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Nutrition Nibbles

The Best of Nutrition Nibbles

It's been 10 years since I "published" my very first issue of Nutrition Nibbles! Now over 100 issues and 50,000 words later, it's time for me to say goodbye to this monthly nugget of healthy nutrition. I hope you have enjoyed reading it as much as I have liked creating it. This month, I'm sharing with you some of my favorite snippets from past editions. Next month's final issue will share my best healthy holiday tips from seasons past. Let's take a walk down memory lane, shall we?

2007: Emotional eating was a hot topic and the solution to stopping involved the acronym, HALT. Before eating, ask yourself "Am I Hungry or is this Habit? Am I Angry, Anxious, overwhelmed, bored, Lonely, or Tired?" If the answer to any of these questions is "yes," then it's time to take a breather and nourish yourself with something other than food.

2008: *The Journal of the American Medical Association* announced that 47 million US residents have something called metabolic syndrome (with 13% of adolescents being affected and 24% of young adults). Metabolic syndrome, a.k.a. insulin resistance syndrome, is a cluster of risk factors that when added together multiply one's chances for heart disease, diabetes, nonalcoholic fatty liver disease, and even some cancers. Wonder if you're affected? At your next yearly check-up, have your waist circumference measured, your blood pressure taken, a full lipid panel, and a fasting blood sugar level checked.

2009: We were introduced to functional foods, or foods that have been enhanced with additives marketed towards prolonging health and longevity. Also called nutraceuticals, these augmented items are not necessary to reach your daily nutrition goals. They are a tasty way to get your money though! Who wouldn't rather eat a fiber-filled chocolate bar instead of a carrot? Remember, your best health comes from eating a variety of whole foods with a full carbohydrate, protein, fat, vitamin, and mineral profile.

2010: A recurrent theme in this newsletter over the years is the idea that small changes add up over time to make a big difference. You don't need to completely overhaul your diet in order to get great health or weight benefits. Choose one change, incorporate it consistently into your life's routine, and then pick another. Before you know it, you are eating much healthier (and perhaps shedding some pounds).

2011: In 2011, we said goodbye to the food guide pyramid and hello to the improved USDA healthy plate model. While dietitians had been teaching the healthy plate model to clients and patients for years as a practical way to improve eating habits and the nutritional

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quality of one's diet, the USDA got hip to the times. MyPlate devotes half the plate to fruits and vegetables, one-quarter to grains, and one-quarter to protein. A cup of low-fat dairy, either milk or yogurt, is an accompaniment.

2012: Inflammation is the new buzz word and how you eat can impact how you feel. To combat the body's systemic response to injury, eat more omega-3-rich fish, antioxidant and phytonutrient-packed produce, ditch the refined grains, limit red meat, avoid full-fat dairy, and generously spice your foods (without salt).

2013: This year highlighted that a healthy body, free of illness, is largely the result of 4 key tactics: maintaining a healthy weight, moving your body regularly, getting enough rest, and focusing on a more plant-based diet.

2014: Many of us either eat on autopilot or agonize over every food-related choice we make. Mindfulness is a skill that can bring us back in sync with food, eating, and our bodies, making the act of eating a pleasurable, comfortable one. To get started, eat distraction free and focus on the first few bites you take, making sure to notice the appearance, aroma, taste, and mouthfeel.

2015: If we take care of ourselves like we're supposed to, we won't have any time to get fat! Make time to eat 4 ½ cups of produce every day, drink half your body weight in ounces of fluids, walk 10,000 steps and sleep 7-9 hours every night and you'll have less time to bulk up your body mass index (BMI) with bad choices.

2016: Technology has changed a lot over the past 10 years, especially with the advent of the smart phone and apps. I've shared my favorite apps (MyFitnessPal, Lose It!, and Fooducate), my preferred podcasts ([Breaking Down Nutrition](#) by Dr. Susan Mitchell, [The Nutrition Diva's Quick and Dirty Tips for Eating Well and Feeling Fabulous](#) by Monica Reinagel, MS, LD/N, CNS), and an innovative way to use your everyday mobile phone (snap photos of your food before you eat it as a type of visual food diary). We'll all want to keep an eye on emerging technology and how it can positively impact our diets and lifestyles.

Stay tuned for next month's rundown for ways to stay healthy during the holiday season and beyond.

Happy Thanksgiving!

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

Thanksgiving Day Proclamation, 1963

— John F. Kennedy