutrition Month the one where you add some new, whole grains into your diet. You will be happy you did!



**ST PETER’S HEALTH PARTNERS**

If you or a member of your family needs a physician or information about other St. Peter’s services call the St. Peter’s Physician Referral & Information Line at 525-2CARE (525-2227).



## Trending Now... National Nutrition Month

By Ellie Wilson, MS, RDN, CDN  
Senior Nutritionist, Price Chopper and Market 32



March is National Nutrition Month, a great time to consider some of the food and nutrition trends that can make catching the wave of eating, well, easy, tasty, fun and really, really good for you. The theme this year from the Academy of Nutrition and Dietetics is “Put Your Best Fork Forward.” Pick a few trends to try for yourself and your family.

What are the health interests driving current food trends? There is a lot going on, but the key themes that are capturing the most attention are weight loss and management, increasing energy, heart health, healthy aging and digestive health. These are coming to the plate in food trends like the increased interest in plant proteins – beans and legumes have been enjoying a steady rise for the last year or so. Meatless Mondays and power bowls on Instagram and Pinterest have a growing audience – check out some great recipes at [Pricechopper.com](http://Pricechopper.com).

Interest in probiotics continues to grow and evolve – yogurt types and varieties abound in the store, and they have moved from sweet to savory flavor profiles. Right behind them are fermented foods and drinks – pickled everything, kefir and kombucha beverages are making their way into stores. Many of the producers are small, local companies, which highlights another trend – the continued rise of local, artisan foods, including produce, beers and ciders, and fun fusion ideas like caulikraut and pickled green beans.

Cauliflower is its own trend – riced, bagged cauliflower, great for recipes like cheesy cauliflower

“bread,” or cauliflower gluten-free pizza crust, cauliflower tater tots, buffalo wing flavored cauliflower – it is fun to see this quiet cruciferous vegetable get its deserved moment in the sun. Cauliflower is also available as a purple food, which is a trend to watch this year as well. Eggplant, plums, purple carrots, red cabbage, radicchio – all offer great flavor and the benefit of being a source for anthocyanin, a powerful antioxidant that lends its vibrant color to those plants.

Last, but not least, the return to the plate of pasta and whole grains. They are easy to make and can be a great base for those power bowls, or a good way to combine leftovers into a new meal and eat more sustainably. Whole and ancient grains are easy to find in stores, and as adventurous millennials explore them, other generations are embracing them too.

Wishing you a delicious, nutritious month of meals to get trendy – enjoy!



Get free answers to questions about nutrition and healthy eating. Ask Price Chopper’s Senior Nutritionist, Ellie Wilson, M.S., R.D., C.D.N., how your favorite foods can fit your lifestyle and improve the way you feel, look and eat. To email Ellie, visit [www.pricechopper.com](http://www.pricechopper.com) and click the Health and Wellness link. We can address general nutrition concerns. Please ask your doctor for a referral to a registered dietitian if you have specific questions about diet as it relates to a medical condition.



Get LiveSmart updates at [www.facebook.com/CRLiveSmart](https://www.facebook.com/CRLiveSmart)



ST PETER’S HEALTH PARTNERS

